



Township of Teaneck
 Teaneck Recreation Department
 250 COLONIAL COURT—TEANECK, NJ—07666



Aqua Extreme



Summer 2022



COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: Wednesdays: 8:00–8:45pm

Class will meet on the following dates:

June: 29 July: 6, 13, 20, 27 August: 3

(dates subject to change; make-up classes may not be available)

WHERE: Votee Park Pool

FEE: \$85 (residents)
 \$130 (non-residents)



COURSE OVERVIEW

The Teaneck Recreation Department is proud to present a **new** aquatic workout program. This intensifying and high energy Aqua class focuses on increasing strength and cardiovascular fitness. With the incorporation of aquatic weights, students are able to take advantage of water's natural resistance.

Classes will be taught by Tammy Samuels. Ms. Samuels holds a Bachelor of Arts degree in dance, is a licensed personal trainer and fitness instructor, and has worked in the industry for over 15 years throughout the state of New Jersey. Currently, Ms. Samuels is the Artistic Director and founder of *The Emmanuel Dance Company* and *A Force to be Reckoned With*, a youth fitness company. Ms. Samuels also has certifications with the Athletics Fitness Association of America, World Instructor Training Schools, Pilates Instruction Program and Bosu Boot Camp.



REGISTRATION PROCEDURES

MAIL-IN/DROP-BOX REGISTRATION (TEANECK RESIDENTS): Beginning May 31

Complete the **registration form** below and include **Proof of Residence**. You may **mail** us your forms and proofs to **250 Colonial Court Teaneck, NJ 07666** or utilize the **drop-box** in the Rodda Center or at the Teaneck Municipal Building. **DO NOT INCLUDE PAYMENT** with your application yet; you will be notified of class availability and given **48 hours** to bring payment. **One applicant per form; do not put multiple names on the same form. Each family should include all of their applications in one envelope.**

WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

We will accept registration **in-person** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Residence** (driver's license or utility bill) and **payment at time of registration** (cash or check only).

NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

For more information or if special accommodations are needed, please call (201) 837-7130.

SUMMER 2022 REGISTRATION FORM - AQUA EXTREME



Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ Secondary Phone: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

Do you need a modification because of a disability or special need to enjoy this program? **yes** or **no** (please circle one)

Pictures may be taken by a Teaneck Recreation Department employee to be use for publicity purposes. If you have any questions, concerns, or objections please contact the Recreation office in writing. I agree that I do hereby assume all risks of injury to myself and/or my child participating in the program, and of loss or damage to personal property arising out of or incident to the above-mentioned activity. I further testify that I understand the program of activities in which I propose to engage. With this knowledge, I assume whatever risk such activities may entail or accrue to my person, child, property, or equipment and agree that I will not seek any claims for injury or liability against the Teaneck Recreation Department and/or the Township of Teaneck, its instructors and/or program leaders associated with this program.

Print Name: _____ Signature: _____ Date: _____

Aqua Zumba

Summer 2022



COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: Mondays AND Thursdays: 8:00–8:45pm

Class will meet 2x per week beginning on July 7

(make-up classes may or may not be available)

WHERE: Votee Park Pool

FEE: \$85 (residents)
\$130 (non-residents)



COURSE OVERVIEW

The Aqua Zumba program also known as the “Zumba Pool Party”, gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together into a safe and challenging water-based workout. It includes cardio-conditioning, body-toning, and most of all it’s exhilarating beyond belief!

In-water exercise puts less strain on joints, bones, and tendons, provides increased resistance for toning muscles, and an overall state of higher muscular activity and workout intensity because of the water’s increased resistance. The water around you also provides a full massage and an anti-inflammatory effect due to water pressure, not to mention, it will keep you cool on those hot summer nights!

Classes will be taught by Mima McFadden. Ms. McFadden started dancing at the age of 4, studying ballet, flamenco, and international dance. By the age of 19 she had become a professional dance instructor. Mima has continued teaching a variety of international dance classes over the last 20 years. For the last decade, she has been a Zumba instructor in New Jersey, teaching at several studios and gyms in Bergen county. She is a certified instructor in Zumba and Zumba Toning. Mima’s students love her high energy and always have a great time doing her fun workouts!

REGISTRATION PROCEDURES

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WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

We will accept registration **in-person** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Residence** (driver’s license or utility bill) and **payment at time of registration** (cash or check only).

NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

For more information or if special accommodations are needed, please call (201) 837-7130.

SUMMER 2022 REGISTRATION FORM - AQUA ZUMBA

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ Secondary Phone: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

Do you need a modification because of a disability or special need to enjoy this program? yes or no (please circle one)

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Print Name: _____ Signature: _____ Date: _____

Creative Watercolor

Summer 2022



COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: Tuesdays OR Thursdays: 2:00–3:30pm

Tuesday classes will meet on the following dates:

June: 28 July: 5, 12, 19, 26 August: 2

Thursday classes will meet on the following dates:

June: 30 July: 7, 14, 21, 28 August: 4

(dates subject to change; make-up classes may not be available)

WHERE: Richard Rodda Community Center
Art Room on the first floor

FEE: \$85 (residents) \$130 (non-residents)

COURSE OVERVIEW

The Teaneck Recreation Department is excited to offer an adult painting class: Creative Watercolor. Students will work with basic and experimental techniques to explore the breadth of watercolor and cultivate the pleasures of the medium. Critiques of current artwork will be shared. Basic knowledge is helpful but not required. **All supplies will be provided.**

Classes will be taught by Judith Adel. Art was a childhood joy for Ms. Adel but when she started CCNY, she put painting aside. She started working at seventeen as a journalist and graphic designer. Fifteen years ago she began watercolor classes. Her style is representational; many have described her as a colorist. “Watercolor is transformational. You literally go with the flow – water mixing with transparent and opaque paints,” says Judith. She paints landscapes, people, clouds, florals. Ms. Adel has been in tri-state exhibitions and is a member of tri-state art groups.



REGISTRATION PROCEDURES

MAIL-IN/DROP-BOX REGISTRATION (TEANECK RESIDENTS): Beginning May 31

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WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

We will accept registration **in-person** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Residence** (driver's license or utility bill) and **payment at time of registration** (cash or check only).

NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

For more information or if special accommodations are needed, please call (201) 837-7130.

SUMMER 2022 REGISTRATION FORM - CREATIVE WATERCOLOR

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ *Preferred Class Day: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

Do you need a modification because of a disability or special need to enjoy this program? yes or no (please circle one)

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Print Name: _____ Signature: _____ Date: _____

Pottery with Judi

Summer 2022



COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: **Wednesdays: 10:30am–12:00pm** OR
Thursdays: 10:30am–12:00pm

Wednesday classes will meet on the following dates:

June: 29 July: 6, 13, 20, 27 August: 3

Thursday classes will meet on the following dates:

June: 30 July: 7, 14, 21, 28 August: 4

(dates subject to change; make-up classes may not be available)

WHERE: Richard Rodda Community Center
Art Room on the first floor

FEE: \$85 (residents) \$130 (non-residents)

COURSE OVERVIEW

The Teaneck Recreation Department is pleased to offer adults an opportunity for creative expression by exploring the ancient art of pottery. Pottery originated as a practical art, creating eating, drinking, and storage vessels. Through the ages, it has evolved into a highly creative art, valued and enjoyed by many. Students will learn, improve, or reacquaint themselves with the basic techniques of working with clay and hone skills: pinching, coiling, slab work, and glazing.

Class will be taught by Judith Adel. Art was a childhood joy for Ms. Adel but when she started CCNY, she put painting aside. Fifteen years ago she began watercolor classes then added pottery classes to her repertoire. Judi enjoyed the therapeutic nature of clay and began simply, with vases and bowls. As she became more familiar with clay she worked with more organic shapes. Judi uses glazes to add images to her pottery and underglazes, which “almost” replicate working in watercolor. Ms. Adel has been in many state and tri-state exhibitions and is a member of tri-state art groups.



REGISTRATION PROCEDURES

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WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

We will accept registration **in-person** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **Proof of Residence** (driver's license or utility bill) and **payment at time of registration** (cash or check only).

NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

****For more information or if special accommodations are needed, please call (201) 837-7130.****

SUMMER 2022 REGISTRATION FORM - POTTERY WITH JUDI

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ *Preferred Class Day: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

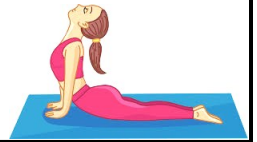
Do you need a modification because of a disability or special need to enjoy this program? **yes** or **no** (please circle one)

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Print Name: _____ Signature: _____ Date: _____

Yoga with Carol

Summer 2022



COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: Tuesdays: 6:30–7:15pm

Classes will meet for 6 weeks on the following dates:

June: 28 July: 5, 12, 19, 26 August: 2

(dates subject to change; make-up classes may not be available)

WHERE: Richard Rodda Community Center
Dance Studio on the first floor

FEE: \$85 (residents) \$130 (non-residents)

COURSE OVERVIEW

The Teaneck Recreation Department is pleased to offer Yoga for adults from 18–54 years of age. Both men and women, whether new to the practice of yoga, seasoned, or somewhere in between, can expect a challenging asana (posture practice), that is sensitive to each student's needs and level of experience. **Please bring a yoga mat and a yoga blanket (optional) and wear comfortable clothing.**

Class will be taught by Carol Berlin. She is a E-RYT 500-hour level yoga teacher and the director of the Freedom Within Yoga studio in Teaneck. In Carol's words, "it is truly my passion to offer yoga practices that are designed to inspire, uplift, and uncover our natural sense of wellbeing and strength. "Carol often is asked, "is yoga a religion or an exercise?" Her response is "it is very much a spiritual-physical practice that is both mentally and physically beneficial."



REGISTRATION PROCEDURES

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WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

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NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

For more information or if special accommodations are needed, please call (201) 837-7130.

SUMMER 2022 REGISTRATION FORM - YOGA WITH CAROL

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ Secondary Phone: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

Do you need a modification because of a disability or special need to enjoy this program? yes or no (please circle one)

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Print Name: _____ Signature: _____ Date: _____

Zumba



Summer 2022

COURSE AT A GLANCE

WHO: Adults ages 18–54

WHEN: Mondays AND Thursdays: 7:00–7:45pm

Class will meet 2x per week beginning on July 7

(make-up classes may or may not be available)

WHERE: Richard Rodda Community Center
Dance Studio on the first floor

FEE: \$85 (residents)
\$130 (non-residents)

COURSE OVERVIEW

The Teaneck Recreation Department is excited to offer our popular Zumba program for adults. Zumba is 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. You don't have to know how to dance, you just move your body and follow the instructor's lead. **Please wear comfortable clothing and bring a water bottle to class.**

Class will be taught by Mima McFadden. Ms. McFadden started dancing at the age of 4, studying ballet, flamenco, and international dance. By the age of 19 she had become a professional dance instructor. Ms. McFadden has continued teaching a variety of international dance classes over the last 20 years. For the last 11 years she has been a Zumba instructor in New Jersey, teaching at several studios and gyms in Westwood and River Vale. She is also certified as an instructor in Aqua Zumba and Zumba Toning. Her students love her high energy and get an amazing workout while having a great time.



REGISTRATION PROCEDURES

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WALK-IN REGISTRATION (TEANECK RESIDENTS): Beginning June 6

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NON-RESIDENT REGISTRATION: Beginning June 20

We will accept registration for classes that are not yet full **in-person only** from 8:15am to 5:00pm Monday through Friday (*On Tuesdays, 8:15am to 6:45pm*). Please bring **payment** (cash or check) at time of registration.

For more information or if special accommodations are needed, please call (201) 837-7130.

SUMMER 2022 REGISTRATION FORM - ZUMBA

Participant Name: _____ Gender: _____ Date of Birth: _____

Address: _____ Primary Phone: _____

*Email: _____ Secondary Phone: _____

Please provide a current email address to stay up-to-date with any course changes or cancellations.

Do you need a modification because of a disability or special need to enjoy this program? **yes** or **no** (please circle one)

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Print Name: _____ Signature: _____ Date: _____