

# MONTVALE RECREATION DEPARTMENT NEWS

**Spring 2016**

## ADULT PROGRAMS

**18+ COMPETITIVE BASKETBALL**

**30+ BASKETBALL**

**HATHA YOGA**

**TALKIN' BASEBALL**

**TENNIS**

**ADULT VOLLEYBALL**

## KIDS CORNER

**SEWING for Fun**

**TAEKWON-DO**

**TENNIS**

# ADULT PROGRAMS

## 18+ COMPETITIVE BASKETBALL

Residents 18 years of age and older can participate in this competitive style pick-up game format. This program began in **January and will continue through May**. Games are played on **Wednesday nights from 8:00-10:00 PM** in the Fieldstone School gymnasium. The fee for this program is **\$50 for residents** and \$75 for non-residents.

## 30+ BASKETBALL

This program is for men and women 30 years of age and older. This program is held on **Monday evenings from 8:00-10:00 p.m.** in the Memorial School gymnasium. This pick-up game style program began in **September and will continue through May 2016**. Fee: \$75 for residents; \$95 for non-residents if space permits.

## **HATHA YOGA**

Yoga will increase flexibility, physical strength and energy. Yoga will also improve concentration, emotional stability and the ability to relieve stress through relaxation. Two, one day/week classes will be offered in the Recreation Center. The first class will meet **Monday evenings from 7:30-8:30 p.m. beginning March 21<sup>st</sup>**. The second class will meet **Friday mornings from 9:30-10:30 a.m. beginning April 1<sup>st</sup>**. Registration will take place on the first session of each class. Residents and non-residents 18 years of age or older are invited to participate. High School students may participate if registered by an adult. A mat or towel should be brought to each class. Fee: \$80 for residents; \$100 for non-residents for this eight-week class. Instructor: Debra Broadman.

## **TALKIN' BASEBALL**

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 8:15 pm in the Recreation Center (entrance is behind the community center.) There is no fee for this program.

## **TENNIS LESSONS**

Looking to improve your tennis game? This program will be offered through the Montvale Recreation Dept, but taught by Bill Bess of Tennis Dynamics. Lessons will be taught for the beginner and the intermediate player. Instruction will be limited to a maximum of eight (8) participants per group. Classes will be offered for Kindergarteners-adults. Two separate days of lessons will be offered independently of one another. The cost for the six-week program (one day/week) is \$80/person for Residents and \$120/person for non-residents. Lessons will be given at the Memorial Dr. tennis courts. Please note the courts will be reserved for lessons during the length of the program. Monday classes will begin on May 2<sup>nd</sup>. Saturday classes will begin May 7<sup>th</sup>. Loaner rackets will be provided for those people that do not own their own racket but are interested in playing. To register, please read **TENNIS REGISTRATION** below.

<b>Monday's lessons</b>		<b>Saturday's lessons</b>	
K-2 <sup>nd</sup> gr. from	4-5 PM	K-2 <sup>nd</sup> gr. & Gr. 3-5 PM	2-3
Gr. 3-5 from	5-6 PM	K-2 <sup>nd</sup> gr. & H.S. & Adult Beginner PM	3-4
Gr. 6-8 from	6-7 PM	Gr. 6-8 & H.S. & Adult Intermediate PM	4-5

H.S. and Adult	7-8 PM	
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## TENNIS REGISTRATION

We will have one (1) formal registration day for lessons and to purchase your tennis pass (if the “normal business hours” are not convenient for you). Registration will be held on **Wednesday, March 9<sup>th</sup>, from 6:30-7:30 PM**. The registration will take place at the Montvale Rec center (located behind the community center). If you miss this registration date, you may also register for your tennis pass (info. below), and lessons (space permitting) at **Borough Hall during normal business hours (8:30AM - 4:30PM)**. Please remember that space is limited for each of the sections of lessons.

## TENNIS

A magnetic locking system is installed on the court gates of both the Memorial Drive and Chestnut Ridge tennis courts. This system has proven to be an effective way to reduce the number of non-registered people using our courts. Each year residents who wish to use the courts must register to receive their new access card.

**Membership registration for the 2016 season** which runs from March 1, - December 31, **may be purchased at the Borough Hall during normal business hours beginning in March**. The 2016 tennis fee schedule is:

CATEGORY	RESIDENT	NON-RESIDENT
Adult	\$30	\$60
*Student (14-18)	\$10	\$20
Family	\$50	\$100
Senior Citizen	FREE	FREE

\*Student's registering alone, must register as an adult.

## ROUND ROBIN TENNIS

The courts are reserved for this program on Thursday evenings from 6pm to 9pm on Memorial Drive. All registered men and women are eligible to participate. There is **NO FEE** for this program. The program runs from mid May through the end of August. You may register for the round robin when you register for tennis passes and/or lessons. If the program is not running, the courts are open to all registered participants.

## **ADULT VOLLEYBALL**

This program is for men and women 18 years of age and older. Adult volleyball will be held in the Memorial School Gymnasium "B" from **8:00-10:00 PM**. The program began in **January and will be held on Tuesday evenings** through **May**. The fee for Residents is \$50 and the Non-resident fee is \$75.

## **KID'S CORNER**

### **Sewing for Fun**

Sewing is a fun filled and exciting art that helps foster the creativity of young girls while teaching them to follow instructions and concentrate on a task. Sewing reinforces hand eye coordination, develops fine motor and problem solving skills. Best of all, by designing and sewing their own creations, the girls will increase their confidence and self-esteem. Using the latest computerized sewing machines with 3 speed controls, to accommodate the age and skill level of your future designers, the girls will discover the fun of sewing. The program culminates with a fashion show, where the girls can model their creations for parents and friends. The program will be held on **Tuesdays beginning March 22<sup>nd</sup> at 3:30PM**. **All classes are held at the Rec Center**. The fee for the eight-week class is \$80 for Montvale residents and \$100 for non-residents. There will be an additional \$30 for materials (paid separately) to the instructor. The instructor for this class is Mrs. Manrique.

### **TAEKWON-DO**

TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Program will be offered two days/week for children in grades K-8. The **K-4 grade class will be offered Tuesday's and Thursday's from 6:00-7:00 PM**. Classes begin **Tuesday March 22<sup>nd</sup>**. The **5-8 grade class will be offered Tuesday's and Thursday's from 7:00-8:00 PM**. Classes begin **Tuesday March 22<sup>nd</sup>**. The program will be held in the Recreation Center. Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting.) Registration: first day of class. Instructor: Mario Liriano; 5<sup>th</sup> Degree Black belt.

### **Upcoming Recreation Events**

#### **Day in the Park - June 18, 2016**

If you are involved in a **non-profit organization**, and would be interested in having a table for your organization at Montvale's Day in the Park (where you can sell items or give information on your group), email us at [montvalerecreation@ymail.com](mailto:montvalerecreation@ymail.com). Please include the following items in your email:

- \*Name of non-profit organization
- \*Your name and affiliation with the organization
- \*What you would like to sell (items must be approved by the Rec Dept. so organizations do not sell the same items)
- \*Contact info (email and cell phone #)

## **SUMMER CAMP**

Participation in this program is open to any Montvale resident who will be **entering Grades 1-7 in September**. Camp activities include Bowling at the Montvale Lanes, Swimming at the Montvale Swim Club, Guest Entertainers, Arts and Crafts and daily “Special Events”. **Registration for this program will be held on Wednesday, May 4<sup>th</sup> and Friday, May 6<sup>th</sup> from 3:17- 4:00 PM at the Community entrance of Memorial School**. Following those dates, you may register at the Borough Hall until June 15, 2016 during normal business hours. Although we do our best to keep camp open, in the event of severe inclement weather there is the possibility that we may have to close Camp.

<b>DATES:</b>	June 27 through July 22
<b>PLACE:</b>	Memorial School Complex
<b>TIME:</b>	9:30 AM - 12:30 PM (Mon. - Fri.)
<b>RESIDENT FEE:</b>	\$200 per child (family max \$650)
<b>NON-RESIDENT FEE:</b>	\$250 per child (family max \$800)

## **SUMMER CAMP COUNSELOR POSITIONS AVAILABLE**

During the month of April the Recreation Department will be looking to fill counselor positions for it’s Summer Recreation Camp. Counselors must be 14 years of age or older by June 24, 2016. Students must also be available to work the dates of June 24, through July 22, 2016 from 9:00 A.M.-12:45 P.M.

Applications for these paid positions will be available at the Borough Hall and the Pascack Hills H.S. Guidance Office, **April 1<sup>st</sup>**. Interviews for these positions will be held on **April 14<sup>th</sup> from 4:30-6:30 PM, April 15<sup>th</sup> from 6:00-8:00 PM, and April 16<sup>th</sup> from 9:00-10:30 AM at the Recreation Center.**

***The parks on Memorial Drive will be closed from 9:30 AM - 1:00 PM during summer camp season.***

## **FIELD USE**

Applications and Hold Harmless forms must be completed and returned to the Borough Hall Building Dept. c/o Jeff Fette, with Liability Insurance and payment. Forms are available on line and at the Borough Hall front counter. Permits will be given according to availability.