

The Recreation Department office hours are 8:00 a.m. to 5:15 p.m. Monday, Wednesday, Thursday and Friday. Tuesday's hours are 8:00 a.m. - 7:00 p.m. Call our office at (201) 837-7130 for further information or if special accommodations are required.

\*Registration for youth and adult activities will begin **Monday, December 4** in person and online (recpro.teanecknj.gov) or drop-box in the Rodda Center Lobby.

\*Pre-registration is required for all activities. Proof of residency is required for all residents.

**Adult programs will begin the week of January 2. Most classes will run for 8 weeks (with some exceptions).**

## **WINTER 2024 ADULT PROGRAMS** (ages 18 to 54 years)

**Creative Watercolor** - This fun painting class allows students to work with both basic and experimental techniques to explore the breadth of watercolor and cultivate the pleasures of the medium. **Thursdays**, 2:00-3:30p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. \*All supplies provided.**

**Pottery with Judi** - Students will learn, improve, and/or reacquaint themselves with the basic techniques of working with clay: i.e. hand-building, pinching, coiling, slab work, and glazing. They will enjoy creating functional and sculptural pieces of pottery. **Wednesdays or Thursdays**, 10:30 a.m.-12:00 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. \*All supplies provided.**

**Yoga with Carol** - This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with deep breathing. **Mondays**, 8:00-8:45 p.m. **Wednesdays**, 7:00-7:45p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. \*Please bring a yoga mat to class.**

**Zumba** - 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. **Mondays**, 7:00-7:45 p.m. or **Thursdays**, 6:30-7:15 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks.**

**Zumba Toning** - This fun dance class combines body-sculpting exercises with high-energy cardio work and Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party! Participants will use light weights to enhance rhythm and tone all their target zones including arms, abs, and thighs. **Thursdays**, 7:30-8:15p.m. Rodda Center. \$85 (residents) \$130 (non-residents). **8 weeks. \*Please bring your own light weights.**

**To register for any of these classes, complete the separate Fall registration form or individual class flyers and submit along with the required documentation to the:**

**Recreation Office  
Richard Rodda Center  
250 Colonial Court  
Teaneck, NJ 07666**

**If you have any questions, please call us at  
(201) 837-7130 or email us at: [recreation@teanecknj.gov](mailto:recreation@teanecknj.gov).**