

Fall 2020 Youth Programs (ages 18 months to 17 years)

All youth classes will begin the week of September 21, 2020 for Teaneck residents only and will be held outdoors at the Votee Park Band Shell. Unfortunately, this session cannot accommodate any make-up classes.

COVID-19 SAFETY MEASURES

The Teaneck Recreation Department follows all CDC Guidelines. Participants must wear a mask along with maintaining social distance. There will be a COVID-19 screening prior to the start of every class which includes a temperature check and a COVID-19 symptoms questionnaire.

After School Program- This program provides a nourishing and safe environment with various organized recreational activities including homework time, homework assistance and board games. Snacks are also a part of each day's activities. The program operates from school dismissal to 6:00 p.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 2020-2021 or on our website at: www.teanecknj.gov. **(Spaces limited)**

Ballet with Ariana- Students ages 5-7 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. **Please wear a leotard and leggings or form-fitting clothing to every class. Sundays, 11:00-11:45 a.m.** Votee Park Band Shell. \$60 for 6 weeks.

Creative Dance- is a class offered to 3-5 year-olds where children 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. While they are introduced to the basic fundamentals of ballet, they will begin to build a strong foundation on which to continue their studies of all dance styles. **Thursdays, 3:30-4:15 p.m. or Sundays, 10:00-10:45 a.m.** Votee Park Band Shell. \$60 for 6 weeks.

Drama- This class is designed for ages 10-15 years old to explore and learn acting techniques and skills to transform and perform monologues and short scenes. Please bring your own chair to class. **Wednesdays, 5:00-5:45 p.m.** Votee Park Band Shell. \$60 for 6 weeks.

Fencing- Through fencing, students are able to integrate their mind and body; as a result they will gain balance, better reflexes, confidence, and self-esteem. They will learn the basics of fencing with an emphasis on footwork and organized games. All equipment will be provided. Ages 7-13. Votee Park Band Shell. \$60 for 6 weeks.

Tuesdays:

Beginners: Ages 7-10: 4:00 p.m. - 4:45 p.m.

Beginners: Ages 10-13: 5:00 p.m. - 5:45 p.m.

Hip Hop– is a free-form style of dance that incorporates isolation and rhythmic movement. In this class we mainly focus on grooving and movement that can happen in the dance studio or any setting. **Sundays**, 12:00-12:45 p.m. Votee Park Band Shell. \$60 for 6 weeks.

Hip Hop Fusion– is a form of dance expression which blends modern dance styles with hip-hop sensibility. The feeling and beat of the music defines and directs the choreography. Ages 8-12 years old. **Wednesdays**, 4:00-4:45 p.m. Votee Park Band Shell. \$60 for 6 weeks.

Kids Yoga– This yoga class is designed for children ages 5-8 years old. Students will learn breathing exercises, warm up poses, and how to calm down and re-focus. Please bring your own yoga mat. **Sundays**, 9:00-9:45 a.m. Votee Park Band Shell. \$60 for 6 weeks.

Kindergym– This is a movement class specially designed for 3 and 4 year-olds to help develop balance, coordination and teamwork skills. By playing movement games, children will improve their motor skills, increase their self-confidence and learn to follow directions. **Tuesdays**, 3:30-4:15 p.m. or **Fridays**, 11:15 a.m.-12:00 noon. Votee Park Band Shell. \$60 for 6 weeks.

Sunshine Garden Learning Center– This program is a full-day early childhood learning experience for 3 & 4 year olds. Hours are 9:00 a.m. to 3:00 p.m. 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 6:00 p.m. is available for an additional fee. The 2020-2021 school year registration is on-going. **(Spaces limited)**

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. **Wednesdays**, ages 18-36 mos., 9:15-10:00 a.m. or **Fridays**, ages 18-29 mos., 9:15-10:00 a.m. & ages 25-36 mos., 10:15-11:00 a.m. **No siblings or tag-alongs will be allowed in the class.** Votee Park Band Shell. \$60 for 6 weeks.

PLEASE NOTE: Children must be the **required age** by **September 21, 2020**. For all classes, students must be escorted to and from class by an adult. As this is a public area, we suggest that you stay on the premise 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.

To register for any of these classes, complete the separate **Fall** registration form or the individual class flyers and submit along with the required documentation to the Recreation Office, Richard Rodda Center, 250 Colonial Court on Monday, August 31 or anytime thereafter.

If you have any questions, please call us at (201) 837-7130 ext.1 or e-mail us at: recreation@teanecknj.gov.