

Montclair Recreation/PAL

Suburban Recreation Basketball League

Boys & Girls in grades 4-8



Registration begins October 1st online at [2025-26 Pre-Season Basketball : Montclair Police Athletic League](#)

The Montclair Recreation Department in collaboration with the Montclair Police Athletic League currently forming boys' and girls' teams for the upcoming 2025-26 season. Participants must be Montclair residents to participate. Season runs from December- Early March. The program offers teams for the following levels

- 6th grade girls
- 8th grade girls
- 5th grade boys
- 6th grade boys
- 7th grade boys
- 8th grade boys

Teams will participate in the suburban basketball league (recreation level) which compiles of recreation teams throughout Essex County. Local travel for away games, all home games will be played at Montclair high school. Teams will meet 2-3 times per week for games/practices which are held weeknights at 7pm and Saturdays (various times depending on schedules)

Starting October 1st registration is open on PAL website or at Charles A. Bullock School gym (55 Washington Street). Participants must register to try out teams, (no exceptions). Volunteer coaches and team managers are greatly needed. Please inquire through the pal website. No Experience necessary, will train.

For more information, please call the recreation office at 973-509-4915 during business hours 8:30am-4:30pm Monday through Friday.