

MONTGOMERY PARKS & RECREATION

Fall Activity Newsletter



- After School Classes
- Adult Programs
- Seminars
- Aquatics

**Registration
Begins
Sept 5, 2023
@ 8:00 A.M.**

Montgomery Parks & Recreation
356 Skillman Rd
Skillman NJ 08558
609-466-3023
www.montgomeryrecreation.com

FALL ACTIVITY NEWSLETTER

Recreation Department Staff

Recreation Director

John Groeger

Assistant Director

Chris Zimmerman

Sr. Program

Pauline Carr

Parks Foreman

John Snyder

Open Space Steward Dir.

Lauren Wasilauski

Admin. Assistant

Suzanne Brodbeck

Evening Facility Aide

Lou Vaccaro

Recreation Committee

Chair

Stephen Shueh

Vice Chair

Peter Willis

Committeemember

Kent Huang

Committeemember

Julie Fong

Committeemember

Nick Barot

Committeemember

Denyce Mylson

Alternate

Sreedhar Cherukuri

Alternate

Himanshu Bhatia

TC Liaison

Neena Singh

Advisor

Matt Rosenthal

Important Phone Numbers

Recreation Office	609-466-3023
Recreation Fax	609-466-6761
Senior Center	609-466-0846
Food Pantry	609-466-1054
Public Works	908-874-3144
Municipal Building	908-359-8211



MISSION STATEMENT

To respond to the needs of the community we serve and enrich the lives of the residents through well-balanced recreational offerings and lifelong learning. We strive to offer quality recreational and educational programs for personal and professional development.

Would you like to receive Montgomery municipal notices, weather closings, and much more? It's free and easy to sign up!

Go to the Montgomery Township website at www.montgomerynj.gov and add your address in the white and green "Sign-up for Ebulletins" box at the right.

Or you can text "InMontgomeryNJ" to 22828 on your phone to provide the e-mail address you would like added to the Twp. E-bulletins system.





ATTENTION



We will be moving
our program
registration from
Community Pass to
Rectrac in the next
few months! Keep
an eye out on our
website for more
information!



HOW TO REGISTER



Registering for classes is easy.

<https://register.communitypass.net/Montgomery>

**Exact Cash, Check or Credit Card accepted at OKCC
(CC has a 2.99% transaction fee)**

Discounts:

Military members will receive a 10% discount with a military I.D. Seniors (55+) can also receive a 10% discount.

Refund Policy:

Fees are **Non-Refundable**. If the class/program is cancelled due to lack of participants, you will receive a full refund. Otherwise there are **NO** refunds. Credit Card convenience fees are Non-Refundable.

**Photo Policy: On occasion we may take photos or videos of individuals enrolled in programs or using park facilities. Please be aware that these images may be used in our brochures, flyers, Facebook or on our website. To opt out please email the Rec Dept. at recreation@twp.montgomery.nj.us **



STAY CONNECTED TO US!!

Website: www.montgomeryrecreation.com

Facebook: www.facebook.com/montgomerytownshiprecreationnj

Instagram: www.instagram.com/montyrec

Twitter: www.twitter.com/MontyRec

PARK LISTINGS



1. Bessie Grover

20 Camp Meeting Avenue, Skillman
Playground, grills, port-o-potty

2. Hobler Park

1645 Great Road, Skillman
Playground, pathways, gazebo, port-o-potty, birdwatching

3. Montgomery Veterans Park

235 Harlingen Road, Belle Mead
Playground, pathways, restroom, picnic/pavilion area (2), grills, lighted basketball courts (2), lacrosse fields, softball fields, sand volleyball, 9/11 and Veterans' Memorials

4. Van Horne Park

1225 State Road (Rt 206), Princeton
Playground, picnic/pavilion area, restroom, paved pathways, basketball courts (2), softball fields (2), multipurpose fields (2) lacrosse wall, picnic tables & grill

5. Mill Pond Park

29 Mill Pond Road, Belle Mead
Playground, restroom, soccer fields (7), pathways, shade structure, picnic tables & grill

6. Lubas Field

285 Belle Mead-Blawenburg Road (Rt 601), Belle Mead
Lighted multipurpose field, playground, port-o-potty

7. Broadway

140 Broadway, Belle Mead
Cricket field, port-o-potty

8. Woods Edge Park

66 Harvard Circle, Princeton
Playground, swing set, picnic area restroom, basketball court, tennis courts (2), sand area, pickleball court, shade structure

9. Harlingen Gazebo

37 Harlingen Road, Belle Mead
Gazebo

10. Dog Park

2261 Van Horne Road (Rt 206)
Belle Mead
Dog Park & Playground behind former Police Station

11. Skillman Park/Dog Park

130 Main Blvd, Skillman
Owned by Somerset County; to Reserve this Park, call 908-722-1200 ext 5225

12. Tennis Courts at LMS

375 Burnt Hill Road, Skillman
Tennis Courts (8), Pickle Ball/Tennis Court Combo (2)
outside of normal school hours

To reserve a park or if you see something that needs attending to please contact the Parks & Recreation Dept. at 609-466-3023



SHOW US YOUR MONTGOMERY



FALL PHOTO CONTEST 2023



📢 Calling all photography enthusiasts and creative minds! Please join us for our photo contest, where your visual storytelling can shine. This is your chance to showcase your talent. 📢

CONTEST RUNS

**OCT 1 –
NOV 12**

VOTING IS

**NOV
13 – 17**

WINNER
ANNOUNCED

NOV 20

How to Participate:

- Select Your Best Shots that showcase “Your Montgomery”.
- Submit Your Entries to recreation@montgomerynj.gov along with your name, contact information, & please include “Photo Contest” in your subject line.
- Like and follow us on our social media platforms to stay updated on the contest and winners' announcements.

GET YOUR CAMERAS READY, AND LET THE VISUAL STORYTELLING BEGIN! 📷🌟

WWW.MONTGOMERYRECREATION.COM





TRUNK

OR

TREAT

Come and Join Us for Free!

October 28th

4:00 – 6:00PM

MHS Parking Lot– 1061 Rt 601



**Register Your Car By Calling The Parks &
Rec Dept. @ 609-466-3023**



MONTGOMERY PARKS & RECREATION

HALLOWEEN CANDY DONATION

FOR OPERATION SHOEBOX NJ
(CANDY IS GIVEN TO TROOPS
OVERSEAS)

**DONATIONS CAN BE
DROPPED OFF AT THE OKCC**

356 SKILLMAN RD

MON-FRI

8AM-9PM

NOVEMBER 1 -17TH

ADULT PROGRAMS

College Preparation Webinar

This free webinar will cover the new digital interactive SAT exam, early steps of college preparation, strategies to best increase chances of college acceptance, PSAT/SAT prep, tips for impressive college essays, scholarships & financial aid.

Presented by Susan Alaimo, Director of Collegebound Review.
For more info, call 908-369-5362 or visit CollegeboundReview.com.

Date: Monday, Sept 18

Time: 7:00 – 8:00pm

Instructor will email zoom link prior to webinar.



Adult Yoga With Trish

Yoga improves the function of the physical body while calming the mind. Increased flexibility, improved circulation and a positive outlook can all be attained through regular yoga practice. This Integral Yoga class includes meditation, breathing practices, asanas & deep relaxation. No yoga experience needed.



Dates: Tuesdays, Oct 10 – Nov 21 (no 10/31)

Time: 6:30 – 8:00pm

Cost: \$120

Location: OKCC Senior Center

Instructor: Trish Verbeyst, tverbeyst@gmail.com

Sewing Classes

This class is open to students who are looking to learn how to thread and operate your sewing machine while completing a series of beginner projects. It is also open to students who are more advanced and are looking to enhance their sewing skills.

Date: Thursdays, Oct 5 – Nov 9

Time: 6:00 – 9:00pm

Cost: \$275

Location: OKCC Senior Center

Instructor: Amy Reynolds

Amy has been sewing for decades and has been teaching sewing and quilting classes for many years at a local fabric and craft store. This class will enable students to create their own wardrobe and home décor. Students will need to bring an operating sewing machine to class.



Class fees do not include supplies. Students will be provided a supply list after registering for a class and will need to shop for supplies before classes. Bring your sewing machine, including the power cord, foot pedal, and machine manual to class.

YOUTH CLASSES AT A GLANCE

OHES

Monday

Jr Golf

Chess

Tuesday

Young Rembrandts

Jr Chef

Fal Rooney League

Drills, Skills & Thrills

Wednesday

Bricks 4 Kidzs

Thursday

Dance

Mad Science

Cheerleading

Friday

Saturday

Sunday

Tennis

VES

Monday

GOTR

JrGolf

Tuesday

Chess

Mad Science

Jr Chef

Fal Rooney League

Drills, Skills & Thrills

Wednesday

Young Rembrandts

Thursday

GOTR

Dance

Bricks 4 Kidzs

Cheerleading

Friday

Saturday

Sunday

Tennis

LMS

Monday

GOTR

Jr Golf

Tuesday

Jr Chef

Fal Rooney League

Intramurals

Wednesday

Thursday

GOTR

Dance

Cheerleading

Friday

Spelling Bee

Saturday

Sunday

Tennis

UMS

Monday

Tuesday

Intramurals

Wednesday

Thursday

Cheerleading

The Place for Life

Friday

Saturday

Sunday

Tennis

YOUTH PROGRAMS



The Place: For Doing Life Better

During this 6 week program, students will learn Self-Regulation techniques, Mindfulness, Executive Functioning strategies to help with organization & time management, Communication Skills to interact with adults more effectively & Positive Mindset strategies to shift their perspective when challenges arise. High School students will also learn Basic Financial Literacy and Interview & Job Skills. The course is supplemented with useful infographics & videos to which you'll have continued access upon course completion.

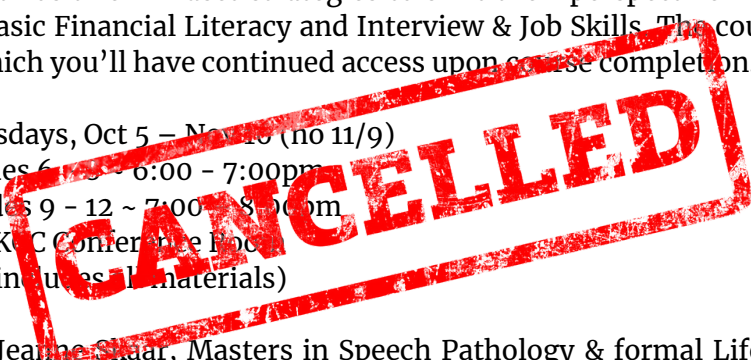
Dates: Thursdays, Oct 5 – Nov 16 (no 11/9)

Times: Grades 6 – 8 ~ 6:00 – 7:00pm

Grades 9 – 12 ~ 7:00 – 8:00pm

Location: OKC Conference Room

Cost: \$150 (includes all materials)



Instructor: Jeannine Skaar, Masters in Speech Pathology & formal Life Coach training. She worked 33 years in Public Education as a Speech Therapist and Social Studies instructor, working with students, parents, staff & study teams to support students reaching their potential. Questions or more info, please email jeanneskaar@gmail.com – www.mindbodyspiritintegration.com



GIRLS ON THE RUN

The program is designed to promote self-respect, friendship and fitness. In addition to doing lessons and playful activities, girls run and walk, as they train to complete a fun 5K race.



*Maximum 20 students
(VES & LMS)*

*SAVE THE DATE: SUN, Nov 19 GOTR 5K
Race in Somerville
(separate registration fee for race)*

Girls on the Run at VES (3 & 4)

Dates: Mon/Thurs; Sept 18 – Nov 16 (no 9/25, 10/9, & 11/9) OR
Tues/Fri; Sept 19 – Nov 17 (no 10/31 & 11/10)

Time: 8:00 – 9:20am

Cost: \$215 (includes t-shirt)

Location: VES field

Girls On The Run at LMS (5 & 6)

Dates: Mon/Thurs; Sept 18 – Nov 13 (no 9/25, 10/9, & 11/9)

Time: 3:20 – 4:40pm

Cost: \$215 (includes t-shirt)

Location: LMS field

Instructor (VES & LMS): Diane Fay (dianefay3@gmail.com)

“Volunteers are needed to assist with GOTR – please contact Coach Fay or Pauline at Recreation”

YOUTH PROGRAMS

Diplomat Chess at OHES & VES!

Class is split between interactive group lessons and practice games against similarly skilled opponents. All equipment needed for the club is provided by Diplomat Chess, and all skill levels are welcome.

Dates:

OHES (Gr 1 & 2): Mon, Oct 2 – Dec 4 (no class 10/9 & 11/20)

VES (Gr 3 & 4): Tues, Oct 3 – Dec 5 (no class 10/31 & 11/21)

Time: 4:00 – 5:00pm

Cost: \$200

Location: OHES & VES Rm # TBA

Instructor: Diplomat Chess – for questions or more info, please email info@diplomatchess.com or call (973)908-8900



Maximum 16

MAD SCIENCE

Funky Forces

Eliminate the mystery in chemistry & the forces that make our world work! Learn the secrets behind famous magic tricks, experience awesome forces, build some cool devices & watch them work! Build loop-de-loop flying stunt planes, use a vortex generator to create air pockets with a punch, experiment with gravity & create your own crystal garden!

Dates: OHES (Gr. 1&2) Thur, Sept 16 – Nov 2

VES (Gr. 3&4) Tue, Oct 3 – Nov 14 (no class 10/31)

Times: 4:10 – 5:10pm

Cost: \$155 (includes all materials)

Location: OHES & VES Room # TBA

Instructors: Mad Science (www.wnj.madscience.org)



MIN: 12 STUDENTS;
MAX: 20 STUDENTS

SPELLING BEE

Get ready to buzz with excitement as Spelling Bee season zooms in! Join the word party and dive into the world of spelling. Learn the secrets of spelling, unlock the mysteries of word roots, and groove with language patterns.

Dates: Friday (eight sessions) Sept 22 – Nov 17 (no class 11/10)

Times: 3:15 – 4:00 PM

Grades: 5-8

Cost: \$175

Location: TBD (at LMS)

Instructor: Akhila Narvekar and her son Atharv Narvekar (2023, 2021 Scripps National Spelling Bee Finalist and Scripps School Spelling Bee champion for the past 4 years) and Aryahi Narvekar (4 consecutive years Scripps School Spelling Bee Champion).



YOUTH PROGRAMS



Junior Chef Box is given to students which contains a cute apron, laminated recipe sheets, science experiments, a baking tool, cookie-cutter & silicone liners.

JR CHEF at OKCC

MUNCHIES MANIA/SNACK ATTACK

Join our exciting program where students unleash their culinary skills through fun & interactive cooking sessions. They discover a world of delicious snacks while developing a lifelong love for food & creativity. We'll make Brownie Bites, Cupcakes, Mini Flatbreads, Fudge Cake, Cookie Cereal Balls, Fun Shaped Hash Browns & MORE!

Dates: Tuesdays, Oct 10 – Nov 21 (no 10/31)

Cost: \$175 (includes Jr Chef Box and all materials)

Time: 6:00 – 7:30pm

Grades: K – 6

Location: OKCC Large Meeting Room

Instructors: Jr Chef Box; www.juniorchefbox.com or (732-789-8244)

CHEERLEADING

This program will teach cheerleading fundamentals including: stunting, tumbling, jumps and dance. This program will be offered for two skill levels and will culminate in the showcase of a cheerleading routine.

Level 1 (Green Team): This is for entry level cheerleaders. You will work on forward and backward rolls, cartwheels, roundoffs and walkovers (as appropriate). Athletes will learn waist level single-leg stunts and shoulder level two-leg stunts.

Level 2 (Gold Team): Athletes at this level should have either a roundoff with a rebound (or more advanced skill) and/or prior cheerleading experience. You will work on roundoffs, walkovers and back handsprings (as appropriate). Athletes will learn shoulder level one-leg stunts and extended level two-leg stunts.

Dates: Thursday's, Sept 14th – Nov 30th (no class Nov 9 & 23)

Times: **Level 1** – 5:30pm – 7:00pm

Level 2 – 6:30pm – 8:30pm

Fee: \$250 **Green Team**

\$275 **Gold Team**

Grades: K-8

Location: OKCC Gym

Instructor: Kristyn Jannell



Minimum 10 Maximum 35 for both

All athletes should wear cotton or compression shorts, fitted tee-shirt or tank top, and soft-soled sneakers (cheerleading sneakers). Hair should be worn up.

*** For weeks 1 and 2, ALL participants will be participating in tryouts. Tryouts will be from 5:30pm to 8:00pm. Starting week 3, participants will be broken into level 1 or level 2. We will notify you via the Band app (invite to this app will be sent after enrollment) of your child's placement after week 2.

YOUTH PROGRAMS



BRICKS4KIDZ at OHES & VES

"CONSTRUCTION CRAZE" – LEGO Motorized & Non-motorized Models

Put on your hard hat & head on over to our construction site! Make your own motorized models of tools of the trade from a hand-held power drill and power saw to a tough, all-terrain bulldozer & giant dump truck. Learn that one of these objects has a history stretching from the Stone Age to the Space Age! Who thought of making a saw blade in the shape of a circle? Where does the word bulldozer come from? How big is the biggest dump truck? Build your knowledge of construction! Build dump trucks, jackhammers, drills, power saws...and other powerful tools to create your LEGO construction site!



Maximum 20 students

Dates: Weds, Oct 4 – Nov 8 (OHES Grades K – 2)

Thurs, Sept 28 – Nov 2 (VES Grades 3 – 4)

Times: 4:10 – 5:10pm

Cost: \$175 (includes take-home mini figure)

Location: OHES & VES Rm #TBA

Instructor: Bricks4Kidz, centralnj@bricks4kidz.com or 732-789-8244

YOUNG REMBRANDTS DRAWING

We are back to school & back to drawing with Young Rembrandts! We have a fantastic selection of drawings that introduce students to the fascinating world of color, pattern & design. We say goodbye to our favorite summer memory in our detailed drawing of a beach. We explore color usage and composition in our silly monster & fire truck drawings. You will be MOOved to amazement with our stylized patterned cow drawing that challenges our technique & color scheme. Students learn cultural themes while drawing & coloring Kawaii art. Sign up today!

Dates: OHES (Gr. K – 2): Tues, Oct 3 – Dec 5 (no class 10/31 & 11/21)

VES (Gr. 3 & 4): Weds, Oct 4 – Nov 29 (no 11/22)

Cost: \$180 (included all materials)

Time: 4:10 – 5:10pm

Location: OHES & VES Rm #TBA

Instructor: Young Rembrandts

www.youngrembrandts.com/centralwestjersey

Questions or for more info email wilkes@youngrembrandts.com



Maximum: 15 students

YOUTH PROGRAMS

DANCE CLASS WITH MISS MICHELLE

Princess Ballet: Dancers will learn the basics of ballet surrounded by familiar music & props, wands, tutus of their favorite characters. Inexpensive ballet slippers needed.

NEW! Fancy Feet (Tap/Jazz Combo): This class combines Tap and Jazz training. Dancers learn rhythm, coordination, musicality, self-confidence & coordination. They dance to popular music & work with props, creating an exciting dance experience. Class is for dancers who have taken Storybook Ballet & want to continue their dance journey. Inexpensive tap & ballet shoes are encouraged/required.

Broadway Dance Kids: An upbeat class that teaches Broadway style jazz choreography & show stopping stage presence with a focus on learning song & dance numbers from a variety of musical productions, past & present. Warm-up, theater games & choreography; we focus on a new musical each week

Dates: Thursdays , Oct 12 – Nov 30 (no 11/9 & 23)

Times: **Princess Ballet** (3 - 5yrs) 4:30 – 5:15pm

Fancy Feet (4-6yrs) 5:30-6:15pm

Broadway Dance (grades 1 –5) 6:30 – 7:15pm

Cost: \$100

Location: OKCC Program Room

Instructor: Michelle Pender (OHES teacher)



Minimum 4, Maximum 10

*All students should wear leotard & tights.
Long hair should be tied back and off
face & neck.*

Mention Monty Rec
for 10% dance
shoes discount at
Village Shoes
(Rt 206, Skillman)

USSI TENNIS

Foundation Tennis

Introduce players to the fundamentals of tennis, including stroke technique, serving, court awareness and rallying. Activities are delivered in a low pressure, yet energetic environment, ensuring optimal learning, all the while maintaining the enjoyment factor of being on the tennis court.

Development Tennis

Designed for players who have previous experience, and a good understanding of tennis' fundamental skills. Players will work towards refining their technique, generating consistent rallying skills, and grasping how to dictate direction of play to make game winning shots.

Dates: Sundays, Sept 17 – Nov 5

Time: **Foundation** 9:00 – 9:50 am (Grades K – 3)

Foundation 10:00 – 10:30 am (Grades 3 – 5)

Development 11:00 – 11:50 am (Grades 6 – 9)

Cost: \$195

Location: UMS Courts



**bring water bottle
& tennis racquet*
Maximum 8 per class*

Instructors: USSI –

<https://ussportsinstitute.com/>

CLASS FULL

YOUTH PROGRAMS

Fal-Rooney

Fal- Rooney League

The goal is to empower students with self-esteem, a sense of achievement, and a strong foundation in team building and good sportsmanship all while making new friends, getting exercise and having fun playing games and sports

Dates: Session 1 Tuesday, Nov 14-Dec 19

Times: 4:00-5:15pm

Grades: K-6

Cost: \$140

Location: OKCC Gym



Fal- Rooney 1 day Fun

Fal-Rooney continues when schools are closed! Teams compete for the coveted Fal-Rooney Cup! Wear sneakers, bring water, snacks, and lunch. Pre-game available from 8-9am - \$15/family.

Dates: Sept 25, Nov 9 & Dec 29

Times: 9:00-1:00pm

Grades: K-8

Cost: \$55 (per session)

Location: OKCC Gym

For more information: www.falrooney.com

Intramural Sports with Mike Falco

A fun opportunity for kids to get out, play, and make new friends after school! Activities include Flag Football, Kickball, Ultimate Frisbee and other team games!

Dates: Tuesday's Sept 26 & Nov 7 (no 10/31)

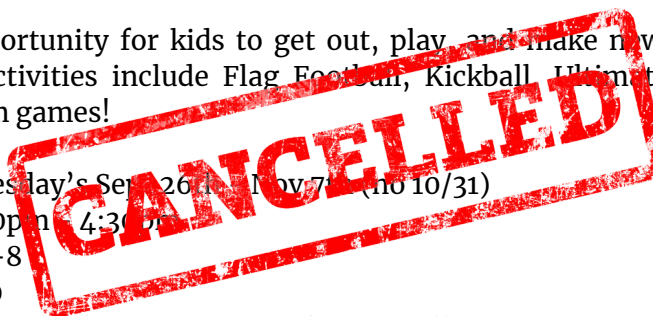
Time: 3:30pm - 4:30pm

Grades: 5-8

Cost: \$140

Location: Fields between LMS and UMS (will use LMS gym if it rains)

Instructor: LMS Gym Teacher and Assistant Director of FalRooney - Mike Falco



JR GOLF AT OKCC

Students learn about rules, etiquette, chipping, putting, the full swing & many other aspects of the game. Learn how to grip the club appropriately and develop a proper swing. Bring your clubs but there will be equipment available. Remember a water bottle.

Dates: Mondays, Oct 2 - 30

Time: 4:15 - 5:15pm

Grades: 1 - 6

Cost: \$150

Location: OKCC (outside or gym if rain)

Instructors: Joe Bassford & Jen Jones, MHS Varsity Golf coaches
(JBassford@mtsd.us)



Maximum 20 students

YOUTH PROGRAMS

LMS CROSS COUNTRY

Open to all fitness levels! The distance for a cross country meet is 2 miles. Athletes must attend 60% of practices to compete in home meets. Coaches walk students to the UMS Track & parent pick-up is at track entrance near the UMS parking lot. Students must listen for lunch-time announcements regarding track practices.

Dates: Mon - Fri, Sep 11 - Oct 20

Times: 3:15-4:45pm

Grades: 5-6

Cost: \$225

Location: Grass area between UMS & Track

Instructor: Claire Scarpa & Bianca Montemarano

cscarpa@mtsd.us

CLASS FULL



Drills, Skills, and Thrills Basketball Clinic

Boys and Girls entering grades K-5th are welcome to sign up for this fall basketball clinic! This clinic is appropriate for beginners and experienced players. There will be a focus on FUN! With games and drills being taught in a new and exciting way, participants will not only improve their basketball skills, but will also experience the joy of the game. Participants need to bring their own basketball.

Dates: Session 1 Tuesday's, Sep 19 - Oct 24.

Session 2 Tuesday's, Nov 14 - Dec 19

Time: 5:30pm-6:30pm (boys and girls in grades K - 2nd)

6:30pm-7:30pm (boys and girls in grades 3rd - 5th)

Location: OKCC Gym

Cost: \$195 per participant per session

Instructor: <https://dstbasketball.com/>



Diving

Our experienced coach will teach divers the proper form and execution of springboard take-offs, jumps and dives. This program is open to beginners, who wish to try the sport for the first time, as well as experienced divers, who wish to extend their summer dive activities to prepare for high school diving season. Springboard Diving requires focus, strength, flexibility, courage, and grace. Your athlete will benefit from the development of these life skills.

Dates: Saturday's, Sep 23 - Nov 18

Times: Beginner 9:00 - 10:00am

Intermediate/Advanced 10:00 - 11:00am

Grades: 1-12

Cost: \$300

Location: MHS Pool

Instructor: Kathy Diringer



AQUATICS PROGRAMS

Group Lessons

Beginner 1 and 2

This group lesson is designed for younger non-swimmers (Beginner 1) to become acclimated to being in, and under the water. Basic water safety and foundational techniques are taught ranging from bobbing under water to back floats. Swimmers then continue (Beginner 2) with initial stroke development of freestyle and backstroke.

Introduction to Academy

Group lessons are perfect for those students who can swim unsupported for at least 15 yards in our lap pool. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form. In this class students will learn and improve at 2 strokes: freestyle, backstroke. Students will also learn diving techniques, work on freestyle; backstroke drills, underwater push-offs and intro to breaststroke kick. Students will be taught proper lane swim etiquette. Students will be evaluated for proper class placement.

Academy Bronze

Swim Students must be able to swim 25-50 yards continuously. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form, open turns, and submerged front push offs. In this class students will learn and improve freestyle and backstroke, work on piecing together breaststroke, as well as in intro to butterfly kick.

Students will also learn diving techniques, both from the pool edge and diving blocks, progressing from sitting to kneeling and finally standing dives. Students will be taught flip turns and proper lane swim etiquette.

Academy Silver

Students must be able to swim 50-100 yards continuously. Students need to be able to exhibit a fundamental understanding of freestyle and backstroke form, open turns, and submerged front push offs. In this class students will improve on freestyle, backstroke, and breaststroke, as well as in intro to butterfly stroke. Students will also improve on diving techniques on diving blocks, and intro to racing starts. Students will be introduced to "hydrodynamics" and proper lane swim etiquette.

Academy Gold

Students must be able to swim 100 yards continuously. Students need to be able to exhibit an in depth understanding of freestyle and backstroke form, flip turns, and submerged front push offs. In this class students will improve on all strokes, with an introduction to butterfly drills. Students will also improve on diving techniques on diving blocks, and racing starts. Students will be introduced to IM sets and starts.

Marlins Preparatory/Fitness Swim

Students must be able to swim 100-200 yards continuously. Students need to be able to exhibit an in depth understanding of all four strokes, flip turns, and submerged front push offs.

In this class students will improve on all strokes, and be introduced to drill sets as well as interval swimming. Students will be evaluated for proper class placement. Swimmers may repeat class levels based on the following criteria; technique, speed and endurance.

**FOR MORE INFORMATION OR QUESTIONS PLEASE VISIT:
WWW.MONTGOMERYSWIMACADEMY.COM**

INDEPENDENT LEAGUES

Please contact these leagues for more information.
Montgomery Parks and Recreation does not run these programs.

Montgomery Baseball League (MBSL)

President — Eric Seguin ericdseguin@gmail.com www.montgomerybaseball.com

The Montgomery Baseball League is open to all residents of Montgomery Township & Rocky Hill Borough, ages 4 — 16 yrs. old and is aligned with Cal Ripken & Babe Ruth Baseball based on age. Activities are held at McKnight Complex. We offer Spring Rec, Summer Sandlot & Fall Ball

Montgomery Softball League (MBSL)

President — Eric Seguin ericdseguin@gmail.com www.montgomerybaseball.com

The Montgomery Softball League is aligned with Babe Ruth Softball and is open to all residents of Montgomery Township & Rocky Hill Borough, ages 4 to 16 yrs. old. Activities are held at Veteran's Park and McKnight Complex with limited travel to nearby towns for away games. We offer Spring Rec, Summer Sandlot & Fall Ball.

Montgomery Basketball League

President — Laura Kyler President.montgomerybasketball@gmail.com www.montgomerybasketball.com

Winter Season - MBA offers Recreational Basketball for grades K-12 and Travel Basketball for grades 4-8. Rec Basketball runs from the beginning of December thru the end of February. Travel Basketball runs from November thru mid-March. Registration opens the first week of September.

Central Jersey Flag Football

President — Matt Rosenthal commissioner@centraljerseyflag.com www.centraljerseyflag.com

Flag Football is a non-contact sport in which participants pass, catch, run, and have FUN! Open to residents of Montgomery Township & Rocky Hill Borough, as well as surrounding towns. Central Jersey Flag is nationally affiliated with NFL FLAG and supports girls and boys grades K-9. Adult league is open to participants who are 25 or older. CFJ offers both a spring and fall season.

Montgomery Lacrosse

President - Rob Manley rmanley14.95@gmail.com <https://www.leaguelineup.com/welcome.asp?url=mylc>

Registration is held November - January. Pre-Season begins in early March - May. MYLC emphasizes teamwork, sportsmanship, respect, discipline and most of all fun! Boy's practices are held at Van Home Fields/MHS Turf, Girls are held at Harlingen Fields/MHS Turf.

Montgomery Wrestling

President - John Moyle montgomerywrestling@gmail.com www.leaguelineup.com/montgomerywrestling

This program is for beginner and experienced Wrestlers grades K - 6th grade. Practices begin in November - February and are held at the UMS Cafeteria and MHS Auxiliary Gym. Wrestling builds strength, flexibility, endurance and confidence. *Team Parent* - Julie Igawa Fong

Montgomery Travelers Soccer Club

President — Ralph Spicer president@montgomerysoccer.org www.montgomerysoccer.org

MTSC is a local nonprofit organization that offers both Recreational and Travel soccer programs for children ages 3-18, in fall, winter (indoor), spring, and summer, for both new and experienced soccer players. All programs are coached by professional coaches with advanced US Youth Soccer licenses

Montgomery Special Olympics

www.somontgomery.wordpress.com

MSO provides sports, training and competition for children and adults with intellectual disabilities.

Programs are run from September to June and use Montgomery School sport facilities. These sports include swimming, soccer, volleyball, basketball, track and field, fitness to music, tennis, golf and many others.



Montgomery Parks & Recreation



356 Skillman Rd, Skillman NJ 08558



609-466-3023

www.MontgomeryRecreation.com

Adult/Parent Name: _____

Address: _____

Phone: _____ Email address: _____

Emergency Contact Name & Number: _____

Participant 1: _____ Male/Female (circle one)

DOB: _____ Grade: _____ T-Shirt Size (if applicable) _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Participant 2: _____ Male/Female (circle one)

DOB: _____ Grade: _____ T-Shirt Size (if applicable) _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Program: _____ Dates: _____ Location _____ Fee \$ _____

Total Due: \$ _____

Checks payable to: Montgomery Recreation, 356 Skillman Rd, Skillman NJ 08558

I understand I will NOT receive a refund or credit for any class/program/trip unless it is cancelled by the Recreation Department.

Signature

Date

**Do you need reasonable modifications due to a disability as defined by the ADA in order to participate in the above program (s)?
Yes/No (circle one)**

*Note: Please make separate checks for aquatics & after school classes. Military & Senior Citizens (55+) may take 10% off Classes.
If paying by credit card, I authorize the recreation staff to enter my cc information. _____*



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