



The **PREMIER** Junior Golf Program

Winter Golf Classes at Academy of the Most Blessed Sacramento

Grades T/K - 6

Thursdays

January: 7 . 14 . 21 . 28

February: 11 . 25

March: 11 . 18

\$180/8 Weeks

3:30-4:30pm

AMBS Field/Gym

REGISTER ONLINE at

www.golftga.com

Kevin Rooney, Director

(201) 746-6410

krooney@golftga.com

Min Class Size: 5 Students

Maximum 8:1 Student-to-Instructor Ratio

Portion of Fee Given Back to AMBS

All Skill Levels Welcome

"Let's play golf!"



The **PREMIER** Junior Golf Program

Send Completed Form & Check to:

TGA of Bergen County
139 Nottingham Ct.
Montvale, NJ 07645
krooney@GolfTGA.com

Cost:

\$180/8 Weeks

Name of Student _____ Male / Female

Address _____

Home Phone (_____) _____ - _____

Email _____

Grade: _____ Height: _____ Swing: ___Right ___Left

Level: ___Yellow ___Orange ___Red ___Blue ___Black

(ALL students begin in yellow level)

**Winter 2010
AMBS**

Consent and Release Form & Participant Agreement

While my child is participating in the Total Golf Adventures program, I acknowledge and assume all the foregoing risks on his/her behalf and likewise accept personal responsibility for any injury or damages that may occur. I release, waive, discharge and covenant not to sue Total Golf Adventures administrators, agents, sponsors, other participants, advertisers, and owners/lessors of premises used to conduct the activities. I have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily I give my permission for my child to be photographed, videotaped, and/or interviewed for promotional purposes while attending TGA's after school golf program.

Signature _____ Please Print Name _____ Date _____

FRANKLIN LAKES RECREATION AND PARKS COMMUNITY CENTER

Welcome to our center. If you have not taken advantage of our wonderful facility, we invite you to come see it. Just let our staff know you would like to take a tour when you arrive!

We have many activities and programs available at the Community Center. Our indoor space provides for a variety of activities and programs for all ages and abilities.

Our weight room is equipped with treadmills, ellipticals and free weights

We also have fitness classes which include...

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that is fun and easy to do.

Yoga emphasizes body, mind, spirit awareness and expansion along with learning meaningful boundaries. Yoga improves strength, flexibility and relieves stress. Our instructor will guide you by offering suggestions and modifications.

Pilates aims is to improve flexibility and strength and to create a balance in the body. It includes comprehensive regulation of the physical functions and leads to physical and mental relaxation

Tai-Chi/ Chi- Kung is a slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Tai- Chi is ideal for increasing stamina, flexibility and coordination.

Jump Start is a high energy, fat burning cardio class. Sure to get your heart beat pumping.

Tone Up is full body work out that incorporates light lifting and high intensity cardio.

Cardio Blast is a slower Zumba- style class with a great calorie- burn and tone-up.

Senior Art Classes is for those looking to learn and have fun with art. The medium is primarily watercolor, but all other forms are used.

After school programs include:

Guitar Basics

Golf

Beading

Acting Class

Fall Tennis

Information on all of these opportunities can be found on our website, www.gameplan411.com or by contacting the recreation department at 201-847-8200.

FAMILY SPECIALS: *sponsored by the Friends of the Library*

Family Specials are open to only Franklin Lakes residents and current members of the Friends organization. Tickets are free and available in person or by telephone (201-891-2224).

NATURE WALK with the NJ Audubon Society: Grades 3-6

Wednesday, November 4 @ 4:15-5:30 p.m.

Join Pat Scheuer for a fun and informative nature walk on the library grounds. In the event of rain, an indoor program will be substituted. Registration begins October 26. Register on-line or in person.



DUET PRODUCTIONS presents *PETER PAN*: Grades K & up

Thursday, November 5 @ 7:00-8:00 p.m.

Fun for all with Peter Pan and Tinkerbell in Neverland with the Pirates, Indians, and the Lost Boys.

Tickets available beginning October 19.

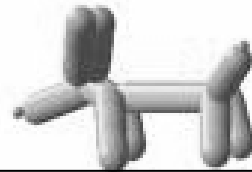


MR. TWISTER: Grades K & up

Friday, November 6 @ 1:30-2:30 p.m.

World renowned balloon maestro will twist and create your favorite creatures.

Tickets available beginning October 28.



PILGRIM ADVENTURE: A MYSTERY HISTORY HUNT: Ages 7-12

Wednesday, November 18 @ 7:00-8:00 p.m.

Children will participate in a brain bending hunt for clues to locate information on how to survive New England winters.

Registration begins November 2.



YOSI presents *A Thanksgiving Friendship Special*: Ages 4 & up

Tuesday, November 24 @ 7:00-8:00 p.m.

Lots of rhythms and songs about friendship in this interactive Thanksgiving program. Tickets available beginning Monday, November 9.



LYLE COGEN presents *Snowflakes and Snowsongs: A Winter Songfest*: Grades K & up

Thursday, December 3 @ 7:00-8:00 p.m.

Featuring songs reflecting Christmas, Chanukah and celebrating cultural diversity for the holiday season.

Tickets available beginning November 16.



TRAVELING LANTERN presents *A CHRISTMAS CAROL*: Grades K & up

Saturday, December 5 @ 10:30-11:30 a.m.

A classic tale about Old Ebenezer Scrooge, a nasty old geezer, until his only friend appears as a ghost to teach him the joys of caring and giving to others. Tickets available beginning November 16.



EXIT 9: Grades K & up

Tuesday, December 29 @ 1:30 p.m.-2:30 p.m.

One of the most exciting percussion groups ensembles around! They will play music of all styles including ragtime, steel pan calypso, and West African drumming. Tickets available beginning December 21.



Programs for Older Kids

BOOK BUDDIES

A book discussion group
for grades 2 & 3.
Meets the first Thursday
of each month @ 4:15 - 5:15 p.m.

Thursday, November 5
Cancelled

Thursday, December 3
The Worst Best Christmas Pageant Ever
by Barbara Robinson
Register and pick up your book now!



DOUBLE DIGITS

A book discussion group for
grades 4 - 6.
Meets 4:00 - 5:00 p.m.

Thursday, November 19
The Lightning Thief by Rick Riordan
Register and pick up your book now!

Thursday, December 17
Tuck Everlasting by Natalie Babbitt
Register and pick up your book now!



Wii for grades 4 & Up

Drop in and play on the **SECOND** Friday of each month
starting November 13 @ 3:30 - 5:30 p.m. Test your video game skills
against other contenders. Play MarioKart, Guitar Hero III, Wii Play,
SuperSmash Bros. and DDR .

ANIMAGIC! for grades 4 - 6

Thursdays, November 12 & December 10
@ 4:15 - 5:30 p.m.

Try your hand at computer graphics!
Create a 3D animation from your digital photograph
Of any animal (live or toy)!
Sign up November 2 - space is limited!
Franklin Lakes residents only. Register on-line
@ <http://www.franklinlakeslibrary.org/>

HOMEWORK HELPERS

for children in grades K-5
Tuesday & Thursdays
4:30 - 5:30 p.m.
November 3 - 19
December 1-17
(No Program November 5)

Franklin Lakes residents only. On-going
registration.
Check with the
Children's Desk for details.

BOOK JEOPARDY

for grades 3 & up
Friday, November 6
@ 3:30 - 4:30 p.m.

Game show based on your
favorite books!

Registration for Franklin Lakes
residents begins October 26
Out-of-Town November 4



HOLIDAY CRAFT

for grades 3 & up
Wednesday, December 2
@ 4:15-5:30 p.m.

A special craft for the season
Registration for Franklin Lakes residents
begins November 23
Out-Of-Town November 30

DROP-IN MOVIE on December 30 @ 1:00-3:00 p.m.

Disney - Pixar's **"UP"** Rated PG 96 minutes

Programs for Younger Kids



**WELCOME to the P.I.N.T. Center!
for newborns to 30 months**

9:30 - 10:15 a.m. or 10:30 - 11:15 a.m.



Wednesday, November 4 - November 25

An informal social time for parents, infants and toddlers. Come meet others, introduce your child to the library and hear stories, songs and fingerplays appropriate for the younger crowd.

Franklin Lakes residents can register on-line @ <http://www.franklinlakeslibrary.org/>
Franklin Lakes residents registration begins October 19
Out-of-Town October 26

HOLIDAY TOT-TIME for ages 30 months to 5 years

9:30 - 10:30 a.m. or 1:15 - 2:15 p.m.



Tuesday, December 1

Or

Thursday, December 3



A special holiday celebration featuring crafts, stories, music, and free play.
All children must be 30 months by December 1 to qualify for this session.

Franklin Lakes residents registration begins November 18
Out-of-Town November 25

HOLIDAY PJ STORY TIME - DROP-IN
for children ages 3 to 6 years old

Join us in your PJ's for favorite holiday tales.

Wednesday, November 11 and Wednesday, December 9
@ 7:00 - 7:45 p.m.





**Franklin Lakes Recreation Department
In conjunction with Leverage Training Center
Is happy to offer two new FREE programs!**

Fit Camp

Fit Camp is a fun and non-competitive environment, where your child will increase their level of health, cardiovascular fitness, energy level, flexibility, and balance. While educating your child on living a healthy lifestyle, Fit Camp provides a fun, enjoyable atmosphere.

Date: Tuesdays January 5th, 12th, 19th, & 26th

Time: 4:30pm – 5:30pm

Speed & Conditioning Camp

Speed & Conditioning Camp is for athletes of all ages looking to take their game to the next level. Using plyometric training, agility exercises, and speed technique, your child will have a heads up on his competition going into their next season.

Date: Thursdays January 7th, 14th, 21st, & 28th

Time: 4:30pm – 5:30pm

***Both camps will be held at the Franklin Lakes Recreation Center. We will use the recreation multi purpose room and turf field if the weather allows, so please dress for indoor or outdoor activities.

Please fill out and send back or drop off before January 1, 2010

NAME: _____

PHONE: _____

Age: _____ EMAIL: _____

GRADE: _____