

The Recreation Department office hours are 8:00 a.m. to 5:15 p.m. Monday, Wednesday, Thursday and Friday. Tuesday's hours are 8:00 a.m. - 7:00 p.m. Call our office at (201) 837-7130 for further information or if special accommodations are required.

*Registration for youth and adult activities will begin **Monday, December 9** in person and online (teanecknj.gov/online-registration) or drop-box in the Rodda Center Lobby.
*Pre-registration is required for all activities. Proof of residency is required for all residents.

Youth and adult programs will begin the week of January 6, 2025. Senior programs will begin the week of January 6, 2025. All programs will be held at the Richard Rodda Community Center (unless otherwise noted). Most classes will run for 8 weeks (make-up classes may or may not be available).



YOUTH PROGRAMS (ages 18 months to 17 years)



After School Program - This program provides a nourishing and safe environment with organized recreational activities including homework time, homework assistance, and games. Snacks are included each afternoon as a part of each day's activities. The program operates from school dismissal to 6:00p.m. during the

school year and observes all school and municipal holidays. Monday through Friday, Rodda Center, \$150.00 per month (sibling same-household \$125.00). Applications are available at the Rodda Center for the school year 2023-2024 or on our website at: www.teanecknj.gov. (Spaces limited)



Arts & Crafts - Students ages 5-8 will be introduced to the rich cultural diversity found in art. The method of instruction is student-centered, encouraging each child to develop their individual creativity through art. **Sundays**, 9:30-10:15 a.m. (5 & 6) or 10:30-11:15 a.m. (7 & 8) Rodda Center. \$60 (residents) \$120 (non-residents), **8 weeks**. ***Please wear old clothing to class.**

Ballet with Kerri - Students ages 6-9 will acquire a basic vocabulary of ballet techniques, as well as the ability to coordinate simple movements to achieve a combination of steps within the range of their own physical capacity. **Wednesdays or Thursdays**, 5:00-5:55 p.m., Rodda Center. \$60 (residents) \$120 (non-residents). 8 weeks. ***Please wear a leotard and leggings or form-fitting clothing to every class. Ballet shoes/slippers are required.**



Creative Dance - Students ages 3-5-year-olds will develop technical and relative skills through the exploration of movement. Students will learn structured, fun warm-ups followed by more advanced movement vocabulary which they will use to create their own style of dance and expression. They will begin to build a strong foundation on which to continue their studies of all dance styles. **Wednesdays**, 4:00-4:45p.m. or **Thursdays**, 4:00-4:45p.m. Rodda Center. \$60 (residents) \$120 (non-residents), **8 weeks**.



Hip Hop Fusion - Students ages 7-10 year-olds will enjoy this form of dance expression which blends modern dance styles with hip hop sensibility. **Tuesdays**, 4:30-5:15p.m. Rodda Center. \$60 (residents) \$120 (non-residents). **8 weeks**.



Kindergym - Students ages 3-5-year-olds will engage in a movement class to help develop balance, coordination and teamwork skills. By playing movement games, they will improve their motor skills, increase their self-confidence and learn to follow directions. **Mondays**, 3:30-4:15p.m. Rodda Center. \$60 (residents) \$120 (non-residents). **8 weeks**.

Multi Sports Squirts - This fun sports program is designed for children ages 3 to 5 years old. Participants will have the opportunity to learn and experience sports like Lacrosse, Soccer, T-Ball, and Track & Field. **Tuesdays**, 4:00-4:45 p.m. or 4:50-5:35 p.m. Rodda Center. \$140 (residents) \$200 (non-residents). **7 weeks**.



Primary Picassos - Students ages 7-11 will discover the process of painting composition and have fun while producing quality work. Students will learn about design elements, planning and technique, while having the opportunity to learn acrylic and watercolor painting techniques. **Sundays**, 11:30 a.m.-12:15 p.m. (7-9) or 12:30 p.m.-1:15 p.m. (7-11) Rodda Center, \$60 (residents) \$120 (non-residents), **8 weeks**.



Soccer Squirts - This is the perfect introduction to the most popular sport in the world! Students ages 2-6 will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. **Sundays**, 9:00-9:45 a.m. (Parent Assisted, 2 & 3), 9:50-10:35 a.m. (3 & 4), 10:40-11:25 a.m. (4 & 5), 11:30 a.m.-12:15 p.m. (5 & 6). Rodda Center, \$140. (residents) and \$200 (non-residents). **7 weeks**.



Sunshine Garden Learning Center - This program is a full-day early childhood learning experience for 3 & 4 year olds. The hours are 9:00a.m. to 3:00p.m. and the curriculum is Montessori-based. The staff of professional educators guide the child's socialization and developmental skills through interactive and multi-sensory experiences, where avenues of art, music, science, social studies and literature are explored. After-care until 6:00p.m. is available for an additional fee. The 2023-2024 school year registration is on-going until maximum capacity is reached.

Toddlekins - This is a "Toddler and Me" program for moms, dads, or caregivers along with their children ages 18 to 36 months. Children will discover the joy of movement with music, dance, hand games, and songs to focus on large motor skills as well as important socialization skills. **Mondays**, 9:15-10:00 a.m. (18-29mos.); 10:15-11:00 a.m. (25-36mos.); or **Fridays**, 9:15-10:00 a.m. Rodda Center. \$60 (residents) \$120 (non-residents), **8 weeks**.



PLEASE NOTE: For most youth programs, children **must be** the required age by **January 6, 2024**. Students must also be escorted to and from class by an adult. As this is a public area, we suggest that you stay on the premises while your child is in class. Please make sure your child uses the bathroom before each activity. **Classes will not be held if the Teaneck public schools are closed for any reason i.e. holidays, inclement weather, etc. or if only one student is present.**



ADULT PROGRAMS (ages 18 to 54 years)

Creative Watercolor— This fun painting class allows students to work with both basic and experimental techniques to explore the breadth of watercolor and cultivate the pleasures of the medium. **Thursdays**, 2:00-3:30p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. *All supplies provided.**



Pottery with Judi— Students will learn, improve, and/or reacquaint themselves with the basic techniques of working with clay: i.e. hand-building, pinching, coiling, slab work, and glazing. They will enjoy creating functional and sculptural pieces of pottery. **Wednesdays** or **Thursdays**, 10:30 a.m.-12:00 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. *All supplies provided.**



Yoga with Carol— This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with deep breathing. **Mondays**, 8:00-8:45 p.m. **Wednesdays**, 7:00-7:45p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. *Please bring a yoga mat to class.**



Zumba— A Latin-inspired dance fitness program that incorporates a blend of international music and contagious dance steps to form a fitness party at each class. **Mondays**, 7:00-7:45 p.m. or **Thursdays**, 6:30-7:15 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks.**



Zumba Toning— This fun dance class combines body-sculpting exercises with high-energy cardio work and Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party! Participants will use light weights to enhance rhythm and tone all their target zones including arms, abs, and thighs. **Thursdays**, 7:30-8:15p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. *Please bring your own light weights.**

To register for any of these classes, please complete a separate **Winter** registration form or individual class flyers and submit along with the required documentation to:

Recreation Office
Richard Rodda Center
250 Colonial Court
Teaneck, NJ 07666

If you have any questions, please contact us at (201) 837-7130 or recreation@teanecknj.gov.



SCAN ME TO LOG IN &
REGISTER ONLINE!



WHERE DO WE CALL?

~Local Sports Organizations~

TEANECK JUNIOR BASKETBALL

Ages 5—15

September Registration

(201) 522-7326

(201) 803-5891

www.teaneckjrbbasketball.sportngin.com

teaneckjrbbasketball@yahoo.com

TEANECK SOUTHERN LITTLE LEAGUE TEANECK JUNIORS BASEBALL

Ages 5—12 (TSSL)

Ages 13—15 (TJrB)

Fall Registration

(201) 833-2332

<http://tsbsl.leagueapps.com/>

TEANECK BASEBALL ORGANIZATION

Ages 5—14

September Registration

(201) 837-9613

www.teaneckbaseball.org

TEANECK LANCERS BASEBALL

Ages 13 & older

February—March Registration

(201) 621-3899

apredabaseballclub@gmail.com

TEANECK JUNIOR SOCCER

TOPSoccer (special needs)

Ages 4 1/2 —15 (TJSL)

Ages 4 1/2 —18 (TOPSoccer)

April—July Registration (TJSL)

Fall Registration: (TOPSoccer)

(June 1—September 15)

Winter Registration: (TOPSoccer)

(October 1—January 15)

(201) 477-8575

www.teanecksoccer.com

TEANECK JUNIOR FOOTBALL

Ages 7—14

May—June Registration

(347) 994-4398

Instagram: @TeaneckJrFootball

TEANECK WRESTLING

Grades K-8

October/November Registration

(201) 281-0312

teaneckwrestlingnj@gmail.com

www.teaneckwrestling.com

The above sports organizations run independently outside of the Recreation Department. Their registrations, schedules, fees, and organizational structures are all their own.

