

# SPARTA RECREATION

## Program Activity Calendar & Senior Citizen Mini-letter



Fall -2016

Session Dates:

Session I: 9/12-10/21

Session II: 10/31-12/16



SPARTA RECREATION  
"Rooted in Fun - Growing Together"

## SPECIAL EVENTS/PROGRAMS



### The Legend of Sleepy Hollow

This one-man version of the classic horror tale is a fully staged presentation sure to delight and entertain all ages. You will see Ichabod interacting with students in the schoolhouse and leading the church congregation in song. You will join him on his way to a wonderful party where he dances with the girls he loves. Then you will follow him on his fateful journey home as he encounters the "Headless Horseman" and disappears from the hollow forever!!

Both young and older audiences may enjoy great participation in the show. As Ichabod's school class, they are given an authentic 17th century spelling lesson. Later, they become a part of the church congregation, and may sing along with a hymn.

Presented by Neill Hartley, a professional actor who has performed with many local and regional theaters and is on the theater faculty of the University of the Arts in Philadelphia, PA.

#### A GREAT WAY TO KICK OFF THE HALLOWEEN SEASON!!

Activity #	Day	Time	Dates	Fee
205125-A1	Sat	7:00pm	10/22	\$10



### SCARECROW SATURDAY

Have you ever wanted to make your very own Scarecrow? Well, today is the day!!!

A fun family project where you can design, create & build your very own Scarecrow. Upon completion, you are invited to display your unique creative design during the Recreation Advisory Committee's "Munchkin March Costume Parade" on October 23rd. Once the parade is over, take it home so you can show it off to all the Trick or Treaters!!

Activity #	Time	Date	Cost
205120-A1	10:30-12:00noon	Oct. 22	\$15 (We provide the hay, some decorations, plastic heads, wood & string. You bring the clothes & a pumpkin to carve if you'd like.)



### "MUNCHKIN MARCH" HALLOWEEN COSTUME PARADE

Sunday: October 23rd

Sponsored by: Recreation Advisory Committee

- "Trunk or Treat" begins at 5:30PM & will be held in the Sparta Library Parking Lot
- A "judged" costume parade for kids of all ages begins at 6:00PM sharp and will be held on the Memorial Football field. Prizes for costumes will be awarded as well as treats for everyone. Donation: Non-perishable food items donated to the Sparta Ecumenical Food Pantry



### TELEPHONE CALLS FROM SANTA

"Calls from Santa" registration forms can be picked up at the Recreation Office beginning December 1st. Children 6 and under will receive their calls from Santa during the week of December 12th.



### DISCOUNT SKI TICKETS

We offer discount tickets to a variety of ski resorts in the area; don't miss out!

## SPECIAL EVENTS/PROGRAMS

### SANTA ARRIVES AT STATION PARK



**Sunday: December 4<sup>th</sup> - at 1:00PM** Sponsored by: Recreation Advisory Committee  
Come on down to Station Park, where Santa and his elves will greet children and distribute goodies. In addition to having your picture taken with Santa, there will be entertainment, game booths, and a display of "Emergency Vehicles" for all to enjoy and learn about while you are waiting for your special visit with Santa. Donation: Food items donated to the Sparta Ecumenical Food Pantry

### SANTA'S ORNAMENT WORKSHOP

Santa's elves will be busy at work showing you how to make a variety of holiday ornaments. This is a family event; children must be accompanied by an adult.

Activity #	Day	Time	Date	Fee
205124-A1	SAT	10:30-12:30	12/10	\$12.00



### LETTERS TO SANTA

Beginning December 1, Sparta youngsters can mail letters to 65 Main Street or drop them in the special mailbox in the Recreation Office. Time permitting, Santa will write back.

## "Circle of Friends" Pre-School

One of Sparta's most affordable "hidden gems." Our State Certified Preschool offers 25+ years of experience keeping children our #1 priority while promoting learning, fun and friendship. Your child will be warmly welcomed into an environment that:

- \*Builds strong social skills
- \*Offers music as an elective
- \*Fosters independence
- \*Expands academic knowledge

The school is designed to assist and prepare children for their transition to the elementary school experience. Feel free to call our office to visit our head teacher, Miss Jen, and to see the classroom!

### REGISTRATION INFORMATION: FALL 2016!

**AGE 4 & 5: \*\*Children must turn 4 by 10/01/16 to register\*\***

Activity #	Time	Days	Enrollment Fee Total
301011-A1 (registration fee \$50)	9-11:30am	Mon, Wed, Fri	\$310.00
301011-B1 (September & June payment \$260)			

(Enrollment fee includes upfront September & June payment + \$50 non-refundable registration fee. Thereafter, for the next 8 months of the school year, a monthly fee of \$130 is due.)

**Tuition for school year: \$1,300**

**AGE 3: \*\*Children must turn 3 by 10/01/16 to register\*\***

Activity #	Time	Days	Enrollment Fee Total
301012-A1 (registration fee \$50)	12:30-3:00pm	Wed & Fri	\$220.00
301012-B1 (September & June payment \$170)			

(Enrollment fee includes upfront September & June payment + \$50 non-refundable registration fee. Thereafter, for the next 8 months of the school year, a monthly fee of \$85 is due.)

### DOWNHILL SKI PROGRAM

Sparta Recreation offers a ski program for grades 5th-8th at Mountain Creek on five consecutive weekday evenings beginning in January. Details available early October.



### ALL ACCESS SKI PASSES

We offer ski passes available for purchase for all ages at a reduced rate.

## TOT PROGRAMS: Ages 3mo-7yrs

### GIGGLE TIME

**Ages: 2&3**

Broaden your child's experiences through group and individual activities & join others in a playful yet socially structured atmosphere, outside the home. Bring a snack.

Instructor: *Kris Harms*



Activity #	Day	Time	Age	Session	Dates	Fee
201031-A1	Tues	9:30-10:15	2-3 yr	I -6wks	9/13-10/18	\$48
201031-B1	Tues	10:30-11:15	2-3 yr	I -6wks	9/13-10/18	\$48
201031-D1	Tues	9:30-10:15	2-3 yr	II - 6wks	11/1-12/6	\$48
201031-E1	Tues	10:30-11:15	2-3 yr	II - 6wks	11/1-12/6	\$48

### BABY & TODDLER YOGA

**Ages: 3 months-3 years**

Experience all the wonderful benefits of yoga while bonding with your child. Children enjoy interactive songs and yoga to promote natural healthy growth, flexibility and brain stimulation. Moms will tone, regain flexibility and learn relaxation techniques.

(N/C:11/10 & 11/24) Instructor: *Heather Bivona*



Activity #	Day	Time	Age	Session	Dates	Fee
201035-A1	Thurs	10:15-11:00	3mo-3yrs	I - 6wks	9/15-10/20	\$48
201035-B1	Thurs	10:15-11:00	3mo-3yrs	II - 5 wks	11/3-12/15	\$40

### DANCING DIVAS

**Ages- 3-7**

This fun class is great for children with little or no dance experience. Class will focus on basic dance moves, leaps and step combinations. Students should wear leotards & ballet slippers.

Instructor: *Cristina VanVooren* (N/C: 10/12 & 11/23)

Activity #	Day	Time	Age	Session	Dates
201022-A1	Wed	4:30-5:15	3&4	I - 6wks	9/14-10/26
201022-B1	Wed	5:30-6:15	5-7yr	I -6 wks	9/14-10/26
201022-C1	Wed	4:30-5:15	3&4	II - 6wks	11/2-12/14
201022-D1	Wed	5:30-6:15	5-7yr	II - 6 wks	11/2-12/14



### LITTLE HANDS DRAWING: by Young Rembrandts

**Ages: 4 & 5 yrs**

This fall, your pre-schooler will "fall" in love with our lessons. We'll soak in the warm colors of rainbows, a sun face, Native Americans and many more fun and detailed drawings. Learning is fun with Young Rembrandts. We draw, enhance fine-motor skills, learn to stay on task and learn the discrimination skills so critical in the classroom. (N/C:11/10 & 11/24)



Activity #	Day	Time	Age	Session	Dates	Fee
201045-A1	Thurs	10:30-11:30	4&5 yr	I - 6 wks	9/15-10/20	\$85
201045-B1	Thurs	10:30-11:30	4&5 yr	II- 5wks	11/3-12/15	\$70

### PEEWEE GOLF

**Ages 5 & 6**

Want to offer your child the opportunity to begin to learn the basics of this lifetime sport? Taught by award winning PGA Jr Golf Instructor, MaryBeth Kohberger, at the Newton Country Club. (N/C: 9/24)

Activity #	Day	Time	Session	Age	Dates	Fee
201053-A1	Sat	12:00-12:30pm	5 wks	5 & 6 yr	9/10-10/15	\$75



## TOT PROGRAMS: Ages 3mo—7yrs

### SPORTS SQUIRTS

**Ages 3-5 yrs**



This unique program presented by the "US Sports Institute" is designed to introduce children ages 3 to 5 to a variety of sports such as Soccer, T-ball, Basketball, Lacrosse and Hockey, all taking place in a safe, structured environment ensuring learning is taking place. All activities promote hand-eye coordination, movement and balance, and most importantly :fun, fun, fun! Instructor: *US Sports Institute* ( Station Park) (No class: 10/10)

Activity #	Day	Time	Session	Age	Dates	Fee
201054-A1	Mon	10:00-11:00am	7- wks	3-5 yrs	9/19-11/7	\$125
201054-B1	Mon	11:00-12:00noon	7- wks	3- 5yrs	9/19-11/7	\$125

## YOUTH CORNER

### YOUTH YOGA

**Ages: 6– to Adult**

Yoga is a wonderful way to increase self-awareness, build self-esteem and strengthen your body. You will learn poses that stretch and strengthen while promoting balance, coordination, the ability to concentrate and increase vitality through energetic practice.

BYOM: Bring Your Own Mat (N/C: 10/10) Instructor: *Heather Bivona*

(\*Moms Welcome)



Activity #	Day	Time	Age	Session	Dates	Duration	Fee
202073-A1	Mon	5:00-5:45	6-12 yrs	I	9/12-10/24	6 weeks	\$48
202073-B1	Mon	6:00-7:00	13-90yr*	I	9/12-10/24	6 weeks	\$48
202073-C1	Mon	5:00-5:45	6-12 yrs	II	10/31-12/5	6 weeks	\$48
202073-D1	Mon	6:00-7:00	13-90yr*	II	10/31-12/19	8 weeks	\$64

### ELEMENTARY DRAWING by: Young Rembrandts

**6-12yrs**



Young Rembrandts

Experience the colorful magic of fall in the Young Rembrandts classroom. Kick off the season with a graphic iguana, video game favorite Pixel Block Character, and the geometrical world of architecture as we draw the Notre Dame Cathedral. We'll draw these (and many more exciting lessons!) while we improve creative and critical thinking skills today's students need. So what are you waiting for? Sign up now!!!! (N/C: 10/10)

Activity #	Day	Time	Age	Session	Dates	Fee
202045-A1	Mon	5:30-6:30	6-12yrs	I-6wks	9/12-10/24	\$85
202045-B1	Mon	5:30-6:30	6-12yrs	II-6wks	10/31-12/5	\$85

### FUN FALL FOODS—CHEF IT UP 2 GO

**Grades: K—6th**

Each week in this fun-filled class we are using the best of the Fall ingredients! On the menu is apple salad, apple & cheese tortillas, apple dips & even some stuffed crust pizzas too!! Oh, and we like pumpkin too, so we will definitely be making pumpkin pie parfaits & pumpkin raviolis to take home & cook up too! Fall is fun!



Activity #	Day	Time	Grade	Session	Dates	Fee
202041-A1	Tues	4:30-6:00	K - 6th	II	11/1-12/6	\$75

## YOUTH CORNER

### NEW! INVENTORS & CREATORS

**Grades: 1-5**



Students will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all-their mind. With a little ingenuity, they will create catapults and forts, construct working light sticks to bring home and a set of circuits with batteries and light bulbs. While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% FUN! Great take-home experiments as well!!!(N/C: 10/12) Presented by: MAD SCIENCE

Activity #	Day	Time	Grade	Session	Dates	Fee
202021-A1	Wed	4:30-5:30	1st - 5th	I	9/14-10/26	\$105

### NEW! BRIXOLOGY

**Grades: 1-5**

Using Lego bricks, we build a different engineering-themed project every week. Experience extended learning with a take-home toy to reinforce each concept. Aerospace, Towers, Carnivals, Machines, Boats, Bridges. (N/C 11/23) Presented by: MAD SCIENCE



Activity #	Day	Time	Grade	Session	Dates	Fee
202022-A1	Wed	4:30-5:30	1st - 5th	II	11/2-12/14	\$105

### JUNIOR GOLF

**Grades: 1—12**



To educate and get juniors involved in golf is the goal, but keeping it *fun* is the primary focus. PGA Professional, Mary Beth Kohberger, helps youth learn to play golf and have fun in the process. Held at the Newton Country Club 25 Club Road, Newton, NJ (N/C: 9/24)

Activity #	Day	Time	Age/Grade	Dates	Fee
202072-A1	Mon	4:30-5:30pm	6th -12th	9/12-10/17	\$119
202072-B1	Mon	5:30-6:30	1st - 5th	9/12-10/17	\$119
203072-C1	Sat	12:30-1:30pm	1st - 5th	9/10-10/15	\$99
203072-D1	Sat	1:30-2:30pm	6th -12th	9/10-10/15	\$99

### YOUTH VOLLEYBALL

**Girls Grades: 3<sup>rd</sup>-8<sup>th</sup>**

Register now for this fun program designed for young people who want to learn the basics of this great up-and-coming sport, while having fun with their friends. The program will include instructive clinics in: Serving, Setting, Offense & Defense. Sparta High School: Gym

Activity #	Day	Time	Grade	Dates	Fee
202381-A1	Tues & Thurs	6:00-7:30	3rd-8th	9/20-10/27	\$60



### SMART SITTER

**Ages 11-16**



SmartSitter is a hands on, safety based program designed to teach young people, ages 11-16, the many skills of becoming a great babysitter. SmartSitters extensive curriculum, taught by Registered Nurses, covers the care of infants through school-age children (diapering, feeding, playtime activities, etc.), basic first aid, handling choking emergencies, fire safety and prevention, the business of baby-sitting and safety for the sitter. (Please bring a doll.)

Activity #	Day	Time	Age	Date	Fee
202011-A1	Sat.	9:00am-3:00pm	11 & up	10/8	\$60

## IN TOWN BASKETBALL

### IN-TOWN BASKETBALL Kindergarten – High School

Register **now** for this very popular winter program. Registration will close on Nov. 4th. All children will be accommodated during this registration period. Late registrations will only be considered on a "space available" basis with an additional late fee of \$10.00. Season begins after the holidays and continues through mid-March. We will once again offer our 9th -12th grade program.

#### K—3rd Grade

**Boys & girls** – will be welcomed to an introduction to the game of basketball. The program will be run on Saturday mornings from 9:00AM-1:00PM at the Mohawk Avenue School and is designed to be fun yet instructional. Fee: \$90.00

Presented by: Drills, Skills & Thrills Basketball

Activity #	Grade	Time	Dates	Cost
302380-A1	2nd Grade	9:00-10:00am	1/7-3/4	\$90
302380-B1	3rd Grade	10:00-11:00am	1/7-3/4	\$90
302380-C1	K	11:00am-12:00noon	1/7-3/4	\$90
302380-D1	1st Grade	12:00noon-1:00pm	1/7-3/4	\$90



#### 4th Grade

**Boys & girls** – Continue the experience of Drills, Skills, & Thrills Basketball. 4th Grade players will learn new drills & enforce what they are learning in game situations. Held at the Helen Morgan School. Presented by: DST Basketball

Activity #	Grade	Time	Days	Dates	Cost
302381-C1	4th Grade	6:15pm or 7:15pm	Tues & Thurs	1/3-3/2	\$90

#### 5th – 8<sup>th</sup> Grade

**ONCE AGAIN THIS YEAR!** Boys and girls will be evaluated for skills, height and ability at a professional screening clinic! Held at the Sparta Middle School.

Includes 3 clinics by: BTB Basketball

**Due to the size of the program special requests for team placement cannot be accommodated.**

BOYS: Fee: \$90.00				GIRLS: Fee: \$90.00			
Activity #	Div	Grade	11/17 - Screening	Activity #	Div	Grade	11/15 Screen
302381-A1	I	7th & 8th	8:00PM	302382-A1	I	7th & 8th	8:00PM
302381-B1	II	5th & 6th	7:00PM	302382-B1	II	5th & 6th	7:00PM

**High School 9<sup>th</sup>-12<sup>th</sup> Grade** Dates: Jan. 7<sup>th</sup> – March 11<sup>th</sup> Saturdays at Sparta Middle School. There will be a draft for team placement on January 7th.

BOYS: Fee: \$60			GIRLS: Fee: \$60		
Activity #	Div	Grade	Activity #	Div	Grade
302381-D1	HS1	9th & 10th	302382-D1	HS1	9th & 10th
302381-E1	HS2	11th & 12th	302382-E1	HS2	11th & 12th



**\*\*If registering on the day of high school team draft, the fee is \$70.**

## VACATION BREAK—TEACHERS CONVENTION

### \*\* NEW LEGO ROBOTICS, CRAZY CONTRAPTIONS, MINECRAFT & MORE

**Ages 7-12**

Move over Rube Goldberg! In our engineering camp, you will have fun integrating Science, Technology, Engineering, and Mathematics by building and designing a wide range of gadgets and inventive machines. This course is designed for those that really like to build! Our camp provides an atmosphere where kids that have similar interests can come together and focus on building hands-on or virtually using **Minecraft**. We will offer a huge selection of models in the program from the many different themes that Lego has to offer. You will also make unique and inventive ball machines, and an assortment of amusement park constructions. We will also have fun building programming a wide selection of **Lego Robotic creations**. Students will invent, and construct robotic creations from their imagination. They will also build robots designed to meet a wide array of interesting challenges throughout the week. These include our robot Olympics, **Battle-Bot competition**, robo-bowling, tractor pull and more.



Activity #	Day	Time	Dates	Fee
206016-A1	Thurs & Fri	9:00-3:00PM	11/10 & 11/11	\$95

## VACATION BREAK—CHRISTMAS

### RADICAL REPTILES



Join us for a fun, unique and educational **live animal presentation!** You will see the following: the American Alligator, Burmese Python, Soft-shell turtle, yellow anaconda, green anaconda, green tree python, snapping turtle, black-white tegu, water monitor, savanna monitor and leopard tortoise.

Presented by: Snakes-n-Snails and Turtle Tales, State Reptile experts.

Activity #	Day	Time	Date	Fee
206017-A1	Wed	1:00-1:45	12/28	\$10

### "FANTASY, ILLUSION AND MAGIC"

**All Ages**

A program that will astound, baffle, delight, thrill and entertain the young audience from the first moment of introduction until the curtain closes. Audience participation, excitement, and comedy can be expected in this fun show.

Presented By: Joe Fischer, Professional Magician & Entertainer.

Activity #	Day	Time	Date	Fee
206144-A1	Thurs	1:00-1:45	12/29	\$12



### "SECRETS OF MAGIC"

**Ages 6-12**

After the magic show join Joe Fisher and learn some secrets of magic. This is your child's chance to get a true behind-the-scenes look and learn from a true master. Joe's teaching ability and patience will make this a memorable event. Each child will receive their own bag of tricks, making them real magicians.



Activity #	Day	Time	Date	Age	Fee
206144-B1	Thurs	2:15-3:15	12/29	6-12	\$12

**\*\*All aspiring Magicians; Joe Fisher will be running a follow-up magic program in January. Check the Winter Brochure for details!\*\***

## ADULT

### TOTAL BODY CONDITIONING

Cross training for improved overall fitness. Mix it up with aerobics, step, and weight training to increase endurance, strength and flexibility. The benefits and variety of challenging classes will keep you coming back for more. Types of classes include: Hi/Low aerobics, step, kickboxing, plyometrics, stability ball, bands, toning, floor work. Steps, bands, and stability balls provided. Please bring your own floor mats and hand held weights. Fee based on # of weeks in session. Instructor: *Cathy Reese*

Activity #	Day	Time	Session	Dates	Fee
203102-A1	M&W	7:15-8:15pm	I-9 wks	9/12-11/9	\$72
203102-B1	M&W	7:15-8:15pm	II-8wks	11/14-1/4	\$64



### YOGA

This practice can help manage stress, lessen anxiety, improve sleep and overall health. Learn to safely stretch, strengthen and relax your body with Kundalini Yoga. Appropriate for all levels of experience, flexibility and strength. Please arrive 15 minutes early, wear loose fitting modest clothing, bring water, a mat or towel, and try not to eat 2 hours prior to class. Fee based on # of weeks in the session.

Instructor: *Jennifer Dericks*



Activity #	Day	Time	Session	Dates	Fee
203111-A1	Tues	6:00-7:15pm	I-9wks	9/13-11/8	\$72
203111-C1	Sat	9:00-10:15am	I-9wks	9/17-11/12	\$72
203111-D1	Tues	6:00-7:15pm	II-8wks	11/15-1/3	\$64
203111-F1	Sat	9:00-10:15am	II-8wks	11/19-1/7	\$64

### H.A.L.O. YOGA WITH HEATHER

Health. Alignment. Lymph. Organs. A special 45 minute yoga program. Different class each week focusing on Immune system, Lymph, Organs and Chakras. Improve your spinal flexibility, health, strength and relaxation. Please wear comfortable clothing. BYOM-Bring Your Own Mat

(N/C: 10/10, 11/10 & 11/24) Instructor: *Heather Bivona*

Activity #	Day	Time	Session	Dates	Fee
203112-A1	Mon	12:00-1:00pm	I - 6wks	9/12-10/24	\$48
202073-B1	Mon	6:00-7:00pm	I - 6wks	9/12-10/24	\$48
203112-B1	Thurs	9:00-10:00am	I - 6 wks	9/15-10/20	\$48
203112-C1	Mon	12:00-1:00pm	II -6 wks	10/31-12/5	\$48
202073-D1	Mon	6:00-7:00pm	II -8 wks	10/31-12/19	\$64
203112-D1	Thurs	9:00-10:00am	II -5 wks	11/3-12/15	\$40



### WATERCOLOR PAINTING

Try your hand at drawing & painting. No previous experience required. (N/C: 9/19, 9/20, 10/10)

Instructor: *Toni Chaplain*



Activity #	Day	Time	Session	Dates	Fee
203041-A1	Mon	9:30-12:00	10 wks	9/12-11/28	\$120
203041-B1	Tues	9:30-12:00	10 wks	9/13-11/22	\$120

## ADULT

### PEN & INK

Create beautiful fine line drawings using different strokes with a pen!

(N/C 9/19 & 10/10) Instructor: *Toni Chaplain*

Activity #	Day	Time	Session	Dates	Fee
203043-A1	Mon	1:00-3:30	10 wks	9/12-11/28	\$120



### ACRYLIC PAINTING



Designed for the beginner to intermediate artist. Learn acrylic painting techniques while creating your own masterpiece. Proper use of paint brushes and substrates will be presented. (N/C: 9/20 ) Instructor: *Toni Chaplain*

Activity #	Day	Time	Session	Dates	Fee
203042-A1	Tues	1:00-3:30	10 wks	9/13-11/22	\$120

### ONE DANCE-ONE NIGHT

A great opportunity!!! Introductory beginner lesson and practice for those who want to try out Ballroom Dancing. This special one night class will "whet your appetite" and help prepare you for the Ballroom Dance class which begins the following week.

Instructor: *David Cross*

Activity #	Day	Time	Dates	Session	Fee
203022-A1	Thurs	7:30-9:00	9/8	I	\$12

### BEGINNER DANCE:

After your trial dance classes, continue the fun shared by those who enjoy social dancing. Here is your chance to learn a variety of dances and take the floor with confidence at your next wedding, party or dinner dance. Registration by couples is recommended.

Activity #	Day	Time	Dates	Session	Fee
203022-C1	Thurs	7:30-9:00	9/15-10/6	I- 4wks EAST COAST SWING/CHA	\$72
203022-D1	Thurs	7:30-9:00	10/20-11/10	II - 4wks SALSA/WALTZ	\$72

### 11/17: SALSA REVIEW

Activity #	Day	Time	Dates	Session	Fee
203022-B1	Thurs	7:30-9:00	11/17	II	\$12

### MEN'S OPEN GYM BASKETBALL - SPARTA RESIDENTS ONLY

Sparta High School gym will be available on most Monday nights from 8:00pm-9:30pm for adults 18 and older (Sparta residents) for basketball. Register by mail, on-line, or in person at the Recreation Office. Registration is limited and NO registrations will be accepted at the High School. Open gym will be cancelled in the event of inclement weather, or if the schools are closed for any reason.

Activity #	Day	Time	Dates	Fee
203071-A1	Mon	8:00-9:30pm	10/3-6/5	\$50



## ADULT

### MEN'S OVER 35 OPEN GYM BASKETBALL—Sparta Residents Only

Alpine School gym will be available on most Friday nights from 7:30pm-9:00pm for adults 35 and older (Sparta residents) for basketball. Register by mail, on-line, or in person at the Recreation Office. Registration is limited and NO registrations will be accepted at the Alpine School. Open gym will be cancelled in the event of inclement weather, or if the schools are closed for any reason.



Activity #	Day	Time	Dates	Fee
203071-B1	Fri	7:30-9:00PM	10/7-6/2	\$50

### ADULT BEGINNER GOLF

Designed to teach everything you'll need to play golf in just a few lessons. PGA professional, Mary Beth Kohberger, will show you that there are lots of ways to play by combining fun, friends and fitness. Each session will focus on the various golf skills you will use while playing. In addition to learning the basics, you will be guided onto the golf course to put your skills into action in a casual, friendly setting. No equipment needed!



Activity #	Day	Time	Session	Dates	Fee
203072-A1	Tuesdays	12:30-1:30pm	5 wks	9/13-10/11	\$149
203072-B1	Sat & Sun	2:30-5:00pm	5 hours	9/17 & 9/18	\$149

### GETTING PAID TO TALK

A single evening class offered by: "Voice Coaches". "Getting Paid to Talk, Making Money with Your Voice" is an introduction to professional voiceovers. Have you ever been told you have a great voice? This class is informational, lots of fun, and a great step for anyone interested in voice acting professionally. Pre-registration is required.



Activity #	Day	Time	Date	Duration	Fee
203075-A1	Thursday	6:30-9:00pm	9/29	1 class	\$20

### EDUCATION TO GO: On-line courses

Do you want to update your skills, discover a new talent, or chart a career path all at your own pace and convenience? Then discover "ed2go" an interactive, instructor-led internet classroom that offers a wide variety of classes to help you achieve your goals. To get started on this new adventure just go to:

\* <http://www.ed2go.com/spartarec> to decide on your course or courses

\* Register with Sparta Recreation first \*

\* Attend your on-line registration with "ed2go"

\* Classes begin the second Wednesday of the month

\* Courses run 6 weeks & consist of 12 lessons

\* Interactive quizzes, assignments, tutorials, and on-line discussion supplement the lessons.

\* Materials available on the World Wide Web

\* Read your lessons & ask questions of your instructor at the times that best suit your schedule

**FEE: \$85**



## SENIOR RECREATION PROGRAMS

Classes and programs are designed for Sparta residents 60 and over. Non-residents will be placed on a waiting list until we determine if there is space available. There is also an additional charge for these registrations. All classes and programs meet at the Walter Lynch Senior Center, formerly called the Sparta Senior Center (40 Trapasso Drive) unless otherwise noted. Please register at the Sparta Recreation, lower level of the Library for classes.

### Morning Exercise A.F.E.P.

**Arthritis Foundation Exercise Program** –Easy exercises for strength and flexibility. This class is held Mon. Wed. & Fri., in 8 week segments, however, you can join any time. Attend any or all classes weekly for an excellent workout.

Instructors: *Marianne Dilworth & Caryn Camelo*



Activity #	Day	Time	Session	Dates	Fee
204101-A1	MWF	9:15-10:00	I	9/12-11/4	\$15
204101-B1	MWF	9:15-10:00	II	11/7-12/30	\$15

### Gentle Yoga for Seniors

—a class with gentle movements, designed for seniors. If you want to attend both Wed. & Fri. classes, you must register for both.

Instructor: *Heather Bivona*

Activity #	Day	Type	Time	Session	Dates	Fee
204111-A1	Wed	mat work	11:00-12:00	I	8/31-10/19	\$15
204111-B1	Fri	chair only	11:00-12:00	II	9/23-11/18	\$15
204111-C1	Wed	mat work	11:00-12:00	I	10/26-12/14	\$15
204111-D1	Fri	chair only	11:00-12:00	II	12/02-1/20	\$15



### Line Dancing for Beginners!

—Easy, fun dances & great exercise! No partner or experience necessary. Instructor: *David Cross (N/C:11/25)*



Activity #	Day	Time	Session	Dates	Fee
204102-A1	Fri	10:00-11:00am	I	9/9-10/28	\$15
204102-B1	Fri	10:00-11:00am	II	11/04-12/30	\$15

### Intermediate Line Dancing

Instructor: *David Cross*

Activity #	Day	Time	Session	Dates	Fee
204103-A1	Wed	10:00-11:00	I	8/10-9/28	\$15
204103-B1	Wed	10:00-11:00	II	10/05-11/23	\$15



### SENIOR GOLF CLUB @ SKYVIEW

Through partnership with the Sparta Recreation, enjoy golf w/cart for \$40.00 Mon-Fri. anytime, and after 3:00PM weekends and holidays. Pick up a registration form at the Recreation Office. Must be 62yrs. +



## SENIOR RECREATION PROGRAMS

**Easy Art**—Lessons in acrylic and oil painting for beginners to experts.

Instructor: *Herbert Stanske*(N/C: 11/25)

Activity #	Day	Time	Session	Dates	Fee
204121-A1	Fri	10:15-11:45	I	10/7-10/28	\$10
204121-B1	Fri	10:15-11:45	II	11/4-12/02	\$10
204121-C1	Fri	10:15-11:45	III	12/09-12/30	\$10



**Arthritis Water Exercise**—this 10 week class is beneficial for people with arthritis or low fitness levels. Held at the heated indoor pool at NJSwim, 350 Sparta Avenue, Sparta. *Instructors: Jan Kitt, and Linda Messer.*

Activity #	Day	Time	Dates	Fee
204555-A1	Mon. & Fri.	12:30-1:30	9/12-11/18	\$150
204555-B1	Mon. & Fri.	1:30-2:30	9/12-11/18	\$150

### The Benefits of MASSAGE THERAPY

Massage Therapy is an ancient art of healing to enhance a person's health. Licensed Massage Therapist: *Charlene Andrewlavage* will be offering Sparta Seniors the opportunity to experience how even a 10-15 minute massage can rejuvenate your body, mind and spirit. Tues. 10am – 12noon – Walter Lynch Senior Center (Lynch Room) Cost: \$1.00 per minute with a 10 minute minimum. You must call Charlene to set up an



## SENIOR ON-GOING PROGRAMS

**BOOK DISCUSSION**- 4th Thursday monthly at 11:30 AM. Bring a brown bag lunch and join us for a lively discussion and dessert. Fee: \$2—Call Marianne at 729-2383 to get the reading assignment or just come and listen to the stimulating discussions with Professor Michael Hughes & Professor Eleanor Carducci from Sussex County Community College.



**MEN'S BREAKFAST CLUB** - This group meets the 2nd Thursday monthly at 8:30AM. Program features continental breakfast, social time and a dynamic speaker. There is a \$3 fee. New members & guests always welcome.

**WOMEN'S BREAKFAST CLUB** - Our group will meet the 2nd Tuesday monthly at 8:30AM. Program features continental breakfast, social time and a dynamic speaker. There is a \$3 fee. Come & bring a friend.

**SCRABBLE CLUB**—Every Thursday at 1PM in the Lynch Room. If you enjoy playing scrabble or would like to learn the game, join us. Keep your mind stimulated, a must for healthy aging!



**NEEDLE ARTS GROUP** – Grab your needles and share your talents with other group members. New members always welcome! We meet each Friday from 10AM-12 Noon in the Lynch Room.

## SENIOR ON-GOING PROGRAMS

**MAHJONG** – Meet new friends while learning and playing this challenging game.

Every Friday from 1:00pm-4:00pm in the Village Café at Knoll Heights Village.



**SHUFFLEBOARD** – Join this competitive group for a fun filled afternoon. They meet every Wednesday - 1:00PM outside the Walter Lynch Senior Center. As long as the weather permits.

### “HEALTHY WEIGHS”: WEIGHT LOSS GROUP

Meets on Friday's at 12NOON-1:00PM in the *Village Café*. We focus on regular weight loss through proper nutrition and exercise. We weigh-in weekly, support each other, and share recipes and tips on how to satisfy your hunger without high calorie foods. There is a weekly charge of \$5 (**collected only if you gain weight**). New members are welcome!

## SENIOR TRIPS

### OCTOBER 26<sup>TH</sup> – CANYON COUNTRY PRESENTATION!

You are invited to a special travel presentation (in the Walter Lynch Senior Center) for a trip we are planning on October 23<sup>rd</sup>, 2017! Highlights of the trip are Scottsdale, AZ, Oak Creek Canyon, Kaibab Nat'l Forest, Grand Canyon, Lake Powell, Bryce and Zion Nat'l Parks and Las Vegas. 9 days ~ 11 meals. Cost includes: Round Trip Air Fare, Hotels and Transfers.

**Double: \$2999    Single: \$3749    Triple: \$2969**

Deposit of \$250 (plus \$240 for insurance if desired) *due by April 1, 2017.*

Checks payable to Collette Vacations.



DECEMBER 14<sup>th</sup> HUNTERDON HILLS presents

### “A Playhouse Christmas”

Bus leaves Sparta 9:30am for our holiday dinner show (pre-selected menu). An ensemble cast of multi-talented performers celebrate Christmas in an original holiday song and dance fest featuring traditional carols, classic and contemporary Yuletide compositions, humorous skits, and spectacular dance numbers—all backed by a live onstage orchestra. Don't miss it! Bus departs 3:30pm for Sparta. **Mail in registration November 4th, Walk-in registration November 8<sup>th</sup>. Cost: \$63.50**



## SENIOR ON-GOING SERVICES

### FREE SENIOR SURREY SERVICE

Free transportation service for Sparta Seniors over 60 years of age is available weekdays. Reservations are necessary at least 24 hrs. in advance of any appointment. The Surrey makes regularly scheduled trips to Newton each Mon., Wed., and Fri. mornings for doctor's appointments, the hospital or even some shopping at the local stores. The van leaves Sparta by 9:15 AM and returns everyone home by noon. Local grocery shopping, banking, hair appointments, etc. are accommodated afternoons. There are also monthly trips to Franklin & bi-monthly trips to the Rockaway Mall. Riding the van is the easiest way to get out and around. Call 973-729-8542 weekdays between 1:00pm and 3:00pm and a senior volunteer will schedule your ride. The surrey is equipped with a wheelchair lift to transport disabled or handicapped clients



SENIOR CHORE SERVICE—The Sparta Kiwanis Club staffs the Senior Chore Service and they will make minor non-emergency household repairs without charge (except materials) such as: repairing leaking faucets, running toilets, unclogging stopped-up sinks, installing door locks, replacing batteries in smoke detectors and replacing bulbs in ceiling fixtures. They will also help you interpret estimates or contracts for work to be done on your home. Call 973-729-2383 to ask for help.

GOOD MORNING PROGRAM— This is a wonderful comfort for your families and friends and a great protection for you. The Sparta Police Department has a call in program. To participate, you must first complete a registration form and then you call in every morning; if you don't call in, someone from the Police Dept. will attempt to contact you by phone. If this is unsuccessful after a few attempts, a patrol car will be dispatched to your home to check on your welfare. Contact Corp. Dennis Proctor at 973-729-6121, ext. 4051.



### SENIOR HANDYMAN PROJECT



The Senior Advisory committee has compiled a list of contractors who have agreed to perform services for seniors in a timely fashion, at a "going" reasonable rate, satisfaction guaranteed. When contacting one of these individuals, please tell them that you received their name from the Senior Advisory Committee Handyman Project. Please give us feedback on your level of satisfaction. \* indicates positive feedback. More than one is even better! Stop by Sparta Recreation Office and pick up a list of contractors.

### SPARTA SENIOR CITIZEN'S CLUB

Welcomes new members. Anyone living in Sparta, age 60+ may join. Seniors meet each Tuesday at the Walter Lynch Senior Center in Knoll Heights. The major monthly business meeting is the second Tuesday of each month. The Hospitality Committee will welcome you as a guest for the day while you make new friends or visit old neighbors. Call 973-729-8542 for details.

ALZHEIMER SUPPORT GROUP - Held on the 3<sup>rd</sup> Tuesday of the month at 5:30pm at the Walter Lynch Senior Center. Must call Lisa for details: 973-729-4311



### SUSSEX COUNTY HEALTH DEPARTMENT:

Please remember..... if you have any health concerns, please call the Sussex County Public Health Nurse @ 973-579-0570 x1211.

## SENIOR EVENTS

Sept. 22<sup>nd</sup> —Kiwanis Picnic free for Sparta Senior Citizens. Starts 5:30pm at the Walter Lynch Senior Center. Please look for sign-up sheet at the center in early September.



October 8th - S.C. Public Health Flu Clinic 8AM—2:00PM - The Sussex County Public Health Department will be conducting a flu clinic at the Walter Lynch Senior Center. Please wear short sleeved/sleeveless shirts and bring your Medicare card with you. Vaccine is free to Medicare recipients or people who are 65 yrs. of age and older. Please call 973-579-0570 x1275 for an appt. or online at: [www.sussex.nj.us](http://www.sussex.nj.us) (type "flu" in search)

Oct. 1<sup>st</sup>—Sparta Mayor's Roundtable discussion.

**10AM-12Noon at the Walter Lynch Senior Center.** Come listen to our Mayor Christine Quinn and bring any questions or concerns you may have.



Senior Art & Crafts Exhibit—November 12<sup>th</sup> featuring the works of Sparta Seniors who have painted in our classes as well as others who have framed pieces of art work they have done as a senior. Original paintings, drawings, photographs and other works will be accepted. Registration forms will be available at the Walter Lynch Senior Center and Recreation Office on October 3<sup>rd</sup>. Join us for a reception on Saturday afternoon, November 12<sup>th</sup> from 2:00-4:00pm to meet the artists at the Walter Lynch Senior Center



AARP Smart Driver Course—Nov.9<sup>th</sup> \*ONLY ONE DAY! 9:00AM-3:30PM. This 6½-hour, mature driving class qualifies you for a reduced insurance premium with many companies. The cost of the program is \$15 for AARP members or \$20 for non-members. Forms will be available in the Sparta Recreation Office. **Please make checks payable to "AARP" (204515-A1)**



Senior New Year's Eve Party—Join us for our "ever popular" New Year's Eve party at the Walter Lynch Senior Center on Saturday, December 31st from 1:00pm -4:00PM. Price includes dinner, DJ, dancing and watching the ball drop, (at 3:00PM that is!) Tickets will go on sale, Nov. 7<sup>th</sup>. **Cost: \$10.00**

S.H.I.P. State Health Insurance Assistance Program is available at Sparta Senior Center, 40 Trapasso Drive. This program provides free, confidential help to residents who have questions with Medicare Parts A & B, Medigap (supplemental), Medicare Advantage Part C, Prescription Drug Plans Part D, & PAAD. 2013 Open Enrollment Period: Oct. 15—Dec. 7. Please call S.C. Division of Senior Services 973-579-0555 x 1223 to make an appointment.

## SENIOR VOLUNTEER OPPORTUNITIES

Senior Ambassadors: Town Hall - Sparta is seeking some active, engaging seniors to act as ambassadors, for a few hours each day, in Sparta's Municipal Building. Call Marianne for details! 973-729-2383



Walter Lynch Senior Center - Sparta is seeking some volunteers to answer phones at the Senior Center. You can choose any day of the week; Monday to Friday, one or as many times as you like to volunteer. If interested call Marianne at 973-729-2383 or ask for Eileen Francis at the Walter Lynch Senior Center.

## VOLUNTEER SPORTS ORGANIZATIONS CONTACTS



Organization	President	Email	Website
Men's Baseball & Women's Softball	Janice Williams	<a href="mailto:Janice.williams@spartanj.org">Janice.williams@spartanj.org</a>	<a href="http://www.spartanj.org">www.spartanj.org</a>
In-town Basketball	Marianne Dilworth	<a href="mailto:marianne.dilworth@spartanj.org">marianne.dilworth@spartanj.org</a>	<a href="http://www.spartanj.org">www.spartanj.org</a>
Adult Basketball	Janice Williams	<a href="mailto:janice.williams@spartanj.org">janice.williams@spartanj.org</a>	<a href="http://www.spartanj.org">www.spartanj.org</a>
Sparta Spartans Youth Football & Cheer	Tim Lindsay (football)	<a href="mailto:spartansnj@gmail.com">spartansnj@gmail.com</a>	<a href="http://www.spartafootball.org">www.spartafootball.org</a>
Sparta Girls Sports Softball	Joe Jacobs (softball)	<a href="mailto:president@spartagirlssports.com">president@spartagirlssports.com</a>	<a href="http://www.leaguelineup.com/SGS">www.leaguelineup.com/SGS</a>
Sparta Soccer Club	Tim Kelly	<a href="mailto:spartasoccerclub@gmail.com">spartasoccerclub@gmail.com</a>	<a href="http://www.spartasoccer.com">www.spartasoccer.com</a>
Sparta Youth Wrestling	Tom Matistic	<a href="mailto:spartawrestling@icloud.com">spartawrestling@icloud.com</a>	<a href="http://www.spartawrestling.com">www.spartawrestling.com</a>
Sparta LL Baseball	Jane Bova	<a href="mailto:president@spartabaseball.com">president@spartabaseball.com</a>	<a href="http://www.spartabaseball.com">www.spartabaseball.com</a>
Sparta Lacrosse	Ken Johnson	<a href="mailto:kjjjohnson@gmail.com">kjjjohnson@gmail.com</a>	<a href="http://www.spartalacrosse.com">www.spartalacrosse.com</a>
Sparta P.A.L. Travel Basketball	Ernie Reigstad	<a href="mailto:ernie@spartapal.com">ernie@spartapal.com</a>	<a href="http://www.leaguelineup.com/spartapal">www.leaguelineup.com/spartapal</a>
Men's Soccer	Paul Clements	<a href="mailto:info@spartaOFFC.org">info@spartaOFFC.org</a>	N/A
Women's Soccer	Natalie Neuschatz	<a href="mailto:icneusch@me.com">icneusch@me.com</a>	N/A
Sparta Bears Football	Brian Dolan	<a href="mailto:president@spartabears.org">president@spartabears.org</a>	<a href="http://www.spartabears.org">www.spartabears.org</a>
Sparta Ice Hockey	Bill Battaglia	<a href="mailto:spartayouthicehockey@gmail.com">spartayouthicehockey@gmail.com</a>	

## REGISTRATION INFORMATION

### \*ALL PROGRAM REGISTRATION BEGINS

**WEDNESDAY, AUGUST 31ST**

To register on-line : [Click Here](#)

The Recreation Office is located in the lower level of the Sparta Library and the hours are:  
Mon—Fri - 8:30am-4:30pm

#### General Registration Information

**Please register early!** If a class doesn't have a sufficient number of participants 48 hours prior to the beginning of the class, it may be canceled.

All fees are payable at the time of registration (unless noted otherwise.)

Please select a 1st & 2nd choice for class times, when applicable.

**If no 2<sup>nd</sup> choice is noted, you will be placed on a wait list for the selected activity time.**

All program tuition **already includes** a non-refundable registration fee:

Programs costing up to \$50.00 include a \$5.00 non-refundable fee.

Programs costing \$51.00+ up include a \$10.00 non-refundable fee

Fees are calculated per session and are not prorated (unless noted otherwise).

**Refund Policy:** Refunds are given due to insufficient registration, documented illness, or other circumstances beyond our control. If a program does not meet your expectations, please let us know at the beginning of the program term and we will gladly credit your account, minus the non-refundable registration fee.

**Transfer Policy:** Any change or transfer is subject to a transfer fee.

**Payment:** Acceptable forms of payment are: Check, Visa, MasterCard or Cash (not by mail)

Make all checks payable to: Sparta Recreation

Sparta Recreation Mailing Address:

65 Main Street  
Sparta, NJ 07871

Please use one form per person

Registration forms may be duplicated. However, additional forms are available on-line or at the Recreation Office.

All classes held in Recreation, located in the lower level of the Sparta Library, unless otherwise noted.

Participants must be the required age by the start of the program. Please be sure to **include birth date** on the registration form.

**Class Participation:** Classes are scheduled at times that are designed to be convenient for both you and the instructors. Please check your schedule carefully before signing up for any given program.

**Class Observation:** Parents are invited to observe classes on the last day of each session as per the instructor.

Out of town residents are invited to participate. however, there is an additional 20% charge for participation.

**Weather related closing policy:**

Schools closed: Day classes cancelled

Delayed Opening: AM classes cancelled

# PROGRAM REGISTRATION FORM

## RECREATION PROGRAM REGISTRATION FORM

Participant Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

PROGRAM	CODE	FEE	PROGRAM	CODE	FEE

### IMPORTANT – PLEASE READ – HOLD HARMLESS RELEASE FORM

I hereby grant permission for myself and/or child to participate in the Sparta Recreation Department program noted above. I waive and release all rights and claims for damages against the Sparta Recreation Department and their employees and agents for any and all injuries, which may be suffered by the herein named minor or myself while participating in the program. Inherent in outdoor activities are the risk of cut, bruises, sprains, hypothermia, or concussion. I also give permission for the Sparta Recreation Department to make non-commercial use of any activity photographs of my child/myself.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
 (Signature of participant or parent of minor under 18)

PLEASE CLEARLY PRINT PRIMARY GUARDIAN NAME

\_\_\_\_\_

(Full Payment must be made when registering by mail, fax or in person. Make check payable to Sparta Recreation)

Please fill out the following for mail-in or faxed registrations only. TOTAL \$ \_\_\_\_\_

**Please select payment option:**  Check or Money Order: Check # or M.O. # \_\_\_\_\_  Cash (in-person registration only)

Visa  MasterCard **Print Name on Card** \_\_\_\_\_ Zip Code - \_\_\_\_\_

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 digit code \_\_\_\_\_

Signature of Card Holder \_\_\_\_\_

# RECREATION INFORMATION

## Sparta Recreation Staff:

Marianne Dilworth: Recreation Supervisor & Senior Citizen Coordinator  
 Donna Jenkins: Recreation Program Supervisor  
 Janice Williams: Accounts Clerk  
 Alison Deeney: Recreation Aide



## Sparta Recreation:

Located: 22 Woodport Road,  
 Sparta, NJ 07871  
 Hours of Operation: 8:30AM-4:30PM - Mon-Fri  
 Contact: 973-729-2383  
 e-mail: donna.jenkins@spartanj.org

## Recreation Advisory Committee:

Joe Galley, Carol Bull, Cathy Romine, Shauna Stanley,  
 Paul Johnson, TJ O’Leary  
 Advisory Members: Councilman Gil Gibbs, Donna Jenkins



## MISSION STATEMENT

Sparta Township Parks and Recreation exists to provide and facilitate access to parks, recreation, cultural opportunities, and open space. Our staff members are committed to delivering the benefits of parks and recreation services including:

- Leisure time benefits of providing a wide variety of quality and introductory programs at affordable costs.
- Personal benefits of strengthening self-esteem and self-image, improving health and fitness, and reducing stress in an enjoyable atmosphere.
- Social benefits of building stronger families, creating community spirit, promoting opportunities to develop new friendships, and providing positive alternatives for all segments of the community.
- Environmental benefits of protecting and rehabilitating natural areas and open space, and contributing to overall community livability.

We strive to provide parks and facilities which are safe and attractive and offer recreation programs which are enjoyable and meaningful. We look forward to working with other area agencies and departments to help enhance the overall quality of life. We believe in being honest, positive and responsive to the needs and interests of the public.