



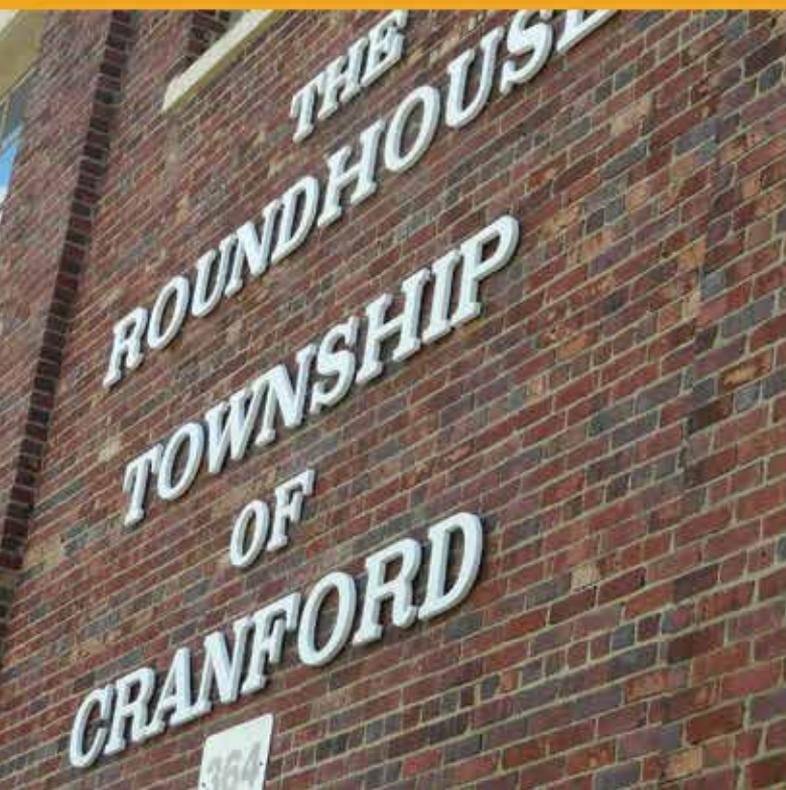
CRANFORD TOWNSHIP NEWS

SEPTEMBER 2016 - VOLUME 7 / ISSUE 3



FALL 2016

FALL / WINTER / SPRING – RECREATION PROGRAMS • POOL PROGRAMS • RECYCLING SCHEDULE
ROAD REPAVEMENT PROGRAM • LEAF COLLECTION SCHEDULE



contents



recreation & parks department

special events	4
special olympics, halloween...	
pre-school programs	6
fall / winter / spring programs	
youth programs	11
fall / winter / spring programs	
teen programs	21
fall / winter / spring programs	
adult programs	23
fall / winter / spring programs	
senior programs	27
fall / winter / spring programs	



engineering

street resurfacing	29
resurfacing map	



pool & fitness center

pool programs	30
fall and winter programs	



health department

fall recycling	40
how and where to recycle	



public works department

fall leaf collection	43
town map	
snow emergency map	46
town map	

township directory

contact information	47
---------------------	----

Township Committee

Andis Kalnins
Mayor

Mary O'Connor
Deputy Mayor

Patrick F. Giblin
Commissioner of Finance

Thomas H. Hannen, Jr.
Commissioner of Public Affairs

John V. Mallon
*Commissioner of Public Works/
Engineering*

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
Terence Wall
709-7205
t-wall@cranfordnj.org

Please visit our website for updates at www.cranford.com/township

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

Photography, illustrations and articles appearing in the Cranford Township News cannot be reproduced without written consent from the publisher.

RECREATION & PARKS DEPARTMENT



220 Walnut Avenue • Cranford, NJ 07016 • 908-709-7283 • www.cranford.com/rec

Recreation Staff

Stephen P. Robertazzi, 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

Andrews, Brian

Barone, Donald

Senior Citizen Rep.

Bringuier, Luis

Cave, Susan

Coates, Peter

Dingelstedt, Mark

Dow, Marita

Garcia, Martha

Chairperson

Harris, Maria

Illing, Kevin

Kwiatkowski, Stephanie

Leber, Deborah

Pugliese, Carolyn Capone

Ricken, Heinz

Schoppmann, Laura

Shackell, Wally

Sheridan, Catherine

Miklencic, Craig

Cranford West Committee Liaison

Vacant

Board of Ed. Rep.

Robertazzi, Stephen

Director

*Recreation & Parks
And Swim Pool Utility*

Hannen, Jr., Thomas H.

Commissioner/Liaison

Office Hours:

Monday thru Friday – 8:00am to 4:30pm

**Weather Emergency and
Program Cancellation**

Hotline: 908-276-6767

Building Hours:

Monday thru Thurs. – 8:00am to 10:00pm

Friday – 8:00am to 6:00pm

Saturday – 9:00am to 5:00pm

Email: recreation@cranfordnj.org

Fax: 908-709-7286

www.facebook.com/CranfordRecreationAndParks

2016- 2017 FALL/WINTER/SPRING PROGRAMS

GENERAL INFORMATION

1. Registration is on a first come first serve basis and limited to Cranford residents only. We reserve half of the open spots in any given program for walk-ins and the other half for on-line, so register early!

2. Proof of residency is required for all registrations.

3. At the time of registration, registration form and payment in cash or check is 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. Refunds are issued by township check, so please allow 4-6 weeks.

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 "Forms". Depending on request and organization requesting permit, a fee may be required.

ONLINE REGISTRATION AVAILABLE

You can now securely register your entire family at one time from the comfort of your home or workplace 24 hours a day, 7 days a week. Be sure to create your Community Pass account now by going to <https://register.communitypass.net/cranford>.

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.

REGISTRATION INFORMATION

Please be advised, in-person and online registration will begin at 9:00am for all programs!

For in-person registration, we will be using a number system. The first person with all their paperwork completed, will be the first to sign up for all classes! No more separate times for separate classes! As in the past, this is a first come, first serve, process. We reserve half of the open spots in any given program for walk-ins and the other half for on-line, so register early!

You must pay for all program registrations in person and proof of residency is required at the time of payment.

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 Park – Orange Ave. & Pacific Ave.
Sherman Park – Lincoln Ave. East

Sports Leagues & Organizations

Baseball/Softball – www.cranford.com/cbsl
Canoe Club – www.cranfordcanoeclub.com
Chamber of Commerce – www.cranford.com/chamber
Clay Courts – www.cranfordtennis.com
Hanson Park – www.hansonparkconservancy.com
Hockey – www.cranfordhockeyclub.com
Jaycees – www.cranfordjaycees.com

Jersey Central Arts Studio – www.jcas.org
Lacrosse – www.cranfordlacrosse.org
P.A.L. – www.cranfordpal.org
Recreation and Parks – www.cranford.com/rec
Soccer – www.cranfordsoccer.net
Swim Pool Utility – www.cranford.com/pool

Special Events



Special Olympics Young Athlete Program

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

Ages: 4 – 7
Days: Saturday
Date: Session 1 – October 1 to November 19
 Session 2 – TBD
 Session 3 – TBD
Time: 9:00am – 9:45am
Fee: Free
Min: 6 **Max:** 15
Note: *Parents must participate*

Run in conjunction with the Special Olympics. The Young Athlete Program is designed for participation of children ages 4 – 7 with intellectual disabilities. For more information, please visit www.sonj.org.



Santa Claus

Date: Saturday, Dec. 3
Time: 9:00am – 12:00pm
Site: Community Center

Sponsored by the Cranford Jaycees

Holiday Home Decorating Contest

This year the Cranford Recreation and Parks Department, in conjunction with the Cranford Community Connection will host the 2nd Annual Holiday Season Decorating Contest in Cranford. There will be three categories and the winner of the **Most Outrageous**, **Most Traditional** and **All Around Favorite** will win a trophy for that category.



Registration forms are available online and at the Cranford Community Center. To be judged, residents must submit their house to the Recreation office by December 9 so the listing of homes can be made available to residents by December 16. To vote, simply email the Recreation office at recreation@cranfordnj.org or go to our Facebook page <https://facebook.com/CranfordRecreationAndParks> and like the house of your choice – or place your vote in the ballot box at the Community Center. All votes must be submitted by Wednesday, December 21.

Halloween Parade

Date: Sunday, October 30
Time: 1:00pm - Judging will be held at 1:30pm
 Parade begins at 2:00pm
 Pumpkin Chunkin at 2:30pm
Site: Community Center Parking Lot



Co-sponsored by the Cranford Jaycees. Judging will be done by the following categories; Ages 0-3, 4-5, 6-7, 8-9, 10-11, 12-16, Adult/Child, Group, and Hand Pulled Mini Float.

TryCAN

Cranford Recreation & Parks is proud to participate in the TryCAN Collaboration, a collaboration of nearby communities to offer an array of recreation opportunities for youth with special needs or those who need special accommodation.

Cranford residents can now enroll in TryCAN programs (space permitting). Past programs have included the gamut of sports (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. However, 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.

Before mentoring, teens attend a two hour training course to help them prepare for their role. 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.

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!*

Beginning September 12, 2016, 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 8 years of age must be accompanied by a parent/guardian at all times.

When is the center “Open”?

The center is considered “open” Monday thru Thursday 8:00am to 10:00pm, Friday 8:00am to 7:00pm and Saturday 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.

CRANFORD FAMILY DINNER NIGHT

EVERY TUESDAY

Sponsored by the Cranford Jaycees, Cranford Municipal Alliance and Cranford Knights of Columbus



Friday's with My First Friends

Ages: 2 – 3 years
Days: Friday
Dates: Session 1 – September 30 to December 16*
 Session 2 – January 6 to March 10
 Session 3 – April 7 to June 16*
Time: 9:30am to 10:15am
Fee: \$35
Min: 6 **Max:** 20
Note: Parent must attend
 *No class on November 11, 25, April 14

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

Spanish

Ages: 3 – 5
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 14*
Times: 10:00am – 11:00am or 1:00pm to 2:00pm
Fee: \$125
Min: 6 **Max:** 12
 *No class November 23 , April 12

This class is for children ages 3 – 5 who are looking to explore the Spanish language. Studies have shown that speaking a 2nd language boosts cognitive, memory and listening skills. Weekly sessions will revolve around a theme in where children will learn the art of the Spanish language through songs, games, art and activities catered to their young age.

All Sports For Kids – Thursday

Ages: 3 – 5 years
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 11:30am – 12:15pm
Fee: \$50
Min: 10 **Max:** 20
 *No class on November 24, April 13

Westfield Area Y instructors teach children the basics of T-ball, basketball, soccer and more in a safe and fun environment.

Mommy and Me Music

Ages: 9 – 18 months
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 10 to June 19*
Time: 10:15am – 10:45am
Fee: \$120
Min: 6 **Max:** 10
Note: Parent must attend
 *No class October 10, January 16, February 20, May 29

Ages: 1 1/2 – 3 years
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 10 to June 19*
Time: 9:30am – 10:00am
Fee: \$120
Min: 6 **Max:** 10
Note: Parent must attend
 *No class October 10, January 16, February 20, May 29

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.

Parent & Me Yoga

Ages: 3 – 5
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 14*
Time: 9:30am – 10:15am
Fee: \$50
Min: 10 **Max:** 25
 *No class November 23, April 12

Enjoy a fun and energized version of yoga. Postures are taught using references to nature and animals. All are encouraged to make sounds and laugh!

All Sports For Kids – Friday

Ages: 3 – 5 years
Days: Friday
Dates: Session 1 – September 30 to December 16*
 Session 2 – January 6 to March 10
 Session 3 – April 7 to June 16*
Time: 11:30am – 12:15pm
Fee: \$50
Min: 10 **Max:** 20
 *No class on November 11, 25, April 14





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.

Total Sports Squirts

Participants have the opportunity to experience Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey and Flag Football. All sports are taught in a safe, structured environment.

Registration done directly with US Sports Institute

Saturday Session

Ages: 3 – 5
Days: Saturday
Dates: September 17 to October 29
Times: 9:00am – 10:00am or
 10:00am – 11:00am or
 11:15am – 12:15am
Site: Lincoln Field
Fee: \$139

Monday Session

Ages: 3 – 5
Days: Monday
Dates: January 23 to March 20*
Time: 1:00pm – 2:00pm
Site: Community Center
Fee: \$159
 *No class February 20

Basketball Senior Squirts

September Program

Ages: 5 – 8
Days: Tuesday
Dates: September 20 to
 November 1
Times: 3:30pm – 4:30pm (5 – 6)
 4:30pm – 5:30pm (5 – 6)
 5:30pm – 6:30pm (7 – 8)
Site: Community Center
Fee: \$139

November Program

Ages: 5 – 8
Days: Tuesday
Dates: November 22 to
 December 20
Times: 3:30pm – 4:30pm (5 – 6)
 4:30pm – 5:30pm (7 – 8)
Site: Community Center
Fee: \$105

January Program

Ages: 5 – 8
Days: Tuesday
Dates: January 17 to
 March 7
Times: 3:30pm – 4:30pm (5 – 6)
 4:30pm – 5:30pm (7 – 8)
Site: Community Center
Fee: \$159

Registration done directly with US Sports Institute

Players will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting.

Total Sports - Parent & Me

Ages: 2 – 3
Days: Saturday
Dates: September 17 to October 29
Times: 9:00am – 9:45am or
 10:00am – 10:45am or
 12:30pm – 1:15pm
Site: Lincoln Field
Fee: \$139

Registration done directly with US Sports Institute

With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. Children will experience a different sport within each class, including soccer, lacrosse, T-ball, basketball, floor hockey and flag football.

Soccer – Parent & Me

Ages: 2 – 3
Days: Saturday
Dates: September 17 to October 29
Time: 2:30pm – 3:15pm
Site: Lincoln Field
Fee: \$139

Registration done directly with US Sports Institute



With a parent participating by their side, this program will stimulate a child's imagination, develop motor skills and encourage social interaction. In this class children will learn basic soccer skills, including dribbling, shooting, and passing.

Registration begins on September 17 at 9:00am for ALL programs!



Lacrosse Squirts

Ages: 3 – 5
Days: Monday
Dates: September 19 to October 31
Time: 4:00pm – 5:00pm or 5:00pm – 6:00pm
Site: Roosevelt Field
Fee: \$139

Registration done directly with
 US Sports Institute

Players will learn how to cradle, shoot, catch and scoop. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in Lacrosse.



T-Ball – Parent & Me

Ages: 2 – 3
Days: Saturday
Dates: September 17 to
 October 29
Time: 3:30pm – 4:15pm
Site: Lincoln Field
Fee: \$139

Registration done directly with US Sports Institute

With the help of Mom or Dad, children will develop their T-Ball skills in hitting, throwing and fielding.

T-Ball Squirts

Ages: 3 – 5
Days: Saturday
Dates: September 17 to October 29
Time: 11:15am – 12:15pm
Site: Lincoln Field
Fee: \$139

Registration done directly with US Sports Institute

Utilizing fun games and activities, players will develop their skills in hitting, throwing and fielding. At the end of each session participants will apply these skills into a scrimmage.



Tennis Squirts

Ages: 3 – 5
Days: Saturday
Dates: September 17 to October 29
Time: 9:00am – 9:50am
Site: Hillside Avenue Tennis Courts
Fee: \$135

Registration done directly with US Sports Institute

This program is a learning adventure that introduces children to the world of Tennis. In a low pressure, fun-filled environment, children will have a great time learning the basic skills and strokes. This program follows the guidelines of the highly accredited USTA '10 and Under Tennis' model.



Golf Squirts

Ages: 4 – 6
Days: Thursday
Dates: September 22 to
 November 3
Time: 4:00pm – 4:45pm (4 – 5)
 5:00pm – 6:00pm (5 – 6)
Site: Lincoln Field
Fee: \$139

Registration done directly with US Sports Institute

Using the SNAG (Starting New At Golf) system, participants use oversized, lightweight clubs to encourage the correct grip and swing technique. In a safe and controlled environment this program makes learning simple, progressive and fun.

Ages 5-6 will use modified golf clubs that will encourage players to develop the correct chipping, putting and driving techniques.

KinderTots

Ages: 2
Days: Tuesday
Dates: Session 1 – October 4 to November 22
 Session 2 – January 10 to February 28
 Session 3 – April 18 to June 6
Time: 11:00am – 11:30am
Fee: \$115
Min: 5 **Max:** 12

KinderTots 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. The emphasis of the program is movement exploration. Such freedom allows for a variety of physical activities. Young children enjoy a challenge, and when they are given the opportunity to test their abilities, it is both developmentally appropriate as well as fun!!

Come Join Us for a Free KinderTots Demonstration Class!
September 27, 11:00am – 11:30am, Ages: 2 years old, at the Cranford Recreation Department.



Pre-school Arts & Crafts

Ages: 3 – 4
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 10:00am – 11:00am
 or 1:00pm to 2:00pm
Fee: \$45
Min: 6 **Max:** 15
Note: Parent must attend

*No class November 24, April 13

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 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.



KinderMotion

Ages: 3 – 5
Days: Thursday
Dates: Session 1 – October 6 to December 8*
 Session 2 – January 12 to March 2
 Session 3 – April 20 to June 8*
Time: 10:30am – 11:15pm
Fee: \$125
Min: 5 **Max:** 12

*No class November 10, 24, April 13

KinderMotion is a fitness and creative movement program developmentally designed to enhance motor skills, and physical development (strength, flexibility, coordination, balance, cardio/stamina, general fitness and nutritional knowledge) that prepares students' minds and bodies for future athletic and dance pursuits. The program focuses on building self-esteem and self-confidence in young children and helps to attain their true potential socially, physically and cognitively all while having a lot of fun!

Come Join Us for a Free KinderMotion Demonstration Class!
September 29, 10:30am – 11:15pm, Ages 3 – 5, at the Cranford Recreation Department.

KinderGym

Ages: 3 – 5
Days: Wednesday
Dates: Session 1 – October 5 to December 7*
 Session 2 – January 11 to March 1
 Session 3 – April 19 to June 7
Time: 3:15pm – 3:45pm
Fee: \$115
Min: 5 **Max:** 12

*No class October 12 and November 23

KinderGym 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. KinderGym is designed to provide your children with specific objectives, which they can achieve. These accomplishments help the children feel good about themselves and develop a positive self-esteem. The program also enhances the physical, social, emotional, and cognitive development of the children while building their sense of self and others.

Come Join Us for a Free KinderGym Demonstration Class!
September 28, 3:15pm – 3:45pm, Ages 3 – 5 at the Cranford Recreation Department.

What Matters for Kids

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.



Science Matters

Morning Session

Ages: 3 1/2 – 6 years
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 17 to February 21
 Session 3 – April 18 to May 23
Time: 10:15am – 11:15am
Fee: \$120
Min: 4 **Max:** 20

Afternoon Session

Ages: 3 1/2 – 6 years
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 17 to February 21
 Session 3 – April 18 to May 23
Time: 1:00pm – 2:00pm
Fee: \$120
Min: 4 **Max:** 20



Parent & Me Stretch-N-Grow **NEW!**

The Stretch-N-Grow program is designed to promote exercise and wellness for preschool-aged children. The class focuses on balance, coordination and sports readiness skills. Each class includes warm up, cardio, cool down and stretching; including kids yoga, taught by a well-trained Stretch-N-Grow coach. Our Stretch-N-Grow stars have lots of fun while they learn to enjoy exercise and build good habits!

Wednesday Session

Ages: 2 – 5
Days: Wednesday
Dates: Session 1 – September 28 to November 2
 Session 2 – January 4 to February 8
 Session 3 – April 5 to May 17*
 *No class April 12

Saturday Session

Ages: 2 – 5
Days: Saturday
Dates: Session 1 – October 1 to November 5
 Session 2 – January 7 to February 11
 Session 3 – April 8 to May 20*
 *No class April 15
Time: 9:30am – 10:15am
Fee: \$85
Min: 4 **Max:** 15

Skyhawks

Teaching life skills through sports. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawk Sports has proven to be the leader in sports since 1979.

www.skyhawks.com

CheerTots **NEW!**

Ages: 3 – 5
Days: Thursday
Dates: September 29 to November 3
Times: 9:00am – 10:00am or
 10:00am – 11:00am
Fee: \$95
Min: 10 **Max:** 20

Children in these high energy classes learn far more than just core cheer concepts and techniques; they also explore their personal expression, agility, rhythm, and teamwork. CheerTots is a great way to build self-confidence and nurture that desire to share happiness with others!

VolleyKats **NEW!**

Ages: 3 – 5
Days: Monday
Dates: September 26 to November 7*
Times: 9:00am – 10:00am or
 10:00am – 11:00am
Fee: \$95
Min: 10 **Max:** 20
 *No class October 10

A great way to learn the signature sport of Southern California! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set and spike, while developing agility, reaction, speed and teamwork.

Registration begins on September 17 at 9:00am for ALL programs!

KINDER COOKING & ARTS AND 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: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 3 to June 26*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

*No class on October 10, January 16, February 20, April 10, 17 and May 29

Friday AM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 30 to December 16*
 Session 2 – January 6 to March 10
 Session 3 – April 7 to June 16*
Time: 9:00am – 10:45am
Fee: \$130
Min: 6 **Max:** 12

*No class November 11, 25, April 14

Monday PM Session

Grades: Kindergarten
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 3 to June 26*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

*No class on October 10, January 16, February 20, April 10, 17 and May 29

Friday PM Session

Grades: Kindergarten
Days: Friday
Dates: Session 1 – September 30 to December 16*
 Session 2 – January 6 to March 10
 Session 3 – April 7 to June 16*
Time: 12:30pm – 2:15pm
Fee: \$130
Min: 6 **Max:** 12

*No class November 11, 25, April 14



Elementary Cooking

Grades: 1 – 3
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 3 to June 26*
Time: 3:45pm – 4:45pm
Fee: \$70
Min: 8 **Max:** 12

*No class on October 10, January 16, February 20, April 10, 17 and May 29

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.



Intro to Dance

Ages: 3 – 6
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 4 to February 22
 Session 3 – April 5 to May 31*
Times: 3:45pm – 4:30pm (Ages 3 – 4)
 4:30pm – 5:15pm (Ages 5 – 6)
Fee: \$100
Min: 5 **Max:** 20

*No class April 12

Offered by: Yvette Dance Studio of Performing Arts. For additional information please contact us at: 908-276-3539, Web: www.theyvettedancestudio.com

The 3 – 4 year old class is designed as an introduction to dance and movement. Dancers will work on motor skills, movement, musicality, rhythm and more, all done to fun music. Leotard and tights or stretch clothes are needed and either ballet slippers or sneakers.

The 5 – 6 year old class is an introduction to ballet and movement designed for this age group. Fundamentals of ballet done to fun music along with rhythm and musicality. Prefer leotard and tights and ballet slippers.

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: Session 1 – September 27 to December 6*
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 13*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12
 *No class November 22, April 11



Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: Session 1 – September 27 to December 6*
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 13*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12
 *No class November 22, April 11

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 9:00am – 9:40am
Fee: \$55
Min: 8 **Max:** 12
 *No class November 24, April 13

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 12:00pm – 12:40pm
Fee: \$55
Min: 8 **Max:** 12
 *No class November 24, April 13



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: Session 1 – September 27 to December 6*
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 13*
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12
 *No class November 22, April 11



Tuesday PM Session

Grades: Kindergarten
Days: Tuesday
Dates: Session 1 – September 27 to December 6*
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 13*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12
 *No class November 22, April 11

Thursday AM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 9:45am – 11:15am
Fee: \$95
Min: 8 **Max:** 12
 *No class November 24, April 13

Thursday PM Session

Grades: Kindergarten
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 12:45pm – 2:15pm
Fee: \$95
Min: 8 **Max:** 12
 *No class November 24, April 13

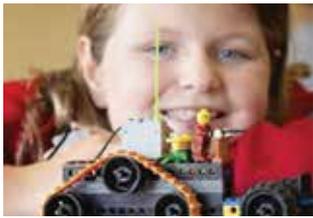
Engineering For Kids

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.

Minecraft Medieval Redstone **NEW!**

Grades: 3 – 5
Days: Wednesday
Dates: Session 1 – September 28 to November 2
Session 2 – January 4 to February 8
Session 3 – April 19 to May 24
Time: 3:45pm – 4:45pm
Fee: \$130
Min: 10 **Max:** 24

MinecraftEDU is an expansive game that lets players design and create unique worlds with amazing structures. One of the more complicated aspects of MinecraftEDU is Redstone, which is MinecraftEDU's version of electrical circuitry. This class will introduce students to the many uses of Redstone through a Medieval themed adventure of creation, exploration, and castle besieging, with students making mine cart tracks to help them gather resources, working together to build their kingdom, and designing traps to defend their castle, all with the use of Redstone.



LEGO® Robotics Robo Battles **NEW!**

Grades: 3 – 5
Days: Tuesday
Dates: Session 1 – September 27 to November 1
Session 2 – January 3 to February 7
Session 3 – April 18 to May 23
Time: 3:45pm – 4:45pm
Fee: \$130
Min: 10 **Max:** 24

In Lego Robotics: RoboBattles students will be introduced to the world of not only building, but also programming basic robots. In this class, students will design their robots to warm up and play games such as hungry, hungry robots, ultrasonic hide and seek, paddleball smash 'em and more!



Field Hockey Clinic

Grades: 3 – 8
Days: Saturday
Dates: September 24 to November 19
Time: 9:00am– 10:30am
Site: Roosevelt Park
Fee: \$45
Min: 10 **Max:** 30

Electronic Game Design Motocross **NEW!**

Grades: 3 – 8
Days: Monday
Dates: Session 1 – September 26 to November 7*
Session 2 – January 9 to February 27*
Session 3 – April 24 to June 5
Time: 3:45pm – 4:45pm
Fee: \$130
Min: 10 **Max:** 24

*No class October 10, January 16, February 20

Everybody start your engines! On your mark, get set, GO! Kids are drawn to the excitement of a race. They hoot and holler in anticipation that the car they chose will cross the finish line first. Students will work together and use the Engineering Design Process to create a storyboard that will outline the rules and characters for our game based on the basic rules of racing. Then, we will use Clickteam Fusion 2.5® to bring our storyboard to life with programming. At the end of the program, everyone takes home a working Windows – compatible game.

Basketball Clinic

Hoops There It Is

Grades: K – 2
Days: Saturday
Dates: October 1 to November 5
Time: 9:30am – 11:00am
Fee: \$110
Min: 15 **Max:** 60



This Basketball Clinic, run by Hoops There It Is, will prepare your child for the Recreation Department's Fall/Winter Basketball League. Learn the fundamentals of dribbling, passing, shooting and much more!

Golf For Juniors

Ages: 8 - 14
Days: Thursday
Dates: Session 1 – September 29 to November 10
Session 2 – January 5 to February 16
Session 3 – TBD
Time: 4:00pm – 5:00pm
Site: Session 1 & 3 – Scotch Hills Country Club
Session 2 – Community Center
Fee: Session 1 & 3 – \$150
Session 2 – \$90
Min: 6 **Max:** 8

Join PGA Professional Bill McCluney for this program 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. Clubs will be provided, but those who have their own are encouraged to bring them.

Registration begins on September 17 at 9:00am for ALL programs!



Science Matters!

Grades: 1 – 4
Days: Tuesday
Dates: Session 1 – October 11 to November 15
 Session 2 – January 17 to February 21
 Session 3 – April 18 to May 23
Time: 3:45pm – 4:45pm
Fee: \$120
Min: 4 **Max:** 20

Brought to you by What Matters for Kids, Inc., 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.

Kid Safe Self Defense

Ages: 5 and up
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 4:30pm – 5:10pm for new students age 5 – 8
 5:20pm – 6:00pm for new students age 9 and up, and all White Belts with 1 or 2 stripes
 6:10pm – 6:50pm for all Colored Belts
Fee: \$85
Min: 10 **Max:** 30

*No class on November 24 and April 13

This program teaches Karate and Safety awareness designed to enhance self-esteem and self-discipline.

Typing Class

Grades: 3 – 8
Days: Wednesday
Dates: October 19 to November 9
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.



Bowling

Ages: 5 – 14
Days: Mondays
Dates: October 3 to November 28
Time: 6:00pm
Site: Jersey Lanes
Fee: \$90 – Complete Bowling Program
 \$65 – 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 (\$65). 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 Sunday, October 2nd. For more information, contact Jersey Lanes at 908-486-6300.



Schoolhouse Chess

NEW!

Grades: 1 – 6
Days: Monday
Dates: Session 1 – October 17 to December 5*
 Session 2 – January 9 to March 13*
 Session 3 – April 24 to June 19*
Time: 3:45pm – 4:45pm
Fee: \$110
Min: 8 **Max:** 20

*No class January 16, February 20, April 10, 17 and May 29

Let us introduce you to the chess kingdom where you'll meet the many characters that play for the chance to outsmart the rival king and his subjects. Discover our unique story behind why we play chess. Learn the rules, strategies and tactics to best defeat your opponent and win the right to call yourself a chess master! Challenge your classmates to an exciting game of chess to test out your skills. **Take home your own magnetic chessboard** and strategy guides to continue the fun at home.

The Actor's Garage

Join The Actor's Garage for a program that teaches acting with a focus on TV, film and commercials. The class teaches actors through the basic tools of concentration, relaxation and improvisation to be more self confident and outgoing.



Lights! Camera! Kids! Action!

Grades: K – 2
Days: Friday
Dates: Session 1 – September 30 to December 2*
Session 2 – January 6 to February 24
Session 3 – April 7 to June 2*
Time: 3:45pm – 4:45pm
Fee: \$85
Min: 6 **Max:** 16
*No class November 11, 25 and April 14

Grades: 3 – 5
Days: Friday
Dates: Session 1 – September 30 to December 2*
Session 2 – January 6 to February 24
Session 3 – April 7 to June 2*
Time: 5:00pm – 6:00pm
Fee: \$85
Min: 6 **Max:** 16
*No class November 11, 25 and April 14

Parisi Speed School

powered by Gold Medal Fitness

477 North Avenue, Garwood • 908-789-0053

Parisi Speed School is an athletic based training program that improves the fundamental athletic skills and self-esteem for young athletes. We improve coordination and self-esteem through our signature speed and body weight strength training methods.

Parisi® Speed Clinic **NEW!**

This program has been proven to enhance: coordination, running technique, body weight strength, first step quickness, flexibility, injury prevention, weight loss and self-confidence.

Registration done directly with Parisi Speed School

Ages: 7 – 18
Days: Monday to Friday
Dates: October 3 to December 31 – (6 Classes per month)
Site: Parisi Speed School
Fee: \$67
Min: 8 **Max:** 10

RMC MUSIC STUDIO



Junior Rock – Intro to Rock Instruments

Ages: 4 – 6
Days: Thursday
Dates: Session 1 – September 29 to November 17
Session 2 – January 5 to February 23
Session 3 – April 6 to June 1*
Time: 5:00pm – 5:45pm
Fee: \$90
Min: 4 **Max:** 15
*No class April 13

Designed for children new to music and instruments, this class will demonstrate the basic concepts of rhythm, pitch and how the instruments in a rock band work to students. Participants will get a chance to learn the basics of singing and playing the drums, guitar, bass and keyboards.

Guitar 101

Ages: 7 – 17
Days: Thursday
Dates: Session 1 – September 29 to November 17
Session 2 – January 5 to February 23
Session 3 – April 6 to June 1*
Time: 6:00pm – 6:45pm
Fee: \$90
Min: 4 **Max:** 15
*No class April 13

Learn to play the guitar like your favorite rock and roll hero. No prior musical experience is required. If needed, guitars will be provided for class only, but those who have their own are encouraged to bring them.

Drum Circle

Ages: 7 – 17
Days: Thursday
Dates: Session 1 – September 29 to November 17
Session 2 – January 5 to February 23
Session 3 – April 6 to June 1*
Time: 7:00pm – 7:45pm
Fee: \$90
Min: 4 **Max:** 15
*No class April 13

Drum Circle class focuses on the importance of rhythm and listening in music. Our students will learn the fundamentals of rhythm, how to follow and establish a beat and lead a group. Prior experience with percussion is not necessary.

Registration begins on September 17 at 9:00am for ALL programs!

STRENGTH AND FITNESS CLUB

570 SOUTH AVE. EAST, CRANFORD • 908-272-3900

Strength and Fitness Club is a community fitness experience offering training programs that cater to the general public, the young athlete looking to gain that competitive edge, and to elite college and professional athletes. **Registration done directly with Strength and Fitness Club**

Youth Strength & Conditioning Training

Ages: 7 – 14
Days: Tuesday
Dates: September 27 to November 1
Time: 7:00pm – 7:55pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3

This training program is geared towards making the young athlete stronger, more explosive while building endurance, improve self-confidence, and a more durable body. In addition, we focus on improving coordination, balance and stability, and flexibility. This program is great for the aspiring athlete and the non-athlete because we keep the kids active. This training is also great if your child has a weight problem.

Youth Power & Mobility Training

Ages: 7 – 14
Days: Thursday
Dates: September 29 to November 3
Time: 6:00pm – 6:55pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3

This program teaches proper squat and stance techniques to loosen hips and other areas for more power and mobility. It also strengthens the upper/lower body coordination. It's great for both the aspiring and the non-athlete as well as any child with a weight problem.

Youth Speed, Agility & Flexibility Camp

This youth group training program is designed to improve speed, quickness and agility for the aspiring athlete as well as for the children looking to stay active and maintain or achieve a healthy body. This program is great for any and all sports performance levels.

Registration done directly with Strength and Fitness Club

Monday Session
Ages: 7 – 14
Days: Monday
Dates: September 26 to October 31
Time: 4:30pm – 5:25pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3

Wednesday Session
Ages: 7 – 14
Days: Wednesday
Dates: September 28 to November 2
Time: 6:00pm – 6:55pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3

Instructional Softball Camp

Ages: 7 – 10
Days: Thursday
Dates: October 6 to November 10
Time: 5:00pm – 5:45pm
Site: Strength and Fitness Club (The Turf)
Fee: \$132
Min: 2

This instructional softball camp will introduce new concepts and enhance your daughter's softball skills. The camp will focus on the basics of softball: throwing, hitting, fielding and most important how to have fun! This camp is a good fit for players with all levels of experience.

Instructional Baseball Camp

Grades: 5 – 8
Days: Thursday and Sunday
Dates: November 10 to December 18
Times: 5:45pm – 6:45pm (Grades 5 – 6)
 7:00pm – 8:00pm (Grades 7 – 8)
Site: Strength and Fitness Club (The Turf)
Fee: \$250
Min: 2

Keep your athlete progressing this season with our instructional baseball camp. This camp will focus on the following: fielding, hitting and base running.

Instructional Hitting Camp

Ages: 9 – 11
Days: Wednesday
Dates: September 28 to October 19
Time: 4:00pm – 4:45pm
Site: Strength and Fitness Club (The Turf)
Fee: \$88
Min: 2

Keep your athlete progressing this fall with our fall hitting camp. This instructional camp will focus on the following: increase bat speed, explosive hitting, technique-timing-rotation, consistent all flight and better pitch awareness.

Rookie Baseball Camp

Ages: 7 – 8
Days: Tuesday
Dates: September 27 to October 18
Time: 4:30pm – 5:15pm
Site: Strength and Fitness Club (The Turf)
Fee: \$80
Min: 2

Players will learn baseball fundamentals (hitting, fielding, throwing) and most important how to have fun.



Instructional Softball Catching Camp NEW!

Grades: 4 – 8
Days: Sunday
Dates: November 13 to February 26
Time: 9:00am – 10:00am or
 10:00am – 11:00am (Optional live catching with our pitchers)
Site: Strength and Fitness Club (The Turf)
Fee: \$390
Min: 2 **Max:** 25
Registration done directly with Strength and Fitness Club

This camp will look to: improve a catcher's receiving and soften hands, improve throwing mechanics and technique to throw to bases, increase foot speed, improve blocking technique and reaction time, learn to manage the mental side of the game. Don't have equipment? Catching equipment available for use during camp. First come, first serve.

Instructional Softball Pitching Camp NEW!

Grades: 4 – 8
Days: Sunday
Dates: November 13 to February 26
Time: 10:00am – 11:00am
Site: Strength and Fitness Club (The Turf)
Fee: \$390
Min: 2 **Max:** 25
Registration done directly with Strength and Fitness Club

This camp will look to: improve shoulder stability and strengthening, teach proper pitching mechanics, manage the mental side of the game, increase arm speed, increase leg drive, teach new pitches and increase ball movement.

Intro to Tee Ball NEW!

Ages: 4 – 6
Days: Tuesday
Dates: September 27 to October 18
Time: 3:30pm – 4:15pm
Site: Strength and Fitness Club (The Turf)
Fee: \$80
Min: 2
Registration done directly with Strength and Fitness Club

This co-ed class is designed to introduce children to baseball including hitting fundamentals, fielding positions, plate basics, base running and how to have fun.

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: Tuesday
Dates: November 1 or January 17
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: Tuesday
Dates: November 15 or January 24
Time: 4:00pm – 5:00pm
Fee: \$50 for 1 class (Includes 4 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.

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.



Creative Kids **NEW!**

Grades: K – 3
Days: Monday
Dates: Session 1 – September 26 to November 21*
 Session 2 – January 9 to March 13*
 Session 3 – April 24 to June 19*
Time: 4:30pm – 5:15pm
Fee: \$150
Min: 6 **Max:** 20
 *No class October 10, January 16, February 20 and May 29

This is the ultimate class for fostering creativity and allowing children complete freedom to express themselves through their art! We encourage children to use their own ideas and techniques as they experiment with a wide variety of materials, and discover their own artistic style!

Boys & Girls Basketball Leagues

Grades: 3 – 8
Days: Monday to Thursday
 (practices & games)
 Saturday (games)
Dates: November to March
Site: Brookside Place School,
 Community Center, Hillside Avenue School,
 Livingston Avenue School, Orange Avenue School
Fee: \$85



Registration began on August 1 and ends on September 30

NASA **NEW!**



Grades: 1 – 6
Days: Thursday
Dates: Session 1 – September 29 to November 17
 Session 2 – January 5 to February 23
 Session 3 – April 6 to June 1*
Time: 3:45pm – 4:45pm
Fee: \$110
Min: 8 **Max:** 20
 *No class April 13

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers After-School Program! This program takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is an experience that is truly out of this world! Topics include: Sun & Stars, Space Technology, Rocket Science, Space Phenomena, Atmosphere & Beyond, Planet & Moons, Space Travel and Living in Space.



Junior Scientists **NEW!**

Grades: K – 3
Days: Monday
Dates: Session 1 – September 26 to November 21*
 Session 2 – January 9 to March 13*
 Session 3 – April 24 to June 19*
Time: 5:30pm – 6:15pm
Fee: \$150
Min: 6 **Max:** 20
 *No class October 10, January 16, February 20 and May 29

This program is all about making learning 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!



Art Class – Lots of Fun – Learn to Draw!

Ages: 8 – 14
Days: Monday
Dates: Session 1 – October 3 to November 14*
 Session 2 – January 9 to February 27*
 Session 3 – April 24 to June 5*
Time: 6:00pm – 7:00pm
Fee: \$80
Min: 4 **Max:** 12
 No class October 10, January 16, February 20 and May 29

This is an easy and fun way to learn drawing basics. Start with charcoal pencil and move into color and materials for painting while discussing art history. All at your own pace! Classes are for beginners or to enhance your skills further. Supplies are not needed but you are welcome to bring your own.

Registration begins on September 17 at 9:00am for ALL programs!

YOUTH TENNIS CLINIC *In association with the US Sports Institute*

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



Columbus Day Tennis Camp

- Ages:** 5 – 11
Days: Monday
Dates: October 10 (1 Day Camp)
Time: 9:00am – 12:30pm
Site: Hillside Ave. Tennis Courts
Fee: \$55
Note: Registration done directly with US Sports Institute

Looking for a fun and exciting option for your child when school is closed? Look no further! This School's Out Tennis Camp provides your child with a comprehensive tennis experience – improve a wide variety of techniques such as forehands, backhands, volleys, and serves while learning rules and having fun! This tennis camp is appropriate for tennis 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!

All players must provide their own racquet.

Foundation Tennis

- Ages:** 5 – 14
Days: Saturday
Dates: September 17 to October 29
Times: 10:00am – 11:00am (Ages 5 – 8)
11:00am – 12:00pm (Ages 5 – 8)
12:00pm – 1:00pm (8 – 10)
1:30pm – 2:30pm (Ages 11 – 14)
Site: Hillside Ave. Tennis Courts
Fee: \$145
Note: Registration done directly with US Sports Institute



This class follows developmental curriculums and guidelines laid out by the USTA. Players will learn the basic skills of stroke production, court movement and footwork skills in a low pressured, yet energetic environment. Most importantly, it's all about having fun, combining progressive drills and games ensuring growth within the sport!

Foundation Tennis is for beginner level players. All players must provide their own racquet.

Junior Tennis Team

- Ages:** 11 – 14
Days: Saturday
Dates: September 17 to October 29
Time: 2:30pm – 4:00pm
Site: Hillside Ave. Tennis Courts
Fee: \$329
Note: Registration done directly with US Sports Institute



This program provides premium instruction to experienced players looking to take their game to the next level! Along with professional coaching and evaluation, players will have the chance to compete against other USSI Junior Tennis Teams, and will be notified of any local youth Tennis tournaments. Training will be focused not only on skill refinement, but also tactical play and court awareness in both the singles and doubles game.

Please note the Junior Team Tennis Program is for high intermediate to advanced players looking to compete within the sport. Players must provide their own racquet.



Development Tennis

- Ages:** 5 – 14
Days: Saturday
Dates: September 17 to October 29
Times: 11:00am – 12:00pm (Ages 5 – 8)
12:00pm – 1:00pm (Ages 8 – 10)
1:30pm – 2:30pm (Ages 11 – 14)
Site: Hillside Ave. Tennis Courts
Fee: \$145
Note: Registration done directly with US Sports Institute

This program caters to intermediate players looking to take their game to the next level. Using curriculums and guidelines laid out by the USTA, Development Tennis allows players to work towards refining the fundamental skills of stroke production, rally consistency and court awareness; all essential aspects to successful match play.

This class is for intermediate level players. All players must provide their own racquet.

Registration begins on September 17 at 9:00am for ALL programs!



Fashion First Workshop

Grades: 6 – 12
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 4 to February 22
 Session 3 – April 5 to May 31*
Time: 5:30pm – 6:30pm
Fee: \$160
Min: 6 **Max:** 15
 *No class April 12

Fashion design, sewing & construction: we'll teach you how to use a sewing machine, build your skills and learn all the proper sewing techniques to finish a garment. Then you'll move onto garment construction skills – measuring, pattern making, pinning, marking, cutting and sewing the final garment. The sewing project will be selected by us at FFW it will be a current trend that everyone's talking about, each session will be different.



After School Kids Sewing Class

Ages: 6 – 12
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 11 to March 1
 Session 3 – April 5 to May 31*
Times: 3:30pm – 4:30pm (Ages 6 – 8)
 4:30pm – 5:30pm (Ages 9 – 12)
Fee: \$100
Min: 4 **Max:** 12
 *No class April 12

Beginners welcome! Students will learn the fundamentals of sewing while creating homemade projects! Work at your own pace. Tools, supplies, fabrics and sewing machines provided. For more information contact www.sawyer-sewing.com

Skyhawks Teaching life skills through sports. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawk Sports has proven to be the leader in sports since 1979. www.skyhawks.com

Track & Field **NEW!**

Ages: 6 – 12
Days: Tuesday
Dates: September 27 to November 1
Time: 3:30pm – 4:30pm or 4:30pm – 5:30pm
Site: Roosevelt Park
Fee: \$95
Min: 10 **Max:** 30

This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teaches exercises and drills that prepare athletes for a future in cross-country, track & field events and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end of the program at the Skyhawks track meet!



Registration begins on September 17 at 9:00am for ALL programs!



Beginner Quilting Workshop

Ages: 14 years & Up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 14*
Time: 6:00pm – 9:30pm
Fee: \$100 plus supplemental supplies to create the quilt: fabric, thread, etc.
Min: 2 **Max:** 12

*No class November 23 and April 12

Students will learn the fundamentals of sewing and quilting and will design and create handmade projects. Students must provide their own material after the first class. Join now to get creative in this fun and energetic workshop! *It is encouraged that students use and bring their own machine if possible, limited machines available if necessary.*

Classes are taught by Meg Sawyer, an avid quilter and owner of her local sewing business, SawyerSewing. For more information and to contact directly, please visit www.sawyer-sewing.com

Boys High School Basketball League

Grades: 9 - 12
Dates: November to March
Fee: \$85

Note: Registration began on August 1 and will end on September 30.

Registration must be done in person.



Girls High School Basketball League

Grades: 9 - 12
Dates: November to March
Fee: \$85

Note: Registration began on August 1 and will end on September 30.

Registration must be done in person.



Photography

Ages: 13 - 17
Days: Tuesday
Dates: Session 1 – October 4 to November 8
 Session 2 – January 10 to February 14
 Session 3 – April 18 to May 23
Time: 6:00pm – 7:00pm
Fee: \$75
Min: 4 **Max:** 12

General camera review, control, function and operations, composing the shot, lighting, saving files, printing. Open discussion about cameras and how to use them – bring your own equipment.



Volleyball

Grades: 7 - 12
Days: Monday
Dates: January 9 to April 24*
Time: 8:00pm – 9:30pm
Site: Lincoln School
Fee: \$50
Min: 10 **Max:** 30

Note: This program is subject to school activities

*No class on January 16, February 20

6th to 8th Grade Teen Center

Grades: 6, 7 & 8
Days: Friday
Dates: Restarting September 9
Time: 7:00pm – 10:00pm
Site: Community Center
Fee: Free

Registration begins on September 17 at 9:00am for ALL programs!



Youth Get Fit Camp

Ages: 10 – 17
Days: Saturday
Dates: October 1 to November 5
Time: 11:15am – 12:10pm
Site: Strength and Fitness Club (The Turf)
Fee: \$132
Min: 4 **Max:** 10

Registration done directly with Strength and Fitness Club

This is a 6-week fitness program geared towards the non-athlete who may want to lose weight, get in shape, and even the person who is not active. If your child fits into this category, we want to help motivate that person to get fit and healthy. Our exercise program focuses on the many aspects of fitness training; cardiovascular, strength and conditioning, core balance and stability and flexibility. The goal is to teach the participant how to perform exercises correctly, improve their overall fitness levels while losing body fat and increasing lean muscles all while having fun.



After School Teen Sewing Class

Ages: 13 – 17
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 11 to March 1
 Session 3 – April 5 to May 31*
Time: 5:30pm – 6:30pm
Fee: \$100
Min: 4 **Max:** 12

*No class April 12

Beginners ALWAYS welcome! Students will learn the fundamentals of sewing through creating handmade projects! Every child will work at their own pace and more advanced skill will be taught to more advanced students. Price include all tools, supplies and fabrics (sewing machines are included as well!). Classes are taught by Meg Sawyer, an avid quilter, pattern designer and owner of her local sewing business, SawyerSewing. For more information and to contact directly, please visit www.sawyer-sewing.com.



Teen Zumba

Ages: 13 – 17
Days: Monday
Dates: Session 1 – September 26 to December 5
 Session 2 – January 9 to March 27
 Session 3 – April 3 to June 26*
Time: 5:30pm – 6:30pm
Fee: \$85
Min: 15 **Max:** 40

*No class October 10, January 16, February 20, April 10, 17 and May 29

Come Join Us for a Free Teen Zumba Demo Class!

Monday, September 19, 5:30pm – 6:30pm at the Cranford Recreation Department.



Teen Yoga

Ages: 13 – 17
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 15*
Time: 6:15pm – 7:15pm
Fee: \$85
Min: 10 **Max:** 20

*No class November 24 and April 13

Come Join Us for a Free Teen Yoga Demo Class!

Thursday, September 22, 6:15pm – 7:15pm at the Cranford Recreation Department.

Turkey Show

Date: TBD
Time: 7:00pm to 11:00pm
Site: Community Center
Fee: \$5



9th Annual Dodgeball Tournament

Date: TBD
Time: 12:30pm to 5:00pm
Site: Community Center

Look for details in the schools closer to the event date or search Facebook for the Cranford Teen Advisory Board.

Wii

Grades: 6 - 12
Days: Wednesday
Dates: 1st & 3rd Wednesday of each month from October through June
Time: 7:00pm – 9:00pm
Site: Community Center Lounge
Fee: Free

Note: Wii nights will include Guitar Hero Tournaments



Battle of the Bands

Dates: TBD
Time: 7:00pm – 11:00pm
Site: Community Center
Fee: \$5

Tickets are \$5.00 in advance and \$8.00 at the door. Proceeds will help support the Cranford High School Senior Class. Look for flyers around the school before the event.

Coffee House

Grades: 9 - 12
Days: TBD
Time: 3:00pm
Site: Cranford High School
Fee: Free



Piano for Beginners

Ages: 18 & up
Days: Tuesday
Dates: Session 1 – October 4 to December 6
 Session 2 – Not Available
 Session 3 – April 11 to June 13
Time: 10:00am – 11:00am
Fee: \$20
Min: 3 **Max:** 7

Piano – Intermediate

Ages: 18 & up
Days: Tuesday
Dates: Session 1 – October 4 to December 6
 Session 2 – Not Available
 Session 3 – April 11 to June 13
Time: 11:00am – 12:00pm
Fee: \$20
Min: 3 **Max:** 7



Cardio Kickboxing



Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 4 to February 22
 Session 3 – April 5 to May 24
Time: 7:30pm – 8:30pm
Fee: \$80
Min: 5 **Max:** 20

A high intensity cardio workout packed with a punch! This class incorporates boxing and martial arts moves for a total-body workout that improves strength, aerobic fitness, flexibility, coordination, core stability and balance. The class is structured into intervals so it can be modified to your current fitness level. Make kickboxing your happy hour!

BEAUTI & TREND

Real Woman...Real Simple...Real Beauti

Ages: 18 & up
Days: Monday
Dates: October 24 or November 21
Time: 7:00pm to 8:30pm
Fee: \$25 for 1 class
Min: 5 **Max:** 10

Debra K. Beauti & Trend is a customized 90 minute program 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 real 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 learn the best ways to create a beautiful look, from head-to-toe fitting for the “real women’s” lifestyle. B & T ultimately shows you simple clever ways to compliment your look with little effort, time and money.



Monday Night Yoga

Ages: 18 & Up
Days: Monday
Dates: Session 1 – September 26 to December 5*
 Session 2 – January 9 to March 27*
 Session 3 – April 3 to June 12*
Time: 7:30 – 8:30pm
Fee: \$85
Min: 10 **Max:** 25
 *No class on October 10, January 16, Feb. 20 and May 29

Wednesday Night Yoga

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 7
Time: 7:00pm – 8:00pm
Fee: \$85
Min: 10 **Max:** 25
 *No Class on November 23

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. Bring a yoga mat and a towel. Classes are done in bare feet and on an empty stomach.

Sports Conditioning for Adults

Ages: 18 & Up
Days: Monday
Dates: September 26 to October 31
Time: 6:30pm – 7:25pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3
 Registration done directly with Strength and Fitness Club

Train like an elite athlete on our Turf using the Vertimax Training Apparatus. This training program will take place on our sports turf and focuses on Strength and Conditioning, Speed and Agility, and Flexibility. This awesome metabolic workout will torch the fat off of your body while making your body lean. This workout is great for those looking for a different and exciting training regimen. It will surely help you to reshape the body, lose weight, build a lean physique while having fun. This training is great for all fitness levels. The training is offered for a 6-week cycle.

Body Barre AM

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 7
Time: 9:00am – 10:00am
Fee: \$80
Min: 10 **Max:** 25
 *No Class on November 23

Body Barre PM

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – September 27 to November 29
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 6
Time: 8:00pm – 9:00pm
Fee: \$80
Min: 10 **Max:** 25

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.

Scrapbooking

Ages: 14 & Up
Days: Monday
Dates: October 17 to November 21
Time: 7:00pm – 8:30pm
Fee: \$60
Min: 5 **Max:** 12
 *Plus approximately \$15 for supplies, to be paid to instructor

Beginner scrapbooking and card making class. Students will make a variety of layouts and cards. Please bring scissors, paper trimmer, adhesive/glue stick to first class.

Cross Training for Adults

Ages: 18 & Up
Days: Monday
Dates: September 26 to October 31
Time: 5:00pm – 5:55pm
Site: Strength and Fitness Club
Fee: \$132
Min: 3
 Registration done directly with Strength and Fitness Club

This group training combines all forms of fitness training; Cardio, strength and conditioning, flexibility and explosive training. We include free weights, bodyweight, balance and core stabilization, and some sports training. A great way to burn the fat and reshape the body. This workout is great for those who are looking for something different than just basic cardio or if you're stuck in a rut and bored of your current training program. Great for all fitness levels.

Power Yoga

Ages: 18 & up
Days: Thursday
Dates: Session 1 – September 29 to December 8*
 Session 2 – January 5 to March 9
 Session 3 – April 6 to June 8
Time: 7:30pm – 8:30pm
Fee: \$85
Min: 15 **Max:** 25
 *No class on November 24

Power Yoga is an energetic form of yoga – moving from one pose to the next while connecting breath to movement. It blends strength, flexibility, balance, cardio & focus. Please bring a yoga mat.



NEW!

Coming Soon!

All Things Chocolate

So you want to be a Chocolatier? This is a course you won't want to miss! Learn all about the history of chocolate in this "hands on" class. We will explore the chocolate making process from bean to bar, the different types of chocolate used in creating various confections, how to incorporate cocoa into cuisine, the health benefits of cocoa in our diet, and so much more! Each week will focus on a different "sweet treat" that you can make and take with you!



Adult Beginner – Intermediate Tai Chi

Ages: 18 & Up
Days: Tuesday
Dates: Session 1 – September 27 to November 29
 Session 2 – January 3 to March 7
 Session 3 – April 4 to June 6
Time: 7:30pm – 8:30pm
Fee: \$50
Min: 8 **Max:** 12

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



Zumba

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 28 to December 7*
 Session 2 – January 4 to March 8
 Session 3 – April 5 to June 7
Time: 7:30pm – 8:30pm
Fee: \$80
Min: 15 **Max:** 40
 *No class November 23

Come Join Us for a Free Zumba Demo Class!

Wednesday, September 21, 7:30pm – 8:30pm at the Cranford Recreation Department.

Led by a new Westfield area Y instructor, Zumba is a Latin inspired dance-fitness class that will work your entire body!



Adult Foundation Tennis **NEW!**

Ages: 18 & Up
Days: Saturday
Dates: September 17 to October 29
Time: 8:00am – 9:00am
Site: Hillside Avenue Tennis Courts
Fee: \$145
Note: Registration is done directly with US Sports Institute

Designed for players of all abilities. Players will work on refining their technique or learning the basics behind the sport. Each class will be structured to emphasize a new weekly stroke. Learn the game from our certified tennis coaches with technique, point play and scoring; this clinic is a great start to get involved in a lifelong sport!

Over 35 Basketball

Ages: 35 & up
Days: Monday
Dates: September 26 to May 22*
Time: 7:00pm – 9:30pm
Fee: \$75
Min: 15 **Max:** 40
 *No class on October 10, January 16 and February 20

Registration begins on September 17 at 9:00am for ALL programs!



TRX Suspension Training Class **NEW!**

What is Suspension Training? Simply put, ST uses your own bodyweight and gravity to turbocharge basic exercises. From squats to lunges, nearly every exercise on a suspension trainer engages the core. Why work just one specific muscle group, when you can work the entire body? Who can benefit from Suspension Training? EVERYONE. Whether you're a seasoned athlete or someone beginning a fitness program, Suspension Training is for you. In one class, you will work all muscle groups.

It's efficient. It's fun. But most important, it gets results.

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

Tuesday Class

Ages: 18 and Up
Days: Tuesday
Dates: September 27 to November 15
Time: 7:00pm – 8:00pm
Fee: \$115
Min: 4 **Max:** 8

Thursday Class

Ages: 18 and Up
Days: Thursday
Dates: September 29 to November 17
Time: 7:00pm – 8:00pm
Fee: \$115
Min: 4 **Max:** 8

Seams So Easy Sewing Class

Ages: 18 & Up
Days: Wednesday
Dates: Session 1 – September 28 to November 16
 Session 2 – January 11 to March 1
 Session 3 – April 5 to May 31*
Time: 6:30pm – 9:00pm
Fee: \$100 (plus supplemental supplies to complete projects)
Min: 4 **Max:** 12

*No class April 12

Beginners ALWAYS welcome! Students will learn the fundamentals of sewing through creating handmade projects! Every child will work at their own pace and more advanced skill will be taught to more advanced students. Price include all tools, supplies and fabrics (sewing machines are included as well!). Classes are taught by Meg Sawyer, an avid quilter, pattern designer and owner of her local sewing business, SawyerSewing. For more information and to contact directly, please visit www.sawyer-sewing.com.

Photography

Ages: 13 & Up
Days: Tuesday
Dates: Session 1 – October 4 to November 8
 Session 2 – January 10 to February 14
 Session 3 – April 18 to May 23
Time: 6:00pm – 7:00pm
Fee: \$75
Min: 4 **Max:** 12

General camera review, control, function and operations, composing the shot, lighting, saving files, printing. Open discussion about cameras and how to use them – bring your own equipment.

Thursday Night Game Club

Ages: All Ages (Children under 11 must be accompanied by an adult)
Days: Every other Thursday
Dates: Starts September 8
Time: 4:00pm – 9:00pm
Fee: Free

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.

Golf For Women

Ages: 18 & Up
Days: Thursday
Dates: Session 1 – September 29 to November 10
 Session 2 – TBD
 Session 3 – TBD
Time: 11:00am – 12:00am
Site: Scotch Hills Country Club
Fee: \$150
Min: 6 **Max:** 8



Join PGA Professional Bill McCluney for this program 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 will be held at the Scotch Hills Country Club. Clubs will be provided, but those who have their own are encouraged to bring them.

Registration begins on September 17 at 9:00am for ALL programs!

Senior Programs

Special Senior Services

- Free shuttle bus service - Monday thru Friday – 8:30am to 2:30pm. Specialty trips run the 2nd Tuesday of each month (Blue Star Plaza or Watchung Square) 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 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 at 12:30pm. Call 908-709-7283 for dates.
- Senior Handyman Program - Free minor home repairs for qualified seniors age 62 & older. Call the Handyman phone at 908-709-7294 for information or for an application.

• Volunteers to teach senior classes, short term or long term, or provide one-day class/seminars are always needed. Please call 908-709-7283 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 classes 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.

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

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.

Keeping Fit with Exercise

Time: 10:00am – 11:30am **Min:** 7 **Max:** 20

A Registered Nurse leads the group in 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 in this excellent program.

Senior Movies

Time: 11:15am – 1:15pm

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.

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.

Mahjongg

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

Players enjoy the game using strategies to eliminate tiles to win the game. Challenging and lively, time will pass quickly.

Tuesday

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.

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 instructor provides one-on-one guidance.

Laughter Yoga

Time: 10:30am – 11:30am **Min:** 10 **Max:** 20

Easy and fun exercises for health and happiness. Oxygenates your brain and makes you feel more energetic. Reduces stress and strengthens your immune system and helps maintain a positive attitude.

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

Time: 1:00pm – 3:00pm **Min:** 10 **Max:** 20

Bring yarn and crochet hooks to class. An instructor provides one-on-one guidance.

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.

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.

Pinochle Club

Time: 10:00am – 12:00pm **Min:** 7 **Max:** 20

Enjoy this popular card game by joining others and forming groups.

Braincise

Time: 10:15am – 11:15am **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.

Registration begins on September 17 at 9:00am for ALL programs!

Baking for Seniors **NEW!****Time:** 11:30am – 12:30pm **Min:** 4 **Max:** 12**Date:** Session 1 – Oct 5, 19, Nov 2, 16, Dec 7, 21
Session 2 – Jan 11, 25, Feb 8, 22, March 8, 22
Session 3 – April 12, 26, May 10, 24, June 7, 21

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!

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!

Canasta Club**Time:** 1:00pm – 4:00pm **Min:** 7 **Max:** 20

Enjoy this popular card game by joining others and forming groups.

Thursday**Bridge Club****Time:** 1:00pm **Min:** 4 **Max:** 20

Cranford bridge players of all levels are welcome to join the Cranford bridge club. We play 4 rounds of party bridge. No partner necessary. All who come will play – no sit outs. There is no charge to play.

Stretch and Lift**Time:** 9:30am – 10:30am **Min:** 7 **Max:** 20

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

Line Dancing**Time:** 11:00am – 12:00pm **Min:** 5 **Max:** 20

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.

Senior Yoga**Time:** 1:30pm – 2:30pm **Min:** 10 **Max:** 20

Yoga enhances physical and emotional well-being, including breath control for health and relaxation. Includes relaxation period at the end of class. Bring an exercise or yoga mat to class.

**Mahjong****Time:** 2:15pm – 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.

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.

Tai Chi (Advanced)**Time:** 11:00am – 12:00pm **Min:** 7 **Max:** 20

Geared towards those who have been practicing tai chi for a number of years. Muscle strength, flexibility and inner peace are at a heightened level.

Tai Chi (Beginner / Intermediate)**Time:** 12:15pm – 1:15pm **Min:** 7 **Max:** 20

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

Rummikub Club **NEW!****Time:** 1:00pm – 4:00pm **Min:** 2 **Max:** 16

This club is a great way to connect friends together with making new ones. All participants must provide their own game boards.

KEEPING CRANFORD TREED AND GREEN**Township of Cranford • Tree Advisory Board Tree****Planting Program - CARE TIPS FOR NEWLY PLANTED TREES**

- Don't fertilize the new tree for the first year of growth. Keep lawn chemicals (like weed killers) and de-icing salts away from the base of the tree and root spread.
- Mulch the soil surface at the base of the new tree... but don't build up the soil grade around the tree! Use wood chips or other suitable organic material, which will help keep the soil moist – and control weeds. Avoid piling mulch up against the tree base. Mulch retains moisture which could rot the tree bark.
- Be very careful to protect the base of the trunk against damage from lawn mowers, weed trimmers, garden tools, etc.! Wounds to the tree at this area interfere with the flow of nutrients to the roots, and may eventually kill the tree. If you have a lawn service, please advise them to be careful.

- Trees die slowly, often after prolonged abuse or injury. Avoid damage to your tree during any construction on your property.

- Watering is a new tree's key to good health... especially during the first two years. Water deeply (5 to 10 gallons) once weekly, depending upon weather conditions.

- Trees need to "breathe", like most living things. Don't smother them... avoid planting grass or other vegetation around their base. Grass planted around a tree base reduces its survival rate by 50%! Ninety percent of a tree's anchoring and absorbing roots are located within the first 12-18" of soil.

If a tree which is located on the right of way on your property needs trimming, or appears diseased, report this to the Dept. of Public Works (709-7217).

The Tree Advisory Board offers free consultation on any tree located in the Township of Cranford.

ENGINEERING DEPARTMENT

8 Springfield Avenue • Cranford, NJ 07016 • 908-709-7218 www.cranford.com/engineering

In an effort to improve the current roadway system within the Township of Cranford, the Engineering Department and the DPW Department provided an analysis and design of the proposed 2016 capital roadway improvements. The proposed work will improve safety for both pedestrians and vehicular traffic. Pedestrian safety will be improved through the reconstruction of curb ramps, concrete sidewalk and the installation of detectable warning surface. The improvements will comply with the ADA standards. Vehicular safety will be improved by the resurfacing of the roadway and the installation of striping. The streets that are contemplated for resurfacing and reconstruction are performed on an annual basis by private contractors utilizing public bidding. Depending upon the amount of funding allocated for the proposed project and the public bids received by contractors for the anticipated improvements, the Township foresees that the fall 2016 Paving Project will be as successful as the past two years.

Also, in conjunction with Elizabethtown Gas Company and American Water Company, the Township of Cranford has negotiated a fair share paving plan consisting of full paving on impacted roadways – curb to curb. In the past, the utility companies would only pave one quarter to one half of the roadway. After coordinating with these utility companies over the past year, it was agreed that it made sense to address the full road, thus the fair share paving for each utility company. For those roadways that have already had some utility improvements and have not yet been fully re-paved, additional utility improvements may be contemplated. The goal is to perform the necessary improvements prior to performing the final paving.

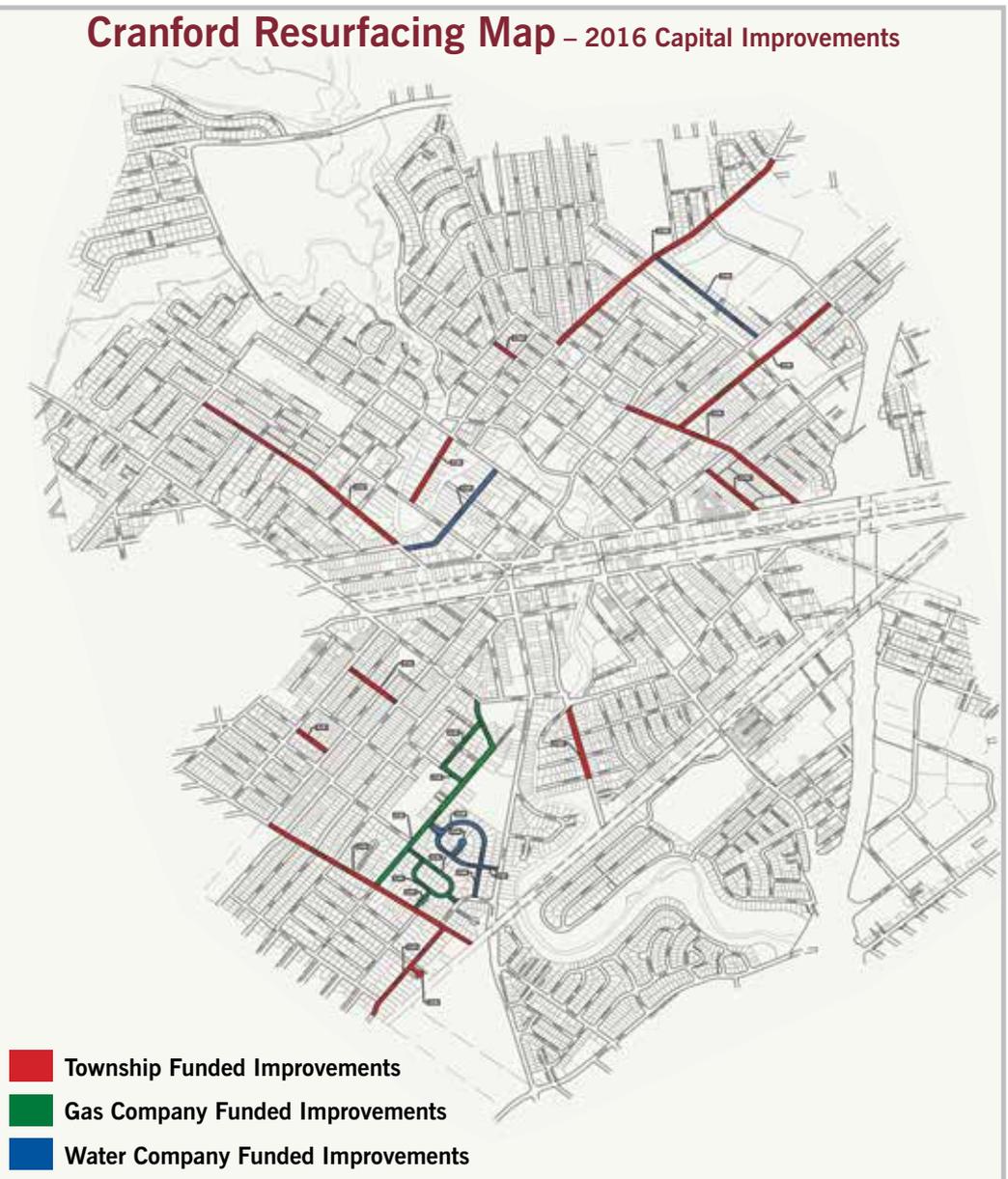
Utilizing numerous grants and funding sources, such as NJDOT Local Aid Grant, Union County Community Development Block Grant, Union County Infrastructure and Municipal Aid Grant, Community Development Block Grant – Disaster Recovery Funds,

will assist in offsetting the funds necessary for the construction costs.

Please refer to the attached map for further details. It should be noted that the roadways listed are anticipated for a fall 2016 construction commencement period, weather dependent. During the construction of the road improvements, the Engineering Department will be designing and preparing grant applications for improvements to various stormwater management concerns and roadway improvements in other sections of the Township for future years.

For any additional information, question or concerns, please contact the Engineering Department at 908-709-7219.

Cranford Resurfacing Map – 2016 Capital Improvements



POOL & FITNESS CENTER



401 Centennial Avenue • Cranford, NJ 07016 • 908-709-7260
web: www.cranford.com/pool • email: pool@cranfordnj.org

Swim Pool Staff

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

Anne Dolan, CPO
Facility Manager

Swim Pool Advisory Board

Thomas H. Hannen
Commissioner/Liaison

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

Joseph Starkey, Chairperson

James Byrne

Marybeth Byrne

Kevin Campbell

Susan Cave
Gator Representative

Karl Heinze

Eileen Leahey

Jerry Dobbins

John Harnett

WINTER MEMBERSHIP

September 26, 2016 – May 23, 2017

HOURS OF OPERATION

Monday thru Friday – 5:00am to 9:00pm

Saturday & Sunday – 9:00am to 6:00pm

Fitness Center will be open at 8:00am on Saturdays & Sundays

FACILITY CLOSURES

Thanksgiving – Thursday
November 24, 2016

Gator's Swim Meet – Sunday
December 4, 2016

Christmas – Sunday
December 25, 2016

New Year's Day – Sunday
January 1, 2017

Easter – Sunday
April 16, 2017

Wednesday – May 24, 2017

Thursday – May 25, 2017
Friday – May 26, 2017

IN-PERSON REGISTRATION ONLY

Proof of Residency is required (Driver's License, Union County I.D. Card, etc.).
Birth Certificates of children are required unless they were previous members.

Monday – Thursday

9:00am to 4:00pm

Friday

9:00am to 2:00pm

Saturday (beginning 10/1)

10:00am to 2:00pm

Tuesday & Thursday (beginning 9/27)

6:00pm to 8:30pm

Guest Privileges

Each member has the privilege of bringing a guest or guests to the facility for a guest fee. You must accompany your guest and you are responsible for educating your guest about the rules of our facility.

LOCKER ROOM

CLOSURES

Men's Locker Room – Mondays
12:30pm – 3:30pm

Women's Locker Room – Weds.
12:30pm – 3:30pm

Alternate locker rooms are available during the closures.

POOL BIRTHDAY PARTIES



The Cranford Pool & Fitness Center would like to help your child celebrate his or her special day with an indoor pool Birthday Party Package. On either Saturday or Sunday between the hours of 1:00pm – 3:00pm or 3:30pm – 5:30pm you can enjoy the use of the pool and party area. Parents supply the cake, food, drinks and paper products and the pool staff takes care of the party games and clean up! Cost per person is \$10.00 for members and \$15.00 for non-members. All parties must have a minimum of ten (10) paying people at full price and the birthday child is free. For additional information or to make a reservation call Anne at 908-709-7260.

MEMBERSHIP FEES

	Resident	Non/Resident
Individual	\$ 305	\$ 460
2 Adults	355	585
Adult & Child	355	585
2 Adults & Child	380	610
Adult & 2 Children	380	610
2 Adults & 2 or More	405	635
Senior Citizen & Spouse	265	465
Senior Citizen (age 65)	140	315
Add/Child Care Provider	180	280
<hr/>		
Limited Corporate	275 per individual	
Full Corporate	425 per individual	
<hr/>		
Weekday Guest Pass \$10 (After 5:00pm \$5)		
Weekend Guest Pass \$15 (After 5:00pm \$5)		

2016 Summer Pool Members must register before October 31, 2016 to receive the discounted fee when converting membership to an annual membership.

The conversion fee is the Annual Fee minus the Summer Fee. Example: Resident Individual Annual \$460.00 – Summer \$255.00 = Conversion \$205.00

Winter Membership is \$305.00 (\$100.00 savings)

Make checks payable to:
Cranford Swim Pool Utility.

Visa, Master Card & Discover are accepted.

No Refunds will be granted after October 31, 2016.

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

Pool Programs

Open and Family Swim

Days: Monday – Friday (Pool shared with other activities)

Time: 9:00am – 11:30am
1:30pm – 5:00pm
7:30pm – 8:45pm

Saturday & Sunday

10:00am – 5:45pm

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.

Days: Monday – Friday

Time: 5:00am – 9:00am
11:30am – 1:30pm
5:00pm – 5:30pm
5:30pm – 6:00pm (4 lanes for lap swimming and 2 lanes for swim team)

Saturday & Sunday

9:00am – 10:00am

Aquatic Exercise Classes

Shallow Water

Days: Monday, Tuesday, Thursday & Friday

Time: 9:00am – 9:45am

US Masters Fitness & Triathlon Training

Days: Tuesday, Wednesday, Thursday & Saturday

Time: Tuesday, Wednesday and Thursday
8:45pm – 9:30pm

Tuesday and Thursday

7:00am – 8:00am

Saturday

8:00am – 9:00am

Fee: Daily Drop-in: \$6 Member
\$8 Non-member daily drop-in
Unlimited Classes: \$40 Members
\$50 Non-member

Swim Teams

Jersey Gators

Days: Monday – Friday

Time: 6:00pm – 7:30pm

Cranford High School (November 7 to February 17)

Days: Monday – Friday

Time: 3:30pm – 5:00pm

Management reserves the right to change or adjust the schedule or programs as deemed necessary.



Starfish Swimming



The Cranford Pool and Fitness Center is affiliated with Starfish Aquatics Institute. 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 for Session 1 begins September 6, 2016

**Fee per session: \$70.00 – Members
\$85.00 – Non-Members**

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.

IMPORTANT: THOSE REGISTERED FOR SESSION 1 WILL HAVE FIRST PRIORITY FOR SESSIONS 2 & 3. ALL OTHERS WILL BE PLACED ON A WAITING LIST.

Starfish Swimming Courses

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Monday
Time: 10:00am to 10:30am
Session 1: 10/3 – 11/21*
Session 2: 2/13 – 3/27
Session 3: 4/3 – 5/15
*No class 10/31

StarBabies™ & StarTots™

Ages: 6 months – 3 years
Days: Tuesday
Time: 10:00am to 10:30am
Session 1: 10/4 – 11/15
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

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 flotation.

SEA SQUIRTS (MUST BE POTTY TRAINED)

Wednesday Sessions

Ages: 3 years – 5 years
Days: Wednesday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm or
4:00pm to 4:30pm (Sessions 1,3 & 4)

Session 1: 10/5 – 11/16

Session 2: 11/30 – 2/8 (No class 12/28 & 1/4)*

Session 3: 2/15 – 3/29

Session 4: 4/5 – 5/17

*2 Snow Days built in to session

Thursday Sessions

Ages: 3 years – 5 years
Days: Thursday
Time: 10:00am to 10:30am or
1:30pm to 2:00pm or
4:00pm to 4:30pm (Sessions 1,3 & 4)

Session 1: 10/6 – 11/17

Session 2: 12/1 – 2/9 (No class 12/29 & 1/5)*

Session 3: 2/16 – 3/30

Session 4: 4/6 – 5/18

*2 Snow Days built in to session

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.

CLOWNFISH (Formerly Level 1)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: 10/3 – 11/21*

Session 2: 2/15 – 3/28

Session 3: 4/4 – 5/16

*No Class 10/31

Wednesday Sessions

Session 1: 10/5 – 11/16

Session 2: 2/15 – 3/29

Session 3: 4/5 – 5/17

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.



PUFFERFISH (Formerly Level 2)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: 10/3 – 11/21*

Session 2: 2/15 – 3/28

Session 3: 4/4 – 5/16

*No Class 10/31

Wednesday Sessions

Session 1: 10/5 – 11/16

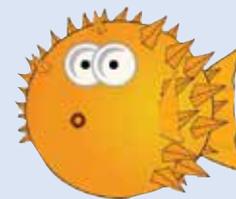
Session 2: 2/15 – 3/29

Session 3: 4/5 – 5/17

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.



SEA TURTLES (Formerly Level 3)

Ages: 6 years and up
Days: Monday or Wednesday
Time: 4:00pm to 4:30pm

Monday Sessions

Session 1: 10/3 – 11/21*

Session 2: 2/15 – 3/28

Session 3: 4/4 – 5/16

*No Class 10/31

Wednesday Sessions

Session 1: 10/5 – 11/16

Session 2: 2/15 – 3/29

Session 3: 4/5 – 5/17

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.



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
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: 10/4 – 11/15
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

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.



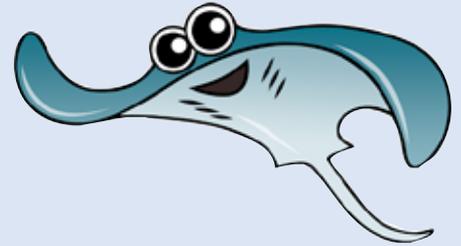
STINGRAYS (Formerly Level 5)

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: 10/4 – 11/15
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

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.



BARRACUDAS (Formerly Level 5)

Ages: 6 years and up
Days: Tuesday
Time: 4:00pm to 4:30pm
Session 1: 10/4 – 11/15
Session 2: 2/14 – 3/28
Session 3: 4/4 – 5/16

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.



SWIMPREP

Ages: 6 years and up, having passed Barracudas
Days: Monday
Time: 7:30pm – 8:30pm
Session 1: 10/3 – 11/21*
Session 2: 12/5 – 2/6**
Session 3: 2/13 – 3/27
Session 4: 4/3 – 5/15

For those who 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.

*No class 10/31

**No class 12/16 & 12/17 – snow day included



Starfish Aquatic Institute Training Classes

The Cranford Pool and Fitness Center is pleased to announce our new affiliation with Starfish Aquatics Institute. In January 2015 we introduced 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.

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.

Fee: \$250 Members – \$300 Non-Members

PRETEST for October Class:

Days: Monday
Date: October 10, 2016
Time: 7:30pm – 9:00pm

CLASS DATES:

Day: Tuesday and Thursday
Date: 10/11, 10/13, 10/18, 10/20, 10/25, 10/27, 11/1, 11/3
Time: 6:00pm – 9:00pm

PRETEST for January Class:

Days: Monday
Date: January 23, 2017
Time: 7:30pm – 9:00pm

CLASS DATES:

Days: Tuesday and Thursday
Date: 11/24, 11/26, 1/31, 2/2, 2/7, 2/9, 2/16, 2/21
Time: 6:00pm – 9:00pm

PRETEST for April Class:

Days: Monday
Date: April 17, 2017
Time: 7:30pm – 9:00pm

CLASS DATES:

Days: Tuesday and Thursday
Date: 4/18, 4/20, 4/25, 4/27, 5/2, 5/4, 5/9, 5/11
Time: 6:00pm – 9:00pm



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.



New Fitness Program from Horizon Blue Cross Blue Shield of New Jersey

Horizon**bFit** At-A-Glance

What is HorizonbFit**?** **Horizon**bFit**** is a new program offered to select Horizon BCBSNJ members **ages** 18 years or older. The program offers reimbursements of \$20 per month to members who enroll and visit a participating fitness facility at least 12 times a month. Horizon BCBSNJ makes this program available through Advanta Health Solutions, an innovative health and fitness provider that develops and manages physical activity programs to help people live healthier.

How It Works...A simple four-step process makes it easy for members to enroll.



Step One:
Members visit **Horizon**bFit**.com** to check their eligibility.



Step Two:
Once eligibility is confirmed, members search for participating facilities by ZIP code and select a primary fitness facility.



Step Three:
Members complete an online enrollment form and set up an account that is linked to a major credit card. Reimbursements will be posted to the credit card on file.



Step Four:
Members review their account information and fitness facility selection and confirm their enrollment. Their enrollment will become effective on either the 1st or the 15th of the month, depending on when they enroll.

Unlike a discount-only program, **Horizon**bFit**** reimburses members a portion of their monthly fitness facility membership fees when they meet their attendance goals. It's another way Horizon BCBSNJ is Making Healthcare Work.

It Pays To Be Fit!

The rewards are endless when you exercise on a regular basis. You'll be healthier, feel better and have more energy to make the most of each and every day! Now, Horizon Blue Cross Blue Shield of New Jersey is making regular exercise even more beneficial for you with the introduction of **Horizon**bFit****, the program that rewards you when you stay on track to achieve your fitness goals!

Benefits that add up!

When you enroll in **Horizon**bFit****, you become eligible to receive a \$20 reimbursement for every month that you visit your selected fitness facility 12 times or more. That means

that you can earn up to \$240 a year in rewards when you exercise regularly! Enrolling is free and easy to do! Simply visit **Horizon**bFit**.com** to verify your eligibility, select a participating fitness facility and set up your secure account. Once your online enrollment is confirmed, if you visit your selected fitness facility 12 times or more a month, you'll earn a \$20 reimbursement for that month. **Horizon**bFit**** makes getting regular exercise affordable, convenient and more rewarding for you! Whether you are already an active member of a fitness facility, or thinking of becoming one, visit **Horizon**bFit**.com** today and start enjoying the benefits of living healthier every day!

Fitness Center

Membership includes;

- Instruction in use of equipment
- Assistance with self-directed training regimen

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. Member and their guests are responsible for their own property. Management will not **be responsible for any theft or loss of items.**
5. 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.
6. All members and their guests must wear at least a shirt and shorts or some suitable athletic attire and closed soft-soled shoe-preferably sneakers.
7. Water bottles are permitted in the fitness center. NO eating or gum chewing.
8. Management reserves the right to alter hours of operation when necessary.

Membership Rules and Regulations

1. Members must scan membership card to gain admittance. No Exceptions!
2. Members and guests use the facility at their own risk. Members and parents are responsible for the actions of their guests and their children. No guests are permitted in facility unless accompanied by a member.
3. Children under the age of 12 are not allowed to enter facility unless accompanied by an adult. The Adult is expected to remain within the facility as long as the children are in the facility.
4. Boys over age 5 are not permitted in the Ladies room.
5. Hair below shoulder length must be pulled back.
6. Glass or ceramic containers are not permitted anywhere in the facility.
7. Alcoholic beverages and controlled dangerous substances are prohibited throughout the facility and may result in loss of membership. No pets allowed within the facility.
8. Members and guests are liable for their own insurance in case of an accident or injury.
9. Members and guests are responsible for the safekeeping of their valuables.
10. **NO SMOKING** inside the facility. Violators will be subject to a \$250 to \$ 1,000 fine.
11. Gum chewing is prohibited throughout the entire pool and fitness area complex.
12. Selling of food or merchandise, except by authorized pool personnel or agents, will not be permitted within the facility complex.
13. Running, rough housing or rowdiness is prohibited and will not be tolerated. Behavior or activities creating conditions of danger or annoyance are prohibited within the facility complex. Loud playing radios are included in this category.
14. Eating and drinking are permitted in designated areas only. No food or drinks are permitted in the pool area.
15. No person will be allowed to enter the pool area unless a lifeguard is on duty.
16. ALL patrons are required to shower before entering the pool, sauna and spa.
17. Only bathing suits permitted in the pool, sauna and spa.
18. Toys, rubber balls, flotation devices, inner tubes, and snorkels are not permitted in the pool.
19. Any person having a communicable disease, open blisters or cuts, sore or inflamed eyes, ears, nose or mouth infections, or any type of skin disease, will be excluded from the pool area, fitness area, and baby sitting area. A doctor's certificate of permission must be obtained by anyone who disagrees with the decision of the management. Management continues to maintain the right of refusal.
20. Dressing and undressing will take place only in the locker rooms. No street shoes are permitted in the immediate pool area.
21. Infants must wear rubber pants over diaper when in the water. Wearing disposable diapers or swim diapers only in the pool is not permitted. Children with swim diapers are only permitted in the baby pool and intermediate pool. No one in diapers is permitted in the main pool area.
22. Dress within the pool complex will be consistent with standards of good taste; all bathers must wear appropriate attire.
23. Remove band aids before entering the pool and discard in garbage receptacle.
24. No rough play in the pool (pushing, shoving, chicken fights, cannonballs, and sit outs).
25. No diving into the pool at any time except during an instructional class.
26. Use of the starting blocks is prohibited unless authorized by swim coach or instructor.
27. Lifeguards and facility staff members are responsible for enforcing all rules and regulations. Violations will be brought to the attention of the pool manager and/or the assistants who will take whatever actions are necessary to correct the situation.
28. 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.
29. Parents are not allowed on the pool deck during swim lessons and/or swim team practice.
30. Pool equipment (kick boards, pull buoys, buoyancy belts, hand buoys) is available for use. Please return all equipment to its proper place when you are finished with it.
31. 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.
32. There are NO exceptions to any rules and regulations that govern the facility.
33. Management reserves the right to alter hours of operation when necessary.
34. Only swimmers 18 years of age or older are permitted to swim in the lap lanes.
35. The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, showers, bathrooms, changing facilities and pool areas.



Lightning Policy – If it is determined there is thunder and lightning in the area, all pools will be required to close immediately. All pools will remain closed until 30 minutes past the last visible lightning strike or thunder.

BABYSITTING SERVICES

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

A 1½ 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
 \$170 for winter season per child
 (\$50 for each additional child)



POOL RENTALS

Pool Rentals – Available Saturdays & Sundays.

Time: After 6:00pm

Fee: \$225.00 per hour

Call Anne at 709-7260 for more information.

Application Form – Winter 2016



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

Office Use Only

Group Number: _____

New Member Renewal Conversion

Membership Type: _____

Registration Date: _____

Membership Fee: _____

Cash and Credit Card (Master Card, Visa or Discover) payments must be made at the office. There will be an additional fee for using a Credit Card.
DO NOT mail cash payments.

RECYCLING DEPARTMENT

8 Springfield Avenue • Cranford, NJ 07016 • 709-7217 • www.cranford.com/recycling

Recycling Staff

Steve Wardell
Recycling Coordinator
Ken Meier
Litter Enforcement Officer

2016 – 2017 HOURS OF OPERATION

Wednesdays
9:30am to 3:20pm
Saturdays & Sundays
9:30am to 3:50pm

Remember!

These items can be
recycled locally
all year long:

At Conservation Center

Motor Oil and Motor Oil Filters
Electronics Magazines, Junk Mail,
Office Paper

On Curbside Recycling Days

Hardcover & Softcover Books
Magazines, Junk Mail, Office
Paper

Fall River Cleanup

October 15, 2016

For more information,
email: Wally Shackell at
shackell3@yahoo.com

IMPORTANT NOTICE

The Township Committee advertised for public bids for user fee based Bulky Waste Permits. This year, no bids were received from private haulers. Residents should reach out to the own hauler if they are in need of large item pickup.

Please see the list of RESIDENTIAL SOLID WASTE HAULERS IN CRANFORD below:

Residential Garbage Haulers

A & S Sanitation 908-889-4262
Ferreira Carting 908-209-0021
Grand Sanitation 908-222-1566
Midco 908-561-8380
R.N.D. Disposal 908-232-7494
Waste Management 800-371-7329
DeLuca (Bulk Waste Only) .. 844-335-8221

Other Contact Information

Twp. Office of Recycling... 908-709-7217
Recycling, Conservation Center
Giordano 800-216-2250
Curbside Recycling Contractor
Twp. Dept. of Public Works 908-709-7217
Union County 908-654-9889
Household Hazardous Waste Program,
Computer & Electronic Collection Events

Questions & Answers

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

A. Several times a year the county holds collection events specifically for hazardous waste disposal. You can visit their website at: www.ucnj.org or call them at (908) 654-9889 for more information.

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. See the list under Important Contact Information for a list of haulers.

Q. How do I dispose of latex paint?

A. If there is liquid paint in the can and you can't use it up, remove the lid and let the paint air dry, or add absorbent material like kitty litter or speedy dry to hasten the drying process. When solidified put the can in a plastic bag and dispose of it with your regular garbage.

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

A. For removal of old appliances, furniture, renovation materials or other bulky waste items, residents have three options:

1. Ask your private trash company if they will take the items.
2. Call the Union County Transfer Station in Linden (908-862-2449) or J&R Recycling in Elizabeth (908-629-9270).

Union County Recycling Programs

To learn more about the Union County Recycling programs 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

What To Recycle, Where & How to Recycle

NEWSPAPERS

(And inserts that come with newspapers)

Curb & Conservation Center: Tie securely with string or twine only. No tape or wire, no bags.

MIXED PAPERS

Magazines, junk mail, envelopes, file folders, computer and office paper, notebook paper, catalogs, phone books, Gray-brown paperboard, non-corrugated boxes like cereal boxes, gift boxes and shoe boxes

Curb & Conservation Center: Tie securely with string or twine or place in large paper bag. No plastic bags.

Note: Shredded paper may be collected in a clear plastic bag at curbside or Conservation Center.

PAPERBACK BOOKS

Curb & Conservation Center: Tie in bundles or put in brown paper bag.

HARDCOVER BOOKS

Curb: Tie in bundles or put in brown paper bag.

Conservation Center: Bundle or brown bag. Goes with corrugated.

CORRUGATED CARDBOARD

Curb: Flatten & tie, max size 4x4x1 foot high

Conservation Center: Bundle or brown bag. Goes with corrugated.

BROWN PAPER BAGS

Curb & Conservation Center: Bundle separately or with corrugated pile.

GLASS BOTTLES & JARS*

Curb: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

Conservation Center: Separate by color.

DO NOT OVERFLOW CONTAINERS

PAPER MILK & JUICE CARTONS*

Curb Only: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

DO NOT OVERFLOW CONTAINERS

PLASTIC CONTAINERS

Type 3 to 7
Conservation Center Only: Designated separate container.

STEEL / TIN CANS*

Curb: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

Conservation Center: Designated, separate container.

ELECTRONICS

Conservation Center Only: Computers, monitors, TV's, laptops and tablets only. Resident must be able to put electronics in the container. Assistance will not be provided with lifting.

AEROSOL CANS* (MUST BE EMPTY)

Curb Only: Commingle with bottles and cans.

DO NOT OVERFLOW CONTAINERS

PLASTIC BOTTLES & JARS* Type 1 & 2 Only

Curb: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

Conservation Center: Designated separate containers.

DO NOT OVERFLOW CONTAINERS

ALUMINUM CANS*

Curb Only: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

Conservation Center Only: Designated separate container.

ALUMINUM FOIL / PIE PLATES, ETC.*

Curb Only: Commingle in sturdy recycling bucket (Clear Plastic Bags Permitted)

USED CLOTHING / TEXTILES

Includes paired shoes and socks, hats, belts, drapes, towels, sheets, nylon curtains. (Can also be saved for charitable drives)

Place in clean items in tied plastic bag and bring to:

Fanwood Recycling Center, North Avenue, Fanwood, NJ

Hours: Weds. & Sat. 9:00am to 1:00pm

USED MOTOR OIL & MOTOR OIL FILTERS

Conservation Center Only: Bring to designated containers.

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

FLOURESCENT BULBS (Tubes Only - No CFL)

Conservation Center Only: Bring to designated containers.

OTHER DISPOSAL OPTIONS

Scrap Metal Recycling

1st Thursday of each Month and 3rd Saturday of each Month

9am-12pm at the following facilities:

Emergency Service / Traffic Enforcement – 151 Kenilworth Blvd., Cranford, NJ

Rahway Park - Rahway Service Yard – St Georges Avenue, Rahway, NJ

Westfield Conservation Center – 1300 Lamberts Mill Road, Westfield, NJ

Acceptable Materials: Aluminum, Scrap/Cans, Air Conditioners, Brass, Cabinets, Dishwashers, Gutters, Microwaves, Stoves, Bicycles, Copper, Fencing (chain/wire), Irons, Railings, Sheds (metal), Tire Rims, Washers/Dryers, Lawn Furniture, Siding (aluminum), Toasters, Wire Hangers, and window frames without glass.

E-waste Disposal

Recycle at the Conservation Center during operating hours.

Acceptable Items: T.V.s • Computers • Monitors
Laptops • Tablets • E-Readers • Printers • Copy Machines Fax Machines

2016 - 2017 FALL & WINTER RECYCLING SCHEDULE

Newspapers & magazines must be bundled with twine and put at the curb. Corrugated cardboard must be flattened and bundled with twine. Mixed paper and junk mail must be tied or put in paper bag at the curb. Commingled: Paper milk and juice cartons, empty aerosol cans, plastic bottles and jars, type 1 & 2 aluminum cans, foil, pie plates, glass bottles and jars, steel tin cans.

September

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

October

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

November

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

December

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

January – 2017

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

February – 2017

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

S Southside Pickups

N Northside Pickups

PICKUPS ARE MADE RAIN OR SHINE.

Place your recyclables at the curbside by 7am on the scheduled day or the night before pickup.

The Cranford Environmental Commission (CEC), founded in 1970, is one of the oldest municipal environmental organizations in New Jersey.

To learn more about the CEC and find answers to environmental questions,
log onto: www.mygreencranford.org



PUBLIC WORKS DEPARTMENT

364 North Avenue East • Cranford, NJ 07016 • 709-7217 • www.cranford.com/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: 709-7217
Fax: 931-0590

2016 LEAF COLLECTION PROGRAM

1. Rake leaves to the gutter line on the Friday, Saturday and Sunday before your scheduled pickup. Once your street is picked up, **DO NOT** rake anymore leaves into the street.
2. It is the homeowner's responsibility to have their landscaper comply with the schedule and guidelines to avoid getting a warning or a fine.
3. All sections of town will have at least three leaf pickups. A final pickup of all sections will be started approximately December 19 and continue until December 30, weather permitting. **DO NOT** rake leaves out or place bagged leaves out after December 25.
4. If you live on a County road; Leaf pickup schedules can be found at: www.ucnj.org or by calling: 908-789-3660. The following are Union County roads: Springfield Avenue; Centennial Avenue; Walnut Avenue; Raritan Road; South Avenue East/West; Kenilworth Blvd. If you live on a county road the township does not pickup leaves.

NO LEAVES ARE TO BE PLACED OUT FOR PICK UP AFTER SUNDAY, DECEMBER 25.

If You Choose to Bag Your Leaves:

- Use only biodegradable bags
- Bagged leaves may be:
 1. Placed at curbside.
 2. Kept on your property until you next scheduled pickup.
 3. Taken to the Conservation Center during scheduled hours.

REMINDERS

Use only biodegradable bags (Available at most Home Centers).

- Follow pickup schedule.
- Do not place twigs, branches, grass or debris in leaf pile.
- If possible, do not park in the street when collection crews are in your zone.
- Never park a car on a pile of leaves, even if the pile is wet.
- Do not rake leaves out after Sunday, December 25.

Please save these guidelines and pickup schedule

Zone 1

Northwest section including all streets west of the river and Springfield Ave. toward Kenilworth Blvd. and North Ave. West up to the Garwood/Westfield line.

Zone 2

Northeast section including all of Riverside Drive and all streets to the east of Springfield Ave. linking North Ave. East to the Roselle Park and Kenilworth line.

Zone 3

Southwest section and all streets west of Walnut Ave. to South Ave. West to the Clark/Garwood line.

Zone 4

Southeast section and all streets west of Walnut Avenue from South Avenue East to Roselle line and all streets north of Raritan Road to Roselle line.

2016 LEAF PICK UP SCHEDULE

1st Pick Up

Zone 2 and Zone 3

Rake out to curb – Friday, October 21 thru Sunday, October 23

Pick Up – Monday, October 31 thru Friday, November 4

Zone 1 and Zone 4

Rake out to curb – Friday, November 4 thru Sunday, November 6

Pick Up – Monday, November 7 thru Thursday, November 10

2nd Pick Up

Zone 2 and Zone 3

Rake out to curb – Friday, November 11 thru Sunday, November 13

Pick Up – Monday, November 14 thru Friday, November 18

Zone 1 and Zone 4

Rake out to curb – Friday, November 18 thru Sunday, November 20

Pick Up – Monday, November 21 thru Wednesday, November 23.
Monday, November 28 thru Friday, December 2

3rd Pick Up

Zone 2 and Zone 3

Rake out to curb – Friday, December 2 thru Sunday, December 4

Pick Up – Monday, December 5 thru Friday, December 9

Zone 1 and Zone 4

Rake out to curb – Friday, December 9 thru Sunday, December 11

Pick Up – Monday, December 12 thru Friday, December 16

***Final Pick Up in all Zones will start Monday, December 19 and continue thru Friday, December 30.**



DPW makes every effort to adhere to this schedule, however weather conditions may affect pick up dates.

Check online for updates:

www.cranford.com/public-works.

If you miss a pick up you can:

1. Bring leaves to the Conservation Center
2. Wait for your next scheduled pick up

2016 – 2017 CONSERVATION CENTER HOURS OF OPERATION:

Wednesday	9:30am – 3:20pm
Saturday	9:30am – 3:50pm
Sunday	9:30am – 3:50pm

Permits are NOT required to dump leaves at the Conservation Center. You must show proof of residency.



The NJ Dept. of Environmental Protection has instituted Municipal Stormwater Regulations; which include an ordinance prohibiting the following:

- The placement of leaves within 10 feet of any catch basin.
- Leaves cannot be at the curb line for more than 10 days.

2016 LEAF COLLECTION MAP



The township does not pickup leaves on County roads.

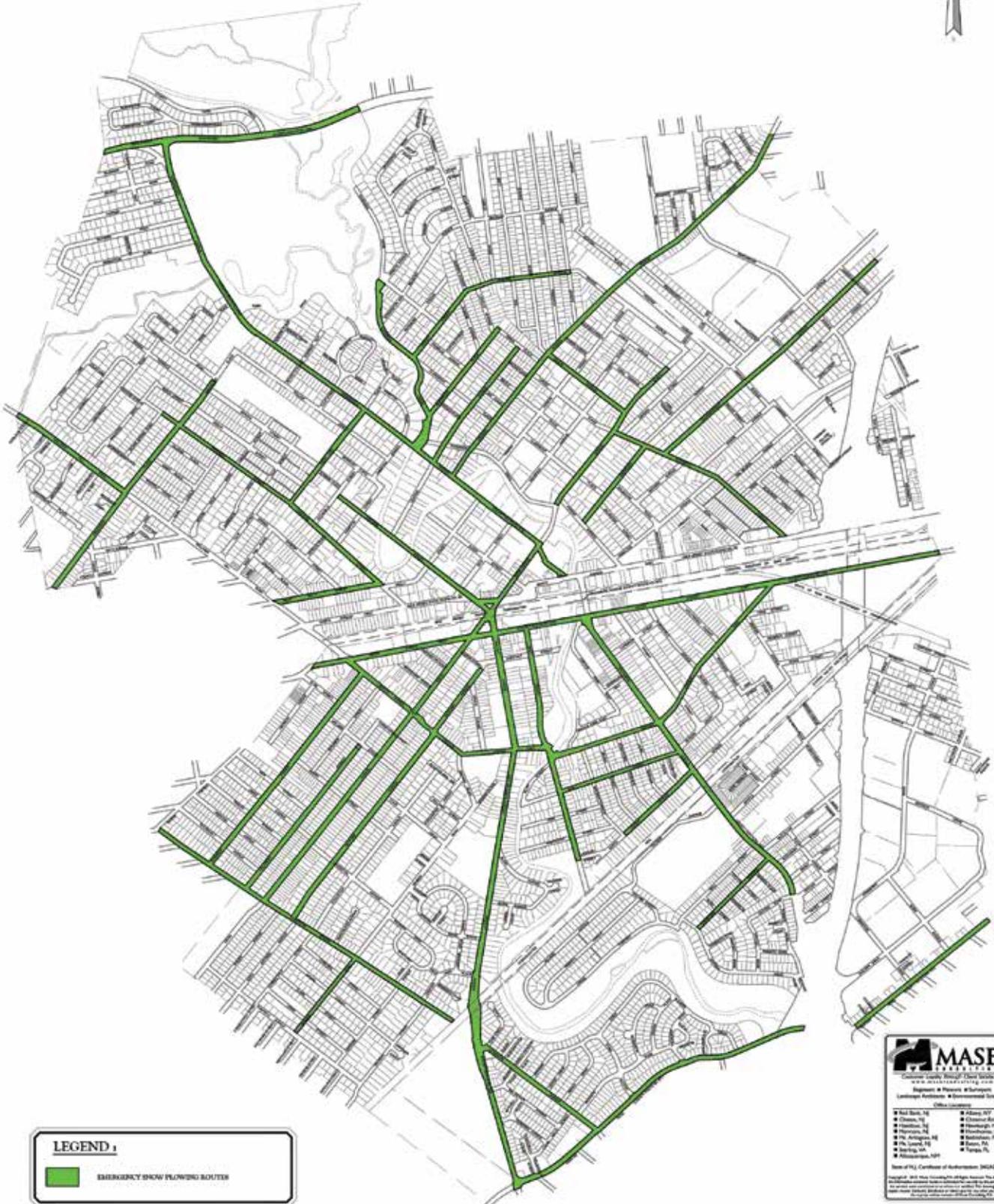
The following are County roads:

Springfield Avenue; Centennial Avenue; Walnut Avenue; Raritan Road,
South Avenue East & West; Kenilworth Boulevard.

If you live on a County road please call the Union County Road Department at:
(908) 789-3660 or visit www.ucnj.org for leaf pickup information.

No person shall park a vehicle upon either side of any of the streets or parts of streets which are highlighted, whenever snow has fallen and the accumulation is such that it covers the street or highway. For a more detailed map go to www.cranford.com/township

Cranford Snow Emergency Map



LEGEND

 EMERGENCY SNOW PLOWING ROUTES

MASER
 Construction • Site Work • Civil Services
 www.maserinc.com • 908.271.1100
 Equipment • Pavers • Graders
 Landscape Architects • Environmental Services

Offices:

• Wall, NJ	• Albany, NY
• Chatham, NJ	• Clanton Ridge, NY
• Cranford, NJ	• Flemington, NJ
• Florham Park, NJ	• Hightstown, NJ
• Ft. Lincold, NJ	• Marlborough, MA
• Irvington, NJ	• Ramer, PA
• Millersburg, NY	• Tampa, FL

State of NJ, Certificate of Registration: 363A2796209

Copyright © 2014 Maser. All rights reserved. Maser and the Maser logo are registered trademarks of Maser. All other trademarks are the property of their respective owners. This document is for informational purposes only and does not constitute an offer of any financial product or service. Please contact your advisor for more information.

Official Township Departments

Visit www.cranford.com/township for updates and links to each department

Mayor Andis Kalnins	709-7206 a-kalnins@cranfordnj.org	Library 224 Walnut Avenue John Malar	709-7272 library@cranfordnj.org
Deputy Mayor Mary O'Connor	709-7206 m-oconnor@cranfordnj.org	Planning & Zoning Robert Hudak	709-7216 r-hudak@cranfordnj.org
Township Commissioners Patrick F. Giblin Thomas H. Hannen, Jr. John V. Mallon	709-7206 p-giblin@cranfordnj.org t-hannen@cranfordnj.org j-mallon@cranfordnj.org	Police Dept. Chief James Wozniak	272-2222 (non-emergency) police@cranfordnj.org
Administrator Terence Wall	709-7205 t-wall@cranfordnj.org	Public Works 364 North Avenue East Steve Wardell	709-7217 dpw@cranfordnj.org
Municipal Clerk Tara Rowley	709-7210 clerk@cranfordnj.org	Recreation & Parks 220 Walnut Avenue Steve Robertazzi	709-7283 recreation@cranfordnj.org
Business & Economic Dev. Kathleen Miller Prunty	709-7208 dmc@cranfordnj.org	Recycling Steve Wardell	709-7217 dpw@cranfordnj.org
Construction Code Building Dept. Richard Belluscio	709-7213 building@cranfordnj.org	Swim Pool Utility 401 Centennial Avenue Steve Robertazzi	709-7260 pool@cranfordnj.org
Court Administrator Lorraine Powell	709-7242 court@cranfordnj.org	Tax Assessor Peter J. Barnett	709-7211 assessor@cranfordnj.org
Engineering Carl O'Brien	709-7219 engineering@cranfordnj.org	Tax Collector Catherine Hendrickson	709-3981 c-hendrickson@cranfordnj.org
Finance Lavona Patterson	709-7250 finance@cranfordnj.org	TV 35 Edward Davenport	709-3995 tv35@cranfordnj.org
Fire Dept. 7 Springfield Ave. Chief Dan Czeh	276-0146 (non-emergency) d-czeh@cranfordnj.org	Vital Statistics Joan Holler	709-7238 j-holler@cranfordnj.org
Health Monika Koscova Jencik	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	709-7238
Weeds, trash	Health Department	709-7238 or 7240
Residential property maintenance	Property Maintenance	709-7240
Commercial property maintenance	Property Maintenance	709-7240
Deteriorated, unsafe signs & awnings	Property Maintenance	709-7240
Broken parking meter	Police Department	272-2222
Malfunctioning traffic light	Police Department	272-2222
Streetlight out	PSE&G	1-800-436-7734
Victorian Streetlight out	Police	709-7336
Broken street benches	DMC	709-7208
Damaged/missing street signs	Public Works	709-7217
Leaking fire hydrant	Fire Department	709-7360
Fire safety code problems	Fire Department	709-7360
Broken tree limbs, street trees	Public Works	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 709-7205 and we will take care of the matter promptly.

*****ECRWSS****

Local
Postal Customer

PRSRT STD
EDDM
U.S. POSTAGE
PAID
New Brunswick, NJ
Permit #1075



The Township of Cranford
8 Springfield Avenue
Cranford, NJ 07016