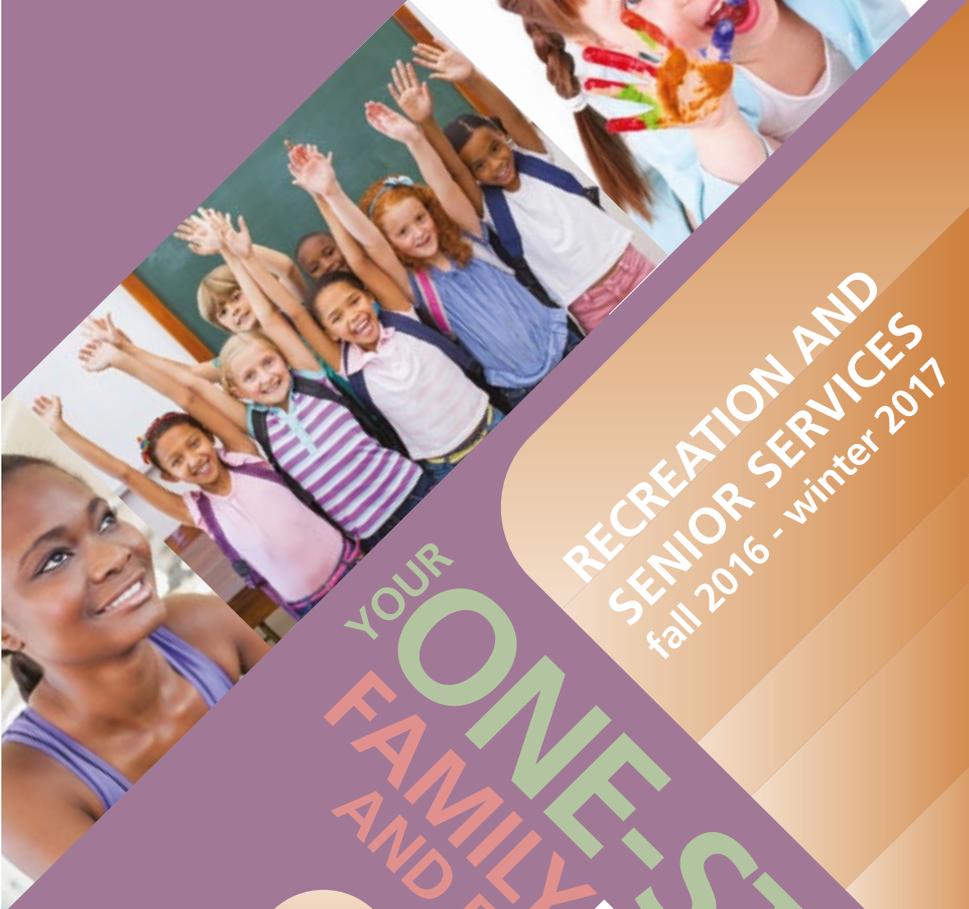




THE city of rahway

MAYOR SAMSON D. STEINMAN



RECREATION AND
SENIOR SERVICES
fall 2016 - winter 2017

YOUR
ONE-STOP
FAMILY FITNESS
AND FUN PLACE

RAHWAY



RECREATION

3 City Hall Plaza
Rahway, NJ 07065

(732) 669-3600

www.cityofrahway.com

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early
childhood
AND
youth

adult
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Funtime Sports – Ages 3 - 5

Children will learn the basics of soccer, basketball and t-ball while developing eye-hand coordination and gross motor skills in this high energy class.

\$25 Residents/\$35 Non Residents **Instructor: Sandy**

Meets Mondays September 19 - February 27

17 weeks 10:00 am - 10:45 am

Note: No class Oct 3 & 10, Dec 19 & 26, Jan 2 & 16, Feb 20

Yoga by Myself – Ages 3 - 5

Together let your imagination soar while hearing a story, practicing simple yoga poses, and possibly a bit of art. Connect with your little one!

\$35 Residents/\$45 Non Residents **Instructor: Jennifer**

Meets Tuesdays September 20 - February 28

21 weeks 10:15 am - 11:00 am

Note: No class Nov 8, Dec 20 & 27

Toddler, Tunes & Tutu's – Ages 2 1/2 - 4

Imagination, music, dance, instruments, leaping and joy! A stress free environment for your toddler to become aware of their bodies through movement!

\$35 Residents/\$45 Non Residents **Instructor: Jennifer**

Meets Tuesdays September 20 - February 28

21 weeks 11:30 am - 12:15 pm

Note: No class Nov 8, Dec 20 & 27

Fitness Fun – Ages 3 - 5

#1 Cardiokickboxing party! Your children will get strong and feel great while having fun. High intensity workout to keep the children healthy and fit.

\$35 Residents/\$45 Non Residents **Instructor: Jennifer**

Meets Tuesdays September 20 - February 28

21 weeks 12:30 pm - 1:15 pm

Note: No class Nov 8, Dec 20 & 27

Yoga Kids – Ages 6 - 10

This class combines dancing, kickboxing and active body movement to upbeat music. Help your children get healthy and fit, while having fun!

\$35 Residents/\$45 Non Residents **Instructor: Jennifer**

Meets Tuesdays September 20 - February 28

21 weeks 3:15 pm - 4:15 pm

Note: No class Nov 8, Dec 20 & 27

early
childhood
AND
youth

All Early
Childhood
and Youth
programs
meet at the
Rahway
Recreation
Center unless
otherwise
indicated.

Turbo Kickin Kids – Ages 6 - 11

Your children will get strong and feel great while having fun. High intensity workout to keep the children healthy and fit.

\$35 Residents/\$45 Non Residents **Instructor: Jennifer**

Meets Wednesdays September 21 - March 1

21 weeks 3:15 pm - 4:00 pm

Note: No class Nov 23, Dec 21 & 28

Funtime Sports – Ages 3 - 5

Children will learn the basics of soccer, basketball and t-ball while developing eye-hand coordination and gross motor skills in this high energy class.

\$25 Residents/\$25 Non Residents **Instructor: Sandy**

Meets Thursdays September 22 - March 2

21 weeks 10:00 am - 10:45 am

Note: No class Nov 24, Dec 22 & 29

Youth Arts & Crafts – Ages 5 - 9

Children will learn basics of arts and crafts while doing simple projects.

\$25 Residents/\$35 Non Residents **Instructor: Sandy**

Meets Thursdays September 22 - March 2

21 weeks 3:15 pm - 4:00 pm

Note: No class Nov 24, Dec 22 & 29

Arts & Crafts – Ages 3 - 5 (Thursdays)

Children will learn basics of arts and crafts while doing simple projects.

\$25 Residents/\$35 Non Residents **Instructor: Sandy**

Meets Thursdays September 22 - March 2

21 weeks 6:00 pm - 6:45 pm

Note: No class Nov 24, Dec 22 & 29

Arts & Crafts – Ages 3 - 5 (Fridays)

Children will learn basics of arts and crafts while doing simple projects.

\$25 Residents/\$35 Non Residents **Instructor: Sandy**

Meets Fridays September 23 - March 3

20 weeks 12:00 pm - 12:45 pm

Note: No class Nov 11 & 25, Dec 23 & 30



All Early
Childhood
and Youth
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Recreation
Center unless
otherwise
indicated.



QuickStart Tennis – Ages 5 - 7

The official format for youth tennis in America today, this USTA program gets kids playing from the very first lesson!

Location -Borzinec Park Tennis Courts (weather permitting)

\$30 Residents/\$40 Non Residents **Instructor: Emmanuel**

Meets Saturdays
8 weeks

September 24 - November 12
9:15 am - 10:15 am

QuickStart Tennis – Ages 8 - 11

The official format for youth tennis in America today, this USTA program gets kids playing from the very first lesson!

Location -Borzinec Park Tennis Courts (weather permitting)

\$30 Residents/\$40 Non Residents **Instructor: Emmanuel**

Meets Saturdays
8 weeks

September 24 - November 12
10:30 am - 11:30 am

Mixed Age Advanced Tennis – Ages 8 - 11

Requires instructor referral. Register in person at the Recreation Center only.

Location -Borzinec Park Tennis Courts (weather permitting)

\$30 Residents/\$40 Non Residents **Instructor: Emmanuel**

Meets Saturdays
8 weeks

September 24 - November 12
11:45 am - 12:45 pm

Debutante & Knights Twirl Team – Ages 4 - 9 (Boys and Girls)

Twirling team is a group performance sport that builds strength, flexibility, and stamina. Opportunities to work on individual and duet twirling skills will be included. The teams perform in competition and community events.

\$50 Residents/\$60 Non Residents

Meets Fridays
Ages 4 - 6
Ages 7 - 9

October 7 - May 19
5:15 pm - 6:30 pm
6:00 pm - 7:15 pm

Note: No class Nov 11 & 25, Dec 23 & 30, April 14

early
childhood
AND
youth

All classes
meet at the
Rahway
Recreation
Center
unless
otherwise
indicated.

Debutante & Knights Twirl Team – Ages 10 and up (Boys and Girls)

Twirling team is a group performance sport that builds strength, flexibility, and stamina. Opportunities to work on individual and duet twirling skills will be included. The teams perform in competition and community events.

\$100 Residents/\$110 Non Residents

Meets Fridays October 7 - May 19

Ages 10 and up 6:45pm - 8:30 pm

Note: No class Nov 11 & 25, Dec 23 & 30, April 14

Rahway Recreation Wrestling – Grades K - 8

This program provides an environment that will compliment and enrich the overall quality of our children's wrestling experience and achieve the ongoing enhancement of the tradition of Rahway wrestling.

\$65 Residents

Weeknight practices November 7 - February 28

Competition days and locations vary

Healing Yourself through Yoga

Learn how to use ancient techniques and yoga to heal all aches and pains throughout the body, including insomnia.

\$60 Residents/\$70 Non Residents **Instructor: Tamara**

Meets Mondays October 31 - February 27

13 weeks 8:00 am - 9:00 am

Note: No class Dec 19 & 26, Jan 2 & 16, Feb 20

My Perfect Body

An incorporation of yoga, Pilates and ballet, plus MELT Method to strengthen the entire body and get rid of stiffness, irritation and aches.

\$60 Residents/\$70 Non Residents **Instructor: Tamara**

Meets Mondays October 31 - February 27

13 weeks 9:00 am - 10:00 am

Note: No class Dec 19 & 26, Jan 2 & 16, Feb 20

**adult
fitness
AND
wellness**

All classes meet at the Rahway Recreation Center unless otherwise indicated.



adult
fitness
AND
wellness

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otherwise
indicated.

Rhythm & Tone

Add a little rhythm to your workout with this fun, class that combines low impact aerobics and toning with a drum beat!

\$70 Residents/\$80 Non Residents **Instructor: Debbie**

Meets Mondays September 26 - February 27

17 weeks 10:15 am - 11:00 am

Note: No class Oct 10, Dec 19 & 26, Jan 2 & 16, Feb 20

Pilates on the Barre

An energizing and targeted workout, using the barre and exercise equipment to sculpt, slim, strengthen, tone and stretch the entire body with emphasis on the legs, glutes and core muscles.

\$65 Residents/\$75 Non Residents **Instructor: Stephanie**

Meets Mondays October 3 - February 27

15 weeks 6:00 pm - 7:00 pm

Note: No class Oct 10, Dec 12, 19 & 26, Jan 2 & 16, Feb 20

Zumba

Work up a sweat while dancing to upbeat latin dance music everyone loves!

\$65 Residents/\$75 Non Residents **Instructor: Stephanie**

Meets Mondays October 3 - February 27

15 weeks 7:00 pm - 8:00 pm

Note: No class Oct 10, Dec 12, 19 & 26, Jan 2 & 16, Feb 20

Yoga Flow

Hatha based Yoga. Breath and movement link, creating harmony and strength in body, mind and spirit.

\$75 Residents/\$85 Non Residents **Instructor: Jennifer**

Meets Tuesdays September 20 - February 28

21 weeks 9:00 am - 10:00 am

Note: No class Nov 8, Dec 20 & 27

Step Aerobics & Toning

Burn calories and fat, reduce stress while you strengthen and tone muscles.

\$75 Residents/\$85 Non Residents **Instructor: Debbie**

Meets Tuesdays September 20 - February 28

21 weeks 10:15 am - 11:00 am

Note: No class Nov 8, Dec 20 & 27

Kickboxing

Raise your heart rate as you sculpt your body with pilates on the mat.

\$75 Residents/\$85 Non Residents **Instructor: Mary**

Meets Tuesdays

September 20 - February 28

21 weeks

5:45 pm - 6:45 pm

Note: No class Nov 8, Dec 20 & 27

Pilates

Work up a serious sweat while gaining muscle tone, flexibility and confidence!

\$75 Residents/\$85 Non Residents **Instructor: Mary**

Meets Tuesdays

September 20 - February 28

21 weeks

6:45 pm - 7:45 pm

Note: No class Nov 8, Dec 20 & 27

Hatha Yoga

A yoga system of physical exercise and breathing control.

\$75 Residents/\$85 Non Residents **Instructor: Stacy**

Meets Wednesdays

September 21 - March 1

22 weeks

9:00 am - 10:30 am

Note: No class Dec 21 & 28

Indoor Cycling (Evening)

Burn calories by taking the ride of your life without leaving Rahway!
Bring a water bottle and towel.

\$75 Residents/\$85 Non Residents **Instructor: Tara**

Meets Wednesdays

September 21 - March 1

21 weeks

4:30 pm - 5:30 pm

Note: No class Nov 23, Dec 21 & 28

Cardio Body Sculpting

A total body workout combining aerobic and resistance exercise.

\$75 Residents/\$85 Non Residents **Instructor: Tara**

Meets Wednesdays

September 21 - March 1

21 weeks

5:45 pm - 6:45 pm

Note: No class Nov 23, Dec 21 & 28

All classes meet at the Rahway Recreation Center unless otherwise indicated.

Indoor Cycling (Morning)

Burn calories by taking the ride of your life without leaving Rahway!
Bring a water bottle and towel.

\$70 Residents/\$80 Non Residents **Instructor: Stephanie**

Meets Fridays October 7 - March 3

21 weeks 8:00 am - 8:50 am

Note: No class Nov 11 & 25, Dec 16, 23 & 30

Can't decide? Try a FlexPass! Mix and match up to 20 individual Adult Fitness and Wellness classes of your choice during the Fall/Winter session (space permitting).

\$75 Purchase in person at the Rahway Recreation Center.

Beginner Tennis (Session 1 - Mondays)

Location -Berzinec Park Tennis Courts.

\$40 Residents/\$50 Non Residents **Instructor: Emmanuel**

Meets Mondays September 19 - November 7

8 weeks 7:00 pm - 8:00 pm

Intermediate Tennis (Session 1)

Location -Berzinec Park Tennis Courts.

\$90 Residents/\$100 Non Residents **Instructor: Emmanuel**

Meets Tuesdays September 20 - November 8

8 weeks 7:00 pm - 9:00 pm

Advanced Tennis (Session 1)

Location -Berzinec Park Tennis Courts.

\$90 Residents/\$100 Non Residents **Instructor: Emmanuel**

Meets Thursdays September 22 - November 10

8 weeks 7:00 pm - 9:00 pm

Beginner Tennis (Session 1 -Saturdays)

Location -Berzinec Park Tennis Courts.

\$40 Residents/\$50 Non Residents **Instructor: Emmanuel**

Meets Saturdays September 24 - November 12

8 weeks 1:00 pm - 2:00 pm

adult
tennis

All classes
meet at the
Rahway
Recreation
Center
unless
otherwise
indicated.

Seniors, Please Note:

- Registration will start Tuesday, September 6, 2016 at 9:00am for Rahway residents 62+ and Thursday, September 8, 2016 for non-residents and seniors under the age of 62.
- Classes are \$5 for Rahway seniors 62 and older unless otherwise indicated.
- You can register at the Rahway Senior Center, Rahway Recreation Center or online at www.cityofrahway.com
- All senior classes will be held at the Rahway Senior Center, 1306 Esterbrook Avenue unless otherwise indicated.
- **NO CLASSES WILL BE HELD BETWEEN DEC 19, 2016 - JAN 2, 2017.**

Walk & Tone

This class will gradually build up to a one mile walk and includes strength training.

\$25 Residents/\$35 Non Residents

Instructor: Debbie

Meets Mondays

September 26 - February 27

17 weeks

9:00 am - 9:45 am

Note: No class Oct 10, Jan 16, Feb 20

Intro To Line Dancing

Four classes for people who want to learn basic dance steps such as grapevines, shuffles, kick ball change and pivot turns.

FREE

Instructor: Sari

Meets Mondays and Fridays

September 12, 16, 19 & 23

2 weeks

10:00 am - 11:00 am

Location: Rahway Recreation Center #115

Line Dancing

This dance class is fun, social, a good form of exercise and you don't need a partner.

\$35 Residents/\$45 Non Residents

Instructor: Sari

Meets Mondays and Fridays

September 26 - March 3

21 weeks

10:00 am - 11:00 am

Note: No class Oct 10, Nov 11 & 25, Jan 16, Feb 20

senior
fitness
AND
dance

All Senior
Fitness and
Arts
programs
meet at the
Rahway
Senior
Center
unless
otherwise
indicated.



senior
arts, crafts
AND
social

All Senior
Fitness and
Arts
programs
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Drawing

Learn basic principles of line, value, texture and other elements and techniques taught through short exercises and projects.

\$40 Residents/\$50 Non Residents **Instructor: Laura**

Meets Tuesdays September 27 - February 28
20 weeks 11:00 am - 12:30 pm

Note: No class Nov 8

Cross Stitch

Work on different projects while learning needlework skills from beginner to advanced.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Sharon**

Meets Tuesdays September 27 - February 28
20 weeks 10:00 am - 11:00 am

Note: No class Nov 8

Latch Hook

Learn how to latch hook a pillow or wall hanging in this easy to learn craft class.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Sharon**

Meets Tuesdays September 27 - February 28
20 weeks 11:15 am - 12:45 pm

Note: No class Nov 8

Charcoal & Various Mediums

We will explore the elements of art through the use of charcoal and pastels. A portion of the semester will be devoted to 3D works of art.

\$40 Residents/\$50 Non Residents **Instructor: Laura**

Meets Tuesdays September 27 - February 28
20 weeks 12:45 pm - 2:15 pm

Note: No class Nov 8

Creative Crafts

In this class you will have a hands-on art and crafts experience with a variety of different projects.

\$25 Residents/\$35 Non Residents **Instructor: Sandy**

Meets Wednesdays September 28 - March 1

20 weeks 10:00 am - 11:00 am

Note: No class Nov 23

Acrylic Painting

Explore the fundamentals of painting, color and design. All levels of experience and abilities are welcome. Beginners are encouraged to join.

\$40 Residents/\$50 Non Residents **Instructor: Laura**

Meets Wednesdays September 28 - March 1

20 weeks 1:00 pm - 2:30 pm

Note: No class Nov 23

Garden Club

This fun, informal class will work outside on a garden during the Spring and Fall and meet in the winter to swap garden ideas and recipes.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Sharon**

Meets Thursdays September 29 - March 2

20 weeks 9:00 am - 10:00 am

Note: No class Nov 24

Crochet

If you are a beginner learn the basic building blocks of crochet or build on the skills you already have. Share and learn new stitches and patterns.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Sharon**

Meets Thursdays September 29 - March 2

20 weeks 10:15 am - 11:45 am

Note: No class Nov 24

All Senior
Fitness and
Arts
programs
meet at the
Rahway
Senior
Center
unless
otherwise
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All Senior
Fitness and
Arts
programs
meet at the
Rahway
Senior
Center
unless
otherwise
indicated.

senior
arts, crafts
AND
social

Quilting

Work on your own project at your own pace with guidance along the way. This class is for the beginner to advanced quilter.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Sharon**

Meets Thursdays

September 29 - March 2

20 weeks

12:00 pm - 1:30 pm

Note: No class Nov 24

Oil Painting

Explore the creative aspects of painting with oils. Learn about color, composition and brushwork while expressing your personal style.

\$40 Residents/\$50 Non Residents **Instructor: Janice**

Meets Thursdays

September 29 - March 2

20 weeks

1:00 pm - 2:30 pm

Note: No class Nov 24

Memoir Writing

Everyone has a story tell to tell. Write short memoirs and share with the class. This class will help you get your memories into words.

Location -Rahway Senior Annex

\$25 Residents/\$35 Non Residents **Instructor: Mary**

Meets Fridays

September 30 - March 3

17 weeks

10:00 pm - 11:30 pm

Note: No class Oct 28, Nov 11 & 25, Dec 16

Cultural Dolls & Recycling Crafts

Use materials that have outlived their purpose to create your own one of a kind dolls.

\$25 Residents/\$35 Non Residents **Instructor: Thelma**

Meets Fridays

September 30 - March 3

17 weeks

12:30 pm - 2:00 pm

Note: No class Oct 28, Nov 11 & 25, Dec 16

REGISTRATION INFORMATION.

The registration period for Recreation programs begins Monday, August 29 , 2016 at 9:00 am. You may register in person at the Recreation Center Monday through Friday from 8:30 am to 4:00 pm and Thursday evenings from 6 pm to 8 pm. Registration fees are payable by check, money order or credit/debit card only. You may also register online with Visa/Mastercard at www.cityofrahway.com through **September 16, 2016**. Registration is accepted on a first-come, first-serve basis. Telephone and/or fax registrations are not accepted under any circumstances.

Individuals of all ages may participate in **Senior Services** programs. Rahway residents who are age 62 and older may register beginning at 9:00 am on Tuesday, September 6 , 2016. Residents under the age of 62 and those who live out of town may register beginning Thursday, September 8, 2016. Those under the age of 62 and out of town residents pay the fully advertised price, while Rahway Seniors pay only \$5 each for most programs. Classes held twice a week, such as Line Dancing, Exercise and Tai Chi, will only require one payment of \$5.00 for Rahway Seniors.

RECREATION CENTER INFORMATION AND POLICIES. PROGRAMS, DATES AND FEES ARE SUBJECT TO CHANGE.

Pursuant to local ordinance, fees are charged for registration in Recreation programs. Fees are based on the operating costs of the program. The use of fees allows those who benefit directly from a program to help pay for that program's cost.

NOTE: FEES ARE BASED ON 15 CLASSES PER SESSION. IF AT LEAST 15 CLASSES PER SESSION ARE HELD, MISSED CLASSES MAY NOT BE MADE UP.

Most programs are open to both Rahway residents and non-residents and proof of residency (driver's license, tax bill, utility bill or lease with a Rahway address) may be required. This may include children of Rahway taxpayers or those who receive regular daily care from a relative who is a Rahway resident. If enrollment is premised upon regular daily care of a child by a relative who is a Rahway resident, a sworn statement affirming the relationship and care arrangement from the parent or guardian of the child enrolled may be required.

Rahway residents who are 62 or older on the date of registration may enroll in any program for a fee of \$5 per session. Non-residents senior citizens must pay the published non-resident program fee. Participants must meet the required age or grade level as specified in the program description at the time of registration. When registering your child for the first time for any program, a copy of the birth certificate may be required.

Any person found participating in a program in which he or she has not been properly registered will be ejected from the activity. Falsification of information is grounds for removal from the program without reimbursement of the fee.

INSURANCE

The City of Rahway does not provide primary or supplemental medical insurance coverage. Each program participant assumes responsibility for his or her own medical treatment if required.

CANCELLATIONS AND REFUNDS

All programs require a minimum enrollment. Full refunds will be issued in the event of program cancellation. Requests for refunds must be made in person at the Recreation office and will be granted for medical reasons only or due to extenuating circumstances as determined by the staff.

If the Rahway schools are closed for inclement weather, all children's day and evening classes may be canceled. Adult programs may also be canceled due to inclement weather or other causes which may affect the health, safety or welfare of the participants as determined by the staff. Whenever possible, participants will be notified of class cancellations by email and/or telephone. Cancellations and closures will also be posted on the Recreation Center and City of Rahway Facebook pages.

There is no membership fee for the Rahway Recreation Center, although select class fees may apply. The following information applies solely to the Rahway Fitness Center:

Fitness Center Membership is limited to Rahway residents only or those who own a business or work in Rahway. Fitness Center members may access the facility during posted hours of operation only.

HOURS: MONDAY – FRIDAY: 7AM - 9PM

SATURDAYS: 8AM - 1PM

Closed on Sundays and all legal holidays

FITNESS CENTER MEMBERSHIP FEES:

- **Ages 18 – 49*: \$100 per year**
- **Ages 50* and up: \$45 per year**

*By the date of enrollment. Proof of residency or employment is required. Register in person with check, money order or credit/debit card (VISA/MC).



For more Information please visit us online at
www.cityofrahway.com

RAHWAY
R
RECREATION

3 City Hall Plaza
Rahway, NJ 07065

(732) 669-3600

