

## **GIRLS VOLLEYBALL**

Memorial School Gymnasium

Tuesdays 7:00–8:00 pm

January – March

Resident Fee: \$80 Non-Resident Fee: \$100



This eight-week program will be offered to girls in grades 5 through 8 who will learn to improve their volleyball skills through the instruction of Chris Moran. Early online registration is recommended for this program.

## **ADULT VOLLEYBALL**

Memorial School Gymnasium

Tuesdays 8:00-10:00 pm

January – May

Resident Fee: \$50 Non-Resident Fee: \$75

Open Registration: Online or In-Person at Any Class

This program is for men and women 18 years of age and older. Volleyballs are provided to play pickup style games each week for those who attend.

## **OPEN PLAY PICKLEBALL**

Memorial School Gymnasium

Wednesdays 8:00-10:00 pm

January – May

Resident Fee: \$50 Non-Resident Fee: \$75

What is Pickleball? It's a paddle sport created for all ages and skill levels! The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This sport combines many elements of tennis, badminton and ping-pong. Players are equipped with paddles and a plastic ball on a badminton sized court. The net that the ball is paddled over is a smaller version of a tennis net. Pickleball can be played in single or double teams. All the necessary playing equipment will be provided by the Recreation Department.

## **MONDAY YOGA**

Montvale Community Center Atrium- 1 Memorial Drive

1 Memorial Drive

Mondays 7:30-8:30 pm

8-week sessions throughout the year

Resident Fee: \$80 (Only \$10/class!) Non-Resident: \$100



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 ten 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.

## **FRIDAY YOGA**

Montvale Community Center Atrium- 1 Memorial Drive  
1 Memorial Drive  
Fridays 9:30-10:30 am  
8-week sessions throughout the year  
Resident Fee: \$80 Non-Resident: \$100

Begin the weekend 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 ten 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.

## **TAEKWON-DO**

Senior/Community Center Atrium: 1 Memorial Drive  
Wednesdays and Thursdays: 6:00-7:00 pm  
January – March and September - December  
Fee: for this 16-session class is \$120 for residents; \$180 for non-residents (space permitting)

Instructor: Mario Liriano; 5<sup>th</sup> Degree Black belt and over 40 years of Martial Arts Experience. Mr. Liriano has been teaching this program for 15 years in Montvale and has produced many Black Belts (including his two daughters).



TaeKwon-Do, the Korean Art of Self-Defense, is the scientific use of the body through physical and mental training for self-defense in unarmed combat. Grow with the tenets of TaeKwon-Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. This program will be offered two days per week for all age groups. Register by clicking below (credit card payment) or by attending the first class of the session (cash or check payment only).

## **TAI CHI**

Senior/Community Center Atrium: 1 Memorial Drive  
Fridays 12:15-1:00 pm  
8-week sessions throughout the year  
Resident Fee: \$80



Non-Resident Fee: \$100 (space permitting)  
Residents Who Belong to the Montvale Seniors Club: \$40

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...

### **30+ BASKETBALL**

Memorial School Gymnasium

Mondays 8:00 -10:00 pm

September – May

Resident Fee: \$75 Non-Resident (if space permits): \$95

OPEN Registration: Attend a class to register at any point Sept - May



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.

### **SENIOR'S PICKLEBALL LEAGUE**

Memorial Drive Courts

Fridays 7:00 pm

Are you a part of the Montvale Seniors Club? Join today for just \$15 a year and take advantage of the many programs offered such as this pickleball league! Pickleball is played by teams of 2 or 4 and combines many elements of tennis, badminton and ping-pong.

### **TALKIN' BASEBALL**

If talking about Baseball as it was in years past is your thing, please join us at our monthly meetings. The group meets the first Wednesday of each month at 7:00 pm in the Senior/Community Center Library. There is no fee for this program.