

The "Rec Room"



FALL Happenings



Recreation Department Office Staff:

Don Bogardus- Director
 Heather Re—Ferratti - Assistant Director /Aquatics Supervisor
 Linda Johnson -Program Coordinator
 Joanne Colaneri - Office Secretary
 Lauren Harmer - Senior Programs
 Paul Checchio - Pool Technician

Westfield Recreation Commission:

The Westfield Recreation Commission is made up of members who are all appointed by the mayor. The Commission has a responsibility to determine and formulate policies for the effective management of park and recreation services. It also supports and sets policy for the Recreation Department staff. In addition, it functions as liaison between the Board of Education, the Mayor and Town Council. For Commission dates please see the department's website.

Commission Members: Gary Fox (Chairman)

Monica Bergin, Peter Echausse, Amy Berman, Russ Howell, Ruth Maloney, Larry McDermott, Brad Rothenberg, Jeff Perella, Gretchen Ohlig, Michael Dardla, Beth Dencker Karen Petruzzi

3 Easy Ways To Register for Programs:

(1) ONLINE

Register at

<https://secure.rec1.com/nj/westfield-nj>

(2) MAIL IN

Fill out & Mail in Registration Form from the back of this brochure or web site

CHECKS PAYABLE TO:

Westfield Recreation Department

(3) WALK-IN

Recreation Department Office

Monday-Friday, 8:30AM - 4:30PM

***Please Read Carefully:** Some programs have special registration requirements or other web site to register on*

Be Active, Be Healthy, Have Fun with

Westfield Recreation Programs this Fall!

The Department has many programs for you to enjoy. Visit our [website](#), "[Like Us](#)" on Facebook & [Follow us on Twitter](#) for up to date information on programs, events and department information.

Schools Out Soccer Camps

Dates:

Sept. 3 & 4

Sept. 30 & Oct. 1

Oct. 9 / Oct. 14

Nov. 7 & 8



Plus MANY MORE Fall Sports Programs

Ages 2 - 14

www.USsportsInstitute.com (866) 345 - BALL

The Westfield Recreation Department

425 East Broad Street, Westfield, NJ 07090 - 908-789-4080 ~ Department Email: recreation@westfieldnj.gov

Website: www.westfieldnj.gov/recreation ~ "[Like Us](#)" on FaceBook ~ <https://secure.rec1.com/nj/westfield-nj>

Art & Science



Location: Recreation Department's Community Room
 Register @ wwwSmartyCatKids.com

**** All NEW Lessons & Projects ****

Creative Art Lab - (Grades K-5)

This is the ultimate class for fostering creativity and allow your child to have complete freedom to express themselves through their art! Students will get to experiment with a wide variety of materials as we rotate between classic art projects such as painting, sketching and sculpting and non-traditional projects such as 3D art and recycled art.



MONDAYS: 5:00-5:45pm

Fee: \$150

Grades K-5

Dates: 10/7 - 12/9

(8 week Session)

(No Class 10/14 & 11/11) Participants grouped by age at class

Cool Chemistry - (Grades K--5)

Would your child love mixing together ingredients in order to explore their properties and see how they change and react? Make liquids bubble, fog, erupt or change colors. Create new and unique substances and see what happens! During this cool class, we will conduct a variety of fun and safe experiments that will prove how exciting chemical reactions can be!!



FRIDAYS: 5:00 - 5:45 pm

Fee: \$150

Grades K-5

Dates: 10/11 - 12/13

(8 week session)

(No Class 11/8 & 11/29) Participants grouped by age at class

Register @ wwwSmartyCatKids.com

OR call 732-762-5022

**Save The
Date**

**Sunday
March 8
2020**

**Daddy
Daughter
Dance**

Registration Opens Mid-December

Fashion First – Designer!

Do you have a passion for fashion?

Fashion Sewing & Construction: Participants will learn all about garment construction through measuring, pattern making, pinning, marking, cutting & sewing. They will learn to use a sewing machine and build on skills to learn all the proper sewing techniques to finish a self designed garment.



Thursdays:

Dates: Oct 3 - Dec 12 (8 week session)

(No Class 10/31, 11/7, 11/28)

Grades: 2- 5 / Time: 4:15 -5:15 pm

Grades: 6 & up / Time: 5:15 -6:15 pm

Fee: \$220 pp

Includes all fabric, supplies and use of sewing machines.

FALL Project = Grades 2-5 = Skort Skegging

= Grades 6 & up = Tulip Shirt

These projects are flattering & fun and the designs are up to you!

No sewing experience needed for either class!

Register at:

www.fashionfirstworkshops.com

Class Location: Recreation Department

QUESTIONS?? Call Renee Baird 908-578-8561

Or email Renee: fashionfirstworkshops@gmail.com

MANNERS Anyone? ? ?

Mannerations™ - SOCIAL Etiquette

Kids learn proper etiquette techniques to successfully manage social situations. Some of the topics reviewed include: greetings and introductions, being a good guest and host, written correspondence, and behavior at celebrations. Children learn through role playing, worksheets and fun games. Instructor: Patti Manning of Mannerations™

Ages: 6-10 yrs old Fee: \$40 pp

October 29 (Tuesday) = 4:00—5:00 pm

December 4 (Wed.) = 4:00 - 5:00 pm

Location: Recreation Department

Mannerations™ - DINING Etiquette

Kids learn etiquette of dining in a fun interactive and memorable manner. A four course meal is consumed while etiquette instruction is provided. Participants learn how to correctly behave and manage a formal meal. Patti Manning of Mannerations™

Ages: 6-10 yrs old Fee: \$55 pp

November 13 (Wednesday) = 4:00-5:00 pm

December 11 (Wednesday) = 4:00-5:00 pm

Location: Recreation Department

Register: In person, By Mail or Online at

<https://secure.recc1.com/nj/westfield-nj>



Training For Teens (Grades 6 - 12) CPR & First Aid Training

Adult, Child & Infant CPR & First Aid

Course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing & cardiac emergencies to help victims of any age - adults (about 12 yrs and older) and pediatric (infants and children up to 12 yrs of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Learn What to Do in an Emergency

Class: Adult, Child & Infant CPR w/ First Aid

Date: Monday Sept. 30 **Time:** 9:00 - 4:00 pm

Teens: Grades 6 - 12 **Fee:** \$100 pp

Location: Rec. Dept / Municipal Building

Pre-Registration is Required



Register: In-person at Rec. Dept., by Mail or Online at:

<https://secure.rec1.com/nj/westfield-nj>

SAFE SITTER ESSENTIALS w/CPR

This 1-day class is designed to prepare students in grades 6-9 to be Safe when they are home alone, watching younger siblings or Babysitting. This Instructor-led class is filled with fun games & role -playing exercise. Students will use manikins to practice rescue skills like choking rescue and CPR!

Class Content: Indoor & outdoor safety, handling emergencies, child development, child care duties, behavior management, injury prevention, first aid & injury management, choking rescue, CPR, job screening, meeting employers and MUCH, MUCH MORE!

Babysitters Training Course w/ CPR

4 Classes Being Offered

Saturday Sept. 14 / Wednesday Oct. 9

Saturday Oct. 26 / Friday Nov. 8

TIME: 9:00 am - 3:30 pm

WHERE: Westfield Rec. Dept.

WHO: Girls & Boys ~ Grades: 6-9

FEE: \$95 pp

Register online:

<https://secure.rec1.com/nj/westfield-nj>



Be the sitter that all
parents & kids want!

Safe Sitter® Course

New Field Hockey "Scrimmage & Skills" League

Day: Sundays **Time:** 8:30 - 9:30 am

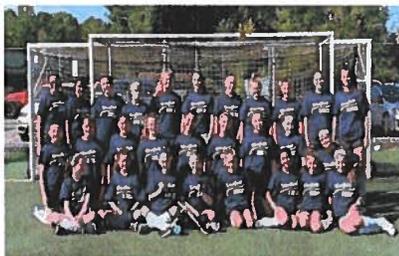
Dates: Sept 22 - Nov 3 (6 weeks / No 9/29)

Grades: 6 - 8 **Fee:** \$80.00 pp

Location: Sid Fay Complex (Turf Field)

Register online at: <https://secure.rec1.com/nj/westfield-nj>

Join WHS Coach Corinne Varhley in this new program for girls in grades 6 thru 8th. Player will learn & improve their fundamental skills of the game. Players will learn new strategies and increase their knowledge & enjoyment of the game. Scrimmages will be played so they can put their new skills to use.



TENNIS CLINICS for Kids

Under the Direction of Coach Jeff Brandes

September 24 — October 24

Days: Tuesdays OR Wednesdays OR Thursdays

Location: Memorial Park Courts

Pee Wee's: Generally ages 3-4.5 (3:30-4:15) \$77

Hot Shots: Generally ages 4.5--6 (3:30-4:15/4:15-5) \$77

Level 1: Generally ages 6 and up (3:45-5/5:00-6:15) \$118

Level 2: Generally ages 8 and up (5:00—6:15) \$118

(NOTE: Teens aged 13 & up can take Adult classes)

Refer to Online Registration for EXACT Days & Times

Register In-person at Rec. Department OR Online at:

<https://secure.rec1.com/nj/westfield-nj>





Schools OUT - Join a Camp!

SOCCER CAMPS ~ Fall 2019 ~ Ages 5-14

Sept 3 & 4 (9a-12:30p or 4:00p)

Sept 30 & Oct 1 (9a-12:30p)

Oct 9 (9:00a-12:30p)

Oct 14 (9:00a-12:30p or 4:00p)

Nov 7 & 8 (9:00a-12:30p)

Soccer Camps - Sid Fay/Houlihan Fields

CAMP DETAILS: (Early Drop off from 8:15am)

Players receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. Our professional, qualified coaches will cover different topics and themes each day. Ample scrimmage time will ensure players have the opportunity to put these new skills into practice.

Players are typically organized into the following groups:

Foundation Soccer Level: Players will develop their dribbling, passing, control & shooting skills in a fun environment. Focusing on developing a basic understanding of the sport, the Foundation curriculum is designed for the beginner to intermediate player.

Development Soccer Level: Focusing on the technical and tactical aspects of soccer, players will refine their skills in dribbling, shooting, control and passing under pressure. This level is for the intermediate to advanced player looking to enhance their skills and decision making abilities in a game situation.

Advanced Soccer Level: Players will work on individual technical and tactical development, enhancement of game awareness and understanding in a challenging and competitive environment. Designed for the advanced travel player looking to master their skills & decision making in a game situation. **Participants MUST wear shin guards for this program.**

Register Online: www.USsportsinstitute.com OR Call 866-345-BALL for the Sport Camps

Fall Sports. . . Get Involved!

About US Sports Institute (USA & USSI): The US Sports Institute offers an abundance of sport programs in the fall to cater to players of all ages and ability levels. With a wide variety of program options, we have something to suit every child! Fall programs are offered as weekly classes which typically take place once per week for a 6-8 week period. Not sure which is the correct sports program for your child? Call them at (866) 345-BALL or use the chat function on their site, they are there to help!

Fall Sports Programs: (Location - Tamaques Park)

Preschoolers - Parent & Me Classes (Ages 2-3): Where you and your child participate in the class together. (Soccer and Multi Sports)

Preschoolers - Sports Squirts Classes (Ages 3-5): Multi Sports, Soccer, T-Ball, and Lacrosse options available.

Multi Sports (Ages 2-5): Multi sports programs allow participants to try a variety of sports within the program rather than specializing on a single sport.

Soccer (Ages 2-11): USSI's leading soccer programs are great for children of all ages & abilities.

T-Ball (Ages 3- 5): T-Ball is the perfect introduction to baseball or softball for your young slugger.

Lacrosse (Ages 3-7): Boys & Girls - Learn one of the nation's fastest growing sports w/ help from a licensed USSI coach.



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PRE-SCHOOL ~ Ages 2-5 ~ Late Fall: **Weekly Classes (Indoors ~ Westfield Rec. Dept. ~ Community Room)**

Saturdays: Parent & Me Multi Sports (2-3) / Squirts Multi Sports (3-5) / Parent & Me Soccer Squirts (2-3) / Soccer Squirts (3-5)
Saturdays = 11/16 - 12/21/19 (no class 11/30) - 1 hr weekly classes - Morning starting at 9 am

Sundays: Parent & Me Soccer Squirts (2-3) / Squirts Soccer (3-5) / Parent & Me Multi Sports Squirts (2-3) / Squirts Multi Sports (3-5)
Sundays = 11/17 - 12/23/19 (no class 12/1) - 1 hr weekly classes - Morning starting at 9 am

Register Online: www.USsportsinstitute.com Or Call 866-345-BALL for the above Sport Programs

Young Rembrandts

The Westfield Recreation Department has partnered with Young Rembrandts to offer Art Classes:

CARTOONING (Ages 6-12)

Our artists will draw lively party animals and bring ordinary items to life as they illustrate and personify inanimate objects. They will also learn how to visualize sounds. And what's cartooning class without learning how to draw expressions! (8 week session)

Day: Tuesdays **Dates: 10/8—11/26**
Time: 5 - 6 pm **Fee: \$115 pp**

Pre-School Drawing (Ages 3-5/PreK—K)

Young Rembrandts introduces drawing lessons that will excite your young artist. Drawing rainbows will introduce our students to the wonderful world of color. We will illustrate airplanes, ice cream sundaes and learn to draw a friendly lion. (8 week session)

Day: Tuesdays **Dates: 10/8—11/26**
Times: 4 - 4:45 pm **Fee: \$106 pp**

Location (Both Classes):

Rec. Dept. / Community Room

Register:

In-person at Rec. Dept, By mail
or Online at:

<https://secure.rec1.com/nj/westfield-nj>



Fencing Classes

The WRD is happy to partner again with the Advanced Fencing & Fitness Academy of Garwood. (AFFA)

Fall Session: Tuesdays = Sept 24 – Oct 29

Winter Session: Tuesdays = Jan 14-Feb 18

Time: 3:30 - 4:30pm / Fee: \$130 pp

Location: AFFA 110 South Ave., Ste. B, Garwood
Grades 2-6 (6 week session)

Participants will learn the basic positions, rules & techniques of the sport. **No prior experience required & equipments is provided.**

WHY FENCING: The sport of fencing is a uniquely classic sport. Fencing develops discipline, balance, coordination, & sportsmanship. It helps youth develop quicker reflexes & the ability to make fast analyses of tactical situations which transfer to problem solving skills. Mentally it is mind consuming, allowing not a moments break earning its nickname "Physical Chess".

Register:

In-person at the Rec. Dept.

By Mail or Online:

<https://secure.rec1.com/nj/westfield-nj>



LEGO® Classes



Power up your engineering skills with **Play-Well TEKologies** and tens of thousands of LEGO® parts! Design and build as never before and explore your craziest ideas in a supportive environment. There are no prerequisites for these courses.

Jedi Master Engineering w/LEGO Materials

The Force Awakens in this advanced engineering course for the young Jedi! Key concepts covered include gear trains, worm drives, pneumatics, and eccentric motion. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities and much more from a galaxy far, far away. (8 week session)

Dates: Sept. 25 - Dec. 4 (No class 10/9, 11/6, 11/27)

Day: Wednesday **Time: 4:00 - 5:30 pm**

Ages: 5 - 12 **Fee: \$160 pp** **Location: Rec. Dept.**

Winter Wonderland Engineering w/LEGO® Materials

We're creating a Winter Wonderland with bobsleds, snowmobiles, and the Polar Express. Students will explore their snowiest ideas and learn STEM concepts with thousands of LEGO pieces.

Dates: Dec. 26 & 27 / 2 Day Camp **Ages: 5 - 7**

Time: 9am-12pm **Location: Rec. Dept.** **Fee: \$70 pp**

Winter Wonderland Challenge w/LEGO® Materials

Students apply concepts in engineering & architecture to brave the winter weather. Design & build motorized snow blowers, gondolas and a snowball launcher with thousand of LEGO pieces.

Dates: Dec. 26 & 27 / 2 Day Camp **Ages: 8 - 12**

Time: 1pm-4pm **Location: Rec. Dept.** **Fee: \$70 pp**

For Info or Register Online at:

www.Play-Well.org



Safe@Home

This program is designed for students in grades 4 - 6 to prepare them to be safe when they are at home alone. It teaches how to practice safe habits, how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Participants also learn a system that helps them assess and respond to injury & illnesses.

Grades: 4th - 6th

Date: Wednesday - November 20

Time: 3:45 - 5:15 pm **Fee: \$20 pp**

Location: Rec. Dept / Conference Room

Register at: <https://secure.rec1.com/nj/westfield-nj>



TAI CHI

Tuesday Mornings

Tai Chi combines intense mental focus with deliberate, graceful movements designed to improve strength & agility. Particularly

important for anyone who has balance issues.

All Levels Welcome! Walk-ins Welcomed for \$10/class!

Tuesdays 10:00-11:00 am

Location: Community Room (Municipal Building)

Instructor: Barry Galitzer

Fall Session #1: September 3 — October 8 (Fee: \$30)

Fall Session #2: October 29 — December 17 (Fee: \$40)

Winter Session #1: January 7—February 25 (Fee: \$40)

(No Class October 15 & October 22)

Register: By Mail. In Person Or Online at:

<https://secure.rec1.com/nj/westfield-nj>

Zumba & More

Our Zumba & More class mixes aerobics with stretching and toning. It combines a full body workout to lively music with a flair while you strengthen your core and increase your flexibility. All levels WELCOMED!!

Location: Community Room (Municipal Building)

Instructor: Peggy Time: 7:30—8:20 pm

Fall #1: Sept 16 - Nov 4 Fee: \$63

(No class 10/14) (7 weeks)

Fall #2: Nov 18 - Dec 16 Fee: \$45

(No class 11/11, 12/23, 12/30) (5 weeks)

Winter #1: Jan 16 - March 2 Fee: \$63

(No class 1/20, 2/17) (7 weeks)



Register: By mail In-person & Online

<https://secure.rec1.com/nj/westfield-nj>

TRY A CLASS

Come TRY a Tai Chi or Zumba & More class for a Drop In fee of \$10

Dress comfortably & wear sneakers. Join in on the fun!



TENNIS CLINIC - Adults

Under the direction of Coach, Jeff Brandes

SUNDAYS: September 22 - October 20
THURSDAYS: September 26 - October 24



Beg/Adv. Beg: 10-11:30am (Thursdays & Sundays)

Lo Int/Int: 11:30-1pm (Sundays)

FEE: \$143 Location: Memorial Park Courts

Registration Online at

<https://secure.rec1.com/nj/westfield-nj>

Note: Juniors Age 13 and up can take the Adult classes

Come Out and Learn a Lifetime Sport!

WOMEN'S PROTECTION WORKSHOP

Collaboration of Westfield Rec. Dept & Harmony By Karate

Join us for a Workshop on Women & Self Defense hosted by the Westfield Recreation Dept. and presented by Sensei John P. Mirrione (owner of Harmony By Karate). Learn simple effective moves to stand up for yourself in the presence of an attacker or more importantly avoiding this kind of situation. Participants will learn that self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that enable you to successfully escape, resist and survive hostile encounters or violent attacks.

SATURDAY - November 2

9:30 am - 11:00 am

Women & Teens (ages 15 & up)

\$55 pp

Community Room / Municipal Building

(Pre-Registration is required)

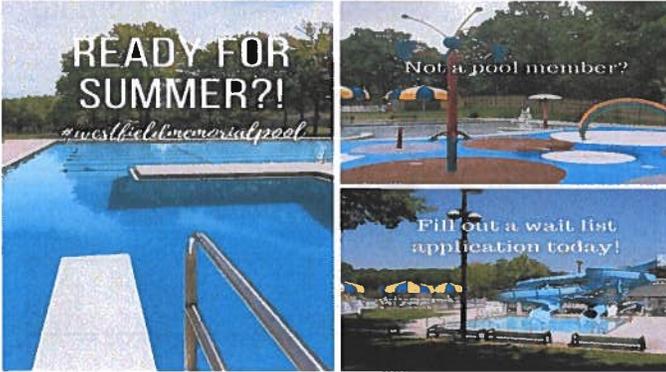
Register online at:

<https://secure.rec1.com/nj/westfield-nj>



WESTFIELD MEMORIAL POOL **MEMBERSHIP 2020**

Not a Pool Member & want to become one?
Fill out the Interest Form NOW to go on
the wait list for Summer 2020



Find the Interest Form at:
www.westfieldnj.gov/pool

Email the Completed Form to us at:
recreation@westfieldnj.gov

Senior Transportation

Transportation Services for Westfield Senior
Residents who are 65 Years of Age or Older

Call to Register OR to Schedule a Ride:
(908) 301-1287

You Can Leave a Message Anytime

Medical Rides:

Our transport service for Westfield senior residents provides rides to Doctors, Dentists, Professional Appointments on Tuesdays & Wednesdays. Rides to Overlook are available on Wednesdays. Transportation runs from 9:00 am—1:00pm.

Shopping Rides:

We offer transports for Shopping to locations in & around Westfield. Pick up starts at 9:00 am. Designated drop off locations are listed below:

Drop Off Locations (Shopping):

Stop & Shop - Lord & Taylor - Post Office - CVS - Library
Elm & Broad St - Trader Joes - Train Station - Voting
Shop Rite (Clark) - Target (Clark) - Marshalls (Clark) - Banks
South Ave Center - Municipal Building - Walgreens - Kings

Program Days:

Tuesday & Wednesday = Medical Rides
Thursday = Shopping

CALL (908) 301-1287

New

DRUMLINE



Intermediate students will cover the basics of drumline including marching technique, drumline warm-ups, and cadences using real marching percussion. Thinking about joining drumline in high school but want to get a feel for the activity? Or are you looking to take your drumming to the next level? Then Drumline is the perfect fit for you. Come find your rhythm with us & join Drumline!!

Grades: 6 - 8

Day: Monday

Dates: Oct. 7–Nov 25 (6 week session)

Time: 3:30–4:30 pm Fee: \$85 pp

Location: Rec. Department

(No Class 10/14 & 11/11)

Register In person at Rec. Dept
By Mail or Online at

<https://secure.rec1.com/nj/westfield-nj>



Music and Movement (Ages 3 - 5)

Students will have a BLAST learning how to make music in this exciting, interactive and high energy class. Children will explore the world through movement, learning fun songs, playing instruments and singing in different languages. Music and Movement encourages children to embrace their creativity. Through a myriad of fun and interactive musical activities, this class will teach participants about individual expression as well as collaborative cooperation.

Day: Tuesday

Dates: Oct 22- Nov 26 (6 week session)

Time: 10:00—10:45 am

Ages: 3 - 5 Fee: \$85 pp

Location: Rec. Dept / Lower Room

Register online at:

<https://secure.rec1.com/nj/westfield-nj>



Westfield Recreation Department General Registration Form

This form can be filled out & mailed into the Recreation Department with a check
(Payable to: Westfield Recreation Department).

Please be aware that all programs are on a first come basis.

Mail to: Westfield Recreation Department 425 East Broad St, Westfield, NJ 07090

Participants Name: _____ Male / Female

DOB: _____ Age: _____ Grade: _____ Phone Provider: _____

Address: _____
 Number Street Apt Town Zip

Parent Name: _____ Home #: _____

Cell #1: _____ Cell #2: _____

Parent Email: _____

Emerg. Name: _____ Relation _____ Emerg #: _____

List any allergies, medication, limitations or health issues we should be aware of (If none put "none")

Program Name: _____ Dates: _____ Fee: _____

Program Name: _____ Dates: _____ Fee: _____

Amount Enclosed: _____ Check #: _____

I certify that the participant listed above is physically able to participate in the Westfield Recreation Department's programs. I hereby give permission for the participant listed to participate in the above-named activity.

Hold Harmless: I waive and release all rights and claims for damages against Town of Westfield, the Recreation Department, the Recreation Commission, the Town of Westfield Board of Education, and any employees, volunteers and agents for any and all injuries, which may be suffered by the above, named individual while participating in the activity. I understand that all injuries must be reported immediately to the Recreation Department. I also realize that Town of Westfield, Town of Westfield Recreation Department, and the Westfield Board of Education do not have medical or accident insurance to cover the above named individual or any other participants. I further certify that all information on this form is true.

Media Policy: On occasion participants may be photographed while participating in Westfield Recreation Activities/programs. Understand that pictures at these activities may appear on the Westfield web page, Face book page and/or other social media, publicity, or brochures marketing Westfield Recreation activities/programs and facilities. The participants and or their legal guardians will have no rights granted to inspect or approve the use of said photographs prior to publication. Names will not be published with any pictures that are used

Requests for a refund must be made in writing at least five (5) business days (M-F) before program begins. NO refunds will be issued once the program starts. Approved refunds will be issued by Town of Westfield check according to the Finance Dept. paying schedule through the mail (4-6 weeks for approved refunds).

Parent/Guardian Signature: _____ **Date:** _____
(Over 18 yr of age – Participants Signature)