

Fanwood Recreation

SPRING PROGRAMS 2023

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

SPRING BREAK CAMPS Page 2
 TGA Premier Junior Golf Spring Break Camp
 Spring Break Multi Sports Camp
 Super Spies and Daring Detectives Spring Break Camp

YOUTH HIP HOP EXPERIENCE DANCE CLASS Page 2

SPORTS Pages 3–5

- Squirts Multi Sports
- Parent & Me Multi Sports
- Parent & Me Soccer Squirts
- Soccer Squirts
- Soccer Squirts Senior
- Senior Squirts Basketball
- Foundation Basketball
- Parent & Me T-ball Squirts
- Squirts T-Ball
- Squirts Track & Field
- Senior Squirts Track & Field
- Foundation Track & Field
- Spring into Tennis
- TGA Premier Junior Golf
- Spring into Pickleball
- Skateboarding Lessons



CREATIVE ARTS Page 5
 Elementary Drawing by Young Rembrandts
 Fashion Design: Designing the Trapeze Dress & Cut-Out Dress

SHOCKINGLY STICKY SCIENCE Page 6

BABYSITTING CERTIFICATION CLASS Page 6

PROGRAMS for ADULTS Page 7
 Spring into Pickleball – Beginners
 Spring into Pickleball – Intermediates
 Spring into Tennis – Intermediates
 Bridge for Beginners

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.

Easter Egg Hunt: Saturday, April 1, 10 AM, Forest Road Park

SPRING BREAK CAMPS



TGA PREMIER JUNIOR GOLF SPRING BREAK CAMP

TGA Premier Junior Golf Camp provides an unparalleled experience for your child by combining professional instruction, course instruction, and fun



activities to keep your children active and engaged all day. Our low camper to instructor ratio ensures all kids get the individualized instruction and attention they need!

- Half-day camp (9 AM–12 noon, Monday–Wednesday)
- Students of all levels (6–11)
- Each camp is limited to 18 golfers
- Max student-to-instructor ratio of 6:1

Daily activities Include:

- Driving Range (Irons & Woods)
- Short Game
- Putting
- Rules & Etiquette
- Games and Contests

Dates: Monday–Wednesday, April 18–20
Time: 9 AM–12 noon
Place: La Grande Park field; meet by The Pavilion
Age: 6–11
Cost: \$165

SUPER SPIES AND DARING DETECTIVES SPRING BREAK CAMP

Calling all agents! This camp is part forensics and part “spy science.” Step into the shoes of a detective—uncover the science involved in evidence gathering and analysis. Students will create, collect and analyze evidence and discover what skills are necessary as a crime scene lab technician!

Brought to you by Mad Science of Northeast NJ.
<https://northeastnj.madscience.org/>

Location: La Grande Park building

Dates: April 3–7

Half Day: 9 AM–12 noon

Full Day: 9 AM– 3 PM

Supervised lunch from 12 PM–12:30 PM for full-day campers. Campers should bring a snack and water bottle for the morning camp and additionally a lunch that doesn't require refrigeration for the full-day camp.

Grades: K–5
Half-Day Cost: \$275
Full-Day Cost: \$400

MULTI SPORTS CAMP

Multi Sports Camp gives players the opportunity to experience a variety of sports throughout the program including soccer, basketball, flag football, kickball, lacrosse, pilo polo, and more! Players will work on developing their skills in each sport before participating in small tournament-style scrimmages.

Dates: Monday–Friday, April 3–7

Time: 9 AM–12 noon

Location: Forest Road Park

Ages: 5–11

Cost: \$189

To register, please go to
<https://usasportgroup.com/program?pid=89942>

YOUTH HIP HOP EXPERIENCE DANCE CLASS

Through experiential and interactive instruction, youth will explore the fundamentals of Hip Hop dance while learning specific technique, vocabulary, dynamics and the musicality of Hip Hop. Students learn the elements of Hip Hop culture while experiencing the culture through each era. Students learn a variety of movement and styles that are traditional to Hip Hop dance in each era.

Time: Mondays, beginning April 10, 5–6 PM (6 sessions).
Age: 5–8
Place: Forest Road Park building
Price: \$65

María Daniel is an accomplished dancer, choreographer, educator, author and attorney with 30+ years of experience. She is the Creator of the Hip Hop Experience Dance Class (featured on CBS and NBC). The curriculum has been implemented in 3 states. She is the Founder and Artistic Director of iDance Ministry (a Youth Dance

Ambassador mentoring program). She is also a member of the National Dance Education Organization and Dance NJ. She is also an Ambassador for the National Dance Foundation and the recipient of four mayoral proclamations for promoting dance in the community and coordinating National Dance Week programs. Her Hip Hop choreography has been featured in Disney World, during National Dance Week Events, at the McDonald's Gospelfest and in a Hip Hop Opera.



Register ONLINE at fanwoodrecreation.org

SPORTS

SQUIRTS MULTI SPORTS

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

Dates: Sundays, April 23–June 18
Time: Ages 3-4 years old: 8:30–9:20 AM
Ages 4-5 years old: 9:30–10:20 AM
Location: Forest Road Park
Cost: \$180

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.

Dates: Sundays, April 23–June 18
Time: 9:30–10:20 AM
Ages: 2-3
Location: Forest Road Park
Cost: \$180

PARENT & ME SOCCER SQUIRTS

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.

Dates: Sundays, April 23–June 18
Time: 8:30–9:20 AM
Ages: 2-3
Location: Forest Road Park
Cost: \$180



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!

Dates: Sundays, April 23–June 18
Time: 9:30–10:20 AM
Ages: 3-4
Location: Forest Road Park
Cost: \$180

SOCCER SENIOR SQUIRTS

Senior Squirts Soccer 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.

Dates: Sundays, April 23–June 18
Time: 10:30–11:20 AM
Ages: 3-4
Location: Forest Road Park
Cost: \$180

SENIOR SQUIRTS BASKETBALL

Senior Squirts Basketball is the perfect program for players graduating from Squirts Basketball or for children looking for their first ever basketball experience. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Dates: Tuesdays, April 18–June 6
Time: 4–4:50 PM
Ages: 5-6
Location: Forest Road Park
Cost: \$180

FOUNDATION BASKETBALL

Foundation Basketball is designed to introduce beginners and those with some experience to the fundamentals of basketball. Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Dates: Tuesdays, April 18–June 6
Time: Ages 7-8 years old: 5–5:50 AM
Ages 9–10 years old: 6–6:50 AM
Location: Forest Road Park
Cost: \$180

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.

Dates: Thursdays, April 20–June 8
Time: 9:30–10:20 AM
Ages: 2-3
Location: La Grande Park
Cost: \$180

All programs on this page offered in association with US Sports Institute. For more information call 732 563 2520.

Register ONLINE at usasportgroup.com/orgs/79-Fanwood-Recreation-

SQUIRTS T-BALL

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!

Dates: Thursdays, April 20–June 8
Time: 10:30–11:20 AM
Ages: 3-4
Location: La Grande Park
Cost: \$180

SQUIRTS TRACK & FIELD

Squirts Track & Field is a great way to introduce your young athlete to the sport of Track & Field. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Dates: Mondays, April 17–June 5; no class on 5/29
Time: 4–4:50 PM
Ages: 3-4
Location: Forest Road Park
Cost: \$160

All programs in this box offered in association with US Sports Institute. For more information call 732 563 2520.

Register ONLINE at usasportgroup.com/orgs/79-Fanwood-Recreation-

SENIOR SQUIRTS TRACK & FIELD

Senior Squirts Track & Field is the perfect introduction to Track & Field for your young athlete. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Dates: Mondays, April 17–June 5; no class on 5/29
Time: 5–5:50 PM
Ages: 5–6
Location: Forest Road Park
Cost: \$160

FOUNDATION TRACK & FIELD

Foundation Track & Field is designed to introduce beginners to the fundamentals of Track & Field. Each session will focus on a different aspect of the game including throwing (javelin & discus), jumping (long jump, high jump, triple jump), sprinting, distance running, and more!

Dates: Mondays, April 17–June 5; no class on 5/29
Time: 6–6:50 PM
Ages: 7-10
Location: Forest Road Park
Cost: \$160

SPRING INTO TENNIS FOR CHILDREN

Learn tennis in beautiful La Grande Park! Tennis skills are the focal point of this program. All aspects of the game (grip, backhand, forehand, volley and serve) will be instructed and practiced in an encouraging small group atmosphere. Fun games and footwork skills are incorporated in the lesson.

Students need to wear sneakers, and bring a tennis racquet and a water bottle to each lesson. Maximum of 6 students on court.

Dates: Saturdays, May 13, 20, June 3, 10, 17, 24.
Make-ups due to inclement weather will be held the next day (Sunday) at the same scheduled time.

Times: Tots (5-7 years): 2:30–3:30 PM
Beginners (8-11 years): 3:30–4:30 PM
Intermediates—this student must be able to sustain a rally from the base line and have a level of understanding of all strokes
(9-13 years): 4:30–5:30 PM

Place: La Grande Park Tennis Courts

Cost: \$180 for 6-class program

About the Instructor: Lessons are taught by pro Brian Maloney PTR, APTA, PPR

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 11th–May 30th, 5–6 PM.
8 sessions.

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

Ages: 6–11
Cost: \$200

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

Register ONLINE at fanwoodrecreation.org

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 15th, 7 sessions. No class on May 27th.

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.

CREATIVE ARTS

ELEMENTARY DRAWING BY YOUNG REMBRANDTS

It's springtime and that can mean only one thing—it's time to register for Young Rembrandts' spring class! If you think your child aspires to be an architect, they will love our city skyline lesson. Learning to develop and apply patterns is the focus as our artists venture out into the wild to create an intricate zebra drawing. Later, our students will learn about cool and warm colors with the patterned flowers lesson and realism when they draw the tower bridge. And then our students focus on the artwork of Gustav Klimt and his place in art history. Of course, it wouldn't be spring without a drawing of new baby bunnies and a fawn!



Brought to you by Young Rembrandts of Central and West NJ. <https://www.youngrembrandts.com/>

Date: Mondays, April 10th–June 5th (8 weeks). No class on May 29th. 8 weekly classes.

Time: 5–6 PM

Place: La Grande Park building

Age: Grades K–5

Cost: \$159, includes materials



FASHION DESIGN: DESIGNING THE TRAPEZE DRESS & CUT-OUT DRESS

Get ready to become a Fashion Designer! Student Designers will explore crafting clothing from start to finish. Beginners will be creating the Trapeze Dress and Advanced Beginners will be creating the Cut-Out Dress! The Trapeze Dress is perfect for the upcoming warm weather! Beginners will learn sewing skills and more as we teach them to become young designers. A little more advanced in technique, the trendy Cut-Out Dress will challenge our Advanced Beginners as they design and create the perfect spring dress. Measuring, pinning, cutting out, and of course sewing—our students will do it all! No experience required; we will teach you everything you need to know! At the end of our class students will show off their designs for their family and friends in our fashion show!

Place: La Grande Park building

Time: Fridays, April 14, 21, 28, May 5, 12, 19, June 2
Beginner 4:30-5:45 PM (ages 7-10)
Advanced Beginner 5:45-7 PM (ages 10-16)

Cost: \$225

The class fee includes all fabrics, trims, notions and use of sewing machines.

No sewing experience necessary.

Minimum 5, maximum 8 students

Questions? Email us at renee@fashionfirstworkshops.com

Register ONLINE at fanwoodrecreation.org

SHOCKINGLY STICKY SCIENCE

What makes your hair stand up? Is it a magnet or magic? And just what are carbs, anyway? Kids explore a variety of introductory topics about the wonders of both the life and physical sciences.

Brought to you by Mad Science of Northeast NJ.
<https://northeastnj.madscience.org/>

Dates: Fridays, beginning April 14 (8 weeks).
No class on May 26.
Time: 5–6 PM
Place: La Grande Park building
Grades: K–5
Cost: \$190

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: Tuesdays, beginning April 18th, 4–6 PM,
3 sessions.
Place: La Grande Park building
Fee: \$70
Ages: 11–15

Register **ONLINE** at fanwoodrecreation.org

PROGRAMS for ADULTS



SPRING INTO PICKLEBALL— BEGINNERS

Spring into Pickleball for Adults introduces players to this fast and exciting sport at Fanwood's brand-new Pickleball Courts in Forest Road Park! Players will be instructed in the basic fundamentals of this fun game as well as learn proper scoring. Players will also learn the importance of "the kitchen"! Classes will include instruction as well as game play. Players need to bring a Pickleball paddle and water, and wear sneakers. Balls will be provided. 12 students maximum.

Time: Saturdays, May 13, 20, and June 3, 6–7:15 PM. 3 classes. Make-ups due to inclement weather will be held the next day (Sunday) at the same scheduled time.

Place: Forest Road Park

Age: 18 and up

Fee: \$75

Instructor: Lessons taught by PPR and PTR certified Pickleball and Tennis teaching professional Brian Maloney.

SPRING INTO PICKLEBALL— INTERMEDIATES

Players practice the techniques they have acquired and strengthen their Pickleball play! Players need to bring a Pickleball paddle and water, and wear sneakers. Balls will be provided. 12 students maximum.

Time: June 10, 17, 24, 6–7:15 PM. 3 classes. Make-ups due to inclement weather will be held the next day (Sunday) at the same scheduled time.

Place: Forest Road Park

Age: 18 and up

Fee: \$75

Instructor: Lessons taught by PPR and PTR certified Pickleball and Tennis teaching professional Brian Maloney.

SPRING INTO TENNIS— INTERMEDIATES

Learn tennis in beautiful La Grande Park! Tennis skills are the focal point of this program. All aspects of the game (grip, backhand, forehand, volley and serve) will be instructed and practiced in an encouraging small group atmosphere. Fun games and footwork skills are incorporated in the lesson. Students need to wear sneakers, and bring a tennis racquet and a water bottle to each lesson.

Maximum of 6 students on court.

Dates: Saturdays, May 13, 20, June 3, 10, 17, 24.

Time: 1:30–2:30 PM

Make-ups due to inclement weather will be held the next day (Sunday) at the same scheduled time

Place: La Grande Park Tennis Courts

Age: 21 and up

Cost: \$180 for 6-class program

About the Instructor: Lessons are taught by pro Brian Maloney PTR, APTA, PPR

BRIDGE FOR BEGINNERS



Join us to learn the most interesting of all card games—Bridge! It is a mental sport, as recognized by the International Olympic Committee. It is a game of strategy, memory, partnership, statistics, interpretation... and a little bit of luck.



Whether you play casually among friends or seriously in clubs and tournaments, you will find Bridge to be fascinating, challenging and enjoyable.

Time: Wednesdays, March 1, 8, 15, 22 (4 classes); 7–8 PM

Place: La Grande Park building

Age: 18 and up

Cost: \$70

About the Instructor: Jak Karako is an experienced Bridge player and teacher. He has competed in numerous tournaments, and most notably was elected to the Junior National Team of Turkey to compete in the International Junior Championships in Germany. His knowledge of the game, his patience with those learning to play it and his ability to make it a fun experience for all his students make him the ideal teacher for all levels of players.

Register **ONLINE** at fanwoodrecreation.org