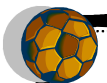


Soccer / Basketball / Table Tennis



Fall In-Town Soccer

Boys and Girls entering Grades K-6

Resident Fee: \$50 / Non-Resident Fee: \$100

Coordinator: Andrew Stern

Sites: Grades K-1—3rd Street Field
Grade 2—Akerman Field
Grades 3-4—Madison Avenue Field
Grades 5-6—Madison Avenue Field

All games will be played on Sunday afternoons beginning September 19. Practices will be held at the discretion of the coaches. Level K-1 is purely instructional and will have no practices. Opening Day Ceremonies will take place on Sunday, September 12, at Regan Field. Volunteer coaches contact Andrew Stern abnzhstern@gmail.com or 917-589-7873. All players must wear shin guards and cleats.

~ Picture Day: September 26, 2010 ~

Pee Wee In-Town Basketball

Boys and Girls in Grades K-2

Resident Fee: \$70 / Non-Resident Fee: \$120

Coordinator: To be determined

Site: Cresskill Community Center

Saturday Mornings
Times to be determined

The program will begin in January and will be an instructional program only; there will be no practices.

~ Picture Day: February 12, 2011 ~

Travel Soccer

Boys and Girls entering Grades 2-8

Coordinator: ???

Fee: To be determined

HS Team in spring only

All registrants must pay a \$15 registration fee and a \$20 entry fee.

This is a highly competitive program and players will be selected on a try-out basis. For information:

cresskillcougarutdsoccer@gmail.com

Junior and Senior In-Town Basketball

Boys and Girls in Grades 3-6

Resident Fee: \$70 / Non-Resident Fee: \$120

Coordinator: To be determined

Practice Site: Bryan or Merritt School
Game Site: Cresskill Community Center

Games: Saturday Afternoons starting December

Practice begins in November, days and times left to discretion of coach (between 6:00 pm and 9:00 pm), with games played on Saturdays in December. Junior BB (Grades 3-4) practices will be held at Bryan School; Senior BB (Grades 5-6) practices will be held at Merritt School.

~ Picture Day: February 12, 2011 ~

Table Tennis

Boys and Girls entering Grades 6-12

Resident Fee: \$35 / Non-Resident Fee: \$50

Coordinator: Roy Preefer

Site: Cresskill Community Center

7:30-9:00 pm on Tuesdays
9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2

Come and learn how to play the fastest moving table game in the world. Program runs for eight weeks and is open to all levels.



Travel Basketball

Boys and Girls in Grades 3-8

Fee to be Determined
(Can range up to \$250)

Tryouts will be held in October
Practices in November—Games in December

This is a highly competitive program and players will be subject to cuts. This program is only for experienced players and not every player on a team will get equal playing time. This program requires a large time commitment on behalf of the player and parents. Fees will be assessed after you child has made a team.

~ Picture Day: February 12, 2011 ~



Golf / Athletic Performance Training / Softball Clinic / Volleyball / Cheerleading

Junior Golf

Boys and Girls in Grades 6–10

Instructor: Dennis Consalvo, Golf Pro

Site: Rockleigh County Golf Course

Resident Fee: \$80—10 sessions

Mondays and Thursdays—4:00—5:30 pm

9/13, 9/16, 9/20, 9/23, 9/27, 9/30

10/4, 10/7, 10/11, 10/14,

Equipment will be provided, if needed.
Limited to the first 20 golfers.



Athletic Performance Training

Boys and Girls in Grades 3–8

Resident Fee: \$100 / Non-Resident Fee: \$135

Site: Fuel Fitness Center
103 N. Summit Street, Tenafly

Fridays—4:30—5:30 pm

9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/12

This program is designed to expose young athletes/non-athletes to the fundamentals of training and techniques for better performance, including flexibility, running mechanics, footwork drills, hand/eye coordination and speed. A certified trainer will instruct the program.

Winter Softball Clinic

Girls in Grades 3–12

Resident Fee: \$250 / Non-Resident Fee: \$275

Lead Instructor: Mike Hamlett

Site: Cresskill Community Center

Sundays—5:00—10:00 pm

11/28, 12/5, 12/12, 12/19, 1/2, 1/9, 1/16,

1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6,

3/13, 3/20, 3/27

This program, consisting of 23 one-hour sessions, offers developmental training with softball specific training to teach pitching, batting and position skills necessary for today's softball player. This is a personalized instructional program for the beginning pitcher to the advanced player designed to achieve optimal athletic performance.

Middle School Girls Volleyball

Girls in Grades 7–8

Resident Fee: \$85

Coach: Diane Spadiccini

John Mc Cann

Site: Cresskill High School

Please see practice and game schedule

Fall Cheerleading

Girls in Grade 3–8

Resident Fee: \$40 / Non-resident Fee: \$85

Coordinator: Regina Morrissey

mrrssy6@aol.com

Site: Practices at Cresskill Community Center

Monday and Thursday

4:00—5:00 pm

Practice Dates: 9/2, 9/13, 9/16, 9/20, 9/23,

9/27, 9/30, 10/4, 10/7, 10/14, 10/18, 10/21,

10/25, 10/28, 11/1, 11/8

Games Dates: 9/19, 9/25, 10/2, 10/9,

10/15, 10/22, 10/30, 11/6

Sports Squirts

Boys and Girls Ages 3–6

Resident Fee: \$110 / Non-Resident Fee: \$145

Hosted by U. S. Sports Institute

Site: Cresskill Community Center

Thursdays—6 sessions

Ages 3-4—4:00—5:00 pm

Ages 5-6—5:00—6:00 pm

9/23, 9/30, 10/7, 10/14, 10/21, 10/28

This program introduces children to a variety of sports such as soccer, T-ball, lacrosse and hockey in a safe, structured environment. All activities promote hand-eye coordination, movement, balance, and most importantly—fun.

Ballet / Tap

All ballet and tap classes taught by Ms. Lyn Zeleny—trained at the American Ballet Theatre, NYC, performed extensively at the Metropolitan Opera House and is currently a teaching artist with New York City Ballet. Classes are on Mondays at the Cresskill Community Center

Creative Movement—

Ages 3—4 2:30—3:15

A youthful introduction to ballet incorporating elements of creative movement. The class uses familiar themes such as *Sleeping Beauty* and *Cinderella* to introduce classical music, dance and creativity. Girls should wear leotard, tights and ballet slippers of any color.



Creative Movement/Primary Ballet

Ages 4—6 4:00—4:45

Creative movement with an increased focus on fundamental ballet steps. Girls should wear leotard, tights and ballet slippers of any color.

Ballet A—

Ages 6—7 5:30—6:15

Basic ballet terminology and movements presented in an age appropriate way. A fun way to start building correct technique. Girls should wear light pink leotard, pink tights, pink ballet slippers, hair pulled back.

Ballet B—

Ages 8—10 3:15—4:00

This class is for the advancing younger student or a place for the older student to get started. Girls should wear light powder blue leotard, pink tights, pink ballet slippers, hair pulled back.

Ballet C/D—

Ages 10+ 7:00—7:45

A study of classical ballet for the advancing student. Girls should wear black leotard, pink tights, pink ballet slippers, hair pulled back.

Pointe—

by teacher approval 7:45—8:15

The study of pointe work.

Tap A—

Ages 5—7 4:45—5:30

This class introduces basic tap steps, rhythm and coordination. Black tap shoes required. Girls are not required to wear leotard and tights for classes. They may wear leggings or other easy to move in clothing. Many students take tap and ballet so they may wear their ballet leotard.



Tap B—

Ages 8+ 6:15—7:00

This class builds upon the introduction to tap with the addition of more challenging steps.

New York City Ballet Workout/Adult Ballet

Adults/Older Teens 1:30—2:25 or 8:15—9:10

Ballet techniques thoroughly explained and practiced in a warm supportive environment. If you have always wanted to learn ballet and benefit from the poise, coordination and posture that is developed, this is the class for you. Come enjoy the movement and the workout. Attire of your choice.

Boys Attire:

Creative Movement, Ballet and Tap—Clothes they can move comfortably in and black ballet slippers or black tap shoes.

Ballet A, B and C/D—White t-shirt, black sweatpants or tights, white socks and black ballet slippers.

Resident Fee: \$120 / Non-Resident \$150

Additional Fee for longer Cycle IV

Cycle I

September 13, 20, 27; October 4, 18, 25;
November 1, 8

Cycle II

November 15, 22, 29; December 6, 13, 20;
January 3, 10

Cycle III

January 24, 31; February 7, 14, 28;
March 7, 14, 21

Cycle IV

March 28; April 11, 18, 25; May 2, 9, 16, 23;
June 6, 13, 14

Gymnastics / Tennis

Beginner Gymnastics

Boys and Girls—Ages 4—10

Instructor: Beth Savas

US Gymnastics Safety and Preschool Certified

Resident Fee: (2 classes per week) \$190

Non-Resident: (2 classes per week) \$230

Resident Fee: (1 class per week) \$95

Non-Resident: (1 class per week) \$115

Site: Cresskill Community Center

Recreational Gymnastics

Mondays and Fridays

4—5 year olds 3:30—4:30 pm

5—6 year olds 4:30—5:30 pm

6—7 year olds 5:30—6:30 pm

8—10 year olds 6:30—7:30 pm

Recreational Gymnastics

Saturdays

4—5 year olds 11:15—12:15 pm

5—6 year olds—12:15—1:15 pm

This fun and rewarding program gives the child an opportunity to obtain basic coordination and skills as a foundation for learning not only more advanced gymnastics but also any sport.

Parent/Toddler Gymnastics

Tuesdays, Fridays, Saturdays

18 mos—2-1/2 years 9:30—10:15 am

2-1/2—3-1/2 years 10:30—11:15 am

This musically accented class offers your toddler a stimulating movement program. Created not only to give your child a jump start in physical fitness and coordination, but also provides an introduction to taking turns and interacting with other children. Your child will roll, swing, climb and jump their way towards improved fine and gross motor skills, gaining a foundation for learning not only more advanced gymnastics but also any sport. **A parent must be present at all times.**

Cycle I - Mondays

9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8

Cycle I—Tuesdays

9/14, 9/21, 9/28, 10/5, 5/12, 5/19, 5/26, 11/2

Cycle I—Fridays

9/10, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/12

Cycle I—Saturdays

9/11, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/13



Instructional Tennis

Boys and Girls - Grades 1 and up

Instructor: Barry Ruback

Site: 3rd Street Tennis Courts

Resident Fee: \$135 / Non-Resident Fee: \$160

Mondays

9/13, 9/20, 9/27, 10/4, 10/11, 10/18

Thursdays

9/16, 9/23, 9/30, 10/4, 10/14, 10/21

Grades 1—2 3:30—4:30

Grades 3—4 4:30—5:30

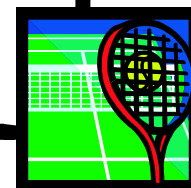
Grades 5—6 5:30—6:30

Grades 7 and Up 6:30—7:30

Adults 7:30—8:30

This program offers instruction for the beginner through the advanced player. Each class offers a small instructor-to-student ratio. Rackets will be supplied during the lessons. Emphasis will be placed on fundamentals, exercise and fun. All rain dates will be made up. Barry Ruback, world ranked tennis professional and five-time United States Professional Tennis Association Eastern Male Player of the Year, and his professional staff will provide the instructions.

Limited to the first 15 per class.



FALL AFTER SCHOOL PROGRAMS

Kids 'n Cameras

Boys and Girls in Grades 2–5

Resident Fee: \$140 / Non-Resident Fee: \$175

Instructor: The Hobby Quest

Site: Cresskill Community Center

Mondays

9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8

3:30–4:30

This fun, interactive, hands-on course of digital photography will stimulate your imagination and teach you new and exciting ways to look at the world through a camera lens. You will get to build your own old-fashioned film camera. Each child will have a camera to use in class and will include indoor and outdoor activities. The students will building their own portfolios and display a gallery at the end.

Guitar Lessons

Boys and Girls Ages 8–11

Resident Fee: \$110 / Non-Resident Fee: \$145

Instructor: John Chamley

Mondays

9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8

Ages 8–9 6:00–7:00 pm

Ages 10–11 7:00–8:00 pm

John Chamley took guitar lessons from well-known guitar book author and educator John Gavall, and has played electric guitar professionally with several cover bands in the UK. He has taught guitar locally for nine years (www.guitar-lessons.us) and founded NJ Electric Guitar Group (www.njegg.org) teaching kids to perform for community and charity events in Clifton, NJ.

Model Airplane Building

Boys and Girls in Grades 1–6

Resident Fee \$140 / Non-Resident Fee \$175

Instructor: The Hobby Quest

Site: Cresskill Community Center

Tuesdays

9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26

Grades 1–2 3:30–4:30

Grades 3–6 4:30–5:30

Join us to build and fly real model airplanes and to explore the world of aviation. Every student will build from scratch and take home at least three or four different airplanes.

Kraffy Kids at Rec

Boys and Girls in Grades K–4

Resident Fee: \$70 / Non-Resident Fee: \$95

Instructor: Gina Glynn

Site: Cresskill Community Center

3:30–4:30

Thursdays—Cycle I

9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/11

Thursdays—Cycle II

11/18, 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27

Have a fantastic time making all kinds of fun seasonal crafts to decorate your home yourself. Use your wildest imagination working with paint, clay, beads and so much more. All supplies are provided.

Joe Fischer Secrets of Magic

Boys and Girls in Grades K–6

Resident Fee: \$100 / Non-Resident Fee: \$135

Instructor: Joe Fischer

Thursdays—7:00–8:00 pm

9/16, 9/23, 9/30, 10/7, 10/14, 10/21

A rare behind the scenes look at how magicians do their tricks. Every child receives his/her own bag of tracks each week. Kids love magic and this is a great opportunity for them.

Chess

Boys and Girls in Grades 2–5

Resident Fee: \$110 / Non-Resident Fee: \$145

Instructor: Izmail Kogan

Site: Cresskill Community Center

3:30–4:30

Fridays—Cycle I

9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Fridays—Cycle II

11/12, 11/19, 12/3, 12/10, 12/17, 1/7, 1/14, 1/21

Chess is an outlet for competitive urges, has a heritage dating back hundreds of years and is unrivalled in its breadth and depth.



Playmaker All Stars

Playmaker All Stars—Grades K—2 12 Sessions—45-minute classes

Cubs (2—3 years old)

Experience a world full of fun sports, games and activities where your child's imagination can run wild! Class introduces your son/daughter to the basics of soccer, t-ball, basketball and hockey along with playing with hoops and scooters. **Parent attendance is mandatory and participation is encouraged.**

Tuesday 10:00-10:45 am ~ 11:00-11:45 am
Thursday 10:00-10:45 am ~ 11:00-11:45 am

Rookies (3—4 years old)

This drop-off class begins to focus on the basics of team sports. Each week we will teach the various sports-related moves (kicking a soccer ball, scoring a goal) where we place emphasis on fun and sportsmanship. Each class is structured to lead the children in individual and group instruction. Class is concluded with a fun and non-competitive game that utilizes the skills they learned in class.

Monday 12:15-1:00pm ~ 1:15-2:00 pm
Tuesday 12:15-1:00pm ~ 1:15-2:00 pm
Wednesday 12:15-1:00pm ~ 1:15-2:00 pm
Thursday 12:15-1:00pm ~ 1:15-2:00 pm

Juniors (4—5 years old)

This 45-minute drop-off class continues to teach the basic skills of individual and team sports using age appropriate drills. The coaches break down the various sports (soccer, baseball, hockey) with a balance of learning and fun.

Monday 2:30-3:15 pm
Tuesday 2:30-3:15 pm
Wednesday 2:30-3:15 pm
Thursday 2:30-3:15 pm

Playmaker All Starts Ages 2—5 45-minute classes

Resident Fee/Non-Resident Fee: \$300

Playmaker All Starts Ages 2—5 45-minute classes

Resident Fee/Non-Resident Fee: \$300

Mondays

9/13, 9/20, 9/27, 10/4, 10/25
11/1, 11/8, 11/15, 11/22, 11/29, 12/7

Tuesdays

9/14, 9/21, 9/28, 10/5, 10/12, 10/19,
10/26, 11/2, 11/9, 1/16, 11/23, 11/30

Wednesday

9/15, 9/22, 9/29, 10/6, 10/13, 10/20,
10/27, 11/3, 11/10, 11/17, 12/1, 12/8

Thursdays

9/16, 9/23, 9/30, 10/7, 10/14, 10/21
10/25, 11/11, 11/18, 12/2, 12/9, 12/16

Playmaker All Stars—Grades K—2 12 Sessions—60-minute classes

Pros (Kindergarten)

The Pros program is a 60-minute drop off class where we start to focus on a single sport for two weeks at a time to reinforce the lessons learned. Each class starts with a fun warm up and then moves into drills and non-competitive game play. **Emphasis is placed on trying one's hardest and working together to accomplish a team goal.**

Monday 3:30-4:30 pm
Wednesday 3:30-4:30 pm

All-Stars (Grades 1 & 2)

This 60-minute program is specifically designed for those who want exposure to various individual and team sports. This class also teaches how to be gracious in defeat and honorable during a victory. Hockey, soccer, basketball, kickball, Capture the Flag and baseball will be taught in a fun and non-competitive environment.

Monday 3:30-4:30 pm ~ 4:30—5:30 pm
Wednesday 3:30-4:30 pm ~ 4:30—5:30 pm

Playmaker Basketball (Grades 1 & 2)

This 60-minute drop-off class will help players learn to love the sport of basketball while developing basic skills to build their game. The focus is on team, dribbling with both hands, the jump stop move and the basic of shooting a lay-up. Additionally passing and man-to-man defense is broken down.

Monday 4:30-5:30 pm
Wednesday 4:30-5:30 pm

Adult Programs

New York City Ballet Workout/ Adult Ballet

Older Teens—Adult

Resident Fee: \$120 / Non-Resident Fee: \$150

Additional Fee for longer Cycle IV

Instructor: Lyn Zeleny
(see bio on Page 3)

Site: Cresskill Community Center

Mondays

1:30—2:25 pm ~ or ~ 8:15—9:10 pm

Ballet techniques thoroughly explained and practiced in a warm supportive environment. If you have always wanted to learn ballet and benefit from the poise, coordination and posture that is developed, this is the class for you. Come enjoy the movement and the workout. Attire of your choice.

Cycle I

September 13, 20, 27; October 4, 18, 25;
November 1, 8

Cycle II

November 15, 22, 29; December 6, 13, 20;
January 3, 10

Cycle III

January 24, 31; February 7, 14, 28;
March 7, 14, 21

Cycle IV

March 28; April 11, 18, 25; May 2, 9, 16, 23;
June 6, 13, 14

Zumba with Wendy!

One Class Per Week

Resident Fee: \$100 / Non-Resident Fee: \$120

Two Classes Per Week

Resident Fee: \$180 / Non-Resident Fee: \$216

Drop in Class
\$20

Instructor: Wendy Tilp

Site: Cresskill Community Center

Zumba combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. Zumba is not only great for the body, but also great for the mind. Reduce stress, increase energy, burn fat, lose weight, build endurance, tone muscle, strengthen your heart, and gain confidence—all with a smile on your face!

Cycle I—Tuesdays

9:00—10:00 am

9/14, 9/21, 9/28, 10/5
10/12, 10/19, 10/26, 11/2

Cycle I—Thursdays

9:15—10:15 am

9/16, 9/23, 9/30, 10/7
10/14, 10/21, 10/28, 11/11

Instructional Tennis

Instructor: Barry Ruback

Site: 3rd Street Tennis Courts

Resident Fee: \$135 / Non-Resident Fee: \$160

Mondays

9/13, 9/20, 9/27, 10/4, 10/11, 10/18

Thursdays

9/16, 9/23, 9/30, 10/4, 10/14, 10/21

Adults 7:30—8:30 pm

This program offers instruction for the beginner through the advanced player. Each class offers a small instructor-to-student ratio. Rackets will be supplied during the lessons. Emphasis will be placed on fundamentals, exercise and fun. All rain dates will be made up. Barry Ruback, world ranked tennis professional and five-time United States Professional Tennis Association Eastern Male Player of the Year, and his professional staff will provide the instructions.

Limited to the first 15 per class.

Adult Basketball

Resident Fee: \$35 / Non-Resident Fee: \$60

Guest Fee: \$10 per session

Thursdays—7:00—9:00 pm

9/9, 9/16, 9/23, 9/30, 10/7, 10/14
10/21, 10/28, 11/4, 11/11

Sundays 10:00 am—Noon

9/12, 9/19, 9/26, 10/3, 10/10, 10/17
10/24, 10/31, 11/7, 11/14

American Self Defense and Fitness

American Self Defense and Fitness Center

Tae Kwon Do for Kids (Ages 7—and up)

Arm your child with confidence! Martial Arts can create an impressive change in your child's behavior. Our program teaches respect, focus, concentration and the power of positive mental attitude. Best of all our professional instructors make it fun.

Resident Fee \$159 / Non-Resident Fee \$199
16 sessions—Uniform included

Monday 4:45—5:45 pm
Wednesday 5:00—6:00 pm

Little Ninjas (Ages 4—6)

Pre-schoolers love tae kwon do! Our Little Ninjas program has been carefully developed for children, age 3 and 4 to introduce and reinforce important life lessons you want them to learn. We start with fun, promote teamwork and friendship, and then help the students create a strong individuality and positive self-esteem necessary to succeed in life. Designed by a certified educator and an experienced martial artist, our unique lesson plans will provide each child with interactive learning experiences and individual attention that assures personal development. So enroll your child today and help them prepare them for life!

Resident Fee \$139 / Non-Resident Fee \$169
8 sessions—Uniform included

Mondays 4:00 - 4:45 pm

Easy Defense for Kids (Ages 6—11)

Bully proof your child! Self-defense starts with awareness, preparation and prevention. We teach a comprehensive self-defense course that can arm your child with the tools they need to keep themselves safe. As a parent, it's scary thinking about what can happen to our kids when we aren't around. We can't be with them twenty four hours a day to protect them. Luckily, we can teach them about

the dangers of strangers and what to do if they are approached by a bully, just as we teach them what to do in case of a fire or other emergency. Being prepared is essential, and will help give your child confidence and you, peace of mind. EZ Defense For Kids Will Cover: Safety Tips, Interactive Role Playing, Scenario Basic Escape Strategies and Bully Prevention Strategies.

Resident Fee \$99 / Non-Resident Fee \$129
8 sessions—T-Shirt included

Wednesdays 4:00 - 5:00 pm

Self Defense For Teens (Ages 12-15)

How safe is your teenager!! Self-defense starts with awareness, preparation and prevention. We teach a comprehensive self-defense course that can arm Teenagers with the tools they need to keep themselves safe. When it comes to self-defense you never want to think, "It will not happen to us." Instead, you say, "I hope it never happens, but if it does I know my teenager knows what to do." Let us help your teenager be prepared and safe. Limited Space Available, Register Today.

Resident Fee \$99 / Non-Resident Fee \$129
8 sessions—T-Shirt included

Wednesdays 6:00pm - 7:00 pm

Self Defense For Teens (Ages 12-15)

How safe is your teenager!! Self-defense starts with awareness, preparation and prevention. We teach a comprehensive self-defense course that can arm Teenagers with the tools they need to keep themselves safe. When it comes to self-defense you never want to think, "It will not happen to us." Instead, you say, "I hope it never happens, but if it does I know my teenager knows what to do." Let us help your teenager be prepared and safe. Limited Space Available.

Resident Fee \$99 / Non-Resident Fee \$129
8 sessions—T-Shirt included

Wednesdays 6:00 - 7:00 pm

ASDFC Lean Fit Kid (7-12)

Lean Fit Kid is completely structured, with exciting activities for developing children's strength, flexibility, speed and agility while enhancing weight loss building self-esteem & confidence. Also learn about traffic light eating as well as healthy fun snacks.

Resident Fee \$99 / Non-Resident Fee \$129
8 sessions—T-Shirt included

Mondays 5:45—6:45 pm

Adult Fitness

Adult Body Sculpt / Killer Abs

Mondays 7:00 - 8:00 pm

Cardio Kickboxing

Wednesdays 7:00 - 8:00 pm

Resident Fee \$99 / Non-Resident Fee \$129

Monday Cycle I

9/13, 9/20, 9/27, 10/4, 10/18, 10/25

11/1, 11/8,

Cycle II

11/15, 11/22, 11/29

12/6, 12/13, 12/20, 1/3, 1/10

Wednesday Cycle I

9/15, 9/22, 9/29, 10/6, 10/13, 10/20

10/27, 11/3,

Cycle II

Cycle II 11/10, 11/17, 12/1, 12/8

12/15, 12/22, 1/5, 1/12

Programs

Adult Golf

Instructor: Dennis Consalvo, Golf Pro

Site: Rockleigh County Golf Course

Resident Fee: \$70—5 sessions

Saturdays—10:00—11:00 am

9/11, 9/18, 9/25, 10/2, 10/9

Equipment will be provided, if needed.
Limited to the first 20 golfers.



Adult Hatha Yoga

Resident Fee: \$110 / Non-Resident Fee: \$145

Site: Cresskill Community Center

Instructor: Martin Bland

Wednesdays—7:00—8:15 pm

Cycle I

September 15, 22, 29; October 6, 13, 20;
November 3, 10

Hatha Yoga consists of uninterrupted 40-minute daily routine, a relaxation segment and additional exercises for the more advanced

Cycle II

November 17, 24; December 1, 8, 15, 22, 29
January 5

CPR Class

Ages 7—10

Tuesday, September 14

Resident Fee: \$7

Instructor—Henry McDonald
Cresskill First Aid Squad

First Aide Class

Ages 7—10

Tuesday, September 28

Resident Fee: \$7

Instructor—Henry McDonald
Cresskill First Aid Squad

Baby Sitting First Aide Class

Ages 13—and up

Tuesday, October 5

Resident Fee: \$7

Instructor—Henry McDonald
Cresskill First Aid Squad