

POTTERY FOR KIDS

Ages 8-13

Carole Fox

Create dishes, sculptures and decorative items from a lump of clay! Children will design and make projects as they learn a variety of forming techniques. All glazes used are non-toxic and dinnerware safe. We recommend that old clothing be worn to class.

Activity #1120-300	Fee: \$140
Thursdays	RDF: \$119
Sept 23-Nov 11	4:30-6pm
George Wilson Center	8 sessions

POTTERY FOR KIDS - MAKE IT FROM CLAY

Ages 8-13

Carole Fox

Class participants will make several projects from clay with step by step instruction. Easy to do projects with great looking results! Just in time for the gift-giving season.

Activity #1120-310	Fee: \$70
Thursdays	RDF: \$60
Nov 18-Dec 16	4:30-6pm
(No class Nov 25)	
George Wilson Center	4 sessions

POTTERY FOR HOMESCHOOLERS

Ages 6-13

Carole Fox

Homeschoolers will create dishes, sculptures and decorative items from a lump of clay! Children will design and make projects as they learn a variety of forming techniques. All glazes used are non-toxic and dinnerware safe. We recommend that old clothing be worn to class.

Activity #1122-300	Fee: \$140
Mondays	RDF: \$119
Sept 20-Nov 8	9:15am-10:45am
George Wilson Center	8 sessions

DRAWING & PAINTING

Ages 8-12

Tori Paruszewski

Learn the fundamentals of drawing and painting in this six week beginner's class. Drawing techniques, perspective and technical skills will be explored using pastels, pencil, watercolor and acrylics. All materials will be provided.

Activity #1034-300	Fee: \$88
Thursdays	RDF: \$70
Oct 7-28	7-9pm
George Wilson Center	4 sessions

ADULT ACTIVITIES

Arts, Crafts, & Dance

NEW!! FAMILY FUN PROJECTS

Family Fun Projects are group projects that can be enjoyed by the whole family. Individuals over 15 are welcome to participate as individuals in any of the activities. The cost for these programs is per project. You are welcome to create more than one project, but please sign up for additional projects prior to the start of class, so adequate materials may be supplied.

PUMPKIN PERFECTION

Families (or individuals 15 and over) Tori Paruszewski

Bring the whole family to the Newark Senior Center to create an autumn or Halloween decoration that is fun, festive and will last for years to come. Use artificial pumpkins and autumn decorations to create your masterpiece.

Activity #1217-300	Fee: \$60
Wednesday	RDF: \$43
September 15	7-9pm
Newark Senior Center	

NATURAL WREATHS

Families (or individuals 15 and over) Tori Paruszewski

Bring the whole family to the Newark Senior Center to create a beautiful handmade wreath. Use natural materials such as Grape and Honeysuckle vines for the wreath and then decorate it with pinecones, autumn decorations and a beautiful ribbon.

Activity #1218-300	Fee: \$46
Wednesday	RDF: \$31
October 13	7-9pm
Newark Senior Center	

WILDLIFE TREATS

Families (or individuals 15 and over) Tori Paruszewski

Bring the whole family to the Newark Senior Center to make wildlife treats that can feed your backyard friends all winter long.

Activity #1221-300	Fee: \$46
Wednesday	RDF: \$31
Nov 17	7-9pm
Newark Senior Center	

Municipal Newsletter

FAMILY FUN PROJECTS CONTINUED...

TABLE DECORATIONS

Families (or individuals 15 and over) *Tori Paruszewski*

Bring the whole family to the Newark Senior Center to create festive autumn, winter, or holiday table decorations. Learn how to turn a few scraps of fabric into beautiful decorations for your table. No sewing will be required. Make a set of four placemats, napkin rings, and a centerpiece. If you will need additional place setting, please contact us for the cost of the extra settings.

Activity #1220-300	Fee: \$60
Wednesday	RDF: \$43
Dec 8	7-9pm
Newark Senior Center	

NEW!! ACRYLIC PAINTING WORKSHOP

16 yrs and over *Keith Hoffman*

This painting workshop will provide students the information and skills to create their very own masterpieces using acrylics. Join Keith Hoffman for painting technique demonstrations, as well as hands on painting with acrylic paints. Come with your own painting ideas or use one of Mr. Hoffman's scenic landscape photos to design your own painting. A supply list will be provided for students prior to the class. If additional supplies are needed, they may be purchased from the instructor, with a minimum of one week's notice.

Activity #3056-300	Fee: \$110
Tuesdays	RDF: \$91
Sept 21-Oct 12	7-9pm
George Wilson Center	4 sessions

WATERCOLOR PAINTING WORKSHOP

16 Years and older *Keith Hoffman*

This painting workshop will provide students the information and skills to paint their very own watercolor creations. Join Keith Hoffman for painting technique demonstrations, as well as hands on painting with watercolor paints. Come with your own painting ideas or use one of Mr. Hoffman's scenic landscape photos to design your own painting. Watch you painting come to life with the soft tones of watercolors. A supply list will be provided for students prior to the class. If additional supplies are needed, they may be purchased from the instructor, with a minimum of one week's notice.

Activity #3047-300	Fee: \$110
Tuesdays	RDF: \$91
Oct 19-Nov 9	7-9pm
George Wilson Center	4 sessions

RHYTHMS OF THE NIGHT

Ages 18 and over

Rick Wilson

Dance the exciting and romantic latin rhythms of Salsa, Rumba, Bolero, Cha Cha, Mambo and Meringue!

Activity #3015-300	Fee: \$101/couple
Mondays	RDF: \$83/couple
Sept 27-Nov 1	7-8pm
Newark Senior Center	6 sessions

BEGINNERS LINE DANCING MADE EASY

Ages 18 and over

Rick Wilson

If you can walk you can line dance. This easy going class will teach you the basic elements needed to line dance. Learn dances to popular, Country and Retro music, Elvira, Alley Cat, Continental, Boot Scootin Boogie, Goods Times and more!

Activity #3021-300	Fee: \$67
Mondays	RDF: \$50
Sept 27-Nov 1	8-9pm
Newark Senior Center	6 sessions

BALLROOM BLAST

Ages 18 and over

Rick Wilson

There will be something for everyone from beginners to advanced dancers. Learning routines to the smooth dances such as Foxtrot, Waltz and Tango will impress your friends and family at the next wedding.

Activity #3013-300	Fee: \$101/couple
Thursdays	RDF: \$83/couple
Sept 30- Nov 11	7-8pm
(No class Oct 21)	
Newark Senior Center	6 sessions

SOUL FUN

Ages 18 and over

Rick Wilson

This line dance class will teach you the classics of Soul line dancing, as well as some of the fun and challenging dances done to popular artists and classic artists. Dances such as "Soul City Walkin", Baltimore, Marvin Gay Walk and more.

Activity #3014-300	Fee: \$67
Thursdays	RDF: \$50
Sept 30- Nov 11	8-9pm
(No class Oct 21)	
Newark Senior Center	6 sessions

HOME, HEALTH & SPECIAL INTEREST

ADULT POTTERY

Ages 18 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 #3128-300	Fee: \$180
Thursdays	RDF: \$156
Sept 23-Nov 11	6:15-8:15pm
George Wilson Center	8 sessions

DINNERWARE POTTERY

Ages 15 and over

Carole Fox

Hand building with clay will be taught. Participants will make two place settings (plate, cup and bowl). Clay, glazes and firings included.

Activity #2120-300	Fee: \$105
Wednesdays	RDF: \$89
Sept 29-Nov 3	4:30-6pm
George Wilson Center	6 sessions

OPEN STUDIO POTTERY

Ages 18 and over

This class is open only to registrants of our pottery classes. Do you need additional time to work on new projects or finish old ones? We have eight electric pottery wheels, a slab roller, work tables and an electric kiln to fire your creations. Each participant is responsible for cleaning up his or her own work area.

Activity #3128-320	\$9 each class
Wednesdays	6:15-8:15pm
Sept 29-Nov 10	
George Wilson Center	

ADULT POTTERY – MAKE IT FROM CLAY

Ages 18 and over

Carole Fox

Class participants will make several projects from clay with step by step instruction. Easy to do projects with professional looking results! Just in time for the gift-giving season.

Activity #3128-310	Fee: \$90
Thursdays	RDF: \$78
Nov 18-Dec 16	6:15-8:15pm
(No class Nov 25)	
George Wilson Center	4 sessions

SIT AND STAY/DOG OBEDIENCE

Ages 14 and over

Admiral K-9 Academy

This is a basic dog obedience course for dogs 4 months and over. Dogs will learn the heel, the sit, the down, come on recall, the long down and stand and stay. Dogs must have had all shots prior to the first class and be used to a leash. All dogs should be on a 6 foot leash and have a choker chain collar. Classes will be held outside and dog owners are responsible for cleaning up after their dogs. Dog owners will need to be an active participant along with their dog. Rain dates will be rescheduled by the instructor. Our instructors are from K-9 Academy of Delaware, Inc.

Activity #3354-300	Fee: \$88
Sundays	RDF: \$70
Sept 26-Oct 31	5-5:45pm
George Wilson Center Park	6 sessions

NEW!! MEET THE AUTHOR – JOANN DAWSON

Ages 8-13

Visit with JoAnn S. Dawson, professional actress, wrangler, entrepreneur, and author of the award-winning Lucky Foot Stable series for ages 8-12. She owns and operates Fairwinds Farm & Stables and B&B in North East, Maryland and is a member of the Screen Actors Guild through which she has held principal roles in major films and TV shows. She will share a PowerPoint presentation with stories of her life and discuss the writing process, followed by Q & A and a visit with Butterscotch the pony! Ms. Dawson will be happy to sign and personalize each of her four books at the conclusion of the session.

Books will be available for purchase at the Parks and Recreation Office.

Activity #3345-300	FREE
Thursday	
Oct. 7	7-8pm
Newark Council Chamber	

NEW! ONLINE REGISTRATION NOW AVAILABLE!

Registration is easier than ever and it's at your fingertips!!

Visit our website at

www.cityofnewarkde.us/parksrecreation.

Municipal Newsletter

NEW!!

MEET THE AUTHOR – MICHAEL FORTNER

Ages 15 and over

Meet the author of the Greetings from Jungleland and get an inside look at how the book came to life through the eyes of the author. Greetings from Jungleland is an unsentimental, entertaining memoir chronicling the quest of a young, privileged American who joins the Peace Corps to pursue his altruistic goals, adventure, and assimilation into another culture. Posted in the small, impoverished country of Togo, West Africa, Michael Fortner jumps with both feet into Togolese culture, community development work, and learning new languages, but quickly finds himself in over his head. Books will be available for purchase at the Parks and Recreation Office.

Activity #3345-310 FREE
Thursday
Oct. 28 7-8pm
Council Chamber

INTRODUCTION TO HARMONICA

Ages 16 and over

Ira Cooper

Remember on January 1st when you made the resolution to learn a musical instrument this year? Well the year is 2/3's over. Come join us and learn the most popular instrument in the world. **THE HARMONICA.** All you need is a 10 hole harmonica similar to the Hohner Marine band in the key of "C", we will provide all of the necessary practice materials. You will be introduced to all styles of playing and everything you'd ever want to know about your new instrument. When you finish the course you'll be ringing out the old year and bringing in the new with a harmonica song.

Activity #3067-300 Fee: \$96
Thursdays RDF: \$78
Sept 30 - Oct 28 7-9pm
Newark Senior Center 5 sessions

INTRODUCTION TO GUITAR

Ages 16 and over

Ira Cooper

Remember that old acoustic guitar in your closet taking up room and collecting dust? Bring it out, clean it off and let's have some fun! We will introduce you to tuning, chords, strumming techniques and melody.

Activity #3032-300 Fee: \$96
Tuesdays RDF: \$78
Sept 28 - Oct 26 7-9pm
Newark Senior Center 5 sessions

NEWARK NATURE TOUR

Ages 8 and over

Debbie Keese

Have a group that would like to have a guided tour of nature and the environment? Naturalist Debbie Keese will lead a guided tour of Rittenhouse Park to learn about the parks environment, animals, plants and nature in one of Newark's hidden treasures. Call 366-7060 to set up a time and date for your group tour. The fee is \$40.00 per group of 10 or more.

NEW!!

AMERICAN SIGN LANGUAGE FOR ADULTS

16 years and over

Carolyn Brock

Join Ms. Brock for eight sessions of American Sign Language. Learn some of the basics to communicate using sign language. During this class, students will learn the alphabet and their name, as well as 100 basic functional words. Ms. Brock is a certified instructor with over 30 years of experience.

Activity #3348-300 Fee: \$138
Wednesdays RDF: \$117
Oct 6-Nov 17 7-8pm
Newark Senior Center 7 sessions

NEW!!

NEWARK HISTORY ROUND TABLE

Ages 16 and over

Debbie Keese

Have old photos, antique items from Newark, doing research on Newark or just interested in the past? Join us for a short historical presentation followed by a discussion and sharing period about Newark's rich history. Moderator: Debbie Keese

Activity #3416-300 Fee: \$32
Thursday RDF: \$17
Sept 23-Oct 7 7-9pm
Newark Senior Center 3 sessions

Resident Discounted Fee (RDF)

The City of Newark Parks and Recreation strives to provide quality and affordable recreation opportunities to the community. In recognizing that City of Newark residents support our department along with other City Services, through their city taxes, the City offers residents a discounted fee. Non-residents will pay the regular fee for the programs.

City Of Newark

YOU'RE ON THE AIR (How to really make it in Voice-Overs)

Larissa Gallagher

Ages 16 and over

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

Larissa Gallagher, with 15 years of experience as a professional performer, will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. She will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Activity #3340-300 Fee: \$45
Monday RDF: \$38
Nov 1 7-9pm
Newark Senior Center

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.

SPORTS & FITNESS

TOTAL BODY POWER HOUR

Ages 16 and over

Gina Reich

An interval class that includes Hi and Lo-impact aerobics, kick boxing, sculpting, ending with a pilates stretch for a great cardiovascular workout. Upbeat music and interesting routines add to this fun overall fitness class. Please bring water, an exercise mat or towel and large exercise ball to this class. Be ready to get energized! Classes include one floating instructor absence per class. Price reflects number of sessions offered per class.

Session 1

Activity #3626-200 Fee: \$138
Mondays/Wednesdays RDF: \$118
Jul 12-Sept 29 7:30-8:30pm
(No class Sept 6 plus one floating instructor absence)
George Wilson Center 22 sessions

Session 2

Activity #3626-300 Fee: \$85
Mondays/Wednesdays RDF: \$68
Oct 6-Nov 17 7:30-8:30pm
(plus one floating instructor absence)
George Wilson Center 12 sessions

Session 3

Activity #3626-310 Fee: \$85
Mondays/Wednesdays RDF: \$68
Nov 29-Jan 26 7:30-8:30pm
(No class 12/20, 12/22, 12/27, 12/29, 1/17 plus one floating instructor absence)
George Wilson 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).

Session I

Activity #3620-300 Fee: \$74
Tuesdays/Thursdays RDF: \$58
Sept 16-Oct 28 10-11am
George Wilson Center 13 sessions

Session II

Activity #3620-310 Fee: \$74
Tuesdays/Thursdays RDF: \$58
Nov 4-Dec 21 10-11am
(No class Nov 25)
George Wilson Center 13 sessions

Session III

Activity #3620-101 Fee: \$74
Tuesdays/Thursdays RDF: \$58
Jan 6-Feb 17 10-11am
George Wilson Center 13 sessions

Municipal Newsletter

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 musculo-skeletal mis-alignment. 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 #3522-300	Fee: \$101
Fridays	RDF: \$83
Sept 17-Dec 10	9-10:30am
(No class Oct 29, Nov 19, Nov 26)	
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.

Yoga I

Activity #3525-220	Fee: \$81
Wednesdays	RDF: \$64
Aug 4-Oct 13	7-8pm
(No class Sept 15)	
Newark Senior Center	10 sessions

Activity #3525-300	Fee: \$81
Wednesdays	RDF: \$64
Oct 27-Jan 19	7-8pm
(No class Nov 24, Dec 22, Dec 29)	
Newark Senior Center	10 sessions

Yoga II

Activity #3525-310	Fee: \$81
Wednesdays	RDF: \$64
Oct 27-Jan 19	5:30-6:30pm
(No class Nov 24, Dec 22, Dec 29)	
Newark Senior Center	10 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 #3511-210	Fee: \$85
Thursdays	RDF: \$68
Aug 5-Sept 23	7-8pm
George Wilson Center	8 sessions

NEW TIME!!

Activity #3511-320	Fee: \$85
Wednesdays	RDF: \$68
Sept 22-Nov 10	10-11am
George Wilson Center	8 sessions

Activity #3511-300	Fee: \$85
Thursdays	RDF: \$68
Sept 30-Nov 18	7-8pm
George Wilson Center	8 sessions

Activity #3511-310	Fee: \$85
Thursdays	RDF: \$68
Dec 2-Jan 27	7-8pm
(No class Dec 30)	
George Wilson Center	8 sessions

City Of Newark

PILATES

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 mat and water to class.

Activity #3526-200 Fee: \$94
Tuesdays RDF: \$76
Jul 13-Sept 28 7-8pm
(plus one instructor floating absence)
Newark Senior Center 11 sessions

Activity #3526-300 Fee: \$74
Tuesdays RDF: \$58
Oct 5-Dec 14 7-8pm
(No class 11/23)
Newark Senior Center 10 sessions

ADULT VOLLEYBALL LEAGUES

Teams interested in joining our winter volleyball leagues should submit a request to the Recreation Office. There are two divisions: Gender Blind B and A/BB. Please specify a division when registering. Last year's teams will be given priority placement. New teams will be accepted on a first come, first served basis, as openings occur. League play will begin the week of Nov 10th and end in March. A mandatory organizational meeting will be held Wednesday, Oct 6th at 6pm in the Newark Municipal Building, 220 Elkton Road. For more information call the Recreation Office at 366-7060.

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.

Fall Session

Activity #3631-300 Fee: \$55
Tuesdays/Thursdays RDF: \$39
Sep 14-Oct 21 8-9:30pm
West Park School Gym 12 sessions

Winter Session

Activity #3631-101 Fee: \$70
Tuesdays/Thursdays RDF: \$54
Jan 11-Mar 17 8-9:30pm
West Park School Gym 20 sessions

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

Ages 18 and over

Looking for a great way to have fun and stay in shape during the fall and winter months. Join our drop in basketball program. Teams are formed each day for informal games. All participants must register in advance.

Fall Session

Activity #3630-300 Fee: \$69
Sundays RDF: \$53
Sept 12-Dec 5 10am-12pm
(No class Nov 28)
Pearson Hall 12 sessions
(Full Size Basketball Court)

Winter Session

Activity #3630-101 Fee: \$70
Mondays/Wednesdays RDF: \$54
Jan 10-Mar 28 8-9:30pm
(No session Jan 17, Feb 7 and Feb 21)
West Park School Gym 20 sessions

Activity #3630-111 Fee: \$69
Sundays RDF: \$53
Jan 9-Mar 27 10am-12pm
Pearson Hall 12 sessions
(Full Size Basketball Court)

TENNIS

TENNIS LESSONS

Grab your racquet and let's play tennis! Whether you've never played or have played for years – we invite you to enjoy the game with us and other tennis lovers. Lessons provide students with basic tennis technique and skill development. The objectives for each class are to teach you new skills appropriate to your level of play and to improve your existing skills. Bring your own racquet or borrow one of our youth-sized racquets. Tennis shoes are required. We provide tennis balls. Bring water to class.

Certain city courts are used to conduct tennis lessons by the Newark Parks and Recreation Department. We ask that during these lesson times the courts be vacated for class use. See our lesson schedule below for exact times and dates. Thank you in advance for your understanding and cooperation.

Continued on next page...