

Weehawken Recreation

Fall 2016



Mayor Richard F. Turner

Township Council

Robert J. Sosa

Deputy Mayor /
Third Ward Councilman

Robert E. Zucconi

Councilman at Large

Carmela Silvestri-Ehret

First Ward Councilwoman

Rosemary J. Lavagnino

Second Ward Councilwoman

Township Manager

Giovanni D. Ahmad

Visit us online at: <http://weehawken-nj.us/recreation.html>

Table of Contents

Registration Dates and Information	2
Weehawken Day	3
Halloween Parade/Trunk or Treat	4
Soccer League	5
Archery for Adults	6
Ballroom Dancing	7
Adult Fitness	8
Toddler Tumbling	9
Gymnastics	10
Arts & Crafts	11
Basketball	12
Holiday Floral Design	14
Fun Fit Kids	15
Weight Room	16
Art Lessons	17
Senior Citizen Activities	18
Holiday Events	19
Pool & Fitness	20
Registration Form	21
Information	22

Recreation Programs For All Seasons!

Residents of all ages, from pre-school children through seniors, will be able to participate in a broad variety of classes and activities in every season. We also encourage you to register for the programs of your choice by attending our open registration night held at the Town Hall. Please read the program notes as some classes can be registered for by phone or email.

Despite reductions in state funding and corresponding municipal budget cuts, the Township and the Recreation Department are working hard to continue to offer the programs that are the most popular with our residents. Inside this booklet and on our website, you will find a listing of the programs offered this 2016 Fall season.

Weehawken continues to be a quality community where you can live, work and play.

Recreation Registration Information

Registration

Not all programs need to be registered in advance. Please use the Registration Form on page 21. Registration for workshops and programs will be open to all residents and are filled on a first-come, first-served basis. Many are in high demand so plan accordingly, but please remember program space is limited and some programs may not be available at a later date.

ALL PROGRAMS CAN BE REGISTERED IN PERSON OR BY EMAIL BY DOWNLOADING THE REGISTRATION FORM. THE RECREATION DEPT. IS CURRENTLY LOCATED INSIDE THE TOWER PLAZA MALL ACROSS FROM THE ACME SUPERMARKET AT 4100 PARK AVE. (NEXT TO SUPER CUTS).

For further information, please call the Recreation Department at 201.319.6061
Or email us at weehawkenrecreation@gmail.com



WEEHAWKEN DAY 2016

SAVE THE DATE!

Saturday, October 1, 2016*

12 pm - 6 pm

Raindate: Sunday, October 2, 2016, 1pm-6pm



Join us for a fun-filled community wide celebration!

More information coming soon!

Weehawken Recreation

HALLOWEEN PARADE

and

Trunk or Treat

SATURDAY, OCTOBER 29, 2016

2:00 PM ~

WEEHAWKEN WATERFRONT PARK

REGISTRATION REQUIRED!

call 201-319-6061 or email weehawkenrecreation@gmail.com

Treats provided by Township departments
and civic groups!

Weehawken Residents Only! ~ Ages 1 - 12

Weehawken Recreation

SOCCER LEAGUE

Registration required!

Boys & Girls

Ages 5-6 ~ 7-8 ~ 9-10 ~ 11-13

Beginning September 17 through November 12

9 am to 12 noon unless otherwise noted

Weehawken Waterfront Park Soccer Field

Child must be age 5 by October 1, 2016

Birth Certificate and proof of residency required at registration

All participants must wear proper footwear – Shin guards are mandatory!

Register on Wednesday, September 14

from 6pm to 8pm

@ the Senior Nutrition Center –

203 Highwood Avenue



Archery for Adults

NEW CLASS!

\$40

Roosevelt School – 7:00 pm – 8:30 pm

Tuesdays, beginning September 27



6 weeks of adult lessons with a certified instructor

No experience necessary!

REGISTRATION REQUIRED! ~ CLASS SIZE IS LIMITED!

WEEHAWKEN RESIDENTS ONLY

BALLROOM DANCING

Ages 18 and Older

Wednesdays beginning October 12
7:30 pm – 9:00 pm

Senior Nutrition Center
203 Highwood Ave

Limited to 20 participants
partner not necessary
registration required

Weehawken Residents Only
Proof of Residency Required

Please register by calling the
Weehawken Recreation office
201-319-6061 or e-mail:
weehawkenrecreation@gmail.com



Adult Fall Fitness



Vinyasa Flow with Janel Ages 14 & up

Tuesdays & Thursdays from 7:00 to 7:50 pm

Beginning: Tuesday, September 13

Weehawken High School Music Room – 3rd Floor
(enter on ground floor @53 Liberty Pl.)

Wear comfortable clothing and bring your Yoga mat

Arrive a few minutes early as not to disrupt the class

No Yoga: November 8, 24, December 27, 29

Floor/Mat Pilates Exercises with Aaron

Ages 16 & up

Tuesdays from 6:00 to 7:00 pm

Beginning: Tuesday, September 13

Senior Nutrition Center – 203 Highwood Ave.

Dress comfortably and bring a towel or mat

No Pilates: November 8, 24, December 27, 29



Zumba Dance Fitness with Rudy

Ages 14 & up

Wednesdays 7:15 to 8pm

Beginning: Wednesday, September 14

Theodore Roosevelt School Gym

(enter on Cooper Place to gym)

No Zumba: November 28

All activities are for Weehawken Residents Only! Proof of Residency Required
For more information: 201-319-6061 or e-mail: weehawkenrecreation@gmail.com

Toddler Tumbling & Open Gym!



Ages 2.5 to 5 yrs.

CHILDREN MUST BE AGE 2.5 BY NOVEMBER 1

Saturdays 9am - 10am

Fall Session Begins Saturday, October 22nd

Theodore Roosevelt School Gym- 1 Louisa Place

WEEHAWKEN RESIDENTS ONLY

Supervised and parent-assisted, toddlers practice basic tumbling skills and beginner gymnastic exercises in a fun, sociable, and safe environment.

NO REGISTRATION IS NECESSARY

No Saturday classes on Nov. 12, 26, Dec. 24, 31, Feb. 11

GYMNASTICS

REGISTRATION REQUIRED!

CLASS SIZE LIMITED

Professional Instructor

Ages 6 – 8 ~ 11:15 am

Ages 9 – 11 ~ 12:15 pm

Ages 12 – 13 ~ 1:15 pm

50 minute classes per age group

Floor mat gymnastic exercises taught in a fun, safe, supportive, and non-competitive environment.

Designed to help develop flexibility, coordination and strength. Instruction in learning somersaults, combination to headstands, front and back walkovers, cartwheels, and dive rolls.

**Saturdays beginning November 5 through March TBA
Webster School Gym**

No classes on Nov. 12, 26, Dec. 3, 24, 31, Feb. 11



Arts & Crafts



ART PLAY Ages 2 - 5

Children and their caretakers will create a variety of seasonal craft projects in a guided class designed to foster creativity and fine motor skills while strengthening family bonds.

**Saturdays beginning November 5
through Mid March 2017**

**10:00 am – 11:00 am ~ Roosevelt School Gym
(enter through Cooper Place)**

ARTS & CRAFTS- BOYS AND GIRLS Ages 6 – 10

Make creative, seasonal projects each week. Bring your imagination and have fun using different mediums, textiles, beads, feathers, paints, paper and more.

**Saturdays beginning November 5
through Mid March 2017**

TWO LOCATIONS

11:00 am – 12:00 pm ~ Roosevelt School

10:00 am – 1:00 pm ~ Webster School

No Saturday classes on Nov. 12, 26, Dec. 3*, 24, 31, Feb. 11

No programs on Dec. 5 at Webster School.

FALL Basketball Program

LITTLE INDIANS BASKETBALL

Ages 6 – 9

(Must be 6 yrs old by Dec.1)

An introductory basketball program for boys and girls. Participant's will learn the fundamentals of the game and how to dribble pass and shoot with confidence.

Saturdays beginning November 5 through March 11
8:30 am -10:00 am ~ Webster School Gym

GIRLS & BOYS SATURDAY BASKETBALL



Instructional Basketball & Interleague Games

The instructional clinic covers drills and exercises in dribbling, footwork, offense/defense plays. Participants will be taught the fundamentals and rules of basketball using both individual and team concepts. Following the clinic, players will be divided into teams, putting their skills to work for fun and healthy competition in a real game atmosphere with coaches and referees.

Saturdays beginning November 5 through March 11

10:00 am – 11:00 am – Grades 3 and 4 – BOYS ONLY
2:00 pm – 3:00 pm – Grades 5 and 6 – BOYS ONLY
Webster School Gym

11:00 am – 12:00 pm ~ Grades 3 and 4 - GIRLS ONLY
12:00 pm – 1:00 pm – Grades 5 and 6 - GIRLS ONLY
Roosevelt School

2:00 pm – 3:00 pm ~ Grades 7 and 8 - GIRLS ONLY
3:00 pm – 4:00 pm – Grades 7 and 8 - BOYS ONLY
Wilson School Gym

**ON SATURDAY, DECEMBER 3, GIRL'S AND BOY'S BASKETBALL
WILL BE HELD AT ROOSEVELT SCHOOL GYM.**

There will be no basketball on the following dates:
Nov. 12, 26, Dec. 24, 25, 26, 27, 29, 30, 31, Jan. 1, 16, Feb. 13
The Fall Basketball program runs throughout the winter session.

TRAVEL

Basketball Program



Open Gym & Try-outs

Open Gym basketball practices will be held for candidates wishing to try-out for the travel basketball teams on the following dates:

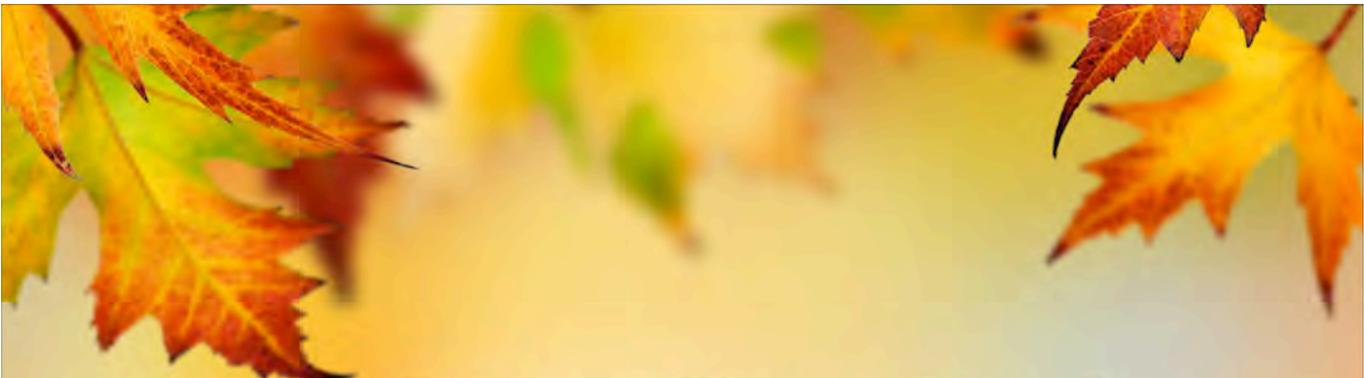
November 15 and November 18 - Girls 6th Grade and Under
November 17 and November 21 - Boys 4th Grade and Under
November 14 and November 16 - Boys 5th Grade
Webster School Gym ~ 6:15 to 8pm

November 14 and November 16 - Boys 8th Grade and Under
November 15 and November 17 - Girls 8th Grade and Under
November 18 and November 21 - Boys 6th Grade
Wilson School Gym ~ 6:15 to 8pm

Candidates must wear proper sneakers and shorts to practice and for tryouts.

For more information,
please call Weehawken Recreation @ 201-319-6061

***Sponsored by: Mayor Richard F. Turner &
The Township Council***



Holiday Floral Design

REGISTRATION IS REQUIRED!

All fees must be pre-paid.

Ages 17 & Up

Thanksgiving Project, Tuesday, November 22

Christmas/Holiday Project, Tuesday, December 20

7:00 PM –8:30 PM

Senior/Nutrition Center

\$25 fee per workshop, which includes supplies for class

Immerse yourself in the holiday spirit! In this workshop, students will create beautiful fall and winter designs for their homes or offices. Students will take the projects home at the conclusion of the seminar. These hands-on designs are suitable for both beginners and experienced floral designers. Due to the specialized nature of this holiday course, advanced registration is required.

Fün Kid Fit



KIDS KARATE – BOYS AND GIRLS REGISTRATION IS REQUIRED! CLASS SIZE LIMITED

Professional Instructor

Ages 5 – 7 / Ages 8 – 12

(Class times will be assigned after registration)

Taught by a professional instructor. The class will follow the logical progression from child to adult using all aspects of Martial Arts to include kicks, blocks, holds, punches, and forms. Children will learn the focus skills necessary to develop in karate in a safe and disciplined environment.

**Fridays beginning December 2 through mid-March
Roosevelt School Gym**

No classes on Dec. 23, 30, Feb. 10



YOGA FOR KIDS ~ BOYS AND GIRLS REGISTRATION IS REQUIRED! CLASS SIZE LIMITED.

Young students will learn yoga poses, breathing techniques and relaxation exercises in a fun and non-competitive atmosphere. Yoga helps kids to develop strength, flexibility, concentration and confidence and is gentle for the mind and body. Yoga mat or beach towel required for class.

**Ages 7 – 9 - Wednesdays beginning December 7
through Mid March 2017**

**Ages 10 – 12 - Thursdays beginning December 8
through Mid March 2017**

4:30 PM – 5:30 PM ~ Senior Nutrition Center

No classes on Dec. 28, 29



High School Weight Room

OPEN WEIGHT ROOM

The weight room will be opened and supervised for students.

Ages 15 – 18

Mondays & Wednesdays
beginning December 3 through March 11, 2017
8:00 PM – 9:00 PM
in the Weehawken High School Weight Room

**No training on Dec. 26, 28,
Jan. 16, Feb. 13**



PERFORMANCE AND ENHANCEMENT TRAINING

Professional Instructor

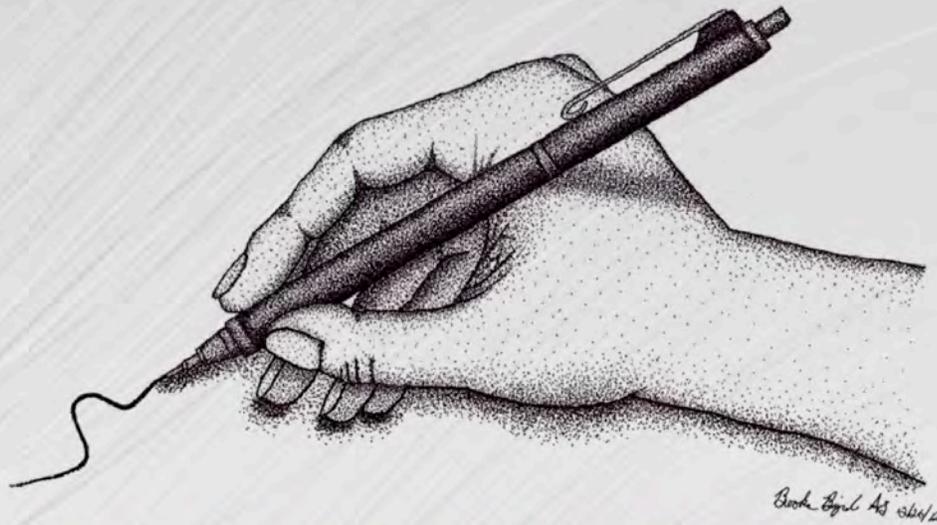
Ages 19 & Over

Certified in HKC Kettlebells and NESTA speed, agility and quickness
Mike Ortiz is one of the most highly regarded and sought after Nike Sparg
trainers in NJ. This program will allow adults to improve on their physical
well-being through his tutelage

Mondays
beginning November 16 through March 14, 2016
7:00 PM – 8:00 PM
High School Weight Room

**No training on Dec. 26, 28,
Jan. 16, Feb. 13**

Art Lessons



REGISTRATION IS REQUIRED!

**Class size is limited.
Ages 13 – 18 &
Ages 19 & Up**

Learn to draw exactly what you see! Proven method for beginners and intermediates. Advanced instruction in composition and perspective also offered.

**Wednesdays beginning December 7 through March 8
7:00 PM – 8:30 PM**

High School Room Art Room #1

No lessons on Nov. 23



Fall/Winter Senior Citizen Events

B-I-N-G-O for Senior Citizens

Enjoy a 'Fun night' playing BINGO. This bingo game is sure to be fun for all. Small prizes will be awarded!

Monday, November 14 - 525 Gregory Avenue – 6:00 pm – 8:00 pm

Thursday, December 15 – Nutrition Center – 6:00 pm – 8:00 pm

Wednesday, January 23 – 525 Gregory Avenue – 6:00 pm – 8:00 pm

Thursday, February 16 – Nutrition Center – 6:00 pm – 8:00 pm



Flower Arranging Class – MUST REGISTER!

Flower arranging is a fun and creative way to bring the garden indoors and brighten your home. Using a variety of beautiful seasonal blooms and hands-on learning you will make your own creation to take home for further enjoyment.

Tuesday, November 21 – 525 Gregory – 6:00 pm – 8:00 pm

Thursday, March 23 – Nutrition Center – 6:00 pm – 8:00 pm



ALL EVENTS ARE FREE FOR SENIOR CITIZENS!

WEEHAWKEN RESIDENTS ONLY!

Registration is Required. Please call 201-319-6060 to register

Christmas TREE LIGHTING



Sunday, December 4, 2016 ~ 7:00 PM at Town Hall

**All welcome to come enjoy caroling
by the Weehawken grammar schools.**

Children's Christmas Party
Please join us for our
Annual Children's Christmas Party
Friday, December 16, 2016
Ages 1 - 10
5:30 PM
Weehawken High School
Auditorium
**COME AND MEET
SANTA
AND ALL OF
HIS HELPERS!**

A festive poster for a children's Christmas party. The background is red with white snowflakes and decorative swirls. On the right side, there is a cartoon illustration of Santa Claus with a white beard, wearing a red suit and hat, holding a small gift. The text is in white and yellow, providing details about the event.

All Activities are for Weehawken Residents Only!

Pool & Fitness Membership

Stevens Institute of Technology Family and Lap Swimming and Use of Fitness Center



The Mayor and Town Council would like to remind Weehawken residents of the opportunity to use the Stevens Institute of Technology's pool and fitness center at no charge.

This popular program is the result of our partnership agreement with Stevens Institute of Technology.

It allows for use of the Stevens' lap pool and weight and fitness center at no cost to Weehawken residents.

Residents must first complete an application in person at the Weehawken Recreation office located inside the Tower Plaza Mall across from the ACME Supermarket at 4100 Park Ave. (next to SuperCuts)

Proof of residency and photo ID is required.

Please call the Recreation office at 201-319-6061 for more info.

*You must be 18 yrs. or older to use the fitness center.

*Pool applications require adult as primary swimmer.

*Gym (basketball, squash, racquet courts are EXCLUDED and not part of the membership)

When space available, and only during use of the fitness center or pool,
Weehawken courtesy members may park
in the Hayden lot behind campus police building with a valid
Weehawken resident sticker on their vehicle.

*For a list of rules and any changes in fitness center schedule: www.stevensducks.com

*Pool schedule subject to change.

to access the bi-weekly pool schedule: www.stevensaquatics.com

All Activities are for Weehawken Residents Only!

Fall 2016 Registration Form

**Please fill out the form neatly and completely. Form can be emailed to:
weehawkenrecreation@gmail.com**

ALL ACTIVITIES ARE FOR WEEHAWKEN RESIDENTS ONLY! RESIDENCY WILL BE VERIFIED.

Main Contact/Parent/Guardian: required information

First Name: _____ Last Name: _____

Address: _____

Apt # _____ Home Phone: _____ Cell Phone: _____

Email address: _____

In Case of Emergency: _____ Phone: _____

REGISTRATION IS ONLY NEEDED FOR the following activities:

Soccer League ~ Adult Archery ~ Gymnastics ~ Karate
Basketball (NOT TRAVELING) ~ Kids Yoga ~ Floral Design ~ Art Lessons

**ALL OTHER PROGRAMS DO NOT NEED PRIOR REGISTRATION.
YOU REPORT ON THE DAY OF CLASS.**

PARTICIPANTS: USE ONE FORM FOR EACH ACTIVITY

AGE: _____ (as of 10/1/2016)

DOB: _____

Name: _____

Activity: _____

PARENT STATEMENT I hereby state that (participant's name): _____ is in good mental and physical health condition to participate in the activities provided by the Weehawken Recreation Department. I am fully aware that any activity involving motion, height or athletic activity creates the possibility of injury. I hereby release The Township of Weehawken, Weehawken Recreation, its employees, volunteer coaches, and staff from liability in the event of injury during participation in any recreation activity or sport by the above named child.

Signature: _____

Information

ADDRESS OF WEEHAWKEN PUBLIC SCHOOLS AND RECREATION SITES

WEBSTER SCHOOL	2700 Palisade Avenue
WILSON SCHOOL	80 Hauxhurst Avenue
ROOSEVELT SCHOOL	One Louisa Place
HIGH SCHOOL	53 Liberty Place
SENIOR NUTRITION/ACTIVITY CENTER	203 Highwood Avenue
WATERFRONT COMPLEX	1 Port Imperial Blvd.

Mayor/Town Manager	201-319-6005
Township Clerk	201-319-6022
Fire (non-emergency)	201-865-6610
Police (non-emergency)	201-863-7800
First Aid (non-emergency)	201-863-6611
Board of Education	201-422-6125
Senior Citizens	201-319-6060
Parks & Public Works	201-319-6050
Recycling	201-319-6070
Recreation	201-319-6061
Tax Office	201-319-6015
Building Department	201-319-6057
Board of Health	201-319-6054
Dog License	201-319-6057
Crime Prevention	201-319-6089
Parking Authority	201-863-1523
Weehawken Library	201-863-7823

FOR UP-TO-DATE INFORMATION ON RECREATION ACTIVITIES,
PROGRAMS, AND WEATHER CANCELLATIONS

www.weehawken-nj.us



Weehawken Township Government Page



@weehawkennj

