

Adults

350604 Rutgers SAFETY Class

Location: Byram Municipal Building

Cost: \$35.00

A1. Mon, Dec 5 6:30 - 9:30

This class is required of all volunteer coaches who plan on coaching or assisting with youth sport programs. The class addresses the issue of liability for coaches and other topics associated with coaching children's youth sport programs. All coaches are required to be fingerprinted for a background security check. Coaches must take a free on-line Concussion Class.

550602 Men's Basketball

Location: BIS Gymnasium

Cost: \$20 per session (fall & spring)

Length of Program: 8:00 - 9:30

A1. Fall Session Sept 26 - Jan 31

A2. Spring Session Feb 3 - May 30

RDA Fitness Classes

Location: RDA Fitness

Cost: \$52 for 8 weeks

Length of Program: 8 Weeks Oct 10—

Last week in Nov—First week in Dec (No class Nov 24–25)

350201 Spin

A1. Tues 5:30 am - 6:30 am

A2. Thurs 5:30 am - 6:30 am

350203 Yoga

A1. Wed 10:15 - 11:15 am

A2. Thurs 10:30 - 11:30 am

A3. Tues 5:30-6:20 pm

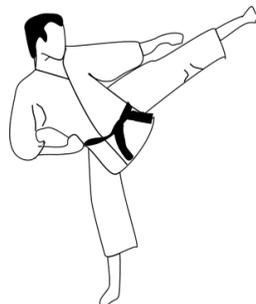
350204 Pilates

A1. Mon 10:15—11:15 am

350202 Zumba

A1. Sat 9:30 am - 10:30 am

A2. Thurs 6:30 - 7:30 pm



Youth

310306 Ballet, Tap and Tumbling

Location: Grand Jete' Academie of Dance, Netcong

Cost: \$80.00

Length of Program: 8 weeks Oct 10 - Nov 30, Sat Dec 10 (no class Nov 26)

Children learn beginning ballet, tap and tumbling. Students should bring ballet and tap shoes and wear a leotard and tights.

A1. Tuesdays 9:30 - 10:30 Ages 3 - 4

A2. Wednesdays 9:30 - 10:30 Ages 3 - 4

A3. Saturdays 9:30 - 10:30 Ages 3 - 4

320303 Ballet Tap and Tumbling

A1. Mondays 4:00 - 5:00 Ages 5 - 6

A2. Tuesdays 4:00 - 5:00 Ages 5 - 6

330306 Ballet and Tap

Location: Grand Jete' Academie of Dance

Cost: \$80.00

Length of Program: 8 weeks Oct 10 - Nov 28

Children ages 7 - 9 will learn beginner tap and jazz dance. Children should bring appropriate shoes and wear leotard and tights to class.

A1. Mondays 5:00 - 6:00 Ages 7 - 9

330606 Karate

Location: Isshinryu Traditional Karate Do, 106 Route 183, Stanhope

Cost: \$80.00

Length of Program: 8 weeks Oct 11 - Nov 29

The benefits of training include not only being able to protect yourself, but also being physically fit and self confident. Movements follow natural body movements. Everyone learns at a different speed and there is no pressure to advance further than your own ability allows.

A1. Tuesdays 6:00 - 6:45 Ages 5 - 8

A2. Tuesdays 6:45 - 7:30 Ages 8 - 12

Byram Recreation



2016

- **Registration is now open.**

- **Check www.byramtwp.org** for registration and medical forms, program descriptions and additional information or pick up a registration form in town hall. Registration forms and checks may be mailed to:
Byram Recreation, 10 Mansfield Drive, Stanhope, NJ
- **For Online registration: www.byramtwp.org**
Go to 'Community', and then select 'Recreation Programs' from the drop-down menu. Once there, click on the URL link for "Online Recreation Program Registration". (Note, you end up doing this twice). Once you are on the new webpage for Online Registration you need to log in (create a new account if necessary). Then after you are logged in, go to the top and select 'Search and Shop', then select 'Activities' from the drop-down menu. Afterward you select the criteria for your search, locate the program to register for, and click through which household members are being registered and fill out payment information when checking out. Note: you must know your bank routing number for EFT payments. Call 973-347-2500 x 160 or email jmeisner@byramtwp.org for previous usernames and/or passwords.
- Most programs begin week of Oct 10 unless otherwise stated, and are not pro-rated.
- Fees are not refundable without a physician's note showing inability to participate in a program.
- Participants are expected to be the required age by the start of the program.
- Recreation programs are cancelled if schools are closed or students are sent home early. When in doubt call 973-347-2500 X 160 and follow the **prompts for field and program closures.**
- **There are no programs scheduled Nov 27 or 28. Programs held in the school do not meet the week of Nov 7.**

☰ Afternoon Advantage Classes



Afternoon Advantage programs are being offered through Byram Recreation at Byram Township Schools after school is out for the day. Children can participate in several activities directly after the school day is over, without leaving the school grounds. Each class is designed to promote their creativity while being exposed to a variety of learning experiences using an active, hands-on approach. The emphasis is on fun while expanding the child's horizons. The classes will not only develop the child's creativity and knowledge, but will help in the development of confidence, self esteem, problem solving, visualization, patience, independence and interpersonal skills. Classes run from 3:30 pm - 4:30 pm for five weeks.

Parents must write a note to the child's classroom teacher allowing their child to be dismissed to the Advantage class. Students who do not have a note or email on file in the school office prior to the first class will be sent home on the bus. Parents must come into the building to sign their children out at the end of the class, or the child may be dismissed to after-school care where the caregiver their will sign them out.

Parents should check byramtwp.org or call Byram Recreation at 973-347-2500 X 160 for information on the Afternoon Advantage Programs.

330305 Karate

A1. Grades K- 4 Tues Oct 12—Nov 16 (No class Nov 9) BIS Open Space \$27

A2. Grades 4—8 Thurs Oct 14—Nov 18 (No class Nov 11) BIS Open Space

What are the benefits of Karate?

Physical fitness

Learn to find focus and stillness in oneself and the world

Learn to take hits, both physical and life disappointments

Gain self-confidence and self-respect

Connect their mind and body

Learn conflict resolution

330306 Ballet and Tap

A1. Grades K - 3 Wed Oct 12- Nov 16 (No class Nov 9) BLES Library \$27

Why take ballet?

Ballet nurtures confidence.

Ballet enhances focus. Dancers learn to pay attention and focus on the group and their body's movement.

Ballet is healthy. Dancers learn strength, flexibility, and movement.

Ballet enriches cultural knowledge. It provides a gateway for nurturing their love of music and our love of culture.

Ballet promotes bonding. Dancers are nurtured by the bonds they establish with their teacher, as well as with their classmates.

330601 Baton Twirling

A1. Grades K - 4 Thurs Oct 13—Nov 17 (No class Nov 10) BIS Open Space \$27

Baton Twirling allows children to have the experience of working both as an individual and in a group.

Baton Twirling helps children to develop their hand-eye coordination. The combination of tossing the baton and catching above the head, under the leg or on the back improves each child's timing and coordination.

Baton twirlers combine the disciplines of dance and gymnastics with the beauty of a baton.

Baton Twirling is unique. It encourages self-expression as well as group interaction.

Baton Twirling helps children to improve their confidence, poise, and self-esteem.

330302 Young Rembrandts Drawing

A1. Grades K - 4 Fri Oct 14 - Nov18 (no class Nov 11) BLES Art Room \$37

Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence with this engaging, award winning program.

Students can expect a new and exciting lesson each week, improved core art skills and to have fun. Parents can expect to see increased attention to detail, improved fine motor skills, discipline, persistence, and patience.

330309 Hip Hop and Lyrical Dance

A1. Grades 4 - 8 Tues Oct 11—Nov 15 (No class Nov 8) BIS Open Space \$27

Lyrical dance is a style of dance created from the fusion of ballet, jazz, and contemporary dance techniques. It is performed to music with lyrics to inspire movements to express emotions the dancer feels from the song. Hip Hop is a form of street dance performed to hip hop music.

Hip hop provides a fast-paced, yet fun environment in which your child will get exercise and make new friends.

Lyrical dance is most often seen on TV, U-tube videos and Broadway. Who knows, your child may be the next star in the class musical!

330305 Computer Coding

A1. Tues Oct 11—Nov15 (No class Nov 8) BIS Library \$27

The best competitors today are those who are constantly learning. This requires an openness to change and an immense curiosity. Entrepreneurs see the same things that everyone else has already seen, but they think about them in new ways and are willing to explore new alternatives. Coders share this same type of unrestricted perspective. They rarely ask why; they always ask why not. Daily epiphanies, bursts of adrenaline, and the alchemy of creating something from scratch are some of the greatest joys of coding.