

PICKLEBALL

Ages 18 and over

Tom Foster

Try one of the fastest growing sports in America! Pickleball is described as a combination of ping pong, tennis and badminton. It's a great workout for players of all ages and most importantly tons of fun! We are pleased to announce the tennis court at the George Wilson Center now has lines painted for pickleball. Learn how to play the game at this introductory event. No experience necessary. No Paddle? No problem. Equipment will be provided if you do not bring your own.

Fee: FREE (please register in advance)

Location: George Wilson Center

Activity #	Dates	Days	Times
1618-116	May 12	Thu.	6 - 7:30 p.m.
1618-206	June 22	Wed.	10 - 11:30 a.m.
1618-216	Aug. 16	Tue.	10 - 11:30 a.m.

FIRST SERVERS

Ages 7 - 10

This program is designed to introduce kids to tennis fundamentals. Racquet handling, eye-hand coordination, court sense and tennis etiquette are stressed. Fun drills and games are implemented to teach these skills. Good sportsmanship and getting kids excited about tennis are the ultimate goals. Racquets will be provided. Children should wear sneakers and bring water to drink.

Fee: \$65 **RDF:** \$49

Location: George Wilson Center

Ages 7 - 8

Activity #	Dates	Days	Times
1643-206	May 17 - June 21	Tue.	6:15 - 7 p.m.
1643-216	July 12 - Aug. 16	Tue.	6:15 - 7 p.m.
1643-306	Sep. 6 - Oct. 11	Tue.	6:15 - 7 p.m.

Ages 9 - 10

Activity#	Dates	Days	Times
1654-206	May 17 - June 21	Tue.	7:15 - 8:15 p.m.
1654-216	July 12 - Aug. 16	Tue.	7:15 - 8:15 p.m.
1654-306	Sep. 6 - Oct. 11	Tue.	7:15 - 8:15 p.m.

LITTLE TENNIS

Ages 5 - 6

Little tennis is designed as a very basic introduction to tennis that will teach basic motor development skills to prepare your child for tennis. Emphasis will be placed on movement, balance, body and space awareness, as well as eye-hand coordination. Lessons will be fun and taught in a playful manner. Racquets will be provided. Children should wear sneakers and bring water to drink.

Fee: \$49 **RDF:** \$35

Location: George Wilson Center

Activity #	Dates	Days	Times
0637-206	May 17 - June 21	Tue.	5:30 - 6 p.m.
0637-216	July 12 - Aug. 16	Tue.	5:30 - 6 p.m.
0637-306	Sep. 6 - Oct. 11	Tue.	5:30 - 6 p.m.

PARENT/CHILD TENNIS

This parent and child program teaches both adult and child the fundamentals of tennis. In our busy lifestyles, it is nice to learn and exercise with your child. Have fun and play the game of tennis with your child this spring!

Ages 5 - 7

Activity #: 1606-206 **Fee:** \$60 **RDF:** \$44

Dates: May 12 - June 2

Days: Thu.

Hours: 6 - 7 p.m.

Location: George Wilson Center

Ages 8 - 10

Activity #: 1606-216 **Fee:** \$60 **RDF:** \$44

Dates: May 12 - June 2

Days: Thu.

Hours: 7 - 8 p.m.

Location: George Wilson Center



TENNIS WITH THE MAYOR

Join City of Newark Mayor and tennis lover Polly Sierer on the court for this exciting opportunity. Kids can sign up for a free lesson and adults can test their mettle to compete against Newark's top elected official between the lines. This is a fun, informal way to get to know Polly and also get a workout participating in her favorite sport.

Fee: FREE (please register in advance)

Ages 8 – 15

Activity #	Dates	Days	Times	Location
1649-206	May 10	Tue.	6 – 7 p.m.	Phillips Park
1649-216	June 7	Tue.	6 – 7 p.m.	Folk Park
1649-226	July 17	Sun.	5 – 6 p.m.	Lewis Park

Ages 16 and over

Activity #	Dates	Days	Times	Location
3649-206	May 10	Tue.	7 – 8 p.m.	Phillips Park
3649-216	June 7	Tue.	7 – 8 p.m.	Folk Park
3649-226	July 17	Sun.	6 – 7 p.m.	Lewis Park

BEGINNER SWIM

Ages 4 – 12

In this introductory class, participants will learn the basic skills of water orientation including: blowing bubbles, bobs, submerge mouth, nose and eyes, floats and recovery, alternating arm action, supported kicking and jumps. This is NOT a parent/child program and participants must be comfortable leaving parent for the duration of the lesson.

Days: Mon. - Fri. **Fee:** \$65 **RDF:** \$49

Location: George Wilson Center

Activity	Dates	Times
0630-206	July 11 – 15	9:50 – 10:20 a.m.
0630-216	July 18 – 22	9:50 – 10:20 a.m.
0630-226	July 25 – 29	5:15 – 5:45 p.m.

INTERMEDIATE SWIM

Ages 4 – 12

Participants will work on stroke development including introduction to deep water bobs, elementary breaststroke, butterfly kick and body motion and treading. Continued improvement in front and back crawl, glides and rotary breathing. Prerequisites: Must be able to swim independently on back and front for 5 yards, must be comfortable in deeper water.

Days: Mon. - Fri. **Fee:** \$65 **RDF:** \$49

Location: George Wilson Center

Activity	Dates	Times
1636-206	July 11 – 15	11 – 11:30 a.m.
1636-216	July 18 – 22	11 – 11:30 a.m.
1636-226	July 25 – 29	6:25 – 6:55 p.m.

ADVANCED BEGINNER SWIM

Ages 4 – 12

Participants will work on developing fundamental aquatic skills and independent performance of the basic skills: bob, floats, glides, flutter kick, jumps, front and back crawl, body alignment, turning over and body position and will begin work on rhythmic breathing. Prerequisites: Participants must be comfortable in the water and be able to perform an assisted back float for 3-5 seconds.

Days: Mon. - Fri. **Fee:** \$65 **RDF:** \$49

Location: George Wilson Center

Activity	Dates	Times
1630-206	July 11 – 15	10:25 – 10:55 a.m.
1630-216	July 18 – 22	10:25 – 10:55 a.m.
1630-226	July 25 – 29	5:50 – 6:20 p.m.

ADVANCED SWIM

Ages 4 – 12

Participants will work on stroke improvement including introduction to breaststroke, open and flip turns. Continued improvement in front crawl with rotary breathing, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke. Prerequisites: Must be able to swim one pool length using front crawl and backstroke.

Days: Mon. - Fri. **Fee:** \$65 **RDF:** \$49

Location: George Wilson Center

Activity	Dates	Times
1631-206	July 11 – 15	11:35 a.m. – 12:05 p.m.
1631-216	July 18 – 22	11:35 a.m. – 12:05 p.m.

ADULT SWIM LESSONS

Ages 16 and over

Participants will be grouped into a single "beginner" category as this program is designed to help adults learn the basics of aquatics locomotion and safety, including: water comfort and buoyancy, putting your face in the water, floating on your back and front, kicking, and basic arm motions. The deepest point of the pool is 5ft. Come and learn in a comfortable, safe environment.

Activity #: 3521-206 **Fee:** \$65 **RDF:** \$49

Dates: July 25 – 29

Days: Mon. - Fri. **Hours:** 7 – 7:30 p.m.

Location: George Wilson Center

PARENT/TOT SWIM

Ages 1 – 3

This program introduces basic skills to parents and children through songs, games and activities. Parents are taught to safely work with your child in the water, including: how to appropriately support and hold your child in the water and how to prepare and encourage your child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. A parent/guardian is required to accompany each child in the water and participate in the classes.

Activity #: 0634-206 **Fee:** \$65 **RDF:** \$49

Dates: July 18 – 22

Days: Mon. - Fri. **Hours:** 9:15 – 9:45 a.m.

Location: George Wilson Center

SWIMMING POOLS

All ages

A great place to spend those hot summer afternoons! We have two outdoor pools (20' wide x 40' long and 3'-5' deep). One pool is located at the George Wilson Center and Park (303 New London Road) and the other is located at Dickey Park (just off of Madison Drive). There is no admission fee for either pool and certified lifeguards staff both. Children under the age of 10 years must be accompanied at all times by a responsible person 16 years of age or older. Permission slips will be handed out on your first visit to the pool for children 17 and under. This rule and all other pool rules are strictly enforced.

Pool Hours: 12:30 - 5:00 p.m. Tuesday - Saturday June 10 - August 13

Pools may close due to cool or inclement weather. Call our Leisure Time Hot Line at 366-7147 for this information

LIL SHREDDERS SKATEBOARDING CLASS

Ages 4 – 7

For the little one who is itching to get on board! Participants will learn safety and the basics of skateboarding from experienced instructors, as well as play age-appropriate games and other fun activities. Parents are encouraged to attend and participate with their child. All skaters under the age of 6 must have a parent present during class.

Activity #: 1520-106 **Fee:** \$90 **RDF:** \$75

Dates: May 7 – 21

Days: Sat. **Hours:** 9:30 – 10:30 a.m.

Location: Handloff Park

GRINDERS (BEGINNER) SKATEBOARDING CLASS

Ages 8 – 12

For the future ripper with less than one month of skateboarding experience, Grinders class will focus on the basics of skateboarding, including pushing, turning, and going down banked ramps. Further curriculum will include proper use of skateboarding equipment and basic terminology. This lesson will also highlight basic tricks for more advanced participants.

Activity #: 1521-106 **Fee:** \$90 **RDF:** \$75

Dates: May 7 – 21

Days: Sat. **Hours:** 9:30 – 10:30 a.m.

Location: Handloff Park

THRASHERS (INTERMEDIATE) SKATEBOARDING CLASS

Ages 13 and over

For the skater with more than one month of skateboarding experience that can demonstrate board control and confidence with speed. During the lessons, Thrashers participants will focus on learning new tricks such as drop-ins and ollies, as well as discuss park etiquette and skateboard maintenance.

Activity #: 3520-106 **Fee:** \$90 **RDF:** \$75

Dates: May 7 – 21

Days: Sat. **Hours:** 9:30 – 10:30 a.m.

Location: Handloff Park

YOUTH SOCCER

Ages 7 – 12

Our youth soccer program is one in which boys and girls can have fun playing, learn about teamwork, develop individual skills and stay fit. We offer two levels of league play including the Elementary League (7 - 9 years) and the Junior League (9 - 12 years). The Elementary and Junior leagues consist of pre-season practice and scheduled games in which everyone plays. Standings are kept in the Junior league only, with each team qualifying for the playoffs. Players must meet age requirements as of November 1. Skills Session – Each league will be conducting their own skills session in early August prior to the start of practices. All players registering for the soccer leagues must attend their league's skill session. Previous year players who register before the skills session can return to their team from last year. Players don't need to come to the skills session unless they request to be placed on a different team. At the skills session, players will go through a series of soccer drills. Practices for the Elementary and Junior leagues begin the week of August 15, taking place on weeknight evenings and weekends. League play will begin in early to mid-September. Games will be scheduled on Saturdays, with Sunday afternoons used as rain dates. Players are encouraged to wear shin guards during practice sessions and games.

ELEMENTARY SOCCER

Ages 7 – 9

Activity #: 1662-306 **Fee:** \$63 **RDF:** \$47
Dates: Aug. 15 – Nov. 5
Days: Sat. **Hours:** 9 – 11 a.m.
Location: Fairfield Park

JUNIOR SOCCER

Ages 9 – 12

Activity #: 1663-306 **Fee:** \$72 **RDF:** \$56
Dates: Aug. 15 – Nov. 12
Days: Sat. **Hours:** 9 – 11 a.m.
Location: Kells Park



TINY TOT SOCCER

Ages 3 – 4

A great introduction to a sport your child will love! Drills and fun are used to introduce and reinforce skill basics. We suggest that all children wear shin guards. This is an instructional program, not a league.

Activity #: 0601-206 **Fee:** \$53 **RDF:** \$38
Dates: Sep. 10 – Oct. 15
Days: Sat. **Hours:** 10:15 – 11 a.m.
Location: Handloff Park

LITTLE KICKERS

Ages 5 – 6

Each week, the Little Kickers will receive 30 minutes of practice/instruction from coaches followed by a game. The number of participants registered will determine the number of teams. Two games may be played simultaneously on two fields or back to back on one field. Participants will be broken up in advance and find out which team they are on the first day. We are looking for interested parents who would be willing to assist in the practice/instruction with the teams and then be on the sidelines with the team during the games.

Activity #: 0662-306 **Fee:** \$63 **RDF:** \$47
Dates: Sep. 10 – Oct. 15
Days: Sat. **Hours:** 11:30 a.m.- 12:45 p.m.
Location: Handloff Park



TEN AND UNDER TENNIS

It's a whole new ballgame for kids tennis! With equipment and courts tailored to suit their needs and abilities, kids will feel confident as soon as they pick up a racquet. Using the QuickStart Tennis format allows kids to rally back and forth over the net right away and enjoy the game from the start. You'd never send your 8 year old out with adult-sized equipment to a full-sized baseball field or basketball court, so why do that on a tennis court? Lessons will be fun and taught in a playful manner. Racquets will be provided. Children should wear sneakers and bring water to drink.

Fee: \$60 **RDF:** \$44 **Day:** Saturday **Location:** George Wilson Center

Ages: 5 – 7 **Time:** 9 - 9:45 a.m.

Activity #	Dates
1653-206	May 14 – June 25 (No class 5/28)
1653-226	July 16 – Aug. 20
1653-306	Sep. 10 – Oct. 15

Ages: 8 – 10 **Time:** 10 - 11 a.m.

Activity #	Dates
1653-216	May 14 – June 25 (No class 5/28)
1653-236	July 16 – Aug. 20
1653-316	Sep. 10 – Oct. 15

TENNIS LESSONS

Grab your racquet for the sport of a lifetime! How many other sports can be played by anyone at any age, at any time of year, and anywhere in the world? Whether you're new to tennis 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.

Fee: \$75 **RDF:** \$58

Ages 11 – 15

Activity #	Level	Dates	Days	Times	Location
1633-216	Beg./Adv. Beg.	May 12 – June 16	Thu.	5:45 – 7:15 p.m.	Fairfield Park
1633-206	Beg./Adv. Beg.	May 15 – June 26*	Sun.	5:45 – 7:15 p.m.	Handloff Park
1635-206	Int./Adv.	May 16 – June 27**	Mon.	5:45 – 7:15 p.m.	Handloff Park
1633-226	Beg./Adv. Beg.	July 10 – Aug. 14	Sun.	5:45 – 7:15 p.m.	Handloff Park
1635-216	Int./Adv.	July 11 – Aug. 15	Mon.	5:45 – 7:15 p.m.	Handloff Park
1633-236	Beg./Adv. Beg.	July 14 – Aug. 18	Thu.	5:45 – 7:15 p.m.	Fairfield Park

***No class 5/29**

****No class 5/30**

Ages 16 and over

Activity #	Level	Dates	Days	Times	Location
3635-216	Int./Adv.	May 10 – June 14	Tue.	7:30 – 9 p.m.	Fairfield Park
3633-216	Beg./Adv. Beg.	May 12 – June 16	Thu.	7:30 – 9 p.m.	Fairfield Park
3633-206	Beg./Adv. Beg.	May 15 – June 26*	Sun.	7:30 – 9 p.m.	Handloff Park
3635-206	Int./Adv.	May 16 – June 27**	Mon.	7:30 – 9 p.m.	Handloff Park
3633-226	Beg./Adv. Beg.	July 10 – Aug. 14	Sun.	7:30 – 9 p.m.	Handloff Park
3635-226	Int./Adv.	July 11 – Aug. 15	Mon.	7:30 – 9 p.m.	Handloff Park
3635-236	Int./Adv.	July 12 – Aug. 16	Tue.	7:30 – 9 p.m.	Fairfield Park
3633-236	Beg./Adv. Beg.	July 14 – Aug. 18	Thu.	7:30 – 9 p.m.	Fairfield Park

***No class 5/29**

****No class 5/30**

Tennis Levels:

Beginner/Advanced Beginner– Introductory class for players with minimum experience. Players are taught the forehand, backhand, serve and volley progressing into a basic rally. Players who have had some prior instruction or taken lessons with us before are welcome to repeat this class.

Intermediate/Advanced – Refinement of ground strokes, serve, volley and overheads. Review of basic strokes, going into play and strategy. More actual play with singles and doubles strategy. Introduction of specialty shots, work on strategy, shot selection and placement. Players should have previous participation in lesson or league play.