

Fanwood Recreation **WINTER PROGRAMS 2024**

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

FOR CHILDREN

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 January 29, 5–6 PM (6 sessions).
No class on February 19.

Age: 5–8

Place: Forest Road Park building

Price: \$65



BABY AND ME HIP HOP: A BABYWEARING DANCE CLASS

Baby and Me Hip Hop is a one-of-a-kind babywearing dance class. Get ready to groove and bond with your baby while exploring rhythm and Hip Hop Dance movement. This unique class is an opportunity for parents and caregivers to dance, bond, and share their love for Hip Hop Dance with their child.

Time: Wednesdays beginning January 10, 5–5:45 PM (4 sessions)

Age: 12 weeks–18 months

Place: Forest Road Park building

Price: \$100

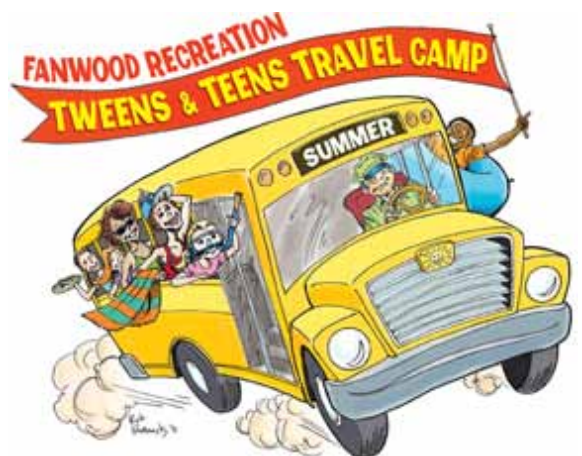
About the Instructor: María Daniel is an accomplished dancer, choreographer, educator, author and attorney with 30+ years of experience. She is the Creator of the Hip Hop Experience Dance Class (featured on CBS and NBC). The curriculum has been implemented in 3 states. She is the Founder and Artistic 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 choreography and dancers have been featured at Disney World, a NY Fashion Week event, the McDonald's Gospelfest, the Miss Newark USA pageant, a Hip Hop Opera, Hershey Park, the Wawa Welcome America Festival, National Dance Week Events and onstage with live artists.

Register ONLINE at fanwoodrecreation.org

Registration will begin soon for the **Fanwood Recreation Summer Park Program** and

Fanwood Tweens & Teens Travel Camp!

Check fanwoodrecreation.org and school e-fliers for an announcement about the date registration opens for these programs.



CREATEART WORKSHOP

We will learn a little about Art, Color, and Texture and we may get a little dirty, so a smock is a must. For most of the classes we will mostly be focusing on one project per week, which will be manageable for the children. I always like to do mixed materials on canvas the first few weeks and we will in winter session. Van Gogh's Starry Starry Night will be our inspiration this time around. I encourage the children's individuality in the creation of their art and look forward to guiding them in their masterpieces!

Time: Wednesdays,
January 17, 24, 31,
February 7. 4-5:15 PM.
4 classes.

Place: La Grande Park
building

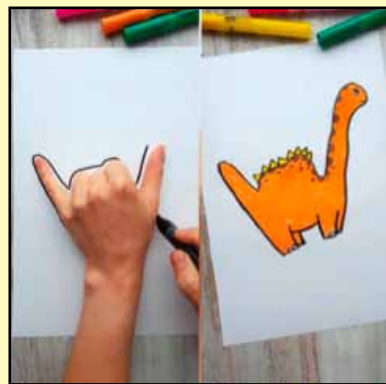
Grades: K-3

Cost: \$85, plus \$10
materials fee due on first
day of class.

About the

Instructor: Kiran K.

Dhaliwal CID: My love and education for Fine Art have been intertwined in my life since I was a child. Having grown up here in Fanwood and then migrating to Scotch Plains you can see my love for my community! In my professional life, I have an Interior Design career that has spanned 40 years. Since 2017 I have been expanding my knowledge in Fine Arts at The Center of Visual Arts in Summit NJ and before that at Montclair State College, I also continue to learn at workshops throughout this area and beyond. My work has been seen in galleries in Chicago, NYC, Maryland, and various installations in NJ. The body of my work is mostly in oils, but I paint in acrylics and use mixed materials as well. Please see my website for more information. <http://www.kirandhaliwalartist.com>



ELEMENTARY DRAWING BY YOUNG REMBRANDTS

This winter, Young Rembrandts artists are in for a treat with a lineup of ALL NEW drawing lessons. From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and excellent color selection in every lesson. Your child will enhance their skills like an architect in our city perspective drawing and have a blast personalizing cool drawings when we create superhero kids. Waste no time and enroll your child today to unleash their artistic potential!

Brought to you by Young Rembrandts of Central and West NJ.

<https://www.youngrembrandts.com/>

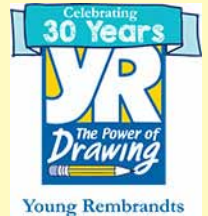
Date: Mondays,
January 22nd–March 18th.
No class on February
19th. 8 weeks.

Time: 5-6 PM

Place: La Grande Park
building

Age: Grades K-6

Cost: \$165, includes
materials



MAD SIDE OF SCIENCE

Join us after school in the Mad Science club for some awesome hands-on fun! Become a detective, an engineer, a chemist, a filmmaker and more! Take apart the earth as you explore volcanoes, or become a toy maker as you explore the science of toys! Create crazy cool concoctions in the kitchen as you cook up chemistry, and explore the human body as we learn what makes us tick! Every week we explore a new and exciting topic and create something to take home! Let's get Mad and Silly with MAD SCIENCE!

Time: Thursdays, January 18–March 7, 5-6 PM

Place: La Grande Park building

Grades: K-5

Fee: \$205

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



Register ONLINE at fanwoodrecreation.org



In Partnership With

Zaremba Data Analytics



STEM WINTER YOUTH PYTHON CODING CLASSES



Beginner Coders' Odyssey: Python & R

- Project 1: Participants will learn simple game development in Python
- Project 2: Code a Decision Tree Model in R with Pokémon data



Python Coding Pioneers - Intermediate Level Python

- Project 1: Students will extract and analyze Premier League Soccer data
- Project 2: Creating a computer vision game using Python

THURSDAYS: FEB: 7TH, 14TH, 21ST, 28TH; MAR: 6TH, 13TH



- Duration: 6 weeks (1 hr/week)
- Pricing & Time:
 - Beginner Class 5pm-6pm: \$199 (ages 8+)
 - Intermediate Class 6pm-7pm: \$249 (ages 9+)
- We provide laptops
- Class size limited, Register using the Fanwood Community Pass!



Location: Forest Road Park Building, Fanwood, NJ 07023

Register ONLINE at fanwoodrecreation.org

*Fashion First
Workshops*



WINTER 2024 FASHION SEWING CLASSES



**AT FANWOOD RECREATION
LAGRANDE PARK BLDG**

**JOIN US TO CREATE THE SKORT OR
SKEGGING SILHOUETTE, THIS
PROJECT IS SO UNIQUE &
FASHIONABLE
JAN 26 FEB 2,9,16&23 MARCH 1&8
(MARCH 15 WEATHER-DAY) FOR 7
WEEKS**

ALL SKILL LEVELS WELCOME

4:15-5:30 AGES 7 & UP BEGINNERS FRIDAYS FOR 7 WEEKS

**5:30-6:45 ADVANCED BEGINNERS STUDENTS THAT HAVE
TAKEN 2 OR MORE CLASSES**

**FEE: \$235.00 (INCLUDES ALL FABRIC, TRIMS & USE OF
SEWING MACHINES)**

NO SEWING EXPERIENCE NECESSARY!

BOYS AND GIRLS WELCOME!

**OUR STUDENT DESIGNERS WILL EXPLORE AND
RECREATE A CLASSIC SILHOUETTE!**

YOU'LL START WITH:

- CHOOSING YOUR FABRIC, DESIGNING AND SKETCHING YOUR DESIGN
- MEASURING YOUR SILHOUETTE FOR ACCURATE SIZING
- CUTTING OUT YOUR PAPER PATTERN ON YOUR FABRIC
- PINNING AND SEWING YOUR DESIGN TOGETHER
- A FINAL FITTING

**SIGN UP IS THROUGH FANWOOD RECREATION
QUESTIONS EMAIL RENEE@FASHIONFIRSTWORKSHOPS.COM**

Register ONLINE at fanwoodrecreation.org

SAT BOOT CAMP

This intensive course will provide small group sessions where you will master the new digital SAT. We will review both math and English content, focus on methods, strategies and time-saving efficiency skills, as well as analytic and critical reasoning skills to best prepare for the exam. We will also boost each student's confidence, leading to higher test scores.

Students are required to bring a laptop to each class and download material that will be sent prior to the first session. They should also bring a College Board test-approved calculator. All other materials are included.

Time: Wednesdays, January 31–March 6, 7–9 PM

Place: La Grande Park Building

Age: Grades 10–12

Price: \$499

Maximum participants: 15

About the Instructor: The instructor has more than 15 years of experience tutoring for standardized tests and likes to look at education differently than the standard school and classroom model. He is an experienced tutor who has worked with students of all ages, but now focuses solely on preparing students for the SAT and ACT. His students report seeing significant improvement in their critical thinking, organization, knowledge of crucial material, and reading and writing skills.

Brought to you by Above the Grade Tutoring. Above the Grade provides in-home tutoring throughout Union County and offers tutoring in all areas of elementary and secondary education including math, English, science, reading and foreign languages, as well as PSAT, SAT/ACT preparation. For more information, contact Gail Switsky at 908-889-6396, gswitsky@abovethegradenj.com or check out our website at <http://www.AboveTheGradeNJ.com>.

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.

Time: Tuesdays, beginning February 13th, 4–6 PM, 3 sessions.

Place: La Grande Park building

SOCCER SQUIRTS (indoors)

Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will learn the fundamental skills of soccer, including dribbling, passing, shooting, and defending. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.



Soccer Class Highlights:

- Development of fine motor skills
- Basic rules and soccer techniques
- Fun soccer-themed activities
- Concept of being part of a team
- Free Dri-Fit Shirt & completion certificate

All equipment needed for this class will be provided by USA Sport Group.

Time: For ages 3–4: Saturdays, March 2–23, 9–9:50 AM
For ages 4–5: Saturdays, March 2–23, 10–10:50 AM

Place: Forest Road Park building (indoor)

Cost: \$105

Presented in partnership with USA Sport Group.

PARENT & ME SOCCER SQUIRTS (indoors)

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.

Time: Saturdays, March 2–23, 11–11:50 AM

Place: Forest Road Park building (indoor)

Age: 2–3 years old

Cost: \$105

Presented in partnership with USA Sport Group.

Ages: 11–15

Fee: \$70

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

Register ONLINE at fanwoodrecreation.org

PROGRAMS for ADULTS

BRIDGE FOR BEGINNERS, INTERMEDIATES

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.

Beginner class is for anyone who wants to start learning bridge. The class will cover the basics of the bridge: introduction to bidding, basic hand evaluation and play. Intermediate class is for those who have some experience with bridge and know the basics. The class will cover play and defense strategy, conventions, intermediate bidding concepts.

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

Time:

Beginners Section 1: Wednesdays, January 24–February 14, 6–7 PM. 4 classes.

Beginners Section 2: Wednesdays, February 28–March 20, 6–7 PM. 4 classes.

Intermediates Section 1: Wednesdays, January 24–February 14, 7–8 PM. 4 classes.

Intermediates Section 2: Wednesdays, February 28–March 20, 7–8 PM. 4 classes.

Place: Forest Road Park building, small room

Age: 18 and up

Cost: \$70



BRIDGE CLUB

NEW!

Bridge Club is open to all bridge players of all levels. Bridge instructor Jak Karako will be on the premises throughout each session. Players can choose any of the following formats: casual, supervised (instructor will be available to answer questions) and duplicate.

Time: Wednesdays, January 24–March 20, 8–9 PM. 8 sessions. No session on February 21.

Place: Forest Road Park building, small room

Age: 18 and up

Cost: \$80

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.

EVERY NOW AND ZEN—YOGA AND MEDITATION FOR ADULTS

NEW!

Every Now and Zen is a Hatha Yoga practice consisting of a progressive series of poses and guided meditation that is suitable for all levels. Classes start with gentle warm-up followed by a foundation of classical yoga poses with a focus on breathing and mindfulness. As our practice progresses, creative flows and add-ons to the foundation poses are encouraged on an individual basis. Classes end with Sanskrit chant. The goals of Every Now and Zen are to increase flexibility and balance, to calm the nerve system, to cultivate peace of mind, and to enhance our innate spirituality. Bring your yoga mat. Blocks, straps and blankets are available for use during class.

Time: Tuesdays, beginning January 16, 6–7 PM. 8 sessions.

Place: Forest Road Park building

Ages: 18 and up

Fee: \$120

About the Instructor: Bridget Briant is an experienced, registered yoga instructor (RYT-500) who has been teaching for more than 20 years. Her nurturing and inclusive teaching style includes mindful movement, awareness of the breath, stillness, and contemplative meditation.

Register ONLINE at fanwoodrecreation.org