

Mountainside Recreation

Growing Together



# Mountainside Recreation E-Newsletter



VOL 1 MARCH 1, 2022



## Check out what's Coming up Next...

<b>March 8</b>	Kids Yoga Session Begins
<b>March 10</b>	Rutgers Safety Course - Coaches Clinic
<b>March 16</b>	Music and Me Session Begins
<b>March 27</b>	Adult Tennis and Pickleball Begin
<b>April 11</b>	Spring Break Camp Begins
<b>April 24</b>	Multi Sports Clinics Begins
<b>April 29</b>	Soccer Clinics Begins
<b>May 4</b>	Kids Tennis Begins
<b>May 15</b>	Fall Soccer Registration Opens
<b>June 11</b>	Mountainside Community Pool Opens
<b>June 27</b>	Summer Playground Opens
<b>July 5</b>	US Sports Basketball Camp Begins
<b>July 11</b>	US Sports Soccer Camp Begins
<b>July 18</b>	US Sports Multi Sports Camp Begins
<b>July 23</b>	Kids Triathlon
<b>July 25</b>	US Sports Basketball Camp Session 2 begins
<b>August 1</b>	US Sports Flag Football Camp Begins



### SUMMER EMPLOYMENT OPPORTUNITIES

The Mountainside Pool is in need of a pool Assistant Manager, Lifeguards and maintenance staff for the upcoming summer season.

Summer Playground is also currently accepting applications for staff members.

Call the Recreation Department at 232-0015 for an application or visit us online.

COME JOIN THE TEAM!!

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## **SPRING TRAVEL SOCCER REGISTRATION CLOSING SOON!**

Registration is almost over! Hurry up and sign up! The late fee will kick in on March 10th and registration will close on March 17th.

Mountainside participates in the SYSLNJ league. Please note that the home field for U9 and U11 will be at Borough Hall (Echo Brook Field). All U13 through Highschool teams will play away since there is no home field available for them during the spring season. This program relies on volunteer coaches, so be sure to sign up to help out!

## **KIDS YOGA**

Kids yoga was such a hit this winter that we are bringing it back! Come join us on Tuesday Afternoons and learn about the practice of yoga with our instructor Lisa Glazer! Bring your own mat if you have one! Also be sure to bring some water. Namaste!

Ages 3-5	4:45pm
Ages 5-8	5:45pm

## **MUSIC AND ME**

Music and Me will be making a return this Spring! Come join us on Wednesdays at 1:15 in the community room at Borough Hall. This class is best suited for children ages 6 months to 4.5 years of age.

## **MULTI SPORTS CLINIC**

Multi Sports will be held on Sundays at Borough Hall Field starting April 24th and running through May 22nd.

Multiple Sessions will be offered.

Parent and Me - Ages 2-3 with the parents participating will be from 9-9:50am

Tykes - Ages 3-4 years old from 10-10:50am

Champs - Ages 5-7 from 11-11:50am

## **TENNIS CLINIC'S**

Sessions will be held on the courts next to Borough Hall on Wednesdays starting May 4th - June 15th.

These sessions will be taught by Jeanie Ruban and Matias Saavedra. All abilities welcome.

3:30-4:30pm	K-2nd
4:30-5:30pm	3rd-5th
5:30-6:30pm	6th-8th



## **MOUNTAINSIDE COMMUNITY POOL**

Memberships are currently available for purchase! Be sure to register prior to April 15th to receive your 2 free guest passes!

Come join us for events like our Kids Triathlon, Carnival Night, Float Night, Poolside Chair Yoga, Fourth of July celebration, Splash Parties and Much More!

Swim Team and Lesson signups for members begin on June 11th. Please remember these are in person signups and based on first come first serve.

We look forward to seeing you in the Water!

## **SPRING BREAK CAMP**

This Spring US Sports will be partnering with Mountainside Recreation to bring you a Multi Sports Spring Break Camp!

This camp will be held Monday through Thursday from 9-12pm at the Echo Brook Field. Friday will be utilized as a rain date. April 11- 14th.

This camp is for Ages 5 through 14. Groups will be separated by age.

## **SOCCER CLINIC**

Clinics for grades PreK-8th and will be held on Friday afternoons. This will begin on April 29th through May 27th. These clinics will be focusing on technique as well as game play. These clinics are for all abilities.

3:30-4:15	PreK - K
4:15-5pm	1st-2nd Grade
5-6pm	3rd-5th Grade
6-7pm	6th-8th Grade



## TENNIS

Tennis will be returning to Sunday and Thursday evenings from 7pm-8:30pm at Borough Hall Tennis Courts. These nightly sessions, which meet from March 27th – May 19th will incorporate instruction, as well as playing lessons for more advanced players. All abilities are welcome! No class will be held on April 17th. The program will be conducted by Jeanie Ruban. Current tennis badges are required.

Please remember that these classes fill fast and to add yourself to the waitlist so that we may open another session if we get enough participants.

## PICKLEBALL

Jeanie Ruban will be continuing to run our Adult Pickleball Clinic this spring starting on March 27th through May 15th (no class April 17th). This will incorporate instruction as well as playing lessons and game play.

All abilities are welcome. All players require a tennis badge. This will be held at the Echo Brook Tennis courts (next to Borough Hall) on the Sundays from 5:30-7pm

Please remember that these classes fill fast and to add yourself to the waitlist so that we may open another session if we get enough participants.

## ADULT SOFTBALL

The Men's League will be played at Echo Brook Field. The Women's league plays at Echo Brook field and Scotch Plains fields.

The leagues will begin in June.

If interested in participating, please contact the recreation department at 908-232-0015

## YOGA

Yoga is currently being held in the community room at Borough Hall on Tuesday nights at 6:45pm. This class is open to all abilities. Come on by and try a free class before registering!



## TENNIS BADGES

Badges are currently available for purchase for the 2022 season, please remember that all participants on the Mountainside Courts must be a current badge holder.

Anyone participating in a clinic or class must be a current badge holder.

After badges are purchased, court time can be reserved.

For more information please contact the recreation department at 908-232-0015.

## RUTGER'S SAFETY CLINIC - COACHES

On March 10th, Mountainside will be hosting a Rutgers Safety Clinic. This Course is required to be taken in order to coach a sport in Mountainside. This course is offered free to our residents.

March 10th at 6:15pm this class will be held virtually. Prior Registration is required to receive the link for the class.

## SUMMER TENNIS/PICKLEBALL

Registration for all Summer Tennis and Pickleball will open on April 1st.

These sessions will incorporate instruction, as well as playing lessons for more advanced players. All abilities are welcome! The program will be conducted by Jeanie Ruban and Matias Saavedra. Current tennis badges are required.

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## CHAIR YOGA

Sessions will be held on Tuesdays through June at 1 pm. Cost of the session is \$12/residents, \$27/non-residents.

Join us and learn how people are lowering their blood pressure, increasing their flexibility, reducing their feelings of anxiety and improving their health and mental wellness in so many ways--all while sitting in a chair! Come and try a FREE class.

## FIT AND HEALTHY

The one hour comprehensive program includes gentle stretching, low impact aerobic movements, and exercises with educational session covering topics on nutrition, medications, wellness, etc. ending with relaxation and meditation techniques.

Classes are held on Wednesdays through June from 10 am to 11 am. Classes will continue to be offered FREE of charge for Mountainside Residents. Registration is still required.

## BARRE LIGHT

This class will be held on Fridays through June at 10 am. The cost for the session is \$12/residents and \$27/non-residents. Bring sticky socks or bare feet and water. This 45-minute class builds strength and tones the muscles while improving posture and flexibility all while standing or sitting in a chair.

Registration will be taken at the Recreation Department or online on the website, under Community Pass. Come and try a FREE class.

## SILVER SNEAKERS

This national program focuses on strengthening muscles and increasing range of movement for daily life activities.

Classes will be held on Thursdays through June at 9:15 am. Cost of the session is \$12/residents, \$27/non-residents. Registration will be taken at the Recreation Department or online on the website under Community Pass. Come and try a FREE class



## WII BOWLING

The Nintendo Wii is a video gaming system with motions sensors. This enables users to simulate bowling without the burden of carrying a heavy bowling ball, bending over and has the option to sit! This program will take place in the Community Room on Mondays at 10:45am starting March 14th and running through April 11th.

Wii Bowling for Seniors is run by the Recreation Department thanks to grant from the Watts Foundation at no cost. Registration is required.



## VOLUNTEER OPPORTUNITY

The Senior Meal Deliveries are still continuing Monday, Wednesday and Friday, weekly. This program has delivered over 26,000 meals to our residents.

This program is always seeking out volunteers to help with deliveries of meals. If you or someone you know may be interested, please reach out to

Kim Moriak at 908-232-4406 or email [kmoriak@mountainside-nj.com](mailto:kmoriak@mountainside-nj.com)

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# **COVID DIDN'T STOP US!**

## **TAKE A LOOK BACK AT OUR YEAR!**



Summer Playground Wetdown



Winter Multi Sports Class



1st Grade Basketball Clinic



Outdoor Chair Yoga



Kids Yoga



Senior Technology Class



U15G Soccer



Swim Lessons



Flag Football