Camp Sessions:

ACTIVITY#	DATES	ACTIVITY FEES
1330-212	June 18-22	Fee: $120 RDF: $100
1330-222	June 25-29	Fee: $120 RDF: $100
1330-232	July 2-6	Fee: $96 RDF: $80
	(No camp Wednesday, July 4)	
1330-242	July 9-13	Fee: $120 RDF: $100
1330-252	July 16-20	Fee: $120 RDF: $100
1330-262	July 23-27	Fee: $120 RDF: $100

Half Day Camp (child may attend morning 8:30am-1pm or afternoon 12-3:30pm)

ACTIVITY#	DATES	ACTIVITY FEES
1331-212	June 18-22	Fee: $72 RDF: $60
1331-222	June 25-29	Fee: $72 RDF: $60
1331-232	July 2-6	Fee: $58 RDF: $48
	(No camp Wednesday, July 4)	
1331-242	July 9-13	Fee: $72 RDF: $60
1331-252	July 16-20	Fee: $72 RDF: $60
1331-262	July 23-27	Fee: $72 RDF: $60

Before Care (7:30-8:30am)

ACTIVITY#	DATES	ACTIVITY FEES
1328-212	June 18-22	Fee: $40 RDF: $30
1328-222	June 25-29	Fee: $40 RDF: $30
1328-232	July 2-6	Fee: $32 RDF: $24
	(No camp Wednesday, July 4)	
1328-242	July 9-13	Fee: $40 RDF: $30
1328-252	July 16-20	Fee: $40 RDF: $30
1328-262	July 23-27	Fee: $40 RDF: $30

After Care (3:30-5:30pm)

ACTIVITY#	DATES	ACTIVITY FEES
1329-212	June 18-22	Fee: $60 RDF: $50
1329-222	June 25-29	Fee: $60 RDF: $50
1329-232	July 2-6	Fee: $48 RDF: $40
	(No camp Wednesday, July 4)	
1329-242	July 9-13	Fee: $60 RDF: $50
1329-252	July 16-20	Fee: $60 RDF: $50
1329-262	July 23-27	Fee: $60 RDF: $50

ACTIVITY REGISTRATION

Newark Residents processing begins now!

Non-Residents may mail, walk in, fax your registration form at any time or **register online at www.cityofnewarkde.us/parksrecreation**. Forms will not be processed until January 6 in the order in which they are received.

ADULT ACTIVITIES

Some of the Activities listed in this section are available for teens as well as adults.

ARTS/CRAFTS & DANCE

ADULT POTTERY
Ages 17 and over ***Carole Fox***

Hand building with clay and working on the potter's wheel will be taught. Students can then explore their area of interest. Returning students may continue at their own pace. 12 lbs. of clay, glazes and firings included. Additional clay can be purchased for $15 per 25 lb. bag.

Activity #3128-102	Fee: $180
Thursdays	RDF: $156
Jan 19–Mar 8	6:15-8:15pm
George Wilson Center	8 sessions

Activity #3128-112	Fee: $180
Thursdays	RDF: $156
Mar 22–May 24	6:15-8:15pm
(No class Mar 29, Apr 12)	
George Wilson Center	8 sessions

MOSAIC MURAL
Ages 15 and over ***Carole Fox***

Learn to mosaic from start to finish. You will make mosaic tiles from clay and use them to help make a community mosaic mural which will hang at the George Wilson Center. You may also elect to tile a small project that you bring from home. You will need to bring rubber gloves (for grouting) to class towards the end of the session.

Activity #2120-102	Fee: $90
Wednesdays	RDF: $78
Feb 8-29	6:15-8:15pm
George Wilson Center	4 sessions

NEW!! **INTERNATIONAL FOLK DANCING**
Ages 12 to Adult

A coed class that is fun for the whole family. Learn line and circle dances from various countries. No partner needed. The basic elements of dances, such as grapevine and yemenite steps, will be highlighted to enable picking up other dances quickly. Different dances taught in each session. Immediately after the class each Friday evening, you may join the Newark Folk dancers weekly dance from 8-9:30 p.m. at the student rate of $3.

Activity #3025-102	Fee: $40
Fridays	RDF: $25
Feb 10-Mar 16	7-8pm
George Wilson Center	6 sessions

Activity #3025-112	Fee: $40
Fridays	RDF: $25
Apr 13-May 18	7-8pm
George Wilson Center	6 sessions

DRAWING & PAINTING
Ages 14-Adult ***Tori Paruszewski***
Learn the fundamentals of drawing and painting in this four week beginner's class. Drawing techniques, perspective and technical skills will be explored using pastels, pencil, watercolor and acrylics. All materials will be provided.
Stop by the Parks and Recreation office to see sample projects for this and other upcoming Parks and Recreation art classes.

Activity #1034-122	Fee: $73
Thursdays	RDF: $56
Feb 2-23	7-9pm
George Wilson Center	4 sessions

IMPRESSIONISTIC PAINTING NEW!!
Ages 14-Adult ***Tori Paruszewski***
Participants of this class will learn about the history, artists, and styles of impressionism. Students will be guided to create their own impressionistic style through the creation of still life and landscape paintings. Bring your imagination. All materials will be provided.
Stop by the Parks and Recreation office to see sample projects for this and other upcoming Parks and Recreation art classes.

Activity #1044-112	Fee: $73
Tuesdays	RDF: $56
Mar 6-27	7-9pm
George Wilson Center	4 sessions

SCULPEY CLAY BEAD MAKING NEW!!
Ages 14-Adult ***Tori Paruszewski***
Participants of this class will learn several techniques to create beautiful, fun, colorful and unique jewelry using Sculpey III clay. All materials will be provided.
Stop by the Parks and Recreation office to see sample projects for this and other upcoming Parks and Recreation art classes.

Activity # 1045-112	Fee: $46
Tuesday & Wednesday	RDF: $30
Apr 3-4	7-9pm
George Wilson Center	2 sessions

HOME, HEALTH & SPECIAL INTEREST

AMERICAN SIGN LANGUAGE FOR FAMILIES
Ages 10-15 ***Carolyn Brock***
Want to learn a new beautiful visual language? In this class you and your family members will learn basic sign language skills to develop your everyday conversational skills. You'll learn the manual alphabet, ASL 100 basic signs and some key conversational sign language phrases. Come and have fun learning a new and exciting language!!!

Activity #2348-102	Fee: $146
Fridays	RDF: $125
Feb 3- Mar 23	10-11am
George Wilson Center	8 sessions

SPORTS & FITNESS

TOTAL BODY POWER HOUR
Ages 16 and over ***Gina Reich***
Up beat music and interesting routines keep you focused on your fitness. A body sculpting workout using weights, body resistance, challenging moves, repetitions and cardio work. Gina will get you motivated and burning calories in no time. Please bring a water bottle, hand weights and a large exercise ball to class.

Activity #3626-102	Fee: $85
Mondays/Wednesdays	RDF: $68
Feb 15-Mar 28	7-8pm
(No class Feb 20)	
George Wilson Center	12 sessions

Activity #3626-112	Fee: $85
Mondays/Wednesdays	RDF: $68
Apr 4-May 21	7-8pm
(No class Apr 9 & Apr 11)	
George Wilson Center	12 sessions

ZUMBA
Ages 18 and over ***Jennifer Palacio***
Zumba is an international rhythm-based dance fitness program. A high cardio one hour workout that includes salsa, cha-cha, samba, cumbia, meringue, mambo, calypso, belly dance, bollywood and much, much more! Who can do Zumba? ANYONE CAN!! Come to the party and dance your way into shape.

Activity #3511-102	Fee: $85
Thursdays	RDF: $68
Jan 12-Mar 1	7-8pm
George Wilson Center	8 sessions

Activity #3511-112	Fee: $85
Thursdays	RDF: $68
Mar 15-May 10	7-8pm
(No class Apr 12)	
George Wilson Center	8 sessions

Morning Zumba Toning Class

Activity #3511-122	Fee: $85
Wednesdays	RDF: $68
Feb 1-Mar 21	10:00-11:00am
George Wilson Center	8 sessions

After Hours Messaging System

366-7033 x 200

For evening and weekend use, leave a voice message and we will return your call the next business day.

ZUMBA GOLD
Ages 18 and over ***Sandy Jones***
Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba program and bring them to the active older adult and other special populations that may need modifications. Created to emphasize the basics, this explosive program is so easy to follow that people of any age can do it!! Zumba Gold is fun, different, easy AND effective – great for the mind, body and soul. Please bring water and a small towel to class.

Activity #3528-102	Fee: $95
Wednesdays	RDF: $80
Jan 18-Mar 7	6-7pm
George Wilson Center	8 sessions
Activity #3528-112	Fee: $95
Wednesdays	RDF: $80
Mar 21-May 9	6-7pm
George Wilson Center	8 sessions
Activity #3528-122	Fee: $95
Saturdays	RDF: $80
Jan 21-Mar 17	9:30-10:30am
(No class Feb 4)	
Newark Senior Center	8 sessions
Activity #3528-132	Fee: $95
Saturdays	RDF: $80
Mar 24-May 19	9:30-10:30am
(No class Apr 28)	
Newark Senior Center	8 sessions

How to Watch a Good Activity Die

Nothing kills a good activity more quickly than everyone waiting until the last minute to register. You see, there's a point where, if there are not enough registrants, an activity is cancelled.
Coming on the day of the activity to sign-up won't resurrect it, so please register early.

CORE TRAINING
Ages 16 and over ***Gina Reich***
This form of exercise was created to improve balance and better posture, increase strength, flexibility, endurance, and coordination. The mat work focuses on the body core stability through exercises performed with flowing movement, precision and a focus on breathing. Wear loose comfortable clothing. Bring a thick floor mat and water to class.

Activity #3526-102	Fee: $85
Tuesdays	RDF: $68
Feb 7-May 8	7-8pm
(No class Apr 10 & Apr 24)	
Newark Senior Center	12 sessions

STAY FIT
Ages 18 and over ***Carole Walsh***
A program of strength training and low impact aerobics, this upbeat and fun class will help you build and maintain muscle tone and improve cardiovascular fitness. Each session will include lively warm-ups; exercises that use a full range of motion for tone and flexibility; and the use of hand weights to increase upper body strength. A cool down and stretch will follow twenty-five minutes of aerobics adaptable to all levels of fitness. All routines are created by a well-qualified instructor with 30 years experience teaching exercise classes. Please bring an exercise mat and a pair of hand weights, one to three pounds each. (Loaner weights will be available for the first class).

Activity #3620-102	Fee: $74
Tuesdays/Thursdays	RDF: $58
Jan 5–Feb 16	10-11am
George Wilson Center	13 sessions
Activity #3620-112	Fee: $68
Tuesdays/Thursdays	RDF: $53
Feb 23-Apr 3	10-11am
George Wilson Center	12 sessions
Activity #3620-122	Fee: $68
Tuesdays/Thursdays	RDF: $53
Apr 10-May 22	10-11am
(No class Apr 24)	
George Wilson Center	12 sessions

The City of Newark has **15** miles of trails and **33** parks totaling over **650** acres of park land. Get out and enjoy one of our many parks and trails today! For more Park information, see page 35.

YOGA

MORNING YOGA*
Ages 18 and over ***Kathleen Wright***

The term "restorative yoga" refers both to the restoration of health & rejuvenation, but also to the correction of poor posture and musculoskeletal misalignment. Kathleen will guide beginners and continuing beginners through each class which includes warm-ups, standing, sitting postures and guided relaxation/meditation. Kathleen has been studying and teaching IYENGAR YOGA since 1990. IYENGAR style yoga is a world renowned approach to teaching HATHA YOGA to any age or ability through the use of props that will be provided (belts, blocks, chairs, etc.). Please bring your own yoga mat and wear form-fitting yoga clothes (as opposed to loose, baggy or anything that hangs away from the body).

Activity #3522-102	Fee: $101
Fridays	RDF: $83
Jan 6-Mar 9	9-10:30am
George Wilson Center	10 sessions

Activity #3522-112	Fee: $101
Fridays	RDF: $83
Mar 16-June 1	9-10:30am
(No class Apr 6 & May 25)	
George Wilson Center	10 sessions

*Students who find getting up and down from the floor difficult can be accommodated in this class by using a folding chair. By doing modified postures, which will be directed as each student requires, you may still participate fully in Morning Yoga. Please inform the instructor on the first day of class if you wish to do "Chair Yoga".

MULTI-LEVEL YOGA
Ages 18 and over ***Erin Sweeney***

Vigorous exercise designed to strengthen the body, increase flexibility and even sweat. Class will be designed for multiple fitness levels but be prepared to get a good workout while you learn the subtleties of yoga and relax your mind. Please bring your own yoga mat and wear form fitting clothes.

Activity #3508-311	Fee: $101
Mondays	RDF: $83
Nov 21-Feb 13	5:15-6:30pm
(No class Dec 26, Jan 2, Jan 16)	
George Wilson Center	10 sessions

Activity #3508-102	Fee: $101
Mondays	RDF: $83
Feb 27-Apr 30	5:15-6:30pm
George Wilson Center	10 sessions

Activity #3508-112	Fee: $101
Mondays	RDF: $83
May 7-July 16	5:15-6:30pm
(No class May 28)	
George Wilson Center	10 sessions

ADDITIONAL DAYS & TIMES!!!!

Activity #3508-122	Fee: $63
Thursdays	RDF: $51
Jan 19-Feb 23	5:15-6:30pm
George Wilson Center	6 sessions

Activity #3508-132	Fee: $101
Thursdays	RDF: $83
Mar 1-May 3	5:15-6:30pm
George Wilson Center	10 sessions

Activity #3508-142	Fee: $101
Thursdays	RDF: $83
May 10-July 19	5:15-6:30pm
(No class July 5)	
George Wilson Center	10 sessions

Activity #3508-152	Fee: $56
Saturdays	RDF: $44
Jan 21-Feb 18	8:30-9:45am
George Wilson Center	5 sessions

Activity #3508-162	Fee: $101
Saturdays	RDF: $83
Mar 3-May 12	8:30-9:45am
(No class Apr 7)	
George Wilson Center	10 sessions

Activity #3508-172	Fee: $101
Saturdays	RDF: $83
May 19-Aug 4	8:30-9:45am
(No class May 26 & July 21)	
George Wilson Center	10 sessions

GENTLE YOGA
Ages 18 and over ***Erin Sweeney***

Designed to be therapeutic by safely promoting joint and back health and alignment. Reduce the aches and pains of age by increasing motions for day to day life. Participants in any exercise program should always make sure exercise is approved by their doctor. Please bring your own yoga mat and a beach towel and wear form fitting clothing.

Activity #3605-311	Fee: $101
Mondays	RDF: $83
Nov 21-Feb 13	7-8:15pm
(No class Dec 26, Jan 2, Jan 16)	
Newark Senior Center	10 sessions

Activity #3605-102	Fee: $101
Mondays	RDF: $83
Feb 27-Apr 30	7-8:15pm
Newark Senior Center	10 sessions

Activity #3605-112	Fee: $101
Mondays	RDF: $83
May 7-July 16	7-8:15pm
(No class May 28)	
Newark Senior Center	10 sessions

Continued from previous page...

ADDITIONAL DAYS AND TIMES!!!

Activity #3605-122	Fee: $63
Thursdays	RDF: $51
Jan 19-Feb 23	7-8:15pm
Newark Senior Center	6 sessions

Activity #3605-132	Fee: $101
Thursdays	RDF: $83
Mar 1-May 10	7-8:15pm
(No class Apr 26)	
Newark Senior Center	10 sessions

Activity #3605-142	Fee: $101
Thursdays	RDF: $83
May 17-July 26	7-8:15pm
(No class July 5)	
Newark Senior Center	10 sessions

Activity #3605-152	Fee: $56
Saturdays	RDF: $44
Jan 21-Feb 18	10-11:15am
George Wilson Center	5 sessions

Activity #3605-162	Fee: $101
Saturdays	RDF: $83
Mar 3-May 12	10-11:15am
(No class Apr 7)	
George Wilson Center	10 sessions

Activity #3605-172	Fee: $101
Saturdays	RDF: $83
May 19-Aug 4	10-11:15am
(No class May 26 & July 21)	
George Wilson Center	10 sessions

EVENING YOGA

Ages 18 and over ***Meeta Parker***

The ancient practice of yoga is a combination of exercises, breathing and meditation techniques. It has long been an effective way of relieving emotional stress, stretching and toning the body and connecting with your self. It energizes and refreshes, improves circulation and promotes mental clarity and concentration. Participants should wear loose comfortable clothing and bring a yoga mat.

Activity #3525-102	Fee: $81
Wednesdays	RDF: $64
Jan 11-Mar 21	7-8pm
(No class Feb 8)	
Newark Senior Center	10 sessions

Activity #3525-112	Fee: $81
Wednesdays	RDF: $64
Apr 4-June 13	7-8pm
(No class Apr 25)	
Newark Senior Center	10 sessions

N.B.A. (Newark Basketball in Action)

Ages 18 and over

Set your resolutions early and start the New Year off on the right foot! Join our drop-in basketball sessions. They are a great way to have fun and stay in shape during the winter months. Teams are formed each day for informal games. All participants must register in advance.

Activity #3630-102	Fee: $70
Mondays/Wednesdays	RDF: $54
Jan 9-Mar 21	8-9:30pm
(No session Jan 16 and Feb 20)	
West Park School Gym	20 sessions

Activity #3630-112	Fee: $85
Sundays	RDF: $70
Jan 8-Mar 25	10am-12pm
Pearson Hall Gym	12 sessions
(Full Size Basketball Court)	

CO-REC VOLLEYBALL

Ages 18 and over

Grab a friend and join other volleyball lovers for fun and fitness! All players must register in advance. All equipment is provided. Pick up teams are formed nightly for games.

Activity #3631-102	Fee: $70
Tuesdays/Thursdays	RDF: $54
Jan 10-Mar 15	8-9:30pm
West Park School Gym	20 sessions

ADULT SUMMER VOLLEYBALL LEAGUE

Ages 18 and over

The City of Newark sponsors an outdoor co-rec volleyball league from early May through mid-August. When registering, please specify the division in which you wish to play: Monday A, Monday BB, Tuesday B, Wednesday B. Last year's teams will be given priority placement. New teams are accepted on a first-come first-served basis, as space allows. We will begin accepting entry requests from new teams on January 3. The league fee is $365 for eleven (5 game) matches. Send information to the Parks and Recreation Department, Attn: Recreation Supervisor of Athletics.

ADULT SUMMER SOFTBALL LEAGUES

Ages 18 and over

During the summer we will sponsor two softball leagues of up to 10 teams: the Monday/Wednesday evening league and the Tuesday evening league. Games are played on local Newark fields from late April through early August. We will begin accepting requests for teams wishing to join the league on January 3. The Monday/Wednesday league plays 36 games plus a double elimination playoff tournament. League fee is $865 which includes all umpire fees. The Tuesday league fee is $425 which includes 20 games plus a double elimination tournament. Call the Recreation office for entry fee information. Send information to the Parks and Recreation Department, Attn: Recreation Supervisor of Athletics.