

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, September 3** in person and online ([teanecknj.gov/online-registration](http://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 September 16, 2024. Senior programs will begin the week of September 9, 2024. All programs will be held at the Richard Rodda Community Center (unless otherwise noted). Most classes will run for 10 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](http://www.teanecknj.gov). **(Spaces limited)**



**Arts & Crafts** - Students ages 5-8 will be introduced to the rich cultural diversity found in art. 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). 10 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. **Wednesdays or Thursdays, 5:00-5:55 p.m., Rodda Center. \$60 (residents) \$120 (non-residents). 10 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 will develop technical and relative skills through the exploration of movement through structured, fun warm-ups and more advanced movement vocabulary. **Wednesdays, 4:00-4:45p.m. or Thursdays, 4:00-4:45p.m. Rodda Center. \$60 (residents) \$120 (non-residents), 10 weeks.**

**Fencing** - Students ages 7-14 will learn the basics of fencing with an emphasis on footwork and organized fencing games designed to be fun while they learn. **Tuesdays, 4:30-5:20 p.m. (ages 7-10) and 5:30-6:20 p.m. (ages 10-14). Rodda Center. \$60 (residents) \$120 (non-residents), 10 weeks. \*All equipment will be provided.**



**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. and Tuesdays, 3:15-4:00p.m. Rodda Center. \$60 (residents) \$120 (non-residents). 10 weeks.**



**Primary Picassos** - Students ages 7-11 will discover the process of painting composition and have fun while producing quality work using 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). 10 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. - 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.



**Tennis Lessons** - These 50-minute beginner instructional group lessons are for students ages 8-14 years old. **Sundays. \$157 (residents) and \$200 (non-residents). 7 weeks. \*Please bring your own tennis racquet.**



**Tennis Squirts** - This program is a fun-filled learning adventure that introduces children ages 3-5 to the world of tennis. **Wednesdays, 3:30-4:15 p.m. (3), 4:20-5:05 p.m. (4), and 5:10-5:55 p.m. (5). Rodda Center, \$140 (residents) \$200 (non-residents). 6 weeks. \*Please bring your own tennis racquet.**

**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. **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), 10 weeks. \*This program follows a 1:1 ratio, meaning a parent/guardian MUST remain with the child for the duration of the class.**

**PLEASE NOTE:** For all youth programs, children **must be** the required age by **September 16, 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)

**Adult Tennis Lessons**— Players will learn foundational tennis skills, build upon basic techniques, and be introduced to full match play with the help of an experienced tennis instructor. **Sundays, 11:00-11:50a.m.** Rodda Center. \$157 (residents) \$200 (non-residents). **7 weeks. \*Please bring your own tennis racquet.**

**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). **10 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. **Wednesdays or Thursdays, 10:30 a.m.-12:00 p.m.** Rodda Center. \$85 (residents) \$130 (non-residents). **8/10 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. **Wednesdays, 7:00-7:45p.m.** Rodda Center. \$85 (residents) \$130 (non-residents). **10 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. **Monday, 7:00-7:45 p.m. or Thursday, 6:30-7:15 p.m.** Rodda Center. \$85 (residents) \$130 (non-residents). **10 weeks.**



**Zumba Toning**— 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). **10 weeks. \*Please bring your own light weights.**

To register for any of these classes, please complete a separate 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](mailto: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) 530-5353  
(201) 803-5891  
[www.teaneckjrbasketball.sportngin.com](http://www.teaneckjrbasketball.sportngin.com)  
[teaneckjrbasketball@yahoo.com](mailto:teaneckjrbasketball@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](http://www.teaneckbaseball.org)

### TEANECK LANCERS BASEBALL

Ages 13 & older  
February—March Registration  
(201) 621-3899  
[apredabaseballclub@gmail.com](mailto: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](http://www.teanecksoccer.com)

### TEANECK JUNIOR FOOTBALL

Ages 7—14  
May—June Registration  
(347) 994-4398  
[www.eteamz.com/tjfl](http://www.eteamz.com/tjfl)

### TEANECK WRESTLING

Grades K-8  
October/November Registration  
(201) 281-0312  
[teaneckwrestlingnj@gmail.com](mailto:teaneckwrestlingnj@gmail.com)

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

