

SUMMER CAMP

Month of July

- ❖ **Camp T-Shirt, Prizes, Awards & Trophies, Daily Arts & Crafts!**
- ❖ **Tournaments, Opening Week Carnival, Farewell Carnival!**
- ❖ **Petting Zoo, Magic Show, Camp Olympics, Balloon Artist!**
- ❖ **Crazy Hat Day, Surprise Day, Jackals Game, & Much More!**
- ❖ **Air-Conditioned Game & TV Room.**

**Sign Ups via Community Pass*

Registration Opens – 2nd Week of April

ONLINE SPORTS REGISTRATION



Go To:

<https://register.capturepoint.com/LittleFallsTownship>

Step 1: Set up your user account & password.

Step 2: Sign up for available programs all year long.

Step 3: You will receive payment confirmation via email.

Step 4: Receive emails/notifications and program info.

Debit & Credit Card Only

*If you need assistance, please contact the Recreation Department at (973) 256-3884.

Recreation Staff

John Pace: jpace@lfnj.com

Nadine Heinis: nheinis@lfnj.com

Tyler Passero: tpassero@lfnj.com

Township of Little Falls Recreation Department



160 PATERSON AVENUE
LITTLE FALLS, NJ 07424
TELEPHONE: (973) 256-3884
FAX: (973) 256-7179

DAY CLASSES

Tuesday:

Zumba Gold

9:00AM – 10:00AM / \$5.00 per class



Tai Chi

10:30AM – 11:30PM / \$10.00 per class

QiGong:

11:30AM – 12:30PM / \$10.00 per class

Wednesday:

Fit 4 U

10:30AM – 11:30AM / \$6.00 per class



Friday:

Zumba Gold

9:00AM – 10:00AM / \$5.00 per class



Gentle Yoga

10:30PM – 11:30PM / \$10.00 per class

Fit Over 50

11:20AM – 12:00PM / \$10 per class

Saturday:

Fencing

10:00AM – 12:00PM

mark@nationalfencing.com



NIGHT CLASSES

Monday:

Zumba Tone

7:30PM – 8:30PM / \$5.00 per class

Wednesday:

Zumba Tone

7:30PM – 8:30PM / \$5.00 per class

Thursday:

Yoga

7:00PM – 8:15PM / \$10 per class

PICKLE BALL OPEN COURT

Mondays:

Open Court: 9:00AM – 1:00PM

Tuesdays:

Open Court: 12:45PM – 2:30PM

Wednesdays:

Open Court: 12:00PM – 2:00PM

Thursdays:

Open Court: 9:00AM - 1:00PM

**Indoor Badge Holders ONLY



SENIOR CLUBS

Tuesday:

Golden Agers

11:00AM– 4:30PM

Thursday:

Jolly Seniors

11:00AM – 4:30PM

- ❖ REFRESHMENTS
- ❖ BINGO
- ❖ CARDS
- ❖ BUS TRIPS
- ❖ LUNCHEONS
- ❖ HOLIDAY PARTYS!

- **BUS SERVICE TO/FROM IS AVAILABLE FOR LITTLE FALLS RESIDENTS!**

MEETINGS ARE HELD AT THE CIVIC CENTER!

19 WARREN STREET LITTLE FALLS, NJ 07424.

TELEPHONE: (973) 890-4520