



NEWSLETTER

A Publication of the Mountainside Recreation Department



No. 166

Borough Hall • Mountainside • New Jersey • 07092

June 2010

Community Pool News



Soak in the sun or rest in the shade at the beautiful Mountainside Community Pool. After another restful winter, the pool has undergone several projects including the installation of all new pool drains to be compliant with the Virginia Graeme Baker Pool and Spa Act, repaired & stained the wooden deck, purchased planter boxes for the pool deck, and more. Don't miss out on the sun and fun at the pool this summer! The beautiful barrier-free complex is located on Mountain Avenue. The facility includes the 50-meter pool, a separate diving and zero-depth pools, waterslides, a snack bar, and picnic grove. Swimming and diving lessons, as well as team programs, are offered.

The pool will be open the weekends of June 12th and 19th. Full-time daily operation will run from June 24th to Labor Day. Memberships are available in Family (\$287), Single (\$146), and Senior Citizen (\$101) categories. August-only memberships are 1/2 price. Non-resident memberships are still available. Application forms may be picked up at the Recreation Department or by calling 232-0015.

Kids Meditation for the Imagination Begins in June



Meditation for the Imagination classes are presented by Andrea Grace of Mindful Energy Work. Meditation for the Imagination has helped children with: getting to sleep at night, night terrors, difficulties concentrating or focusing at school, dealing with emotions such as anger, and life events such as death, divorce or illness.

Meditation for the Imagination will begin Tuesday, June 29th from 9-9:45am and run until July 13th. The class is intended for children ages 7-11 and must have a parent or babysitter with the child or children of the same family.

The fee for this class is \$57 per child. Registration will begin on June 14th at 8:30am at the Recreation Office. There will be a \$15 late fee for those that register after June 25th.

Summer Playground

Registration Begins June 14th !

Summer Playground Opens Monday, June 28th

Mountainside children will look forward to seven weeks of old-fashioned fun at the Summer Playground. The program will begin on Monday, June 28th, on the Echo Brook Field at Borough Hall, and will continue through Friday, August 14th.



Returning staff members Sean Scofield, Erin McGee, Bridget Greeley, Dylan Turner, as well as new staff member Natanya Gornstein have scheduled a day trip, special events, and games including arts and crafts, 4-squares, whiffleball, duck-duck goose, and nok hockey.

The Playground is open weekdays from 10:00 am to 3:30 pm (children may bring lunch), and is for youngsters who are entering 1st grade and above in the fall.

The fee for this seven-week program is \$35 per child. Registration begins on June 14th at 8:30am in the Recreation Office.

“Steps to a Healthier Mountainside”

Get out of the house and start walking! The popular program, *Steps to a Healthier Mountainside*, will return this Summer. Regular walking can help you increase your physical activity level and stay healthy. In 2009, participants walked over 9 million steps!



For a registration fee of \$10, you will receive a pedometer to count your steps, t-shirt, and guidebook, all yours to keep when the two-month program is over. You are asked to record your steps each day in your log and submit weekly totals to the Recreation Department. Incentives include gift cards to local businesses that promote healthy and active lifestyles. Register beginning June 14th at the Recreation Department. Participation is limited. Walking begins on June 21st.

Fitness Classes

YOGA

Discover the benefits of Ansura 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, July 6th and run until August 26th. The class is held in the Community Room at Borough Hall.

For each day the fee is \$64 for residents and \$72 for non-residents. Registration forms will be available at the Recreation Department in mid-June. 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 July 12th and run until August 23rd. Registration for residents is \$64. Registration forms will be available mid-June in the Recreation Office.



PILATES

Pilates will resume on Wednesday evenings in September

BODY SCULPTING

Body Sculpting will resume on Monday evenings in September.

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.

Fitness Classes

Zumba Gold Moves to a New Day and Time for the Summer



Mountainside's popular Saturday morning Zumba Gold class will be offered on Monday evenings from 6-6:45pm beginning July 19th and running until August 16th. This session is a great opportunity to try out a fitness class that has gotten Mountainside up and dancing!

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. Resident fees for the class are \$57. Registration forms will be available beginning mid-June 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 July 14th and running until August 18th in the Community Room at Borough Hall. Advance registration is required. Resident fees are \$48.

FREE

Mountainside Fitness Trail

FREE

behind Borough Hall

Run, walk, jog, or stroll the resurfaced 9/10 mile trail.

Accessible Paracourse Fitness Stations

Open daily from dawn to dusk



Tennis Courts and Badges

Tennis badges for 2010 are currently 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: For the Echo Brook courts, sign-up sheets are 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.

Youth Flag Football Returns

Learn the fundamentals of football and play real Flag Football games! The Mountainside PAL will once again sponsor Flag Football for boys and girls in 1st-4th grades, at the Echo Brook Field at Borough Hall.



The program will run from September 18th through November 6th, and will not conflict with Recreation soccer. On Saturday afternoons, 1st and 2nd graders will play from 2:00-3:00 pm, and 3rd and 4th graders will play from 3:00-4:00 pm.

Players will participate in "micro-games" instead of instructional play in years past.

Registration is \$30 per child. Each child will receive an NFL flag football jersey, flag belt, and a youth size football. Volunteer coaches are needed. For registration forms and more information, call Chris Minks at 201-681-0762.

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 29th. Three 2-week sessions will run until August 7th. Children's 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 began in May. Some spots are still available. Call the Recreation Department at 232-0015 for details.

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 9am-12pm and the fee is \$130. Registration forms are available in the Recreation office and online at www.vsacademy.net.

Mountainside Chapel Hosts Vacation Bible School

Mountainside Chapel is counting down to fun at HERO Headquarters-where kids join forces with God. Join us August 2nd-August 6th from 9am-12pm each day for a galactic adventure like no other. Classes are available for Pre-K-6th grade. Cost is \$10 per person, \$30 cap per family. For more details call 908-232-3456 or email the Chapel at mountainsidechapel@comcast.net.

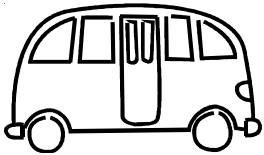
Presbyterian Church Seeks Singers

Joseph Hill, Director of Music at the Community Presbyterian Church is asking for volunteer singers to join the Mountainside Community Chorus. A concert is planned for April 9, 2011, when the chorus will be joined by professional orchestra and soloists in presenting Gabriel Faure's *Requiem* as well as Maurice Durufle's *Requiem*. For more information, please contact Mr. Hill at 908-232-9490.

Senior News



Free **blood pressure screenings** are held on the 2nd Tuesday of the month from 9:30 am to 10:30 am, at Borough Hall. No screenings will take place in July or August. Please call the Westfield health department at 789-4070 for information about a July screening. Mountainside screenings will resume on Tuesday Sept. 14th.



The Mountainside Community Bus will have reduced hours effective immediately.

The bus will run 3 days a week. The hours will be Mondays

9am-2pm, Tuesday and Thursday 9am-2:30pm. No service will be provided on Wednesday or Friday. To schedule a ride, call Sharon at 232-2400 x238, as far in advance as possible, but at least two days in advance. Leave your name, address, and telephone number with your desired appointment time and location. Contact Paulette with questions at 232-4406.

Mountainside's Senior Citizen Handyman Program

provides assistance for minor home repairs and improvements for seniors 62 and older. The yearly income guidelines for this program are

\$44,800 for 1 person and \$51,200 for 2

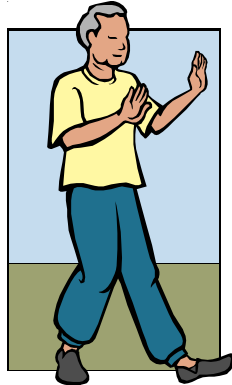
people. To participate a short application

needs to be filled out. Call 232-4406 for more

details including application information.



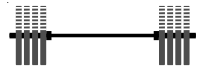
Project Healthy Bones will start again in September. The program is a low impact exercise program for men and women. It improves or stabilizes bone density, increases strength, balance and flexibility and build muscle mass. The 16-week program is held on Wednesdays at 10am in the community room at borough hall. Cost is \$15 for residents and \$68 for non-residents. To register call 232-4406 and leave your name and phone number.



The **Senior Citizen Club** of Mountainside will host its Luncheon at L'Affaire on Friday, June 11th at 12pm. The cost is \$28 for members and \$30 for non-members. There will be no meetings in July and August. Meetings will start back up on Friday, September 10th. For details or more information call Eve Vitale at 789-8568.

Sage Eldercare in conjunction with the senior citizen department, is beginning an outreach effort for frail, or at risk seniors in Mountainside. This is possible due to a grant through the Watts Foundation. Sage Eldercare has developed a program to provide assessment and planning to ensure Mountainside seniors receive services needed to help support their health and well-being. Please call Sage at 598-5552 or Paulette at 232-4406.

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-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: June 8th and 22nd; July 13th and August 10th. Pre-registration is required for the orientation. The orientation includes a demonstration of the proper use of the equipment. Call 232-0015 to register for an orientation.

Greeting Card Classes Planned

Learn to make your own personal greeting cards for any occasion! This creative crafts class for adults will meet this Friday, June 11th, from 7:00-9:30 pm. Classes are also set for Fridays, July 9th, August 6th, and September 10th. The registration fee is \$14 per person per class. Register in advance at the Recreation Department.

Around Town



Mountainside Girl Scouts is actively recruiting new member scouts and volunteers. In addition to girls in grades K-12, the organization is recruiting adults who are willing to share time and talent as volunteer troop leaders. Any woman, over 18, interested in helping as a troop leader is welcome! For questions call Carol Goggi at 789-9420. Go to www.mountainsidegirlscouts.com.

The Community Presbyterian Nursery School has a few openings for September in the 2 1/2, 3, and 4 year old programs. Please call or e-mail Joan Souder for more info, 232-9490, cpcjoan@comcast.net.

The **Mountainside Newcomers Club** would love for new members to join! Whether you are new to the area or you've lived in Mountainside for years and enjoy meeting new people, the club has something to offer you. For details check the website at <http://www.mountainsidenewcomers.org>.

Save the date! Newcomers annual Garage Sale will be September 19th.

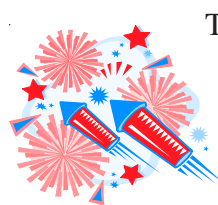
The friends and family of **Jeanne Wilhelms** have established an award to be given annually in her honor to a Mountainside 8th grade graduating student. This will be a cash award given to an 8th grade student who has shown excellence in vocal music and who plans to continue his or her interest in high school. Those interested in making a tax-free contribution to the award fund may send checks to The Watts Mountainside Community Foundation, PO Box 2038, Westfield, NJ 0709, with "Wilhelms Music Award" on check.

Calling 5th & 6th Grade Boys



Any boy entering 5th or 6th grade interested in playing fall soccer, we need you! No prior soccer experience is necessary just the interest in learning the game and having fun. Call 232-0015 for more details!

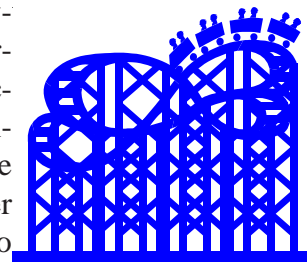
Fireworks for Independence Day



The Mountainside Borough Council, Mountainside Fire Company and the PAL will present a fireworks display in honor of Independence Day on July 4th. The event will begin at dusk at the fields behind Our Lady of Lourdes and Deerfield School. The celebration is free and open to the public. Ice cream will be distributed courtesy of the PAL. The raindate for this event will be July 5th.

Summer Discount Tickets On Sale

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."



Gate price Discount price

Six Flags Great Adventure

\$59.99	\$29.00	Theme/Safari Adult
\$49.99	\$26.00	Theme Pk. Adult
\$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
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Waterworld at Mountain Creek

\$35.99	\$26.00	Adult
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Sesame Place

\$56.92	\$45.50	All admissions
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Hershey Park

\$52.00	\$42.00	Adult
\$31.95	\$30.00	Junior/Senior

Tickets are now available. Call the Recreation Department at 232-0015 for more information.

MountainSide Recreation Department
 1385 Route 22 East
 Mountainside, NJ 07092

ECRWSS
To all residents
Mountainside, 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. A \$10 administrative fee will be charged when issuing a refund for a recreation program or activity. The Recreation Department is open weekdays from 8:30 am-12:00 pm, and from 1:00-4:30 pm.

Recreation Calendar

Month	Day	Event
June	8	Senior Fitness Orientation
	11	Women's Softball League begins
	12	Greeting Card Class
	14	Community Pool opens
	14	Ten Scene Travel Camp parent meeting
	21	Steps to a Healthier Mountainside walking begins
	22	Senior Fitness Room orientation
	24	Pool opens for full-time operation



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



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Month	Day	Event
July	6	Introduction to Tennis begins (Tuesdays)
	8	Yoga begins
	9	Introduction to Tennis begins (Thursdays)
	13	Greeting Card class
	14	Senior Fitness Room orientation
	19	T'ai Chi begins
	19-24	Zumba Gold begins
	19-24	Victory Soccer Camp
	23	Family Carnival Night at Pool
August	6	Greeting Card class
	7	Mountainside Volunteer Appreciation Day at Pool
	10	Senior Fitness Room orientation
	13	Summer Playground closes
Sept.	6	Community Pool closes

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

