TOWNSHIP OF TEANECK
TEANECK RECREATION DEPARTMENT

SUMMER 2022 ADULT PROGRAMS (ages 18 to 54 years)

Aqua Extreme - This intensifying and high energy Aqua class focuses on increasing strength and cardiovascular fitness. With the incorporation of aquatic weights, students are able to take advantage of water’s natural resistance. Wednesdays, 8:00-8:45p.m., Votee Pool. $85 (residents) $130 (non-residents). 6 weeks.

Aqua Zumba - Known as the “Zumba Pool Party” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. No experience is necessary. Mondays AND Thursdays 8:00-8:45 p.m., $85 (residents) and $130 (non-residents). Votee Pool. 6 weeks.

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. Tuesdays or Thursdays, 2:00-3:30 p.m., Rodda Center. $85 (residents) $130 (non-residents). 6 weeks.

Pottery with Judi - Adults 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 10:30a.m. - 12:00 p.m. Rodda Center. $85 (residents) $130 (non-residents). 6 weeks.

Tennis Lessons - Classes will be divided based on skill level. Lessons will be offered Sundays, 9:00-9:50 a.m. Argonne Park. $80 (residents) and $120 (non-residents). 6 weeks.

TX Cut - TX Cut is a total body, low impact based class, that is designed to build lean muscle and power. Students will be utilizing a multitude of weight equipment and bodyweight exercises to improve body composition. Wednesdays 6:45-7:30p.m., Rodda Center. $85 (residents) $130 (non-residents). 6 weeks.

Yoga with Carol - This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with stretching. Tuesdays, 6:30-7:15p.m., Rodda Center, $85 (residents) $130 (non-residents). 6 weeks.

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 AND Thursdays 7:00–7:45p.m. Rodda Center, $85 (residents) $130 (non-residents). 6 weeks.

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

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

If you have any questions, please call (201) 837-7130 or email recreation@teanecknj.gov.