

Little Falls Recreation Spring Sports

Pre-K 3-5 Year Old Baseball/Softball Clinic

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

Saturday Mornings: 9-10AM: April 20, 27 | May 4, 11, 18 | June 1

Location: Little Falls Sports & Recreation Complex

Kindergarten Tee-Ball (Baseball & Softball)

Local Travel Required.

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.

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 • Limited Space Available

April 7, 14, 21, 28 | May 5, 19 (No Session on Mothers Day)

Location: Passaic Valley High School

Tri-Town Track & Field (3-8th Grade)

Thursdays • Limited Space Available

3rd-5th Grade: 5:30 to 7PM | 6th-8th Grade: 7 to 9PM

Practice Start Date & Bi-Weekly Track Meet Dates: TBD

Location: Passaic Valley High School Track

Tennis Clinics K-8th Grade

Tuesdays • April 16, 23, 30 | May 7, 14, 21

K-2nd Grade: 5PM | 3rd-5th Grade: 6PM | 6th-8th Grade: 7PM

Location: Little Falls Sports & Recreation Complex Tennis Courts

THIS LINK IS FOR TENNIS REGISTRATION PROGRAM 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: 5:30 to 6:30PM | April 15, 22, 29 | May 6, 13, 20

Location: Railroad Field

30 & Over Men's Softball League

Thursday/Sunday Evenings

April-June: 15 Regular Season Games + Playoffs

Location: Little Falls Sports & Rec Complex Duva Large Field

The Little Falls Men's Softball League is looking to add 2 new teams into the league for the spring of 2024. If you are interested in entering a team, please contact Recreation Director; Tyler Passero at TPASSERO@LFNJ.COM.

21 & Over Women's Softball League

Sunday Mornings

April-June: 10 Regular Season Games. Game Time: 9AM & 10:30AM

Location: Little Falls Sports & Rec Complex Duva Small Field

The Little Falls Women's Softball League is looking to add 2 new teams into the league for the spring of 2024. If you are interested in entering a team, please contact Recreation Director; Tyler Passero at TPASSERO@LFNJ.COM.

DEADLINE FOR ALL SPRING SPORTS REGISTRATION IS FEB. 26
All start dates are tentative and dependent on weather.

If you would like to register to be a Volunteer Head/Assistant Coach for any sport, please email TPASSERO@LFNJ.COM



Scan Code or Click Here to Register
<https://register.capturepoint.com>



The Township of Little Falls

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Mayor James Damiano

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

