

# FORT LEE DEPARTMENT OF RECREATION

## IMPORTANT – PLEASE READ THE FOLLOWING REGISTRATION PROCEDURES

All USA Sport classes and TGA Golf are registering ON-LINE ONLY. No in person registration will be accepted for these classes. Please go to the specific link below for further information.

Registration for TGA Golf begins March 1<sup>st</sup>. Classes begin April 9<sup>th</sup> and run for 6-weeks. Classes take place at the Jack Alter Community Center.

Further class information and registration information may be found at:  
<https://bergencounty.playtga.com/fortleespring24>

### **TGA GOLF (grades K – 5)**

Tuesdays: 3:30 – 4:30 P.M. Grades K – 2<sup>nd</sup>  
4:30 – 5:30 P.M. Grades 3<sup>rd</sup> - 5<sup>th</sup>

---

Registration for USA SPORT GROUP Track and Field, Multi-Sports and Soccer has begun and is on-going. All classes are 6-weeks and take place indoors at the Jack Alter Community Center.

Further class information and registration information may be found at:  
<https://usasportgroup.com/orgs/?oid=1385>

### **USA SPORT – TRACK AND FIELD**

Track and Field: Tuesdays 3:45 – 4:30 PM Ages 3 & 4 years Beginning April 16<sup>th</sup>  
Track and Field: Tuesdays 4:35 – 5:20 PM Ages 5 – 7 years Beginning April 16<sup>th</sup>

### **USA SPORT - MULTI SPORTS**

Squirts Multi-Sports: Thursdays 3:45 - 4:30 PM Ages 3 - 5½ years Beginning April 18<sup>th</sup>  
Senior Multi-Sports: Thursdays 4:35 – 5:20 PM Ages 5 - 7 years Beginning April 18<sup>th</sup>

### **USA SPORT – SOCCER**

Soccer: Thursdays 3:45 – 4:30 PM Ages 3 & 4 years Beginning April 18<sup>th</sup>  
Soccer: Thursdays 4:35 – 5:20 PM Ages 4 – 5 ½ years Beginning April 18<sup>th</sup>

# 2024 – SPRING CLASSES

Registration procedures listed below are for classes that appear in this brochure with the exception of the classes that appear above (TGA Golf, USA Multi Sports, USA Soccer, and USA Track and Field)

If you have not registered with us before, we will require the following information at the time of registration: Proof of Age (**Birth Certificate or Passport**), and Proof of Residency (**ONLY a lease, deed, property tax bill, maintenance agreement, a valid Community Center Identification Card, or a valid Fort Lee driver's license will be accepted**).

Registration for Spring 2024 begins for Fort Lee residents only:

**Date: Saturday, March 16<sup>th</sup>**

**Time: 11AM – 1PM**

**Place: Recreation Center, 1500 8<sup>th</sup> Street (the bottom of Stillwell Avenue)**

**Registration will continue weekdays from 9AM – 3:30PM  
beginning Monday, March 18<sup>th</sup>**

Non-residents will be able to register for any classes that remain available,  
beginning **Monday, March 25<sup>th</sup>**

**Please note the Recreation Office will be closed on Friday, March 29<sup>th</sup>**

Payment for classes: **CHECK OR CASH ONLY!** (please have exact change)

You may choose to register after a class start date, however, the price of the class  
will not be pro-rated

## **\*\*\*REFUND POLICY\*\*\***

**REFUNDS WILL ONLY BE GIVEN PRIOR TO THE CLASS START DATE. NO REFUNDS/CREDITS WILL BE GIVEN ONCE A CLASS HAS STARTED. IN THE EVENT A CLASS IS CANCELLED DUE TO INSUFFICIENT REGISTRATION, PARTICIPANTS WILL RECEIVE A FULL REFUND.**

Please Note: All registrants must be age appropriate by the time of the first scheduled class. Any registrants who are not age appropriate will be placed on a waiting list.

## SPRING PROGRAM FACILITIES

Recreation Office  
Bottom of Stillwell Avenue  
201-592-3612

Jack Alter Community Center  
1355 Inwood Terrace  
201-592-4699

Youth Center  
2265 Lemoine Avenue

## FORT LEE RECREATION DEPARTMENT WEBSITE

[www.fortleenj.org](http://www.fortleenj.org)

Click on the Recreation Department link in order to view our seasonal bulletins, facilities, and other information.



Like us on Facebook – Fort Lee Recreation

## PRE-K CLASSES

### AN ARTRAGEOUS TIME!

Wednesday: 10:15 – 11:00 A.M.  
Ages: 2 & 3 years  
Session: 6 weeks

Location: Youth Center  
Begins: April 10<sup>th</sup>  
Limit per Class: 8  
Fee: \$30.00\*

What better way to spend the morning with your little ones than making a work of art with painting, gluing, glitter and much more. This class is structured around a children's book. Your child's masterpiece will be related to the theme of the book. Each child must have a parent or adult caretaker present at class. Instructor: Dina Pappas

**Please note: Children, and perhaps adults, should bring a smock to each class.**

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

### BUDDING BALLERINAS & TAPPERS by WIGGLE AND GIGGLE

Wednesday: 4:00 – 4:45 PM  
Ages: 3 – 4 years  
Session: 6 weeks

Location: Recreation Center  
Begins: April 10<sup>th</sup>  
Class limit: 10  
Fee: \$100.00\*

A first step into the world of ballet and tap. Dancers will be introduced to ballet positions and vocabulary, as well as rhythm and basic tap steps. Children will develop coordination and skills in memorizing combinations and counting steps. Learning ballet and tap fundamentals through fun activities while growing to love dance.

**\*CHECKS MUST BE MADE PAYABLE TO WIGGLE AND GIGGLE**

**IMAGINATION STATION**  
**(4 Year Olds)**

Thursday: 4:00 – 4:35 P.M.  
Ages: 4 years  
Session: 6 weeks

Location: Youth Center  
Begins: April 11<sup>th</sup>  
Limit per class: 6  
Fee: \$30.00\*

This program is a creative, interactive art class designed to develop artistic skills and build confidence. Drawing, painting, and designing their own unique works of art allowing your child's imagination to flow. instructor: Miss Natalie

Please note: **Children should bring a smock to each class.**

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

**IMAGINATION STATION II**  
**(5 Year Olds)**

Thursday: 4:40 – 5:15 P.M.  
Ages: 5 years  
Session: 6 weeks

Location: Youth Center  
Begins: April 11<sup>th</sup>  
Limit per class: 6  
Fee: \$30.00\*

This program is a creative, interactive art class designed to develop artistic skills and build confidence. Drawing, painting, and designing their own unique works of art allowing your child's imagination to flow. Instructor: Miss Natalie

Please note: **Children should bring a smock to each class.**

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

**JULIE'S MUSIC APPRECIATION**

Saturday: 10:00 – 10:45 A.M.  
Ages: 6 months – 3 years  
Session: 6 weeks

Location: Recreation Center  
Begins: April 13<sup>th</sup>  
Class limit: 12  
Fee: \$120.00\*

This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. These classes are designed to expose children to a unique musical experience that will result in a greater appreciation for music.

**\* CHECKS MUST BE MADE PAYABLE TO JULIE SUNG**

**KIDZ GYMNASTICS**  
**(Parent and Me)**

Wednesday: 9:15 – 9:55 A.M.  
Ages: 2 - 4 ½ years  
Session: 8 weeks

Location: Recreation Center  
Begins: April 10<sup>th</sup>  
Class limit: 18  
Fee: \$130.00

This “parent and me” gymnastics and dance class will introduce little ones to the foundations of gymnastics, tumbling, and creative movement at an age- appropriate level. Every week, with the help of instructors and a caregiver, children will improve their motor skills, stretch, and balance on real gymnastics equipment including soft mats, balance beams, a mini trampoline, a horizontal bar, stepping stones, and more. Children will move around to stimulating music, developing their strength, flexibility, and balance, while having fun!

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

**KIDZMUSIK WITH “MR. JOE & CARMEN”**  
**(Parent and Me)**

Friday: 9:15 – 9:55 A.M.  
Ages: 6 months – 4 ½ years  
Session: 8 weeks

Location: Recreation Center  
Begins: April 12<sup>th</sup>  
Class limit: 18  
Fee: \$125.00\*

Children and adults alike will enjoy taking a musical journey with us into melody, harmony, and rhythm, where fun and enrichment are the ultimate goals! Your little ones will play age-appropriate musical instruments, dress in colorful costumes, and learn about dynamics, tempo, pitch, and more. Kids will also dance and sing along with our favorite characters like Elmo, Dora the Explorer, and Mickey Mouse! Join us for fun and education in this all-inclusive musical adventure!

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

# K – 12 CLASSES

## ARTIST EXPLORERS

Thursday: 5:20 – 6:00 P.M.  
Ages: Grades 1 & 2  
Session: 6 weeks

Location: Youth Center  
Begins: April 11<sup>th</sup>  
Class limit: 10  
Fee: \$30.00\*

This creative, fun, interactive class is designed to develop your child's artistic skills by using a varied assortment of art supplies and crafts and by employing exciting art techniques. Enhance your child's understanding of the concepts of form, color and self-expression.

Instructor: Miss Natalie

Please note: **Children should bring a smock to class.**

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

## BITTY BALLERINAS & TAPPERS by WIGGLE AND GIGGLE

Wednesday: 4:50 – 5:30 P.M.  
Ages: 5 – 7 years  
Session: 6 weeks

Location: Recreation Center  
Begins: April 10<sup>th</sup>  
Limit per class: 15  
Fee: \$100.00\*

Building on our ballet and tap knowledge. Dancers will be introduced to ballet techniques and review vocabulary, as well as building on rhythm and tap step combinations. Children will develop coordination and skills in memorizing combinations and counting steps. Learning ballet and tap fundamentals through fun activities while growing to love dance.

**\*CHECKS MUST BE MADE PAYABLE TO WIGGLE AND GIGGLE**

**\*\*\*NEW CLASS**

## CHEMICAL CREATIONS by MINDS IN MOTION

**NEW CLASS\*\*\***

Tuesday: 4:30 – 5:30 P.M.  
Ages: 6 – 10 years  
Session: 6 weeks

Location: Recreation Center  
Begins: April 16<sup>th</sup>  
Class Limit: 12  
Fee: \$120.00\*

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! Learn and discover many different scientific concepts in an entertaining and innovative approach. Learn all about energy and molecules, create a crazy bouncy glob from glue, and make some scary green slime! Make your very own UV bracelet and watch it react to the sun.

You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

**\*CHECKS MUST BE MADE PAYABLE TO MINDS IN MOTION**

## CREATIVE CRAFTS

Wednesday: 4:00 – 4:40 P.M. - Grades K - 2  
4:50 – 5:30 P.M. - Grades K – 2  
5:40 – 6:20 P.M. - Grades 3 - 5  
Session: 6 weeks

Location: Youth Center  
Begins: April 10<sup>th</sup>  
Limit per class: 8  
Fee: \$30.00\*

Let's "spring" into our colorful world of crafts. This 6-week session is filled with all new seasonal projects to celebrate Spring, Earth Day, Mother's Day and Father's Day. Crafters will have fun creating, painting and coloring while making new friends.

Instructor: Ms. Kim Kellas

\*Please note: **Children should bring a smock to each class.**

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

**\*\*\*NEW DAY**

## FOUNDATION CHESS

**NEW DAY\*\*\***

Wednesday: 4:00 – 4:50 P.M. 5 – 7 years (8 student max) Location: Recreation Center  
5:00 – 5:50 P.M. 8 – 10 years (10 student max) Begins: April 10<sup>th</sup>  
6:00 – 6:50 P.M. 11 – 14 years (12 student max) Fee: \$140.00\*  
Session: 7 weeks

Chess is a complex game of strategy, incorporating elements of art and science. This intriguing game disciplines the mind and aids in the development of your logical thinking and abstract reasoning skills. This chess class for beginner and novice players, will incorporate all these qualities and teach your child the rules of the game, basic strategy, checkmate concepts and basic end-of-game principals. Join us this winter as we teach your child the intricacies of the "game of masters"!

**\*CHECKS MUST BE MADE PAYABLE TO NISHANT DESAI**

## "SMASH" JOURNALING

Tuesday: 4:00 – 5:00 P.M. Location: Youth Center  
Ages: Grades 4 - 6 Begins: April 9<sup>th</sup>  
Session: 6 weeks Class limit: 10  
Fee: \$30.00\*

Every child has their own special memories that are unique to just them. This 6-week crafts class encourages your child to create a Smash Journal to "catch" all their treasured memories in. Whether they choose to write, draw, color, glue or staple into their journals, this craft project is sure to be a "smashing" success. In addition to being creative and having fun, by using recycled materials, crafters will also be playing a vital role in caring for the earth.

Instructor: Ms. Kim Kellas

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**

## **KIDZ BROADWAY STARS**

Monday: 4:30 – 5:15 PM  
Ages: 6 – 10 years  
Session: 8 weeks

Location: Recreation Center  
Begins: April 8<sup>th</sup>  
Class limit: 10  
Fee: \$120.00\*

This new class is for children who love performing. They will sing, act, move, play drama games, and more. Children will perform familiar Broadway/ Disney songs and easy-to-follow choreography that coordinates with the lyrics of age-appropriate songs. There will be a mini recital at the end of the semester.

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

## **“KIDZ DEBATE”**

Friday: 3:30 – 4:15 P.M.  
Ages: 9 1/2 – 13 years  
Session: 7 weeks

Location: Recreation Center  
Begins: April 12<sup>th</sup>  
Class limit: 10  
Fee: \$110.00\*

In this class with Miss Momo, kids will develop their skills of persuasion! Students will participate in class-wide debates on a variety of topics and learn to persuade others. They will learn a standard debate format, as well as techniques to help them become more confident, and back up their arguments with proof and supporting details. They will also give individual persuasive presentations to try to persuade their peers. New debate topics will be featured every semester.

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

## **“KIDZ PUBLIC SPEAKING”**

Friday: 5:00 – 5:45 P.M.  
Ages: 5 – 8 ½ years  
Session: 7 weeks

Location: Recreation Center  
Begins: April 12<sup>th</sup>  
Class limit: 12  
Fee: \$110.00\*

In this popular class, Miss Momo will introduce kids to the art of public speaking at an age-appropriate level, increasing their confidence and comfort with speaking in front of a group. Students will learn to express their ideas, present before a group, and listen effectively. They will also learn positive body language, vocal projection, and how to manage nerves. They will play games that make public speaking fun and will deliver prepared and “pop” presentations. There will be final presentations on the last day of class, which parents are invited to attend.

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**



## "KIDZ WRITE"

Friday: 4:15 – 5:00 P.M.  
Ages: 6 – 8 ½ years  
Session: 7 weeks

Location: Recreation Center  
Begins: April 12<sup>th</sup>  
Class limit: 10  
Fee: \$110.00\*

In this class, children will practice writing through fun and unique projects like imaginative stories, photo prompts, and short non-fiction projects about their own lives. Miss Momo, an instructor with The School of the New York Times, will guide students as they maneuver their way through parts of speech, complete sentences, story structure, and more! Each class will be tailored to the students' individual ages and abilities. New projects every semester.

**\*CHECKS MUST BE MADE PAYABLE TO KIDZMUSIK**

## MARTIAL ARTS

Monday and Thursday: 6:30 – 7:30 PM  
Ages: 5 – 12 years  
Session: 7 weeks

Location: Recreation Center  
Begins: April 8<sup>th</sup>  
Class Limit: 25  
Fee: \$150.00

Learn Martial Arts in an organized and safe environment while having fun. This program, taught by Lee Yalowitz (Mr. Lee), will teach the students self-defense, discipline, and confidence. The class will focus on the fundamentals of grappling, stand up fighting and basic movement drills. Martial Arts will help you on your journey no matter what path you choose. Students are encouraged to purchase a HEAVY WEIGHT WHITE BELT GRAPPLING UNIFORM.

**\*CHECKS MUST BE MADE PAYABLE TO LEE YALOWITZ**

## ADULTS

### ADULT WATERCOLOR WORKSHOP

Thursday: 7:00 – 8:30 P.M.  
Ages: 18 and over  
Session: 6 classes

Location: Recreation Center  
Begins: April 11<sup>th</sup>  
Limit: 15  
Fee: \$30.00\*

Study watercolor techniques with award winning artist and president of the Fort Lee Artists Guild, Barry Shiff. This class is for anyone who has a love of the watercolor genre – from beginners to the more experienced artist as well. Instruction will be taught in the traditional watercolor style and will include landscapes, seascapes and sailing vessels.

Instructor: Barry Shiff

Please note, participants must provide their own supplies. A supply list will be given upon registration.

**\*CHECKS MUST BE MADE PAYABLE TO BOROUGH OF FORT LEE**