

PARAMUS RECREATION

SPRING 2024

Programs for Individuals of all ages and abilities are listed in this brochure



OFFICE HOURS:

MONDAY- FRIDAY, 8:30AM - 4:30PM

REGISTRATION HOURS:

MONDAY-FRIDAY, 9:00AM - 4:00PM

THURSDAY EVENINGS, 7:00PM - 8:30PM

REGISTRATION BEGINS: MONDAY, 2/24

REGISTRATION OFFICE:

475 NORTH FARVIEW AVENUE

PHONE:

201-265-9321

#PARAMUS #PARAMUSREC

#PARAMUSRECREATION



@PARAMUSRECREATION



@PARAMUSREC



RECDEPARTMENT@PARAMUSBOROUGH.ORG

POLICIES & PROCEDURES

At the back of this brochure are four documents that need to be read and signed off on.

FIRST TIME REGISTRANTS

New Registrants must submit the following to the Recreation Department:

- Proof of Residency
- Child's Birth Certificate and/or Passport
- Primary Phone Number and Email Address

RETURNING REGISTRANTS- Online Registration

1. Register Online at www.paramusborough.org
2. Click on 'registration' and follow the guide through Community Pass

Online Registration is only available if you are already in the Paramus Recreation Department's computer system. This does not include Paramus Junior Baseball (PJBL).

PAYMENT OPTIONS

1. Credit Card (registrants will be charged a 2.75% convenience fee of their total transaction).
2. Check (in-person only: NO Mail in registrations)
3. Cash (in-person only: NO Mail in registrations)

REGISTRATION/ REFUND POLICY

All Programs are on a first come, first serve basis with proper registration. Registration deadlines for all sports can be found in the description of each individual activity. Unless a program is cancelled by the Recreation Department there will be absolutely NO refunds or credit given for anyone wishing to withdraw from a program. If a program is cancelled, you will be emailed a refund request form and any other documents needed. Refund Request forms must be returned within 30 days for monetary refunds. After 30 days, you will be issued a Community Pass account credit.

VOLUNTEER SERVICE ORGANIZATIONS

All members of volunteer service organizations affiliated with the Borough of Paramus are entitled to a 50% discount of all registration fees. Discount is not applicable towards costs associated with uniforms or tryout fees. Every season the volunteer's service organization's captain has to sign off on a certificate of certification that the member is indeed active in that organization.

INCLEMENT WEATHER NOTIFICATION

In the event there is poor weather, you can find notification on our website or Facebook after 3:00PM Monday- Friday, and 1.5 hours prior to events on the weekend. If there is not a notification listed, and you have not received an email, the program is on as scheduled.

ALL INCLUSIVE PROGRAMMING

Every program offered by the Paramus Recreation Department is an all-inclusive program for children of different abilities. Each participant will be evaluated on a case to case basis, to assure that the program being offered can fit their needs safely. If your child requires a Special Needs Assistant for our programs, please notify us via email recdepartment@paramusborough.org once you are registered for the program. We ask that you provide us at least two weeks notice of any special requests, including a Special Needs Assistant so that we can honor your request accordingly.

COMMUNITY ROOM PROGRAMS

Arts and Crafts Classes

Children in Pre-K through 4th Grade are eligible to participate in our Arts and Crafts Classes! There will be six sessions total. The dates and times per age group are as follows:

- **Days:** Mondays
- **Dates:** 3/17, 3/24, 3/31, 4/1, 4/8 (No Class 4/14), 4/21
- **Times:**
 - 4:00PM- 5:00PM: Pre-K (Parent Participation Required)
 - 5:00PM- 6:00PM: Kindergarten - 2nd Grade
 - 6:00PM - 7:00PM: 3rd & 4th Grade
- **Ages:** Children in Pre-K through 4th Grade
- **Location:** Paramus Recreation Community Room (475 North Farview Avenue).
- **Items To Bring:** Participants should bring a water bottle and should wear clothing that may get stained from art supplies. A smock is optional as well.
- **Price:** \$70.00



Future Architects

Unleash your inner architect as you work on and take home your very own Architectural Design kit! Dive into the world of building design as you construct everything from simple arches and domes to iconic landmarks like the Sydney Opera House and the Eiffel Tower. With 20 awesome models to create, you'll learn how real-world structures stand tall through hands-on fun! Challenge yourself as you explore architectural principles and engineering techniques, all while designing and building your very own masterpieces. As you build stadiums, skyscrapers, and even a Ferris wheel, you'll discover the secrets behind how engineers and architects plan, design, and create the world's most incredible structures. Ready to design and build your own towering creations? The sky's the limit as you bring your engineering dreams to life and see the world of architecture from a whole new perspective!

- **Days:** Wednesdays
- **Dates:** 4/23, 4/30, 5/7, 5/14, 5/21, 5/28
- **Time:** 4:30PM - 5:30PM
- **Ages:** 6-10 Years Old
- **Location:** Paramus Recreation Community Room (475 North Farview Avenue).
- **Price:** \$140.00

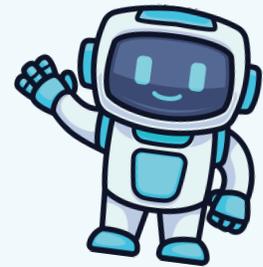


COMMUNITY ROOM PROGRAMS

AI SmartCore 4 Robot

Dive into the exciting universe of robotics by building and taking home your very own AI SmartCore 4 Robot! This remarkable kit features 4 separate modular smart vehicles that are powered by cutting-edge AI SmartCore technology! It allows All-Terrain Cube to navigate directions with balance and predictability; Enables Super Snake to entertain the most curious of four and two-legged friends; Empowers Turbo Trike to cruise at high speeds while maintaining control; and transforms Titan Tank into a roving explorer. Whether navigating tricky terrain, zooming at top speeds, or exploring new territories, every day promises hands-on fun and learning! With 42 easy-to-snap-together parts, a remote control, and a rechargeable LiPO battery, it's perfect for new robot builders eager to master robotic engineering! Ready to build the future? Join us and let your imagination take flight!

- **Days:** Wednesdays
- **Dates:** 4/23, 4/30, 5/7, 5/14, 5/21, 5/28
- **Time:** 5:30PM - 6:30PM
- **Ages:** 6-10 Years Old
- **Location:** Paramus Recreation Community Room (475 North Farview Avenue).
- **Price:** \$140.00



Chess in the Park

Paramus residents are welcome to register for our 'Chess in the Park' classes! Chess sets will be provided.

- **Days:** Thursdays
- **Dates:** 4/24 - 6/12
- **Ages/Times:**
 - 11:30AM - 12:20PM: Adults (Foundation Chess)
 - 4:00PM - 4:50PM: 5 - 8 Years Old (Foundation Chess)
 - 5:00PM - 5:50PM: 9- 14 Years Old (Foundation Chess)
 - 6:00PM - 6:50PM: 9 - 14 Years Old (Intermediate Chess)
- **Location:** Paramus Recreation Center (475 North Farview Avenue)
- **Price:**
 - Foundation Chess: \$160
 - Intermediate Chess: \$210



For any questions, please contact newjerseysportsacademy@gmail.com. Phone: 646-541-3976

SPRING DIFF-ABILITIES PROGRAM

Paramus Recreation is happy to offer an affordable enrichment program for Paramus Residents with Diff-Abilities. This fall we will be offering two 'Diff-Abilities' programs: one for children entering grades K - 6, and one for individuals entering 7th Grade through 21 Years of Age.

What does 'Diff-Abilities' mean? Diff-Abilities is a term used by some organizations, including the Special Olympics, in an effort to remove the negative connotation of 'dis'abilities and focus on the students' skills and abilities.

Program Overview:

This program was created by and will be overseen by Speech Pathologist, Barbara Anderson. This program features a multidisciplinary curriculum allowing children to experience a wide variety of activities. Classes will feature wellness, creative art, and music therapy segments! (Activities subject to change).

At the discretion of the Program Director, students with a 1:1 Aide during the school day will be required to be accompanied by an Adult capable of assisting the child.

K-6 Class Details:

- **Days:** Tuesdays
- **Dates:** 3/25, 4/1, 4/8, 4/22, 4/29, 5/6, 5/13, 5/20
- **Time:** 4:00PM - 5:30PM
- **Ages:** Children entering grades K - 6
- **Location:** Ridge Ranch Elementary School
- **Items To Bring:** All participants should bring their own water
- **Price:** \$80.00

7th Grade - 21 Years Old Class Details:

- **Days:** Thursdays
- **Dates:** 3/27, 4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22
- **Time:** 3:00PM - 4:30PM
- **Ages:** 7th Grade through 21 Years Old
- **Location:** Paramus High School
- **Items To Bring:** All participants should bring their own water
- **Price:** \$80.00

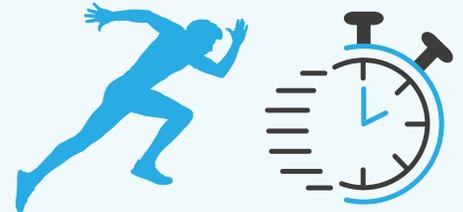


SPEED & AGILITY TRAINING

Children in Kindergarten through 8th Grade are eligible to participate in our Winter Speed & Agility Training Program! This program will be overseen by PHS Varsity Coach (Track & Field and Cross Country), Mike Bessette. Guest appearances will be made from PHS Varsity Athletes as well.

Participants will learn age-appropriate skills that can be applicable to all sports. A comprehensive training regimen will be followed; participants will focus on fundamentals, enhancing speed, lateral movement, and reaction times through specialized drills and exercises.

- **Days/ Times:**
 - K-4: Wednesdays, 6:00PM - 7:00PM
 - 5-8: Mondays, 6:00PM - 7:00PM
- **Dates:**
 - K-4: (Wednesdays) 4/23, 4/30, 5/7, (No 5/14), 5/21, 5/28, 6/4
 - 5-8: (Mondays) 4/28, 5/5, (No 5/12), 5/19, 6/2, 6/9, 6/16
- **Location:** Parkway 7v7 Field
- **Items To Bring:** All participants should wear proper athletic attire (sneakers/ running shoes), and should bring their own water
- **Price:** \$105.00



For any questions on the program format, equipment, and/or experience level needed, please contact Coach Bessette at michaelbessette1997@gmail.com

GIRLS VOLLEYBALL CLINICS

Girls in grades 3-8 for the 2024/25 school year are eligible to participate in our upcoming 3rd-8th Grade Volleyball Clinics! All sessions will be overseen by PHS Varsity Coach, Kerri Dolack, along with PHS Varsity Athletes.

- **Days:** Tuesdays
- **Dates:** 3/18, 3/25, 4/1, (No Class 4/8 or 4/15) 4/22, 4/29, 5/6
- **Time:**
 - 6:00PM - 7:00PM: Grades 3-5
 - 7:00PM - 8:00PM: Grades 6-8
- **Location:** PHS Main Gym
- **Items to Bring:**
 - All registrants should wear athletic apparel, and should bring their own water. Knee Pads are highly recommended.
- **Fee:** \$120.00



For additional information on Paramus Volleyball Programming, please visit paramusvolleyball.com

BOYS VOLLEYBALL CLINICS

Boys in grades 5-8 are eligible to participate in our upcoming 5rd-8th Grade Volleyball Clinics! All sessions will be overseen by PHS Varsity Coach, Kerri Dolack, along with PHS Varsity Athletes.

- **Days:** Wednesdays
- **Dates:** 3/19, 3/26, 4/2, 4/9, (No Class 4/16), 4/23, 4/30
- **Time:**
 - 6:00PM - 7:00PM: Grades 5-8
- **Location:** PHS Main Gym
- **Items to Bring:**
 - All registrants should wear athletic apparel, and should bring their own water. Knee Pads are highly recommended.
- **Fee:** \$120.00

GIRLS INTOWN FLAG FOOTBALL

Girls in Grades K-8 are eligible to participate in our Spring Intown Flag Football Program! This will be an intown instructional league designed to develop and introduce girls flag football to the Borough of Paramus! Games and practices will begin mid-April. Games will be held on Sundays (morning/ early afternoon), the dates and times are to be determined.

- **Days:** TBD, Games on Sundays
- **Dates:** Games and Practices will begin mid-April, and run through mid-June
- **Grades:**
 - K - 2nd Grade League
 - 3rd - 5th Grade League
 - 6th - 8th Grade League
- **Fee:** \$125.00



We are seeking volunteer coaches! For any individuals interested in coaching, please email us at recdepartment@paramusborough.org

TRACK AND FIELD

Children in Grades 1 through 8 are eligible to participate in our Spring Track and Field program! This program will be overseen by Head Coach, Kacper Wrobel.

Track events include: Dashes, Intermediate Distance Runs, Relays, Hurdles, and Race-Walking.

Field events include: Long Jump, High Jump, Triple Jump, Shot Put, Discus, & Turbo Javelin.

Additional Program Information:

- **Eligible Participants:** Children in Grades 1-8 are eligible to register for the Recreation Department's upcoming Track and Field Program. Registration will be taken on a first-come, first-serve basis, grouped by the following age groups: Grades 1-4, Grades 5-8. The Coaches will aim to structure the practice schedule to best cater to the needs of both groups.
- **Practices:** Practices will begin the week of 3/10. The practice schedule is TBD, pending field availability. Our Coaching Staff will aim for one weekday practice, as well as Saturday practices. Practices will be held at either Paramus High School or East Brook Middle School.
- **NJ Striders Meets:** The New Jersey Striders 2025 Spring Youth Track & field Developmental Meets will be held on Sundays, starting 4/13. Children ages 7 Years Old through 14 Years Old will be eligible to compete. Meets will be held bi-weekly, and will be hosted at neighboring community locations.
- **Equipment:** Each participant should wear athletic apparel and sneakers. It may be chilly some days, so extra layers are also recommended during these times. Each participant should also bring their own water bottle.
- **Uniforms:** Paramus uniforms will be required to be worn at all NJ Striders Meets. Uniforms will be provided by the Recreation Department, and must be returned at the end of the season.
- **Registration Fee:** \$120 Per Participant

Important Dates:

- Registration Begins: 2/24/2025
- Mandatory Parents Meeting: 3/03/2025 (location TBD)
- Practices Begin: The week of 3/10
- NJ Striders Meets (Tentative Dates): 4/13, 4/27, 5/4, 5/18, 6/1



SPRING TENNIS

We will be offering tennis classes for both children and adults this Spring! Our classes will be run by Play TGA. The dates and times, along with the age distributions, are as follows:

Monday/ Wednesday Classes (10 Classes):

5:00PM - 6:00PM: Grades K-2 (Beginner)

6:00PM - 7:00PM: Grades 3-5 (Beginner)

7:00PM - 8:00PM: Grades 6-8 (Beginner)

- **Dates:** 4/21, 4/23, 4/28, 4/30, 5/5, 5/7, 5/12, 5/14, 5/19, 5/21

Tuesday/ Thursday Classes (10 Classes):

5:00PM- 6:00PM: Grades K-2 (Beginner)

6:00PM - 7:00PM: Grades 3-5 (Beginner)

7:00PM - 8:00PM: Grades 6-9 (Intermediate)

8:00PM - 9:00PM: Grades 10- Adult Class

- **Dates:** 4/22, 4/24, 4/29, 5/1, 5/6, 5/8, 5/13, 5/15, 5/20, 5/22



Location: Cliff Gennarelli Sports Complex Tennis Courts

- Garden State Plaza Pkwy, Paramus, NJ 07652

Additional Information:

- **Items to Bring:** All participants should arrive wearing athletic apparel, and should bring their own tennis racket and water.
- Parents are required to walk their children to and from the tennis courts at the beginning and end of each class. Children will not be permitted to walk to and from the tennis courts to the parking lot by themselves.

Fee: \$130.00

For any questions regarding equipment, and/or inquiries regarding the experience levels required for our 6th-9th Grade Intermediate Class, can be directed to TGA's Tennis Director, Christine Kostianis. She can be reached by phone or email.

- **Email:** ckostianis@playtga.com
- **Phone:** 917-304-3986

K-4 LACROSSE CLINICS

We will be offering spring lacrosse clinics for Boys & Girls in Grades K-4! No prior experience needed.

Participants will focus on the following:

- Fundamentals of lacrosse (passing, catching, cradling)
- Participate in spatial awareness and agility games
- Participate in various skill based games
- Compete in small sided 2v2, 3v3, or 4v4 games on small pug nets

These clinics will be run by Heatwave Lacrosse. The dates/times per age group are as follows:

- **Days:** Saturdays
- **Dates:** 3/15, 3/29, 4/12, 4/26, 5/3, 5/10, 5/31
- **Times:**
 - K-4 Boys: 2:00PM - 3:00PM
 - K-4 Girls: 3:00PM - 4:00PM
- **Location:** Parkway 11v11 Field
- **Price:** \$50.00



GIRLS TRAVEL SOFTBALL

Girls Travel Softball

Girls that fall within the 10U, 12U, and 14U age brackets are eligible to participate in our travel softball program. The dates/times of practices and games are TBD. Selected participants will travel to neighboring towns to compete in advanced-level games.

Tryout Fee: \$10.00 **Tryout Dates TBA**

Registration Fee: \$65.00 **Will open once tryouts are complete & teams selected.

Equipment Needed: Participants will need to purchase their own gloves, bat, cleats, helmet and face shield.

Catchers equipment will be supplied as needed.



PARAMUS PACERS SWIM!

-  Dive Into Summer with Paramus Pacers! 
-
- Join us for exciting swim and dive opportunities this summer!
-
-  Contact Us: paramuspacers@gmail.com
-
-  Practice Schedule: Morning & Evening Sessions
-
-  Swim: Must know how to swim
-  Dive: No experience needed – all skill levels welcome!
-
-  Registration:
-
- Sunday, June 1st – Swim tryouts and suit vendor on-site
- Saturday, June 7th from 9-11 AM
- Don't miss out on joining the Paramus Pacers for an unforgettable summer of swimming and diving!
-
- #ParamusPacers #SummerSwim #DiveIntoFun
#SwimTeam

FALL FOOTBALL 2025

PARAMUS JR SPARTANS

Football Registration Opens February 24th!

We're excited to announce that football registration will open on 2/24, with an Early Bird Special! Register between 2/24 and 5/15 for just \$200. After 5/15, the price will increase to \$300.

Mighty Mights: Grades 1-2

PeeWees: Grades 3-4

Juniors: Grades 5-6

Seniors: Grades 7-8



STAY TUNED!

The Recreation Department is working hard to continuously offer new programs!

Follow us on our social media platforms for live-time updates:

Instagram: @ParamusRecreation

Facebook: @ParamusRec

Borough Website- Recreation Page:



RECREATION DIRECTOR: Garrett Luna

ASSISTANT RECREATION DIRECTOR: Stephanie Garino

ASSISTANT RECREATION DIRECTOR: Edward Grill

Council Liaison: Michael Wilkins

Paramus Recreation Commission

Chairman- Vince Feorenzo

Michelle Alfano

Kimberly Benaquista

Alan Brundage

Eric Crespo

Christopher Falato

Jeff Lepselter

Michael Pallotto

Gary Zysman