



CRANFORD TOWNSHIP NEWS

MARCH 2019 - VOLUME 8 / ISSUE 1



Spring & Summer Recreation Programs
Summer Pool Programs & Sign-up Application
Yard Waste Permit Application
Recycling Schedule
Flood Information

Official Township Departments

Visit www.cranfordnj.org/departments for updates and links to each department

Mayor Patrick Giblin	908-709-7206 p-giblin@cranfordnj.org	Library 224 Walnut Avenue Michael Maziekien	908-709-7272 library@cranfordnj.org
Deputy Mayor Ann Dooley	908-709-7206 a-dooley@cranfordnj.org	Planning & Zoning	908-709-7216 zoning@cranfordnj.org
Township Commissioners Thomas H. Hannen, Jr. Jean-Albert Maisonneuve Mary O'Connor	908-709-7206 t-hannen@cranfordnj.org j-maisonneuve @cranfordnj.org m-oconnor@cranfordnj.org	Police Dept. Chief Ryan Greco	908-272-2222 (non-emergency) police@cranfordnj.org
Administrator Jamie Cryan	908-709-7205 j-cryan@cranfordnj.org	Public Works 364 North Avenue East Steve Wardell	908-709-7217 dpw@cranfordnj.org
Municipal Clerk Patricia Donahue	908-709-7210 clerk@cranfordnj.org	Recreation & Parks 220 Walnut Avenue Steve Robertazzi	908-709-7283 recreation@cranfordnj.org
Business & Economic Dev. Gabe Bailer	908-709-7208 dmc@cranfordnj.org	Recycling Steve Wardell	908-709-7217 dpw@cranfordnj.org
Construction Code Building Dept. Richard Belluscio	908-709-7213 building@cranfordnj.org	Swim Pool Utility 401 Centennial Avenue Steve Robertazzi	908-709-7260 pool@cranfordnj.org
Court Administrator Lorraine Powell	908-709-7242 court@cranfordnj.org	Tax Assessor Peter J. Barnett	908-709-7211 assessor@cranfordnj.org
Engineering	908-709-7219 engineering@cranfordnj.org	Tax Collector Mary L. Testori	908-709-3981 m-testori@cranfordnj.org
Finance Lavona Patterson	908-709-7250 finance@cranfordnj.org	TV 35 Edward Davenport	908-709-3995 tv35@cranfordnj.org
Fire Dept. 7 Springfield Ave. Chief Dan Czeh	908-276-0146 (non-emergency) d-czeh@cranfordnj.org	Vital Statistics Joan Holler	908-709-7238 j-holler@cranfordnj.org
Health Monika Koscova Jencik	908-709-7225 health@cranfordnj.org		

Working Together... We can keep our town looking great

Clean streets and sidewalks, attractive and well-maintained buildings make a great first impression to visitors. The Township and property owners share the responsibility for keeping Cranford looking great.

You can help by reporting problems or safety concerns to Township officials.

Overflowing trash containers	Health Department	908-709-7238
Weeds, trash	Health Department	908-709-7238
Residential property maintenance	Property Maintenance	908-709-7240
Commercial property maintenance	Property Maintenance	908-709-7240
Deteriorated, unsafe signs & awnings	Property Maintenance	908-709-7240
Broken parking meter	Police Department	908-272-2222
Malfunctioning traffic light	Police Department	908-272-2222
Streetlight out	PSE&G	1-800-436-7734
Victorian Streetlight out	Police	908-709-7336
Broken street benches	DMC	908-709-7208
Damaged/missing street signs	Public Works	908-709-7217
Leaking fire hydrant	Fire Department	908-709-7360
Fire safety code problems	Fire Department	908-709-7360
Broken tree limbs, street trees	Public Works	908-709-7217

If you have a question or concern that isn't mentioned or you are not sure who to call, please contact the Township Administrator at 908-709-7205 and we will take care of the matter promptly.

Township
Committee

Patrick Giblin
Mayor

Ann Dooley
Deputy Mayor,
Commissioner of Public Safety

Thomas H. Hannen, Jr.
Commissioner of Building and
Zoning

Jean-Albert Maisonneuve
Commissioner of Public Works
and Engineering

Mary O'Connor
Commissioner of Finance

Cranford Township News is published by the Township of Cranford. Although great care has been taken to ensure the information contained within is accurate, the Township assumes no liability for errors.

We welcome comments and concerns. Please feel free to write or email to:

Township of Cranford
8 Springfield Avenue
Cranford, NJ 07016
Jamie Cryan
Township Administrator
908-709-7205
j-cryan@cranfordnj.org

Official Township website
www.cranfordnj.org

Design & Production
Sharper Imprints
Municipality Marketing Division
861 Hillside Avenue
Mountainside, NJ 07092
908-654-5400
908-654-3111 – Fax

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Mayor Giblin

Message from the Mayor

Welcome to the Township of Cranford Spring Newsletter.

Enclosed you will find information about various services and programs offered by your municipal government.

Much of this newsletter is dedicated to our extensive recreational offerings for all age groups: Pre-School, Youth, Teens, Adults and Seniors. There are plenty of ways for all Cranford residents to enjoy our parks, Community Center, Pools and other recreational facilities.

There is also important information from our Public Works and Engineering departments about recycling, yard waste and flood information.

The Township Committee pledges to make government more effective by delivering better services for you. We are committed to doing what it takes to foster a courteous climate and ensure prompt and polite service by the Township so that we improve resident services for all.

Please visit the Township website (www.cranfordnj.org) for information on all municipal services and timely updates. To receive emergency updates, text 07016 to 888777 for Nixle mobile alerts.

We encourage you to share your questions, concerns and ideas with us by sending them to p-giblin@cranfordnj.org or by calling 908-709-7206. You can also stay in touch by following us on Facebook (www.facebook.com/TownshipofCranford) and Twitter (@CranfordTwpNJ).

Thanks,
Patrick Giblin
Mayor

contents

Township Directory

Contact Information 2



Recreation and Parks

Online Registration Information 4
Spring Session 8
Summer Session 25



Recycling Department

What to Recycle 42
2019 Recycling Schedule 43

Public Works

2019 Yard Waste Permit Information 44
Yard Waste Permit Application Form 45



Pool & Fitness Center

Pool Programs 48
Swim Lessons 49
Kidz Klub 56
Fitness Center 57

Engineering Department

Flood Information Guide 60
Stormwater Pollution Newsletter 62

RECREATION & PARKS DEPARTMENT



220 Walnut Avenue • Cranford, NJ 07016 • 908-709-7283 • www.cranfordnj.org

Recreation Staff

Stephen P. Robertazzi,
CPRP, RA, CPO
Director
Recreation & Parks
and Swim Pool Utility

Gerry Fedorchak
Administrative Secretary

Lori-Ann Donnelly
Senior Citizen
Program Coordinator

Patty Kozlowski
Clerk/Receptionist

William Babkowski
Maintenance

Recreation & Parks Advisory Board

Donald Barone
Senior Citizen Rep.

Megan Bell

Susan Cave

Michelle Cook

Marita Dow

Nicole Dryer

Darren Gottesman

Maria Harris

William House
Board of Ed. Rep

Ryan Kulik

Debra Nichols

Carolyn Capone Pugliese

Heinz Ricken

Anthony Rosetti

Wally Shackell

Craig Mklencic
Cranford West Committee Liaison

Stephen P. Robertazzi,
CPRP, RA, CPO
Director
Recreation & Parks
And Swim Pool Utility

Patrick F. Giblin
Mayor / Liaison

Office Hours: Monday through Friday – 8:00am to 4:30pm

Weather Emergency and Program Cancellation Hotline: 908-276-6767

Spring Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 7:00pm

Saturday – 9:00am to 5:00pm

Summer Building Hours:

Monday – Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 6:00pm

Saturday – Closed

Email: recreation@cranfordnj.org • Fax: 908-709-7286

www.facebook.com/CranfordRecreationAndParks • www.instagram.com/CranfordRecreationAndParks

2019 Spring & Summer Programs

GENERAL INFORMATION

1. Registration is on a first come first serve basis and limited to Cranford residents only.
2. Proof of residency is required for all registrations.
3. At the time of registration, registration form and payment are required.
4. A parent must be present when registering children under 18 years of age.
5. We reserve the right to cancel any programs.
6. Classes cancelled due to inclement weather will be made up at the discretion of the Recreation Department. For program cancellations and information on program status due to weather related issues, please call **908-276-6767**.
7. When public schools are closed, any programs conducted at public schools are automatically cancelled.
8. All programs meet at the Community Center unless otherwise indicated.

9. Refund Policy: A full refund will be given if requested in writing prior to the first class. Once a program begins, refunds will only be issued in cases of medical reasons with documentation. Please allow 4-6 weeks for refunds that are issued by township check.

10. Photo Policy: Please be advised that all participants involved in any department programs or special events are subject to being photographed. The Township of Cranford, without an obligation to provide compensation to those photographed, may use such photographs.

11. All programs are closed during Township holidays.

12. Park & Building Permits: Permits are required for organized activities. Requests for permits must be made in writing by filling out a Facility Use Form. Forms may be obtained at the Recreation Dept. or on the website under the heading "Room Usage Application." Depending on request and organization requesting permit, a fee may be required.

Online Registration for All Programs

Community Pass is your resource for program and class registration within the Township of Cranford. Registration for our Spring and Summer Sessions begins Wednesday, March 13th, at 10:00am.

Be sure to create your Community Pass account now by going to <https://register.communitypass.net/cranford>.

You can register your entire family from the comfort of your home or workplace 24 hours a day, 7 days a week. Online registration will enable you to register, pay by credit card and receive the latest program updates as they occur through this account. If you would like to register online and require assistance in setting up your account please stop by the Recreation Department or call the office at 908-709-7283 and we would be happy to walk you through the process.

When your account is created, you will receive an email containing your login information. Be sure to keep this email in a safe place for future online registrations.

Recreation Facilities & Parks

Adams Park – Adams Ave. & Lambert St.
Buchanan Park – Centennial Ave. & Buchanan Ave.
Canoe Club – Springfield Ave. & Orange Ave.
Community Center – 220 Walnut Ave.
Crane's Park (9/11 Memorial) –
 Springfield Ave. & North Union Ave.
Cranford West – Hope, N.J.
Girl Scout Park – Springfield Ave. & Orange Ave.

Hampton Park – Eastman St. & Hampton St.
Hanson Park – Springfield Ave. & Holly St.
Johnson Park – Johnson Ave.
Lincoln Park – Lincoln Ave.
Mayor's Park – Springfield Ave. & N. Union Ave.
Memorial Park – Springfield Ave. & Central Ave.
Roosevelt Field – Orange Ave. & Pacific Ave.
Sherman Park – Lincoln Ave. East

Sports Leagues & Organizations

Baseball/Softball – www.cbsl07016.org
Canoe Club – www.cranfordcanoeclub.com
Clay Courts – www.cranfordtennis.com
Hanson Park – www.hansonparkconservancy.com
Hockey – www.cranfordhockeyclub.com
Jaycees – www.cranfordjaycees.org

Lacrosse – www.cranfordlacrosse.org
P.A.L. – www.cranfordpal.org
Recreation and Parks – www.cranfordnj.org/recreation-parks
Soccer – www.cranfordsoccer.com

Special Events

Memorial Day Parade

Date: Monday, May 27th
Time: 9:00am
Site: Start is at the Community Center and ends at Memorial Park
Note: *In the event of inclement weather, services will be held in The Cranford Community Center at 10:00am.*



The importance of remembering all those who have fought and died for our country is something that is all too often overlooked. It is our hope that the entire community joins our celebration to support and thank those men and women, past and present, for serving in our armed forces. Please remember to fly your flag proudly.

Fourth of July Celebration

Date: Thursday, July 4th
Events:
 9:00am Canoe Races (Canoe Club)
 9:00am Firecracker Fun Run (Nomahegan Park)
 TBD Rides & Games with Fun Services (Nomahegan Park)
 TBD Fireworks (Nomahegan Park)



Here in Cranford, the 4th of July is as much about celebrating our country's history as it is about celebrating with family. A variety of family oriented events mark the day. These include canoe races, the Firecracker Fun Run sponsored by the Cranford Jaycees, games and amusement rides.

Cranford West

Date: Weekends only
 July through September
Fee: \$25 per night
 Cabin and tent sites available
Note: *You must be a Cranford resident at least 21 years of age. Reservations are taken no more than 2 weeks in advance of the date requested, now beginning at 8:00am.*



In scenic Hope, NJ a small tract of land located on the banks of Silver Lake is fondly referred to as Cranford West. Need to get away from the hustle and bustle of Cranford? Why not go to this quiet oasis in Northwestern NJ? Take the family or go alone. This is the perfect place to relax and rejuvenate.



Special Olympics Young Athletes Program

Note: *Non-Cranford residents may register for this class*

Ages: 2 – 7

Days: Saturday

Date: April 13 to June 8*

Time: 9:00am – 9:45am

Fee: Free

Min: 6 **Max:** 15

Note: *Parents must participate*

*No class April 20 and May 25

In conjunction with the Special Olympics and the Young Athletes Program is designed for participation of children ages 2 – 7 with intellectual disabilities. For more information, please visit www.sonj.org/sports/young_athletes

Open Center

What is Open Center?

Open Center is a program run at the Community Center for all residents of Cranford. It consists of basketball, a game room with two (2) ping pong tables, one (1) air hockey table, three (3) pool tables, one (1) foosball table and a lounge with two (2) flat screen TVs and vending machines.

Open Center Registration - **New!**

Anyone wishing to utilize Open Center must be registered with the Recreation Department prior to using the facilities. Registration can only be done in person.

Anyone under the age of 18 must be registered by a parent/guardian, also in person. Registration forms are available at the Community Center. Proof of residency must be shown. You need only to register once per year.

What qualifies as proof of residency?

Current Cranford High School ID cards, Driver's Licenses, or a current utility bill qualify as proof of residency.

Who can use the Open Center?

The open center can be used by any

resident of Cranford. Anyone wishing to use the facilities must first be registered, and then sign in for each visit. No one will be admitted without prior registration. Children under 10 years of age must be accompanied by a parent/guardian at all times.

When is the center "Open"?

Fridays in spring 8:00am to 7:00pm, Fridays in summer 8:00am to 6:00pm and Saturdays in spring 9:00am to 5:00pm as long as there are no recreation programs scheduled. You can refer to this brochure to see when various programs are scheduled.

TryCAN

Cranford Recreation & Parks is proud to participate in TryCAN, a collaboration of nearby communities to offering recreation opportunities for youth with special needs or those who need special accommodation. TryCAN coordinates inclusive recreation and social development programs for children with special needs.

Cranford residents can now enroll in TryCAN programs (space permitting). Past programs have included basketball, baseball, soccer, tennis, lacrosse, flag football, golf, social skills, dance and movement, art, music, martial arts, study skills, and reading. TryCAN is always considering new programs to add.

All programs are led by experienced adult instructors or coaches. Critical to the TryCAN success is the use of volunteer teen Peer Mentors who provide more dedicated support and serve as buddies and "cheerleaders" for program participants.

To learn more about TryCAN, see the TryCAN web page or contact the TryCAN Coordinator at summitcan@gmail.com or 908-277-2932x13. Program offerings and related date/time information will be posted there as well when new updated information becomes available. Program flyers will be posted on the Cranford Recreation & Parks page as well when they become available.



Karate for Special Needs

Ages: 5 and Up

Days: Tuesday

Date: March 19 to April 16

Time: 7:00pm – 7:45pm (Ages 5 – 15)

8:00pm – 8:45pm (Ages 16 & Up)

Fee: \$12

Presented by Union County Board of Chosen Freeholders, Office for Persons with Disabilities & Special Needs and Cranford Recreation Department. For more information and to register, visit WWW.UCnj.ORG/OPSN-REG



Playgrounds

The summer playground program offers the curious child a variety of fun and interesting things to do during their vacation from school. Activities include arts and crafts, sports and much more. There will also be several evening events. Come down to your nearest playground over the summer to find out more about these events.

Grades: Completed Kindergarten to age 13

Days: Monday through Friday

Dates: June 24 to August 2*

Time: 9:00am – 12:00pm and 1:00pm – 3:00pm

Sites: Brookside Place School, Lincoln Park, Mohawk Park & Orange Ave School

Fee: \$20

Note: June 24 and June 25 will have afternoon sessions only.

Register in person at the rec center or online through Community Pass.

Cranford Canoe Club

250 Springfield Avenue, Cranford, NJ 07016 – 908-709-7285 – www.cranfordcanoecub.com

Dates: Open the last Saturday in April to the first Sunday in November

Hours: Weekends/Holidays – 9:00am – 6:00pm*, April to Nov. 1 (last boat out weekends and holidays)

Weekdays – 11:00am – 6:00pm*, Memorial Weekend to Labor Day

Activity Types: Day Trips, Self-guided Tours, Self-guided Activities

Recommended Length of Visit: 2+ hours

Prices: Canoes and Kayaks – \$25 for 2 hours, Tandem Kayaks – \$35 for 2 hours

*Weather Permitting

You will enjoy the scenery while riding New Jersey's Rahway River. Need a fun, close and easy day trip at an exciting river outfitter? Our self-guided canoeing and kayaking river tours are only 2 hours long, so it's a good lazy-day adventure your camp group won't regret. Our canoes and kayaks are good for all ages, so bring the campers down and make memories, one smile at a time. We can accommodate large groups of up to 100 people per outing. We have soft-serve ice cream, an assortment of drinks and an open outdoor grill serving burgers, hot dogs and fries. Camp directors can contact Ralph Circelli for group scheduling.



**Prize for best decorated
Cranford spirited stroller!**



Save the date for Centennial Village Group's Velocity 5K Race!

Sunday, June 2, 2019 – 9am. Starting at Lincoln School
Family-friendly run, chip timing, with a flat scenic run-route through Centennial Village and Mohawk Park.

- Pre-registration open until May 21, 2019.
- \$25 for adults, \$15 for youth (18 and under).
- All pre-registrants get a race day tech t-shirt.

Race-day registration: \$30 for adults, \$20 for youth.
Medals for top 3 males and females in each age range.
Questions? – email: CVGVelocity@gmail.com

Cranford Recreation and Parks Department and Cranford Health Department in Conjunction with Ivy Rehab and Shoprite of Garwood

Injury Prevention Workshop Series

Concussion Management – Thursday, March 14, 7:00pm

For all Athletes and Parents. Trained physical therapists can offer pre-concussion screening and design an individualized program to treat post-concussion symptoms safely.

Women's Health Month / Health Fair – Tuesday, May 14

Look for more information.

Mental Health Workshop

Nutrition for Mental Health – Tuesdays, April 2 to May 7*, 6:00pm – 7:00pm, \$20, held at the Cranford Community Center. (*April 23 class to be held at Shoprite in Garwood)

Join the Cranford Health's Health Educator Lindsay DeStefano, Emelyn Falcon, Public Health Candidate, and Shoprite of Garwood's in-store registered dietitian, Victoria Coglianese, RDN, for a 6-week series "Crunch Your Way to a Healthier Life". Learn what you can eat to both prevent diabetes as well as help reverse it for those already diagnosed. Learn why managing your blood sugar is one of the most important steps to take in your health, whether you are diabetic or not. This series will walk you through the practical skills and knowledge needed to change your lifestyle: balancing your meals, carbohydrate counting made easy, food label reading, wholesome cooking, and savvy shopping for healthy foods on a budget.

Spring Session



Fridays with My First Friends

Designed especially for two and three year-olds. My First Friends will emphasize and encourage the importance of playing and sharing within a group. Each class will mix games and toys with dance and music. Activities will be presented in a positive, pleasant environment. An adult or guardian must accompany each child to class.

Ages: 2 – 3
Days: Friday
Dates: April 5 to June 21*
Time: 9:30am – 10:15am or
Fee: \$35
Min: 6 **Max:** 20

*No class April 19 and May 24



Mommy and Me Music

Brought to you by Sing A Song, children are introduced to instrument play, interactive songs, live music, dancing with colorful scarves, puppets, picture song books, world music, rhythm and movement.

Ages: 1 – 3 Years
Days: Monday
Dates: April 1 to June 17*
Time: 10:30am – 11:00am
Fee: \$120
Min: 6 **Max:** 10
Note: Parent must attend

*No class April 15 and May 27



Stretch-N-Grow for Kids

Stretch-N-Grow for Kids is designed to promote exercise and wellness for preschool-aged children. The class focuses on balance, coordination and sports readiness skills.

Ages: 2 – 5
Days: Wednesday
Dates: April 10 to June 5
Time: 9:30am – 10:00am
Fee: \$105
Min: 4 **Max:** 15



Little Yogis

NEW!

Each Little Yogi class will give your child the perfect opportunity to explore yoga poses through music, art, exercise, math, science, reading and more. Classes will challenge children to become more mindful of their bodies and behaviors, on the mat and outside of class.

Yoga mat or towel is required

Ages: 3 1/2 – 5
Days: Thursday
Dates: April 25 to May 23
Time: 9:15am – 10:00am
Fee: \$70
Min: 5 **Max:** 12



Pre-school Arts & Crafts

Whether you are crafty or not, this is a class you and your child will have lots of fun creating wonderful projects together in. We work on developing skills like cutting, painting, gluing, coloring and most of all creativity. Enjoy the excitement you and your child will feel after seeing the projects you have created together.

Ages: 3 – 4
Days: Thursday
Dates: April 11 to June 20*
Time: 10:00am – 11:00am or 1:00pm – 2:00pm
Fee: \$45
Min: 6 **Max:** 15
Note: Parent must attend

*No class April 18



Science Matters

Science lessons are taught using a multi-sensory philosophy, so your child will get up and jump around, stick their hands in goop, smell the stink of a chemical reaction, hear the thud of gravity and even see color changes in some experiments. At the end of each lesson, your child will receive materials to continue their exploration and experimentation at home.

Ages: 3 – 6
Days: Tuesday
Dates: April 23 to May 28
Time: 10:15am – 11:15am or 1:00pm – 2:00pm
Fee: \$120
Min: 4 **Max:** 15



Mommy & Me Food Explorers

Join us for a fun food adventure while spending quality time together. This class engages children and adults in the creative side of food. Participants will explore where our food comes from, invent recipes together, simplify meal planning, and share their love of food in new ways.

Age: 3 – 6
Days: Tuesday
Dates: April 23 to May 14
Time: 10:30am – 11:15am
Fee: \$80
Min: 5 **Max:** 12

Squirts Camps and Tennis

In association with the US Sports Institute

The US Sports Institute is at the forefront of providing summer day camps in American communities. The camp is designed to enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. The staff is dedicated to delivering quality outdoor programs where your child will not only have great fun but also learn that "character really counts!"

For additional information please contact the US Sports Institute: Phone: 732-563-2520 or www.ussportsinstitute.com.

NOTE: Registration is done directly with US Sports Institute.



Parent & Me Soccer Squirts

Saturday Session

Ages: 2 – 3
Days: Saturday
Dates: April 13 to June 15*
Time: 11:30am – 12:30pm
Site: Lincoln Park
Fee: \$169

*No class April 20 and May 25

Sunday Session

Ages: 2 – 3
Days: Sunday
Dates: April 14 to June 16*
Time: 9:00am – 10:00am
Site: Roosevelt Park
Fee: \$169

*No class April 21 and May 26

With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games and scrimmages.

Registration is done directly with US Sports Institute

Parent & Me Multi Sports Squirts

Ages: 2 – 3
Days: Saturday
Dates: April 13 to June 15*
Time: 9:00am – 10:00am or
 10:00am – 11:00am
Site: Lincoln Park
Fee: \$169

*No class April 20 and May 25

Children will have the opportunity to try Lacrosse, Soccer, T-Ball, Track & Field and Parachute Games in a safe, structured environment. This program is ideal for any child that needs a little help from Mom or Dad!

Registration is done directly with US Sports Institute

Soccer Squirts

Saturday Session

Ages: 3
Days: Saturday
Dates: April 13 to June 15*
Time: 12:30pm – 1:30pm
Site: Lincoln Park
Fee: \$169

*No class April 20 and May 25

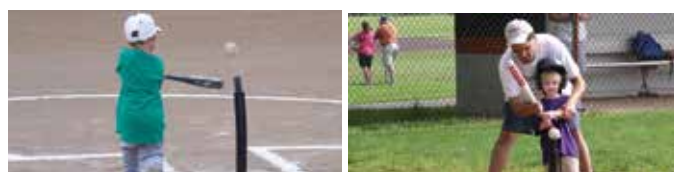
Sunday Session

Ages: 3
Days: Sunday
Dates: April 14 to June 16*
Time: 10:00am – 11:00am or
 11:00am – 12:00pm
Site: Roosevelt Park
Fee: \$169

*No class April 21 and May 26

This program is the perfect introduction to the most popular sport in the world! Children will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Classes are taught through structured activities, fun games, and scrimmages and are designed to ensure learning and most importantly: fun! fun! fun!

Registration is done directly with US Sports Institute



Parent & Me T-Ball Squirts

Ages: 2 – 3
Days: Sunday
Dates: April 14 to June 16*
Time: 9:00am – 10:00am
Site: Roosevelt Park
Fee: \$169

*No class April 21 and May 26

Classes are a fun and positive introduction to t-ball for children aged 2 – 3 and their parents! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through a program of structured activities, fun-based games, and scrimmages.

Registration is done directly with US Sports Institute

T-Ball Squirts

Saturday Session

Ages: 3 – 5
Days: Saturday
Dates: April 13 to June 15*
Time: 11:30am – 12:30pm
 12:30pm – 1:30pm
Site: Lincoln Park
Fee: \$169

*No class April 20 and May 25

Sunday Session

Ages: 3 – 5
Days: Sunday
Dates: April 14 to June 16*
Time: 9:00am – 10:00am or
 10:00am – 11:00am
Site: Roosevelt Park
Fee: \$169

*No class April 21 and May 26

T-ball Squirts is a great way to introduce your young slugger to this exciting game. Utilizing fun games and activities, players will develop their skills in hitting, throwing, base running and fielding. At the end of each session participants will apply these skills into realistic mini-game situations and scrimmages.

Registration is done directly with US Sports Institute



T-Ball Senior Squirts

Ages: 5 – 6
Days: Sunday
Dates: April 14 to June 16*
Time: 11:00am – 12:00pm
Site: Roosevelt Park
Fee: \$169

*No class April 21 and May 26

Senior Squirts is a great way to introduce your young slugger to this exciting game. Utilizing fun games and activities, players will develop their skills in hitting, throwing, base running and fielding. At the end of each session participants will apply these skills into realistic mini-game situations and scrimmages.

Registration is done directly with US Sports Institute



Squirts Multi Sports

Ages: 3 – 5
Days: Saturday
Dates: April 13 to June 15*
Times: 9:00am – 10:00am or
 10:00am – 11:00am
Site: Lincoln Park
Fee: \$169

*No class April 20 and May 25

Squirts Multi Sports allows children aged 3 – 5 to experience a variety of sports throughout the program. It is the perfect introduction to athletics for your future sports star! All sports are taught in a safe, structured and fun learning environment. Each session is comprised of a series of games and activities designed to ensure learning and fun! Participants will have the opportunity to experience Lacrosse, Soccer, T-ball and Track & Field.

Registration is done directly with US Sports Institute



Tennis Squirts

Ages: 3 – 5
Days: Saturday
Dates: April 13 to June 15*
Time: 9:00am – 9:45am
Site: Hillside Ave.
 Tennis Courts
Fee: \$169

*No class April 20 and May 25

The Tennis Squirts program is a fun-filled learning adventure that introduces children aged 3 – 5 to the world of tennis. It's a great way to learn the sport's fundamental skills in a low pressured, fun environment. Following guidelines set out by the US Tennis Association (USTA) children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and more importantly; fun, fun, fun! All sessions are conducted using age-appropriate equipment and court sizes.

Registration is done directly with US Sports Institute

Spring Session



Kinder Tots

Kinder Tots is an age appropriate program designed to develop gross motor skills, movement creativity, physical development (flexibility, strength, balance, coordination), tumbling, body awareness and communication skills, while learning numbers, colors, shapes, and songs.

Come Join Us for a Free Demo Class!

Thursday, April 4, 10:30am – 11:00am at the Cranford Recreation Department.
Please call the Recreation Dept. if you would like to attend the demo class.

Age: 2
Days: Thursday
Dates: April 25 to June 13
Time: 10:30am – 11:00am
Fee: \$115
Min: 5 **Max:** 12



Kinder Gym

Kinder Gym is an age appropriate developmental floor gymnastics, acrobatics and tumbling program taught in two levels, with an emphasis on social and gross motor development, physical fitness and movement education, while learning numbers, colors, shapes and words.

Come Join Us for a Free Demo Class!

Monday, April 1, 12:30pm – 1:00pm at the Cranford Recreation Department.
Please call the Recreation Dept. if you would like to attend the demo class.

Ages: 3 – 5
Days: Monday
Dates: April 22 to June 17*
Time: 12:30pm – 1:00pm
Fee: \$115
Min: 5 **Max:** 12

*No class on May 27



Kinder GymAdemics

Our program perfectly blends our knowledge and expertise of sports and academics called GymAdemics! Teamwork is a big focus in every class. Children are simultaneously challenged athletically and academically.

Wednesday AM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 10 to June 19*
Time: 10:00am – 11:00am
Fee: \$80
Min: 4 **Max:** 12

*No class on April 17

Wednesday PM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 10 to June 19*
Time: 1:30pm – 2:30pm
Fee: \$80
Min: 4 **Max:** 12

*No class on April 17



Kinder Spanish

Kindergarten students will have an opportunity to learn Spanish through games, songs and creative art projects!

Wednesday AM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 10 to June 19*
Time: 9:00am – 10:00am
Fee: \$80
Min: 4 **Max:** 12

*No class on April 17

Wednesday PM Session

Grades: Kindergarten
Days: Wednesday
Dates: April 10 to June 19*
Time: 12:30pm – 1:30pm
Fee: \$80
Min: 4 **Max:** 12

*No class on April 17

Kinder Book Club — The Kinder Book Club is designed to enrich literacy and foster a love of reading. Children will engage in “hands-on” activities that will connect books and poetry to math, science, art & writing! All children who sign up for Kinder Book Club and Yoga will have snack time and will be escorted to class. Water bottle is suggested. Please send a snack with your child if they are in the Book Club and Yoga programs.



Tuesday AM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 2 to June 11*
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

*No class on April 16

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: April 4 to June 13*
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12

*No class on April 18

Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 2 to June 11*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

*No class on April 16

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: April 4 to June 13*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12

*No class on April 18

Kinder Yoga — Kinder Yoga is a happy, hip, active yet CALMING introduction to Yoga for boys and girls. This class aims to boost focus and promote a sense of well-being through movement and relaxation. Kinder Yoga is the perfect preparation for Kinder Book Club! Mats are provided. Water bottle suggested. All children who sign up for Kinder Book Club and Yoga will have snack time and be escorted to class.



Tuesday AM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 2 to June 11*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

*No class on April 16

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: April 4 to June 13*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12

*No class on April 18

Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: April 2 to June 11*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

*No class on April 16

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: April 4 to June 13*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12

*No class on April 18

Preschool Drawing with Young Rembrandts

NEW!

Ages: 3 – 5 Years
Days: Monday
Dates: April 8 to June 10*
Time: 10:00am – 10:45am
Fee: \$106
Min: 5 **Max:** 10

*No class April 15 and May 27



This spring, Young Rembrandts introduces a variety of artistic lessons that will challenge and excite your child. A wonderfully illustrated flower pot will capture the spirit of the spring season. A cuddly bear drawing will introduce our students to basic figure drawing. If your student has a curiosity for nature, he or she will love our bird bath and snail to help strengthen their art and compositional skills. There's no better time than NOW to enroll your child into a Young Rembrandts class. All this and more await your budding young artist.

Spring Session



Kinder Cooking & Arts & Crafts

In Kinder Cooking your child will learn about various preparation tools, kitchen safety and how to prepare and cook simple recipes. The Kinder Arts and Crafts portion of this program will include projects using paint, clay, markers, spin art and finger painting.

Monday AM Session

Grades: Kindergarten
Days: Monday
Dates: April 1 to June 17*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

*No class on April 15 and May 27

Monday PM Session

Grades: Kindergarten
Days: Monday
Dates: April 1 to June 17*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

*No class on April 15 and May 27

Friday AM Session

Grades: Kindergarten
Days: Friday
Dates: April 5 to June 21*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

*No class on April 19 and May 24

Friday PM Session

Grades: Kindergarten
Days: Friday
Dates: April 5 to June 21*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

*No class on April 19 and May 24



Pipsqueak Players

Pipsqueak Players is a reading enrichment program that nurtures pre- and emergent reading skills through performance! Improv, repetition, word recognition games, and character "work" are just a few ways we kickstart your child's reading confidence!

Ages: 4 – 6
Days: Wednesday
Dates: April 24 to May 15
Time: 10:00am – 10:45am
Fee: \$80
Min: 5 **Max:** 8



Young Engineers

Lego Building Club **NEW!**

Come join Young Engineers Lego Building Club where kids will explore a number of structured building activities using Lego bricks. Children will have the opportunity to work in groups to peruse large projects and explore their imagination building some creative ideas.

Age: 4 – 6
Days: Thursday
Dates: April 11 to June 6*
Time: 10:00am – 11:00am
Fee: \$125
Min: 8 **Max:** 16

*No class on April 18

iDiscover -
Stem Enrichment Program

iDiscover is an interactive educational experience. Classes will guide children to challenge their creative minds with Computer Programming, Coding Puzzles, Brain Games and more! Each child will use iPads to explore the vast world of the latest educational and computer programming software.

Age: 5 – 6 (Kindergarten)
Days: Thursday
Dates: April 25 to May 30
Time: 12:30pm – 1:15pm
Fee: \$95
Min: 5 **Max:** 15



Bowling

NEW!

Ages: 5 – 14 years
Days: Friday
Dates: February 22 to April 12
Time: 6:00pm
Site: Jersey Lanes
Fee: \$90 – Complete Bowling Program
 \$70 – Without Bowling Ball

This 8-week program includes 2 games of bowling each week, use of rental shoes and lightweight balls, 8 free game passes at the program's end and a brand new bowling ball (\$90), or just bowl for fun (\$70). Bumpers available for younger bowlers – no gutterballs!

To participate, fill out the registration form found on our flyer and return it to Jersey Lanes by Thursday, February 21st. For more information, contact Jersey Lanes at 908-486-6300.



Typing Class

NEW!

Grades: 3 – 8
Days: Wednesday
Dates: May 1 to May 22
Time: 3:45pm – 4:45pm (Grades 3 – 5)
 5:00pm – 6:00pm (Grades 6 – 8)
Fee: \$35
Min: 6 **Max:** 12

No more hunting and pecking! This beginner typing class will help your child learn effective typing skills in a fun, relaxed environment. With easy instruction and online games, students will feel comfortable using a keyboard both in and out of the classroom. It is important that all students must bring a laptop with internet capabilities.

MANNERATIONS

Where manners are serious fun! – Mannerations is a fun, innovative program that teaches children and young adults about etiquette and how it should be practiced in today's world. Learning good manners early in life sets the stage for a more successful future. Mannerations can help your child build a solid foundation that he/she will utilize forever.

Classes are taught by Patti Manning, Founder of Mannerations.



Mannerations – Social Etiquette

(1 Day Class)

Ages: 6 – 12
Days: Wednesday
Dates: March 27
Time: 4:00pm – 5:00pm
Fee: \$40 for 1 class (Includes instructional materials and a good fun manners bag)
Min: 5 **Max:** 10

This introductory one-day course teaches children the 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 and other life events. Children learn through role-playing, worksheets, and fun games.

Mannerations – Dining Program

(1 Day Class)

Ages: 6 – 12
Days: Monday
Dates: April 8
Time: 4:00pm – 5:00pm
Fee: \$50 for 1 class
 (Includes four-course meal and instructional manual)
Min: 5 **Max:** 10

During this one-day class, children learn the etiquette of dining in a fun, interactive and memorable manner. A four-course meal is consumed while discussing why good manners during dining are important, and how to correctly behave and manage a formal meal.

Spring Session



Kidsafe Youth Programs

(New Class Times)

Karate & Safety Awareness

Ages: 5 – 15
Days: Thursday
Dates: April 11 to June 20*
Time: 5:10pm – 5:50pm (New Students Age 5 – 8)
 6:00pm – 6:40pm (White Belts w/Stripe & All
 New Students Age 9+)
 6:50pm – 7:30pm (All Yellow Belts)
 7:40pm – 8:20pm (Orange Belts and Above)
Fee: \$85
Min: 10 **Max:** 30

*No class on April 18

This Program is designed to *enhance self-esteem, self-discipline and safety awareness!* Students are placed into classes according to age and ability. A black belt instructor teaches beginning, intermediate and advanced techniques **for self defense only**. Self-discipline and defense, rather than aggressiveness are promoted! Weekly safety flyers focus on a wide range of topics including stranger safety, fire safety and more!



Elementary Cooking

Grades: 1 – 3
Days: Monday
Dates: April 1 to June 17*
Time: 3:45pm – 4:45pm
Fee: \$70
Min: 8 **Max:** 12

*No class on April 15 and May 27

This program will go beyond the basics learned in Kinder Cooking and teach the children slightly more advanced recipes. This is a very hands-on class where the children will get their hands dirty.



Cartooning with Young Rembrandts

NEW!

Ages: 6 – 12
Days: Wednesday
Dates: April 10 to June 5*
Time: 6:00pm – 7:00pm
Fee: \$115
Min: 5 **Max:** 15

*No class April 17

Does your child have a great sense of humor to complement his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects, as they breathe life into the sun and moon, transforming them into funny cartoon characters. A humorous bird feeding sequence will teach your child visual and sequential story telling. We'll also create drawings that feature colorful and expressive forest animals. Give your child the gift of learning and artistry. Enroll your student today!



Elementary Drawing with Young Rembrandts

NEW!

Ages: 6 – 12
Days: Tuesday
Dates: April 9 to June 4*
Time: 4:00pm – 5:00pm
Fee: \$115
Min: 5 **Max:** 15

*No class April 16

The season of Spring gives our artists new inspiration and lessons like the Bee Graphic and historical Model T. Every child will draw their lesson in detail and learn new techniques like how to add a little whimsy to our version of Aladdin's Lamp and some adorable Baby Dragons. Creativity, imagination and whole brain learning are all happening every week. Sign up today!



Thursday Night Gamer's Club

Every other Thursday, Cranford residents of all ages meet for Game Club! Playing everything from Cribbage to Catan, Parcheesi to Pandemic, our members experience a wide variety of games, and make connections and friendships that cross the whole community. Come for a little bit, or stay the whole time. Learn a new game or share an old favorite! Please bring a game to share.

Grades: Open to all ages 11 years or younger must be accompanied by an adult.
Days: Thursday
Dates: Ongoing
Time: 4:00pm – 9:00pm
Fee: Free



iDiscover – Stem Enrichment Program

iDiscover is an interactive educational experience. Classes will guide children to challenge their creative minds with Computer Programming, Coding Puzzles and Brain Games and more! Each child will use iPads to explore the vast world of the latest educational and computer programming software. Classes include a wide variety of technology to help your child Discover!

Grades: 1 – 6
Days: Thursday
Dates: April 25 to May 30
Time: 7:00pm – 7:45pm
Fee: \$95
Min: 5 **Max:** 15



Fashion First Workshop

Calling all fashion designers! Do you have a passion for fashion? Our student designers will recreate the romper or jumpsuit just in time for summer!! Choose your fabric, design and sketch your design, measure your silhouette for sizing, cut your paper pattern on your fabric, then pin and sew your design together. Have a final fitting and then a fashion show on the last class. Fee includes all fabric, notions, trims and use of sewing machines. No sewing experience necessary.

Boys and girls welcome.

Grades: 2 – 12
Day: Wednesday
Dates: April 24 to June 12
Time: 4:15pm – 5:15pm
Fee: \$160
Min: 6 **Max:** 15



What Matters For Kids!

Science Matters

Science lessons are taught using a multi-sensory philosophy, so your child will get up and jump around, stick their hands in goop, smell the stink of a chemical reaction, hear the thud of gravity and even see color changes in some experiments. At the end of each lesson, your child will receive materials to continue their exploration and experimentation at home.

Grades: 1 – 4
Days: Tuesday
Dates: April 23 to May 28
Times: 3:45pm – 4:45pm
Fee: \$120
Min: 4 **Max:** 15



Junior Chefs **NEW!**

This class will teach your child the FUNdamentals of cooking & baking. Come join us for an hour of creating fun, seasonal dishes. This class is for the older child who loves to cook!

Boys and girls welcome.

Grades: 4 – 5
Day: Thursday
Dates: April 4 to June 13*
Time: 3:45pm – 4:45pm
Fee: \$70

*No class on April 18

Spring Session

Sport Camps & Kids Tennis *In association with the US Sports Institute*

The US Sports Institute is at the forefront of providing summer day camps in American communities. The camp is designed to enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. The staff is dedicated to delivering quality outdoor programs where your child will not only have great fun but also learn that "character really counts!"

For additional information please contact the US Sports Institute:

Phone: 732-563-2520. Web: www.ussportsinstitute.com • Registration is done directly with US Sports Institute



Foundation Tennis

Foundation Tennis is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning, all the while maintaining the enjoyment factor of being on the tennis court. Open to first time players and those with some experience who are looking to gain a strong foundation in the sport of tennis.

Ages: 5 – 14
Days: Saturday
Dates: April 13 to June 15
Time: 10:00am – 11:00pm (Ages 5 - 8)
 11:00am – 12:00pm (Ages 8 - 10)
 1:30pm – 2:30pm (Ages 11 - 14)
Site: Hillside Ave. Tennis Courts
Fee: \$169



Development Tennis

Development Tennis is designed for players who have previous experience, and a good understanding of tennis' fundamental skills. Players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. To participate in Development Tennis, participants should be able to demonstrate a controlled forehand and backhand technique, a basic serving action, and some understanding of the rules of the sport.

Ages: 11 – 14
Days: Saturday
Dates: April 13 to June 15
Time: 12:00pm – 1:00pm (Ages 11 - 14)
Site: Hillside Ave. Tennis Courts
Fee: \$169



Fire's Basketball Clinic

NEW!

This spring break clinic will stress the FUNDAMENTALS of basketball, including ball handling, dribbling drills, lectures, games and contests. Clinic Director Bob Firestone is the former Head Boys Coach at St. Mary's High School in Elizabeth and Head Girls Coach in Elizabeth High School in Elizabeth. Coach Firestone has had the privilege of coaching in the first Girls McDonald's Basketball Classic at Madison Square Garden. Coach Firestone was inducted into the Elizabeth Hall of Fame and the Linden Hall of Fame. **Adjustable baskets available.**

Bring your own basketball, drink and snack.

Ages: 4 – 13
Days: Monday – Thursday
Dates: April 15 to April 18
Time: 9:00am – 12:00pm
Fee: \$120
Min: 10 **Max:** 60

Golf For Juniors

Join PGA Professional Bill McCluney for this summer camp to get an education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Clubs will be provided, but those who have their own are encouraged to bring them.

Look for more information!



Young Engineers

At Engineering for Kids we specialize in teaching kids S.T.E.M. in a fun hands on way. Our enrichment programs are not like any you have seen before. Each curriculum is inquiry based and designed to encourage creativity, problem solving and critical thinking.



Young Entrepreneurs

NEW!

Through fun games, activities, group projects, and a business simulation program, students learn business and marketing strategy, teamwork, and essential problem-solving and leadership skills. Every day is filled with challenging activities to help students learn the fundamentals of entrepreneurship and creating a start-up business. Each student develops an idea for a business that he or she can start, and on the final day pitch his or her idea in a competition.

Ages: 7 – 14
Days: Thursday
Dates: April 25 to June 13
Time: 4:00pm – 5:00pm
Fee: \$160
Min: 8 **Max:** 16



Youtube Vlog Star

Kids will be creating their own Youtube channel, learning the art of creating personal videos, editing, and managing a Youtube channel, as well as monetizing and promoting their own channel.

Ages: 6 – 12
Days: Wednesday
Dates: April 24 to June 12
Time: 4:00pm – 5:00pm
Fee: \$160
Min: 8 **Max:** 16



Little Magicians

Kids will learn the science of creating mind blowing illusions to amaze their friends and family. They will learn some simple tricks to perform anywhere with cards, ropes, paper, napkins etc., along with some magic words!

Ages: 5 – 9
Days: Tuesday
Dates: April 23 to June 11
Time: 4:00pm – 5:00pm
Fee: \$160
Min: 8 **Max:** 16

RMC Music Studio – WE TEACH. YOU ROCK!

RMC Studios Outreach Program offers group musical instruction for all ages, interests and skill levels. Our dynamic courses run the gamut of musical exploration in a fun and engaging setting!



Rock FUNdamentals

A high energy class designed to provide the student a fun and hands on approach to entry level music education. Students will have the chance to discover the guitar, drums, keyboards and vocals through a wide range of musical games, crafts, and hands on learning.

Ages: 6 – 10
Days: Thursday
Dates: April 25 to June 13
Time: 5:00pm – 5:45pm
Fee: \$90
Min: 6 **Max:** 12



Drum Madness!!

Does your child like to tap on anything he or she can get their hands on?! Well if so, this is the course for you! Drum Madness is designed to take items that can typically be found around the house and transform them into instruments used to explain basic fundamentals of rhythm, beat and timing. Buckets, PVC pipe, folding chairs and even sesame seeds will be used to transform into percussion tools.

Ages: 6 – 10
Days: Thursday
Dates: April 25 to June 13
Time: 6:00pm – 6:45pm
Fee: \$90
Min: 6 **Max:** 12



Next Level Game Design

NEW!

Grades: 6 – 12
Days: Tuesday
Dates: April 23 to June 11
Time: 6:00pm – 8:00pm
Fee: \$85 (includes all materials and supplies)
Min: 8 **Max:** 18

Teens are game makers! Teens will dive into board games, card games, and tabletop games fostering and exercising logic, strategy, and social skills to compete and cooperate with their peers. Using these same skills, teens will create their very own games from scratch, learning about what it means to be a game designer, how to create and test their ideas, and how to work with others during the development process. At the end of the program, teens will have designed their own prototypes to share with friends and family and other designers.



Electronic Music Workshop

NEW!

Ages: 13 & Up
Days: Thursday
Dates: April 11 to May 23*
Time: 3:45pm – 4:45pm
Fee: \$75
Min: 3 **Max:** 7

*No class April 18

Exploring the world of sound using the computer. Creation of original sound collages in the workshop. Sound editing to change sound personality; Synthesizer programming; communication via MIDI; work with loops and sequences; computer-music coding using Csound. **Bring your own laptop & headphones to class.**



Dungeons and Dragons for Teens

NEW!

Grades: 6 – 12
Days: Friday
Dates: April 26 to June 14
Time: 3:45pm – 5:15pm
Fee: \$85 (includes all materials and supplies)
Min: 4 **Max:** 12

Role-Playing games like Dungeons and Dragons are safe, fun ways for people of all ages to learn and exercise social skills, creative thinking and writing skills, and strategic thinking. In D&D for Teens, students will be guided through creating their own in-game personas and going on heroic adventures. Make new friends to last a lifetime!



Magic the Gathering for Teens

NEW!

Grades: 6 – 12
Days: Friday
Dates: April 26 to June 14
Time: 5:15pm – 6:45pm
Fee: \$85 (includes all materials and supplies)
Min: 7 **Max:** 16

Magic the Gathering is the world's biggest trading card game, with thousands of players worldwide. Learn how to play, improve your existing skills, build decks suited to your play style, and begin building and managing your collection.



Teen Zumba

Be part of the Zumba family and enjoy some group fun. This cardio workout is more like a party while you move to Latin vibe music fused with cardio dance steps!

Please bring a water bottle.

Ages: 13 – 17
Days: Monday
Dates: April 1 to June 17*
Time: 6:15pm – 7:15pm
Fee: \$85
Min: 15 **Max:** 40

*No class April 15 and May 27



Teen Time Out with T

Teresa Lacorazza, Healing Arts Practitioner and founder of The HEAL Network will help you learn how meditation can help overcome the stress of school, college preparation, bullying, peer pressure, and finding a balance in life. Experience how creating a meditation practice will increase self-esteem, creativity, and keeping a positive attitude.

Ages: 13 – 17
Days: Wednesday
Dates: April 10 to June 5*
Time: 7:00pm – 8:00pm
Fee: \$90
Min: 10 **Max:** 20

*No class on April 17



Teen Yoga

Teens ages 13 – 17 will have an opportunity to gain strength, flexibility and peace of mind as they learn the ancient practice of yoga. No previous yoga experience is required.

Bring a yoga mat and a water bottle.

Ages: 13 – 17
Days: Thursday
Dates: April 4 to June 13*
Time: 6:15pm – 7:15pm
Fee: \$85
Min: 10 **Max:** 20

*No class on April 18



Learn to Knit

In this 8 week course, students will learn basic knitting stitches, how to begin and finish a project and how to read a simple pattern. Knitting helps to develop fine motor skills, improves math skills and introduces students to the concepts of coding and STEM activities. Knitting helps develop a sense of accomplishment, builds confidence and helps improve problem solving skills and promotes creative expression!

Ages: 8 – 13
Day: Tuesday
Dates: April 30 to June 18
Time: 6:00pm – 7:00pm
Fee: \$125 (Includes Starter Kit)
Min: 5 **Max:** 15



Poetry

This popular class involves using food as writing prompts. It's accessible for people with no prior writing experience and designed so that anyone with an interest in writing can create poetry.

Ages: 9 – 14
Days: Thursday
Dates: May 2 to May 23
Time: 4:00pm – 5:00pm
Fee: \$80
Min: 5 **Max:** 15



Golf for Women

Join PGA Professional Bill McCluney to get a complete education of the game of golf. Proper grip, tee shots, short swing, long swing, bunker play, putting and much more will be taught. Classes are held at Hyatt Hills. Bring your own clubs if you have them.

Ages: 18 & Up
Day: Wednesday
Dates: April 10 to May 22
Time: 12:30pm – 1:30pm
Site: Hyatt Hills
Fee: \$150

Spring Session



Beauti & Trend

NEW!

Ages: 18 & Up
Day: Wednesday
Date: May 1 (1 Night Only)
Time: 7:00pm – 8:00pm
Fee: \$20
Min: 4 **Max:** 15

This program is designed to show and demonstrate the hottest styles in fashion, accessories, and makeup for the season and give tips on how you can incorporate them into everyday life for the more mature woman. You will be inspired to try something new, mix up your routine, tweak your look, “open your eyes” to new ways to apply your makeup or find a new color palette. You will also hear ways to create a beautiful look for a “real women’s” lifestyle. Beauti & Trend ultimately shows you simple clever ways to compliment your look with little effort, time, and money.



Knitting for Adults

NEW!

Ages: 18 & Up
Days: Tuesday
Dates: April 30 to June 18
Time: 7:00pm – 8:00pm
Fee: \$125
Min: 5 **Max:** 15

In this 8-week course, students will learn basic knitting stitches, how to begin and finish a project and how to read a simple pattern. Knitting helps to develop a sense of accomplishment, improves problem solving skills and promotes creative expression – and it’s relaxing & fun!



Piano for Beginners

NEW!

Ages: 18 & up
Days: Tuesday
Dates: April 23 to June 25
Time: 10:00am – 11:00am
Fee: \$20
Min: 3 **Max:** 7

Knowledge of music not required

Piano – Intermediate

NEW!

Ages: 18 & up
Days: Tuesday
Dates: April 23 to June 25
Time: 11:00am – 12:00pm
Fee: \$20
Min: 3 **Max:** 7

Knowledge of music not required



TRX Hybrid Training Class

NEW!

What is Suspension Training? Simply put, ST uses your own bodyweight and gravity to turbocharge basic exercises. Now couple this with kettlebells, resistance bands, and POUND ripstix, and you have TRX Hybrid!

Participants need to bring their own yoga mat and water bottle.

Ages: 18 and Up
Days: Tuesday
Dates: April 9 to May 28
Time: 7:00pm – 8:00pm
Fee: \$100
Min: 3 **Max:** 6

Registration for our Spring and Summer Sessions begins on Wednesday, March 13th at 10:00am

Adult Time Out with T

Come sit in time out with Teresa Lacorazza, Healing Arts Practitioner and founder of The HEAL Network, as you learn to develop a meditation practice. Meditation helps to lower blood pressure, reduce stress, and boost the immune system. Meditation also increases focus, creativity, and energy.

Friday AM Session

Ages: 18 & Up
Days: Friday
Dates: April 12 to May 31
Time: 9:15am – 10:15am
Fee: \$90
Min: 8 **Max:** 12

Tuesday PM Session

Ages: 18 & Up
Days: Tuesday
Dates: April 9 to May 28
Time: 7:00pm – 8:00pm
Fee: \$90
Min: 8 **Max:** 12

Yoga

Westfield Area Y instructors will lead these classes that are designed to increase flexibility & strength, relieve stress, increase energy and promote health and well-being. Classes are done in bare feet and on an empty stomach.

Bring a yoga mat and a towel.

Monday Night Yoga

Ages: 18 and Up
Days: Monday
Dates: April 8 to June 17*
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 10 **Max:** 25

Wednesday Night Yoga

Ages: 18 and Up
Days: Wednesday
Dates: April 10 to June 12
Time: 7:00pm – 8:00pm
Fee: \$85
Min: 10 **Max:** 25

*No class on May 27

Outdoor Co-Ed Volleyball

This summer's co-ed 4's grass volleyball league is made up of 2 divisions, an "A" division which will be intermediate-advanced and a "B" division which will be recreational-intermediate.

Each team must carry their own insurance. Team sign-up forms are available at the Community Center. Make-up games will be on Mondays.

Note: Registration deadline with payment is May 17.

Questions can be directed to Marty at marty@acesvolleyball.com

Spring & Summer Session

Ages: 18 and Up
Days: Wednesday
Dates: Starting May 22
Time: 6:30pm – Dark
Site: Unami Park
Fee: \$100 per team

Improv Class

Give your imagination and creativity a boost! In this beginner's class, you'll learn the fundamentals of improvisation – agreement, commitment, spontaneity, and listening – through energetic theater games and exercises. Let go of inhibitions and have fun!

Ages: 18 & Up
Day: Tuesday
Dates: April 16 to June 4
Time: 7:00pm – 8:30pm
Fee: \$130
Min: 8 **Max:** 16

Cranford Gamers

Who is up for a game? Come join us every other Thursday at the Community Center for tabletop board and card games of all kinds! We play everything from Sushi Go to Unlock! to Red Dragon Inn to Harry Potter: Battle at Hogwarts! Bring your friends and make new ones! Please bring a game to share. Contact cranford.gamers.club@gmail.com for more information.

Ages: Teens & Up
Days: Thursday
Dates: Every 2nd and 4th Thursday of the month
Time: 5:45pm – 9:00pm
Fee: None – Registration required

Spring Session



Monologue Workshop

Learn how to create a believable character for the stage through monologue preparation and performance! Whether you're a seasoned performer in search of a perfect monologue or a beginner figuring out where to start, this class will help you polish and perfect your dramatic or comedic monologue in a professional and supportive environment. Topics to be covered: what is an appropriate monologue for you, how to breakdown a monologue, timing and cutting a monologue and performance direction.

Ages: 18 & Up
Day: Monday
Dates: April 15 to June 10*
Time: 7:00pm – 8:30pm
Fee: \$130
Min: 6 **Max:** 12

*No class May 27



Body Barre

Yoga, Pilates and Ballet techniques are used to improve strength and flexibility. This class incorporates elements from Balanced Body Barre and emphasizes safety and body awareness while keeping the intensity and energy of a barre workout.

Ages: 18 and Up
Days: Wednesday
Dates: April 10 to June 12
Time: 9:00am – 10:00am
Site: Community Center
Fee: \$80
Min: 10 **Max:** 25



Pickleball for Adults

NEW!

A fun sport that combines many elements of tennis, badminton and ping-pong. Knowledge of the game is not required.

Wear sneakers and bring a water bottle.

Ages: 18 & up
Days: Wednesday
Dates: April 24 to June 12
Time: 6:30pm – 9:30pm
Site: Community Center
Fee: \$40



Pilates

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength & endurance. Pilates is a good way to build strength in your core muscles for better posture, balance and flexibility. ***Explore the core!***

Ages: 18 & Up
Days: Thursday
Dates: April 11 to June 13
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 10 **Max:** 25



Beginner Yoga

Everyone has to start somewhere, right? Yoga is great for your health, a wonderful way to distress and a fun way to get a little exercise. By making yoga a regular activity, you will start to feel more relaxed and limber as you connect body & mind as one.

Ages: 18 & up
Days: Friday
Dates: April 12 to June 14
Time: 9:15am – 10:15am
Fee: \$85
Min: 10 **Max:** 25



Tai Chi Beginner & Intermediate

Awaken your mind, body and spirit through Tai Chi's moving meditation. Tai Chi will help to reduce stress, improve balance, circulation, concentration, flexibility, relaxation and more. These classes follow the ***Tai Chi 24 Form***. Poses 1 – 12 will be explored in the Part 1 class for beginners and Poses 12 – 24 will be explored in the Part 2 class for students already familiar with Tai Chi.

Ages: 18 & Up
Days: Tuesday
Dates: April 9 to June 11
Time: 7:30pm – 8:30pm (Part 2) or 8:30pm – 9:30pm (Part 1)
Fee: \$50
Min: 4 **Max:** 15



If You Give a Mouse a Cookie Junior Workshop **NEW!**

Children will explore the world of Laura Numeroff in this five-day workshop full of art and reading. Each day the class will read a different Laura Numeroff book, and afterwards, students will draw a Young Rembrandts lesson which incorporates one feature of the book they've enjoyed reading together. Students will create wonderful drawings and bring their favorite stories to life by combining creativity and imagination! Sign up your reading artist today!

Ages: 3 – 6
Days: Monday to Friday
Dates: July 8 to July 12
Time: 10:00am – 11:30am
Fee: \$108
Min: 5 **Max:** 10



Junior Under the Sea **NEW!**

Under the sea makes us think of mermaids, fish, shipwrecks and even sharks. All of these will inspire our work as we draw many animal and human characters found under the sea. Our last day will be exciting as we combine the subject matter we have learned into one larger drawing with a story of its own. Media used will include pencils, color pencils and markers. Don't miss out and sign up today!

Ages: 3 – 6
Days: Monday to Friday
Dates: August 19 to August 23
Time: 1:00pm – 2:30pm
Fee: \$108
Min: 5 **Max:** 10



Pre-school Arts & Crafts

You and your preschooler will have lots of fun in this class as you work together creating projects and festive crafts. Your child will also develop skills like cutting, painting, gluing, coloring and most of all creativity. Come have some fun with your preschooler as you make lasting projects and lasting memories!

Ages: 3 – 6
Days: Thursday
Dates: July 11 to August 15
Time: 10:00am – 11:00am -
 (Ages 3 – 4) or
 11:30pm – 12:30pm -
 (Ages 5 – 6)
Fee: \$30
Min: 6 **Max:** 15
Note: Parent must attend with children 3 – 4



Stretch-n-Grow Summer Olympics 2019

Summer Olympics 2019! Each class includes a stretching warm-up and aerobic exercise, plus fitness and strength training. Learn the basic skills of several sports and the virtues of good sportsmanship, and enjoy the spirit of competition – all while having good, clean fun!

Age: 3 – 5
Days: Monday
Dates: July 8 to August 12
Time: 9:30am – 10:15am
Fee: \$65
Min: 4 **Max:** 15

Summer Session



Little Yogis

NEW!

Ages: 3 1/2 – 5
Days: Thursday
Dates: July 18 to August 15
Time: 9:15am – 10:0am
Fee: \$70
Min: 5 **Max:** 12

Each Little Yogi class will give your child the perfect opportunity to explore yoga poses through music, art, exercise, math, science, reading and more. Classes will challenge children to become more mindful of their bodies and behaviors, on the mat and outside of class.

Yoga mat or towel is required



Preschool Drawing with Young Rembrandts

NEW!

Ages: 3 – 5 Years
Days: Monday
Dates: July 15 to August 26*
Time: 10:30am – 11:15am
Fee: \$82
Min: 5 **Max:** 10

*No class August 19

Jump into creativity and expand your child's horizons with Young Rembrandts. Our student's imaginations will take a trip to the rainforest. Drawing toucans, jaguars and a rainforest scene are just some of the drawings our students will create. Students will explore visual wonders from Under the Sea. Brightly colored seahorses and a playful walrus will excite your child. Reveal an imaginative world of drawing to your budding artist. Enroll your child today



Mommy & Me Food Explorers

Join us for a fun food adventure while spending quality time together. This class engages children and adults in the creative side of food. Participants will explore where our food comes from, invent recipes together, simplify meal planning, and share their love of food in new ways.

Age: 3 – 6
Days: Tuesday
Dates: July 9 to July 30
Time: 10:00am – 10:45am or 2:00pm – 2:45pm
Fee: \$80
Min: 5 **Max:** 12



Kinder Tots

Kinder Tots is an age appropriate program designed to develop gross motor skills, movement creativity, physical development (flexibility, strength, balance, coordination), tumbling, body awareness and communication skills, while learning numbers, colors, shapes, and songs.

Age: 2
Days: Thursday
Dates: June 27 to August 8*
Time: 10:30am – 11:00am
Fee: \$85
Min: 5 **Max:** 12

*No class on July 4



Travel Latin America

A week long summer camp for those who wish to learn about 5 different Latin American countries. This camp is like no other, as we explore and learn about traditional cultures, including art, music, food, geographic characteristics & language skills for Spanish speaking countries. Fee includes all camp supplies, mid morning snack and drink and a passport to record travel.

Ages: 4 – 8
Days: Monday to Friday
Dates: August 12 to August 16
Time: 9:00am – 11:00am
Fee: \$130
Min: 6 **Max:** 12

Squirts Camps and Tennis

In association with the US Sports Institute

The US Sports Institute is at the forefront of providing summer day camps in American communities. The camp is designed to enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. The staff is dedicated to delivering quality outdoor programs where your child will not only have great fun but also learn that "character really counts!"

For additional information please contact the US Sports Institute: Phone: 732-563-2520 or www.ussportsinstitute.com.

NOTE: Registration is done directly with US Sports Institute.



Parent & Me Multi Sports Squirts

Wednesday Session

Ages: 2 – 3
Days: Wednesday
Dates: June 26 to July 31*
Time: 9:15am – 10:15am
Site: Roosevelt Park
Fee: \$109

*No class July 3

Sunday Session

Ages: 2 – 3
Days: Sunday
Dates: June 30 to August 4
Time: 9:00am – 10:00am
Site: Roosevelt Park
Fee: \$129

Children will have the opportunity to try lacrosse, soccer, t-ball, track & field and parachute games, in a safe, structured environment – with a helping hand from Mom or Dad!

Registration is done directly with US Sports Institute

Soccer Squirts

Ages: 3 – 6
Days: Saturday
Dates: June 29 to August 3
Time: 9:00am – 10:00am
 10:00am – 11:00am
 11:00am – 12:00pm
Site: Roosevelt Park
Fee: \$129

A fun and exciting introduction to the basics of soccer. Participants will focus on the fundamental skills of soccer such as dribbling, passing, shooting, and defending.

Registration is done directly with US Sports Institute

Squirts Multi Sports

Wednesday Session

Ages: 3 – 5
Days: Wednesday
Dates: June 26 to July 31*
Time: 10:15am – 11:15am
 11:15am – 12:15pm
Site: Roosevelt Park
Fee: \$109

*No class July 3

Sunday Session

Ages: 3 – 5
Days: Sunday
Dates: June 30 to August 4
Time: 10:00am to 11:00am
 11:00am to 12:00pm
Site: Roosevelt Park
Fee: \$129

Children will experience a variety of sports taught in a safe, structured and fun learning environment. It is the perfect introduction to athletics for your future sports star! Participants will have the opportunity to experience lacrosse, soccer, t-ball and track & field.

Registration is done directly with US Sports Institute



Parent & Me T-Ball Squirts

Ages: 2 – 3
Days: Sunday
Dates: June 30 to August 4
Time: 9:00am – 10:00am
Site: Roosevelt Park
Fee: \$129

This is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! Kids will have fun learning the fundamental skills of t-ball through a program of structured activities, fun-based games and scrimmages.

Registration is done directly with US Sports Institute

Summer Session

Tennis Squirts

Tuesday Session

Ages: 3 – 5
Days: Tuesday
Dates: June 25 to July 30
Time: 4:00pm – 4:45pm
Site: Hillside Ave.
 Tennis Courts
Fee: \$110

Saturday Session

Ages: 3 – 5
Days: Saturday
Dates: June 29 to August 3
Time: 9:00am – 9:45am
Site: Hillside Ave.
 Tennis Courts
Fee: \$129

The Tennis Squirts program is a fun-filled learning adventure that introduces children aged 3 – 5 to the world of tennis. It is a great way to learn the fundamental skills of the game in a low pressured, fun environment. Following guidelines set out by the US Tennis Association (USTA) children will quickly develop their skill base and knowledge of the game through a series of games and activities designed to ensure learning and more importantly: fun, fun, fun! All sessions are conducted using age-appropriate equipment and court sizes.

Registration is done directly with US Sports Institute



Squirts T-Ball

Ages: 3 – 5
Days: Sunday
Dates: June 30 to August 4
Time: 10:00am – 11:00am
 11:00am – 12:00pm
Site: Roosevelt Park
Fee: \$129

Squirts T-ball is great way to introduce your young slugger to this exciting game. Open to both boys and girls, there is no better introduction to the sports of baseball or softball! Each session starts with a warm-up, followed by activities and instruction on the skill of the day. Participants then have the opportunity to put their new skills to use in a game-related activity or scrimmage. Skills covered include hitting, throwing, catching, base running, fielding and more. We recommend that participants bring their glove for this program.

Registration is done directly with US Sports Institute



Parent & Me Soccer Squirts

Ages: 2 – 3
Days: Saturday
Dates: June 29 to August 3
Time: 9:00am – 10:00am
Site: Roosevelt Park
Fee: \$129

With help from Mom or Dad, participants will learn the fundamentals of soccer through a series of fun games and activities.

Registration is done directly with US Sports Institute

Multi Sports Camp

Ages: 5 – 8
Days: Monday to Friday
Dates: August 5 to August 9
Time: 9:00am – 4:00pm (Full)
 9:00am – 12:00pm (Half)
Site: Sherman Park
Fee: \$210 (Full)
 \$189 (Half)

This camp gives players the opportunity to experience up to 4 different sports each day, and over 15 sports in one week. During the morning players will focus on developing their technique and skills within each sport, and gain a basic understanding of playing a scrimmage. The afternoon will consist of small sided scrimmages in a tournament environment where players can earn World Cup points for their team through good sportsmanship and teamwork.

Registration is done directly with US Sports Institute

Field Hockey Camp

Ages: 7 – 14
Days: Monday to Friday
Dates: July 8 to July 12
Times: 5:30pm – 6:30pm (Ages 7 – 9) or
 6:30pm – 7:30pm (Ages 10 – 14)
Site: Sherman Park
Fee: \$99

This camp introduces a wide range of skills throughout the week including dribbling, passing, and shooting. Each day ends with small-sided games where the coaches encourage good sportsmanship and teamwork. Participants will develop an understanding of offensive and defensive skills, and be encouraged to implement these skills into realistic scrimmages and game-play situations. Groups are separated by age and ability to ensure all players flourish in a positive learning environment while having a great time.

Registration is done directly with US Sports Institute

Young Engineers

At Engineering for Kids we specialize in teaching kids S.T.E.M. in a fun hands on way. Our enrichment programs are not like any you have seen before. Each curriculum is inquiry based and designed to encourage creativity, problem solving and critical thinking.



Lego Building Club

NEW!

Come join Young Engineers Lego Building Club where kids will explore a number of structured building activities using Lego bricks. Children will have the opportunity to work in groups to peruse large projects and explore their imagination building some creative ideas.

Age: 4 – 6
Days: Thursday
Dates: June 27 to August 22
Time: 9:00am – 10:00am
Fee: \$125
Min: 10 **Max:** 12

What Matters For Kids!

Join us for one or both camps!

Price is only \$210 for one camp or \$400 for both which includes a supervised break in-between.

Please send a light snack and drink each day and a lunch if staying for both camps.



Unplugged!

NEW!

The answer to the statement "I'm Bored"! Unplug your kids from their electronics for a fun, interactive exciting class. We will learn to play checkers, hopscotch, jacks, jump rope and other age-old favorites! They may not give up video games, but at least they will now have a few different options.

Ages: 4 – 8
Days: Monday to Thursday
Dates: July 29 to August 1
Time: 9:00am – 12:00pm
Fee: \$210 for 1 Camp
 \$400 for both Camps
Min: 10 **Max:** 12



Gross! Grime! & Slime!

Join us for a week of slimy fun! We will create, concoct and experiment with everything gross and slimy! It's not JUST about slime, but we will be making and bringing a bunch of different kinds home.

Ages: 4 – 8
Days: Monday to Thursday
Dates: July 29 to August 1
Time: 1:00pm – 4:00pm
Fee: \$210 for 1 Camp
 \$400 for both Camps
Min: 10 **Max:** 12



Lax Academy Lacrosse Camp

Our lacrosse camp is great for young boys and girls who have little experience, or who are trying the sport for the first time. The Cranford lacrosse coaches will provide an energetic atmosphere that the campers will feed off of. Campers will be taught lacrosse fundamentals such as throwing, catching, shooting and scooping up groundballs. Coaches will interact with each player and give individualized attention throughout the drills. Mini games will be played as well as daily contests. Lax Academy Lacrosse Camp is a great chance to try out lacrosse for a first time or perfect your skills for those experienced players.

Grades: K – 5
Days: Monday to Thursday
Dates: July 8 to July 11
Time: 9:00am – 12:00pm
 (no Equipment)
Site: Sherman Park
Fee: \$105
Min: 10 **Max:** 60

Grades: K – 6
Days: Monday to Thursday
Dates: July 29 to August 1
Time: 9:00am – 12:00pm (K-5, No Equipment) or
 1:00pm – 4:00pm (Gr. 1-6, Equipment)
Site: Sherman Park
Fee: \$105
Min: 10 **Max:** 60

Please bring a lacrosse stick and other equipment as needed

Summer Session



Fashion First Workshop

Design and create a tiered dress or top for your wild west week. The designers will explore designs, fabrics, and accessories inspired by the American Southwest. The accessory of the week is to add embellishments to their western hat or a western belt design.

Boys and girls welcome.

Ages:: 8 – 18*
Days: Monday to Thursday
Dates: July 29 to August 1
Time: 9:30am – 12:30pm
Fee: \$190
Min: 7 **Max:** 18

*Students will be grouped by age.



Elementary Drawing with Young Rembrandts **NEW!**

Young Rembrandts is getting up close and personal with everyone's favorite family member, the household pet. A bird, a horse and a detailed image of a cat are just some of the drawings our students will learn to draw. And then grab your goggles; Young Rembrandts is taking imaginations Under the Sea. Students will draw the creatures you find in the big blue sea. A friendly sea turtle, ominous hammerhead shark, and a detailed scuba diving scene are just some of the drawings our students will create. A sea filled with fun awaits. Enroll your artist today!

Ages: 6 – 12
Days: Tuesday
Dates: July 16 to August 27*
Time: 4:00pm – 5:00pm
Fee: \$89
Min: 5 **Max:** 15

*No class August 20



Cartooning with Young Rembrandts **NEW!**

Our students will create cartoon illustrations inspired by our household pets. Ant farms, a trip to the groomers and fun on the teeter totter are just some of the drawings our students will illustrate. Students will also create cartoon illustrations inspired by creatures under the sea. Funny snorkeler expressions, fish word play and a humorous sequence of events are just some of the drawings our students will illustrate. Enroll your child today!

Ages: 6 – 12
Days: Wednesday
Dates: July 17 to August 28*
Time: 6:00pm – 7:00pm
Fee: \$89
Min: 5 **Max:** 15

*No class August 21



Pastel Drawing Workshop Ocean Life **NEW!**

We will create detailed, pastel compositions each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame shop with your child's finished pastel pieces. Enroll today!

Ages:: 7 – 14
Days: Monday to Friday
Dates: July 8 to July 12
Time: 1:00pm – 3:30pm
Fee: \$179
Min: 5 **Max:** 12



Anime & Manga Drawing Workshop **NEW!**

Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. Don't miss out on an exciting opportunity to produce wonderful artwork! Sign up today!

Ages: 7 – 14
Days: Monday to Friday
Dates: August 19 to August 23
Time: 9:00am – 11:30am
Fee: \$179
Min: 5 **Max:** 12



iDiscover Stem Enrichment Program

iDiscover is an interactive educational experience. Classes will guide children to challenge their creative minds with Computer Programming, Coding Puzzles and Brain Games and more! Each child will use iPads to explore the vast world of the latest educational and computer programming software. Classes include a wide variety of technology to help your child Discover!

Grades: K – 6
Days: Thursday
Dates: July 11 to August 15
Time: 7:00pm – 7:45pm
Fee: \$95
Min: 5 **Max:** 15



Beginning to Rock Introduction to Rock Camp

NEW!

Our “Beginning to Rock” camp provides our younger students a multi-faceted introduction to Rock ‘N’ Roll music. Students will have the opportunity to explore the drum set, bass, guitar, keyboard and vocals, while learning the fundamentals of music (pitch, melody, harmony and rhythm) and basic song structure. Our camp provides a variety of daily lessons and activities for our students.

Ages: 5 – 8
Days: Monday to Friday
Dates: July 29 to August 2
Time: 10:00am – 12:00pm
Fee: \$100
Min: 4 **Max:** 15

Young Engineers

At Engineering for Kids we specialize in teaching kids S.T.E.M. in a fun hands on way. Our enrichment programs are not like any you have seen before. Each curriculum is inquiry based and designed to encourage creativity, problem solving and critical thinking.



Lego® Jr. Robotics

Learn to build and control special gadgets using Legos. During this camp kids will explore designing gadgets to search, discover and explore lunar mission by designing gadgets used by scientists to find and test lunar surface. Kids will program the rovers using trackers, motors, light and motion sensors to complete a number of challenges to test their knowledge and creativity throughout the camp.

Ages: 6 – 12
Days: Monday to Friday
Dates: August 5 to August 9
Time: 9:00am – 12:00pm
Fee: \$199
Min: 8 **Max:** 16



Roblox Makers

NEW!

Unlock the power of ROBLOX Studio, the world creation tool used by real-world ROBLOX developers! Learn how to build 3D models and create an adventure in your Roblox World. Bring characters to life with unique animations you design. Students will work in pairs or teams for most of the program.

Ages: 6 – 12
Days: Monday to Friday
Dates: July 29 to August 2
Time: 9:00am – 12:00pm
Fee: \$199
Min: 8 **Max:** 16



Young Magicians

Discover the wondrous sorcerer in you by joining hands in our magic camp! You will learn everything you need to know to perform amazing tricks and illusions! Your audience will be flabbergasted as you read their minds, picking their choices right out of their heads with our Mind Reading and Mummy Mystery tricks. They won't believe it when you make a flower appear from your professional magic wand out of nowhere! You'll even get to make objects float in midair! At the end of the session, your friends and family will be invited to see you perform these amazing feats in a real magic show starring our new wizards! Join today and make all your friends wonder “how did they do that?!”

Ages: 6 – 12
Days: Monday to Friday
Dates: August 12 to August 16
Time: 9:00am – 12:00pm
Fee: \$199
Min: 8 **Max:** 16

Summer Session

Smartycat Kids

At Smartycat Kids, we have a true passion for getting kids excited about science, technology and experimentation! We provide everything needed to run amazing science and technology programs including all materials, flyers and other class information for parents so they know exactly what their child will be doing during class.



Groovy Girls

One of our most popular summer programs, back by popular demand! This is the perfect place for girls to come together, enjoy the summer with friends, and have fun being a girl! We'll have a wide variety of activities for our groovy girls to participate in – including making our own jewelry, creative art projects, face painting, glitter tattoos, and more. Free time available each day for our girls to work on projects of their choice. We'll end our awesome week of summer fun with a Groovy Girls party. Join with a friend, or come and make many new ones! All new activities for returning participants. Although this program was designed to include activities that are typically preferred by girls, if a boy wishes to join they are welcome to do so.

Grades: K – 5*

Days: Monday to Friday

Dates: July 15 to July 19

Time: 1:00pm – 4:00pm

Fee: \$175

Min: 4 **Max:** 20

***Note:** Children will be grouped by age at camp.

****Free hour of supervised lunch break for anyone that would like to stay from the morning Creative Kids program.**



Creative Kids

During our Creative Kids Summer Program, participants will have the chance to explore a wide variety of tools and materials as they paint with watercolors and acrylics, sketch with charcoal and oil pastels, sculpt with clay and make 3D art, make home-made jewelry or key chains, and have free exploration time to work on projects of their choice! Let your child express their inner creativity this summer at Creative Kids Camp! All new projects for returning participants!

***Note:** Children will be grouped by age at camp.

Grades: K – 5*

Days: Monday to Friday

Dates: July 15 to July 19

Time: 9:00am – 12:00pm

Fee: \$175

Min: 4 **Max:** 20



Junior Scientists

This program is all about making science fun! Using fully hands-on activities and experiments, we explore the basics of biology, chemistry, physics, engineering, technology, earth science and green science. If your child would enjoy making liquids bubble, fog, ooze, or erupt; launching miniature gas powered rockets; designing and constructing model structures; building solar powered robots; erupting model volcanoes; studying animals or growing a plant in a test tube; or many other fun and exciting experiments, then this is the program for them!

Grades: K – 5*

Days: Monday to Friday

Dates: July 22 to July 26

Time: 9:00am – 12:00pm

Fee: \$175

Min: 4 **Max:** 20

***Note:** Children will be grouped by age at camp.



Techengineering

Our Technology and Engineering Camp is the perfect program for all of the tech lovers out there! Join us for a week filled with exciting technology and engineering challenges, as we do everything from build structures and machines using recycled materials to programming robots and learning about green energy. Children will work in groups for team challenges, and also get to complete individual projects to learn more about how and why the things around us work. (Some individual projects will be brought home, but group projects and technology equipment are not brought home.)

All new lessons and projects for returning participants!

Grades: K – 5*

Days: Monday to Friday

Dates: July 22 to July 26

Time: 1:00pm – 4:00pm

Fee: \$175

Min: 4 **Max:** 20

***Note:** Children will be grouped by age at camp.

****Free hour of supervised lunch break for anyone that would like to stay from the morning Junior Scientists program.**



After School Gamer's

NEW!

Who is up for a game? Come join us every other Thursday at the Community Center for tabletop board and card games of all kinds! We play classic "camp games" like Spit, Checkers and Mancala as well as new favorites like Harry Potter: Battle at Hogwarts, Love Letter and Unlock! Bring your friends and make new ones as well as share our favorite board games. Please bring a game to share with the club. Beginner and expert players welcome! Contact cranford.gamers.club@gmail.com for more information.

Grades: 4 & Up
Days: Thursday
Dates: Every 2nd and 4th Thursday of the month
Time: 3:45pm – 5:45pm
Site: Cranford Community Center
Fee: None – Registration Required



Is your child interested in learning the sport of tennis? Both Tennis Instruction and Town Tennis offer children the opportunity to work on fundamentals of the sport and have fun doing it. These programs will help boys and girls better play and appreciate this exciting sport.

Tennis Instruction

Ages: 8 – 11
Days: Monday to Friday
Dates: June 26 to August 2*
Time: 9:00am – 12:00pm
Site: Hillside Ave Tennis Courts
Fee: \$90
Min: 10 **Max:** 60

Town Tennis

Ages: 10 – 16
Days: Monday to Friday
Dates: June 26 to August 2*
Time: 1:00pm – 4:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$90
Min: 10 **Max:** 60

**Note: There will only be afternoon Town Tennis on June 24 and 25. Both programs will not meet on July 4 and 5.*



Fire's Basketball

NEW!

Directed by Bob Firestone – Coach Firestone is the former Head Boys Coach at St. Mary's HS in Elizabeth and Head Girls Coach at Elizabeth HS. He coached in the first Girls McDonald's Basketball Classic at Madison Square Garden and was inducted into the Elizabeth and Linden Hall of Fame. This clinic will stress FUNDAMENTALS and include drills, contests, games and awards.

Bring your own basketball, bring a snack. No lunch available.

Ages: 4 – 13
Days: Monday to Thursday
Dates: July 8 to July 11
Time: 9:00am – 1:00pm
Site: Cranford Community Center
Fee: \$150
Min: 10 **Max:** 60

Ages: 4 – 13
Days: Monday to Thursday
Dates: July 15 to July 18
Time: 9:00am – 12:00pm
Site: Cranford Community Center
Fee: \$120
Min: 10 **Max:** 60

Summer Session



Tennis Camps

Summer tennis camp introduces a wide variety of techniques throughout the week including forehands, backhands, volleys, and serves. Each day will be centered around a tennis "Grand Slam" theme where players participate in fun-filled, innovative and progressive learning games.

Participants will develop an understanding of key tennis techniques and be encouraged to implement these skills into realistic game-play situations.

This camp is appropriate for players ranging from beginners, to those already well versed in the sport of tennis. Groups are separated by age and ability to ensure all players flourish in the optimum positive learning environment while having a great time!

Ages: 5 – 10
Days: Monday – Friday
Dates: August 12 to August 16 or August 19 to August 23
Time: 9:00am – 12:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$189

Registration is done directly with US Sports Institute

Sport Camps & Kids Tennis *In association with the US Sports Institute*

The US Sports Institute is at the forefront of providing summer day camps in American communities. The camp is designed to enable each camper to grow in an atmosphere that promotes integrity, self-esteem, positive values and good sportsmanship. The staff is dedicated to delivering quality outdoor programs where your child will not only have great fun but also learn that "character really counts!" For additional information please contact the US Sports Institute:

Phone: 732-563-2520. Web: www.ussportsinstitute.com



Foundation Tennis

Foundation Tennis is designed to introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning, all the while maintaining the enjoyment factor of being on the tennis court. Open to first time players and those with some experience who are looking to gain a strong foundation in the sport of tennis.

Registration is done directly with US Sports Institute

Ages: 5 – 10
Days: Tuesday
Dates: June 25 to July 30
Time: 4:00pm – 5:00pm (Ages 5 - 8)
 5:00pm – 6:00pm (Ages 5 - 8)
 6:00pm – 7:00pm (Ages 8 - 10)
Site: Hillside Ave. Tennis Courts
Fee: \$110
Ages: 5 – 10
Days: Saturday
Dates: June 29 to August 3
Time: 10:00am – 11:00am (Ages 5 - 8)
 11:00am – 12:00pm (Ages 8 - 10)
Site: Hillside Ave. Tennis Courts
Fee: \$129



Development Tennis

Development Tennis is designed for players who have previous experience, and a good understanding of tennis' fundamental skills. Players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots. To participate in Development Tennis, participants should be able to demonstrate a controlled forehand and backhand technique, a basic serving action, and some understanding of the rules of the sport

Registration is done directly with US Sports Institute

Ages: 8 – 14
Days: Tuesday
Dates: June 25 to July 30
Time: 5:00pm – 6:00pm (Ages 8 - 10)
 6:00pm – 7:00pm (Ages 11 - 14)
Site: Hillside Ave. Tennis Courts
Fee: \$110



Hoops There It Is Basketball Camp

This one week summer camp, run by Hoops There It Is, will provide age appropriate instruction in a bully free environment. The lead instructors for this camp are certified teachers, and the assistants are college sports majors. Free T-shirt and free ice cream party every Friday.

Lunch Program Available.

Ages: 6 – 15
Days: Monday to Friday
Dates: August 5 to August 9 or August 12 to August 16 or August 19 to August 23
Time: 9:00am – 3:00pm
Site: Community Center
Fee: \$235
Min: 10 **Max:** 60



Learn to Knit

In this 8 week course, students will learn basic knitting stitches, how to begin and finish a project and how to read a simple pattern. Knitting helps to develop fine motor skills, improves math skills and introduces students to the concepts of coding and STEM activities. Knitting helps develop a sense of accomplishment, builds confidence and helps improve problem solving skills and promotes creative expression!

Ages: 8 – 13
Day: Wednesday
Dates: June 26 to August 14
Time: 6:00pm – 7:00pm
Fee: \$125 (Includes Starter Kit)
Min: 5 **Max:** 15



Poetry

This popular class involves using food as writing prompts. It's accessible for people with no prior writing experience and designed so that anyone with an interest in writing can create poetry.

Ages: 9 – 14
Days: Thursday
Dates: July 11 to August 1
Time: 11:00am – 12:00pm
Fee: \$80
Min: 5 **Max:** 15



Teen Time Out with T

Teresa Lacorazza, Healing Arts Practitioner and founder of the HEAL Network, will help you learn how meditation can help overcome the stress of school, college preparation, bullying, peer pressure, and finding a balance in life.

Ages: 13 – 17
Day: Friday
Dates: June 28 to August 2
Time: 9:15am – 10:15am
Fee: \$70
Min: 10 **Max:** 20

Crime Scene Investigation Class! NEW!

This educational class is limited to students in grades 7 - 12 who have an interest in law enforcement or related forensic sciences. Students will learn general problem-solving skills and how physics, geometry, triangles and the Pythagorean theorem; simple algebraic math, sin/cosine problems relating to blood splatter and bullet trajectory, and other science disciplines that relate to solving a crime scene. After the classroom portion of the lecture, students will process a mock murder scene by collecting evidence using the most up-to-date modern techniques and methodologies learned during the lecture portion of the class. The class is designed to challenge all students while having fun solving the crime. This class is taught by current and retired law enforcement.

Grades: 7 – 12
Day: Thursday
Dates: August 8 (1 Day Class)
Time: 9:00am – 4:00pm
Fee: \$100



Summer Session



Monologue Workshop

Learn how to create a believable character for the stage through monologue preparation and performance! Whether you're a seasoned performer in search of a perfect monologue or a beginner figuring out where to start, this class will help you polish and perfect your dramatic or comedic monologue in a professional and supportive environment. Topics to be covered: what is an appropriate monologue for you, how to breakdown a monologue, timing and cutting a monologue and performance direction.

Ages: 18 & Up
Day: Monday
Dates: July 1 to August 19
Time: 7:00pm – 8:30pm
Fee: \$130
Min: 6 **Max:** 12



Body Barre

Yoga, Pilates and Ballet techniques are used to improve strength and flexibility. This class incorporates elements from Balanced Body Barre and emphasizes safety and body awareness while keeping the intensity and energy of a barre workout.

Ages: 18 and older
Days: Wednesday
Dates: July 10 to August 14
Time: 9:00am – 10:00am
Fee: \$50
Min: 10 **Max:** 25



Yoga

Westfield Area Y instructors will lead these classes that are designed to increase flexibility & strength, relieve stress, increase energy and promote health and well-being. Classes are done in bare feet and on an empty stomach.

Bring a yoga mat and a towel.

Monday Night Yoga

Ages: 18 and older
Days: Monday
Dates: July 8 to Aug. 12
Time: 7:30pm – 8:30pm
Fee: \$50
Min: 10 **Max:** 25

Wednesday Night Yoga

Ages: 18 and older
Days: Wednesday
Dates: July 10 to Aug. 14
Time: 7:00pm – 8:00pm
Fee: \$50
Min: 10 **Max:** 25



Outdoor Co-Ed Volleyball

This summer's co-ed 4's grass volleyball league is made up of 2 divisions, an "A" division which will be intermediate-advanced and a "B" division which will be recreational-intermediate. Each team must carry their own insurance. Team sign-up forms are available at the Community Center. Make-up games will be on Mondays.

Note: Registration deadline with payment is May 17.

Questions can be directed to Marty at marty@acesvolleyball.com

Spring & Summer Session

Ages: 18 and Up
Days: Wednesday
Dates: Starting May 22
Time: 6:30pm – Dark
Site: Unami Park
Fee: \$100 per team



Tai Chi Beginner & Intermediate

Awaken your mind, body and spirit through Tai Chi's moving meditation. Tai Chi will help to reduce stress, improve balance, circulation, concentration, flexibility, relaxation and more.

These classes follow the **Tai Chi 24 Form**. Poses 1 – 12 will be explored in the Part 1 class for beginners and Poses 12 – 24 will be explored in the Part 2 class for students already familiar with Tai Chi.

Ages: 18 & Up
Days: Tuesday
Dates: July 9 to August 13
Time: 7:30pm – 8:30pm (Part 2) or 8:30pm – 9:30pm (Part 1)
Fee: \$50
Min: 4 **Max:** 15



Improv Class

Give your imagination and creativity a boost! In this beginner's class, you'll learn the fundamentals of improvisation – agreement, commitment, spontaneity, and listening – through energetic theater games and exercises.

Let go of inhibitions and have fun!

Ages: 18 & Up
Day: Tuesday
Dates: June 25 to August 13
Time: 7:00pm – 8:30pm
Fee: \$130
Min: 8 **Max:** 16



Adult Time Out with T

Come sit in time out with Teresa Lacorazza, Healing Arts Practitioner and founder of The HEAL Network, as you learn to develop a meditation practice. Meditation helps to lower blood pressure, reduce stress, and boost the immune system. Meditation also increases focus, creativity, and energy.

Ages: 18 & Up
Days: Friday
Dates: June 28 to August 2
Time: 9:15am – 10:15am
Fee: \$70
Min: 8 **Max:** 12

Senior Programs

Special Senior Services

- Free shuttle bus service - Monday through Friday – 8:30am to 2:30pm. Specialty trips run the 2nd Tuesday of each month (Blue Star or Aviation Plaza) and the 4th Wednesday of each month (Target or Walmart). On these days, the bus does not run the regular schedule. Call 908-709-7283 (Option 2) for information or reservation for trips.
- Health Education and Maintenance Program (Blood Pressure Screenings and Weight Counseling). Conducted

by the Visiting Nurse and Health Services. Call 908-709-7283 (Option 3) for dates and times.

- Senior Handyman Program - Free minor home repairs for qualified seniors age 62 & older. Call the Handyman phone at 908-709-7294 (Option 4) for information or for an application.
- Volunteers to teach senior class, short term or long term, or provide one-day class/seminars are always needed. Please call 908-709-7283 (Option 3) if interested.

PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS – All programs and services are open to Cranford residents 60 years and older unless otherwise indicated. Seniors do not need to be a member of a club to participate. All class are limited in size and in some instances seniors may be required to supply their own materials. Unless otherwise indicated, all programs and services are available year-round.

In-person registration required for all senior programs.

All Senior Program participants are required to sign new registration sheets beginning August 1st.

Senior clubs meet every week on Wednesday, Thursday or Friday for social, recreational, educational and cultural activities between 12:30pm and 3:00pm. Most club meetings begin at 1:00pm.

Monday

Tech for Seniors

Time: 9:00am – 10:00am

Min: 4 **Max:** 12

Become Tech Savvy! Learn how to use those newfangled gadgets – cell/smartphones, tablets and computers. Class covers emailing/texting, social media and more! Bring your questions! Tablets are provided. You are also welcome to bring your own device. **Does not meet in July or August.**

Relaxercise

Time: 9:30am – 10:15am

Min: 5 **Max:** 20

Relax, Recharge, Refresh with Monday morning meditation. Meditation oxygenates your brain, increases energy, reduces stress and improves the immune system. Exercise to a happier and healthier you. Most importantly, it helps maintain a positive attitude.



Keeping Fit with Exercise

Time: 10:15am – 11:15am

Min: 7 **Max:** 20

An innovative exercise program designed to strengthen bones and increase flexibility in all muscle groups. Awareness of health issues, proper diet and cardio fitness is discussed to round out this excellent program.

Senior Movies

Time: 11:30am – 1:30pm

Enjoy popular and classic movies in our air-conditioned Audio-Visual room. Selections for the month will be posted at the Community Center, TV35 and in local newspapers. Shown on the first and second Monday of the month.

No movies in August.

Monday Morning Senior Yoga NEW!

Time: 11:45am – 12:30pm

Min: 6 **Max:** 20

Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility. Includes relaxation period at the end of class. Exercise your inner being to a happier and healthier you, while maintaining a positive attitude.

Bring an exercise or yoga mat to class.

Monday – cont.

MahJongg

Time: 1:00pm – 4:00pm

Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly. Must have knowledge of the game. **Does not meet in July or August.**

Fall Prevention

Time: 1:00pm – 2:00pm

Min: 7 **Max:** 20

This program is designed for the group to understand and participate in exercises to prevent falls, due in part to leg weakness, poor flexibility and balance.

Beginner Canasta NEW!

Time: 1:00pm – 3:00pm

Min: 7 **Max:** 20

Canasta is a strategy game that offers an interesting challenge for anyone who likes to play card games. The goal of the game is for players to collect defined combinations of cards. Come join for an afternoon of fun!

Tuesday

Healthy Bones

Time: 9:15am – 10:00am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Bagels and Bingo NEW!

Time: 9:30am – 11:30am

Senior gathering held every 4th Tuesday of the month. Stop in and join the fun! Guest callers, many laughs and prizes!

Does not meet in July or August. Reservations required.



Painting Class: Oil, Pastel and Pencil

Time: 10:00am – 12:00pm

Min: 3 **Max:** 15

Beginners as well as experienced artists are able to create their own masterpieces by using their own preference of media. An experienced artist provides one-on-one guidance

Does not meet in July and August

Tuesday - cont.

Dancercise

Time: 10:15am – 11:00am
Min: 6 **Max:** 20

LET'S DANCE! Dance to great music, make new friends, get in shape and have fun! Dance-Ercise will combine elements of fitness – cardio, muscle conditioning, balance and flexibility. No partners needed.



Beginner MahJongg

Time: 1:00pm – 3:00pm
Min: 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. It's a great opportunity to connect with friends together with making new ones.



Crochet Class

Time: 1:00pm – 3:00pm

For beginners and advanced students. Bring yarn and crochet hooks to class. Have fun and learn new techniques and stitches with fellow crocheters and an experienced instructor.

Seniorcise

Time: 1:30pm – 2:30pm
Min: 4 **Max:** 20

A class structured for active seniors that incorporates aerobics & weights designed to improve endurance, strength, balance, coordination and flexibility.

Does not meet in July and August.

Wednesday

Healthy Bones

Time: 9:00am – 10:00am
Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Wednesday - cont.

Pinochle Club

Time: 10:00am – 12:00pm
Min: 4 **Max:** 20

Pinochle is a card game designed to be played by two to four players. It involves exchanging and putting together different combinations of cards in order to score points. Learning the basic rules only takes a few minutes, but the fast-paced excitement of the game can provide hours of fun! Beginners welcome!

Brainercise

Time: 10:15am – 11:15pm
Min: 6 **Max:** 20

This class will incorporate brain games and physical activity combined with mental challenges that will exercise the brain! Fun games and challenges help improve memory, concentration, and reaction time. Exercise the body and mind simultaneously.

Does not meet in July and August.

Look for program information in our upcoming Fall/Winter Brochure!



Scrabble Club

Time: 10:30am – 12:30pm
Min: 2 **Max:** 16

Come out and play Scrabble, the classic crossword game in which 2 – 4 players score points by placing tiles, each bearing a single letter, onto a game board. Make new words and new friends!

Baking for Seniors

Time: 11:30am – 12:30pm
Dates: April 10, 24, May 8, 22, June 5, 19
Min: 4 **Max:** 12

Join us to create seasonal desserts you can make & serve for any occasion! Nice way to socialize with friends or make new friends and have fun!

Does not meet in July and August.

Look for program information in our upcoming Fall/Winter Brochure!

Wednesday - cont.

Canasta Club

Time: 1:00pm – 4:00pm

Enjoy this popular card game by joining others and forming groups. Must have knowledge of the game.

Does not meet in July and August.

Look for program information in our upcoming Fall/Winter Brochure!

Thursday

Intro to Pickleball!

NEW!

Time: 9:30am – 12:00pm

A paddle sport that combines elements of badminton, tennis and table tennis. Knowledge of the game is not required. Paddles and balls provided.



Bridge Club

Time: 1:00pm to 4 Rounds

Min: 4 **Max:** 20

Cranford bridge players are invited to consider joining the Cranford Bridge Club. We play 4 rounds of party bridge beginning at 1pm. All who come will play – no sit outs.

There is no charge to play.

Senior Yoga

Time: 1:30pm – 2:15pm

Simple, functional, repetitive, easy to follow movements to help posture, balance, strength and flexibility. Includes relaxation period at the end of class. Bring an exercise or yoga mat to class.

Does not meet in July and August.



Line Dancing

Time: 11:00am – 12:00pm

Learn the latest line dancing steps to popular country western, oldies, rock and Light classic music. Fast paced and fun, it's a wonderful way to exercise.

Thursday - cont.



MahJongg

Time: 2:30pm – 4:00pm

Min: 4 **Max:** 20

Players enjoy this tile game using strategies to eliminate tiles to win the game. Challenging and lively, the time will pass quickly. Must have knowledge of the game.

Stretch & Lift

Time: 9:30am – 10:45am

Min: 4 **Max:** 20

Class includes stretching, balance exercises and strength training (dumbbells and leg weights). Exercises to promote and maintain good flexibility, posture, muscle strength and bone density. Bring water.

Friday

Healthy Bones

Time: 9:30am – 10:30am

Min: 7 **Max:** 20

Healthy Bones is a low-impact exercise program for all who have been diagnosed with or who are at risk for osteoporosis.

Tone-Up

NEW!

Time: 10:30am – 11:15am

A class structured for seniors that will incorporate strength training, balance and flexibility.

Senior Tai Chi

Time: 11:30am – 12:30pm

Min: 7 **Max:** 12

An introductory/continuation of learning & practicing the basic movements of Tai Chi. Relaxing and beneficial for wellness of mind and body.

Rummikub Club

Time: 1:00pm – 4:00pm

Min: 2 **Max:** 16

Rummikub is a tile-based game, combining elements of the card game rummy and mahjongg. This club is a great way to connect friends together with making new ones. All participants must provide their own game boards..

Does not meet in July and August

RECYCLING DEPARTMENT

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • www.cranfordnj.org/recycling

Recycling Staff

Steve Wardell
Recycling Coordinator

Ken Meier
Litter Enforcement Officer

Conservation Center

210 Birchwood Avenue
Year-Round Hours of Operation

Wednesdays
9:30am – 3:20pm

Saturdays & Sundays
9:30am – 3:50pm

Closed Major Holidays

Visit Online for

Recycling News
and Updates

cranfordnj.org/recycling

Recycling Options

- Curbside Recycling Pickup
- Recycling Drop-Off at the Conservation Center

IMPORTANT CONTACT INFORMATION

Cranford DPW/Recycling Department 908-709-7217
dpw@cranfordnj.org
Giordano - Curbside Recycling Contractor 800-216-2250
Union County Recycling Dept. - Special Recycling Events 908-654-9889

To Report a Missed Recycling Pickup

Contact Giordano Co. – 800-216-2250 ext.2
Email: service@gogreengiordano.com

Questions & Answers

Q. Where do I dispose of hazardous waste products like pesticides, pool chemicals and antifreeze?

A. Union County holds collection events for hazardous waste disposal. Visit www.ucnj.org/recycling or call 908-654-9890.

Q. Does the Township provide for residential garbage service?

A. The Township does not provide residential garbage service. Residents must contract privately for this service. To learn more contact the Health Dept.: 908-709-7225.

Q. How do I dispose of latex paint?

A. Latex paint is water soluble. Remove lid and let paint air dry or to speed the process, add kitty litter or paint hardener. Once dry, place can in a plastic bag and dispose with your regular trash.

Q. How do I remove large items that cannot be disposed of with regular household garbage?

A. Some options for disposal of bulky waste items are:

1. Contact your private trash hauler for hauling fees.
2. Contact Plainfield Municipal Utilities Authority for Bulk Waste Drop-Off. Visit www.pmua.info or call 908-226-2518.
3. Visit www.cranfordnj.org/recycling for Township updates.

Union County Recycling Programs

Dates, times & locations vary
Visit www.ucnj.org/recycling
or call 908.654.9890

Electronics • Household Hazardous Waste • Mobile Paper Shredding
Tires • Motor Oil/Filters • Fluorescent Bulbs • Propane Tanks
Medication • Batteries • Syringe Disposal • Smoke Detectors
Helium Tanks • Scrap Metal



CURBSIDE RECYCLING GUIDELINES

What **CAN** go into my curbside container

ACCEPTABLE

Commingled Recycling

(Covered Container Recommended – 32 gallon or larger)

✓ Plastic Bottles & Containers

Bottles coded with #1 or #2 only



✓ Mixed Paper

Paper, Newspaper, Magazines, Junk Mail, Catalogs and Books (hardcover bindings removed)



✓ Cans

Aluminum and Steel (tin) Cans & Lids



✓ Glass Bottles & Jars

All sizes, shapes & colors



✓ Cardboard

Corrugated, Cereal & Clean Pizza Boxes



✓ Cartons

Milk, Juice & Cardboard Boxes



DO NOT USE PLASTIC BAGS!

RECYCLABLES MUST BE CLEAN OF FOOD DEBRIS

What **CANNOT** go into my curbside container

NOT ACCEPTABLE

✗ Plastic Bags

Please do not bag your recyclables or place bags at curbside

(visit www.plasticfilmrecycling.org for drop off locations)



✗ Styrofoam*

Styrofoam cannot be recycled curbside



✗ Dishware, Glass & Mirrors

These items can be placed in regular garbage



✗ Dirty Pizza Boxes

Leftover food or grease



✗ Shredded Paper*

Place shredded paper in regular garbage (or bring to Conservation Center in clear plastic bag)



✗ Pots, Pans & Small Appliances



✗ Plastic Containers & Plastic Ware

These items can be placed in regular garbage



*** THESE ITEMS CAN BE RECYCLED THROUGH UNION COUNTY RECYCLING PROGRAMS**

www.cranfordnj.org/recycling
www.ucnj.org/recycling

CONSERVATION CENTER RECYCLING GUIDELINES

Items must be separated • Please read signage • Containers are clearly labeled • Plastic bags are not recyclable

**** Recycling improperly can result in contaminating an entire truck load and puts the Township at risk for hefty fines ****

ALUMINUM CANS

Designated container.

BROWN PAPER BAGS

Bundle separately / with corrugated pile.

CORRUGATED CARDBOARD

Bundle or brown bag.

ELECTRONICS

Computers, monitors, TV's, laptops and tablets only. Resident must be able to put electronics in the container.

FLUORESCENT BULBS (TUBES ONLY - NO CFL)

Designated container.

GLASS BOTTLES & JARS

Separate by color.

MIXED PAPERS

Magazines, junk mail, envelopes, file folders, office paper, catalogs & books, gray-brown paperboard, non-corrugated boxes like cereal boxes, gift boxes & shoe boxes. Bundle with string or twine or brown bag.

NEWSPAPERS

Bundle with string or twine or brown bag.

PLASTIC BOTTLES & JARS

Type 1 & 2 Only • Designated container.

Type 3 to 7 (No Styrofoam) • Separate designated container.

STEEL / TIN CANS

Designated container.

STYROFOAM

Please ensure all Styrofoam has recycling #6

Only furniture & appliance packaging; clean white block foam accepted.

No: egg cartons, peanuts, dirty or wet foam, colored foam.

USED MOTOR OIL & MOTOR OIL FILTERS

Designated container.

Note: Drip-dry plastic bottles from motor oil can be recycled with plastic bottles.

Permits NOT required for recycling

2019 - 2020 RECYCLING CALENDAR

- Place recyclables curbside by 6:00am on scheduled day or the night before

Pickups take place, rain or shine, between 6:30am – 4:30pm • Covered container recommended 32 gallons or larger

- No plastic bags • Commingle all recyclables • Keep papers dry
- Remove lids, empty liquids, rinse food debris before recycling

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 R	6	7	8	9
10	11	12	13	14	15	16
17	18	19 R	20	21	22	23
24 31	25	26	27	28	29	30

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 R	3	4	5	6
7	8	9	10	11	12	13
14	15	16 R	17	18	19	20
21	22	23	24	25	26	27
28	29	30 R				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 R	15	16	17	18
19	20	21	22	23	24	25
26	27	28 R	29	30	31	

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 R	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25 R	26	27	28	29

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 R	10	11	12	13
14	15	16	17	18	19	20
21	22	23 R	24	25	26	27
28	29	30	31			

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 R	7	8	9	10
11	12	13	14	15	16	17
18	19	20 R	21	22	23	24
25	26	27	28	29	30	31

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 R	4	5	6	7
8	9	10	11	12	13	14
15	16	17 R	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 R	2	3	4	5
6	7	8	9	10	11	12
13	14	15 R	16	17	18	19
20	21	22	23	24	25	26
27	28	29 R	30	31		

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 R	13	14	15	16
17	18	19	20	21	22	23
24	25	26 R	27	28	29	30

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 R	11	12	13	14
15	16	17	18	19	20	21
22	23	24 R	25	26	27	28
29	30	31				

January – 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 R	8	9	10	11
12	13	14	15	16	17	18
19	20	21 R	22	23	24	25
26	27	28	29	30	31	

February – 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 R	5	6	7	8
9	10	11	12	13	14	15
16	17	18 R	19	20	21	22
23	24	25	26	27	28	29

RECYCLING PICKUP TAKES PLACE EVERY OTHER TUESDAY "TOWN-WIDE"

To Report A Missed Recycling Pickup

Contact: Giordano Co. – 800-216-2250 ext. 2 • Email: service@gogreengiordano.com

PUBLIC WORKS DEPARTMENT

364 North Avenue East • Cranford, NJ 07016 • 908-709-7217 • www.cranfordnj.org/public-works

Public Works Staff

Steve Wardell
Superintendent

Erik Hastrup
Assistant Superintendent

Joanne Westcott
Administrative Secretary

Hours of Operation

Monday – Friday
7:30am – 4:00pm
Phone: 908-709-7217
Fax: 908-931-0590

Conservation Center

210 Birchwood Avenue

Year Round Hours of Operation

Wednesday
9:30am – 3:20pm

Saturday & Sunday
9:30am – 3:50pm

Closed Major Holidays

2019 Spring River Cleanup Sat., April 20

For info contact
Mike Scotti:
CranfordRiver@gmail.com

2019 Yard Waste Permit

A Yard Waste Permit is required to drop off home generated yard debris.

2019 Permit is valid until April 1, 2020

Annual Fee: \$75

Please Note: Only one permit will be mailed per household. To obtain a permit for a second vehicle in your household, you must wait until April 27th and come in-person to the Conservation center. There is a limit of two permit stickers per household for the \$75 fee.

How to Purchase a 2019 Yard Waste Permit

In-Person

At Conservation Center: You must present your NJ car registration for the vehicle you are registering. Bring a check for \$75 to "Township of Cranford."

By Mail

Fill out application form. Enclose a check for \$75 to "Township of Cranford."

Mail to: DPW – Yard Waste Permit, 364 North Ave. East, Cranford, NJ 07016.

Leaves

Leaves can be brought to the center all year-round without a permit. The Fall Leaf Collection schedule will be in the September issue of the Township News.

Acceptable Yard Waste

- Grass Clippings, leaves, "Gum Balls"
- Yard and garden clippings
- Hedges & Shrubs (Do not need to bundle)
- Tree parts and stumps (Maximum length - 24" long)
- Firewood (maximum length - 24" long and 2 ft. in diameter)

Unacceptable Yard Waste

- Broken concrete, stones, bricks, dirt
- Tree stumps larger than 2 ft. in diameter
- Demolition material, rotten wood, treated wood, wood chips
- Tree parts larger than 24" in length
- Combustible materials, i.e.: vehicle batteries, gasoline, solvents

Helpful Hints

Affix permit sticker to the driver's side rear window. You can purchase a one-time permit for \$20. If buying a new car: remove permit sticker from old vehicle and bring to Conservation Center. We will issue a new sticker at no charge.

CLEAN COMMUNITIES

Mini-Grant funding is available for groups and organizations interested in organizing a Community Clean-Up program.

To Learn more contact: dpw@cranfordnj.org



Mail - In Conservation Center Permit Application

To Apply by Mail:

- Applications are accepted beginning March 1, 2019
- 2019 Permits expire April 1, 2020
- One car permit per household address will be sent via mail.
- For a second permit, you must apply in person beginning April 27th at Conservation Center.
- For in-person registration, you do not need this application but you are required to present the NJ car registration for the vehicle you are registering.

- Please fill out the application form completely and clearly.
- Enclose a check for \$75.00 to "Township of Cranford"
- Enclose a copy of your car registration.

Mail To:

**DPW – Yard Waste Permit
364 North Avenue East
Cranford, NJ 07016**

If you do not receive your permit in 10 days or have any questions please call: 908-709-7217 x2

Checks Only... No Cash

2019 Conservation Center Permit Application

Please print clearly.

Name: _____

Cranford Address: _____

Vehicle Make & Model: _____ Color: _____

License Plate No. _____

☐ Photocopy of Vehicle Registration Attached

☐ Leased Car

☐ Company Owned Car

Name of Lessor or Company _____

If you are applying for a permit for a leased or company owned car you are required to also mail a copy of your Driver's License.

Enclosed is your check # _____, payable to "Township of Cranford"

OFFICE USE ONLY

Permit No. _____ Date Processed _____

Initials: _____ Entered _____

POOL & FITNESS CENTER



401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260

www.facebook.com/cranford-pool-fitness-center • email: pool@cranfordnj.org

Swim Pool Staff

Stephen P. Robertazzi, CPRP, RA, CPO
Director, Recreation and Parks/
Swim Pool Utility

Anne Dolan, AqP
Facility Manager

Swim Pool Advisory Board

Ann Dooley
Deputy Mayor / Liaison

Stephen P. Robertazzi, CPRP, RA, CPO
Director, Recreation and Parks/
Swim Pool Utility

Chris Chapman

Jerry Dobbins

Ellen Heaney Springer

Barbara Bilger

Kevin Campbell

Krisitin Goldate

Luke Paine

Rich Pizzutta

SUMMER MEMBERSHIP (May 26 – September 9, 2019) Pools Open Memorial Day Weekend

OUTDOOR POOL HOURS of OPERATION (Orange & Centennial)

(Hours are subject to change)

May 25, 26, 27	Sat., Sun., Mon.	10:00 am to 7:00 pm
May 28, 29, 30, 31	Tues., Wed., Thur., Fri.	4:00 pm to 8:00 pm
June 1	Sat.	10:00 am to 7:00 pm
June 2	Sun. – Open House	12:00pm to 6:00 pm
June 3 – 7	Mon., Tues., Wed., Thur., Fri.	4:00 pm to 8:00 pm
June 8, 9	Sat. & Sun.	10:00 am to 7:00 pm
June 10 – 14	Mon., Tues., Wed., Thur., Fri.	4:00 pm to 8:00 pm
June 15, 16	Sat. & Sun.	10:00 am to 7:00 pm
June 17 – 21	Mon., Tues., Wed., Thur., Fri.	12:00 pm to 8:00 pm
June 22, 23	Sat. & Sun.	10:00 am to 7:00 pm
June 24 – Aug. 30	Daily	10:00 am to 8:00 pm
Aug. 31 – Sept. 1	Sat. & Sun.	11:00 am to 7:00 pm
September 2	Mon. - Labor Day	12:00 am to 6:00 pm

Orange Avenue Pool – Closes September 2 @ 6:00 pm

Centennial Avenue Pool

September 3 – 6	Tues., Wed., Thur., Fri.	4:00 pm to 7:00 pm
September 7, 8	Sat. & Sun	12:00 pm to 6:00 pm

Closes September 8 @ 6:00 pm

Facility reopens for winter season on Monday, September 23 at 5:00 am

DIVING BOARDS & SLIDES open at 12:00 pm – **when staffing permits.**

Pools will be open until 9:00pm – Thursday & Friday nights from June 27 – August 9

Open House
June 2 – 12pm to 6pm

Registration 2019

All registration is performed at the Centennial Avenue Pool complex or online at www.cranfordnj.org/pool-fitness-center

Registration Begins:

Residents & Annual Members	March 6
Non-Residents (Summer or Winter)	April 1
Open Registration (current waiting list first)	April 15

DO NOT set up a new account as your ID's will no longer work with the new account!

Online Registration: You can securely register your entire family at one time from the comfort of your home or workplace, 24 hours a day, 7 days a week. If re-registering and you do not know your password, **PLEASE** call the pool and we will send it to you.

If you have already created an account with Community Pass, you are able to use that login information. If you do have an account, upon completing registration you will receive an email containing your login information. Be sure to keep this email in a safe place so that you can continue to enjoy the convenience of online registration.

In-Person Registration Hours

Monday & Wednesday	9:00 am to 4:00 pm
Tuesday & Thursday	9:00 am to 8:30 pm
Friday	9:00 am to 2:00 pm
Saturday	10:00 am to 2:00 pm

Call for night and weekend hours after July 1, 2019

Proof of Residency: A Union County I.D. Card, etc. is required. Birth Certificates of children are required unless they were verified as a member during the previous year.

Please keep your I.D. cards from season to season. There is a \$10 lost card fee.

Refund Policy: A full refund will be given if requested in writing prior to the first day of membership. Once membership begins, refunds will only be issued in cases due to medical reasons and will require documentation. Refunds are issued by township check, so please allow 4 - 6 weeks.

Guest Privileges: Each member has the privilege of bringing a guest or guests to the facility for a guest fee. Members are responsible for educating your guest about the rules of our facility. **All guests must be with a member when entering the facility, even if using a guest pass.**

Beginning March 5, Guest Pass booklets available for members only!
10 Pass Books are \$80.00. *Only 2 booklets per membership.*

Passes expire September 8, 2019.

No refunds are given on passes. There are a limited number of Pass Books issued. Purchase them early. They are available on a first come first serve basis.

2019 MEMBERSHIP FEES

Summer Fees

	Resident	Non/Resident
Individual	\$ 260	\$445
2 Adults (same address)	310	570
Adult & Child	310	570
2 Adults & Child	340	595
Adult & 2 or more Children	340	595
2 Adults & 2 or More Children	365	645
Add/Child Care Provider	185	285
Senior Citizen (age 65)	70	245
Senior Citizen & Spouse	220	425
Weekday Guest Pass	10	
(After 5 pm \$5)		
Weekend Guest Pass	15	
(After 5 pm \$5)		

An individual who is 24 years of age or older or will become 24 years of age before Labor Day cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age before Labor Day is considered a "child".

Annual Fees

	Resident	Non/Resident
Individual	\$ 470	\$675
2 Adults (same address)	570	905
Adult & Child	570	905
2 Adults & Child	600	930
Adult & 2 or more Children	600	930
2 Adults & 2 or More Children	650	955
Add/Child Care Provider	235	390
Senior Citizen (age 65)	175	470
Senior Citizen & Spouse	400	750

An individual who is 24 years of age or older or will become 24 years of age in the current year cannot be considered as a "child" in this membership.

A child who is 2 years of age or older, or will become 2 years of age in the current year is considered a "child".

Make checks payable to: Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted.

Please keep your I.D. cards from season to season. There is a \$10.00 lost card fee.

Facilities may close early on evenings of special events. Events will be posted and announced at each pool.

FLOAT NIGHTS



Centennial Avenue Pool

July 12, 26, & August 9

Orange Avenue Pool

June 28, July 19 & August 2



Orange Avenue Pool

August 16

Centennial Avenue Pool

August 23

Please be advised, there are no organized parties or rentals during the summer season.

You can still have your child's birthday party at the facility, but please realize space is limited and not reserved.

Guest fees will still apply.

Pool Programs

Summer Swim Team

The Cranford Gators Swim Team practices at the Centennial Avenue Pool. Swim meets are held Wednesday evenings and Saturday mornings at different facilities. Ages 8 to 18 compete in a summer league which begins in June and ends in the early part of August.

For more info contact the front desk at 908-709-7260

Swim Pool Utility Swim Team

Day: Monday – Friday

Time: 1:30pm – 4:00pm

Lap Swimming – The pool will be devoted entirely to lap swimming unless otherwise noted. Participants must be 18 years of age or older to utilize the pool for lap swimming. Children, even accompanied by an adult or in the arms of an adult, may not use the pool during lap swimming hours.

Day: May 28 - August 30 – Monday – Friday

Time: 5:00am – 9:00am

11:00am – 1:30pm

4:00pm – 6:30pm

May 25 – Sept. 1 – Saturday & Sunday, Holidays

12:00pm – 4:00pm

The indoor pool is available to members only during lap swimming hours.

Aquatic Exercise Classes

Aquatic Aerobics Classes

Days: May 28 – August 30
Monday, Tuesday, Thursday, Friday

Time: 9:00am – 9:45am

Fee: Daily Drop-in
\$5 Member
\$10 Non-member

Summer Fees

\$95 per Member

\$125 per Non-member

Unlimited Classes

\$40 per Month Member

\$50 per Month Non-member



US Masters & Fitness Swimming

Days: May 27 – September 7

Time: Tues & Thur - 7:00am – 8:00am

Mon, Tues & Thur - 6:30pm – 7:30pm

Sat. - 8:00am - 9:00am

Fee: Daily Drop-in
\$5 Member
\$10 Non-member

Summer Fees

\$95 per Member

\$125 per Non-member

Unlimited Classes

\$40 per Month Member

\$50 per Month Non-member



Starfish Swimming

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. The Starfish Aquatics curriculum is used in our swim pool program. Starfish Aquatics Institute, a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

What is Starfish Swimming®?

Cranford Pool & Fitness Center is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's age's 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Our curriculum includes StarBabies™ (ages 6-months to 36-months), Starfish Swim School® (ages 3 and up) and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

Registration begins April 15, 2019

No Refunds on swim lessons. No make-up on swim lessons. You may only sign up for ONE session at a time.

What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do every thing they are doing in swim lessons. Just give them the opportunity to get wet, splash around and explore the water on their own terms.

But remember: supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you.

Star Babies & Star Tots Swim Courses

The purpose of these courses is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence building, fun and loving experience.

Trust and Comfort

Safety Skill:

Understand constant and dedicated surveillance.

Swim Skill:

Parent and child are relaxed and confident and enjoy going in the water together.

Body Positions

Safety Skill:

Fit and properly put a lifejacket on the child.

Swim Skill:

Perform a relaxed front, back, vertical and side position for at least 5 seconds each.

Submersion

Safety Skill:

Use floatation to help someone in the water and know how to call 911.

Swim Skill:

Enter from the wall, submerge, turn around, grab on to the wall and pull up (assisted).

Air Recovery and Rollover

Safety Skill:

Identify six methods of preventing recreational water illness

Swim Skill:

Enter from the wall submerge, come to the surface unassisted and get a breath in vertical or horizontal (on back) position.

Forward Movement

Safety Skill:

Know about infant and child CPR.

Swim Skill:

Move through the water independently 10 feet with or without floatation.



CENTENNIAL AVENUE SWIM LESSONS

StarBabies™ & StarTots™

Ages: 6 months – 3 years

Time: 11:15am to 11:50am

Session 1:	July 1 – July 5*	Session 5:	July 29 – Aug. 2
Session 2:	July 8 – July 12	Session 6:	Aug. 5 – Aug. 9
Session 3:	July 15 – July 19	Session 7:	Aug. 12 – Aug. 16
Session 4:	July 22 – July 26	Session 8:	Aug. 19 – Aug. 23

*No class July 4 • **Fee: \$40 per Session – \$35 (Session 1)**

Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.

SEA SQUIRTS

Ages: 3 years – 5 years

Time: 11:15am to 11:50am

Session 1:	July 1 – July 5*	Session 5:	July 29 – Aug. 2
Session 2:	July 8 – July 12	Session 6:	Aug. 5 – Aug. 9
Session 3:	July 15 – July 19	Session 7:	Aug. 12 – Aug. 16
Session 4:	July 22 – July 26	Session 8:	Aug. 19 – Aug. 23

*No class July 4 • **Fee: \$40 per Session – \$35 (Session 1)**

StarBabies™ & StarTots™

Ages: 6 months – 3 years

Days: Mon, Tues, Thur, Fri

Time: 7:00pm – 7:30pm

Session 1:
July 8 – July 18

Session 2:
Aug. 5 – August 15

Fee: \$75 per Session

SAVE THE DATE

We will be participating in the
World's Largest Swim Lesson
again this year.
Mark your calendars for
Thursday June 20
More details to follow.

Adult Swim Classes – Tuesday & Thursday (7pm to 8pm)

Fee: \$10 Member – \$15 Non-member Drop In Fee

The Starfish Swimming skills are proprietary information of SAI and cannot be copied or reproduced

Centennial Avenue Starfish Swim School – 6 Years and Up

Students work toward development of the five core swimming competencies. The stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

Session Dates for all Programs

Session 1: July 1 – July 5*

Session 2: July 8 – July 12

Session 3: July 15 – July 19

Session 4: July 22 – July 26

Session 5: July 29 – Aug. 2

Session 6: Aug. 5 – Aug. 9

Session 7: Aug. 12 – Aug. 16

Session 8: Aug. 19 – Aug. 23

Fee: \$40 per Session / \$35 (Session 1)

*No class July 4

CLOWNFISH (Formerly Level 1)

Ages: 6 years and up

Trust and Submersion – Body Position and Air Recovery

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

Swim Skill: Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

Time: 9:45am – 10:20am or 10:30am – 11:05am



PUFFERFISH (Formerly Level 2)

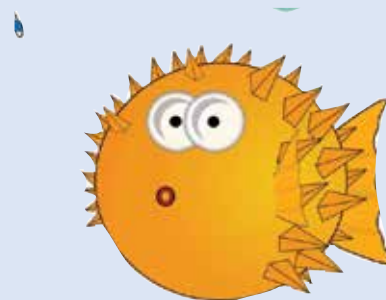
Ages: 6 years and up

Submersion

Safety Skill: Reach or throw (Don't Go) and know how to call 911

Swim Skill: Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.

Time: 9:45am – 10:20am or 10:30am – 11:05am



SEA TURTLES (Formerly Level 3)

Ages: 6 years and up

Body Rotationm – Integrated Movement

Safety Skill: Tread water for 15 seconds AND survival float and tread water for 30 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

Time: 9:45am – 10:20am or 10:30am – 11:05am



Centennial Avenue Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

PELICANS (Formerly Level 4)

Ages: 6 years and up

Freestyle, Backstroke and Introduction to Butterfly

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.

Time: 9:45am – 10:20am or 10:30am – 11:05am



STINGRAYS (Formerly Level 5)

Ages: 6 years and up

Butterfly

Safety Skill: Scenario assist and know when to call 911.

Swim Skill: Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.

Time: 9:45am – 10:20am or 10:30am – 11:05am



BARRACUDAS (Formerly Level 6)

Ages: 6 years and up

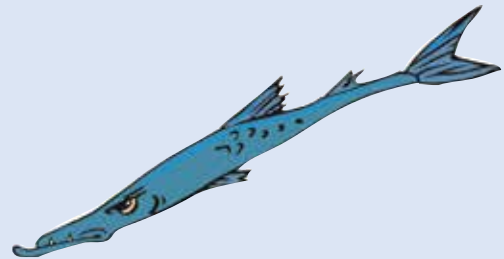
Breaststroke

Endurance

Safety Skill: Discuss the Starfish safety concepts AND thread water or survival float for 2 minutes.

Swim Skill: Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

Time: 10:30am – 11:05am



SWIMPREP

Ages: 6 years and up, having passed Barracudas

For those who have completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.

Time: 9:45am – 10:20am



ORANGE AVENUE SWIM LESSONS

StarBabies™ & StarTots™

Ages: 6 months – 3 years

Time: 11:15am to 11:50am

*No class July 4

Fee: \$40 per session – \$35 (session 1)

Session 1: July 1 – July 5*

Session 2: July 8 – July 12

Session 3: July 15 – July 19

Session 4: July 22 – July 26

Session 5: July 29 – Aug. 2

Session 6: Aug. 5 – Aug. 9

Session 7: Aug. 12 – Aug. 16

SEA SQUIRTS

Ages: 3 years – 5 years

Time: 11:15am to 11:50am

*No class July 4

Fee: \$40 per session
\$35 (session 1)

Session 1: July 1 – July 5*

Session 2: July 8 – July 12

Session 3: July 15 – July 19

Session 4: July 22 – July 26

Session 5: July 29 – Aug. 2

Session 6: Aug. 5 – Aug. 9

Session 7: Aug. 12 – Aug. 16

Formerly our Pre/K program. This Starfish Swim School will be designed for our 3 – 5 year olds.

Orange Avenue Starfish Swim School – 6 Years and Up

Students work toward development of the five core swimming competencies. The stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

Session Dates for all Programs

Session 1: July 1 – July 5*

Session 2: July 8 – July 12

Session 3: July 15 – July 19

Session 4: July 22 – July 26

Session 5: July 29 – Aug. 2

Session 6: Aug. 5 – Aug. 9

Session 7: Aug. 12 – Aug. 16

Fee: \$40 per session / \$35 (session 1)

*No class July 4

CLOWNFISH (Formerly Level 1)

Ages: 6 years and up

Trust and Submersion – Body Position and Air Recovery

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket, float on back and kick 20 feet.

Swim Skill: Assisted submersion, relax 5 seconds and then come up to breathe AND jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

Time: 9:45am – 10:20am or 10:30am – 11:05am



PUFFERFISH (Formerly Level 2)

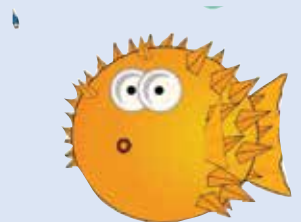
Ages: 6 years and up

Submersion

Safety Skill: Reach or throw (Don't Go) and know how to call 911

Swim Skill: Jump in, submerge, recover for air, forward movement 10 feet, change direction and return to wall in swimwear and in regular clothes.

Time: 9:45am – 10:20am or 10:30am – 11:05am



Orange Avenue Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke and more!

SEA TURTLES (Formerly Level 3)

Ages: 6 years and up

Body Rotation – Integrated Movement

Safety Skill: Tread water for 15 seconds AND survival float and tread water for 30 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet AND start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

Time: 9:45am – 10:20am or 10:30am – 11:05am



PELICANS (Formerly Level 4)

Ages: 6 years and up

Freestyle, Backstroke and Introduction to Butterfly

Safety Skill: Always ask permission before getting in the water AND put on a lifejacket and kick 30 feet.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form AND swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension.

Time: 9:00am – 9:35am or 9:45am – 10:20am



STINGRAYS (Formerly Level 5)

Ages: 6 years and up

Butterfly

Safety Skill: Scenario assist and know when to call 911.

Swim Skill: Swim 4 strokes butterfly and only one breath. Then remainder of pool freestyle.

Time: 9:00am – 9:35am or 10:30am – 11:05am



BARRACUDAS (Formerly Level 6)

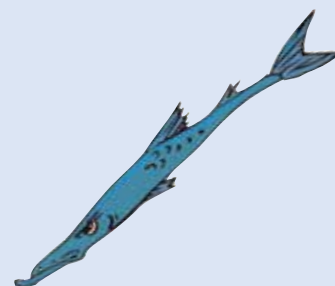
Ages: 6 years and up

Breaststroke – Endurance

Safety Skill: Discuss the Starfish safety concepts AND tread water or survival float for 2 minutes.

Swim Skill: Swim 30 feet breaststroke with good timing and extension AND swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 25 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

Time: 9:00am – 9:35am



SWIMPREP

Ages: 6 years and up, having passed Barracudas

For those who have completed Barracudas.

Focuses on functional swimming skills such as self-rescue and endurance. Designed for the student who wishes to increase confidence and competence in the water.

Time: 9:00am – 9:35am



Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to be affiliated with Starfish Aquatics Institute. Starfish Aquatics Institute is a nationally recognized curriculum for swim instruction, emphasizes water safety and promotes skill development by recognizing the achievements a swimmer makes as they advance through the program.

The Cranford Pool & Fitness Center offers a variety of Starfish Aquatic Training classes. Payment is due on the first day of class or after successful completion of pre-test. If you do not pass the course, no refund will be given.

Attendance is required on all days and times of each course section.

Cancellations & Refunds – The fees include materials and certifications unless otherwise noted. (See individual course listings). All fees are due at the time of registration. Registrations are on a first-come/first serve basis with at least 2 weeks notice will receive a 50% refund. No refunds will be given within 1 week of the class start date.



Safety Classes

StarGuard Training

StarGuard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Safety & Health Institute CPR, First Aid, Bloodborne Pathogens, Emergency Oxygen and Automated External Defibrillation (AED) are built into the course. The integration results in a more confident, competent lifeguard.

The American Safety & Health Institute in partnership with Starfish Aquatics uses a systematic, thorough planning process to assure that program materials reflect the most current knowledge available. Ongoing research with a national peer review ensures up-to-date information and programs that have sound educational formats.

Candidates will be taught the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course also includes training in aquatic-specific first aid and cardiopulmonary resuscitation (CPR) training and AED.

PREREQUISITES: Swim 350 yards, head up continuously, 50 yards, head up with rescue tube, 100 yards of front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke; Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to starting point with the object, and get out of the pool in 1 minute 40 seconds. **Must be at least 16 years old.**

PRETEST for July Class:

Day: Monday Date: July 8, 2019
Time: 5:00pm – 7:30pm

CLASS DATES:

Day: Mondays, Tuesdays and Thursdays
Date: July 9, 11, 15, 16, 18, 22, 23, 25
Time: 5:00pm – 9:30pm

PRETEST for August Class:

Day: Monday Date: July 29, 2019
Time: 5:00pm – 7:30pm

CLASS DATES:

Day: Mondays, Tuesdays and Thursdays
Date: July 30, August 1, 4, 5, 7, 12, 13, 15
Time: 5:00pm – 9:30pm
Fee: \$250 Members
\$300 Non-Members



Star Course

This program is designed for children 11 years old (or who have completed the 5th grade) through 14 years of age. This will not certify anyone to be a lifeguard but will build a foundation of basic water safety knowledge, attitudes and skills for future lifeguards.

CLASS DATES:

Day: Monday through Thursday
Dates: Call Centennial Avenue Pool if interested.
Fee: \$100.00 Members
\$125.00 Non Members

Additional Courses Offered - *call for information*

Bloodborne Pathogens Training

This training module is designed for first responders, health care professionals, lifeguards, and other workers who are at risk for on-the-job exposure to blood and body fluids that can cause infection. This course helps to meet training requirements for the OSHA bloodborne pathogens standard.

CPR/AED for Professional Rescuers and Health Care Providers

As an EMT, firefighter, athletic trainer or lifeguard, it is your duty to respond to cardiac or breathing emergencies until more advanced medical personnel can take over. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion; video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants and includes free online refreshers.



Starfish Swim Instructor

This course is for individuals who desire to become a swim instructor. The Starfish Swimming Program allows you to reach people of all ages to swim for pleasure, fitness or competition and teach them correctly.

Prerequisites: Minimum of age 16. Must pass water skills screening to validate swimming ability at a level appropriate to demonstrate skills that correspond with the curriculum.



Starfish Swimming Program Staff

StarGuard Review Course

The Review course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

Prerequisite: Current Red Cross Lifeguarding/First Aid/CPR/AED or current StarGuard/First Aid/CPR/AED certificate. Note: If the Lifeguarding/First Aid/CPR/AED certificate is expired, participants must take the full Lifeguarding or Shallow Water Lifeguarding course.



First Aid/CPR/AED for Workplaces, Schools and Individuals

- First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Pediatric option available.
- CPR/AED Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Adult and infant/child CPR options available.
- Review Renew your First Aid/CPR/AED certification in an abbreviated class session. Current certification is required.
- Challenge Prepare on your own and demonstrate skill competency in front of a ASHI instructor. Current certification is not required.



KIDZ KLUB 2019



Members Only

Week 1	June 24 to June 28
Week 2	July 1 to July 5 (<i>no camp July 4</i>)
Week 3	July 8 to July 12
Week 4	July 15 to July 19
Week 5	July 22 to July 26
Week 6	July 29 to August 2
Week 7	August 5 to August 9
Week 8	August 12 to August 16
Week 9	August 19 to August 23

Weekly sessions include a variety of arts & crafts, games, sports, swimming, outdoor play and day trips, which are included in the weekly price. **Swim lessons are available for a discounted rate.**

Kidz Klub is designed for four age groups: 5/6 years old; 7/8 years old; and 9/10 years old; as well as 11/12 year olds siblings or "graduates" of Kidz Klub. You may attend all sessions, a few, or just one week or whatever fits your schedule.

Camp Hours: Weekdays 8:00am to 5:30pm. Earlier drop-off at 7:00am and later pick-up at 6:30pm is available for an additional fee: \$5.00 per hour.



Fees:

1 - 3 weeks	\$200.00 each week
4 - 6 weeks	\$190.00 each week
7+ weeks	\$180.00 each week

A non-refundable registration fee of \$75.00 per child is required at the time of registration. Fee includes KK clothing & Rash Guard swim shirt. A 20% deposit is also required at the time of registration with the balance being due by June 11, 2019. A 10% discount is available for additional children calculated on the shortest enrollment.

Space is limited – Register early! Pool Membership must be paid in full before registering for Kidz Klub.

Enrollment begins March 6, 2019

Cranford Pool & Fitness Center
401 Centennial Avenue
Cranford, NJ 07016

Monday through Friday, 8:30am – 3:30pm
Additional hours by appointment

Registration packets will be available at the Cranford Pool & Fitness Center or online @ www.cranfordnj.org/pool-fitness-center by February 15, 2019.

For additional information, please call Sally or Anne at 908-709-7260 Ext. 2307.

Parent orientation will be held on Wednesday, June 11, 2019 at 6:00pm.





**YOU MUST BE AN ANNUAL MEMBER TO USE THE FITNESS CENTER.
NO SUMMER MEMBERS ARE PERMITTED.**

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen
- Video-led routine for spin bikes

Rules of the Fitness Center

1. All members are required to scan their membership cards when entering and leaving the fitness center.
2. **All members in the fitness center must be 18 years of age or older.** An individual between the ages of 14 & 18 years of age will be allowed to use the equipment when closely and continuously supervised by an adult who assumes all responsibility for him or her.
3. Equipment use is at your own risk. You are liable for your own insurance in case of any injury or accident.
4. Members and guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**
5. All members and guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoes - preferably sneakers.
6. Water bottles are permitted in the fitness center. NO eating or gum chewing.
7. Management reserves the right to alter hours of operation when necessary.
8. Please do not bring gym bags, pocketbooks or other articles into fitness center. You may bring a lock and use a locker on a daily basis to protect your valuables.

Hours of Operation

May 25, 26, 27	Sat., Sun., Mon.	10:00 am to 7:00 pm
May 28, 29, 30, 31	Tues., Wed., Thur., Fri.	5:00 am to 8:00 pm
June 1	Sat.	9:00 am to 7:00 pm
June 2	Sun. – Open House	9:00 am to 7:00 pm
June 3 through 7	Mon., Tues., Wed., Thur., Fri.	5:00 am to 8:00 pm
June 8, 9	Sat. & Sun.	9:00 am to 7:00 pm
June 10 through 14	Mon., Tues., Wed., Thur., Fri.	5:00 am to 8:00 pm
June 15, 16	Sat. & Sun.	9:00 am to 7:00 pm
June 17 through August 30	Weekdays	5:00 am to 8:00 pm
June 22 through August 25	Weekends	9:00 am to 8:00 pm
August 31, September 1	Saturday and Sunday	10:00 am to 7:00 pm
September 2	Mon. - Labor Day	11:00 am to 7:00 pm
September 3 through 6	Mon., Tues., Wed., Thur.	5:00 am to 7:00 pm
September 7, 8	Sat. & Sun.	12:00 pm to 6:00 pm

Open until 9:00 pm on Thursday & Friday nights from June 27 through August 9

WiFi Connected • Universal/Paramount Equipment
Free Weights/Treadmills/Stationary Bikes • Stairmasters/Elliptical Trainers
Personal Exercise Plan

Membership Rules and Regulations

1. Observe all posted rules.
2. **NO prolonged underwater swimming or breath holding.**
3. **Proper footwear MUST be worn at all times within the facility.**
4. **No mermaid fins or other fin toys are permitted.**
5. Members must scan their membership card to gain attendance into the facility. **NO Exceptions!**
6. Members are responsible for the actions of their guests. Parents are responsible for the actions of their children. **No guests are permitted to enter facility without a member present.**
7. Children under the age of 12 are not allowed to enter the facility unless accompanied by an adult. The adult is expected to remain in the facility as long as the children are in the facility.
8. Boys/Girls over the age of 5 are not permitted in the ladies/men's room.
9. Hair shoulder length or longer MUST be pulled back.
10. **Glass or ceramic containers are not permitted anywhere in the facility.**
11. **Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. Bags and coolers are subject to search.**
12. No pets allowed in the facility at any time.
13. Members and guests are liable for their own insurance in case of an accident or injury. Members and their guests use the facility at their own risk.
14. Members are responsible for the safe keeping of their valuables. Cranford Pool and Fitness Center employees, Advisory Board Members, Township Commissioner and the Township of Cranford will not be responsible for the loss of any items in or around the facility. Individuals are responsible for their own belongings.
15. No smoking is allowed in the facility. Violators will be subject to a \$250 to \$1,000 fine.
16. Gum chewing is prohibited throughout the entire pool and fitness complex.
17. Selling of food or merchandise, except by authorized pool personnel or agents, will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited in the pool complex. Loud playing radios are included in this category.
18. No food is allowed in the indoor pool area.
19. **No person will be allowed to enter the pool area unless a lifeguard is on duty.**
20. All patrons are required to shower before entering the pool and/or sauna.
21. Only bathing suits are permitted in the pool and sauna.
22. **Toys, rubber balls, inner tubes, flotation devices and snorkels are not permitted in the pool.**
23. Lifeguards and facility staff are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the management staff who will take whatever action necessary to correct the situation.
24. Dress within the pool complex shall be consistent with standards of good taste. All bathers must wear appropriate attire.
25. Any person having a communicable disease, open blisters or cuts, sores or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, **will be excluded from the pool area, fitness center and babysitting area.** A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of management. Management continues to maintain the right of refusal.
26. Dressing or undressing may only take place in the locker room.
27. **Infants must wear rubber pants over their diapers while they are in the water. Wearing disposable diapers or swim diapers and rubber pants are only permitted in the intermediate and baby pool areas. NO ONE IN DIAPERS IS PERMITTED IN THE MAIN AREA.**
28. Band-Aids must be removed before entering the pool. They must be discarded into a garbage can.
29. No rough play in the pool (pushing, shoving, chicken fights, cannonballs and sit outs).
30. Use of the starting blocks is prohibited unless under the supervision of a swim coach or instructor.
31. No diving into the pool at any time except during an instructional class.
32. The interpretation and enforcement of this body of rules and regulations will be the responsibility of the pool manager and/or assistants at all times. Decisions and actions made necessary for circumstances not specifically covered herein will be at the discretion of the manager.
33. Parents are not allowed on the pool deck during swim lessons and/or swim practice.
34. Pool equipment such as kickboards, swim noodles, pull buoys, buoyance belts and hand buoys are available for use in the indoor pool area. Please return all equipment to its proper place when you are finished with it.
35. Flotation devices such as "swimmies" or life vests are not allowed. However, children are allowed to wear the bathing suits with the flotation device built into the suit.
36. The facility must be vacated by the designated closing hour. The pool will be cleared 15 minutes prior to facility closing. Please do not loiter and exit the facility as quickly as possible.
37. If it is determined there is thunder and/or lightning in the area, all pools and pool areas will be required to close immediately. All pools and the immediate areas will remain closed for 30 minutes past the last visible lightning strike or thunder.
38. Must be 18 years of age or older to swim in lap lanes and during indoor lap swimming times.
39. **Management reserves the right to alter hours of operation when necessary.**
40. **There are No exceptions to any rules and regulations that govern the facility.**



Babysitting

Babysitting is available from 9:00am to 12:00pm Monday through Friday beginning June 19. This service is available so that you can participate in lap swimming; exercise classes; use the fitness center, etc.

A 2 hour time limit is allowed per child. **You must remain on the premises.** Please do not abuse this service!!!

Fee: \$ 5.00 per hour or any part of the hour, per child
 \$100 for summer season for first child.
 (\$25 for each additional child)



Application Form – Summer 2019



Address _____

City _____ State _____ Zip _____

Home Phone _____ Emergency Phone _____

Company _____ Phone _____

Name	Date of Birth	Sex	I.D. Number

Make checks payable to: Cranford Swim Pool Utility

Mail to: Cranford Swim Utility
 401 Centennial Ave.
 Cranford, NJ 07016

Cash and Credit Card (Master Card, Visa or Discover)
 payments must be made at the office.
DO NOT mail cash payments.

Office Use Only

Group Number: _____

☐ New Member ☐ Renewal ☐ Conversion

Membership Type: _____

Registration Date: _____

Membership Fee: _____

ENGINEERING DEPARTMENT

8 Springfield Avenue • Cranford, NJ 07016 • 908-709-7219 • www.cranfordnj.org/engineering-department

Flood Information

FLOOD HAZARD AREAS

Flooding is the number one natural disaster in the United States and the Township of Cranford, causing the most property damage. The Township is located in the Rahway River watershed and is traversed by a number of rivers that can cause flooding within the Township including the following:

Rahway River	Nomahegan Brook
College Branch	Orchard Brook

The [Rahway River](#) enters the Township's municipal boundary from the Township of Springfield and flows in a southerly direction to the Township's boundary with the Township of Clark. Tributaries to the Rahway River include the Nomahegan Brook, College Brook and Orchard Brook.

[Nomahegan Brook](#) is tributary to the Rahway River and begins in the northern portion of the Township within Nomahegan Park.

[College Branch](#) starts within the western portion of the Township and combines with the Rahway River along Park Drive.

[Orchard Brook](#) enters the Township's southwestern municipal boundary from the Borough of Garwood and enters the Rahway River along Orchard Street.

Rivers within the Township are limited in capacity and tend to exceed their banks during heavy rainfall events similar to Tropical Storm Floyd on September 16, 1999 and during the "Tax Day Storm" on April 15, 2007. More recently, the Township experienced a major flood event on August 27, 2011 due to Hurricane Irene.

Information on whether your property is in the 100-year floodplain can be obtained by coming into the Cranford Municipal Building and having the Engineering Department help you. Maps are available to look at as well as other flood-related information on the FIRM. The Engineering office can provide technical assistance relating to floodways, flood hazard areas, flood elevations and data on historical flooding, and is available to advise owners of appropriate flood protection measures. Flood depth information may also be available from the Township. The Township also has some Elevation Certificates available. Township staff members are available to undertake site visits, if requested and authorized, to review flood, drainage and sewer issues. Contact the Township Engineering Department at (908) 709-7219 for further assistance.

FLOOD SAFETY

The following common sense guidelines can help you from the dangers of flooding:

- Do not drive through a flooded area. More people drown in cars than anywhere else. Do not drive around barriers.
- Do not walk through flowing water. Currents can be deceptive. Six inches of water can knock you off your feet.
- Stay away from power lines and electrical wires. If your house is about to be flooded, turn off the power at the service box. Electrical current can travel through water. Electrocution is the 2nd leading cause of death during floods.
- Be alert to gas leaks. Turn off the gas to your house before it floods. If you smell gas, report it to a Township official or your gas company. Do not use candles, lanterns or open flames if your gas has been shut off.
- Keep children away from the flood waters, ditches, culverts and storm drains. Flood waters can carry unimaginable items that have dislodged themselves. Culverts may suck smaller people into them rendering them helpless.
- Clean everything that has been wet. Flood water will be contaminated with sewage and other chemicals which pose severe health threats.
- Look out for animals, especially snakes and rodents. Small animals that have been flooded out of their home may seek shelter in yours.
- Do not use gas engines, such as generators, or charcoal fires indoors during power outages. Carbon monoxide exhaust can pose serious health hazards.

FLOOD SAFETY TIPS

PROPERTY PROTECTION MEASURES

If your property is susceptible to flooding, there are many flood damage reduction measures you can employ.

- Install a sump pump system to dispose of infiltrating water to grade outside of the structure
- Watertight seals can be applied to brick and block walls to protect against low-level flooding.
- Utilities such as heating and air conditioning systems, water heaters and other major appliances can be elevated to higher floors in the structure or on raised platforms.

- Temporary measures such as moving furniture and other valuables to higher floors or sandbagging exterior openings will also help.
- Elevating or relocating the entire structure may also be a feasible option.

The Township's storm preparation addresses known "hot-spot" flooding areas and attempts to keep critical roads, buildings and services protected, not to protect every house in town that might flood.

FLOODPLAIN PERMIT REQUIREMENTS

All development within the 100-yr. floodplain (not just construction of buildings, but filling, excavation, fences, etc.) is required to obtain a Township Permit. Applications must be made prior to doing any work in a floodplain area. Please contact the Township Engineering Department to receive all the information you will need in order to properly develop in the floodplain at (908) 709-7219. You may report any illegal development activities to the above number as well.

SUBSTANTIAL IMPROVEMENT / DAMAGE

The NFIP requires that if the cost of improvements to a building or the cost to repair damages from any cause to a building exceeds 50% of the market value of the building (excluding land value), the entire building must be brought up to current floodplain management standards. Building improvement projects include exterior and interior remodeling, rehabilitation, additions and repair and reconstruction projects. Please contact the Township Engineering Department at (908) 709-7219 for further information.



FLOOD INSURANCE

If you do not have flood insurance, talk to your insurance agent. Most homeowner's insurance policies do not cover damage from floods. Flood insurance is only available to those participating communities in the National Flood Insurance Program (NFIP). Because of our floodplain management programs that attempt to protect us from the multiple flooding hazards, Cranford is part of the NFIP and thus, residents are able to obtain flood insurance. Cranford also participates in the NFIP's Community Rating System (CRS) and is presently rated as a Class 7 community which earns our residents flood insurance premium discounts.

Be sure to check your policy to ensure you have adequate coverage. Usually these policies cover the building structure, but not the contents. Contents coverage can also be obtained by asking. There is a 30-day waiting period before flood insurance coverage becomes effective. Plan ahead; do not wait until a flood is predicted before purchasing flood insurance.

If you are building inside the floodplain, the purchase of flood insurance is mandatory if using a federally regulated/insured bank for a loan.

NATURAL & BENEFICIAL FUNCTIONS

Floodplains play a valuable role in providing natural and beneficial functions to the area around, and including, Cranford. Floodplains that are relatively undisturbed provide a wide range of benefits to both human and natural systems. These benefits provide aesthetic pleasure as well as function to provide active processes such as filtering nutrients. Parts of the Rahway River, Nomahegan Brook, College Branch and Orchard Brook floodplain are used as a means to filter chemical run-off so that these areas can maintain bio-diversity and ecosystem sustainability. The floodplains enhance fish and other wildlife habitats and provide feeding/breeding grounds. And lastly, the floodplains provide natural erosion control and open space so further flooding damage does not occur.

DRAINAGE SYSTEM MAINTENANCE

As simple as it may sound, simply keeping smaller ditches and stream free of debris can dramatically improve the run-off capacity of low-lying areas, as well as greatly reduce the occurrence blockage that significantly contributes to flooding. It is illegal to dump materials into a waterway and violators may be fined. If you see someone in the act of dumping or see debris in one of our watercourses, please contact the Department of Public Works at (908) 709-7217.

FLOOD WARNING SYSTEM

Many times, flooding along the Rahway River within Cranford can be predicted days in advance, giving ample warning for preparation and evacuation. However, in the event of a flash flood due to large rain event, you may be the first to notice the oncoming situation and have only hours to execute your plan. Notify the Township Police/Fire Department. The Township's Emergency Alert System will be activated. Tune your radio to 680AM for local and National Weather Service Updates. You will also see regular interruption on local radio and television stations advising you of the situation.

In addition, please feel free to sign up for emergency text messaging alert through www.nixle.com or the Township of Cranford's website at www.cranfordnj.org. Standard text messaging rates may apply.

ADDITIONAL INFORMATION

If you should require further or more detailed information regarding flood-related issues in Cranford, here are some additional sources:

- FEMA.gov website
- Cranford Municipal Building – Engineering Department (908) 709-7219, 8 Springfield Avenue, Cranford, NJ 07016
- Floodplain FAQ page on the www.cranfordnj.org website.
- Cranford Public Library



Solutions to Stormwater Pollution

Easy Things You Can Do Every Day To Protect Our Water

A Guide to Healthy Habits for Cleaner Water

Pollution on streets, parking lots and lawns is washed by rain into storm drains, then directly to our drinking water supplies and the ocean and lakes our children play in. Fertilizer, oil, pesticides, detergents, pet waste, grass clippings: You name it and it ends up in our water.

Stormwater pollution is one of New Jersey's greatest threats to clean and plentiful water, and that's why we're all doing something about it.

By sharing the responsibility and making small, easy changes in our daily lives, we can keep common pollutants out of stormwater. It all adds up to cleaner water, and it saves the high cost of cleaning up once it's dirty.

As part of New Jersey's initiative to keep our water clean and plentiful and to meet federal requirements, many municipalities and other public agencies including colleges and military bases must adopt ordinances or other rules prohibiting various activities that contribute to stormwater pollution. Breaking these rules can result in fines or other penalties.



As a resident, business, or other member of the New Jersey community, it is important to know these easy things you can do every day to protect our water.

Limit your use of fertilizers and pesticides

- Do a soil test to see if you need a fertilizer.
- Do not apply fertilizers if heavy rain is predicted.
- Look into alternatives for pesticides.
- Maintain a small lawn and keep the rest of your property or yard in a natural state with trees and other native vegetation that requires little or no fertilizer.
- If you use fertilizers and pesticides, follow the instructions on the label on how to correctly apply it.



Make sure you properly store or discard any unused portions.

Properly use and dispose of hazardous products

- Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze, and paints.
- Do not pour any hazardous products down a storm drain because storm drains are usually connected to local waterbodies and the water is not treated.

- If you have hazardous products in your home or workplace, make sure you store or dispose of them properly. Read the label for guidance.

- Use natural or less toxic alternatives when possible.

- Recycle used motor oil.

- Contact your municipality, county or facility management office for the locations of hazardous-waste disposal facilities.



Keep pollution out of storm drains

- Municipalities and many other public agencies are required to mark certain storm drain inlets with messages reminding people that storm drains are connected to local waterbodies.

- Do not let sewage or other wastes flow into a stormwater system.

Clean up after your pet

- Many municipalities and public agencies must enact and enforce local pet-waste rules.

- An example is requiring pet owners or their keepers to pick up and properly dispose of pet waste dropped on public or other people's property.

- Make sure you know your town's or agency's requirements and comply with them. It's the law. And remember to:

- Use newspaper, bags or pooper-scoopers to pick up wastes.

- Dispose of the wrapped pet waste in the trash or unwrapped in a toilet.

- Never discard pet waste in a storm drain.

Don't feed wildlife

- Do not feed wildlife, such as ducks and geese, in public areas.

- Many municipalities and other public agencies must enact and enforce a rule that prohibits wildlife feeding in these areas.



Don't litter

- Place litter in trash receptacles.

- Recycle. Recycle. Recycle.

- Participate in community cleanups.

Dispose of yard waste properly

- Keep leaves and grass out of storm drains.

- If your municipality or agency has yard waste collection rules, follow them.

- Use leaves and grass clippings as a resource for compost.

- Use a mulching mower that recycles grass clippings into the lawn.



Contact information

For more information on stormwater related topics, visit www.njstormwater.org or www.nonpointsource.org

Additional information is also available at U. S. Environmental Protection Agency Web sites www.epa.gov/npdes/stormwater or www.epa.gov/nps

New Jersey Department of Environmental Protection
Division of Water Quality
Bureau of Nonpoint Pollution Control
Municipal Stormwater Regulation Program
(609) 633-7021



April 2004



The Township of Cranford
8 Springfield Avenue
Cranford, NJ 07016

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**Local
Residential Customer**

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www.instagram.com/CranfordRecreationAndParks



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[@twitter@CranfordTwpNJ](https://twitter.com/CranfordTwpNJ)

Sign up for the Nixle Alert System which provides instant text messaging and emails about road closures, emergency situations, severe storms, and more. **www.nixle.com**

