



NEWSLETTER

A Publication of the Mountainside Recreation Department



No. 161

Borough Hall • Mountainside • New Jersey • 07092

June 2009

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 a new spiral staircase to the 3 meter diving board, replacing all the pool lights in the main pool, installing a new irrigation system, 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 6th, 13th, and 20th. Full-time daily operation will run from June 24th to Labor Day. Memberships are available in Family (\$279), Single (\$142), and Senior Citizen (\$98) 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.

Last Call for Fall Soccer

Registration for fall soccer has been under way since May 1st, and to date, over 175 children have signed up to play. At press time, there are still a few openings for Girls U14, Boys U12, and Boys U14 teams. Coaches are still needed for some teams. Please volunteer.



We are excited to announce that professionals from Victory Soccer Academy, a division of U.S. Parma Soccer, will be supervising our Kindergarten-2nd grade program, as well as training our 3rd-8th grade players.

The Recreation Department limits the number of players per team in order to ensure that each participant has sufficient playing time. For detailed information about specific age groups, please call the Recreation Department at 232-0015.

Outdoor Summer Fun for Kids! Summer Playground Opens Monday, June 29th

Mountainside children will look forward to seven weeks of old-fashioned fun at the Summer Playground. The program will begin on Monday, June 29th, on the Echo Brook Field at Borough Hall, and will continue through Friday, August 15th.



Returning staff member Sean Scofield, as well as new counselors Brittney Goodman, Erin McGee, Gus Quinones, and Jasmine Bundy 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. There is no fee. Registration begins June 29th at the Playground. Visiting family members are also invited to attend.

Team up and Take the Next Step This Summer

Get out of the house and start walking! *Steps to a Healthier Mountainside* introduces a Twosome Team Steps Program. This new twist on an old favorite promotes walking as a social activity. Participants will have the option of walking as part of a twosome or signing up as a single walker. Incentive prizes will be awarded separately for each category.



For a registration fee of \$15, for twosomes or \$10 for single walkers, you will receive a guidebook to track your steps. For an additional \$10 per person charge you can purchase a pedometer- all yours to keep when the 8-week program is over. Starting Monday, June 15th, you are asked to record your steps each day in your log and submit weekly totals to the Recreation Department. Weekly incentives include gift cards to local businesses that promote healthy and active lifestyles. New and past participants may join. Register now at the Recreation Department. Call 232-0015 for more information.

Babysitter Training 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, June 20th, from 9:00 am-3:00 pm in the Community Room at Borough Hall. The fee is \$45 per person, and checks must be made payable to "SmartSitter." Advance registration is required.

Victory Soccer Camp in July



Learn soccer skills from the pros! The Victory Soccer Camp will be held this summer from July 20th-24th at Deerfield School. Children 5-14 years old attend from 9am-12pm and the fee is \$150. 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 Operation Space: A Close Encounter with God's Word at Vacation Bible School this summer. Join us August 3rd-August 7th from 9am-12pm each day for a galactice adventure like no other. Classes are available for Pre-K-6th grade. Cost is \$10 per person, \$30 cap per family. For a flyer email the Chapel at mountainsidechapel@comcast.net.

Attention All Mountainside Residents



Residential Recycling: If Midco fails to pick up your recycling on its scheduled pick -up day, the "missed pick-up" phone number is 908-561-8380 x265.

Leaf Bags: Leaf bags are only picked up by the town in November and December. Please make arrangements with your landscaper or trash collector to pick up your leaf bags during all other months of the year.

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

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.

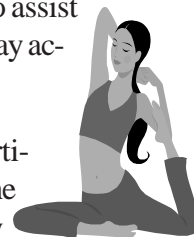


Tuesday and Thursday classes are taught by Linda Green, who has been practicing Yoga since 1995 and has been affiliated with Anusara since 2001. A new session of Yoga will begin on Tuesday, June 30th. Classes will run until August 13th. It is held in the Community Room at Borough Hall.

For each day the fee is \$54 for residents and \$59 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.

PILATES

Work your "core" on Wednesdays! The recreation department will be offering Pilates on Wednesday evenings from 7-8pm and Friday mornings from 9:15-10:15am starting July 15th and runs to the week of August 24th. 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 and Friday morning class are \$54. Registration forms are available now at the Recreation Department. Participation is limited. Advance registration is required. A minimum number of participants is needed for the session to be held.

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 2009 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.

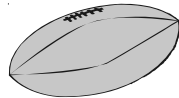
Children (under 13)	Free
Teens (13-17)	\$10.00
Adults (18-61)	\$15.00
Senior Citizens (62+)	\$10.00
Non-residents	\$30.00

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 19th through November 7th, 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.

The program has changed from last year. 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 June 30th. The cost is \$65 per child.

Registration began in May. Some spots are still available. Call the Recreation Department at 232-0015 for details.

Berkeley Heights Summer Sports

Registration forms are available at the Mountainside Recreation Department for:

Football and Cheerleading Schools: Grades 1-9. June 29th-July 2nd, from 9:00 am-1:00 pm. \$150. Call Terry at 896-6175.

Baseball School: Grades 2-9. July 6th-9th and July 20th-23rd, from 9:00 am-1:30 pm. \$150/one week, \$260/two weeks. Call Gary at (973) 726-5762.

Softball School: Grades 2-9. July 6th-9th, from 9:00 am-1:00 pm. \$150. Call Terry at 896-6175.

All Sports Camp: Grades 1-8. July 13th-16th, from 9:00-1:00 pm. \$150. Call Terry at 896-6175.

Hit to Win-Pitch to Win Camp: Grades 2-9. June 25th-26th, from 9:00-11:00 am. \$75. Call Chris at 578-4539.

Can't Tag Us Baseball Camp

This summer, *Can't Tag Us Baseball Camp* returns to Mountainside on July 6th-9th and July 20th-23rd, from 8:00 am-12:00 pm. The camp is for children entering grades 2-8, and is held at Deerfield School. It costs \$150 per week for the first child, \$125 per week for each additional child, and \$280 per child for both weeks. Under the direction of Mark Cantagallo, the camp teaches batting, throwing, fielding, base running, and more. Registration forms are available at the Recreation Department. Call Mark at 451-3505 for more information.



Senior News



Free **blood pressure screenings** are held monthly from 9:30 am to 10:30 am, at Borough Hall. No screenings will take place in July or August. Screenings will resume on Tuesday Sept. 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 9:30 am. No packages can be delivered into your home. Other appointments may be made throughout the week. 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.



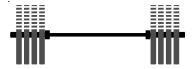
Mountainside's **Senior Citizen Handyman Program** provides assistance for minor home repairs and improvements for seniors 62 and older. Call 232-4406 for age and income requirements, and application information.

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.

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.

The **Senior Citizen Club** of Mountainside will host its Installation Luncheon at Spanish Tavern on Friday, June 12th. The cost is \$26 for members and \$30 for non-members. The club will also be hosting a trip to Monmouth Race Track on Thurs., June 25th. Bus will leave from Our Lady of Lourdes Church at 11AM. The cost is \$50 which includes lunch. For details or more information call Eve Vitale at 789-8568.

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 2nd and 16th; July 14th and August 11th. The orientation includes a demonstration of the proper use of the equipment. Call 232-0015 to register for an orientation.



Summer at the Library

Thurs., June 4th: Butterfly Gardening at 2pm. Free. Registration Required.



Tues., June 9th: Children's Book Swap from 3:30-7:30pm

Thurs., June 18th: Folk Music Cafe at 7pm. Free admission. Live music, coffee, and desserts provided.

Mon., June 15th: Summer Reading Registration Begins. Ages 1 thru high school. Visit the library for a complete list of Summer Reading programs and activities.

Fri., June 26th: Plays in the Parking Lot-- "The Odyssey" at 7pm.

Sat., August 8th: Plays in the Parking Lot-- "The Taming of the Shrew" at 7pm.

Visit www.mountainsidelibrary.org for additional information.

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 5th, from 7:00-9:30 pm. Classes are also set for Fridays, July 10th, August 7th, and September 11th. 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. If you or your daughter, entering grades Kindergarten or older, is interested in becoming a Daisy, Brownie, Junior or Senior Scout; or, an Adult Volunteer, please pick up a registration form at the Mountainside Library, Deerfield or Beechwood School office, or visit www.mountainsidegirlscouts.com. For September 2009 registration will end June 30th. For questions call Carol Goggi at 789-9420.

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.

County Events in Mountainside

National Trails Day: Saturday, June 6th @ 8:30 am-12:30 pm. Trailside Nature and Science Center, 452 New Providence Road. Call 527-4231 to register.



Flashing Fireflies: Tuesday July 28th or August 11th 8-9pm Trailside Nature and Science Center. Learn about on the the natural joys of summer--fireflies! \$6/ per person.

When I'm Sleepy: Come in your PJs for stories about animals and their sleeping habits. Wear shoes and take a short walk afterwards to go in search of those night critters. For ages 3-5 with adult, August 4th from 7:30-8:30pm--\$6/per person.

Snakes & Turtles: Take a close up look at the reptiles that call Trailside home. Learn fascinating facts about these elusive creatures and meet live snakes and turtles from the reptile collection. July 3rd or 24th from 10-11:30am or 1:30-3:00pm--\$6/per person

For a full list of county events visit www.ucnj.org.



The **Mountainside Rescue Squad** desperately seeks new members. Classes are available. Call 233-6338.

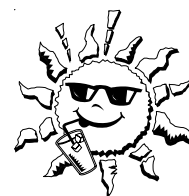
Fireworks for Independence Day



The Mountainside Borough Council and the PAL will present a fireworks display in honor of Independence Day on Saturday, 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 Sunday, 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."



<u>Gate price</u>	<u>Discount price</u>
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Six Flags Great Adventure

\$129.99	\$120.00	3 Pk. Season
\$89.99/\$99.99	\$89.00	Theme Pk. Season
\$59.99	\$29.00	Theme Pk. Adult
\$34.99	\$23.00	Hurricane Harbor

Dorney Park and Wildwater Kingdom

\$39.99	\$32.00	Adult
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Waterworld at Mountain Creek

\$34.99	\$25.00	Adult
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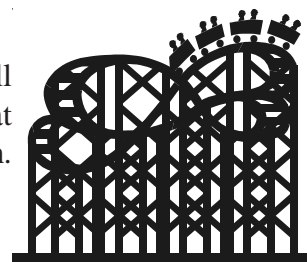
Sesame Place

\$54.72	\$44.00	All admissions
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Hershey Park

\$51.95	\$41.00	Adult
\$30.95	\$29.00	Junior/Senior

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



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

June	5	Greeting Card class
	6	Community Pool opens
	9	Women's Softball League begins
	15	Steps to a Healthier Mountainside walking begins
	16	Senior Fitness Room orientation
	20	SmartSitter babysitter training class



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

June	24	Pool opens for full-time operation
(cont.'d)	29	Summer Playground opens
		Summer Tennis Lessons begin
	30	Introduction to Tennis begins (Tuesdays)
		Yoga Begins
July	2	Introduction to Tennis begins (Thursdays)
	6-9	Can't Tag Us Baseball Camp
	10	Greeting Card class
	14	Senior Fitness Room orientation
	15	Pilates begins
	17	Family Carnival Night at Pool
	20-24	Victory Soccer Camp
	20-23	Can't Tag Us Baseball Camp
August	7	Greeting Card class
	8	Mountainside Volunteer Appreciation Day at Pool
	11	Senior Fitness Room orientation
	14	Summer Playground closes
Sept.	7	Community Pool closes

Robert F. Viglianti, Mayor
Paul N. Mirabelli, Council President
William R. Lane ~ Robert W. Messler
Glenn Mortimer ~ Keith C. Turner ~ Jeffrey R. Wass

Frank Masella, Recreation Director
Lindsey Waters, Assistant Recreation Director
Karen Bandics, Secretary

Mountainside Recreation Department
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Mountainside, NJ 07092

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