



Foundation Chess



Foundational Chess for kids ages 5-14 years provided by New Jersey Sports Academy. Classes meet once per week for 8 weeks, April 21 through June 16. Chess sets will be provided to participants.

Montvale Senior/Community Center:

1 Memorial Drive

Resident Fee: \$160

Non-Resident Fee: \$190

Registration: montvalerecreation.org
(advanced registration required)

<u>Day of the Week</u>	<u>Age</u>	<u>Dates</u>	<u>Time</u>
Mondays	5-8 year olds	April 21, 28 May 5, 12, 19 June 2, 9, 16	4:00-4:50pm
Mondays	9-14 year olds	April 21, 28 May 5, 12, 19 June 2, 9, 16	5:00-5:50pm



Drills, Skills & Thrills Basketball Camp

This half day camp will consist of drills, contests & scrimmages for boys and girls grades K-6! Players will be grouped by age and ability level. Each camper should wear shorts, sneakers and a t-shirt. Make sure to bring water and pack a snack! Each camper will receive a free basketball.

Dates: July 21-24 Rain Date: July 25

Timeframe: 9:00am-12:00pm

Montvale Basketball Courts: 1 Memorial Drive.

Resident Fee: \$155

Non-Resident Fee: \$185

Registration: montvalerecreation.org (advanced registration required)



Adult Volleyball

Pick-up style play open to all skill levels, ages 18 and up.
Volleyballs are provided for all those who attend. Up to 2 games at once.

Memorial School Gymnasium : 53 W Grand Ave

Tuesdays 8:00pm-10:00pm January 14 - June 17

Resident Fee: \$240

Non-Resident Fee: \$260

Registration: Go to montvalerecreation.org



Pickleball Lessons

6 weeks of pickleball lessons with TGA! Participants will learn rules and etiquette, practice skill fundamentals, explore academic concepts through gameplay and our youth participants will learn lessons on sportsmanship, perseverance and leadership. All equipment is provided. All ages and skill levels are welcome! All coaches are trained and vetted.

Montvale Pickleball Courts: 1 Memorial Drive.

Resident Fee: \$120 Non-Resident Fee: \$140

Registration: montvalerecreation.org (advanced registration required)

<u>Day of the Week</u>	<u>Age/Level of Play</u>	<u>Dates</u>	<u>Time</u>
Sundays	Adult Beginner	April 27 May 4, 11, 18 June 1, 8	10:00-11:00am
Sundays	Grades 2-5	April 27 May 4, 11, 18 June 1, 8	11:00am-12:00pm
Thursdays	Adult Intermediate	April 24 May 1, 8, 15, 22 and 29	5:30-6:30pm
Thursdays	Adult Advanced	April 24 May 1, 8, 15, 22 and 29	6:30-7:30pm



Tennis Lessons

TGA brings you tennis lessons for all ages and skill levels! Join this 6-week program to learn how to play, sharpen your skills or learn new strategies of play! All classes are 1 hour in length and all equipment is provided. For more information contact Christine Kostianis ckostianis@playtga.com or (917) 304-3986.

Montvale Tennis Courts: 1 Memorial Drive

Resident Fee: \$120

Non-Resident Fee: \$140

Registration: montvalerecreation.org (advanced registration required)

Day of the Week	Age	Dates	Time
Tuesdays	Grades K-2	April 29 May 6, 13, 20 June 3, 10	4:30-5:30pm
Tuesdays	Grades 3-6	April 29 May 6, 13, 20 June 3, 10	5:30-6:30pm
Saturdays	Grades 2-4	April 26 May 3, 10, 17, 31 June 7	12:00-1:00pm
Saturdays	Grades 5-8	April 26 May 3, 10, 17, 31 June 7	1:00-2:00pm
Saturdays	Adults	April 26 May 3, 10, 17, 31 June 7	2:00-3:00pm

Golf Lessons

Come tee it up with TGA Premier Golf- we bring the golf course to you! Beginner and intermediate players will have a blast building their golf skills, learning about the rules and etiquette of the game, and exploring how academic concepts like gravity, spin, and force apply to golf through fun games and activities. We provide all the equipment! For more information contact: Kevin Rooney krooney@playtga.com or (201) 375-7406.

Montvale Field Near Tennis Courts: 1 Memorial Drive
Resident Fee: \$120 Non-Resident Fee: \$150
Registration: montvalerecreation.org (advanced registration required)



Golf Lesson Schedule

Day of the Week	Age	Dates	Time
Mondays	Grades 1-3	April 28 May 5, 12, 19 June 2, 9	5:00-6:00pm
Mondays	Grades 4-8	April 28 May 5, 12, 19 June 2, 9	6:00-7:00pm

Adult Yoga

Begin the week with a yoga practice that restores well-being into your life. Yoga's many benefits include improved flexibility, muscle strength, preventing cartilage and joint breakdown, increased bone health, as well as increased focus, balance, self-esteem and inner strength. Classes begin with short meditation, a warm up, yoga poses and relaxation at the end of class. Debra Broadman has over fifteen years of experience empowering her students while she has also specialized in working with addiction and PTSD students. All levels are welcome, registration is ongoing and takes place online or at each class.

Montvale Community Center: 1 Memorial Drive
Mondays at 7:00pm beginning February 24
Resident Fee for each 4 week session: \$40
Non-Resident Fee: \$50



30+ Basketball

This program is for men and women 30 years of age and older. The pick-up game style welcomes all who have a passion for basketball. Play occurs in the gymnasium at Memorial Elementary School. Parking is located on Memorial Drive and participants should enter through the side community entrance. Registration is open and ongoing throughout the season. The fee covers the entire season.

Memorial School Gymnasium: 59 W Grand Ave
Mondays 8:00 -10:00 pm
September 16 – June 16
Resident Fee: \$75
Non-Resident: \$95
Registration: Go to MontvaleRecreation.org



Tai Chi

Tai Chi/Qigong is a gentle slow moving meditative martial art that began in China thousands of years ago. It is intended to strengthen and relax the body. Tai Chi requires little effort with circular and flowing motions to provide stretching that help the body and mind relax.

Benefits include assistance with, preventing falls, Osteoarthritis, Parkinson's, Chronic Obstructive Pulmonary Disease, Depression, Cardiac Rehab, Stroke, Dementia, Fibromyalgia, Hypertension, Anxiety. Tai Chi is also known to improve balance, aerobic capacity, flexibility, sleep and many more...



Montvale Senior/Community Center: 1 Memorial Drive

Resident Fee: \$80

Non-Resident Fee: \$100

Montvale Senior Club Discount: \$40

Registration: Go to montvalerecreation.org

The Way



“The Way - The Art of Life,” is the art of Self-Defense and Wisdom Living (THE WAY FOUNDATION INC). It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth.

We know of some of the widely known Martial Arts and how each is referenced with the country where they originated.

Karate - Japan Kung Fu - China TaeKwon-Do - Korea

The Way - The Art of Life - USA (Montvale, NJ)

Grow, get fit and learn to be disciplined while using the following attributes and tenets of THE WAY: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. The Way meets twice per week for 8 weeks.

Tuesdays and Thursdays Beginning April 22

6:00-7:00pm Kindergarten – Grade 4

7:00-8:00pm Grades 5 – 8

8:00-9:00pm High School and Adults

Montvale Senior/Community Center: 1 Memorial Drive

Resident Fee: \$120

Non-Resident Fee: \$180

Registration: Go to montvalerecreation.org (advanced registration required)



Field, Court and Facility Reservations



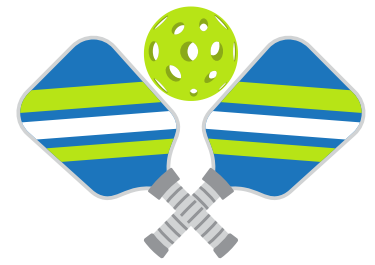
Looking to reserve fields, courts or parks in Montvale? Don't forget to get a permit first! Apply by going to montvalerecreation.org and submitting an application through Community Pass.

An application must be approved prior to any organized use of a field, court or facility.

Applications for Spring 2025 use of the FIELDS must be submitted between January 1 and February 1.



Pickleball Court Badges



Badges must be obtained prior to the use of the pickleball courts located at 1 Memorial Drive. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2025 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge or renewal sticker through Community Pass. When registering online, badges and renewal stickers still need to be picked up at Borough Hall. If you are not able to do so within operating hours, please email MontvaleRecreation@montvaleboro.org to make alternative arrangements.

Residents		Non-Residents	
Adult (18-61)	\$30	Adult (18-61)	\$100
Child (17 and younger)	\$10	Child (17 and younger)	\$30
Senior Citizens (62 and older)	\$15	Senior Citizens (62 and older)	\$100
Replacement Badge (1 per year max)	\$10	Replacement Badge (1 per year max)	\$10



Tennis Court Badges



Badges must be obtained prior to the use of the tennis courts located at 1 Memorial Drive and 159 Chestnut Ridge Road. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2025 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge through Community Pass. When registering online, badges still need to be picked up at Borough Hall. Questions? Email MontvaleRecreation@montvaleboro.org

New in 2025, tennis badge registrants will receive an identifying badge rather than an access control badge to the courts. The tennis gates will not be locked at any time, but court users must be able to present a current year's badge validating that they are a current badge holder when asked by a representative of the recreation dept. The Rec Dept has moved to an identifying badge in order to alleviate continued technical issues surrounding the access control system at the tennis gate entrance. Please note that regardless of having a badge in 2024 or prior, online registrants must come into Borough Hall to pickup their new 2025 badge. If you are not able to do so within operating hours, please email MontvaleRecreation@montvaleboro.org to make alternative arrangements.

Residents		Non-Residents	
Adult (18-61)	\$30	Adult (18-61)	\$60
Child (17 and younger)	\$10	Child (17 and younger)	\$20
Senior Citizens (62 and older)	\$15	Senior Citizens (62 and older)	\$30
Replacement Badge (1 per year max)	\$10	Replacement Badge (1 per year max)	\$10



Basketball Court Badges



Badges must be obtained prior to the use of the basketball courts located at 1 Memorial Drive. Each year, residents and non-residents must renew their badges for the calendar year, January-December. Badges for the 2025 season will be available for purchase beginning January 2 at Borough Hall located at 12 DePiero Drive. Borough Hall is open Monday-Wednesday 8:00am-4:00pm, Thursday 8:00am-6:00pm and Friday 8:00am-12:00pm.

Payment methods accepted at Borough Hall include cash or check. For credit card payments, please utilize montvalerecreation.org to register for a badge or renewal through Community Pass. When registering online, badges and renewal stickers still need to be picked up at Borough Hall.

Questions? Email MontvaleRecreation@montvaleboro.org

Residents		Non-Residents	
Adult (18-61)	Free	Adult (18-61)	\$25
Child (17 and younger)	Free	Child (17 and younger)	\$15
Senior Citizens (62 and older)	Free	Senior Citizens (62 and older)	\$10
Replacement Badge (1 per year max)	\$5	Replacement Badge (1 per year max)	\$5