

# Little Falls Recreation Spring Sports

**SPRING BASEBALL/SOFTBALL OPENING DAY • SATURDAY, APRIL 22, 2023**

## 3-5 Year Old Baseball/Softball Clinic

Participants will learn the fundamentals of baseball/softball – fielding, hitting & baserunning.

**Saturday Mornings: 9 to 10AM | April 15th, 22nd, 29th | May 6th, 13th, 20th**

Location: Little Falls Sports & Recreation Complex

## Kindergarten Tee-Ball (Baseball & Softball)

Local Travel Required + Bi Weekly Clinic.

**Max: 1 Game Per Week and 1 Practice Per Week**

## Passaic Valley Youth Baseball & Softball League

Grades 1 – 8

**8 Game Regular Season + Playoffs (3rd-8th Grade)**

Local Travel Required Weekdays + Saturdays.

## NEW! Heroes In Training

Our Pre-K - 2nd Grade Track & Field Program has been re-designed to a low intensity, fun & engaging Sunday Morning Fitness Class provided by certified trainers & school teachers from Final Round Health & Fitness in Little Falls.

**Sunday Mornings ONLY • Limited Space Available**

**April 16th, 23rd, 30th | May 7th, 14th, 21st**

Location: Passaic Valley High School



## NEW! Tri-Town Track & Field (3-8th Grade) Limited Space Available

Local Weekly Practices / Local Bi – Weekly Meets

## Tennis Clinics K-8th Grade

**Tuesdays ONLY: Time: K-2nd: 5PM | 3rd-5th: 6PM | 6th-8th: 7PM | April 18th, 25th | May 1st, 8th, 15th, 22nd**

Location: Little Falls Sports & Recreation Complex Tennis Courts

**CLICK HERE TO REGISTER FOR TENNIS ONLY**

or visit <https://ussportsinstitute.com/>

## Champions League Co-Ed Baseball/Softball Clinic

Once a week Co-Ed Clinic Style inclusive non- competitive program for everyone, including children with intellectual and developmental challenges. Each athlete is REQUIRED to have a Rutgers YSRC carded parent/guardian on the field with them each week during the Clinic.

**Mondays Only: 5:30 to 6:30PM | April 17th, 24th | May 1st, 8th, 15th, 22nd**

Location: Railroad Field

## 30 & Over Men's Softball League

**Thursday/Sunday Evenings: (April-June) 8 Regular Season Games + Playoffs.**

Location: Little Falls Sports & Rec Complex Duva Large Field

If you wish to join a pre-existing team as a individual player please email [tpassero@lfnj.com](mailto:tpassero@lfnj.com)

## 21 & Over Women's Softball League

**Sunday Mornings: (April-June) 10 Regular Season Games - Game Times: 9AM & 10:30AM**

Location: Little Falls Sports & Rec Complex Duva Small Field

If you wish to join a pre-existing team as a individual player please email [tpassero@lfnj.com](mailto:tpassero@lfnj.com)

**DEADLINE FOR ALL SPRING SPORTS REGISTRATION IS FEBRUARY 24**

If you would like to register to be a Volunteer Head/Assistant Coach for any sport, please email [tpassero@lfnj.com](mailto:tpassero@lfnj.com)



All start dates are tentative and dependent on weather.

Scan Code or Click Here to Register



The Township of Little Falls

225 Main Street • Little Falls, NJ 07424

973.256.3884 • [www.lfnj.com](http://www.lfnj.com)

Mayor James Damiano

Council Members: Christopher Vancheri,  
Anthony Sgobba, Michael Murphy,  
Jayna Patel, Christine Hablitz

