



NEWSLETTER



A Publication of the Mountainside Recreation Department

No. 165

Borough Hall • Mountainside • New Jersey • 07092

April 2010



Summer at the Pool!

Summer will soon be here, and pool memberships are still available for the award-winning Mountainside Community Pool. The barrier-free facility features a 50-meter pool, separate diving tank with two water slides, zero-depth wading pool, snack bar, and picnic grove. The pool is scheduled to open on Saturday, June 12th, and registration for the first session of swim lessons will also begin on June 12th. Daily operations begin on Thursday, June 24th. The season runs through Labor Day.

Residents have three membership categories to choose from: family, single (ages 16 to 61), or senior citizen (ages 62+). Resident **family and single** members who join before April 15th will receive two additional free guest passes. Non-resident memberships are also available. Call the Recreation Department at 232-0015 for details.



Youth Baseball/Softball Opening Day Set for April 17th



The Mountainside Recreation Department and Mountainside Youth Baseball begin the spring season on Saturday, April 17th. The annual parade steps off at 9:00 am from the corner of Wood Valley Road and Stony Brook Lane. Youth Baseball is entering its 58th season of play.

Following the parade, Opening Day ceremonies will be held at Deerfield School. A full slate of baseball games will then be played at the Deerfield School and Our Lady of Lourdes ballfields. Junior Division softball teams will also play. Youth Baseball and the Softball Association will sell food and drinks for breakfast and lunch.

New Recreation Volleyball Program! See Page 3 For Details!



Fall Soccer Registration Begins April 29th



A variety of recreational and competitive soccer programs will be offered by the Recreation Department this fall. Children will be registered for the grade in which they will be enrolled this coming September. Volunteer coaches are needed.

Grades 3-4: The popular in-town instructional recreation league will again be offered in the fall beginning Saturday, September 11th. All players will be placed on teams that will play on weekends at the Echo Brook field at Borough Hall. Team practices will be scheduled during the week. The cost is \$77 per child.

Grades 5-8: Teams will compete in the Inter-County Youth Soccer League. There are separate teams for boys and girls in the U12 and U14 divisions. Players will be placed in the appropriate division based on age rather than grade. The fee is \$92 per child.



Enrollment in all programs is on a first-come, first-served basis beginning April 29th at 6pm. Evening registration will run from 6-8pm. A \$15 late fee is charged after May 14th if space is available. No refunds will be given after July 2nd. If you are unable to register in person, please call the Recreation Department at 232-0015 starting on Monday, April 21st, for a form to be mailed to you. Or to download a form in advance, visit www.mountainside-nj.com/recreation.htm.

New Tennis Rules in Effect April 12th

ATTENTION: Effective April 12th, all Borough Tennis Courts will be locked. Those who purchase a 2010 Tennis Badge will be given the lock code for 2010.



Tennis badges for 2010 are now on sale. For more details see page 3.

Fitness Classes

ZUMBA GOLD



Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms and bring them to beginner participants and active older adults. Its fun, easy, different, and effective! These programs are guaranteed to provide the participant with a safe and effective total body workout in a party like atmosphere!

Classes are taught by Laurie Rose, certified Zumba Gold instructor. Classes will run Saturday mornings May 1st to June 19th from 9:30-10:15am. Resident fees for the class are \$79. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

YOGA



Discover the benefits of Ansuru Yoga. Universal Principles of Alignment techniques will be taught integrating asanas (postures), pranayama (breathing) and meditation; together promoting strength, flexibility and spirituality as well as releasing tension and stress.

Tuesday and Thursday classes are taught by Linda Green. A new session of Yoga will begin on Tuesday, May 4th and run until July 1st. It is held in the Community Room at Borough Hall. For each day the fee is \$71 for residents and \$79 for non-residents. Registration forms are now available at the Recreation Department. Advance registration is required. A minimum number of participants is needed for the session to be held.

YOGA II

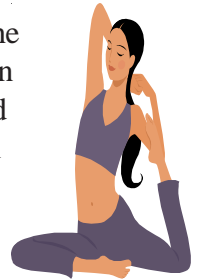
Linda Green will teach a more advanced level yoga class on Monday mornings. A meeting with Linda may be required to sign up for this class. The new session will begin on May 3rd and run until June 28th. Classes will not be held on May 31st, Memorial Day. Registration for residents is \$72.



Fitness Classes

PILATES

Work your “core” two days a week! The recreation department offers Pilates on Wednesday evenings from 7-8pm and Friday mornings from 9:00-10:00am from May 5th to June 18th. The class is designed to create a strong and balanced body, as well as a physical awareness to assist in moving your body correctly in everyday activities.



Classes are taught by Kate Hewson, certified Pilates instructor. Resident fees for the Wednesday evening class is \$56 and the Friday morning class is \$56. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required.

T’AI CHI



Discover the benefits of T’ai Chi! This class for adults improves heart rate, posture, balance, blood pressure, flexibility and breathing. It provides effective mental and physical conditioning with undue physical stress.

This class meets from 8:30-9:30 pm on Wednesday nights starting May 5th and running until June 23rd in the Community Room at Borough Hall. Advance registration is required. Resident fees are \$64.

BODY SCULPTING

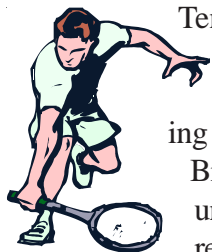
Get motivated and get fit! Join instructor Lucia Carannante for this challenging and rewarding exercise activity. Lucia is a certified personal trainer. This class focuses on cardio, muscle strength and core conditioning.

This class for adults meets from 7:00-7:45 pm on Monday nights starting May 3rd and running until June 14th in the Community Room at Borough Hall. Advance registration is required. A minimum number of participants is needed for the session to be held. Resident fees are \$68.

Attention Non-Public School Students!

Students who do not attend Beechwood or Deerfield, but would like to receive Recreation Department information, should call 232-0015 to be put on the mailing list.

Tennis News



Tennis badges for 2010 are now on sale. All players must have a current badge with their photograph on it when using the courts at Deerfield School or Echo Brook courts at Borough Hall. If you are unable to purchase your badge at the Recreation Department during regular office hours, please call 232-0015 and other arrangements will be made.

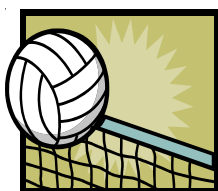
Children (under 13)	Free
Teens (13-17)	\$10.00
Adults (18-61)	\$15.00
Senior Citizens (62+)	\$10.00
Non-residents	\$30.00

Reserved time: Begins May 10th, at Echo Brook courts. Sign-up sheets will be posted on Monday mornings.

Lights: Both the Deerfield and Echo Brook courts are lighted. The light controls are on the pole with the area light outside the fence for Echo Brook courts. The light controls for Deerfield courts are on the fence at the court's entrance. If there is a problem with the lights, please call the Recreation Department at 232-0015, and leave a message with the court number and specific problem.

Recreation Volleyball Will Combine Training and Games

The Recreation Department will offer volleyball clinics on Tuesday and Thursday nights starting May 4th. Girls in grades 7-9 will play from 6:30-7:30pm and boys in grades 7-9 will play from 7:30-8:30pm. The program will run from May 4th to June 8th at Deerfield School Gym.



On Tuesday evenings the Deerfield School Boy's Volleyball coach Taras Borysyuk will provide volleyball training and skills. On Thursday nights participants will get to use these skills in games.

Cost of the program is \$35. Registration begins April 12th, forms are available in the Recreation office. Volunteer coaches are needed.

Summer Tennis Returns



Two popular instructional tennis programs for adults and children will again be held this summer at the Echo Brook courts at Borough Hall. Lessons for children ages 8-16 and adults will begin on Monday, June 28th. Three 2-week sessions will run until August 7th. Classes are for Beginners, Little Beginners, Advanced Beginners, and Intermediates. The fee is \$55 per session. Adult classes are \$65 per session.

Introduction to Tennis lessons for 4-7 year olds will run for six weeks on Tuesdays and Thursdays, beginning July 6th. The cost is \$67 per child. Registration begins on Thursday, April 29th. Payment must accompany registration. For more information, call 232-0015.

Spring Introduction to Tennis Registration Begins April 12th

Introduction to Tennis lessons are back this spring for children ages 5-10. Jeanie Ruban will teach basic tennis skills such as handling a racquet and balls, swinging, and feet positions. Six-week group lessons are held on Tuesdays and Thursdays. Children ages 5-6 from 5:00-6:00 pm; ages 7-8 from 6:00-7:00 pm; and ages 9-10 from 7:00-8:00 pm. Children can register for either day of the week. Lessons begin on May 11th. The cost is \$67. Space is limited. Registration starts on Monday, April 12th, at the Recreation Department.



Victory Soccer Camp in July

Learn soccer skills from the pros! The Victory Soccer Camp will be held this summer from July 19th-23rd at Deerfield School. Children 4-5 years old attend from 9-10:30am and the fee is \$70. Children 6-14 years old attend from 9:00 am-12:00 pm, and the fee is \$130. To request a registration form, please submit an e-mail to camp director, Phillip Iuliano at victorysocceracademy@yahoo.com.




Attention: The Midco Recycling Missed Pick-Up Phone Number extension has changed. Call 561-8380 Ext. 2072

Senior News


Free **blood pressure screenings** will be held the 2nd Tuesday of the month from 9:30-10:30am at Borough Hall, in conference room 2, located outside the tax office. Dates are April 13th, May 11th, and June 8th.

The **Mountainside Community Bus** provides limited bus service to senior citizens who can no longer drive. Food shopping trips are available on Tuesday and Thursday mornings only, starting at 10:00 am. Other appointments may be made throughout the week. To schedule a ride, call Sharon at 232-2400 x238, at least 3 business days in advance. Leave your name and telephone number with your desired appointment. Contact Paulette with questions at 232-4406.

 **Mountainside's Senior Citizen Handyman Program** provides assistance for minor home repairs and improvements. The income requirements for this program have changed to \$44,800 for one person and \$51,200 for two people. Call 232-4406 for age and income requirements, and application information.

Get healthy and join **"Project Healthy Bones."** A new 16-week class will start Wednesday, May 19th at 10am in the community room at Borough Hall. The cost is \$15 for Mountainside residents and \$68 for non-residents. Call Paulette at 232-3306 to register or for more information.

SAGE Eldercare provides FREE planning and programs to at risk seniors in Mountainside. This is possible due to a grant through the **Watts Foundation**. Please call Sage at 598-5552.


The **Mountainside Active Retirees (M.A.R.)**, an organization founded to promote recreational, social, cultural, and educational activities, meets on the 2nd and 4th Tuesdays of the month, at 10:00 am, at Borough Hall. On April 13th, Joe Cangone-economist and author who will be speaking on Property Tax Release. On April 27th, Connie McNamara author of *It was Only Yesterday, History or Mountainside*. May 11th Jack Higgins will speak on the topic The Great Swamp, National Wildlife Refuge. May 25th Nancy Rager from Center For Hope will speak about Cholesterol and its effects on the body. Guests and new members are welcome. 

The **Senior Citizens Club** meets at the 2nd and 4th Fridays of the month. April 9th- Very Special Daisies with Lisa Arent; April 23rd- Mike Banick from the Mountainside Library; May 14th- Bingo. Coffee and rolls are at each meeting, all are welcome.

SENIOR FITNESS ROOM

The Senior Fitness Room provides seniors with an opportunity to improve and maintain a healthy lifestyle through the use of state-of-the-art fitness equipment. Treadmills, an elliptical, a stationary bike, a recumbent bike, a multi-station gym, and dumbbell weights are all available. The room is located at Borough Hall and is open weekdays from 10:30 am to 2:30 pm. Memberships for residents ages 55 and older cost \$55 per year or \$35 for six months. Free Senior Fitness Room orientations are scheduled for the following Tuesdays at 2:30 pm: April 6th and April 20th; May 4th and May 18th; June 8th and June 22nd. The orientation includes a demonstration of the proper use of the equipment. Call 232-0015 to register for an orientation. **Pre-Registration is required.**

Greeting Card Classes Planned

 Learn to make your own personal greeting cards for any occasion! The class will meet on Friday, April 16th, from 7:00-9:30 pm. Other classes are set for Friday, May 7th and June 4th. Classes are for adults. The registration fee is \$14 per person per class. Register in advance at the Recreation Department.

Library Events

The following events are coming up at the Mountainside Public Library: 

Brown Bag Movies-Join us Monday's at 12 noon for a featured short followed by a great movie. Bring your brown bag sandwich... we'll provide the drinks & desserts.

Wednesday Night Movies- Movies begin at 6:30pm, refreshments are provided

Story Time for children is available in four age groups from age 1 to 5. Visit www.mountainsidelibrary.org for a full list of library events and activities.

Around Town

The **Mountainside Newcomers Club's** will have a Lemonade Stand at the Little League fields on April 24th. Save the date, the annual Garage Sale will be on September 19th. For membership information and upcoming events visit www.mountainsidenewcomers.org.

The **Foothill Club** announces its meeting schedule. On April 1st, speaker Professor Dunscombe on New Jersey trivia. On May 6th, the Installation of Officers will take place, along with Bingo. Members are reminded to bring food items for the Easter Food Baskets for families in need. Membership dues are due in May. For information, call Bonnie at 233-5808.

The **Mabel Young Good Neighbor Award** will be presented to Sandy Burdge at the Borough Council meeting on April 20th, at Borough Hall, at 8:00 pm. The public is invited to attend.

The **Watts Mountainside Community Foundation** is offering a \$40,000 scholarship to a graduating senior from Mountainside. The award is based on financial need, academic performance, community involvement, and merit. Applications are available in the G.L. guidance office, Mountainside Public Library, and Mountainside Board of Education office. The deadline is April 15th.

The **Mountainside Historic Preservation Committee** announced the publication of the updated history of the borough titled, *A History of Mountainside, 1945-2007 It Was Only Yesterday*. Books went on sale March 1st at the Library. Call 789-9420 for information. In April raffle tickets go out to all residents as a fundraiser for the Hetfield House. On April 21st there will be an antique car show set for the Open House. The plant sale will take place April 29-May 2 and the Tea and Strings will take place in May.

The **Community Presbyterian Church Nursery School** is currently accepting registrations for September 2010. There are openings in the 2 1/2, 3, and 4 year old programs. Call Joan at 232-9490 for information or e-mail at cpcjoan@comcast.net.

Want to volunteer this summer!?

The Recreation Department has many volunteer opportunities at our Summer Playground and around the department. Volunteers must be at least 16 years old. Call 232-0015 for details.



Museum of Natural History Trip Planned for May

Discover the beauty of tropical butterflies and the vastness of outer space at the *American Museum of Natural History*. The Recreation Department is sponsoring a trip to this renowned museum on Wednesday, May 12th.

The bus will leave from the Mountainside Gospel Chapel at 9:30 am and depart from the museum at 3:30 pm. Tickets for seniors cost \$31. Tickets for adults will cost \$34. The cost of the trip for museum members is \$18. Registration will begin April 12th. Call 232-0015 for more information.

Babysitter Training Class Planned

The *SmartSitter* class for children ages 11-16 will again be offered by the Recreation Department. Participants will receive a thorough hands-on review of the basic skills of babysitting, including diapering and dressing, bottle making, feeding, first-aid, and age-appropriate games and toys.

The class meets on Saturday, May 15th, from 9:00 am-3:00 pm in the Community Room at Borough Hall. The fee is \$50 per person, and checks must be made payable to "SmartSitter." Advance registration is required.

Summer Discount Tickets Sold

Save money on tickets to several popular theme parks! Purchase discount tickets at the Recreation Department at substantial savings. Payment must be made by check or money order only, and should be payable to "NJRPA."



	<u>Gate price</u>	<u>Discount price</u>
Six Flags	\$59.99	\$29.00 Theme/SafariAdult
Great	\$49.99	\$26.00 Theme Pk. Adult
Adventure	\$34.99	\$23.00 Hurricane Harbor
	\$12-\$15	\$10 Meal Voucher
	\$15	\$10 Parking Pass
Dorney Park and Wildwater Kingdom	\$41.99	\$33.00 Adult
Waterworld at Mountain Creek	\$35.99	\$26.00 Adult
Sesame Place	\$56.92	\$45.50 All admissions
Hershey Park	\$52.00	\$42.00 Adult
	\$31.95	\$30.00 Junior/Senior

Tickets usually become available in May. Call the Recreation Department at 232-0015 for more information.

Mountainide Recreation Department
 1385 Route 22 East
 Mountainide, NJ 07092

ECRWSS
 To all residents
 Mountainide, NJ 07092

Registration Information

Program registrations are accepted at the Recreation Department and by mail. All registrations are on a first-come, first-served basis, and payment must accompany registration. The Recreation Department reserves the right to cancel any activity due to insufficient registration or inclement weather. Any program with a deadline date for registration is noted in the program's synopsis. A non-refundable late fee of \$15 will be charged, in addition to the registration fee, after the stated deadline. **There will be a \$10 cancellation fee for all cancelled registrations.** The Recreation Department is open weekdays from 8:30 am to 12:00 pm, and from 1:00 to 4:30 pm.

Recreation Calendar



Month	Date	Event
April	6	Senior Fitness Orientation
	12	Spring Tennis registration begins
	15	Tennis Courts restricted for non-badge holders
April	15	Pool membership deadline for free guest passes
	17	Baseball/Softball Opening Day

OFFICE (908) 232-0015
www.mountainide-nj.com/recreation.htm



Month	Date	Event
May	1	Pilates begins
	3	Body Sculpting begins
	4	Yoga II begins
	4	Senior Fitness Orientation
	8	Zumba Gold begins
	11	Reserved time at Echo Brook courts begins
	12	Trip to Museum of Natural Science
	18	Senior Fitness Orientation
	8	Senior Fitness Orientation
	5	Greeting Card Class
	12	Community Pool opens
	14	Teen Scene Travel Camp Parent Meeting
28	Summer Playground opens	

Paul N. Mirabelli, Mayor
Keith C. Turner, Council President
William R. Lane ~ Robert W. Messler
Glenn Mortimer ~ Deanna Andre ~ Jeffrey R. Wass
Frank Masella, Recreation Director
Lindsey Waters, Assistant Recreation Director
Karen Bandics, Secretary

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