

Keep active this winter

Bloomfield Recreation Department

■ **Adult Programs:** Yoga, Pilates, Zumba, Meditation and Boxing Fitness (see below).

■ **Children's Programs:** Karate, Magic, Dance, Robotics, Toddler Tumbling, Children's Art, Baton, Improvisation, "Chef It Up" (see below), Pee-Wee Basketball, and Hovercraft Workshop (see below).

Registration begins Wednesday, Dec. 6. Programs begin in January. Register in person at the Civic Center, Monday to Friday 8:30 a.m. to 4:30 p.m., plus Wednesdays 6 p.m. to 8:30 p.m., or online 24 hours a day.



Boxing Fitness (New! Adults)

Get fit without getting hit. Learn basic boxing techniques and self-defense while building self-confidence and having fun. A Boxing Club-certified trainer will instruct. Boxing gloves and wraps are provided.

Chef It Up: Foods Around the World (New! Children)

Kids take a culinary adventure preparing regional foods and drinks -- one country per class -- to cook and take home. It may be pasta and tiramisu for Italy; chopped cucumber, tomato and feta salad plus spinach dip for Greece; or decadent desserts for France.

Hovercraft Workshop (New! Children)

Build and take home a motorized hover racer. Race against your classmates. Learn the history and science behind the hovercraft. Take part in activities involving the science of air pressure, gravity and more.

Open-Gym Basketball for Adults

Bloomfield men and women, age 18 and older (not in high school), can shoot and play pickup games this winter. Season passes are \$40, available at the Civic Center, or at the respective school. Proof of residency must be provided.

- Age 18 and older, Thursdays - Dec. 14 to Feb. 22, at Bloomfield High School, main gym, 8 to 9:45 p.m.
 - Age 35 and older, Mondays - Dec. 18 to March 19, at Oakview Elementary School Gym, 8 to 9:45 p.m.

Men's Basketball League

Form a team of men age 18 and older (not in high school) for league play between mid-January and mid-March. Games will be at Bloomfield Middle School, Monday through Thursday at 9:15 p.m. Full teams are required for sign-up. Fee: \$325 per team. For details, e-mail msceurman@bloomfieldtwpnj.com.