

Tenafly Recreation 2017 Winter Program Guide

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**PARENTS ARE ASKED NOT TO
STAY IN CLASSES THAT ARE
NOT SPECIFIED AS A
PARENT/CHILD CLASS**



TENAFLY RESIDENTS ENJOYING COMMUNITY NIGHT
Thank you to all who participated



THANK YOU 7-ELEVEN FOR CELEBRATING 50 YEARS OF SLURPEES WITH US
COMMUNITY NIGHT 2017

Follow and Like us on Facebook@ Tenafly Recreation

RECREATION STAFF

- Director
- Carol Roux - Asst. Director-croux@tenafly.net
- Lisa Sherman - Adm. Assistant-lsherman@tenafly.net
- Ellen Ratty - Recreation Aide-eratty@tenafly.net
- Robert Spina - Site Supervisor

RECREATION BOARD

- | | |
|-----------------|-------------------|
| Chairman | Robert Silber |
| Vice Chairman | David Reichel |
| Board Member | John Finnerty |
| Board Member | Michael Greeley |
| Board Member | Sara Levinson |
| Board Member | Michelle Merchant |
| Board Member | Nadine Shubailat |
| Alpine Liaison | Amy Lerner |
| B.O.E.Liaison | Edward Salaski |
| Council Liaison | Mark Zinna |

MAYOR & COUNCIL

- | | |
|--------------|--------------------|
| Mayor | Peter Rustin |
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| Councilman | Maxim Basch |
| Councilwoman | Shama Haidar |
| Councilman | Daniel Park |
| Councilman | Paul Stefanowicz |
| Councilman | Mark Zinna |

Co-Sponsored Youth Sports Contacts

TENAFLY JUNIOR SOCCER LEAGUE-In-town

www.tenaflysoccer.com
 Email: TJSLPresident@tenaflysoccer.com

TENAFLY YOUTH BASKETBALL

www.tenaflyyouthbasketball.org
 Email: tenaflybasketball@gmail.com

TENAFLY LITTLE LEAGUE

www.eteamz.com/tenaflylionslittleleague
 Email: Listed on TLL website

TENAFLY UNITED SOCCER CLUB-Travel

www.tenaflyunitedsoccerclub.com
 Email: TenaflyUnitedSoccerClub@TenaflySoccer.com

TENAFLY SOFTBALL

www.tenaflysoftball.com
 Email: info@tenaflysoftball.com

Our Mission Statement

"The mission of the Tenafly Recreation Department is to provide diverse affordable year-round leisure opportunities utilizing our parks, playgrounds, recreational facilities, programs and special events. The benefits of leisure services are especially designed to meet the physical, mental, cultural and social needs of our residents as well as visitors to our great community, while enhancing the overall quality of life."

Affiliations



National Recreation and Parks Association

New Jersey Recreation and Parks Association

(BPHRA) Bergen, Passaic, Hudson Recreation Association



National Youth Sports Coaches Association

RECREATION FACILITIES

- Municipal Field-Riveredge Road
- Tennis Courts-Roosevelt Common
- Skate Park-Roosevelt Common
- McCandless Room-Borough Hall
- Tiger Cage-Riveredge Rd.
- Sunnyside Park-Ivy Lane and Oak Ave.
- Walking/Jogging Track-Sunnyside Park
- Basketball Courts-Riveredge Rd & Tenafly Rd.
- Walnut Park-Walnut Drive

**Permits, badge and other facility information
 may be found on our website:**

www.tenaflynj.org

Click on Recreation

Tenaflly and Alpine Residents

Registration begins Monday, November 28 at 8:30 am and runs continuously through December 18 for all Winter Programs.

You may register online or in person.

Mail-in Registration: Registrations received in the mail will not be accepted prior to Monday, November 28. **A \$10.00 late fee will be charged beginning Monday, December 5.**

Please mail registration forms to Tenaflly Recreation,
100 Riveredge Road, Tenaflly, NJ 07670.

ADA COMPLIANT PROGRAMS

Programs are inclusive and accessible and can be modified to fit a specific need. This symbol in our program guide will now indicate inclusive programs.



How Do I Register Online-Go to the online registration site directly

<http://register.communitypass.net/tenafly>

TENAFLY RECREATION RESERVES THE RIGHT TO CANCEL CLASSES DUE TO LOW ENROLLMENT!

Refund/Cancellation Policy

There are no refunds once a program begins. If you withdraw from a class prior to the start date an \$18.00 administrative fee will be assessed.

All refund vouchers must be returned to the Recreation Office within two weeks of receipt.

Program Wait List

Many classes have an enrollment limit, if the limit is reached a wait list will be generated. We urge you to put your name on the wait list. You will be notified if a spot opens up.

Program Schedule

The instructor will distribute schedules on the first day of class. In the event of class cancellation the Recreation Department will contact the participant by phone/email and will post a sign at the location of the class. All cancelled classes will be made up at the end of the session. If the Tenaflly Public Schools are closed, classes will not be held.

Non - Residents

Registration begins Monday, December 5 at 9:00 am and runs continuously through December 18 for all Winter Programs.

You may register online or in person. **Mail-in Registration:** Registrations received in the mail will not be accepted prior to Monday, December 5.

Please mail registration forms to Tenaflly Recreation,
100 Riveredge Road, Tenaflly, NJ 07670.

Program Fees: Non-residents pay a fee and a half for Tenaflly Recreation programs; i.e. a \$40.00 program would cost \$60.00 for a non-resident (\$40+\$20). There are no late fees.

After December 18 you can go to <https://register.communitypass.net/tenafly> and put your name on the waitlist.

There is a \$20.00 fee for any returned checks.

Equipment/Uniform Return Policy

Participants who do not return equipment/uniform to the Recreation Department are prohibited from participating in future programs until equipment/uniform is returned or compensation is made.





PRECIOUS PEANUTS DANCE CLASS

This is a wonderful class for all children. The students will learn the fundamentals of dance while having a ball! We will focus on counting music, basic choreography & following directions. The children will love the games that we play to enforce muscle memory & be a fabulous creative outlet!

8 sessions

Instructor: Melissa Gould-Just Dance Academy

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
3-5 yrs	Wed.	1/4/2017	3:45-4:30 pm	\$114/\$171

Limit 12

Late Fee: \$10.00

TGA PRESCHOOL GOLF

TGA brings the golf course to you offering a fun introduction to the game for ages 3-5. Students focus on improving fine motor skills and coordination through games and drills while learning the basic rules & etiquette of golf. Coaches use teachable moments during lessons and games to promote life skills and honesty and sportsmanship. Modified equipment and activities are designed to help each student reach a new level of success in an entertaining and supportive environment.

8 sessions

Instructor: TGA Golf Staff

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
3-5 yrs.	Fri.	1/6/2017	1:00-1:45 pm	\$140/\$210

Limit 8

Late Fee: \$10.00

JULIE'S MUSIC APPRECIATION

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. Designed to expose children to a unique musical that will result in a greater appreciation for music at a young age. Ms. Sung is a Music Teacher with an extensive background teaching young children.

8 sessions

Instructor: Julie Sung

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
1-4 yrs	Mon.	1/9/2017	10:00-10:45 am	\$128/\$192

Limit 15

Late Fee: \$10/00

KID-TASTIC ART!

By ABRAKADOODLE

Art is so much fun especially when inspired by kid artists from around the globe who are using their art to make a difference! Come explore texture and learn about 14 year old Autumn de Forest and 9 year old Aelita Andre who encourages self-expression in her art and create colorful rainbow art inspired by Hamzah Marbella who is famous for painting colorful rainbow self-portraits. Come be a kid-tastic artist this winter with Abrakadoodle! All paints are washable- DRESS FOR MESSY FUN!

8 session

Instructor: Allison Goldstein

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
2-4 yrs	Fri.	1/6/2017	9:30-10:15 am	\$128/\$192

Limit 10

Late Fee: \$10.00



TUMBLES FOR TODDLERS

Roll on into our gymnastic class. In this class your little tumblers will be working on our flexibility along with some balance beam work & bridges. As the weeks progress we will also start cartwheels along with basic tumbling.

8 sessions

Instructor: Melissa Gould-Just Dance Academy

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
3-4 yrs.	Thurs.	1/5/2017	3:45-4:30 pm	\$114/\$171

Limit 12

Late Fee \$10.00



PRESCHOOL PROGRAM

SPORT TYKES

This class will focus on gross motor skills & hand eye coordination through all types of activity. Your child will learn the basics of running, jumping, throwing, kicking and playing in a fun yet structured environment.

6 sessions

Instructor: Ed Barsuk

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
2-3 yrs	Thurs.	1/5/2017	8:45-9:30am	\$68/\$102

Late Fee:\$10.00

Limit 15

Late Fee \$10.00

YOUTH PROGRAMS

NEW

LEARN TO ICE SKATE AT MACKAY ICE RINK

This program is held at the Mackay Ice Rink in Englewood and includes a half hour lesson, public skating session admission after the lesson and skate rental. All students must wear protective helmets and gloves. Missed classes can be substituted for a public session during the 7 week session.

Sundays-1:00-1:30

February 12, 19, 26, March 5, 12, 19, 26

Beginners ages 6 and up

Fee: \$70.00

Limit 10



Register Online:

<http://register.communitypass.net/tenafly>

NEW

CREATIVE FASHION

This class will give children the basic knowledge of designing, sewing, patterns, fabrics and embellishments. Classes will involve making a pencil holder, journal cover, infinity scarf, beaded shirt, belt, pillow and picture frame.

6 sessions

Instructor: Fashion Camp Staff

Location: McCandless Room

Grade	Day	Start Date	Time	R / NR
K-2	Tues.	1/3/2017	3:30-4:30 pm	\$143/\$214.50
3-8	Tues.	1/3/2017	4:45-5:45 pm	\$143/\$214.50

Limit 10

Late Fee: \$10.00





TGA-PREMIER JUNIOR GOLF

TGA Premier Junior Golf is the only national at-school, after school junior golf enrichment program. Locally, TGA has taught the lifelong sport to 8,000+ students. The TGA curriculum utilizes drills and language that make it fun to learn golf for kids in grades K-5. As students advance through the 5-level program they will learn basics and fundamentals of the sport, all the while being prepared to play on the golf course. All new students begin in the YELLOW level and can advance all the way to the BLACK level.

8 sessions

Instructors: Total Golf Adventures Staff
Location: Maugham School

Grade	Day	Start Date	Time	R/NR
K-5	Fri.	1/6/2017	4:30-5:30 pm	\$158/\$237

Limit 15 Late Fee: \$10.00



NEW

JEDI ENGINEERING

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO © X-Wings, R2 Units, Energy Catapults, Defense Turrets and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

8 sessions

Instructor: Play-Well TEKologies Staff
Location: McCandless Room

Grade	Day	Start Date	Time	R/NR
K-2	Thurs.	1/5/2017	3:30-5:00 pm	\$188/\$282

Limit 16 Late Fee: \$10.00

HIP HOP ROCKS

This is a high energy class that is tons of fun. In this class the students will learn some jazz techniques as well as some hip-hop. During each class we will be learning new moves & will be working on a combination for the duration of the session. All music & movements are age appropriate.

8 sessions

Instructor: Melissa Gould-Just Dance Academy
Location: McCandless Room

Grade	Day	Start Date	Time	R/NR
3-5	Wed.	1/4/2017	5:45-6:30 pm	\$114/\$171

Limit 12 Late Fee: \$10.00

FANTASTIC GYMNASTICS

Ready to cartwheel? Come join our new gymnastics class! In this class we will be learning cartwheels, round-offs, bridges, tumblers & more! We will work on our flexibility & stretches to progress into walkovers.

8 sessions

Instructor: Melissa Gould-Just Dance Academy
Location: McCandless Room

Grade	Day	Start Date	Time	R/NR
K-2	Thurs.	1/5/2017	4:45-5:30 pm	\$114/\$171

Limit 12 Late Fee: \$10.00

BALLET/TAP

In this class the children will be focusing on the proper technique for both ballet & tap. The children will learn the difference between toes & heels and plies & relevés. During class we will be working on both a ballet and a tap combination to show off our fancy feet.

Both Ballet and Tap Shoes are required

8 sessions

Instructor: Melissa Gould-Just Dance Academy
Location: McCandless Room

Ages	Day	Start Date	Time	R/NR
4-7 yrs.	Wed.	1/4/2017	4:45-5:30 pm	\$114/\$171

Limit 12 Late Fee \$10.00



NEW

JEDI MASTER ENGINEERING

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics and eccentric motion. Build LEGO X-Wings, At-At walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses and other complex machines and structures from a galaxy far, far away.

8 sessions

Instructor: Play-Well TEKnologies Staff

Location: McCandless Room

Grades	Day	Start Date	Time	R/NR
3-5	Thurs	1/5/2017	5:00-6:30 pm	\$188/\$282

Limit 16

Late Fee: \$10.00

TABLE TENNIS TRAINING

Welcome to the Fun World of Table Tennis also popularly known as Ping Pong. Table Tennis offers numerous benefits. It offers physical fitness, improves alertness, hand-eye coordination and many more. Playing Ping Pong invigorates brain functionality and improves concentration, moves every muscle of a child's developing body without being stressed. Our U.S.A. Table Tennis affiliated trainers make the training session a fun way of learning. For training purposes we will provide Ping Pong rackets & balls. We just need the kids to come and join us for a fun filled session while learning this Olympic Sport.

8 sessions

Instructor: Sue Chak-Professional Table Tennis Player/Coach

Location: McCandless Room

Grade	Day	Start Date	Time	R/NR
1-4	Mon.	1/9/2017	4:00-5:00 pm	\$138/\$207
5-8	Mon.	1/9/2017	5:00-6:00 pm	\$138/\$207

Limit 8

Late Fee \$10.00



NEW

CRICKET TRAINING FOR CHILDREN

Targeted for children under seven. FUNdamentals introduces children to the core skills needed to both participate and compete in sport in later life. It is all about the overall development of the child's physical capabilities, learning movement skills and the ABC's of athleticism-Agility, Balance, Coordination and Speed. In addition, they will be introduced to simple techniques of cricket.

8 sessions

Instructor: Kiddiegym U.S.A. Staff

Location: McCandless Room

Grades	Day	Start Date	Time	R/NR
1-4	Sat.	1/14/2017	9:30-10:30 am	\$118/\$177

Limit 10

Late Fee: \$10.00

NEW

CRICKET TRAINING FOR CHILDREN

The Ignition stage, to start a lifelong love of the game. These sessions will provide players with: fun, general movement and simple cricket skills, game based learning opportunities, simple tactical elements and a wide range of sporting and movement experiences. The group sessions are aimed at developing a wide range of sporting and movement experiences. The group sessions are aimed at developing a wide range of cricket techniques and all sessions include a range of warm ups, skills and games, designed for both beginners and experience cricketers.

8 sessions

Instructor: Kiddiegym U.S.A. Staff

Location: McCandless Room

Grade	Day	Start Date	Time	R/NR
5-8	Sat.	1/14/2017	10:30-11:30 am	\$118/\$177

Limit 10

Late Fee \$10.00



Visit with Santa

Come join us in our Winter Wonderland on Wednesday, December 21, 2016 from 3:30-5:30 in the McCandless Room and meet with the one and only Santa Claus.

Enjoy some delicious hot chocolate and receive a special cookie from Santa.

Remember to bring your camera for that memorable picture and dress warm it always snows in the North Pole



Come Join Jenafly Recreation for Our Prince/Princess Preschool Dinner/Dance

This dance is for children 3-5 years old

Moms bring your little Prince

And

Dads bring your little Princess

(Feel free to have the kids dress the part)

Thursday, April 6, 2017

5:30-7:30 pm

Jenafly High School Cafeteria

\$15.00 per person



(there will be a photographer onsite to capture that magical night-pictures will be an additional \$15.00 in cash paid to the photographer)

FATHER/DAUGHTER VALENTINES

DINNER/DANCE

Join us for a memorable night with your special Valentine

For Girls K-12 and their dads

Jenafly High School Cafeteria

Thursday, February 9, 2017

6:00-8:00

\$15.00 per person



A photographer will be on hand to capture that special moment. Pictures are \$15.00 cash paid to the photographer

Annual Egg Hunt

Join Tenafly Recreation for our Annual Egg Hunt on Saturday, April 15, 2017

There will be one egg hunt for preschoolers at 1:00 sharp followed by a hunt for kids in grades K-5

Bring your camera for a picture with the Bunny!



Summer Camps



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RECKYS PRESCHOOL FUN CAMP

Come join Tenafly Recreation for 6 weeks of FUN!
Camp will include arts & crafts, games, cool down and more. **CHILDREN MUST BE POTTY TRAINED.**

No snacks are allowed each child will receive an ice pop and the end of the day. A copy of your child's birth certificate is required at registration. This is for children who have not attended Kindergarten.

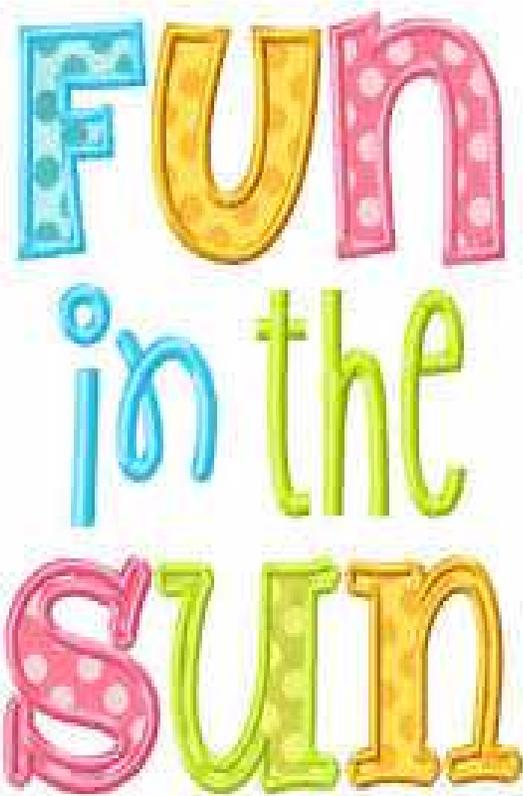
Camp is held at Maugham School from 8:45-11:45 am beginning on Monday, June 26 and ending on August 4.

Residents: \$325.00

Non Residents: \$450.00

Limit 60 campers

Late Fee: \$10.00



RECKYS SUMMER CAMP

Calling all kids entering grades K-6 in September 2017. Come join us for 6 weeks packed with FUN!

Camp is held outside the **Tenafly Middle School** from 9-3 beginning June 26 and ending on August 4. Rain or Shine. **Res: \$475 Non: \$725**

Registration for Camp and Trips will be held online only:

Residents begins on January 9 at 8:30 am.

Non resident registration begins on February 13 at 8:30 am based on availability.

Registration ends on March 6 at 4:30 pm or when our state limit is reached.

After March 6 if there is still room a \$50 late fee will be charged.

You must be registered for camp to register for trips.

THERE ARE NO REFUNDS AFTER JUNE 1 AND THERE ARE NO REFUNDS FOR TRIPS.

**Information can be found on our website:
Www.tenaflynj.org-departments-recreation
Registration:
<https://register.communitypass.net/tenafly>**

TEEN CAMP

In the Summer of 2017, the Tenafly Youth Services will host the 16th Annual Tenafly Teen Summer Camp for students entering the 6th-11th grade. This year's seven-week camp will start on June 26, 2017 and ends on August 11, 2017. The Teen Summer Camp features trips to amazing attractions like Great Adventure, Mountain Creek, Catamount Adventure Park, as well as going to the Yankees and the Mets Baseball Games. We will have more information on Tenafly Teen Summer Camp 2017 in the next Borough Newsletter or online at www.tenaflynj.org.



NEW

MOTHERS MORNING OUT

Being a mom can be exhilarating and exhausting. Bring your baby and join us for a warm and welcoming class where you can meet new friends and receive expert advice, as well as much needed support. Discussions will be facilitated by Dr. Beth Bochner who is a parenting consultant and psychotherapist with over 25 years of experience working with families.

6 sessions

Instructor: Dr. Beth Bochner, PHD, LMSW

Location: McCandless Room

Age	Day	Start Date	Time	R/NR
21+	Tues.	1/3/2017	10:30-11:30 am	\$138/\$207

Late Fee: \$10.00



**AMERICAN HEART ASSOCIATION
HEARTSAVER/AED CERTIFICATION**

Participants will receive CPR training as well as learn how to use an Automated Defibrillator Device. You will learn the proper way to deal with choking in an infant, child and adult. This course is perfect for young babysitters, nannies, parents and coaches.

The course will give you the training needed to calmly address an emergency situation and possibly

SAVE A LIFE!

1 class **Monday, January 23, 2017**

Time: **6:00-9:00 pm**

Instructors: **Nick Roux & Art Ditzel**

Certified Instructors

Location: **McCandless Room**

Fee: **\$85.00 includes 2 year
certification card**



SELF DEFENSE CLASS

For Girls Ages 13 and Up

Great Mom/Daughter Class

Professional Fighters and Martial Art Competitors from YESS TRAINING in Dumont will teach you how to defend yourself in many different scenarios.

Be prepared the next time you go to the mall, out for a walk/run or are at a party.

Have peace of mind while your daughter is away at college!

Give the ultimate gift to the woman in your life.

January 7, 2017

McCandless Room in Borough Hall

10:00 am-12:00 noon

Fee: \$35.00 per person-Gift Certificates are available in the Recreation Office



NEW

MEDITATION FOR RELAXATION

Studies have shown that practicing meditation can decrease stress and increase inner peace and happiness. In this class you will learn to quiet your mind through some very simple techniques. Each class will include a guided meditation and instruction to continue your practice at home.

6 sessions

Instructor: Tania Gold

Location: Davis Johnson Park Garden Room

Age	Day	Start Date	Time	R / NR
18+	Thurs.	1/5/2017	9:00-10:00 am	\$118/\$177

Limit 12

Late Fee: \$10.00

PASSION FOR PILATES

Wake Up and stretch with Regina to invigorate your body, mind and spirit. Pilates is an exercise method designed by Joseph Pilates in the 1920's. Pilates focuses on core stability, control and balance. It will tone and strengthen your entire body, which also helps in weight loss. Pilates is beneficial for **any age and fitness level**, all you need is the **PASSION** to do it! Please bring water and a pilates mat (no less than 1/2 inch thick so your spine/back are properly cushioned). **I look forward to meeting you!!**

8 sessions

Instructor: Regina Saladino,
Certified Pilates Instructor

Location: McCandless Room

Age	Day	Start Date	Time	R/NR
18+	Wed.	1/4/2017	8:50-9:45 am	\$88/\$132

Limit 20

Late Fee: \$10.00

ZUMBA FITNESS

Zumba is a fun Latin inspired dance fitness class that incorporates Latin and International Music and dance movements for an effective fitness system. Zumba is a fat burning, body shaping, fun workout. Steps are simple and easy to follow! Participants of any fitness level or age can **START TO ZUMBA** right away. Please wear sneakers, bring water and...**BE READY TO SWEAT!**

8 session

Instructor: Evangelina Bishop-Certified Zumba Instructor

Location: Davis Johnson Park-Garden Room

Age	Day	Start Date	Time	R/NR
18+	Fri.	1/6/2017	8:45-9:45 am	\$68/\$102

Limit 25

Late Fee: \$10.00

TRADITIONAL TAI CHI CHUAN

Tai Chi was developed in China over 400 years ago for health and self-defense. Tai Chi movements are a combination of slow motions and Qi Gong meditation. Practicing Tai Chi can improve one's arthritis, osteoporosis, diabetes, immune system, flexibility, balance and muscular strength. This class is for beginners and intermediates and offered by Master Ted Peng who holds certificates in Tai Chi 7th and Martial Arts 9th.

8 sessions

Instructor: Master Ted Peng, National Coach, Judge

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
20+	Thurs.	1/5/2017	7:30-8:30 pm	\$63/\$94.50

Limit 16

Late Fee: \$10.00

BEGINNERS TAI CHI

A slow motion meditative dance-like exercise, improving posture, balance and circulation. Tai Chi is a health medicine exercise traditionally known to promote rejuvenation and longevity through relaxation; while also developing will-power. (Its aim: Prolongation of Life.) The cumulative effects of building strong legs and a toned physique benefit all aspects of life. Tai Chi Chuan harmonizes your movement with Nature in an interesting, enjoyable and enlightening way. We will be practicing the Yang Style as taught by the late great grand Master Cheng Man Ching: "Right Method, Correct Technique," will be employed throughout: Without which you will be far from your goal.

8 sessions

"Beginners/Intermediate Welcome!"

Instructor: Raymond Lucas

Location: McCandless Room

Age	Day	Start Date	Time	R / NR
18+	Tues.	1/3/2017	7:45-8:45 pm	\$63/\$94.50

Late Fee: \$10.00

DUPLICATE BRIDGE CLUB

The Tenafly Duplicate Bridge Club meets once per week at the Tenafly Senior Center. Games are held each Tuesday evening beginning at 7:00 pm. For more information or to participate, please contact Betty Ann Smith at
201-567-6047



**SPRING IS IN THE AIR! LOOK FOR OUR SPRING/SUMMER
PROGRAM GUIDE COMING IN MARCH**

**Borough of Tenafly
Recreation Department
100 Riveredge Road
Tenafly, NJ 07670**

STANDARD MAIL
POSTAGE PAID
PERMIT #495
PARAMUS, NJ 07652
CART SORT

ECRWSS

**POSTAL CUSTOMER
LOCAL
TENAFLY, NJ 07670**

JOIN THE EXCITING SPORT OF LACROSSE

We will be offering a Lacrosse Clinic with Trilogy Lacrosse for Boys & Girls in grades K-2. The clinic will be held on Saturdays from 1:00-2:00 pm on Geissinger Field. The fee for this clinic is \$120.00 if registered by January 15 and \$135.00 from January 16-February 15. No registrations will be accepted after February 15. A stick is needed for all participants.

Boys in grades 3-8 will be in a league with preseason practices taking place 2-3 week nights between 6-9 pm and Saturday afternoon/evening in March.

Games will begin in April and run until the 2nd week of June following the same schedule as preseason. The fee for this program is \$250.00, this includes a uniform. There is a \$30.00 mandatory fee to join U.S. Lacrosse. Registration begins on November 7. A \$30.00 late fee will be charged beginning on February 2. No registrations will be accepted after March 1.

Girls in grades 3-8 are eligible to play with Northern Valley Old Tappan. For more information go to the following website:

<https://leagueathletics.com/Default.asp?org=nvlacrosseorg>

