



MONMOUTH  
COUNTY  
**PARK  
SYSTEM**

*Yours to Discover*

# PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

## Guide



**SPRING 2021**  
*REGISTRATION BEGINS FEBRUARY 10!*  
[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)

# DISCOVER YOUR PARKS

## THIS SPRING

### Spring Craft Show

*Saturday, April 17, 9:00 AM-2:00 PM*

*Fort Monmouth Recreation Center, Tinton Falls*

Find the perfect hand-crafted gift for Mother's Day, Father's Day, graduations and more as you browse a variety of local craft vendors for the special person in your life.

### Earth Day Fun in the Parks

*Saturday, April 18*

Celebrate our planet with a variety of free drop-in nature walks and activities happening throughout your Monmouth County parks. For full details, see page ??.



### Creative Arts & Music Festival

*Saturday, May 1,  
10:00 AM-4:00 PM*

*Thompson Park,  
Lincroft*

Spend a day at Thompson Park perusing the artists of our juried arts festival. Fine artists from all mediums will be on display including pottery, jewelry, photography and painting, just to name a few. Plus, enjoy live music and food vendors. For more information, see the centerfold ad.



### Walnford Day

*Sunday, May 16, 11:00 AM-5:00 PM*

Historic Walnford, Upper Freehold  
Listen to the rumble of Waln's Mill as corn is ground into meal, take a tour of the Waln family home, and enjoy the site from a horse-drawn wagon as we celebrate life as it once was. With a multitude of historic demonstrations held throughout the day, there will be something for everyone to enjoy!

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To register for programs starting February 10, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

For general information about your Monmouth County parks, call 732-842-4000, ext. 4312.

**Icon Key**



**New Program**



**Free Program**

**Find us on Social Media:**







**COVID-19 PRECAUTIONS FOR PROGRAM PARTICIPANTS**

*The Park System is working hard to keep visitors and program participants safe.*

*Please note the following guidelines are in place during the pandemic as of the printing of this Guide.*

- Stay home if you are ill.
- Maintain at least six feet from other participants and staff.
- Face coverings are required when social distancing can't be maintained, when arriving and departing from a program, and while in restrooms and/or common areas of the building.
- Face coverings are not required when eating/drinking or during socially distanced or strenuous activities.



## Did You Know?

Interesting things about the Monmouth County Park System you may not have known about.

### Over 140 Miles of Trails!

In fact, throughout 22 of our park areas you will find a total of 141 miles of trails. Trails are rated as easy, moderate, challenging, paved, fitness or nature, assuring you can easily find a trail that suits the needs of you and your family. For a peaceful walk through the woods, check out trails at **Freneau Woods Park** in Aberdeen or **Clayton Park** in Upper Freehold. Want to hit the trails with your mountain bike? You'll love the variety of trails at **Hartshorne Woods Park** in Locust (Middletown). Heading out with a stroller? The paved trails at **Dorbrook Recreation Area** in Colts Neck or **Thompson Park** in Lincroft can't be beat. For a full list of all the Monmouth County Park System trails, visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

### Say "I Do" in the Parks

If you're looking for the perfect location for your wedding ceremony, the Park System is happy to oblige. With gorgeous sites like the **Deep Cut Gardens'** Rose Garden, sandy beaches of **Seven Presidents Oceanfront Park**, or the picturesque features of **Historic Walnford**, it's easy to choose a location that will create the backdrop for your very special day. For information about hosting your ceremony in the parks, call 732-842-4000, ext. 1.

### Dock Your Boat

**Monmouth Cove Marina** in Port Monmouth offers a multi-service facility and gets rave reviews from local boaters. With 154 wet slips, electric and water at slips, floating docks, transient dockage, 58-rack storage, winter storage, gasoline sales, and more, this 11-acre facility offers a beautifully kept location for you to dock your boat and head out at your leisure for a day of fishing or just relaxing on the water. For more information about renting a boat slip, call 732-495-9440 or stop in for a tour.





*Historic Longstreet Farm*

### Local History Flourishes

Stepping back in time and discovering the history of our area is easy to do with a visit to one of our historic sites. *Historic Longstreet Farm*, located within *Holmdel Park*, Holmdel, is a living historical farm offering an experience into life as it was in rural Monmouth County during the 1890s. Costumed interpreters offer a glimpse into daily and seasonal agricultural and domestic activities.

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***“To know your past is to know your future.”***

**- Ernest Agyemang Yaboah**

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*Historic Walnford* in Upper Freehold offers over 200 years of social, industrial and agricultural history through five generations of the Waln family. Visit the elegant home built in 1774, the 19th century gristmill, and the farm buildings as you take in the beautiful landscape of the surrounding *Crosswicks Creek Park*.

Didn't know there was military coastal defense site in Navesink from the 1940s-1970s? Head up to the Rocky Point section of *Hartshorne Woods Park* where you'll find the *Navesink Military Reservation*. During WWII, batteries for heavy artillery were built on this site to modernize coastal defense efforts. In the 1950s-1970s, the site served as a missile defense site and command center with radar, computers and electronic plotting devices. Though many structures from the site have been removed, Battery Lewis remains and has been restored to offer a glimpse of the area's military history. Tours are available late spring through early fall; visit us at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) for upcoming dates and additional information.

### Everyone is Included

The Park System wants to make sure that everyone can enjoy our parks. Our Therapeutic Recreation division and *Special People United to Ride (SPUR)* programs strive to provide access to recreational opportunities for residents with disabilities in order to enhance physical, cognitive, emotional and social functioning, as well as a sense of community. Programs are offered year-round for individuals with special needs and reasonable accommodations are made to allow those with disabilities to participate in other Park System programs with their non-disabled peers.

The Park System also offers two universally accessible playgrounds: Challenger Place at *Dorbrook Recreation Area*, Colts Neck, and Tony's Place at *Seven Presidents Oceanfront Park*, Long Branch. With elevated surfaces that are accessible to those in wheelchairs and Braille signs for the visually impaired, these playgrounds provide an opportunity to laugh, play, grow and learn at their own level of play.

New to Challenger Place is the Lion's Sensory Den, designed specifically for blind or visually impaired children, which features a water spray misting column; a spinning, two level globe; three drums; and three xylophone-style instruments. The Lion's Sensory Den addition is thanks to donations from the Colts Neck Lions Club to the *Monmouth County Friends of the Parks*.

# MARCH 2021

## Monday, March 1

- *Splendid Spring Strolls* (p. 75)

## Saturday, March 6

- *Yarn Bee* (p. 6)

## Saturday, March 13

- *Accordion Melodies* (p. 6)
- *Backyard Chickens* (p. 6)

## Monday, March 15

- *Splendid Spring Strolls* (p. 75)

## Tuesday, March 16

- *Casual Birder* (p. 75)

## Thursday, March 18

- *Snapping Turtles of Monmouth County* (p. 77)

## Saturday, March 20

- *Open Shoot Archery* (p. 17)
- *Woodworking Demo* (p. 6)

## Saturday, March 27

- *Starting a Summer Garden* (p. 6)

## Monday, March 29

- *Splendid Spring Strolls* (p. 75)

## Tuesday, March 30

- *Casual Birder* (p. 75)

## Wednesday, March 31

- *Open Mic Poetry Night* (p. 86)

# APRIL 2021

## Saturday, April 3

- *Yarn Bee* (p. 6)

## Saturday, April 10

- *Draft Animal (Plowing) Demo* (p. 6)

## Sunday, April 11

- *Draft Animal (Plowing) Demo* (p. 6)
- *Drop-In Zip-Line* (p. 17)

## Monday, April 12

- *Splendid Spring Strolls* (p. 75)

## Tuesday, April 13

- *Casual Birder* (p. 75)

## Thursday, April 15

- *American Oystercatchers of the Jersey Shore* (p. 77)

## Saturday, April 17

- *Accordion Melodies* (p. 6)
- *Spring Craft Show* (p. 57)

## Thursday, April 22

- *Earth Day Dune Planting* (p. 12)

## Saturday, April 24

- *Earth Day Activities* (p. 13)
- *Open Shoot Archery* (p. 17)
- *Wool Days* (p. 7)

## Sunday, April 25

- *Climb Time* (p. 17)
- *Open Mic Poetry Night* (p. 86)
- *Wool Days* (p. 7)

## Monday, April 26

- *Splendid Spring Strolls* (p. 75)

## Tuesday, April 27

- *Casual Birder* (p. 75)

## MAY 2021

**Saturday, May 1**

- *Creative Arts & Music Festival* (centerfold)
- *Great Spring Perennial Plant Swap* (p. 72)
- *Yarn Bee* (p. 6)

**Tuesday, May 4**

- *Casual Birder* (p. 75)

**Saturday, May 8**

- *Embroidery Demo* (p. 7)
- *Plant a Sunflower* (p. 7)
- *Vintage Base Ball* (p. 7)

**Monday, May 10**

- *Splendid Spring Strolls* (p. 75)

**Tuesday, May 11**

- *Open Shoot Archery* (p. 17)

**Wednesday, May 12**

- *Open Mic Poetry Night* (p. 86)

**Saturday, May 15**

- *Accordion Melodies* (p. 6)

**Sunday, May 16**

- *Climb Time* (p. 17)
- *Seashell Sunday* (p. 79)
- *Walnford Day* (centerfold)

**Tuesday, May 18**

- *Casual Birder* (p. 75)
- *Climb Time* (p. 17)

**Thursday, May 20**

- *Horseshoe Crabs Trying to Survive in a Modern World* (p. 77)

**Saturday, May 22**

- *Open Shoot Archery* (p. 17)
- *Woodworking Demo* (p. 6)

**Sunday, May 23**

- *Drop-In Zip-Line* (p. 17)

**Monday, May 24**

- *Splendid Spring Strolls* (p. 75)

**Tuesday, May 25**

- *Casual Birder* (p. 75)

**Saturday, May 29**

- *Canoe Rentals* (p. 17)

**Sunday, May 30**

- *Canoe Rentals* (p. 17)

**Monday, May 31**

- *Decoration Day Celebration* (p. 7)



*Historic Longstreet Farm*

### Yarn Bee

*(ages 10 and up, under 18 with adult)*

Whether just starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be on-hand to assist those needing a little extra help. Bring your own supplies.

**Cost: \$5.00 Per Person (cash or check only)**

**Saturday, March 6, 12:00-2:30 PM**

**Saturday, April 3, 12:00-2:30 PM**

**Saturday, May 1, 12:00-2:30 PM**

### Accordion Melodies of the 1890s

In the mid-19th century the accordion became a favorite of folk musicians. Enjoy the melodies as you visit the Longstreet Farm.

**Saturday, March 13, 1:00-3:00 PM**

**Saturday, April 17, 1:00-3:00 PM**

**Saturday, May 15, 1:00-3:00 PM**

### Backyard Chickens

It's all about chickens as we discuss Longstreet's fine-feathered flock. We'll cover basic poultry needs such as feed, water, shelter and routine care, as well as general anatomy and egg production. This is a great source of information if you're considering getting chickens of your own, or if you just want a little more knowledge about our winged residents.

**Saturday, March 13, 12:00-2:00 PM**

### 19th Century Woodworking Demonstration

Take pleasure in observing the carpenter demonstrating his mastery of woodworking using an assortment of traditional carpentry hand tools.

**Saturday, March 20, 12:00-3:00 PM**

**Saturday, May 22, 12:00-3:00 PM**

### Starting a Summer Garden

*(ages 4 and up)*

Warmer weather is just around the corner. Learn what vegetables you can start now that will flourish in the summer sun. With the help of our gardeners, you will make a newspaper pot and start a collection of seeds that you will be able to transplant into your garden at home. No pre-registration required.

**Cost: \$5.00 Per Person (cash or check only)**

**Saturday, March 27, 12:00-2:00 PM**

### Draft Animal (Plowing) Demonstration

Turning the soil is the first step in traditional field preparation. See the horses in action and learn how the plow functions. Visitors can also experience turning a farrow with the guidance of our farmers.

**Saturday & Sunday, April 10 & 11, 12:00-2:00 PM**



### Wool Days/Sheep Shearing

Harvesting wool is a farm activity performed every spring. Visit the farm this weekend and learn how the farmers use traditional blade shearing practices to remove the fleece from our sheep. Gene Sheninger will return with his collies to show their herding skills.

**Saturday & Sunday, April 24 & 25, 12:00-3:00 PM**

### Embroidery Demonstration

View the lost art of applying decorative designs with a needle and thread. Be inspired by the various stitches and embellishments to create a beautiful piece of clothing or decoration for the home.

**Saturday, May 8, 1:00-3:00 PM**

### Plant a Sunflower

Help the Longstreet Farmers plant this year's sunflower field. Visit the farm throughout the summer and watch as the Mammoth Russian sunflowers grow to over 10 feet tall! Participants are invited to return in the fall and harvest their very own sunflower. Take your flower home and roast the seeds as a snack or save them as a winter treat for local birds and squirrels. You can even plant them in your garden the following spring.

**Saturday, May 8, 12:00-2:30 PM**

### Vintage Base Ball

Spend a spring afternoon at Holmdel Park and enjoy one of America's favorite pastimes to see how it started. The Monmouth Furnace Boys (formerly known as the Bog Iron Boys) will be playing vintage base ball, using rules from the 19th century. Players will be dressed in uniforms appropriate to the time period, and the style and terms of the 19th century are used during the game.

**Saturday, May 8, 1:00-3:00 PM**

### Decoration Day Celebration

Before it was Memorial Day, Americans celebrated Decoration Day. This family holiday originated soon after the Civil War when women decided to decorate the graves of fallen soldiers. It was a day for family reunions and remembrance. Enjoy the good company of family and friends at Longstreet Farm as we honor this early American holiday.

**Monday, May 31, 12:00-3:00 PM**

### Future Farm Hands

(ages 3-4)

Youngsters will immerse themselves in farm life and learn how the animals and crops support a farm's mission creating food and fiber. Each week includes a hands-on activity.

**One Session \$15.00 Per Session**

Longstreet Farm

**Wed, Apr 7 10:00-11:30 AM ..... F0212A**

**Wed, Apr 14 10:00-11:30 AM ..... F0312A**

**Wed, Apr 21 10:00-11:30 AM ..... F0412A**

**Wed, Apr 28 10:00-11:30 AM ..... F0512A**

**Wed, May 5 10:00-11:30 AM ..... F0612A**

**Wed, May 12 10:00-11:30 AM ..... F0712A**

### Parent/Child Morning Chores

(ages 4 and up, under 14 with registered adult)

Rise and shine! Help the farm staff with morning chores. You and your child will experience lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Please wear closed-toe shoes and dress for the outdoors. Registration is required.

**One Session \$5.00 Per Person**

Longstreet Farm

**Sat, Mar 6 8:00-9:30 AM ..... F1012A**

**Sat, Apr 3 8:00-9:30 AM ..... F1112A**

**Sat, May 1 8:00-9:30 AM ..... F1212A**

### *Historic Skills Instruction*

As part of our effort to preserve historic skills, Longstreet Farm now offers one-on-one instruction for cookstove lessons, butter/cheese making, knitting, crochet, embroidery, cross-stitch and hand-sewing.

Are you interested in learning a skill not listed here? Reach out to us! For more information or to schedule a session, please call our office at 732-946-3758.



**Milling Demonstrations** *Free*

Experience the marvelous engineering and ingenuity of yesteryear at Waln's Mill. On weekends, April through November, corn is ground into meal in our automated mill from 1:00-4:00 PM.

**Walnford in Bloom**

Spring has sprung at Walnford! Explore the historic buildings and enjoy the blossoming landscape as the flowers of Walnford unfurl their petals. Pack a lunch and picnic on the bank of Crosswicks Creek amidst our floral backdrop. Staff will be available to assist in the identification of plant species.

**Walnford Day!** *Free*

Listen to the rumble of Waln's mill as corn is ground into meal, take a tour of the Waln family home, and enjoy the site from a horse-drawn wagon as we celebrate life as it once was. With a multitude of historic demonstrations held throughout the day, there will be something for everyone to enjoy!

*See our centerfold ad for more details.*

**Sunday, May 16, 11:00 AM-5:00 PM**



**Tours of Historic Battery Lewis**

Hartshorne Woods Park, Highlands  
(Rocky Point Section)

**Tours planned to begin in late May.**

*Check [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) for full details.*

The 224-acre **Navesink Military Reservation** sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. During WWII, batteries for heavy artillery were built on the site to modernize coastal defense efforts, and during the Cold War Era the site served as a missile defense site and command center.

The Park System recently completed a four-year restoration of Battery Lewis which included repairs to the structure, an addition of a 16-inch gun barrel and an interpretive exhibit.

# Exploring Parks Together



## *Time spent with family is time well spent.*

For over 60 years the Monmouth County Park System has worked hard to offer beautiful places and spaces for citizens to enjoy. Parks offer places to spend time together, space to recreate and destress, and the opportunity to easily create memories that last a lifetime, all things we need with the pandemic looming around us.

Whether you don't get to your Monmouth County parks often, or you're a frequent visitor, here are some ideas to get you out of the house together and enjoying the beautiful parks around us.

**Go on a scavenger hunt.** On page 18 is a scavenger hunt for your family to explore the parks and work together. Check off your finds as you visit the parks and submit your form for a chance to win a prize.

**Games.** Remember the games from your childhood? You don't need cards or balls or trinkets. Get a group together and play "Red Rover", "Red Light/Green Light" or "Hide & Seek".

**Play in the sand.** The Park System's waterfront locations are open year-round, so grab the sand toys and build a sandcastle or sculpture. It doesn't need to be summer to enjoy the shore.

**Pack a picnic.** Whether you use a picnic blanket or one of our picnic tables, the parks are a great place to enjoy lunch, dinner or a tasty snack. Check out our Pinterest page for ideas on healthy foods to pack for your picnic.

**Sleep under the stars.** Spring is upon us and that means the campgrounds at **Turkey Swamp Park**, Freehold, will be opening soon. From April 1-November 15 you can reserve a campsite to detach from the electronics and become more at one with nature.

**Cloud shapes.** When is the last time you laid on the grass or on a blanket and stared up at the sky? Using your imagination to discern the shapes in the clouds is fun at any age.

**Watch for wildlife.** Our parks offer habitats for many creatures, and it's exciting to see what you may spot while on a walk. With a bit of patience, you never know the beautiful creatures you'll see on your visit. Make a game of it and start writing down what you spot each visit until you reach 20 (or 30, or 40, or even 50!).

**Fishing.** Grab your poles and head to one of the Park System's lakes. Freshwater fishing is both relaxing and a great way to bond with your children. Just remember to obtain your Freshwater Fishing License for anglers 16 and over. And if it becomes your newest hobby you may want to consider entering one of our Freshwater Fishing Derbies (p. 14).

No matter what family-fun activity you choose or what park site becomes your favorite, make it a point to spend more time together. We look forward to seeing you!

**ARTS & CRAFTS**

**Celebrate Mother’s Day**

*(ages 2-5, with adult)*

Head to Dorbrook Recreation Area to spend some creative quality time with mom, grandma or another special person you'd like to celebrate the holiday with! We will begin by reading the rhyming favorite *Is Your Mama a Llama?* by Deborah Guarino. Next, we will create a themed Mother's Day craft together. If time allows we may go for a walk through the park together to find some May flowers sprouting up. If the weather permits, we will hold the program outside. In the event of inclement weather, we will move indoors.

**One Session \$18.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Sat, May 8 10:00-11:00 AM..... A4812A**

**If You Give a Mouse a Cookie**

*(ages 2-5, with adult)*

What might happen *If You Give a Mouse a Cookie*? Come learn and enjoy this famous children's book by Felicia Bond with your young reader as we find out what else this mouse gets into on his adventure! After the story, we will create a take-home craft for reinforcement. If time allows, we may head outside for everyone's favorite activity – the parachute!

**One Session \$18.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Sat, Mar 13 10:00-11:00 AM..... A4612A**

**Mouse Paint**

*(ages 2-5, with adult)*

*Mouse Paint* by Ellen Stoll Walsh is a beloved children's book that tells the story of three adventurous mice that dip their feet in paint and learn how to mix colors (by accident!). Join us at Dorbrook with your little one to read the story together, learn a little bit about color theory and create a unique art project together. We can't wait to see the colors you create! If the weather permits, we will hold the program outside. In the event of inclement weather, we will move indoors.

**One Session \$18.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Sat, May 15 10:00-11:00 AM ..... A4912A**

**The Very Hungry Caterpillar**

*(ages 2-5, with adult)*

Come celebrate this beloved story with us at Dorbrook Recreation Area! *The Very Hungry Caterpillar* by celebrated children's book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together and make a take-home craft.

**One Session \$18.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Sat, Apr 10 10:00-11:00 AM..... A4712A**

**Sunday Ceramics**

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts! Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week. *Children under the age of 12 must register with an adult to accompany them.*

**One Session \$6.00 Per Person**

*Pre-registration fee is for studio time only.*

*Bisque ware is to be purchased on site on the day of the program.*

**Thompson Pk Creative Arts Center**

**Sunday, March 7**

**11:00 AM-12:00 PM #ZA712A**

**12:30-1:30 PM #ZA812A**

**2:00-3:00 PM #ZA912A**

**Sunday, April 11**

**11:00 AM-12:00 PM #ZAA12A**

**12:30-1:30 PM #ZAB12A**

**2:00-3:00 PM #ZAC12A**

**Sunday, May 2**

**11:00 AM-12:00 PM #ZAD12A**

**12:30-1:30 PM #ZAE12A**

**2:00-3:00 PM #ZAF12A**

For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or [ccarlson@monmouthcountyparks.com](mailto:ccarlson@monmouthcountyparks.com).

## FAMILY FUN

### Big Brook's Egg Hunt for Kids

(ages 3-8, with adult)

Celebrate the coming of spring with fun-filled activities and an egg hunt! Meet a live bunny, play games, and even take photos with the Easter Bunny! Make sure to bring your own basket to fill up with all of the candy filled eggs you find! Activities will run from 12:00-1:00 PM followed by the egg hunt at 1:00 PM.

**One Session \$15.00 Per Child**

Big Brook Pk Lower Pond Lot

**Sat, Mar 27 12:00-1:30 PM ..... U1312A**

### Flashlight Easter Eggstravaganza

(all ages, under 18 with adult)

Who knew eggs could be so much fun?! Roll, catapult and create art with eggs! Exciting egg-games and egg-art are just the warm up for the main event. E.B. himself will make an appearance to oversee our Easter egg hunt – in the dark! So, bring your flashlight, a basket and get hopping! Children should wear play clothes.

**One Session \$29.00 Per Family**

Fort Monmouth Rec Ctr

**Fri, Mar 12 7:00-8:00 PM ..... MCV12A**

**Fri, Mar 19 7:00-8:00 PM .....M2412A**

### Hula Hooping: Family Fun & Fitness

(ages 5 and up, with adult)

Hula hooping, family style. Spend some time together while learning the basic "how to" of spinning the hula hoop, both on the core and on other body parts. Learn some hoop tricks, combos, and have fun with basic hoop dance. We plan to hoop outside, so wear weather appropriate clothes you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class but feel free to bring hoops if you have them. Class will be held outdoors, weather permitting.

Instructor: Eryka Andrex

**Six Sessions \$108.00 Parent/Child**

Dorbrook Rec Area Barnview Shelter Bldg

**Sun, Apr 18-May 23 10:00-11:00 AM..... X5512A**

### Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggly® and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, hands-on age appropriate science experiments such as creating elephant tooth paste and Mentos® soda rockets. Then enjoy the warmth of the fire while nibbling s'mores and sipping hot chocolate. Participants are responsible for bringing their own s'mores supplies. Roasting sticks will be provided. All participants have the option to bring their own Snuggly®!

**One Session \$15.50 Parent/Child \$9.50 Additional Sibling**

Shark River Pk Shelter Bldg

**Sat, Mar 27 5:30-7:00 PM .....W1812X**

## HORTICULTURE

### Cactus Grafting Workshop

(all ages, under 18 with adult)

Come to the greenhouse and see our collection of succulents and cacti. We will teach you about their adaptations and care. Here you will select the parts of your future creation. In the shop we will demonstrate the grafting techniques and it will be your turn to follow as you make a one of a kind combination plant to take home. All supplies will be provided.

**One Session \$12.50 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Mar 6 11:00 AM-12:15 PM ..... H0712A**

### St. Patrick's Day Green Thumbs

(all ages, under 18 with adult)

For many gardeners, the arrival of St. Patrick's Day marks the beginning of early spring seed sowing. Learn a few tricks and techniques for successful seed germination and try out your green thumbs. The seeds you start are yours to grow. This is a free program; however, registration is required.

**One Session FREE!**

Deep Cut Gardens Horticultural Center

**Wed, Mar 17 10:00-11:00 AM.....PH031A**

**Under the Sea at Deep Cut Gardens** 

*(ages 3-5, with adult)*

We have the perfect ocean experience for your child. This engaging storytime is filled with familiar sea characters, crafts, and songs. Children will laugh, play, and create a "seaquarium" to take home and continue learning about the ocean.

**One Session \$9.95 Parent/Child**

Deep Cut Gardens Horticultural Center

**Tue, Mar 9 10:15-11:15 AM.....H0312A**

**Tue, Mar 23 10:15-11:15 AM .....H2612A**

**Eagle Boat Tour at the Manasquan Reservoir**

*(all ages, under 18 with adult)*

The Manasquan Reservoir is home to magnificent Bald Eagles. Take advantage of this evening pontoon boat tour and find out about our resident family. They are frequently seen in addition with other great wildlife. Bring your cameras! We meet at the Environmental Center boat dock. **Please Note: Life-jackets are provided and must be worn by all passengers.**

**One Session \$8.50 Per Person**

Manasquan Res Env Ctr

**Fri, May 14 5:30-6:30 PM.....I3912A**

**Fri, May 14 6:45-7:45 PM.....I4012A**

**Fri, May 28 5:30-6:30 PM.....I2412A**

**Fri, May 28 6:45-7:45 PM.....I2512A**

**NATURE**

**Animal Hours at a Park Near You!**

*(all ages, under 18 with adult)*

What does a living snake feel like? How did the box turtle get its name? Is it a toad or a frog? You will get the answers to these questions and more during our special live animal visits. Get a close up view of some of the animals that normally live at the Huber Woods Reptile House and learn about the special characteristics and behaviors of each species.

**One Session \$3.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Tue, Mar 2 4:30-5:30 PM .....IKF12A**

Tatum Pk Red Hill Act Ctr

**Sun, Mar 28 10:00-11:00 AM ..... IKG12A**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Sun, Apr 11 10:00-11:00 AM ..... IKH12A**

Big Brook Pk Elsas Lodge

**Tue, May 4 4:30-5:30 PM ..... IKJ12A**

**Eco-Kayak Tour of the Manasquan Reservoir**

*(ages 10 and up, under 18 with adult)*

Tour the Manasquan Reservoir with a Park Naturalist guide and experience nature close up. If lucky, we'll glimpse bald eagles resting, great blue herons stalking prey or turtles basking in the sun. No experience is needed. Basic paddling instruction will be given before the trip begins. Each trip's course will vary according to water level, weather and ability of the group. Single and tandem kayaks are available on a first-come first-serve basis. Weight limits are 250 lbs for single kayaks and 400 lbs for tandems.

**One Session \$25.00 Per Person**

Manasquan Res Outdoor Area

**Sat, Apr 24 1:00-2:30 PM.....I3312A**

**Wed, May 19 1:00-2:30 PM.....I3412A**

**Sun, May 30 1:00-2:30 PM .....I3512A**

**Earth Day Dune Planting** 

*(ages 4 and up, under 18 with adult)*

**Thursday, April 22, 4:00-6:00 PM**

Bayshore Waterfront Park, Port Monmouth

Are you stuck wondering how you can help the environment for this year's Earth Day? Get hands-on with our dune restoration project. By planting native grasses and other perennials, your actions will provide valuable habitat for local wildlife. Plants are in limited supply so this program will be first come, first served.

# Earth Day Outdoor Walks & Activities

**Saturday, April 24, 2021**

Earth Day is one of the best times of the year to get outside and into nature either by yourself or with family and friends. Activities are on a first come, first served basis with the exception of "Let's Talk Saltwater Fish" which requires pre-registration (see below). Activities have a limit of 15 participants unless otherwise noted.

Check in with Park System staff upon arrival to get your name on an attendance list.

## LET'S TALK SALTWATER FISH

**10:30-11:30 AM at the Bayshore Waterfront Park Activity Center, Port Monmouth**

Join an experienced angler for an informative talk about what you can catch along the Jersey shore; as well as discuss bait, tackle and other gear. Whether you're an experienced angler or just getting started, this program has the information you need to help you become a more adaptable angler.

Limit of 10 participants; children over age 12 are welcome with a registered adult.

This is a free program; however, pre-registration is required. Program number: #PIKG1A.

## NATURE WALKS

**Freneau Woods Park Visitor Center, Aberdeen Township**

**Walks begin at 10:00 AM, 12:00 PM & 2:00 PM**

What better way to celebrate Earth Day than a walk in the woods. Experience the many wondrous events happening right before your eyes. A Park System Naturalist will lead the walk and highlight the many sights, sounds and smells of the spring season. Please wear appropriate footwear as trails might be muddy. Walks are approximately one hour.

## POND WALKS

**Holmdel Park Pond View Shelter Building, Holmdel**

**Walks begin at 10:00 AM, 12:00 PM & 2:00 PM**

Pond Walk - Spring has sprung and our ponds are teeming with life! Stroll along the shore of Holmdel Pond with a Park Naturalist, searching for flowers in bloom, dragonflies in flight, or even a turtle on a log. Please wear appropriate footwear as trails might be muddy. Walks are approximately one hour.

## DISCOVER FRESHWATER CREATURES

**Huber Woods Environmental Center, Middletown**

**Walks begin at 10:00 AM, 12:00 PM & 2:00 PM**

Join a Park System Naturalist as we explore life in a shallow pond. We will take scoops of water from a local freshwater pond and make them available for you to explore. These scoops will contain plant material as well as lots of insects to study. The reptile house will also be open for tours afterwards.

Walks are approximately one hour.

## NATURE WALKS

**Manasquan Reservoir Environmental Center, Howell**

**Walks begin at 11:00 AM, 1:00 PM & 3:00 PM**

Explore the woods and wetlands around the Manasquan Reservoir. Join a Park System Naturalist for a short walk near the Environmental Center as we observe local flora and fauna on this outdoor exploration. Walks are approximately ½ hour.

## BIRD WALKS

**Shark River Park Schoolhouse Road Shelter Building, Wall**

**Walks begin at 7:00 AM & 9:00 AM**

Experience the best of morning bird activity with a Park System Naturalist. Monmouth County hosts a wide variety of wildlife year-round and is home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife.

Walks are approximately one hour.

**Eco-Sphere: Life in a Jar**

*(ages 8 and up, under 18 with adult)*

Life on earth is possible due to an unfathomably complicated web of interactions between plants, animals, fungi and the elements around us. Learn about these complex systems that support life as we build our very own self-contained ecosystem. Our habitat will include members from each branch of life as well as a carefully balanced mixture of elements and minerals to provide a sustainable, sealed habitat for years to come.

**One Session \$26.00 Per Person**

Clayton Pk Act Ctr Classroom 2

**Thu, Mar 4 10:30-11:30 AM .....I3612A**

Freneau Wds Pk Vis Ctr Art Room

**Thu, Mar 18 10:30-11:30 AM .....I3712A**

**Explore a Freshwater Pond**

*(ages 10 and up, under 18 with adult)*

SPLASH! What lives in the water? Join a Park System Naturalist to find out first-hand the variety of fish, insects, and plants that make up a pond, and witness how they all live together in a wet community. We will have a fun time as we search the water to examine different small critters and observe wildlife in a natural place. This is a hands-on program. Wear old clothes and sneakers, and be ready to have fun.

**One Session \$9.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Sat, May 15 11:00 AM-12:00 PM .....IK412A**

**Fossiling at Big Brook**

*(ages 8 and up, under 18 with adult)*

Travel back millions of years to when dinosaurs roamed the earth and much of New Jersey was submerged under warm, shallow ocean. Using sieves and trowels, we will search for the remains of marine creatures like sharks and extinct mollusks that once inhabited these ancient waters. We will meet at the parking lot on Boundary Road and hike about ½ mile to our entry point into Big Brook. All persons attending program must wear closed-toe shoes that can get wet. It is highly recommended that participants bring a complete change of clothes including dry footwear for after the program.

**One Session \$11.00 Per Person**

Big Brook Pk Boundary Rd Parking Lot

**Sun, Apr 18 10:00-11:30 AM .....IKZ12A**

**Sat, May 1 10:00-11:30 AM.....IM012A**

**Sun, May 23 10:00-11:30 AM.....IM112A**

**Freshwater Fishing Derby**

*(all ages)*

The Park System is hosting its ninth annual fishing derbies for beginners as well as experienced anglers.

This is a great opportunity to get hooked on a new hobby! No idea how to fish? No problem!

Our staff will provide FREE hands-on clinics to show you how to cast, how to rig and answer any questions you may have.

Prizes will be awarded for the longest fish in three different categories. See derby rules, provided upon registration, for more details. A container of worms is included with each registration.

Fishing poles are available for rent for a cost of \$5 per pole. Rentals are on a first come, first served basis; limited equipment.

**Cost: \$25.00 Per Family of 4; \$8.00 Per Person**

**Manasquan Reservoir Visitor Center, Howell**

**Saturday, June 19, 2:00-5:00 PM #W0113X**

*Free Fishing Clinic from 12:30-1:30 PM*

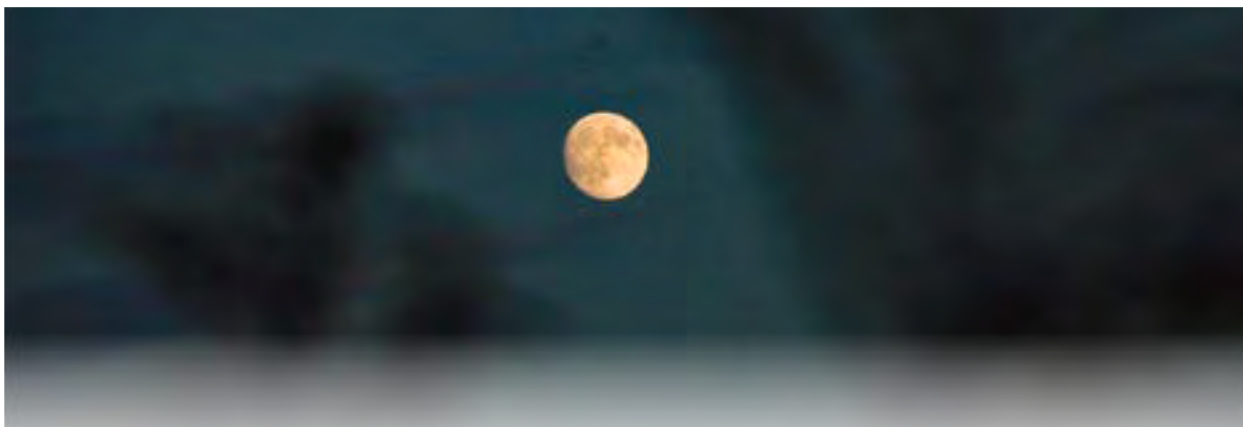
**Turkey Swamp Park, Freehold**

**Sunday, June 20, 2:00-5:00 PM #W0213X**

*Free Fishing Clinic from 12:30-1:30 PM*

*Pre-registration is RECOMMENDED. Limited space available. Cash and checks only accepted on site.*





### Full Moon Walk at Freneau Woods

*(ages 8 and up, with adult)*

Enjoy the rise of the Full Worm Moon of March while we explore the darker side of Freneau Woods Park, a 200+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox. Best of all, after the walk, we will enjoy the sight of the full moon up over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather, and bring a flashlight.

**One Session \$9.00 Per Person**

Freneau Wds Pk Vis Ctr Parking Area

**Sun, Mar 28 7:30-8:30 PM.....IK312A**

### Mother's Day Kayak Tour

*(ages 12 and up, under 18 with adult)*

Treat Mom to an adventure she'll never forget this Mother's Day as we explore the calm waters of the Manasquan Reservoir. All equipment and basic paddling instruction is provided. Wear clothes that can get wet and don't forget sunscreen, insect repellent, and water. Space is limited so register early!

**One Session \$25.00 Per Person**

Manasquan Res Outdoor Area

**Sun, May 9 11:00 AM-12:30 PM .....I3812A**

### Super Heroes and Super Animals!

*(ages 4-7, with adult)*

Become the next super squad of heroes while learning about the superpowers of our wildlife. Once you craft your very own hero mask, you'll take part on a supervillain scavenger hunt, plus enjoy a unique live animal presentation.

**One Session \$10.00 Parent/Child**

Huber Wds Env Ctr

**Fri, May 7 4:00-5:00 PM..... IKD12A**

**Sat, May 22 10:00-11:00 AM .....IKE12A**

### Under the Spring Sky NEW

*(ages 8 and up, under 18 with adult)*

Take a breath, look to the horizon and above, and get to know the universe just outside our world. Our guide will acquaint you with key objects and constellations in the spring night sky. Each participant will receive their own star map to take home. We will meet in the parking lot and walk a short distance to an open space along the trail. Bring a camp chair to rest on as we gaze upon the stars and a flashlight to light your way during our brief trek.

**One Session \$10.00 Per Person**

Sunnyside Rec Area Sunnyside Rd Parking Lot

**Sat, Mar 13 7:00-8:00 PM ..... IM212A**

**Mon, May 17 9:00-10:00 PM..... IM312A**

### World Turtle Day Celebration

*(all ages, under 18 with adult)*

Come join a park naturalist to celebrate World Turtle Day. Enjoy a live turtle show to increase awareness of this amazing group of reptiles. We will meet some of our native turtles species and learn about their threats and what we can do to help them.

**One Session \$8.00 Per Person**

Manasquan Res Env Ctr

**Sun, May 23 1:00-2:00 PM .....I1412A**

**OUTDOOR ADVENTURES**

**Archery Golf**

*(ages 10 and up, under 18 with adult)*

Enjoy archery but feel the need to get your legs moving while doing it? Join us for archery golf, where we use soft-tipped arrows to play a round on our pop-up golf course! All equipment provided, program begins with an introduction to archery safety and target practice.

**One Session \$25.00 Per Pair**

Big Brook Pk Sunfield Pavilion

**Sun, Mar 28 10:00 AM-12:00 PM (approx) . U1112A**  
**Sat, May 22 10:00 AM-12:00 PM (approx) . U1212A**

**Paint by Arrow**

*(ages 9 and up, under 18 with adult)*

Create a spectacular piece of art in a fun and unique way! Learn the basics of archery and use your archery skills to pop balloons and create a masterpiece.

**One Session \$22.75 Per Person**

Big Brook Pk Sunfield Pavilion

**Wed, Mar 24 4:30-6:30 PM ..... U0812A**  
**Sat, Apr 17 1:00-3:00 PM..... U0912A**  
**Sat, May 1 1:00-3:00 PM ..... U1012A**

**Zipline Adventure**

*(ages 12 and up)*

Climb up to the top of Big Brook Park's Adventure Tower! Once you're at the top, enjoy a heart-pounding ride through the trees down Big Brook's steepest zip-line.

**One Session \$30.00 Per Person**

Big Brook Pk Sunfield Pavilion

**Wed, Apr 21 5:00-7:00 PM (approx)..... U0512A**  
**Sun, May 2 1:30-3:30 PM (approx) ..... U0412A**



# Outdoor Adventures Spring Drop-In Activities

## CANOE RENTALS ON MARLU LAKE

(ages 3 and up, under 18 with adult)

Thompson Park, Lincroft

Rent a canoe at Thompson Park's Marlu Lake and enjoy paddling locally. All equipment is provided.

**Cost: \$15.00 per boat (tax included) for 1-3 people for 2 hours of canoeing**

All rentals must be returned by 3:00 PM. Cash or check only.

**Spring Rentals**

**10:00 AM-3:00 PM on Saturday & Sunday, May 29 & 30**

## CLIMB TIME



(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will get to experience the thrill of rock climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

**Sunday, April 25, 12:00-3:00 PM** at Clayton Park Activity Center, Upper Freehold

**Sunday, May 16, 12:00-3:00 PM** at Freneau Woods Park, Aberdeen

**Tuesday, May 18, 3:00-6:00 PM** at Freneau Woods Park, Aberdeen

## DROP-IN ZIP-LINE

(ages 8 and up, with adult)

Big Brook Park, Marlboro

Experience the thrill of zip-lining on our beginner zip-line! Instructors will outfit you with all safety gear and get you soaring through the sky! Park at Big Brook Park's Lower Pond lot and follow the signs to our zip-line registration table. All equipment is provided. Participants must wear closed-toe, closed-heel shoes, and face coverings. Limited number of equipment on a first-come basis. Registration ends at 1:00pm.

**Cost: \$15 per person, cash or check only; fee includes two rides down the zip-line**

**Dates: Sunday, April 11, 10:00 AM-2:00 PM & Sunday, May 23, 10:00 AM-2:00 PM**

For more information call 732-834-9606, ext. 2, or email [jordan.holaday@monmouthcountyparks.com](mailto:jordan.holaday@monmouthcountyparks.com)

## OPEN SHOOT ARCHERY

(ages 10 and up, under 18 with adult)

Thompson Park, Lincroft

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is not a beginner instructional program. If you are new to archery, register for one of our instructional "Take a Shot" classes prior to attending.

Please dress for the weather as the Activity Barn is not heated. All equipment is provided.

**Cost: \$10 per person (cash or check only)**

**Saturday, February 20, 10:00 AM-2:00 PM**

**Saturday, March 20, 10:00 AM-2:00 PM**

**Saturday, April 24, 10:00 AM-2:00 PM**

**Tuesday, May 11, 7:00 PM - 9:00 PM**

**Saturday, May 22, 10:00 AM-2:00 PM**

For more information please call 732-842-4000, ext. 4236, or email [doug.kalucki@monmouthcountyparks.com](mailto:doug.kalucki@monmouthcountyparks.com).



## ARTS & CRAFTS

### Craft 'n' Play

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Children will express themselves through crafts while exploring seasons and holidays together, as well as enjoy some time in our play area. We'll wrap up class with a few instructor guided activities in our "little gym", where parents and children are welcome to stay and play on their own.

Fort Monmouth Rec Ctr Prog Rm B

**One Session \$22.00 Parent/Child \$15.00 Additional Sibling**

**Sat, Mar 20 9:30-10:15 AM .....M3612X**

**Sat, Apr 17 9:30-10:15 AM .....M3712X**

**Sat, May 22 9:30-10:15 AM.....M3812X**

**Four Sessions \$55.00 Parent/Child \$42.00 Additional Sibling**

**Wed, Mar 31-Apr 21 9:30-10:15 PM.....M3412X**

**Wed, May 5-26 9:30-10:15 AM.....M3512X**

### Let's Create!

(ages 2-4, with adult)

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning with our experienced instructors working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home. Groups will remain small and class space is limited.

**Six Sessions \$62.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Mon, Mar 8-Apr 12 10:00-10:45 AM..... A5712A**

**Tue, Mar 9-Apr 13 10:00-10:45 AM ..... A5812A**

**Wed, Mar 10-Apr 14 11:00-11:45 AM ..... A5912A**

**Thu, Mar 11-Apr 15 10:00-10:45 AM ..... A6012A**

**Fri, Mar 12-Apr 16 10:00-10:45 AM ..... A6112A**

Henry Hudson Trail Act Ctr

**Mon, Mar 8-Apr 12 10:00-10:45 AM..... A5612A**

### Messy Art Sampler - Outside Adventure!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, squirt guns, balloons and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. **Please Note: In the case of inclement weather, we'll move the class indoors.**

**Four Sessions \$45.00 Parent/Child \$35.00 Additional Sibling**

Fort Monmouth Rec Ctr Prog Rm B

**Wed, Mar 31-Apr 21 10:30-11:15 AM .....M2512X**

**Wed, May 5-26 10:30-11:15 PM.....M2612X**

## Reserve a Preschool Program Just for Your Family & Friends!

We know how tough 2020 was for families, so we want to offer a ray of sunshine: you can now book two of our popular preschool programs as private classes. Since you are reserving it, you get to choose who is invited to attend with you!

### Art Capades

(ages 2-4, with adult)

Children will explore art mediums and materials to create their own unique works of art. Enjoy 1 ¼ hours of creative arts & crafts with an instructor, as well as activity time to enjoy our playground.

### Messy Art Sampler - Outside Adventure!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors. Toddlers will delight in paint, glitter and glue, while exploring and expressing themselves through art. Enjoy 1 ¼ hours of creative arts & crafts with an instructor, as well as activity time to enjoy our playground.

**Cost: \$75.00 per group**

**Maximum of 5 parent/child pairs per class**

**Location: Fort Monmouth Recreation Center**

For questions or to schedule, contact Ann at [Ann.Sage@monmouthcountyparks.com](mailto:Ann.Sage@monmouthcountyparks.com) or 848-456-4278, ext. 4#.

**CULINARY ARTS**

**Chocolate Fun for Everyone**

*(ages 8-12, with adult)*

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill

**One Session \$75.00 Per Pair**

[Dorbrook Rec Area Vis Ctr](#)

**Sat, Apr 24 10:00 AM-1:00 PM.....AA912A**

**Wizarding Treats**

*(ages 8-12, with adult)*

Surprise your friends with edible creations inspired by the Wizarding World of Harry Potter! From the halls of Hogwart's, Professor Dumbledore has officially appointed Chef Stephen as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast.

Menu: Butterbeer, Chocolate Dipped Nimbus 2000s, Sorting Hat Cupcake Cones and Ham & Swiss Howlers  
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$65.00 Parent/Child**

[Fort Monmouth Rec Ctr Kitchen](#)

**Sat, Mar 6 10:00 AM-2:00 PM.....MBF12A**

**EDUCATION & ENRICHMENT**

**Adventures in Reading**

*(ages 2-5, with adult)*

Reading is fun for everyone! In this hands-on series, each session will focus on a certain author, including favorites like Eric Carle and Dr. Seuss. We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. Sessions taught by a NJ Certified Teacher. This is a great follow up program to Little Learners! Please note, the session at Henry Hudson is indoors and the session at Dorbrook is mostly outdoors with the possibility of coming inside to complete a craft.

**Six Sessions \$64.00 Parent/Child**

[Henry Hudson Trail Act Ctr](#)

**Fri, Mar 12-Apr 16 10:00-11:00 AM ..... A7012A**

[Dorbrook Rec Area Prog Bldg](#)

**Fri, Apr 30-Jun 4 11:15 AM-12:15 PM ..... A7112A**

**Bricks 4 Kidz® Spring Parent/Child Workshop**

*(ages 3-5, with adult)*

You and your child will build a mini house and design a flower garden with fences and trees made out of LEGO® bricks. Learn, build and play during this special spring program. Take home a mini LEGO® garden you created together.

**One Session \$25.00 Parent/Child \$10.00 Additional Sibling**

[Thompson Pk Vis Ctr Beech Room](#)

**Sat, Apr 10 12:00-1:00 PM ..... Q3412X**

**Keyboard Beginnings Music**

*(ages 4 1/2-6, with adult)*

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. To receive the full benefits of this class, it is highly recommended your child has access to a keyboard or piano at home for short follow up assignments. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings to class. A materials fee of \$20 is payable to the instructor on the first day of class. Children will receive a Keyboard Beginnings Music Book 1 with music accompaniments for home practice, lesson outlines, a rhythm instrument and crayons.

**Seven Sessions \$132.00 Parent/Child**

[Thompson Pk Vis Ctr Tulip Room](#)

**Mon, Apr 12-May 31 4:00-4:45 PM. .... A4212A**

*No class 5/24*



## Keyboard Beginnings - Level 2

(ages 4-7, with adult)

This class is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play several songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings to class. A materials fee of \$20 is payable to the instructor on the first day of class. Children will receive Keyboard Beginnings Music Book 2 with music accompaniments for home practice, lesson outlines, flash cards and a concentration game.

**Seven Sessions \$130.00 Parent/Child**

Thompson Pk Vis Ctr Tulip Room

**Mon, Apr 12-May 31 5:00-5:45 PM..... A4312A**

No class 5/24

## Little Learners

(ages 2-4, with adult)

Join us for an introduction to literacy that is fun and engaging for your curious little ones! We will work on reading skills using play, movement, art, stories and circle time activities! It's never too early to introduce your child to literacy in an exciting way that will give them a love for learning and reading! Each session will offer a theme linked to each story. The first session takes place indoors. The second session will be outdoors with some time spent indoors to complete a craft.

**Six Sessions \$63.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Wed, Mar 10-Apr 14 9:30-10:15 AM..... A6212A**

**Wed, Apr 28-Jun 2 9:30-10:15 AM ..... A6312A**

## HORTICULTURE

### Garden Time Together

(ages 3-5, with adult)

Discover the garden and find signs of spring. Explore our paths, the colors, and the aromas as we go on a walk, hear a story, and engage with a garden craft. All of that and more is awaiting you and your little one at beautiful Deep Cut Gardens.

**Three Sessions \$40.00 Parent/Child**

Deep Cut Gardens Horticultural Center

**Tue, Apr 6-20 10:00-11:15 AM..... H3512A**

## Little Green Thumbs

(ages 4-6, with adult)

Inspire your little gardener with these fun take home plant projects. They include planting in our own decorated pots, making tiny moss terrariums and making seed bombs for their own gardens at home. It's lots of fun while learning how seeds start and plants grow.

**One Session \$15.00 Per Child**

Manasquan Res Env Ctr

**Wed, Apr 21 11:00 AM-12:00 PM ..... I2312A**

**Fri, Apr 30 11:00 AM-12:00 PM ..... I2212A**

## NATURE

### Dad's An Animal (And So Am I!)

(ages 4-7, with adult)

Celebrate father son/daughter time by learning about super animal dads! Each parent and child will have tons of fun listening to a story, completing an obstacle course, and creating a mini shelter in the woods.

**One Session \$18.00 Parent/Child \$6.00 Additional Person**

Huber Wds Env Ctr

**Sun, May 16 10:00-11:30 AM..... IKB12X**

**Sun, May 16 1:30-3:00 PM ..... IKC12X**

### My First Fish

(ages 6-12, with adult)

Have you seen the look on the face of children when they catch that first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch and release program. Bait, fishing poles and instruction are provided.

**One Session \$15.00 Per Child**

Turkey Swamp Pk

**Sun, Apr 18 10:30 AM-12:00 PM..... I2712A**

**Tue, Apr 27 4:00-5:30 PM ..... I2612A**

**Sat, May 1 10:30 AM-12:00 PM ..... I2812A**

**Fri, May 14 4:00-5:30 PM..... I2912A**

**Spring Tales and Forest Fun**

*(ages 2-5, with adult)*

Is there too much virtual in your child’s reality? The forests will be our gateway to spring marvels of the natural world. Let’s spy on a bunny, hunt for bird nests, or follow a butterfly during our easy walks suited for your young walker. Imaginative stories, games, and a fun craft will round out each weekly session.

**Four Sessions \$44.00 Parent/Child**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Wed, Apr 14-May 5 10:00-11:30 AM . . . . .IKR12A**

Huber Wds Env Ctr

**Tue, Apr 13-May 4 10:00-11:30 AM . . . . .IKS12A**

**OUTDOOR ADVENTURES**

**“I Can Ride My Bike All By Myself!”**

**Private Lessons**

*(ages 5-9)*

Your child’s basic bicycle skills will improve as they work side by side with an expert during this private lesson. They will start to develop the essential skills needed to get off those training wheels and onto two wheels. All classes will start in a enclosed area with a hard surface floor. Parents will be asked to assist the instructor as necessary. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

**One Session \$85.00 Per Person**

Thompson Pk Activity Barn

- Sat, Apr 10 10:30-11:30 AM . . . . .W2212A**
- Sat, Apr 10 11:45 AM-12:45 PM . . . . .W2312A**
- Sat, Apr 10 1:00-2:00 PM . . . . .W2412A**
- Sat, Apr 17 10:30-11:30 AM . . . . .W2512A**
- Sat, Apr 17 11:45 AM-12:45 PM . . . . .W2612A**
- Sat, Apr 17 1:00-2:00 PM . . . . .W2712A**
- Sat, May 8 10:30-11:30 AM . . . . .W2812A**
- Sat, May 8 11:45 AM-12:45 PM . . . . .W2912A**
- Sat, May 8 1:00-2:00 PM . . . . .W3012A**
- Sat, May 15 10:30-11:30 AM . . . . .W3112A**
- Sat, May 15 11:45 AM-12:45 PM . . . . .W3212A**
- Sat, May 15 1:00-2:00 PM . . . . .W3312A**
- Sat, May 29 10:30-11:30 AM . . . . .W4012A**
- Sat, May 29 11:45 AM-12:45 PM . . . . .W4112A**
- Sat, May 29 1:00-2:00 PM . . . . .W4212A**

**Bicycle Basics: Throw Away Those Training Wheels**

*(ages 5-9)*

Get your child off their training wheels and onto two wheels! Watch their confidence soar during this two day training. They will practice riding in a enclosed area with a hard surface floor. Small classes provide individual attention as the rider builds bicycle skills. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a check up. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets(CPSC label inside helmet). Parents will be asked to assist the instructor as necessary and to practice riding in between sessions.

Instructor: Wally Tunison

**Two Sessions \$45.00 Per Person**

Thompson Pk Activity Barn

- Sat, Apr 10-17 9:00-10:15 AM . . . . .W2012A**
- Sat, May 8-15 9:00-10:15 AM . . . . .W2112A**
- Sat, May 29-Jun 5 9:00-10:15 AM . . . . .W3912A**

**Hiking Adventures - A Toddler’s Perspective**

*(ages 2-5, with adult)*

Enjoy a refreshing morning with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary with the group’s stamina. Additional children under the age of two are welcome to join in at no charge.

**One Session \$15.00 Parent/Child \$6.00 Additional Sibling**

Hartshorne Wds Buttermilk Valley Parking Lot

**Sat, Mar 13 10:00-11:30 AM . . . . .W4412X**

Deep Cut Gardens Outdoor Area

**Sat, Apr 17 10:00-11:30 AM . . . . .W4512X**

Henry Hudson Trail Popamora Point Parking Lot

**Sat, May 15 10:00-11:30 AM . . . . .W4612X**



### Nature Tots & Young Explorers

(ages 2-5, with adult)

Spring into spring with your toddler and explore the scenic trails of the county parks. Your young explorer will discover nature and enjoy fun craft activities and stories. Designed for tots with little legs and short attention spans, actual hiking time and distance will vary with the group's stamina. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge.

**Three Sessions \$39.00 Parent/Child \$16.50 Additional Sibling**

#### Frog Series

3/3 - Dorbrook Rec Area Vis Ctr Parking Lot

3/10 - Huber Wds Env Ctr Parking Lot

3/17 - Tatum Park Holland Act Ctr Parking Area

**Wed, Mar 3-17 10:00-11:30 AM.....W5212X**

#### Hummingbird Series

4/16 - Holmdel Pk Hilltop Shelter Bldg

4/23 - Shark River Pk Shelter Bldg

4/30 - Thompson Park Filly Run Parking Lot

**Fri, Apr 16-30 10:00-11:30 AM .....W5312X**

#### Gull Series

5/6 - Manasquan Res Env Ctr Parking Lot

5/13 - Turkey Swamp Pk Shelter Bldg

5/20 - Hartshorne Wds Rocky Point Parking Lot

**Thu, May 6-20 10:00-11:30 AM.....W5412X**

## PLAY GROUP

### Baby Boomers

(ages 9 months-18 months, with adult)

Babies develop socialization skills and togetherness with mom or dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or dad will meet new people and have fun in a program designed for babies that are not yet walking.

**Six Sessions \$60.00 Parent/Child**

Tatum Pk Holland Act Ctr

**Fri, Mar 5-Apr 16 9:15-10:00 AM..... X9412A**

*No class 4/2*

**Fri, Apr 23-May 28 9:15-10:00 AM ..... XA012A**

### Growing Together

(ages 2-4, with adult)

Join us this spring as we go outside at Dorbrook Recreation Area to read stories, sing songs and engage in nature-related activities. This mommy and me program is designed to promote outdoor learning through play. Please bring along your smiles and a blanket to sit on while we are outside. This program takes place primarily outdoors with some time spent inside to complete a craft.

**Six Sessions \$62.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Wed, Apr 28-Jun 2 11:15 AM-12:00 PM. . . . A5012A**

### Kixx Soccer & Crafts

(ages 3-5, with adult)

Learn, play, create. Expand your toddler's abilities while we combine age-appropriate sports activities with related art projects. Get a head start on early preschool skills including socialization, following directions, sharing, and transitions. Each class will start with basic soccer skills and games focusing on gross motor skills, then we will work on our fine motor skills creating art projects. Come play a game of Red Light, Green Light and then make your own traffic light.

**Four Sessions \$60.00 Per Person**

#### Indoor Season

Fort Monmouth Rec Ctr Gym A

**Tue, Mar 9-30 10:30-11:15 AM ..... MA112A**

#### Spring Season 1

Fort Monmouth Rec Ctr Outdoor Area

**Tue, Apr 13-May 4 10:30-11:15 AM ..... MA212A**

#### Spring Season 2

Fort Monmouth Rec Ctr Outdoor Area

**Tue, May 18-Jun 8 10:30-11:15 AM ..... MA312A**

**Let's Play Outside!**

*(ages 2-4, with adult)*

Let's get outdoors in your favorite park! Time spent outside is an important part of childhood development that fosters learning skills. Our instructors will lead you through story time, nature walks or simple songs and activities to make your park visits more creative; all in an open air environment and in small groups. Participants may be asked ahead of time to bring common equipment from home like a blanket. Program may be cancelled due to inclement weather. Activities are subject to change.

**Six Sessions \$62.00 Parent/Child**

Dorbrook Rec Area Prog Bldg

**Mon, Apr 26-Jun 7 10:00-10:45 AM . . . . . A6412A**

*No class 5/31*

**Mon, Apr 26-Jun 7 11:15 AM-12:00 PM . . . A6512A**

*No class 5/31*

**Tue, Apr 27-Jun 1 10:00-10:45 AM . . . . . A6612A**

**Wed, Apr 28-Jun 2 10:00-10:45 AM . . . . . A6712A**

**Thu, Apr 29-Jun 3 10:00-10:45 AM . . . . . A6812A**

**Fri, Apr 30-Jun 4 10:00-10:45 AM . . . . . A6912A**

**Miss Melissa's Aardvarks**

*(ages 6 months-5 years, with adult)*

Music for Aardvark classes was developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show®! As the teacher plays guitar, the children sing and dance with parent's participation to the coolest children's musical experience ever.

**Please Note: Classes will be held outdoors when weather permits. Please bring a mat, towel or blanket to sit on.**

**Eight Sessions \$180.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling**

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

**Mon, Apr 12-Jun 7 10:00-10:45 AM . . . . . A2212X**

*No class 5/24*

**Mon, Apr 12-Jun 7 4:00-4:45 PM . . . . . A2312X**

*No class 5/24*

Thompson Pk Theater Barn

**Tue, Apr 13-Jun 1 9:30-10:15 AM . . . . . A5412X**

**Tue, Apr 13-Jun 1 10:30-11:15 AM . . . . . A5512X**

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

**Tue, Apr 13-Jun 1 9:30-10:15 AM . . . . . A2612X**

**Tue, Apr 13-Jun 1 10:30-11:15 AM . . . . . A2712X**

**Morning Playtime Plus Two**

*(ages 11 months-3 years, with adult)*

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute. **Please Note: Parent must stay present in the room during class. Drop-offs are not permitted.**

**Six Sessions \$90.00 Mom & 2 children**

Tatum Pk Holland Act Ctr

**Wed, Mar 3-Apr 7 9:15-10:00 AM . . . . . X9112A**

**Wed, Apr 21-May 26 9:15-10:00 AM . . . . . X9712A**

**Morning Playtime**

*(ages 18 months-3 1/2 years, with adult)*

What better way to start your day than by sharing some special time with your child? You and your child will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your child will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute. **Please Note: Parent must stay present in the room during class. Drop-offs are not permitted.**

**Stage 2**

*(ages 18 months-2 years, with adult)*

**Five Sessions \$60.00 Parent/Child**

Thompson Pk Vis Ctr Tulip Room

**Wed, Mar 10-Apr 7 9:15-10:00 AM . . . . . X8312A**

**Wed, Apr 21-May 19 9:15-10:00 AM . . . . . X8612A**

**Six Sessions \$72.00 Parent/Child**

Tatum Pk Holland Act Ctr

**Wed, Mar 3-Apr 7 10:15-11:00 AM . . . . . X9212A**

**Fri, Mar 5-Apr 16 10:15-11:00 AM . . . . . X9512A**

*No class 4/2*

**Wed, Apr 21-May 26 10:15-11:00 AM . . . . . X9812A**

**Fri, Apr 23-May 28 10:15-11:00 AM . . . . . XA112A**

**Stage 3**

*(ages 2-3 1/2, with adult)*

**Five Sessions \$60.00 Parent/Child**

Henry Hudson Trail Act Ctr

**Tue, Mar 9-Apr 6 10:00-10:45 AM . . . . . X7312A**

**Tue, Apr 20-May 18 10:00-10:45 AM . . . . . X7812A**

Thompson Pk Vis Ctr Tulip Room

**Wed, Mar 10-Apr 7 10:15-11:00 AM . . . . . X8412A**

**Wed, Apr 21-May 19 10:15-11:00 AM . . . . . X8712A**

**Six Sessions \$72.00 Parent/Child**

Tatum Pk Holland Act Ctr

**Wed, Mar 3-Apr 7 11:15 AM-12:00 PM . . . . . X9312A**

**Fri, Mar 5-Apr 16 11:15 AM-12:00 PM . . . . . X9612A**

*No class 4/2*

**Wed, Apr 21-May 26 11:15 AM-12:00 PM . . . X9912A**

**Fri, Apr 23-May 28 11:15 AM-12:00 PM . . . XA212A**

### My Morning Playtime

(ages 3-4, with adult)

Our most active Playtime class for preschoolers ready for a little independence. After a brief parent/ child free-play time with our tunnels, trampolines, and other specialized play equipment. Class will progress to themed and movement activities.

**Please Note: Parent/guardian may not be actively participating, but will be asked to monitor their child's behavior.**

**Five Sessions \$60.00 Parent/Child**

Thompson Pk Vis Ctr Tulip Room

**Wed, Mar 10-Apr 7 11:15 AM-12:00 PM ... X8512A**

**Wed, Apr 21-May 19 11:15 AM-12:00 PM.. X8812A**

### Superheroes

(ages 2 1/2-5, with adult)

Let your child's imagination run wild as they unleash their inner superhero! After we read a superhero story we will soar, climb, jump, run and most importantly have fun! Exciting games and activities are designed to build confidence and independence as well as encourage teamwork and problem-solving skills. This unique program will feature a different superhero every week. All your child needs are sneakers and a superhero spirit!

**Six Sessions \$66.00 Parent/Child**

Fort Monmouth Rec Ctr Gym A

**Mon, Mar 8-Apr 12 9:30-10:15 AM.....M6412A**

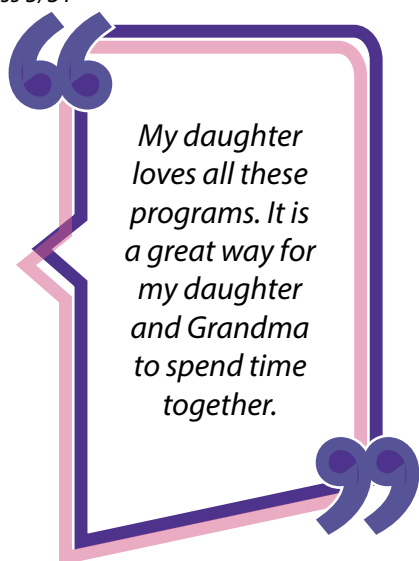
**Mon, Mar 8-Apr 12 10:30-11:15 AM.....M6512A**

**Mon, May 3-Jun 14 9:30-10:15 AM.....M6612A**

*No class 5/31*

**Mon, May 3-Jun 14 10:30-11:15 AM .....M6712A**

*No class 5/31*



### The Power of Play

(ages 2-5)

Few activities are more important for a child's development than play. Each structured session will use games, short demos, and recreation to reinforce following directions, taking turns, fine and gross motor skills, coordination, social and dramatic play, and the repetition necessary to learn new skills. A fun, age-appropriate introduction to competition, winning and losing, and literally overcoming obstacles. Fire up your child's muscles, socialization and imagination all at once.

**Four Sessions \$44.00 Per Person**

Fort Monmouth Rec Ctr Gym A

(ages 2-3, with adult)

**Fri, Mar 5-26 9:30-10:15 AM.....M4612A**

**Fri, Apr 9-30 9:30-10:15 AM.....M4712A**

**Fri, May 14-Jun 4 9:30-10:15 AM .....M4812A**

(ages 4-5)

**Fri, Mar 5-26 10:30-11:15 AM .....M4912A**

**Fri, Apr 9-30 10:30-11:15 AM.....M5012A**

**Fri, May 14-Jun 4 10:30-11:15 AM .....M5112A**

### When You Wish Upon A Star

(ages 2-4, with adult)

"When you wish upon a star, makes no difference who you are" plays an important role in the carefully crafted fantasy that will make boys and girls alike feel as if they are part of the Walt Disney experience. We will bring you many Disney™ themes, from all-time classics up to the most recent. This program will make you feel as if you are in the magical world of Disney™. It will include reading classic stories, making crafts, fun with food, as well as fun and exciting activities such as running, jumping, and playing games. When You Wish Upon a Star will make your dreams come true!

**Five Sessions \$60.00 Per Person**

Big Brook Pk Elsas Lodge

**Fri, Mar 12-Apr 16 11:15 AM-12:00 PM.... X7712A**

*No class 4/2*

**Fri, Apr 30-May 28 11:15 AM-12:00 PM ... X8212A**

Henry Hudson Trail Act Ctr

**Tue, Mar 9-Apr 6 11:00-11:45 AM..... X7412A**

**Tue, Apr 20-May 18 11:00-11:45 AM ..... X7912A**

**SPORTS & FITNESS**



**Basketball with Me & Dad/Mom**

*(ages 5-6, with adult)*

Parent and child will have fun while practicing the skills of passing, shooting and dribbling. Parent participation is required.

**Five Sessions \$60.00 Parent/Child**

Dorbrook Rec Area

**Sat, Apr 10-May 8 9:00-9:55 AM . . . . . XAF12A**

**Five 4 One Sports**

*(ages 2 1/2-3 1/2, with adult)*

Parent and child will have fun learning fundamental sports skills in a safe, noncompetitive environment. Children will improve coordination and motor skills while learning general sports skills through active games and challenges. General skills covered include throwing, catching and kicking. Parent participation is required.

**Five Sessions \$36.00 Parent/Child**

Big Brook Pk Elsas Lodge

**Fri, Mar 12-Apr 16 9:15-10:00 AM . . . . . X7512A**

*No class 4/2*

**Fri, Apr 30-May 28 9:15-10:00 AM . . . . . X8012A**

**Future Stars of Tomorrow**

*(ages 3-5)*

Start 'em young! Your future stars will have fun playing familiar classics, as well as new creative games. We use music, imagination, and fun equipment to engage your child. These activities will enhance eye-hand coordination, gross motor skills, and most importantly teamwork and socialization with others. This is a great drop off experience for your child to meet and play with other children of similar age. Parents welcome at the first session. After the first session children will be on their own; however, parent must stay on site.

**Five Sessions \$60.00 Per Child**

Big Brook Pk Elsas Lodge

**Fri, Mar 12-Apr 16 10:15-11:00 AM . . . . . X7612A**

*No class 4/2*

**Fri, Apr 30-May 28 10:15-11:00 AM . . . . . X8112A**

**Gymnastics**

*(ages 2-3, with adult)*

Help your child improve their balance, listening skills, and so much more while learning gymnastics! Assist your child on a variety of apparatus in basic gymnastics training while we help develop coordination, flexibility and fine and gross motor skills.

**Four Sessions \$55.00 Per Pair**

All American Gymnastics Cindy Lane, Ocean

**Sat, Mar 6-27 9:00-9:45 AM . . . . . MC412A**

**Sat, Mar 6-27 10:00-10:45 AM . . . . . MC512A**

**Sat, Apr 10-May 1 9:00-9:45 AM . . . . . MC612A**

**Sat, Apr 10-May 1 10:00-10:45 AM . . . . . MC712A**

**Sat, May 8-29 9:00-9:45 AM . . . . . MC812A**

**Sat, May 8-29 10:00-10:45 AM . . . . . MC912A**

**Twelve Sessions \$165.00 Per Pair**

Shrewsbury Gymnastics School Broad Street, Shrewsbury

**Tue, Apr 6-Jun 22 9:00-9:45 AM . . . . . MBX12A**

**Tue, Apr 6-Jun 22 10:00-10:45 AM . . . . . MBY12A**

**Thu, Apr 8-Jun 24 9:00-9:45 AM . . . . . MBZ12A**

**Thu, Apr 8-Jun 24 10:00-10:45 AM . . . . . MC012A**

**Hat Trick Hockey - Mites**

*(age 3, with adult)*

The first period of a fun start in sports. Mites wear sneakers not skates, and use specially designed soft equipment. Parental assistance during each class is required. The only equipment you should bring is a camera.

**Four Sessions \$50.00 Parent/Child**

Dorbrook Rec Area

**Sat, Apr 3-24 11:00-11:45 AM . . . . . X4012A**

### Kids Kixx Pee Wee

(ages 2 1/2-3, with adult)

Have fun, play soccer-in that order. The basic concepts of soccer will be taught through games, demonstrations, and modified drills. Small classes are designed to exercise and encourage. Walk-along parent assistance is required.

Four Sessions \$56.00 Per Child

#### Indoor Season

##### Dorbrook Rec Area Act Ctr

Sat, Mar 6-27 9:00-9:45 AM ..... MAC12A  
 Thu, Mar 11-Apr 1 4:00-4:45 PM ..... MAB12A

##### Fort Monmouth Rec Ctr Gym A

Sun, Mar 7-28 11:00-11:45 AM ..... MAD12A  
 Sun, Mar 7-28 12:00-12:45 PM ..... MAE12A  
 Sun, Mar 7-28 1:00-1:45 PM ..... MAF12A  
 Tue, Mar 9-30 9:30-10:15 AM ..... MAA12A

#### Spring Season 1

##### Bayshore Waterfront Park

Wed, Apr 14-May 5 4:30-5:15 PM .....MAJ12A

##### Dorbrook Rec Area

Thu, Apr 15-May 6 9:30-10:15 AM ..... MAK12A  
 Thu, Apr 15-May 6 10:30-11:15 AM .....MAM12A  
 Thu, Apr 15-May 6 4:30-5:15 PM ..... MAN12A  
 Sun, Apr 18-May 9 8:30-9:15 AM ..... MAU12A

##### Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 13-May 4 9:30-10:15 AM ..... MAG12A  
 Tue, Apr 13-May 4 4:30-5:15 PM ..... MAH12A  
 Sun, Apr 18-May 9 9:00-9:45 AM ..... MAV12A  
 Sun, Apr 18-May 9 10:00-10:45 AM .....MAW12A

##### Holmdel Pk Hilltop Area

Fri, Apr 16-May 7 9:30-10:15 AM ..... MAP12A  
 Fri, Apr 16-May 7 10:30-11:15 AM ..... MAQ12A  
 Fri, Apr 16-May 7 4:00-4:45 PM ..... MAR12A  
 Sat, Apr 17-May 8 9:00-9:45 AM ..... MAS12A  
 Sat, Apr 17-May 8 10:00-10:45 AM .....MAT12A

#### Spring Season 2

##### Dorbrook Rec Area

Thu, May 20-Jun 10 9:30-10:15 AM ..... MB312A  
 Thu, May 20-Jun 10 10:30-11:15 AM ..... MB412A

##### Fort Monmouth Rec Ctr Outdoor Area

Tue, May 18-Jun 8 9:30-10:15 AM ..... MAZ12A  
 Tue, May 18-Jun 8 4:30-5:15 PM ..... MB012A  
 Sun, May 23-Jun 20 10:00-10:45 AM ..... MBA12A  
 No class 5/30  
 Sun, May 23-Jun 20 11:00-11:45 AM ..... MBB12A  
 No class 5/30

##### Holmdel Pk Hilltop Area

Fri, May 21-Jun 11 9:30-10:15 AM ..... MB512A  
 Fri, May 21-Jun 11 10:30-11:15 AM ..... MB612A  
 Fri, May 21-Jun 11 4:00-4:45 PM ..... MB712A  
 Sat, May 22-Jun 19 9:00-9:45 AM ..... MB812A  
 No class 5/29

(continued...)

### Kids Kixx Pee Wee continued...

Sat, May 22-Jun 19 10:00-10:45 AM ..... MB912A  
 No class 5/29

##### Thompson Pk

Mon, May 17-Jun 14 9:30-10:15 AM ..... MAX12A  
 No class 5/31

Mon, May 17-Jun 14 10:30-11:15 AM ..... MAY12A  
 No class 5/31

##### Wolf Hill Recreation Area

Wed, May 19-Jun 9 9:30-10:15 AM ..... MB112A  
 Wed, May 19-Jun 9 10:30-11:15 AM ..... MB212A

### Kidz Yoga

(ages 4-6, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared toward children ages 4-6 years old and there are no strict expectations. Join yoga instructor Kim Buono on the mat for this joyful class.

Six Sessions \$60.00 Per Person

##### Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Mar 7-Apr 18 9:30-10:15 AM ..... XAT12A  
 No class 4/4

Sun, Apr 25-Jun 6 9:30-10:15 AM .....XAU12A  
 No class 5/30

### Mommy & Me Yoga

(ages 18 months-2 years, with adult)

Mommy & Me Yoga provides moms the opportunity to regain strength and tone muscle while bonding, singing and playing with their babies. This class will allow both mom and baby to benefit from the practice of yoga while providing a comfortable, supportive environment where moms can meet other moms and create special memories with their babies. Please bring a baby blanket and your baby's favorite toy, preferably something you can hold between your toes like baby keys.

Instructor: Kimberly Buono

Six Sessions \$66.00 Parent/Child

##### Freneau Wds Pk Vis Ctr Prog Rm 2

Mon, Mar 8-Apr 12 10:15-11:05 AM .....XAR12A

Mon, Apr 26-Jun 7 10:15-11:05 AM .....XAS12A  
 No class 5/31

**Sports FUNDamentals**

*(ages 3-5)*

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several different sports in a fun, noncompetitive environment. Sports covered will include soccer, wiffleball, kickball, pillo polo and more.

**Five Sessions \$60.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Sat, Apr 10-May 8 10:00-10:55 AM..... X8912A**

**Sat, Apr 10-May 8 11:00-11:55 AM..... X9012A**

**T-Ball with Me & Dad/Mom**

*(ages 4-5, with adult)*

Parent and child will have fun while learning the fundamental skills of America's pastime in this noncompetitive program. Our instructors will teach the rules of the game as well as cover the basics of catching, throwing, and hitting using the tee. Parent participation is required.

**Five Sessions \$50.00 Parent/Child**

**Dorbrook Rec Area**

**Sat, Apr 10-May 8 9:00-9:55 AM..... X4212A**

**Sat, May 15-Jun 12 9:00-9:55 AM..... X5812A**



# NATURE WATCH



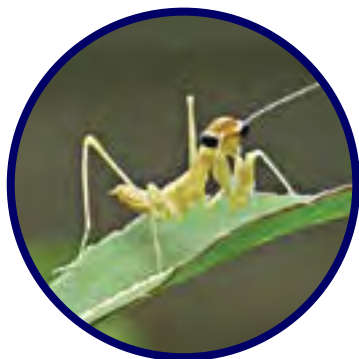
As temperatures begin to warm in early spring, **PRAYING MANTIS** nymphs will emerge from egg sacs often found on twigs and stems. A female praying mantis can lay up to 300 eggs in one sac, though only about one-fifth of those nymphs will survive through adulthood.



## WHAT DOES A PRAYING MANTIS EAT?



*The praying mantis is carnivorous and eats other bugs including mosquitoes, moths, flies, aphids, mites and cockroaches as well as the larvae of the invasive spotted lantern fly, which has been spreading through our area and has been damaging trees.*



## WHY ARE THEY CALLED "PRAYING" MANTISES?



*Because of their posture and how they hold their front legs clasped together, they became known as "praying" mantises.*



## WHICH MANTISES CALL NEW JERSEY HOME?



*The Carolina mantis is native to our area. Some Asian species were introduced to our area many years ago, which will also consume beneficial insects, like pollinators.*

### DID YOU KNOW...

**SOME MANTISES WILL EVEN PREY ON VERY SMALL BIRDS, INCLUDING THE RUBY-THROATED HUMMINGBIRD.**



**ARTS & CRAFTS**

**American Girl® Doll Design**

*(ages 7-10)*

Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or other 18" doll and bring her to class each week.

**One Session \$19.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm A

**Happy Birthday!**

She'll be ready to surprise a doll friend with a birthday cake, decorations and gifts!

**Sat, Mar 20 10:30-11:30 AM.....M1112A**

**Sports Star**

Create all the accessories she needs to show off her athletic skills.

**Sat, Apr 17 10:30-11:30 AM.....M1212A**

**Beach Day**

Create everything she needs for a perfect day at the shore.

**Sat, May 22 10:30-11:30 AM.....M1312A**

**ART Capades**

*(ages 2-4, with adult)*

In this class, we're all about the process. Each week children will have a new project, medium and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments and more, little ones will love expressing their creativity! After class, stay and play with the preschool equipment in our classroom as long as you like.

**Six Sessions \$65.00 Parent/Child \$50.00 Additional Sibling**

Fort Monmouth Rec Ctr Prog Rm B

**Thu, Mar 11-Apr 15 9:30-10:30 AM.....M0312X**

**Thu, Apr 29-Jun 3 9:30-10:30 AM.....M0412X**

**Beginner Sewing**

*(ages 10-15)*

The art of sewing is always in fashion. This class will help develop core sewing and machine skills while working on real apparel. Participants will choose their project the first day of class and a supply list will be sent home with them according to their choice. Students can bring their own sewing machine or use one of ours during class. Instructor: Yvonne Thomas

**Six Sessions \$78.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Mar 24-Apr 28 6:00-8:00 PM.....ZAN12A**

**Build a Flower Pot**

*(ages 8-12)*

Whether preparing for the arrival of spring or searching for the perfect Mother's Day gift, creating your very own hand made flower pot is a great way to celebrate. Join us to construct a clay flower pot, learn some basic hand-building skills and embellish and decorate the surface with glazes. All flower pots will be ready for pick up 2 weeks after the class to allow for firing.

**One Session \$30.00 Per Child**

Thompson Pk Creative Arts Center

**Sun, Apr 18 12:30-2:00 PM..... Z4812A**

**Sun, Apr 18 2:30-4:00 PM..... Z4912A**

**Ceramic Bunnies**

*(ages 6-10)*

It's the time of the year for the arrival of the Easter Bunny! Come create a very special pre-cast ceramic bunny of your own to adorn the Easter basket. Participants will learn to glaze and decorate their bunny. Pieces will be kiln fired ready for pick up one week after.

**One Session \$28.00 Per Child**

Thompson Pk Creative Arts Center

**Sat, Mar 13 12:00-1:15 PM..... Z4612A**

**Sat, Mar 20 12:00-1:15 PM..... Z4712A**

**Children's Ceramics**

*(ages 8-16)*

Pre-cast ceramic items (purchased separately at the center) will be decorated. Learn about greenware, bisque, underglaze and glaze. Class fee includes instruction, tools, firings, underglaze and glaze. Instructor: Adrienne Spota

**Seven Sessions \$91.00 Per Child**

Thompson Pk Creative Arts Center

**Sat, Mar 6-Apr 24 9:30-11:30 AM.....ZA312A**

*No class 3/29*

**Sat, May 1-Jun 19 9:30-11:30 AM.....ZA412A**

*No class 5/29*

**Children's Handbuilding with Clay**

*(ages 7-10)*

Use your imagination to create functional or decorative works of art. Clay projects will be formed by using traditional hand-building techniques such as slab and coil construction. Class includes 10 lbs. of clay, glazes and firings.

**Six Sessions \$96.00 Per Person**

Thompson Pk Creative Arts Center

**Fri, Mar 12-Apr 16 4:30-6:00 PM..... ZB212A**

**Fri, May 7-Jun 11 4:30-6:00 PM..... ZB312A**



## Reserve a Kids' Program Just for Your Family & Friends!

With a happy farewell to 2020, and hope for a better 2021, we'd like to help with some kids programs that you can book just for you and your friends at the Fort Monmouth Recreation Center.

### Mess Fest!

(all ages, under 18 with adult)

It's art! It's science! It's a mess!

Our mad scientists will help you concoct fizzy dough, slime, elephant toothpaste and more. Put on your old clothes and get ready to experiment with 90 minutes of fun.

**Cost: \$145.00 Per Group**  
*Maximum of 15 people*

### Create Like Kids Baking Championship

(ages 8-12)

Thrown on your apron and dig into some baking. You'll practice techniques for proper measuring, mixing, following a recipe and other kitchen skills, all while creating a yummy treat during this two-hour hands-on class.

**Cost: \$250.00 per group**  
*Maximum of 10 children*

For questions or to schedule, contact Ann at [Ann.Sage@monmouthcountyparks.com](mailto:Ann.Sage@monmouthcountyparks.com) or 848-456-4278, ext. 4#.

## Children's Wheel-Thrown Pottery

(ages 11-17)

Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. Instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome. Please be advised that there will be no opportunities to make up missed classes.

**Seven Sessions \$126.00 Per Child**

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

**Thu, Mar 4-Apr 15 4:00-6:00 PM** ..... Z9912A

**Thu, Apr 29-Jun 10 4:00-6:00 PM** ..... ZA012A

Instructor: John Fossa

**Sat, Mar 6-Apr 24 9:00-11:00 AM** ..... ZA112A

*No class 3/27*

**Sat, May 1-Jun 19 9:00-11:00 AM** ..... ZA212A

*No class 5/29*

## Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Come join us for an afterschool "crafternoon!" Each session will feature a new project to take home. Children will be able to socialize in a casual, art club-like atmosphere to make new friends and let their creativity flow. We will be using lots of different art supplies, so please dress for mess or bring a smock.

**Six Sessions \$80.00 Per Child**

Dorbrook Rec Area Prog Bldg

**Tue, Apr 6-May 11 4:00-5:15 PM** ..... A8512A

## Great Impressionism for 4, 5 and 6 year olds™

(ages 4-6)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

**Four Sessions \$58.00 Per Person**

van Gogh's Three Sunflowers in a Vase

Monet's Poppies at Argenteuil

Cezanne Gulf of Marseille

Monet's Antibes

Fort Monmouth Rec Ctr Prog Rm A

**Wed, Mar 3-24 1:00-2:00 PM** ..... Z6312A

Thompson Pk Creative Arts Center

**Sat, Mar 6-27 9:30-10:30 AM** ..... Z6412A

**Sat, Mar 6-27 11:00 AM-12:00 PM** ..... Z6512A

Cezanne's Tulips in a Vase

Degas Blue Dancers

Monet's Maggiore at Sunset

Cross' Regatta

Fort Monmouth Rec Ctr Prog Rm C

**Wed, Mar 31-Apr 21 1:00-2:00 PM** ..... Z6612A

Thompson Pk Creative Arts Center

**Sat, Apr 3-24 9:30-10:30 AM** ..... Z6712A

**Sat, Apr 3-24 11:00 AM-12:00 PM** ..... Z6812A

Monet's Bouquet of Sunflowers

Potthast's A Holiday

Cassatt's Two Children at the Seashore

van Gogh's Olive Trees with Yellow Sky

Fort Monmouth Rec Ctr Prog Rm A

**Wed, Apr 28-May 19 1:00-2:00 AM** ..... Z6912A

Thompson Pk Creative Arts Center

**Sat, May 8-29 9:30-10:30 AM** ..... Z7012A

**Sat, May 8-29 11:00 AM-12:00 PM** ..... Z7112A

## Great Impressionism for Aspiring Young Artists™

(ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Using acrylic paints on canvas board, students paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

### Four Sessions \$94.00 Per Person

van Gogh's Three Sunflowers in a Vase

Monet's Poppies at Argenteuil

Cezanne Gulf of Marseille

Monet's Antibes

Fort Monmouth Rec Ctr Prog Rm A

**Wed, Mar 3-24 4:30-6:30 PM ..... Z7212A**

Thompson Pk Creative Arts Center

**Fri, Mar 5-26 4:30-6:30 PM ..... Z7312A**

Signac's Saint Tropez Sunset in the Pine Woods

Cross' Regatta

Cassatt's Two Children at the Seashore

Cezanne's Tulips in a Vase

Fort Monmouth Rec Ctr Prog Rm C

**Wed, Mar 31-Apr 21 4:30-6:30 PM ..... Z7412A**

Thompson Pk Creative Arts Center

**Fri, Apr 9-30 4:30-6:30 PM ..... Z7512A**

Monet's The Artist's Garden at Vetheuil

Potthast's Girls Playing in Surf

Seurat's Red Sunset

van Gogh's Olive Trees with Yellow Sky

Thompson Pk Creative Arts Center

**Wed, Apr 28-May 19 4:30-6:30 PM ..... Z7612A**

**Fri, May 7-28 4:30-6:30 PM ..... Z7712A**



## KidzArt Explore

(ages 6-11)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8.00 is payable to instructor at first class.

### Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

**Mon, Mar 1-Apr 12 4:00-5:00 PM ..... Z9212A**

*No class 4/5*

**Mon, Apr 19-May 24 4:00-5:00 PM ..... Z9312A**

Fort Monmouth Rec Ctr Prog Rm D

**Wed, Mar 3-Apr 7 4:00-5:00 PM ..... ZBF12A**

**Wed, Apr 14-May 19 4:00-5:00 PM ..... ZBG12A**

Fort Monmouth Rec Ctr Prog Rm C

**Wed, Mar 31-May 5 3:00-4:00 PM ..... ZBY12A**

Thompson Pk Creative Arts Center

**Thu, Mar 4-Apr 8 4:15-5:15 PM ..... Z9412A**

**Thu, Apr 15-May 20 4:15-5:15 PM ..... Z9512A**

## KidzArt Discover

(ages 3 1/2-5 years)

Learning about art and how to draw is like learning a new language. Students learn to focus and see how their wonderful world is put together. Through individual guidance and encouragement, they complete art projects that enhance drawing skills and are simple, fun and get great results. Students develop Kindergarten Readiness through learning to follow direction, focus, interact socially, build confidence and learn problem-solving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

### Six Sessions \$90.00 Per Child

Thompson Pk Vis Ctr Tulip Room

**Tue, Mar 2-Apr 6 1:00-2:00 PM ..... Z8812A**

**Tue, Apr 13-May 18 1:00-2:00 PM ..... Z8912A**

Henry Hudson Trail Act Ctr

**Wed, Mar 3-Apr 7 1:00-2:00 PM ..... Z9012A**

**Wed, Apr 14-May 19 1:00-2:00 PM ..... Z9112A**

### KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each workshop, painting titles are listed above the dates. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. All supplies included.

**One Session \$24.00 Per Child**

Thompson Pk Creative Arts Center

#### Peacock

Sat, Mar 20 1:30-3:00 PM ..... Z0112A

#### Spring Breeze

Sat, Apr 24 1:30-3:00 PM ..... Z0212A

#### Beach Day!

Sat, May 22 1:30-3:00 PM ..... Z9812A

### Mother's Day Plaque

(ages 7-11)

Searching for a great homemade gift for mom? In this workshop, participants will decorate a clay plaque for the perfect Mother's Day gift. Pieces will be kiln fired and ready for pick up one week after class.

**One Session \$28.00 Per Child**

Thompson Pk Creative Arts Center

Sat, Apr 24 12:00-1:30 PM .....ZAG12A

### Springtime Birdhouses

(ages 7-12)

Spring is in the air! Create a birdhouse to attract some nature to your yard. Learn to build a bird house out of clay and acquire some hand building skills. Once finished building, you will paint and leave for firing. Pieces will be ready for pick up two weeks after class.

**One Session \$30.00 Per Child**

Thompson Pk Creative Arts Center

Sun, May 16 1:00-2:30 PM ..... Z5012A

Sun, May 16 3:00-4:30 PM ..... Z5112A

### TeenzArt Studio

(ages 12-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists are encouraged to work together to learn, design, think and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$8.00 is payable to the instructor at first class.

**Six Sessions \$90.00 Per Child**

Thompson Pk Creative Arts Center

Thu, Mar 4-Apr 8 5:30-6:45 PM ..... Z9612A

Thu, Apr 15-May 20 5:30-6:45 PM ..... Z9712A

### Wizarding World of...

(ages 6-12)

Come try on the Sorting Hat to find out if you are Gryffindor, Ravenclaw, Slytherin, or Hufflepuff! Become a Hogwarts student for the day as we make our own wands, run through Quidditch drills, and make our own Butterbeer. We will end our class making a S'mores snack from an old Three Broomsticks recipe. Wizarding wear and robes are of course allowed-but not required.

**One Session \$18.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C

(ages 6-8)

Sat, Mar 27 12:00-1:30 PM .....M6812A

(ages 9-12)

Sat, Mar 27 2:00-3:30 PM .....M6912A

## CULINARY ARTS

### Chocolate Fun for Everyone

(ages 16 and up)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill

**One Session \$75.00 Per Pair**

Dorbrook Rec Area Vis Ctr

Mon, May 17 6:00-9:00 PM .....AAA12A



**Create Like Kids' Baking Championship**

*(ages 10-13)*

Whether you're a fan of the show or just love to bake, throw on your apron and get ready for some hands-on baking! Each week we'll focus on different kinds of treats, including some from the show, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe and more, all while creating a yummy treat to take home.

**Four Sessions \$75.00 Per Child**

Fort Monmouth Rec Ctr Kitchen

**Mon, Mar 29-Apr 19 4:30-6:30 PM .....M1812A**

**Mon, May 3-24 4:30-6:30 PM .....M1912A**

**Let's Decorate Cupcakes!**

*(ages 9-12)*

Let the creativity begin! You'll be shown how to decorate cupcakes like the pros! You'll practice in class basic techniques to create stars, shells, flowers and more using butter cream icing. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

**One Session \$50.00 Per Child**

Dorbrook Rec Area Vis Ctr

**Thu, May 13 5:00-7:00 PM .....AA812A**

**Tween Chefs**

*(ages 10-12)*

Cooking classes are a delicious activity for tweens! We'll expand our palates as we try different recipes for simple meals. We'll cover culinary basics and meal planning to give them the groundwork they need to be safe and creative in the kitchen. Class sizes are limited. Please bring an apron if you have one.

**Four Sessions \$80.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Sun, Mar 7-28 10:30 AM-12:00 PM ..... A7312A**

**Sun, Mar 7-28 1:00-2:30 PM ..... A7412A**

**Wed, Apr 14-May 5 4:30-6:00 PM ..... A7512A**

**Thu, Apr 15-May 6 4:30-6:00 PM ..... A7612A**

**Sun, May 16-Jun 6 10:30 AM-12:00 PM. ... A7712A**

**Sun, May 16-Jun 6 1:00-2:30 PM ..... A7812A**

**Young Chefs**

*(ages 6-9)*

A cooking class for older kids! We'll make a simple entree each week that your kids will enjoy. We'll also discuss kitchen safety and healthy eating habits. Class sizes are limited. Please bring an apron to class if you have one.

**One Session \$80.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Wed, Mar 10-31 4:30-6:00 PM ..... A7912A**

**Thu, Mar 11-Apr 1 4:30-6:00 PM ..... A8012A**

**Sun, Apr 11-May 2 10:30 AM-12:00 PM ... A8112A**

**Sun, Apr 11-May 2 1:00-2:30 PM ..... A8212A**

**Wed, May 19-Jun 9 4:30-6:00 PM ..... A8312A**

**Thu, May 20-Jun 10 4:30-6:00 PM ..... A8412A**

Find us on Social Media:

**EDUCATION & ENRICHMENT**

**Child and Babysitting Safety**

*(ages 10 and up)*  
 Calling all teens! Have you ever been left in charge of your younger siblings? Or maybe you watch the children in your neighborhood? No matter the situation, prepare yourself and learn the essentials of child and babysitting safety. This course will build confidence and peace of mind by showing teens safe and effective methods to care for children. Topics covered include safety and injury prevention, conflict resolution, setting boundaries, age-appropriate play, and basic first aid. Taught in a relaxed and comfortable environment, participants will develop practical skills and strategies that will last a lifetime. Course includes manual.

**One Session \$55.00 Per Person**  
 Freneau Wds Pk Vis Ctr Prog Rm 2  
**Sat, Apr 10 10:00 AM-12:00 PM ..... Q2612A**  
 Thompson Pk Vis Ctr Beech Room  
**Sat, Mar 20 10:00 AM-12:00 PM ..... Q2412A**  
**Sat, May 1 10:00 AM-12:00 PM ..... Q2512A**

**Among Us® at Fort Monmouth** 

*(ages 6-14)*  
 Crewmate or Imposter? Beam aboard the Spaceship Fort Monmouth and complete tasks in different rooms. But watch out! - some participants are trying to sabotage your mission and eliminate Crewmates undetected. Can you guess who the Imposters are before it's too late? A real-life version of the popular social deduction mobile game with time for multiple rounds and Among Us® activities and crafts.

**One Session \$28.00 Per Person**  
 Fort Monmouth Rec Ctr Gym A  
*(ages 6-10)*  
**Sat, Mar 6 1:30-3:00 PM ..... MBU12A**  
*(ages 11-14)*  
**Sat, Mar 6 3:30-5:00 PM ..... MBV12A**

**Bee Breath/Humming Breath Meditation Class**

*(ages 8-12)*  
 Learn fun breathing techniques such as Bee Breath/Humming Breath, Elevator Breathing, Take Five Breathing and so much more. We will then be led through imagery meditation games and finish each class with beaming healing light.

**Four Sessions \$40.00 Per Child**  
 Bayshore Waterfront Park Act Ctr  
**Fri, Mar 5-26 4:00-5:00 PM ..... Q4912A**  
**Mon, May 3-24 4:00-5:00 PM ..... Q5112A**  
 Clayton Pk Act Ctr Classroom 1  
**Thu, May 6-27 4:00-5:00 PM ..... Q5012A**

**Bee Breath/Humming Breath Level II** 

*(ages 8-13)*  
 In this class we will continue our work on our breathing, imagery and beaming healing light exercises. Each participant will take a turn at leading the group through our exercises plus share with the group their variations and any new ones they have added to their meditation repertory. Please bring your Reiki chime.

**Four Sessions \$40.00 Per Person**  
 Freneau Wds Pk Vis Ctr Prog Rm 1  
**Thu, Apr 1-22 4:00-5:00 PM ..... Q6412A**

**Bricks 4 Kidz®: Bricks City Engineers** 

*(grades 1-4)*  
 Calling all junior architects, engineers and designers! Bring your imagination and building skills to each session. Instructors show how to use LEGO® technic motorized components and basic bricks to build transportation vehicles and important city buildings. Then apply your skills to create your own creation. Kids will have a blast learning, building and playing - brick by brick! We provide materials and technical support. Work individually with your own sanitized materials.

**Six Sessions \$126.00 Per Person**  
 Fort Monmouth Rec Ctr Prog Rm D  
**Tue, Mar 2-Apr 13 4:30-5:30 PM ..... Q2912A**  
*No class 3/30*  
 Thompson Pk Vis Ctr Beech Room  
**Thu, Mar 4-Apr 15 4:30-5:30 PM ..... Q3012A**  
*No class 4/1*

## SPRING BREAK EXCITEMENT

### Bricks 4 Kidz® Spring Break *(grades 1-4)*

Each day at Bricks 4 Kidz®, children learn, build and play exploring the principals of (S.T.E.M) science, technology, engineering and mathematics. Our hands-on building programs supports collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality. Instructors and all supplies provided by Bricks 4 Kidz®.

**Four Sessions \$148.00 Per Person**

Thompson Pk Vis Ctr Beech Room

#### Air Land and Sea

All aboard to explore, build and test out dynamic ways to go from here to there. The Wright Bros harnessed wind power and achieved the first flight. Participants will learn about lift with an airplane and helicopter model they build using LEGO® technic bricks. They'll discover how wind power influences sailboat direction and water buoyancy keeps it afloat, how trains and cars depend on engine power and where the source is located. LEGO® power function will be used to demonstrate engine and power resources. Whether you're a high-speed thrill-seeker or just curious about how things work, this program offers something for everyone. Individual sanitized materials provided.

**Mon-Thu, Mar 29-Apr 1 9:00 AM-12:00 PM  
#Q3512A**

#### Amusement Park Fun

Bring your imagination to learn, build and play and make a LEGO® technic Amusement Park ride each day. Participants build individual motorized models and learn how gears of different sizes operate at different speeds and that friction and non-friction influence movement. Instructors teach the principals of how things work in a fun and engaging way. LEGO® basic bricks are used to create 3D models of a ticket booth, entrance, retail store, restaurant and water park. Participants are amazed at what they make. Individual sanitized materials provided.

**Mon-Thu, Mar 29-Apr 1 1:00-4:00 PM #Q3612A**

#### Full Day Option

Can't decide between the morning and afternoon Bricks 4 Kidz® program? Take them both! Price includes both sessions plus a supervised lunch break.

**Four Sessions \$288.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Mon-Thu, Mar 29-Apr 1 9:00 AM-4:00 PM  
#Q4012A**

### Mad Science Spring Break Fun:

#### Red Hot Robots *(grades 1-3)*

Join Mad Science for a week of discovery and fun! Learn the many uses of robots in our world and spend time working with super cool, amazing robots. Experience sound-sensing robots, line-tracking robots, amphibious robots and robots that can even play soccer! Discover the nuts and bolts of robots while learning the science of circuits. Then see how robots use sensors that enable them to learn about their environment. It's "Robots 101" as you learn Asimov's Laws of Robotics and some applications of robotic technology. Use all this knowledge and skill to build your very own working robot to take home!

**Four Sessions \$180.00 Per Person**

Tatum Pk Holland Act Ctr

**Mon-Thu, Mar 29-Apr 1 9:30 AM-12:30 PM  
#Q4412A**

#### Outdoor Adventures Spring Break *(grades 4-6)*

Spend a few hours with Outdoor Adventures riding your bike, hiking, canoeing, climbing, shooting archery, playing games, fishing and learning survival skills. Be sure to bring your bike on Monday and that it is ready to ride and that your helmet meets the US CPSC Safety Standards for bicycle helmets (label inside).

**Four Sessions \$150.00 Per Person**

Thompson Pk Activity Barn

**Mon-Thu, Apr 5-8 9:00 AM-12:00 PM #W5812A**

#### Springtime Fun at the Fort *(ages 6-12)*

Schools may have spring break, but kids still need to have fun. Games, art, concoctions, experiments, sports - the Fort has it all. With activity rooms, a lobby of table games, outdoor sport court and a full gymnasium, we'll bring the variety and excitement of our summer camps; all you need to bring is a snack and lunch. The Rec Center is conveniently located minutes from the Garden State Parkway, perfect for working parents.

Fort Monmouth Rec Ctr

**Five Sessions \$235.00 Per Child**

**Mon-Fri, Apr 5-9 9:00 AM-4:00 PM #M2712A**

#### Daily Option

**Five Sessions \$60.00 Per Child**

**Mon, Apr 5 9:00 AM-4:00 PM #M2812A**

**Tue, Apr 6 9:00 AM-4:00 PM #M2912A**

**Wed, Apr 7 9:00 AM-4:00 PM #M3012A**

**Thu, Apr 8 9:00 AM-4:00 PM #M3112A**

**Fri, Apr 9 9:00 AM-4:00 PM #M3212A**

**Bricks 4 Kidz®: Gadgets & Gizmos***(grades 1-4)*

From a spinning top to a spin-art model, children will love playing with their creations. Each week, a new motorized model is created using LEGO® bricks. We dive into the origin of its creation and sneak in learning, such as what is friction, symmetry and how things work. We provide materials, technical support and individual sanitized materials.

**Six Sessions \$126.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D

**Tue, Apr 20-May 25 4:30-5:30 PM . . . . . Q4612A**

Thompson Pk Vis Ctr Beech Room

**Thu, Apr 22-May 27 4:30-5:30 PM . . . . . Q4712A****Humane Education: It's Cool to Be Kind***(ages 9-14, with adult)*

Animals have no voice, so they need you! Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated. You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal that you are unfamiliar with. You will also have the opportunity to interact with therapy animals. Presenter provided by the Monmouth County SPCA. Items to assist with the care of shelter animals will be accepted at the program. Visit the Monmouth County SPCA website to view items on their wish list at monmouthcountyspca.org. This is a free program; however, registration is required.

**One Session FREE!**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Sat, Apr 17 11:00 AM-12:00 PM . . . . . PQ281A****Master Builders Presented by Bricks 4 Kidz®***(grades 1-4)*

Modeled after the popular TV show LEGO® Masters. Make amazing creations large and small with interesting details. Use a combination of technic and basic brick elements to make castles, houses, skyscrapers, bridges, animals, vehicles and aliens. Work individually with your own sanitized materials. Instructors provide technical support.

**Three Sessions \$108.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Sat, Mar 6-20 12:00-1:30 PM . . . . . Q3312A****To Mom, with Love***(ages 7-10)*

Create a unique gift using your words, art and imagination: an original storybook! In this workshop setting, you'll choose an idea and use your imagination to decide how the story should unfold. Get your ideas down on paper and re-work them into a polished short story, before putting it all together. Finally, draw illustrations to insert into your storybook, design your cover and leave the last class with a special gift to give to mom for Mother's Day! Please bring a notebook and pencil to class.

**Four Sessions \$59.00 Per Child**

Fort Monmouth Rec Ctr Atrium Rm

**Sat, Mar 27-Apr 17 9:00-10:30 AM . . . . . MCU12A****OUTDOOR ADVENTURES****National Adventure Games ***(ages 8-10)*

Through games children engage and interact with the world around them. Help your child develop their imagination, improve their social skills and have some fun in the process. Our adventure based games include scavenger hunts, roll the dice challenges, and Jenga® archery.

**One Session \$14.00 Per Child**

Thompson Pk Activity Barn

**Giant Game Scavenger Hunt**

Popular games offering BIG fun, in more ways than one! Corn hole, connect four and so much more in an oversized fashion. In order to compete, you have to find them first on National Unplugged Weekend.

**Sat, Apr 17 2:30-4:30 PM . . . . . W4912A****Dice Games and Climbing Challenge**

Take a chance on our climbing wall during National Hangout Weekend. Roll the dice, win by chance and hangout up to 28 feet in the air.

**Sun, Apr 18 2:30-4:30 PM . . . . . W5012A****Jenga® Archery**

It's an archery shootout! You lose, you remove a block from our jumbo Jenga® tower. One wrong move and the game comes tumbling to its end on National Richter Scale Weekend.

**Sun, Apr 25 2:30-4:30 PM . . . . . W5112A**

### Leprechaun's Pot O' Gold Hunt

(ages 8-11)

Leprechauns spend all their time busily making shoes and storing away their coins in a hidden pot at the end of the rainbow. Through the use of hand held GPS (Global Positioning Systems) units we will follow the rainbow to the end. Then use compound bows to take a shot at capturing their gold-filled pots on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

**One Session \$14.00 Per Child**

Thompson Pk Activity Barn

**Sun, Mar 14 10:00 AM-12:00 PM.....W1712A**

### Peter Cottontail's Egg Hunt

(ages 8-11)

Peter cottontail has left you a trail to find his hidden eggs. Through the use of hand held GPS (Global Positioning Systems) units we will follow his trail, locate his hide out and take a shot at capturing his hidden eggs through the use of compound bows on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

**One Session \$14.00 Per Child**

Thompson Pk Activity Barn

**Sat, Mar 27 10:00 AM-12:00 PM .....W1912A**

### Take a Shot: Archery Intro Series

(ages 9-17)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this three-day series. Please dress for the weather as the activity barn is not heated or air-conditioned. All equipment is provided.

**Three Sessions \$54.00 Per Person**

Thompson Pk Activity Barn

**Thu, Apr 8-22 4:30-6:30 PM .....W6512A**

### Take a Shot: Intro to Archery

(ages 9-17)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather.

**One Session \$21.00 Per Person**

Thompson Pk Activity Barn

**Wed, Mar 17 4:30-6:30 PM .....W6312A**

**Tue, Apr 20 4:30-6:30 PM .....W6912A**

**Tue, May 11 4:30-6:30 PM.....W6812A**

### Trail Trekkers

(ages 7-12)

Unplug, get out on the trails and enjoy nature. Where does this trail lead? How far can we hike? On our weekly adventure hikes, your Trail Trekker will gain an understanding of how to be a responsible hiker by respecting and taking care of the trails. We'll hike into the woods, learn to use the trail maps to find our way, and talk about setting and achieving our hiking goals and beyond. Bring water and a snack in a day pack and dress for an outdoor adventure!

**Three Sessions \$37.50 Per Child**

Freneau Wds Pk Vis Ctr Parking Area

(ages 7-9)

**Thu, Mar 4-18 2:00-3:30 PM .....W7312A**

(ages 10-12)

**Thu, Mar 4-18 4:00-5:30 PM .....W7412A**

Huber Wds Env Ctr Parking Lot

(ages 7-9)

**Thu, Apr 15-29 2:00-3:30 PM .....W8312A**

(ages 10-12)

**Thu, Apr 15-29 4:00-5:30 PM .....W8012A**

Shark River Pk Shelter Bldg

(ages 7-9)

**Thu, May 13-27 2:00-3:30 PM .....W8412A**

(ages 10-12)

**Thu, May 13-27 4:00-5:30 PM .....W8512A**

### Zippping into the Moonlight

(ages 8-12)

Experience a zip-line adventure where your senses are heightened, the line seems faster, and your eyes adjust to the night. Adventurers will get multiple opportunities to zip down a 175 foot line!

**One Session \$25.00 Per Person**

Big Brook Pk Sunfield Pavilion

**Tue, Apr 27 7:00-9:00 PM .....U0212A**

**Tue, May 25 7:30-9:30 PM.....U0312A**



## PERFORMING ARTS

### Beginner Acting - Youth Level 1

(ages 8-13)

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of story telling/monologue will be on the final day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

**Four Sessions \$50.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Mon, Mar 29-Apr 19 4:00-5:30 PM . . . . . Q6112A**

### Beginner Acting - Youth Level II

(ages 8-13)

In this class we will continue with our actor's warm-ups and our work on The Four Centers of Acting. Participants will be given two contrasting monologues in preparation of the standard audition process. Audition performances will be held on the last day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

**Four Sessions \$50.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Wed, Mar 31-Apr 21 4:00-5:30 PM . . . . . Q6212A**

### Hip Hop

(ages 5-7)

Breaking, crumping, the Slide Glide and more high-energy moves are introduced in this athletic class. We start with stretches and warm ups, and gradually combine moves into routines to present to parents at the end of the session. Learning cool moves, quick spins and the improvisational style that is a hallmark of this street dance form, kids will improve strength, flexibility and stamina while getting in the groove. Only age appropriate music is presented; students should wear comfortable clothes and sneakers, and bring a water bottle.

Instructor: Pam Rainey Rogers

**Six Sessions \$69.00 Per Child**

Fort Monmouth Rec Ctr Gym B

**Thu, Mar 11-Apr 15 4:30-5:15 PM . . . . . M2012A**

**Thu, Mar 11-Apr 15 5:30-6:15 PM . . . . . M2112A**

**Thu, Apr 29-Jun 3 4:30-5:15 PM . . . . . M2212A**

**Thu, Apr 29-Jun 3 5:30-6:15 PM . . . . . M2312A**

### Little Dancers 1

(ages 5-6)

Has your child successfully graduated from Tots in Tutus 1 & 2? This is the next step for them. Ms. Michele will build upon their beginning skills to expand into a more structured class. Ballet, jazz and tap skills will be covered with an emphasis on completing a short routine for each. Children must wear ballet or jazz attire and need ballet and tap shoes. Please also secure hair away from face.

**Ten Sessions \$110.00 Per Child**

Tatum Pk Red Hill Act Ctr

**Thu, Apr 15-Jun 17 3:45-4:30 PM . . . . . A3512A**

### Little Dancers 2

(ages 6-7)

In this more advanced class, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed as well as grace and confidence. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers 1 (September through May) or teacher's recommendation.

**Ten Sessions \$140.00 Per Child**

Tatum Pk Red Hill Act Ctr

**Thu, Apr 15-Jun 17 4:30-5:30 PM . . . . . A3612A**

### Rock to Bach - Guitar for Kids

(ages 8-16)

Move "learn to play guitar" from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we'll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

**Eight Sessions \$160.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Mon, Apr 5-May 24 6:30-7:30 PM . . . . . MCX12A**

**Musical Theatre Essentials Workshop**

(ages 13-17)

Eager performers get a chance to develop their craft and take their talent to next level! In this workshop style class, each actor is required to bring a 16-bar cut of a song or a monologue of their choice. The fundamentals of musical theatre are explored as well as what it takes to be a professional working actor. Topics discussed include auditioning, being cast in a show, improv, acting and vocal techniques.

Instructor: Marina Colonna

**Two Sessions \$100.00 Per Person**

Thompson Pk Theater Barn

Sat, Apr 17-24 2:00-5:00 PM .....AA712A

**Spoon River Anthology on the Shores of Sandy Hook Bay** 

(ages 17 and up)

The townsfolk of Edgar Lee Masters' Spoon River have passed on but they want you to tell their story. Let's gather together in one of the oldest surviving homes in the Bayshore, the Seabrook-Wilson House (formerly known as The Spy House) and collaborate to bring these epitaphs to life. Each participant will recite two epitaphs in the final performance on the last day of class.

**Four Sessions \$40.00 Per Person**

Bayshore Waterfront Park Act Ctr

Fri, Apr 9-30 6:30-8:00 PM .....Q6712A

**The Afternoon Puppet Show** 

(ages 5-7)

It's The Afternoon Puppet Show starring you and your puppet! In this class we will make our very own puppet. We will have an actor's warm-up of voice, movement, imagination and the playing of our favorite acting games. We will then bring our puppets to life and perform in our afternoon puppet show.

**Four Sessions \$45.00 Per Person**

Bayshore Waterfront Park Act Ctr

Tue, Mar 2-23 4:00-5:30 PM .....Q0212A

Tue, May 4-25 4:00-5:30 PM .....Q2812A

Clayton Pk Act Ctr Classroom 1

Thu, Mar 4-25 4:00-5:30 PM .....Q0412A

**Tots in Tutus I**

(ages 3-5)

Your child will discover their inner ballerina/danseur as they explore the simple exercises of this graceful dance form. Professional instructor Michele Neiberlien will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment is emphasized. Little dancers should be potty trained and wear leotard/tights and ballet shoes; no slippers please. Please also secure hair away from face.

**Ten Sessions \$110.00 Per Person**

Tatum Pk Red Hill Act Ctr

Tue, Apr 13-Jun 15 9:15-10:00 AM ..... A2912A

Tue, Apr 13-Jun 15 10:00-10:45 AM ..... A3012A

Tue, Apr 13-Jun 15 11:00-11:45 AM ..... A3112A

Tue, Apr 13-Jun 15 3:00-3:45 PM ..... A3212A

**Tots in Tutus II**

(ages 4-5)

Your little ballerina/danseur pirouetted their way through their first year of ballet and is eager for more! Now, Ms. Michele will focus on ballet terms, tap skills and even explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire; no slippers please. Please also secure hair away from face.

Pre-requisite: Completion of Tots in Tutus I (September through May) or teacher's recommendation.

**Ten Sessions \$110.00 Per Person**

Tatum Pk Red Hill Act Ctr

Tue, Apr 13-Jun 15 3:45-4:30 PM ..... A3312A

Thu, Apr 15-Jun 17 3:00-3:45 PM ..... A3412A



## SPORTS &amp; FITNESS

**After School Tennis***(ages 6-11)*

This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Racquets are provided if needed.

**Eight Sessions \$88.00 Per Child**

Dorbrook Rec Area

*(ages 6-8)***Mon, Wed, May 3-26 4:30-5:25 PM . . . . . X6912A***(ages 9-11)***Tue, Thu, May 4-27 4:30-5:25 PM. . . . . X7112A****Baseball FUNdamentals***(ages 6-8)*

Learn the fundamentals of baseball in this fun, noncompetitive program. Our instructors will cover batting, fielding and base running, as well as the rules of the game.

**Five Sessions \$60.00 Per Person**

Dorbrook Rec Area

**Sat, Apr 10-May 8 12:00-12:55 PM . . . . . X4512A****Basketball FUNdamentals***(ages 6-8)*

Swish! Children will have fun while learning the fundamentals of basketball in a fun and noncompetitive environment. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing and defense, along with the rules of the game.

**Four Sessions \$48.00 Per Person**

Fort Monmouth Rec Ctr Gym A

**Sat, Mar 13-Apr 3 10:00-10:55 AM . . . . . XAE12A****Five Sessions \$60.00 Per Person**

Dorbrook Rec Area

**Sat, Apr 10-May 8 10:00-10:55 AM. . . . . XAG12A****Sat, May 15-Jun 12 10:00-10:55 AM . . . . . XAK12A****Cool Runners Fitness Run for Fun***(grades K-8)*

Build your child's self-confidence and stamina as we hit the trails and run for fun! Designed to meet every skill level, this action-packed program is taught in a relaxed, positive and supportive environment. Participants will build a foundation for healthy living as they learn proper running fundamentals including technique, form and nutrition. Exciting games, races and training activities will keep your child moving and motivated to reach all of their goals!

Instructor: Robert Cavanaugh, Road Runners Club of America Certified Coach

**Six Sessions \$108.00 Per Person**

Thompson Pk Old Orchard Parking Lot

**Tue, Apr 20-May 25 5:30-6:30 PM. . . . . X3412A****Fri, Apr 23-May 28 5:30-6:30 PM. . . . . X3612A****Sun, Apr 25-May 30 9:30-10:30 AM . . . . . X3712A**

Wolf Hill Rec Area Outdoor Area

**Thu, Apr 22-May 27 5:30-6:30 PM . . . . . X3512A****Flag Football***(ages 7-9)*

Ready! Set! Hike! Enjoy the fun of playing football without the tackling. Participants will learn fundamental skills including passing, receiving, positions and rules of the game, in a fun and safe environment. Parents have the opportunity to gauge their child's interest in football before signing up for a Pop Warner league. Each session will end with a non-contact game of flag football.

**Four Sessions \$50.00 Per Person**

Dorbrook Rec Area

**Wed, Apr 14-May 5 4:00-4:55 PM . . . . . X5712A****Wed, Apr 14-May 5 5:00-5:55 PM . . . . . X5612A****Girls Basketball FUNdamentals***(ages 6-9)*

Designed for girls to learn the fundamentals of basketball in a noncompetitive, non-intimidating environment. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing and defense, along with the rules of the game.

Dorbrook Rec Area

**Four Sessions \$48.00 Per Person****Mon, Apr 12-May 3 5:00-5:55 PM . . . . . XAJ12A****Five Sessions \$60.00 Per Person****Sat, May 15-Jun 12 11:00-11:55 AM . . . . . XAM12A**

**Gymnastics**

(ages 3-10)

Few activities can help your child develop their speed, strength, flexibility, and balance like gymnastics. Let us help your child improve their coordination, endurance, and self-confidence. Classes with use gymnastics apparatus including mats and trampoline.

**Four Sessions \$55.00 Per Person**

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

- Sat, Mar 6-27 9:00-9:45 AM ..... MCA12A
- Sat, Mar 6-27 10:00-10:45 AM..... MCB12A
- Sat, Apr 10-May 1 9:00-9:45 AM..... MCC12A
- Sat, Apr 10-May 1 10:00-10:45 AM..... MCD12A
- Sat, May 8-29 9:00-9:45 AM.....MCE12A
- Sat, May 8-29 10:00-10:45 AM.....MCF12A

(ages 5-6)

- Sat, Mar 6-27 9:00-9:45 AM ..... MCG12A
- Sat, Mar 6-27 10:00-10:45 AM..... MCH12A
- Sat, Apr 10-May 1 9:00-9:45 AM.....MCJ12A
- Sat, Apr 10-May 1 10:00-10:45 AM..... MCK12A
- Sat, May 8-29 9:00-9:45 AM.....MCM12A
- Sat, May 8-29 10:00-10:45 AM..... MCN12A

(ages 7-10)

- Sat, Mar 6-27 10:00-10:45 AM..... MCP12A
- Sat, Apr 10-May 1 10:00-10:45 AM..... MCQ12A
- Sat, May 8-29 10:00-10:45 AM..... MCR12A

**Twelve Sessions \$165.00 Per Person**

Shrewsbury Gymnastics School Broad Street, Shrewsbury

(ages 3-4)

- Sat, Apr 10-Jun 26 9:00-9:45 AM .....MC112A

(ages 5-6)

- Sat, Apr 10-Jun 26 9:00-9:45 AM .....MC212A

(ages 7-10)

- Sat, Apr 10-Jun 26 9:00-9:45 AM .....MC312A

**Hat Trick Hockey - Floor**

(ages 4-6)

Hit the rink. No skates, pads or experience necessary. Wear sneakers while you learn to shoot, pass and control the puck in a noncompetitive setting. Develop basic hockey skills, the importance of team play, help strengthen hand-eye coordination and build self confidence.

**Four Sessions \$50.00 Per Person**

Dorbrook Rec Area

- Sat, Apr 3-24 12:00-12:55 PM ..... X4112A



**Junior Hoopsters**

(ages 8-11)

Develop fundamental basketball skills in this fun introduction to the sport. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense.

**Five Sessions \$60.00 Per Person**

Dorbrook Rec Area

- Sat, Apr 10-May 8 11:00-11:55 AM. ....XAH12A

- Mon, May 17-Jun 14 5:00-5:55 PM.....XAN12A

**Kids Kixx Soccer**

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age appropriate games, demonstrations and drills to teach the basics of soccer. Please see Kids Kixx Pee Wee for parent/child classes for younger players, or Kids Kixx: Next Step for classes for older children.

**Four Sessions \$56.00 Per Person**

**Indoor Season**

Dorbrook Rec Area Act Ctr

- Sat, Mar 6-27 10:00-10:55 AM.....M7212A

- Thu, Mar 11-Apr 1 5:00-5:55 PM.....M7112A

Fort Monmouth Rec Ctr Gym A

- Mon, Mar 8-29 4:30-5:25 PM .....M7012A

Fort Monmouth Rec Ctr Gym B

- Sun, Mar 7-28 10:30-11:25 AM .....M7312A

(continued...)

**Kids Kixx Soccer continued...**

**Spring Season 1**

Bayshore Waterfront Park

**Wed, Apr 14-May 5 5:30-6:25 PM .....M7612A**

Dorbrook Rec Area

**Wed, Apr 14-May 5 4:30-5:25 PM .....M7712A**

**Thu, Apr 15-May 6 5:30-6:25 PM.....M7812A**

**Sat, Apr 17-May 8 9:00-9:55 AM .....M8112A**

**Sat, Apr 17-May 8 10:00-10:55 AM.....M8212A**

**Sun, Apr 18-May 9 9:30-10:25 AM .....M8312A**

Fort Monmouth Rec Ctr Outdoor Area

**Mon, Apr 12-May 3 4:30-5:25 PM .....M7412A**

**Tue, Apr 13-May 4 5:30-6:25 PM.....M7512A**

Holmdel Pk Hilltop Area

**Fri, Apr 16-May 7 5:00-5:55 PM.....M7912A**

**Sat, Apr 17-May 8 11:00-11:55 AM.....M8012A**

**Spring Season 2**

Dorbrook Rec Area

**Wed, May 19-Jun 9 4:30-5:25 PM .....M8612A**

**Sat, May 22-Jun 19 9:00-9:55 AM.....M8712A**

*No class 5/29*

**Sat, May 22-Jun 19 10:00-10:55 AM .....M8812A**

*No class 5/29*

**Sun, May 23-Jun 20 8:30-9:25 AM .....M9012A**

*No class 5/30*

**Sun, May 23-Jun 20 9:30-10:25 AM .....M9112A**

*No class 5/30*

Fort Monmouth Rec Ctr Outdoor Area

**Mon, May 17-Jun 14 4:30-5:25 PM.....M8412A**

*No class 5/31*

**Tue, May 18-Jun 8 5:30-6:25 PM.....M8512A**

Holmdel Pk Hilltop Area

**Fri, May 21-Jun 11 5:00-5:55 PM.....M9212A**

**Sat, May 22-Jun 19 11:00-11:55 AM .....M8912A**

*No class 5/29*



**Kids Kixx Soccer: Ladybugs**

(ages 4-6)

She shoots-she scores! In addition to our co-ed Kids Kixx classes we offer classes for girls only. Start your little girl off on the right foot.

**Four Sessions \$56.00 Per Person**

**Indoor Season**

Dorbrook Rec Area Act Ctr

**Sat, Mar 6-27 11:00-11:55 AM.....M9912A**

Fort Monmouth Rec Ctr Gym B

**Sun, Mar 7-28 11:30 AM-12:25 PM..... MA012A**

**Spring Season 1**

Dorbrook Rec Area

**Wed, Apr 14-May 5 5:30-6:25 PM ..... MA412A**

**Sat, Apr 17-May 8 11:00-11:55 AM..... MA512A**

**Sun, Apr 18-May 9 10:30-11:25 AM..... MA612A**

**Spring Season 2**

Dorbrook Rec Area

**Wed, May 19-Jun 9 5:30-6:25 PM ..... MA712A**

**Sat, May 22-Jun 19 11:00-11:55 AM ..... MA812A**

*No class 5/29*

**Sun, May 23-Jun 20 10:30-11:25 AM..... MA912A**

*No class 5/30*

**Kids Kixx Soccer: Nexxt Step**

(ages 5-7)

Take a step forward preparing your child for a successful start to soccer league play. Our favorite soccer games including Red Light, Green Light and Sharks and Minnows will advance into mini-scrimmages. Coaches will teach soccer terms, positions, teamwork, and rules to help players get a feel for a real game. This class is designed for players familiar with soccer skills and ready to tackle more advanced skills and game play.

**Four Sessions \$56.00 Per Person**

**Indoor Season**

Fort Monmouth Rec Ctr Gym A

**Mon, Mar 8-29 5:30-6:25 PM .....M9312A**

Fort Monmouth Rec Ctr Gym B

**Sun, Mar 7-28 12:30-1:25 PM.....M9412A**

**Spring Season 1**

Fort Monmouth Rec Ctr Outdoor Area

**Mon, Apr 12-May 3 5:30-6:25 PM .....M9512A**

**Sun, Apr 18-May 9 11:00-11:55 AM .....M9612A**

**Spring Season 2**

Fort Monmouth Rec Ctr Outdoor Area

**Mon, May 17-Jun 14 5:30-6:25 PM.....M9712A**

*No class 5/31*

**Sun, May 23-Jun 20 12:00-12:55 PM .....M9812A**

*No class 5/30*

**T-Ball**

(ages 4-5)

Children have fun while learning the fundamental skills of America's pastime in this noncompetitive program. Our instructors will teach the rules of the game as well as cover the basics of catching, throwing and hitting using the tee.

**Four Sessions \$48.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Sat, Mar 13-Apr 3 9:00-9:55 AM ..... X3812A

Sat, Mar 13-Apr 3 11:00-11:55 AM ..... X3912A

**Five Sessions \$60.00 Per Person**

Dorbrook Rec Area

Sat, Apr 10-May 8 10:00-10:55 AM ..... X4312A

Sat, Apr 10-May 8 11:00-11:55 AM ..... X4412A

Sun, Apr 11-May 9 10:00-10:55 AM ..... X5312A

Sun, Apr 11-May 9 11:00-11:55 AM ..... X5412A

Sat, May 15-Jun 12 11:00-11:55 AM ..... X6112A

Sun, May 16-Jun 13 9:00-9:55 AM ..... X6412A

Sun, May 16-Jun 13 11:00-11:55 AM ..... X6812A



**T-Ball 2**

(ages 4-5)

Do you love t-ball and want to improve your skills? You've found the perfect program! Ball players will continue developing their fielding, throwing and hitting skills in a fun and encouraging environment. Prior participation in our "T-Ball" or "T-Ball with Me & Dad/Mom" program is suggested.

**Five Sessions \$60.00 Per Person**

Dorbrook Rec Area

Sat, May 15-Jun 12 10:00-10:55 AM ..... X5912A

Sun, May 16-Jun 13 10:00-10:55 AM ..... X6612A

**Teen Yoga at the Shore**

(ages 12-18)

Teenage years consist of constant physical, mental, and emotional change. Combine these changes with class work, the pressure to fit in, and a hectic schedule and you can easily find yourself feeling tired, anxious, and stressed. Tap into the combined effect of yoga and calming oceanfront to increase stability and joy through change. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center.

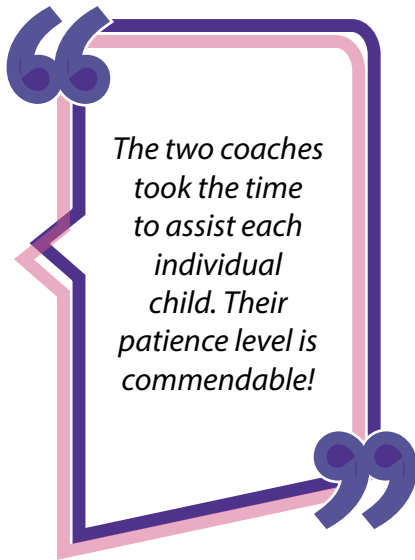
Instructor: Shannon Nelson

**Six Sessions \$78.00 Per Person**

Seven Presidents Pk Act Ctr

Mon, Mar 1-Apr 5 5:00-6:00 PM ..... XBB12A

Mon, Apr 19-May 24 5:00-6:00 PM ..... XBC12A



*The two coaches took the time to assist each individual child. Their patience level is commendable!*



# HELP WANTED

Work within the beautiful scenery of your  
Monmouth County parks!

We're looking for responsible, enthusiastic additions to  
our staff for a variety of summer positions, including:

## Summer Camp Counselors

*Outdoor Adventures, Sports, Arts, Therapeutic Recreation &  
Longstreet Farm*

**Inclusion Coaches • Lifeguards • Swim Instructors**

**Sprayground Attendants • Seasonal Rangers**

**Seasonal Golf Greenskeepers**

Visit our website for full details:  
[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)



## ACTIVE ADULTS 55+

**Balanced Fitness***(ages 55 and up)*

The four building blocks of fitness will be used to create a new, fitter you! Cardio endurance, strength/power training, flexibility and balance will be emphasized as we encourage you to begin or continue exercising. See what the benefits of exercising will do for you!

**Six Sessions \$60.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C

**Tue, Mar 2-Apr 6 11:30 AM-12:30 PM . . . . .M4012A****Fri, Mar 5-Apr 9 11:30 AM-12:30 PM . . . . .M4112A****Tue, Apr 20-May 25 11:30 AM-12:30 PM . .M4312A****Fri, Tue, Apr 23-May 28 11:30 AM-12:30 PM .M4412A****Chair Yoga***(adults)*

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Kimberly Buono

**Six Sessions \$78.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Mon, Mar 8-Apr 12 9:00-10:00 AM . . . . .XAP12A****Mon, Apr 26-Jun 7 9:00-10:00 AM . . . . .XAQ12A***No class 5/31***Gentle Yoga***(adults)*

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

**Six Sessions \$78.00 Per Person**

Henry Hudson Trail Act Ctr

**Fri, Mar 19-Apr 30 12:00-1:00 PM . . . . .XAZ12A***No class 4/2***Fri, May 14-Jun 18 12:00-1:00 PM . . . . .XB012A**

Tatum Pk Holland Act Ctr

**Mon, Mar 15-Apr 26 1:00-2:00 PM . . . . .XAX12A***No class 3/29***Mon, May 17-Jun 28 1:00-2:00 PM . . . . .XAY12A***No class 5/31***Spring Senior Hikers***(ages 55 and up)*

Looking to start out or slow down with hiking? Enjoy weekly hikes through various parks in Monmouth County. Due to varying terrain, sturdy hiking boots and walking sticks are recommended. A schedule of locations and dates will be provided upon registration.

Location Varies Week to Week

**Level .75**

These hikes are at a comfortable pace and go from 1 ½-2 miles. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hikers program.

**Fourteen Sessions \$70.00 Per Person****Tue, Mar 30-Jun 29 11:30 AM-12:30 PM . . . D0212A****Level 1**

Hikes cover 3-3 ½ miles. Hiking boots and walking poles are recommended. Level 1 is at a more comfortable pace than Level 2, but longer and more brisk than Level .75.

**Fourteen Sessions \$70.00 Per Person****Tue, Mar 30-Jun 29 9:30-11:00 AM . . . . .D0312A****Thirteen Sessions \$65.00 Per Person****Thu, Apr 1-Jun 24 9:30-11:00 AM . . . . .D0412A***(continued...)*



**Spring Senior Hikers continued...****Level 2**

Hikes cover 4 ½-5 miles. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

**Fourteen Sessions \$70.00 Per Person**

**Wed, Mar 31-Jun 30 9:30-11:30 AM ..... D0512A**

**Thirteen Sessions \$65.00 Per Person**

**Fri, Apr 2-Jun 25 9:30-11:30 AM ..... D0612A**

**Level 3**

These hikes are at a moderate pace and go from 5-5 ½ miles. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

**Thirteen Sessions \$65.00 Per Person**

**Tue, Apr 6-Jun 29 9:30-11:30 AM ..... D0712A**

**Level 4**

These hikes are at a brisk pace and go from 5 ½-6 miles. Level 4 is the most intensive of the Senior Hiker programs.

**Twelve Sessions \$60.00 Per Person**

**Mon, Apr 5-Jun 28 9:30-11:30 PM ..... D0812A**

**Stronger for Longer**

*(ages 55 and up)*

The time has come to improve your muscle tone, flexibility and coordination through light strength training. Enjoy a fun and social environment with other active adults. The class will utilize a variety of equipment such as dumbbells and rubber resistance. No prior weight training experience is necessary.

**Six Sessions \$60.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Apr 12-May 17 12:00-1:00 PM ..... D1812A**

**ARTS & CRAFTS****CERAMICS & POTTERY****All Level Pottery Classes**

*(adults)*

Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

**Seven Sessions \$175.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: Laura Copeland

**Mon, Mar 1-Apr 12 9:00 AM-12:00 PM .... Z1112A**

**Mon, Apr 26-Jun 14 9:00 AM-12:00 PM ... Z1212A**

*No class 5/31*

Instructor: Helen Cole

**Mon, Mar 1-Apr 12 1:00-4:00 PM ..... Z1312A**

**Mon, Apr 26-Jun 14 1:00-4:00 PM ..... Z1412A**

*No class 5/31*

**Mon, Mar 1-Apr 12 6:00-9:00 PM ..... Z1512A**

**Mon, Apr 26-Jun 14 6:00-9:00 PM ..... Z1612A**

*No class 5/31*

Instructor: Sue Johnson

**Tue, Mar 2-Apr 13 4:00-7:00 PM ..... Z1712A**

**Tue, Apr 27-Jun 8 4:00-7:00 PM ..... Z1812A**

Instructor: Joanne Traskiewicz

**Wed, Mar 3-Apr 14 9:00 AM-12:00 PM .... Z1912A**

**Wed, Apr 28-Jun 9 9:00 AM-12:00 PM..... Z2012A**

**Wed, Mar 3-Apr 14 1:00-4:00 PM ..... Z2112A**

**Wed, Apr 28-Jun 9 1:00-4:00 PM..... Z2212A**

Instructor: Mary Leather

**Wed, Mar 3-Apr 14 6:30-9:30 PM ..... Z2312A**

**Wed, Apr 28-Jun 9 6:30-9:30 PM..... Z2412A**

Instructor: Joyce Nokes

**Fri, Mar 5-Apr 16 9:00 AM-12:00 PM ..... Z2512A**

**Fri, Apr 30-Jun 11 9:00 AM-12:00 PM .... Z2612A**

**Fri, Mar 5-Apr 16 1:00-4:00 PM ..... Z2712A**

**Fri, Apr 30-Jun 11 1:00-4:00 PM ..... Z2812A**

Instructor: John Fossa

**Sat, Mar 6-Apr 24 11:30 AM-2:30 PM..... Z2912A**

*No class 3/27*

**Sat, May 1-Jun 19 11:30 AM-2:30 PM .... Z3012A**

*No class 5/29*

## All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Sue Johnson

**Seven Sessions \$210.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 2-Apr 13 9:00 AM-1:00 PM ..... Z3412A**

**Tue, Apr 27-Jun 8 9:00 AM-1:00 PM..... Z3512A**

## Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

**Seven Sessions \$175.00 Per Person**

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

**Tue, Mar 2-Apr 13 7:00-10:00 PM ..... Z3712A**

**Tue, Apr 27-Jun 8 7:00-10:00 PM ..... Z3812A**

Instructor: Don Bradford

**Thu, Mar 4-Apr 15 6:30-9:30 PM ..... Z3912A**

**Thu, Apr 29-Jun 10 6:30-9:30 PM ..... Z4012A**

## Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own hand-built creations. Class includes 25 lbs. of clay, glazes and firings.

**Seven Sessions \$175.00 Per Person**

Thompson Pk Creative Arts Center

Instructor: Helen Cole

**Wed, Mar 3-Apr 14 1:00-4:00 PM ..... Z3112A**

Instructor: Stephanie Camp

**Wed, Mar 3-Apr 14 6:30-9:30 PM ..... Z3312A**

Instructor: Helen Cole

**Wed, Apr 28-Jun 9 1:00-4:00 PM..... Z3212A**

Instructor: Stephanie Camp

**Wed, Apr 28-Jun 9 6:30-9:30 PM..... Z3612A**

## Raku Pottery

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Christina Carlson

**Seven Sessions \$175.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Mar 4-Apr 15 9:30 AM-12:30 PM ..... Z4112A**

**Thu, Apr 29-Jun 10 9:30 AM-12:30 PM .... Z4212A**



## DRAWING & PAINTING

### A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist masterpiece using Aspiring Artists step-by-step painting method. Students will learn the specific brushstrokes and layering techniques of Impressionism. No painting experience is necessary. All materials provided.

Instructor: Debra Stasiak

**One Session \$35.00 Per Person**

Thompson Pk Creative Arts Center

#### van Gogh's Branches of Almond Tree in Bloom

Sat, Mar 13 2:00-5:00 PM ..... Z8112A

#### van Gogh's Park in Asuieres

Sun, Mar 21 2:00-5:00 PM ..... Z8212A

#### Monet's Meadow outside Vetheuil

Sat, Mar 27 2:00-5:00 PM ..... Z8312A

#### Monet's Poplars on the Banks of the Epte

Sun, Apr 18 2:00-5:00 PM ..... Z8412A

#### Monet's The Boat at Giverny

Sat, Apr 24 2:00-5:00 PM ..... Z8512A

#### Cezanne's The Gulf of Marseille

Sat, May 8 2:00-5:00 PM ..... Z8612A

#### Cezanne's The Sea at l'Estaque

Sun, May 16 2:00-5:00 PM ..... Z8712A

### Coffee & Canvas

(adults)

Add some color to your day with a paint party! Relax and socialize as you create a guided work of art, just like those evening paint and sip classes. No art experience needed, the artist will give step-by-step instruction. Bring your own coffee or tea and watch your beautiful work of art emerge.

**One Session \$25.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A

Mon, Mar 8 9:30-11:30 AM ..... M0812A

Mon, Apr 12 9:30-11:30 AM ..... M0912A

Mon, May 10 9:30-11:30 AM ..... M1012A

### Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes; beginner and advanced students will enjoy learning cutting edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Instructor: MaryAnn Goodwin

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

Tue, Mar 9-Apr 13 6:30-8:30 PM ..... Z5312A

Thu, Mar 11-Apr 15 6:30-8:30 PM ..... ZBZ12A

Fri, Mar 12-Apr 16 10:00 AM-12:00 PM.... Z5512A

Tue, May 4-Jun 8 6:30-8:30 PM ..... Z5412A

Thu, May 6-Jun 10 6:30-8:30 PM..... ZC012A

Fri, May 7-Jun 11 10:00 AM-12:00 PM.... Z5612A

### Figure Drawing 101

(adults)

Explore the art of figure drawing. This one day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. Please come with a fee of \$20 cash payable to the model. All supplies will be provided by the teacher.

Artist/Instructor: Jennifer Santa Maria

**One Session \$25.00 Per Person**

Thompson Pk Creative Arts Center

Wed, Apr 21 5:00-8:00 PM ..... Z5912A

Mon, May 17 5:00-8:00 PM..... Z6012A

### Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists exclusive Interpretive Impressionism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included; however, if you prefer to paint on canvas, bring your own 11"x14" to class. Returning students may bring in a print of their own painting choice if they completed the painting selections.

Artist/Instructor: Debra Stasiak

**Four Sessions \$94.00 Per Person**

Thompson Pk Creative Arts Center

Renoir's The Seine at Argenteuil

Cezanne's Tulips in a Vase

Fri, Mar 5-26 10:00 AM-12:00 PM ..... Z7812A

van Gogh's Sower with the Setting Sun (Nov 1888)

Monet's Meadow outside Vetheuil

Fri, Apr 9-30 10:00 AM-12:00 PM ..... Z7912A

Monet's The Boat at Giverny

Cezanne's Farmhouse and Chestnut Trees

Fri, May 7-28 10:00 AM-12:00 PM..... Z8012A

## Inspired Painting

(adults)

Welcome in spring by finding your creative pulse in a new eight-week painting class with instructor Shari Epstein. Working independently, you will complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcomed. Supply list will be mailed upon registration. Bring images you love to the first class.

**Eight Sessions \$96.00 Per Person**

Henry Hudson Trail Act Ctr

**Tue, May 4-Jun 22 12:00-2:00 PM.....AAH12A**

## Intermediate Drawing

(adults)

This course is designed for students with basic drawing experience who would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Mar 4-Apr 8 1:00-3:00 PM ..... Z0912A**

**Thu, Apr 22-May 27 1:00-3:00 PM ..... Z1012A**

## Intro to Traditional Painting

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 2-Apr 6 9:00-11:00 AM..... Z0312A**

**Tue, Apr 20-May 25 9:00-11:00 AM ..... Z0412A**

## Intuitive Painting

(adults)

Let's create several layers on our canvas using papers, paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas 16"x20" or larger.

Instructor: Monique Topp

**One Session \$55.00 Per Person**

Henry Hudson Trail Act Ctr

**Sat, Apr 24 1:00-5:30 PM.....AAC12A**

## Oil Painting Techniques

(adults)

Students will gain confidence by learning the proper structure of technique and application of the material. In this advance technique class you will learn step-by-step instruction on different methods of applying oils onto canvas. Many methods are never taught properly such as: how to mix colors, how to apply paint, and creating textures. Learn to understand the amazing flexibility of this diverse media. Mixing styles, varieties of paint application, and finally how to put color theory to work to create sharp contrasts, soft edges and understand the importance of values in your art. You will receive a supply list on your registration receipt.

Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

**Four Sessions \$80.00 Per Person**

Thompson Pk Creative Arts Center

**Fri, May 21-Jun 18 10:00 AM-12:30 PM. ... ZB912A**

*No class 6/4*

## Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with some experience, the focus of this class will be fine-tuning and developing technique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 2-Apr 6 11:30 AM-1:30 PM ..... Z0512A**

**Tue, Apr 20-May 25 11:30 AM-1:30 PM. ... Z0612A**

**Tue, Mar 2-Apr 6 2:00-4:00 PM ..... Z0712A**

**Tue, Apr 20-May 25 2:00-4:00 PM..... Z0812A**



## Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step by step manner you discover how a professional artist begins, creates and finishes a work of art. This method of teaching gives you confidence and allows you freedom to develop your own style. Color theory, application methods and diverse techniques are used to teach you use of texture and dimension in your paintings. All levels are always welcome. A supply list will be provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,  
LightScapes Studio LLC

**Four Sessions \$80.00 Per Person**

Thompson Pk Creative Arts Center

**Mon, May 17-Jun 14 10:00-12:30 PM . . . . . ZB812A**

*No class 5/31*



## Plein Air by the Sea

(adults)

Learn how to paint and draw from life not from a photo. The impressionists painted this way "Alla Prima" with a limited palette, dynamic compositions and dramatic lighting from the sun. See why learning to make art from nature will teach you to see true color and intern you will learn how to mix those colors first hand. Indoor and outdoor options at the Manasquan Inlet. Our indoor facility has amazing vistas so bring your own media of choice and all your supplies you will need to create your art. Lessons will be well structured with demonstrations weekly. New techniques will be introduced on composition, values, color theory and applications of media. All levels always welcome. Please bring your own supplies.

Instructor: Gina Torello, MFA Professional Artist,  
LightScapes Studio LLC

Fisherman's Cove Act Ctr

**Six Sessions \$120.00 Per Person**

**Thu, Mar 4-Apr 15 10:00 AM-12:30 PM . . . ZBD02A**

*No class 4/1*

**Four Sessions \$80.00 Per Person**

**Thu, Apr 22-May 13 10:00 AM-12:30 PM . . ZAZ12A**

**Five Sessions \$100.00 Per Person**

**Thu, May 20-Jun 17 10:00 AM-12:30 PM . . ZB012A**

## Perspective 101

(adults)

Proper use of perspective can take your drawing or painting to the next level, making it appear dimensional and creating a sense of space. It's a tool that can dramatically improve your work. But without the proper approach and knowledge, perspective can feel overwhelming and daunting. This one-day workshop can help begin to unlock the joys and challenges of using this mathematical drawing system, with a simple approach that builds upon the levels of perspective from beginner to advanced techniques. Whether brand new to perspective or somewhat familiar, this class is the perfect first step on your journey into the world of perspective. All that's needed is a pencil, paper and ruler.

Artist/Instructor: Katie Stone

**One Session \$28.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Mar 24 1:00-4:00 PM . . . . . Z6112A**

**Wed, Apr 28 1:00-4:00 PM . . . . . Z6212A**

## Renaissance Drawing

(adults)

Learn how to draw from a college professor and develop the confidence in mastery of perspective, values, proper shading techniques and proportion. Learn a simple new approach on how to correct your own artwork while exploring the media of charcoal, pencil and ink all in black and white imagery. Still lifes will be set up on site in order to allow students the opportunity to practice vital drawing skills along with B/W photos that are given to you as reference to increase your success with value studies. This approach to learning is step by step adding new skills weekly: beginner, intermediate and advanced students will master and excel always with self confidence. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello MFA professional artist,  
Lightscapes Studio LLC

**Five Sessions \$100.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, May 19-Jun 16 10:00 AM-12:30 PM . . ZB412A**

## Renaissance Painting

(adults)

Learning how to paint like the masters by using classic techniques such as under painting with strong tonal contrasts, classic light source from prepared still lifes or plein air demos weather permitting. The key to success which is not commonly taught is to learn how to OBSERVE as a true artist. The subtle nuances will be taught to you along with step by step lessons. You will be a more confident artist while achieving success mastering your techniques in oil painting. Observation, is an invaluable skill for any artist; from the novice to the seasoned painter. Come explore this amazing class and see for yourself. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello MFA professional artist,  
Lightscapes Studio LLC

Thompson Pk Creative Arts Center

**Six Sessions \$120.00 Per Person**

**Wed, Mar 3-Apr 14 1:00-3:30 PM . . . . . ZAW12A**  
*No class 3/31*

**Four Sessions \$80.00 Per Person**

**Wed, Apr 21-May 12 1:00-3:30 PM . . . . . ZAX12A**

**Five Sessions \$100.00 Per Person**

**Wed, May 19-Jun 16 1:00-3:30 PM . . . . . ZAY12A**

## Studio Time with Gina

(adults)

This class is designed as a group art studio class with a professional artist instructing each student individually. Students bring their own supplies in their specific media of preference, all media welcomed. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one on one constructive critiques. All level artists both professional and beginners are always welcome.

Instructor: Gina Torello, MFA Professional Artist,  
LightScapes Studio LLC

Thompson Pk Creative Arts Center

**Six Sessions \$120.00 Per Person**

**Mon, Mar 1-Apr 12 1:00-3:30 PM . . . . . ZAU12A**  
*No class 3/29*

**Fri, Mar 5-Apr 16 1:00-3:30 PM . . . . . ZAV12A**  
*No class 4/2*

**Four Sessions \$80.00 Per Person**

**Mon, Apr 19-May 10 1:00-3:30 PM . . . . . ZB112A**

**Three Sessions \$60.00 Per Person**

**Fri, Apr 23-May 14 1:00-3:30 PM . . . . . ZB612A**  
*No class 4/30*

**Four Sessions \$80.00 Per Person**

**Mon, May 17-Jun 14 1:00-3:30 PM . . . . . ZB512A**  
*No class 5/31*

**Fri, May 21-Jun 18 1:00-3:30 PM . . . . . ZB712A**  
*No class 6/4*

## The Foundations of Oil Painting

(adults)

This class is dedicated to learning the art of oil painting. Students will acquire a strong understanding of the skills needed to begin their journey into the world of oils. Class will start with an introduction to the basics, such as value and color, and graduate into more complex painting techniques, learning techniques to better handling of the medium, as well as developing the artist eye of painting from life. A supply list will be provided upon registration.

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

**Mon, Mar 1-Apr 5 10:00 AM-12:00 PM . . . ZBW12A**

**Mon, Apr 19-May 24 10:00 AM-12:00 PM . . ZBX12A**

## JEWELRY

### Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver or copper, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our certified instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will have the option of working with fine silver or copper metal clay. A materials fee of \$15.00 cash is payable to the instructor on the first day of class (this is for materials other than the metal clay.) The cost of the Metal Clay will depend on the type of metal and project of your choosing. Please refer to the fact sheet for more pricing information. Instructor: Pamela Williams

**Six Sessions \$148.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 2-Apr 6 11:00 AM-2:00 PM . . . . .ZAH12A**

**Tue, Apr 20-May 25 11:00 AM-2:00 PM. . . . .ZAJ12A**

**Sat, Mar 6-Apr 10 11:00 AM-2:00 PM. . . . .ZAK12A**

**Sat, Apr 17-May 29 11:00 AM-2:00 PM . . . . .ZAM12A**

*No class 5/1*



## KNITTING & SEWING

### Advanced Indigo Shibori: Stitch Resist

(adults)

Create unique Japanese inspired designs using only a needle and thread! Participants will hand stitch and hand dye fabric in beautiful indigo using the Japanese technique of nui shibori (stitch resist). All levels welcome - previous sewing experience not required. All materials are included. Please wear clothes that can get dirty, bring a pair of long cuffed rubber gloves, and bring a \$10.00 material fee payable to instructor Kate Eggleston.

**One Session \$45.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Apr 27 9:00 AM-1:30 PM. . . . .ZBD12A**

**Wed, May 19 9:00 AM-1:30 PM . . . . . ZBE12A**

### Hooks and Needles Club

(adults)

Do you crochet, knit or weave? Join the Deep Cut Gardens "Hooks and Needles" Club. Every Thursday afternoon, knitters, hookers and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space. **Please Note: This is a free program; however, registration is required.**

**Thirteen Sessions FREE!**

Deep Cut Gardens Horticultural Center

**Thu, Mar 4-May 27 1:00-3:00 PM . . . . .PH021A**

### Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, scarf or hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

**Six Sessions \$68.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Sat, Mar 6-Apr 17 10:30 AM-12:30 PM . . . . .ZA512A**

*No class 4/3*

**Sat, May 15-Jun 26 10:30 AM-12:30 PM . . . . .ZA612A**

*No class 5/29*

## MISCELLANEOUS CRAFTS

### Basket Making Workshops

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets while still useful, have evolved into a serious art form. Fees for materials (listed below) are to be paid to the instructor the day of class.

Instructor: Martha Costain

**One Session \$38.00 Per Person**

Thompson Pk Creative Arts Center

#### Egg Basket

Classic egg basket woven on 8" hoops with the God's Eye "ear". Rib construction and an accent of color on the handle. This basket is suitable for beginners. A materials fee of \$15.00 is payable to the instructor.

**Sat, Mar 13 10:00 AM-4:00 PM ..... ZBT12A**

#### Williamsburg Basket

Large Williamsburg Basket with oak handle. Size: 10" x 10" x 13" tall, 14-15" in diameter. Suitable for beginners; start and stop weaving. A materials fee of \$28.00 is payable to the instructor.

**Sat, Apr 17 10:00 AM-4:00 PM ..... ZBU12A**

#### Wine Basket

Perfect for two bottles of wine or one bottle and a loaf of bread. Nice hostess gift! Simple start and stop weaving with a divider in the center. Can add some color or leave plain. Beginners welcome. A materials fee of \$18.00 is payable to the instructor.

Size: 4 1/2" x 9" x 12" handle

**Sat, May 15 10:00 AM-4:00 PM ..... ZBV12A**

### Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided by instructor for a \$40.00 fee payable the first day of class.

Instructor: Harry Belkowitz

**Six Sessions \$78.00 Per Person**

Big Brook Pk Elsas Lodge

**Sat, Mar 6-Apr 17 1:00-3:00 PM ..... ZBK12A**

No class 3/27

**Sat, May 1-Jun 12 1:00-3:00 PM ..... ZBM12A**

No class 5/29



### Bicycle or Vintage Truck Canvas NEW

(adults)

Let's begin this mixed media class by collaging the canvas background with a variety of book pages. Select your focal point, (bicycle or vintage truck) and continue decorating with paints, stamps and stencils. We'll finish the project by adding patches of color to the background and adding a stamped phrase and/or banner if desired. All supplies are included for a 12"x12" or 11"x14" canvas.

Instructor: Monique Topp

**One Session \$45.00 Per Person**

Henry Hudson Trail Act Ctr

**Thu, May 20 6:00-9:00 PM ..... AAD12A**

### Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$40.00 materials fee (cash or check only) is due to Instructor Harry Belkowitz the first day of class.

**Six Sessions \$78.00 Per Person**

Big Brook Pk Elsas Lodge

**Tue, Mar 23-Apr 27 10:00 AM-12:00 PM ... ZBQ12A**



**SUNDAY, MAY 16,  
11:00 AM-5:00 PM**

**62 WALNFORD RD,  
UPPER FREEHOLD**

**609-259-6275**

# Walnford Day

Ingenuity, technology, culture and history  
come together in one great event!

**FREE PARKING • FREE ADMISSION**

- View historic demonstrations and displays
- See the gristmill in action
- Enjoy horse-drawn wagon rides
- Explore the 1773 Waln family home



For more information call 732-842-4000, ext. 4312,  
or visit us online at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).



Monmouth County Park System



# Creative Arts & Music Festival

Saturday, May 1

10:00 AM-4:00 PM

Thompson Park, Lincroft



Spend a day at Thompson Park perusing a variety of fine artists and artisans, as well as experience live music by some of the best local musicians. This family-friendly festival also includes free activities, artist demonstrations, and a variety of tasty food vendors to choose from.

For more information, please call 732-842-4000, ext. 3343, or visit us online at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

# MONMOUTH COUNTY PARK SYSTEM



Hominy Hill Golf Course

Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Fisherman's Cove Conservation Area

Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

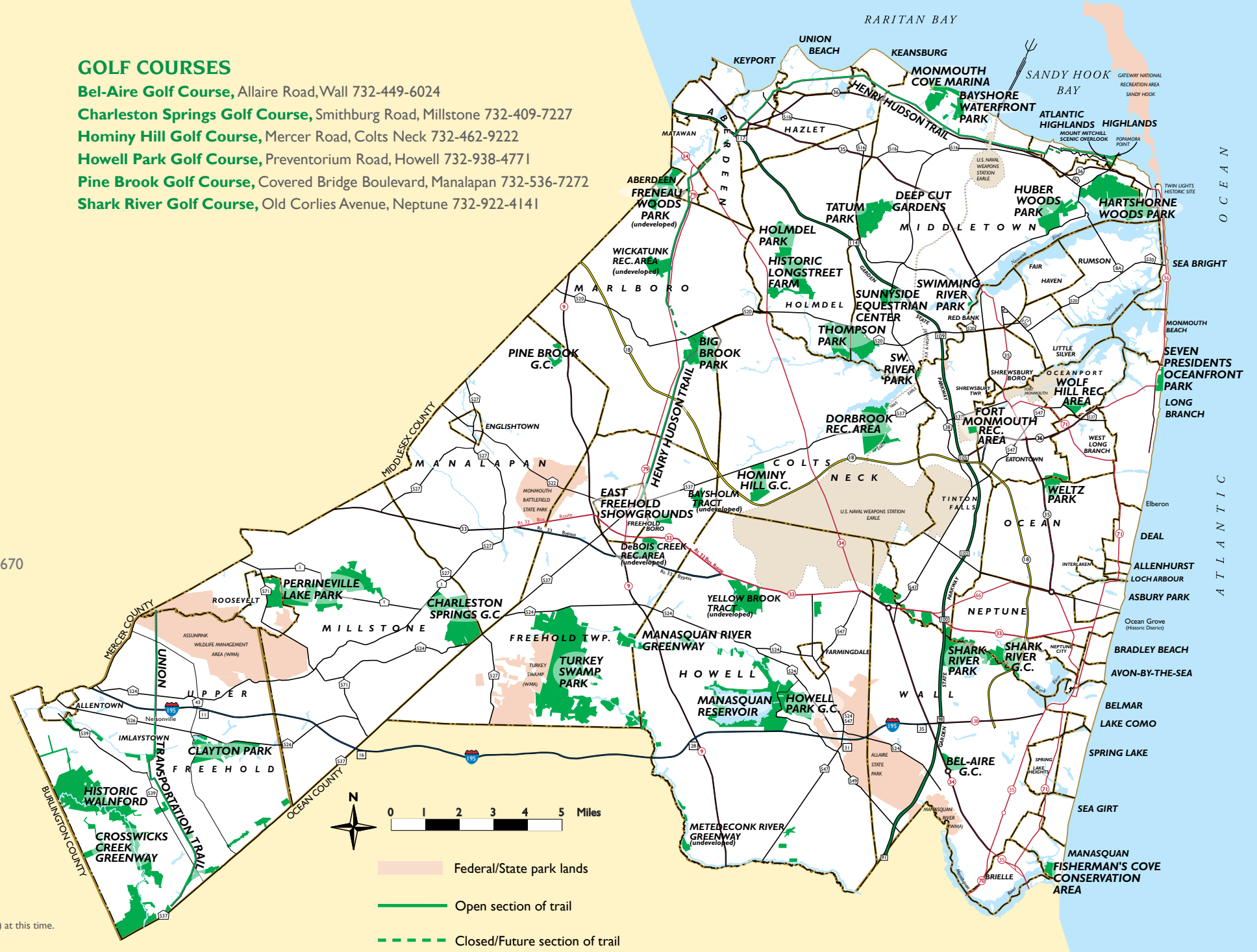
## Monmouth County Park Locations

### PARKS/HISTORIC SITES

- Baysholm Tract**†, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**\*, Route 520, Marlboro 732-834-9607
- Clayton Park**\*, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**\*, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**†, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbroom Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**\*, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**†, Monastery Lane, Aberdeen 732-264-7277
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**\*, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**†, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**\*, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail**\*, Upper Freehold 609-259-5794
- Historic Walnford**, Walnford Road, Upper Freehold 609-259-6275
- Weltz Park**\*, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**†, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**†, Highway 33, Howell 732-751-9453 or 732-919-0996

### GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Corlies Avenue, Neptune 732-922-4141



\* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.

## Creative Card Making

(adults)

Create beautiful, 3-D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

**Six Sessions \$50.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A

**Tue, Mar 9-Apr 13 4:00-5:15 PM ..... A3912A**

**Tue, Mar 27-Jun 1 4:00-5:15 PM ..... A4012A**

## Framing Can Be Easier and Cheaper than You Think!

(adults)

This information packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. During these two hours you will learn: 1) how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media, 2) how to correctly wire your work to hang safely and securely, 3) how to create a basic framing tool kit, and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

**One Session \$38.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, May 12 10:00 AM-12:00 PM ..... ZBS12A**

## Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$40.00 fee payable during the first class.

Instructor: Harry Belkowitz

**Six Sessions \$78.00 Per Person**

Big Brook Pk Elsas Lodge

**Sat, Mar 6-Apr 17 10:00 AM-12:00 PM .... ZBN12A**

No class 3/27

**Sat, May 1-Jun 12 10:00 AM-12:00 PM .... ZBP12A**

No class 5/29

## Mixed Media - More than Paint

(adults)

Create beautiful, original art pieces to decorate your home or to give as gifts. Experiment with paint, paper, ink, fabric, modeling paste, found objects, etc. The possibilities are endless. There is a material fee of \$10.00 payable to the instructor.

**Four Sessions \$36.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A

**Tue, May 4-25 5:45-7:15 PM ..... A4112A**

## Printmaking: Drypoint

(adults)

Participants will learn how to draw onto a plate using a stylus, techniques for printing without a press, and create an edition of original prints. All levels welcome! All materials are included. Please bring some drawings/photos for inspiration, wear studio clothes. A \$10.00 (cash) material fee is payable to instructor Kate Eggleston the day of class.

**One Session \$40.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 16 9:00 AM-1:00 PM ..... ZBH12A**

## Printmaking: Relief

(adults)

Participants will learn how to carve designs into soft rubber blocks, techniques for printing without a press, and create an edition of original prints. All levels welcome! All materials are included. Please bring some drawings/photos for inspiration, and wear studio clothes. A \$10.00 (cash) material fee is payable to instructor Kate Eggleston the day of class.

**One Session \$40.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Apr 14 9:00 AM-1:00 PM ..... ZBJ12A**

## The Art of Pysanky

(adults)

The ancient art of Ukrainian egg decorating, also known as Pysanky, is a process of layering beeswax and natural dyes to create stunning patterns. In this one day class, you will learn this fun, intricate technique and have the chance to create your very own beautiful eggs. A \$10.00 materials fee is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

**One Session \$27.00 Per Person**

Thompson Pk Creative Arts Center

**Sun, Mar 21 1:30-4:00 PM ..... Z4412A**

**Sat, Mar 27 1:30-4:00 PM ..... Z4312A**

**Advanced Pysanky***(adults)*

Take your egg decorating to the next level with Advanced Pysanky. In this workshop you can experiment with metallic materials, use watercolor painting techniques, and remove areas of color with bleach. Additionally, blowing out the egg and adding a hook will be demonstrated. Prerequisite skills with the kistka and knowledge of the process of dying are required. A materials fee of \$10.00 is payable to instructor. Please bring an apron.

Artist/ Instructor: Jennifer Santa Maria

**One Session \$27.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Mar 27 5:00-7:30 PM ..... Z4512A**

**To Dye For: Indigo Shibori Workshop***(adults)*

Discover the beauty of shibori, a series of Japanese resist dye techniques, which creates unique patterns on fabric by folding, binding, and sewing. Students will produce an array of designs dyed in beautiful indigo. Please bring 10-15 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc) to dye. Please also bring long cuffed rubber gloves and \$10.00 materials fee payable to instructor Kate Eggleston, and wear clothes that can get dirty.

**One Session \$45.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 9 9:00 AM-1:30 PM ..... ZBA12A**

**Wed, Apr 7 9:00 AM-1:30 PM ..... ZBB12A**

**Wed, May 5 9:00 AM-1:30 PM ..... ZBC12A**

**PHOTOGRAPHY****Photography - Meet Your Digital SLR\****(adults)*

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations. Please Note: This class requires a Digital SLR; point and shoot cameras are not covered.\*If you have one of the newer mirrorless cameras by Fuji™, Sony™, Olympus™, Nikon™, or the Canon™ EOS-M, please check with the instructor at gary@garydatesphotos.com.

Instructor: Gary Dates

**Six Sessions \$75.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Mar 2-Apr 6 6:30-8:30 PM ..... ZAP12A**

**Thu, Apr 15-May 20 10:30 AM-12:30 PM ..ZAQ12A**

**New Lightroom CC***(ages 15 and up)*

You asked for it, you got it! This class is for those of you who thought Lightroom Classic CC was too confusing. Lightroom CC is a simplified version. All your photos are synced in the cloud, so organizing photos is easy. Lightroom CC allows you to edit across all of your devices; laptop, smart phone, and tablet! That said, YOU MUST BRING A LAPTOP to the class as we won't have WiFi access. You MUST sign up for either the Adobe Lightroom Plan or the Adobe Photography Plan at www.adobe.com. If you have questions contact Gary at gary@garydatesphotos.com.

**Four Sessions \$54.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Mar 3-24 6:30-8:30 PM ..... ZAT12A**

**Photography - Digital SLR 2***(adults)*

This class is specifically designed for those who have participated in the "Meet Your DSLR" class at Thompson Park or anyone with a basic understanding of the so-called "exposure Triangle": shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode. Please consult photography instructor Gary Dates for camera eligibility (gary@garydatesphotos.com.)

**Four Sessions \$54.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Mar 4-25 10:30 AM-12:30 PM. .... ZAR12A**

**Tue, Apr 13-May 4 6:30-8:30 PM. .... ZAS12A**

Monmouth County Park System



# Spring Craft Show

**Saturday, April 17,  
9:00 AM-2:00 PM**

Fort Monmouth Recreation Center  
2566 Guam Lane, Tinton Falls

**Support over 40+ homegrown artists and artisans.  
Shop for Mother's Day, Father's Day, graduations,  
communions, weddings or for yourself.**

**FREE Admission & Parking**

For more information or for a craft application, please call  
848-456-4278, ext. 3#, or email  
[James.Butler@monmouthcountyparks.com](mailto:James.Butler@monmouthcountyparks.com).



[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)

## CANINE CLASSES

### Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Apr 10-May 22 9:00-10:00 AM.....Q0812A

Tue, Apr 13-May 25 6:00-7:00 PM.....Q0912A

### Dog Obedience: Canine Good Citizen Class (CGC)

(ages 17 and up)

This class is designed to prepare your dog to take the American Kennel Club's Canine Good Citizen (CGC) test. The curriculum will review each AKC testing requirement while providing the opportunity for you to practice and strengthen your dog's skills. The CGC test will be offered to all dogs successfully completing this class. Prior completion of the Basic Obedience class is strongly encouraged.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Apr 10-May 22 11:30 AM-12:30 PM...Q4512A

### Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to small dogs 6 months and older and weighing 35 lbs. or less.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Tue, Apr 13-May 25 7:15-8:15 PM.....Q1112A

### Dog Obedience: Puppy Kindergarten

(ages 17 and up)

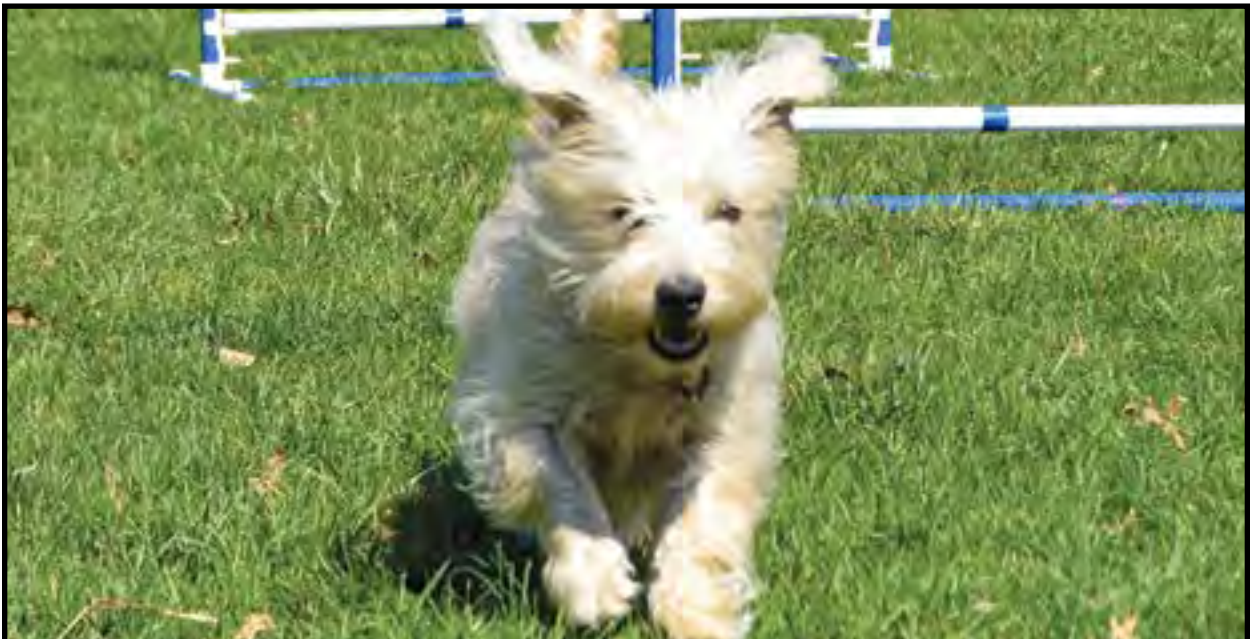
This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies 8 weeks-5 months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Apr 10-May 22 10:15-11:15 AM .....Q1012A



## CULINARY ARTS

### Cast Iron Skillet Cooking

(adults)

The original non-stick pan! If you've got Grandma's hand-me-down, or have even bought your own and aren't sure how to use it, this is your opportunity to see how versatile this kitchen tool is. Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. You'll be surprised at how much this pan can do! Menu Ideas: Easy Seafood & Chorizo Paella and Colonial Apple Tansey

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$49.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Tue, Mar 23 6:00-8:00 PM ..... MBG12A**

### Catch of the Day

(adults)

Are you afraid to cook fish? It's time to face your fears as the chef walks you through classic techniques for pan searing, baking and grilling fish the easy way. You'll have confidence with seafood and no more worries about dry or (unintentionally) blackened fish again.

Menu Ideas: Herbed Crusted Baked Flounder and Crab Stuffed Flounder with Roasted Red Pepper Aioli

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Tue, Mar 4 6:00-8:00 PM ..... MBQ12A**

### Cooking Thyme

(adults)

This monthly lunchtime cooking program incorporates some hands on skills for students and demo from the chef, culminating in a finished recipe for all to taste. While students nosh and visit, the chef will be available to chat.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$49.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

### Lunch Kicked Up a Notch

Chef ups the noontime ante with easy, hot alternatives to simply putting some cold lunch meat between two slices of bread and calling it a meal.

Menu: Philly Cheese Steak Quesadilla and Rustic Italian Chicken Ciabatta

**Thu, Apr 22 12:00-2:00 PM ..... MCT12A**

### CREATE!

(adults)

In this new concept for cooking classes, the focus each time will be on a different culinary building block, such as sauces, stuffings, how to make a recipe your own and much more. Come create in the kitchen with us!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

### Sauce Pairing Perfection

Learn how to pair your favorite sauces with chicken, fish, pork or beef. Our focus is on a versatile Lemon Garlic Sauce, to delicately flavor chicken or create your favorite scampi, and a Northern Italian Ragu Bolognese as a delizioso alternative to your usual Sunday Sauce.

**Thu, Apr 8 6:00-8:00 PM ..... MBS12A**

### Everyday Cooking for Digestive

Health 

(adults)

This class complements my "Digestion Connection" lecture. I'll demonstrate some easy, weekday, healthy and delicious digestion dishes and drinks. Gain knowledge on how to shop, select and prepare foods best for digestive and liver support. Bring a friend to this healthy and tasty night out!

Presented by: Lisa Vento CHHC CYT

**One Session \$45.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Tue, Mar 30 6:00-8:00 PM ..... AAB12A**

### Fire Up the Gas Grill!

(adults)

Your grill might have been idle over the winter, but now it's time to prep it for some serious outdoor cooking. Review the basics of gas grilling, including methods for getting the juiciest meats and tender vegetables. We're not all talk, so get ready for hands-on learning as Chef guides you through the skills to prep your meats and veggies for those summer cookouts. Get your practice now, before those Memorial Day BBQs begin!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Thu, May 6 6:00-8:00 PM ..... MBR12A**



## Frugal Gourmet

(adults)

Think gourmet food must be pricey and exotic? Think again! Learn the hallmarks of gourmet meals including quality, flavor, creativity and artful presentation. Begin with fresh ingredients like herbs and vegetables, step out of your culinary comfort zone and create subtle, flavorful dishes that don't break your budget. Menu Ideas: Baby Lamb Chops with Garlic and Thyme; Brie Cheese & Bacon Stuffed Chicken in Phyllo

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Tue, Apr 27 6:00-8:00 PM ..... MBP12A**

## Healthy In-Between Meal Snacks

(adults)

Yes you can eat in between meals! Eating the right snacks in between meals can help keep your appetite in check to prevent overeating at lunch and dinner. A nourishing snack provides an energizing pick-me-up from the daily grind. So, when you feel that mid-morning hunger, or afternoon slump, reach for one of these awesome guilt-free bites! Decadent energy coconut balls, fun taco pretzel nuggets, yummy oatmeal chocolate chip cookie dough, chocolate clementines and more! The best part is, these delicious snacks are packed with super foods!! Class is taught in demonstration format.

Instructor: Merrall Freund, HHC, AADP

**One Session \$45.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Mon, Mar 8 6:00-8:00 PM ..... A4412A**

## How To: Legs & Thighs

(adults)

This is another in my series of "how to." Chicken legs and thighs are one of the cheapest items at the meat counter. With endless ways to season them, they are adaptable to all cuisines around the globe. You'll experience cooking methods and taste profiles to add to your culinary repertoire. Let's start with a stove top meal: creamy pasta with smoked bacon and chicken, Romano cheese and semolina bread. Next in the oven for a roasted "French onion soup" stuffed chicken falling off the bone tender with a taste of thyme and cognac. Then, a braised NO flour chicken with mirepoix and red wine a la "Coq au Vin". Last up is a Thai-style chicken curry rice noodle dish that is so easy you'll be making it once a week! Salad and ice cream will round out this meal. So sit back and relax - chef will cook for you tonight in this demonstration class.

Instructor: Peter De Celie

**One Session \$50.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Tue, Mar 23 6:00-9:30 PM .....AAG12A**

## Latin Style: Empanadas Gone Wild!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and repulgue (crimp the edge), and bake or fry your empanadas. Top it off by creating delicious dipping sauces for one mouth watering meal!

Menu ideas: Classic Beef Empanadas with Homemade Traditional Salsa; Empanadas & Salsa with a Twist; BLT Empanadas with Mango Salsa & Creamy Chipotle Dip

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Thu, Apr 29 6:00-8:00 PM .....MBT12A**

## Group Cooking Classes

Now you can book a private class for your family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef, making this perfect for couples, Girls' Night Out, teen groups and more.

Class Length: 2 ½ hours

Location: Fort Monmouth Recreation Center

Cost: \$325.00, 4-10 people, ages 13-adult

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

Info & scheduling: Contact Ann Sage at 848-456-4278, ext. 4, or [Ann.Sage@monmouthcountyparks.com](mailto:Ann.Sage@monmouthcountyparks.com).



**Mexican-Style BBQ** *(adults)*

A genetic factor has prevailed inside our DNA since the Stone Age - we still love cooking outdoors over fire! Tonight we'll put some Mexican-style flavors into our food and make them our grilling flavors! Starting with baja clams, spiced with tomato and poblano peppers. Then, a fresh chorizo Caesar Salad. Followed by a new twist on a BBQ standard - mole rojo beef sliders with queso oaxaca. Next, "no spice" shrimp - just lime, agave and cilantro served with grilled corn and "LALA" Crema and cotija. Grilled tomatillos and green chilies pork loin will round out our feast, completed by a dessert of grilled pineapple and mango over Kahlua ice cream. Muy Buena! So sit back and relax, chef will cook for you tonight in this demonstration class.

Instructor: Peter De Celie

**One Session \$50.00 Per Person**

Dorbrook Rec Area Barnview Shelter Bldg

**Tue, May 4 6:00-9:30 PM . . . . . AAF12A****Outdoor Paella***(adults)*

Let's go outdoors and have a paella feast! You've never tried to cook paella at home? It's simple! Think rice with goodies! Tonight you will learn how to cook outside over an open fire with the special paella rice called calasparra. Heat control and knowing when to mix in "goodies" with the rice is what makes great paella. Americans commonly use chicken, chorizo, saffron and clams, and we will too. We will also use squid, smoked paprika, shrimp, bacon, tomatoes and peppers. You'll think you are in Valencia! So sit back and relax - chef will cook for you tonight in this demonstration class.

Instructor: Peter De Celie

**One Session \$50.00 Per Person**

Dorbrook Rec Area Barnview Shelter Bldg

**Tue, May 18 6:00-9:30 PM . . . . . AAE12A****Pizza! Pizza! Pizza!** *(adults)*

Everyone loves pizza! But, who wants to deal with mixing, kneading and rolling out the dough? Not me! I will show you a variety of pizza "crusts" without all the work topped with all sorts of delightful, delicious and healthy ingredients. I'll demonstrate how to make the "wrap" pizza, portabella pizza and my favorite, spinach, roasted garlic, artichoke white pizza.

Instructor: Merrall Freund, HHC, AADP

**One Session \$45.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Mon, Apr 12 6:00-8:00 PM . . . . . A4512A****Practical Kitchen Skills: Working with Knives***(adults)*

Have you been intimidated by recipes that call for chopping versus dicing? Does "julienne" sound more like a person's name than a cutting technique? Cast off your fears as Chef Stephen demystifies these terms through demonstration and hands-on practice by you! Learn how to properly hold a knife, what knife is best for what task and the all-important safety tips.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$49.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Tue, Apr 6 6:00-8:00 PM . . . . . MBN12A****Surf, Turf & Pasta: Three Part Course***(adults)*

As if surf & turf couldn't get any better, we've added pasta to give this continental cuisine some Mediterranean flair. You won't find it in a steakhouse, but now you can learn the skills and recipes to prepare it at home. The best part is, we'll show you how you can do with a one-stop shop at your favorite grocery store.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$50.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Part 1: Surf**

Discuss choosing and preparing seafood while learning some hands on skills. Menu includes: Wasabi Panko Encrusted Flounder with Lemon Butter Sauce; Seafood Scampi for Garlic Lovers; and Baked Flounder Florentine Stuffed with Spinach & Fresh Herbs

**Thu, Mar 11 6:00-8:00 PM . . . . . MBH12A****Part 2: Turf**

Move on to the meat, as you learn what cuts to choose and make a simple, yet fancy, entree. Today's Menu: Mini Beef Wellingtons and Rice Pilaf

**Thu, Mar 18 6:00-8:00 PM . . . . . MBJ12A****Part 3: Pasta**

Now for that Mediterranean touch as we explore pasta varieties and how to move beyond the old fashioned marinara. Today's Menu: Tortellini with Peas & Prosciutto and Farfalle with Creamy Cheesy Red Pepper Sauce.

**Thu, Mar 25 6:00-8:00 PM . . . . . MBK12A**

## Tarts: Sweet & Savory

(adults)

Most people think of tarts as dessert, but did you know that tarts spring from the Medieval pie making tradition? These flat, open-faced pies have as many savory recipes as they do sweet. Start by learning the skills to create your own pie crust, then mix up unique fillings that will delight your taste buds.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$59.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

### Part 1: Savory

Menu: Carmelized Onion with Thyme, Goat Cheese & Kalamata Olives; Savory Spring Tart with Asparagus & Leeks.

**Tue, Mar 2 6:00-8:00 PM ..... MBC12A**

### Part 2: Sweet

Menu: Mixed Berry with Fresh Pastry Crème & Apricot Glaze as well as a take on an Apple Crumb Pie in tart form, thinner and more delicious!

**Tue, Mar 9 6:00-8:00 PM ..... MBD12A**

## EDUCATION & ENRICHMENT

### About Boating Safely

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks.

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

**One Session \$75.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Sat, Apr 24 8:30 AM-5:00 PM ..... Q4312A**

Thompson Pk Vis Ctr Beech Room

**Sat, Mar 27 8:30 AM-5:00 PM ..... Q4112A**

**Sat, May 8 8:30 AM-5:00 PM ..... Q4212A**

## Beginner Mahjong

(adults)

Beginners, shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. Beginners only please.

**Seven Sessions \$35.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C

**Thu, Mar 4-Apr 15 11:30 AM-1:30 PM .....M0512A**

**Tue, Apr 13-May 25 11:30 AM-1:30 PM. ....M0612A**

**Thu, Apr 29-Jun 10 11:30 AM-1:30 PM ....M0712A**

## Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. For players who have experience. We are currently unable to serve refreshments in our program. You are welcome to bring your own coffee.

**Seven Sessions \$30.00 Per Person**

Fort Monmouth Rec Ctr Atrium Rm

**Tue, Apr 13-May 25 9:30-11:30 AM .....M1412A**

**Wed, Apr 14-May 26 9:30-11:30 AM .....MCW12A**

**Thu, Apr 22-Jun 3 9:30-11:30 AM .....M1612A**

**Thu, Apr 22-Jun 3 11:45 AM-1:45 PM .....M1712A**

## Fire and Fury: Dragon Culture Around the World

(ages 13 and up)

Dragons have burned through the world's imagination for centuries. Join us for an engaging presentation on dragons throughout history. Our informative journey will explore the world's treasury of dragons with time for Q&A. Sign up for one presentation or the whole series at a discounted price.

Fort Monmouth Rec Ctr Prog Rm C

**One Session \$15.00 Per Person**

### Dragons of Europe

**Mon, Mar 22 6:00-7:00 PM .....M5212A**

### Dragons of Africa

**Mon, Mar 29 6:00-7:00 PM .....M5312A**

### Dragons of the Near East

**Mon, Apr 5 6:00-7:00 PM. ....M5412A**

### Dragons of the New World

**Mon, Apr 12 6:00-7:00 PM .....M5512A**

### Dragons of Australia

**Mon, Apr 19 6:00-7:00 PM .....M5612A**

### Full Series

Register for all five sessions and save!

**Five Sessions \$60.00 Per Person**

**Mon, Mar 22-Apr 19 6:00-7:00 PM .....M5712A**

**Genealogy: Using City Directories** *(ages 14 and up)*

City Directories are a valuable resource in your quest to research your family because they list the head of household, occupation and residence. Learn what other information can be found in the directories, as well as tips on how to find and use this information to build your family tree.

**One Session \$20.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Sat, May 1 2:00-4:00 PM ..... Q0712A****Getting Paid to Talk***(adults)*

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

**One Session \$25.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Tue, May 11 6:30-9:00 PM ..... AAM12A****Music & Piano***(adults)*

"I wish I knew how to play the piano!" Well, it's never too late; and the best way to learn music is with a fun, experienced instructor. Learn to read music to play songs for fun, improve memory, and develop creativity. Space is limited in this co-ed program to ensure personalized instruction. There is a required workbook that will be available for purchase at the first class. Certificate included upon completion. A small, portable, keyboard with at least four-octaves is needed (please consult instructor for keyboard information at gloriajunef@hotmail.com)

Presented by: Gloria Fowler AA, BA; Juilliard School trained

**Part 1 - Beginners****Eight Sessions \$112.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D

**Tue, Mar 2-Apr 20 6:30-7:30 PM ..... M6312A****Primitive Fire***(all ages)*

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire making skills from both an anthropological as well as a wilderness survival perspective. Program is rain or shine, please dress accordingly.

**One Session \$15.00 Per Person**

Turkey Swamp Pk Oak Point Picnic Shelter

**Sun, May 2 10:00 AM-1:00 PM ..... I4312A****Sat, May 8 10:00 AM-1:00 PM ..... I4612A****Save a Life! Basic First Aid***(ages 14 and up)*

Attention all parents, coaches, teachers and caretakers, this course is for you! Learn the critical first aid skills needed to respond to and manage an emergency when it arises. Participants will learn techniques such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. You will feel confident as you master these life-saving techniques in this hands-on course taught by certified instructors from the American Safety and Health Institute. Upon completion, participants will receive an ASHI Basic First Aid Completion Card that is valid for two years.

**One Session \$55.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Sat, Mar 6 10:00 AM-1:00 PM ..... Q2212A****Save a Life! Basic Life Support (BLS) for the Healthcare Provider***(adults)*

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

**One Session \$75.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Wed, May 26 6:30-10:00 PM ..... Q2112A**

Thompson Pk Vis Ctr Beech Room

**Wed, Mar 24 6:30-10:00 PM ..... Q1812A****Wed, Apr 14 6:30-10:00 PM ..... Q1912A****Sat, May 15 10:00 AM-1:30 PM ..... Q2012A**

## Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

**One Session \$55.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Sat, Mar 27 10:00 AM-12:30 PM ..... Q1712A**

Thompson Pk Vis Ctr Beech Room

**Wed, Mar 10 7:00-9:30 PM ..... Q1412A**

**Wed, Apr 7 7:00-9:30 PM ..... Q1512A**

**Wed, May 5 7:00-9:30 PM ..... Q1612A**

## Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

**One Session \$65.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Sat, Apr 24 10:00 AM-12:30 PM ..... Q2312A**

## The Darker Side of Fairy Tales

(ages 13 and up)

Think fairy tales are just for little children? Originally written for adults, fairy tales reveal as much about the cultures and historical eras they sprang from as they do about the characters within them. Each presentation explores popular fairy tales, exposing the often surprising backstories of the originals. Spoiler alert-not every tale has a happy ending. Sign up for one presentation or the whole series at a discounted price.

**One Session \$15.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C

**Cinderella**

**Mon, May 3 6:30-7:30 PM .....M5812A**

**Snow White**

**Mon, May 10 6:30-7:30 PM .....M5912A**

**Sleeping Beauty**

**Mon, May 17 6:30-7:30 PM .....M6012A**

**Beauty and the Beast**

**Mon, May 24 6:30-7:30 PM .....M6112A**

**Entire Series**

Register for all four sessions and save!

**Four Sessions \$48.00 Per Person**

**Mon, May 3-24 6:30-7:30 PM .....M6212A**

## HEALTH & WELLNESS

### Build Your Own Meditation Practice

(adults)

Meditation is a practice. It must be developed and strengthened. It is also unique unto you. In this class we will learn exercises in breath control, imagery meditation and basic Reiki techniques to help you develop your own daily meditation practice so you may learn to redirect your emotions, bring calm and grounding to your being and deflect the stresses of the outside world. Please bring a notebook and pen to class for your journal.

**Four Sessions \$50.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Sun, Apr 11-May 2 1:30-3:00 PM ..... Q6512A**

**Calm Your Mind Retreat** *(adults)*

Calm your mind as we retreat to Bayshore Waterfront. We will begin our day with a walk along the bay. We will then have morning meditation which will include exercises in breath control, imagery and basic Reiki techniques. Following our lunch, we will head out to the beach to draw inspiration for poetry creation and sharing. We will finish up the day with Chakra Bowl meditation. Morning and afternoon snacks will be provided. Please pack a lunch. We will be outside on the beach (weather permitting) and inside the activity center throughout the day.

**One Session \$85.00 Per Person**

Bayshore Waterfront Park Act Ctr

**Sat, Apr 17 9:00 AM-4:00 PM ..... Q0112A****Digestion Connection***(adults)*

Ancient Greek physician Hippocrates said "health begins in the gut." Discover how and why a healthy digestive health is essential to a healthy mind and body. Learn how to eat, cleanse and destress to improve gut function thereby improving overall well being. You CAN improve chronic health conditions, prevent disease and age beautifully.

Presented by: Lisa Vento CHHC, CYT

**One Session \$20.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Tue, Mar 23 6:00-7:30 PM ..... A8612A***Programs for Caregivers & Individuals with Memory Loss***Caregiver Workshop Series** *(adults)*

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey.

This program is free; however, registration is required.

**Three Sessions FREE!**

Dorbrook Rec Area Act Ctr

**Tue, Apr 13-Jun 8 7:00-8:00 PM ..... D1612A***Program meets 4/13, 5/11 & 6/8***Memory Cafe** *(adults)*

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information 732-460-1167, ext. 24.

This program is free; however, registration is required.

**Three Sessions FREE!**

Fort Monmouth Rec Ctr Atrium Rm

**Tue, Mar 23-May 25 1:00-2:30 PM ..... PD021A***Group meets 3/23, 4/27 & 5/25***Memory Cafe - Walks the Parks***(adults)*

Discover the seasonal beauty of our county parks. Each month we will visit a new park, see what's in bloom and look for the wildlife!

3/9 - Dorbrook Rec Area Act Ctr Parking Lot

4/13 - Deep Cut Gardens Parking Lot

5/11 - Thompson Pk Three Barns Parking Lot

6/8 - Manasquan Res Env Ctr Parking Lot

**One Session \$10.00 Per Pair****Tue, Mar 9-Jun 8 1:00-2:30 PM ..... D1712A**

## Forest Bathing

(adults)

Go to a forest. Walk slowly. Breathe. Open all your senses. This is the healing way of forest bathing, known as Shinrin-Yoku. It originated in Japan in the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. Join us for a gentle walk in the woods. We'll engage in mindfulness meditation, the practice of silence to enhance the senses and inner reflection, and share a cup of tea as we end our time together. Please wear long pants and comfortable walking shoes. Participants must be able to walk comfortably on uneven terrain.

Instructor: Gina Zalewski RN RYT

**One Session \$25.00 Per Person**

Manasquan Res Env Ctr

**Sat, Mar 13 10:00-11:30 AM..... A5112A**

**Sat, May 8 10:00-11:30 AM..... A5312A**

Turkey Swamp Pk Shelter Bldg

**Sat, Apr 10 10:00-11:30 AM..... A5212A**

## Functional Medicine

(adults)

Are you looking for a more natural way to feel better mentally and physically? Prevent illness and infection? Improve chronic conditions? Let's reintroduce an old approach to health with functional medicine. Using functional medicine principles, you will learn more about your body and understand how lifestyle choices either support good health or create disease. You'll get tips and techniques on how to nourish properly, support cleansing, sleep better, improve hygiene and reduce stress.

Presented by: Lisa Vento CHHC, CYT

**One Session \$20.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Wed, Mar 31 6:00-7:30 PM ..... A8712A**

## Highlighting and Contouring Make-Up

(adults)

Contouring and highlighting is a technique of applying make-up to enhance and sculpt the structure of the face. In this program professional make-up artist Anna Olech will teach you how to apply shadow to contour and highlighters to bring out your true glow and radiance. Bring your own make-up bag to class. This is a hands-on program.

**One Session \$40.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Tue, May 4 6:00-7:30 PM..... Q5312A**

Henry Hudson Trail Act Ctr

**Mon, May 17 6:00-7:30 PM..... Q5412A**

## Meal Planning Made Easy on a Plant Based Diet

(adults)

Certified Nutrition Coach Amanda Mancini will teach how to food shop and stock your pantry for the month on a plant based diet, how to plan plant based meals for you and your family and dining out on a plant based diet made easy. Please bring a pen and notebook.

**One Session \$30.00 Per Person**

Henry Hudson Trail Act Ctr

**Sun, Apr 11 2:00-3:30 PM ..... Q5712A**

Clayton Pk Act Ctr Classroom 1

**Sun, Apr 25 2:00-3:30 PM ..... Q5812A**

## Morning Meditation on the

### Waterfront

(adults)

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will begin with a meditation warm-up on the beach (weather permitting) then we will move inside to practice exercises in breath control, focus, imagery and basic Reiki techniques. You are welcome to bring a light breakfast to enjoy on the waterfront after class.

**Four Sessions \$50.00 Per Person**

Bayshore Waterfront Park Act Ctr

**Sun, Apr 11-May 2 8:00-9:30 AM ..... Q6812A**

## Natural Solutions to Lyme Disease

(adults)

Have you been diagnosed with Lyme Disease? This discussion will help you to demystify this debilitating disease and minimize unnecessary fears surrounding Lyme. Discover simple and natural ways to reduce symptoms, strengthen your immune system and begin to feel better. Instructor Lisa Vento will explain how she recovered from this debilitating illness and so can you.

Presented by: Lisa Vento CHHC, CYT

**One Session \$20.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Tue, Apr 13 6:00-7:30 PM ..... A8812A**

## Plant Based Nutrition for Healthier Living

(adults)

What we eat affects how we feel. When we get the right combination of vitamins and minerals through the food we eat we have more energy during the day, satisfy our appetite more quickly, have fewer cravings for foods that are not good for us and we sleep better at night. In this class, Certified Nutritionist Amanda Mancini will teach the nutritional value and healing benefits of plant foods so that you may explore the many health benefits that delicious plant foods provide for us. A handout will be distributed in class for each participant to take home.

**One Session \$40.00 Per Person**

Henry Hudson Trail Act Ctr

**Sun, May 2 2:00-4:00 PM.....Q5912A**

Clayton Pk Act Ctr Classroom 1

**Sun, May 16 2:00-4:00 PM .....Q6012A**

## Qigong & T'ai Chi Moving Meditation

(adults)

All levels welcome! Increase your vitality and peace of mind with this ancient practice, a branch of Traditional Chinese Medicine. Easy to follow movements and breathing techniques to harness your life force energy with calm, focused, flowing movements. Become able to deepen your awareness and a greater appreciation for the effortless power of this proven practice for wellness and longevity.

Instructor: Melinda Applegate

**Six Sessions \$100.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Tue, Apr 13-May 18 2:00-3:30 PM.....AAN12A**

**Wed, Apr 14-May 19 2:00-3:30 PM.....AAP12A**

## Summertime Make Up

(adults)

Summertime at the Jersey Shore means all day beach and ocean fun! Professional makeup artist Anna Olech will teach you how to create that fresh summer glow while protecting your skin and look from the elements. This is a hands on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

**One Session \$40.00 Per Person**

Henry Hudson Trail Act Ctr

**Fri, Apr 9 6:00-7:30 PM .....Q5512A**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Fri, Apr 23 6:00-7:30 PM .....Q5612A**

## T'ai Chi Chih Joy Through Movement®

### Discipline

(adults)

The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

**Six Sessions \$90.00 Per Person**

Tatum Pk Red Hill Act Ctr

### Beginner

The simpler movements will be taught in this class

**Mon, Mar 15-Apr 26 11:30 AM-12:50 PM.. A9612A**

*No class 4/5*

**Fri, Apr 23-May 28 11:30 AM-12:50 PM ... A9712A**

### Ongoing

More intermediate level instruction for the returning students

**Mon, Mar 15-Apr 26 10:00-11:20 AM ..... A9412A**

*No class 4/5*

**Fri, Apr 23-May 28 10:00-11:20 AM ..... A9512A**

## T'ai Chi Chih® Twilight Outdoors

(adults)

Join us on the patio with a calming view of the reservoir under the evening sky. We will experience this ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner. Class will meet indoors during inclement weather.

**Six Sessions \$118.00 Per Person**

Manasquan Res Outdoor Area

**Tue, May 18-Jun 22 6:00-8:00 PM..... A9312A**

## Tai Chi Chih® Discipline - Joy Through Movement

(adults)

Experience this ancient art of "moving meditation" in a series of simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

**Four Sessions \$90.00 Per Person**

### Begin or Review!

Appropriate as an introduction for beginners and as a review for returning students

Dorbrook Rec Area Barnview Shelter Bldg

**Thu, Mar 25-Apr 22 5:45-7:15 PM..... A9912A**

*No class 4/1*

Clayton Pk Act Ctr Classroom 1

**Tue, Apr 13-May 4 6:15-7:45 PM..... A9812A**

*Class will be held outdoors.*



**The Art of Hands-on Healing** *(adults)*

After a sacred anointing hand ritual, you will learn how to practice releasing stress from your body utilizing the ancient practices of hand reflexology and jin shin jyuatsu acupressure. These energy practices, with their proven scientific health benefits, will help relieve bodily soreness and emotional blockages while energizing you. Class will be held outdoors.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

**One Session \$30.00 Per Person**

Thompson Pk Theater Barn

**Wed, Apr 28 6:00-8:00 PM ..... A9012A**

**The Body Divine***(adults)*

We'll explore several modalities to engage and empower our chakras to function more easily, strongly and openly. With compassion and clarity, we will become more aware on how to honor our innate capacity for self-healing. Through the following healing approaches of breath work, sound therapy, color therapy and T'ai Chi, we will re-create and re-balance our well-being. Class will be held outdoors.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

**One Session \$30.00 Per Person**

Thompson Pk Theater Barn

**Wed, May 19 6:00-8:00 PM ..... A9112A**

**The Smokey Eye Look** *(adults)*

Learn to create that evening smoky eye look with professional makeup artist Anna Olech. Apply your make up for the evening under the guidance of the instructor in class then head out with your friends for a night out on the town. This is a hands-on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

**One Session \$40.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

**Fri, May 7 6:00-7:30 PM ..... Q5212A**

**The Stress Solution Series***(adults)*

Stress manifests differently in each person. The effects of chronic stress can lead to high blood pressure, heart disease, diabetes, insomnia, pain, fatigue, mental illness, anxiety, depression, autoimmune, Alzheimer's, digestive illness, hormonal dysfunction, cancer and many other ailments. Take control of your mental and physical well-being, learn what to eat, how to cleanse, exercise and breathe. Most importantly, cultivate a self-care practice to become calmer, happier and healthier. Small changes will make a big difference.

Led by: Lisa Vento CHHC, CYT

**Two Sessions \$30.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Tue, Apr 20-27 6:00-7:30 PM ..... A8912A**

**Turn Your Lemons into Lemon-aid!***(adults)*

This workshop offers an understanding of how feelings are different from thoughts, how to conquer anger and handle loss, techniques to help you fall asleep and so much more! You don't need a mental health diagnosis to benefit from this class. Participants will purchase a required workbook for \$10.00 from the instructor on the first day of class via PayPal or cash.

Presented by: Sandy Shores, CSW, Author of "When Life Hands You Lemons, Make Lemon - aide"

**Two Sessions \$25.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Thu, Apr 29-May 6 6:30-7:30 PM ..... AAJ12A**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Tue, May 11-18 6:30-7:30 PM ..... AAK12A**

**Welcome Spring Spa Retreat Day****for Women** *(adults)*

Let's welcome spring together and awaken our spirits. We will begin the day with our morning walk in beautiful Freneau Woods. We will then move to the Monastery for our morning meditation which will include exercises in breath control, imagery and self Reiki techniques. At lunch time instructor Amanda Mancini will teach you how to make healthy grab and go snacks (a handout will be provided). We will then have a DIY Aromatherapy Bracelet Workshop in which you will learn the healing properties of essential oils that you may enjoy on your bracelet for the days to come. Our professional make up artist will then teach you how to apply a fresh, natural all day look for spring (bring your own make-up bag). We will end our day with Chakra Bowl meditation in the Monastery. Please pack a lunch. Pre-packaged snacks and beverage will be provided.

**One Session \$110.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Sat, Mar 20 9:00 AM-5:00 PM ..... Q6612A**

# Garden Corner

## Bishop's Hat

(*Epimedium grandiflorum*)

Sometimes called barrenwort or fairy wings, this evergreen perennial has multiple gardening uses, such as mass planting, border edging, groundcover and even container planting. It attracts bees to your yard and is not attractive to deer who do not favor the taste of its leaves.



## Colorful Spring to Autumn

This herbaceous evergreen's heart-shaped leaves emerge red in early spring, turn green with red edges further into the season, and then a dark red in fall. Star-shaped flowers bloom from early spring to early summer.



## Versatile Planting

Bishop's hat has a variety of applications for your garden. Because it spreads, it's wonderful for groundcover and mass plantings, but also for the edges of container planting where it will spill over the side as it grows.

## How to Plant

Under ideal conditions, bishop's hat will live for about 10 years. Plants should be spaced about 15 inches apart in partial shade to shade. It grows well in both dry and moist conditions, but does not like standing water. Cover with a thick layer of mulch in winter to protect it from the cold in exposed locations.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

## HORTICULTURE

**Basics for Creating a Flower Bed** *(adults)*

There's more to planting a flower garden than digging a hole and adding plants, but it's still easy enough that anyone can have a bountiful bed of blooms to adorn any landscape. Whether you are a beginner gardener or a more experienced one, this program is for you. Learn step-by-step ways to create a beautiful, low-maintenance flower bed, or update your current beds for maximum performance with minimal maintenance required.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Mar 27 9:30-10:45 AM** ..... H1012A**Basics for Successful Container Gardening** *(adults)*

Container gardening is part art, part science, part magic. It can be as simple or as complex as you want it to be. You can grow almost anything in a container if you have the right size pot, the right plant for your conditions, and good quality potting soil. Learn how to increase your chances of success to have a gorgeous, low maintenance living piece of art that you can enjoy by combining exciting plant combinations to enjoy from spring through fall.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Apr 11 9:30-10:45 AM** ..... H1612A**Basket of Love and Kindness** *(adults)*

We are celebrating International Women's Day with a festive flower arrangement in a basket full of cheer and kindness. Join us and treat yourself or come and make a unique gift for that special woman in your life!

**One Session \$21.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Mar 7 10:30 AM-12:00 PM** ..... H0912A**Catnip, Cat Gardens and Greens***(adults)*

Make your cat happy! Bring home catnip and plant a cat garden, we will show you how.

**One Session \$10.50 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Apr 24 10:30-11:30 AM** ..... H0812A**Wed, Apr 7 2:00-3:00 PM** ..... H4112A**Clean, Green, Sustainable & Organic Home & Garden** *(adults)*

We believe in ethical and sustainable living. This program will share our philosophy and provide specific examples and alternatives that you can implement in your home and garden.

**One Session \$8.50 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Mar 28 10:00-11:15 AM** ..... H2312A**Deep Cut 2022 Photography Exhibit Call for Entries**

This year we are challenging all photographers to connect with the amazing shapes displayed by plants all around the gardens.

**Exhibit Theme:** The Fractal Geometry of Nature in the Garden**Divisions:** Youth or Amateur**Categories:** General Photography & Fractal Geometry of Nature

*Each photographer may enter up to 2 photographs for each category per season.*

**Seasonal Entry Deadlines**

Winter: March 21, 2021

Spring: June 20, 2021

Summer: September 26, 2021

Fall: November 28, 2021

*The photographs will be on exhibit at the Deep Cut Gardens Horticultural Center from January 3-31, 2022.*

*"Study the science of art. Study the art of science. Develop your senses – especially learn how to see. Realize that everything connects to everything else." - Leonardo da Vinci*

## Creating a Garden with Four Seasons of Color

(adults)

Learn how to create an exciting mixed border with year-round interest by incorporating the best varieties of plants that have proven performance and have multi-seasonal ornamental appeal. Learn which plants will provide color and interest for sunny or shady areas and how to combine them for continuous enjoyment from spring, summer, fall, and even winter.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Apr 9 4:00-5:15 PM ..... H1512A**

## Easy Care Annuals for Your Garden and Planters

(adults)

The great value of annuals is their ability to get up to speed quickly to add exciting color and carry on for months at their full potential. Annuals aren't just petunias anymore—they are extraordinary, diverse, and colorful. Whether you're looking to fill out bare spots or add interest to your garden or to perk up the planters to enhance any spot on your property, these annuals will add color and interest to your garden or planters throughout the growing season.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Mar 21 9:30-10:45 AM ..... H1412A**

## Evening Garden Walk

(adults)

Take a relaxing evening walk with us. Soak up the beauty of nature as the sun retires over the horizon letting go of all worries and daily tasks.

**One Session \$5.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Apr 30 5:15-7:00 PM ..... H0412A**

**Fri, May 7 5:15-7:00 PM ..... H0512A**

**Fri, May 28 5:15-7:00 PM ..... H0612A**

## Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful and rewarding art. Each month we will feature a different design that you will master. All supplies are provided and the arrangement is yours to keep and enjoy. Sign up for fun, share it with friends and family.

**One Session \$24.50 Per Session**

Deep Cut Gardens Horticultural Center

**Fri, Mar 19 4:30-5:45 PM ..... H2012A**

**Fri, Apr 16 4:30-5:45 PM ..... H2112A**

**Fri, May 14 4:30-5:45 PM ..... H2212A**

## Gardeners' Flexibility and Mindfulness

(adults)

This gentle class offers you an opportunity to slow down, promote control of the body and mind. Increase awareness and most of all it allows you to be present in the current moment. Bring your workout mat, wear comfortable clothes, and join the flow.

**Three Sessions \$45.00 Per Person**

Deep Cut Gardens Horticultural Center

**Tue, Mar 2-30 8:30-9:45 AM ..... H4512A**

**Tue, May 4-18 8:30-9:45 AM ..... H4612A**

## Grow Your Own Mushrooms

(adults)

Join us for a mushroom growing workshop. We will introduce you to the art of growing and cultivating mushrooms in your own garden. The demonstration will take place outside in our garden with an opportunity to get your hands in the action. Lastly, we will help you get a head start by making your own oyster mushroom growing kit to take home.

**One Session \$25.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Apr 10 10:30 AM-12:00 PM ..... H3012A**

**Hodge-Podge Lodge** *(adults)*

Learn how to encourage the “good bugs” to stick around in your garden. Some bugs, such as beetles, bees, and butterflies, carry pollen from flower to flower, which helps plants to develop seeds and fruit. And some, help keep pesky plant-eating insects under control. Together we will build four-star lodgings for beetles, bees, and other creepy-crawlies. Get your builder hat on and build your own Bug Hotel.

**One Session \$13.50 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Mar 26 3:30-4:45 PM** ..... H4012A  
**Sat, Apr 10 2:00-3:15 PM** ..... H3912A

**Ikebana for Beginners** *(adults)*

The Japanese art of flower arranging: Philosophy, culture, form, seasonality celebrating the sacred relationship between man and nature will be discussed. Simplicity and beauty of line and function, minimalism, and asymmetry truly make this a unique art form.

**One Session \$21.00 Per Person**

Deep Cut Gardens Horticultural Center

**Wed, Mar 3 4:00-5:30 PM** ..... H0112A  
**Fri, Mar 5 4:30-6:00 PM** ..... H0212A

**Intro to Miniature Gardens** *(adults)*

Discover the captivating world of small-scale gardens. Gardening in miniature is a fascinating hobby that frees your full-sized imagination and lets you find a home for your biggest design ideas. We have the best plant choices, including flowers. All projects are step-by-step from start to finish.

**Dish Garden****One Session \$24.95 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Mar 13 1:30-2:30 PM** ..... RH011A

**Lunch Break the Garden Way** *(adults)*

Working from home? Looking for a place to escape in the middle of your workday? Try planting a flower, or let your creativity out onto the felt mat as you create a one-of-a-kind mandala. Take this opportunity to give yourself the rest and replenishment you deserve. Time spend in mindfulness lowers stress and increases one's awareness and joy.

**One Session \$20.00 Per Person**

Deep Cut Gardens Horticultural Center

**Wed, Mar 31 12:30-1:10 PM** ..... H3112A  
**Wed, Apr 14 12:30-1:10 PM** ..... H3212A  
**Wed, Apr 28 12:30-1:10 PM** ..... H3312A  
**Wed, May 12 12:30-1:10 PM** ..... H3412A

**Manage Your Garbage Sustainably:  
Composting & Recycling Workshop** *(all ages, under 18 with adult)*

Composting is a great way to produce a valuable soil enhancer for your garden and a great way to reduce the amount of garbage you send to the landfill. Combine that with good recycling habits and you're one big step closer to living sustainably. This workshop will cover several methods of composting as well as the inside scoop from one of Monmouth County's Recycling Coordinators on what can/cannot be recycled.

**One Session \$9.50 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Mar 20 10:00 AM-12:00 PM** ..... H3612A  
**Sat, Apr 17 10:00 AM-12:00 PM** ..... H5202A

**Great Spring Perennial Plant Swap** 

Tatum Park, Middletown

**Saturday, May 1****Plant Drop-Off: 8:30-10:00 AM \ Selection: 10:00-11:30 AM**

Calling all gardeners! It is time for the Great Spring Perennial Plant Swap. It's fun, free and easy.

Bring plants in one-quart, one-gallon or two-gallon containers to exchange for plants in like sizes.

Please label all plants. No exotic invasive species will be accepted. Herb and vegetable seedlings may also be exchanged.

Please check the website for plants that will not be accepted.

**For more information, call 732-671-6050.**





### Native Plants for Pollinators **NEW**

(adults)

If you want to attract and support our native butterflies and pollinators in your garden, you need to think about way more than just planting a bunch of pretty flowers. A landscape rich with a diversity of flowering plants is both beautiful and helps support the thousands of species of bees, butterflies (including our beloved Monarch), hummingbirds, and other pollinating insects we have in the U.S. Learn which native plants to grow to attract and nourish our many native pollinators as well as proved color and interest in your garden from early spring through fall.

**One Session \$17.00 Per Person**

[Deep Cut Gardens Horticultural Center](#)

**Sun, Apr 25 9:30-10:45 AM..... H1712A**

### Not Tonight My Deer:

#### Plants Deer Don't Like to Eat **NEW**

(adults)

Oh, dear! Do you have problems with deer using your garden as their local diner? We certainly don't want to be laying out a deer buffet with your hard-earned dollars. Learn which plants are much less palatable and more likely to not be nibbled in our deer-visited yards.

**One Session \$17.00 Per Person**

[Deep Cut Gardens Horticultural Center](#)

**Fri, Mar 12 4:00-5:15 PM..... H1212A**

### Rose Pruning & Care

(adults)

Early spring care is the key to a season of healthy roses. Learn rose pruning and care techniques, as well as tips for selecting the right roses for your garden in this lecture/demonstration. The pruning demonstration will be held in the Parterre, so please dress appropriately.

**One Session \$17.50 Per Person**

[Deep Cut Gardens Horticultural Center](#)

**Sat, Apr 24 1:00-2:30 PM..... H2912A**

### Savvy Succulents Arrangement

(adults)

Join us in this original workshop as we share tips and innovative techniques in using succulents such as Echeveria and Haworthia, into sensational bouquets and centerpieces. Step by step demonstration with Q&A as you create your masterpiece of floral goodness. Everything is yours to keep and grow. Lessons you learned will unleash your designer creativity for future events, holidays, and special occasion arrangements made by you. Wow your guests or wow yourself!

**One Session \$29.95 Per Person**

[Deep Cut Gardens Horticultural Center](#)

**Sat, May 8 2:00-3:30 PM..... H2712A**

**Tue, May 25 4:00-5:30 PM..... H2812A**

## Succulent Table Wreath

(adults)

Create a living centerpiece! We will create a beautiful 10" wreath of living succulents for your home. Your wreath will contain small succulents, moss and other natural items as accents. All materials will be provided. No experience necessary.

**One Session \$38.50 Per Person**

Deep Cut Gardens Horticultural Center

**Wed, Mar 24 1:00-2:30 PM ..... H4212A**

## Sweet Spring Wreath

(adults)

This is such an easy project - even a non-crafter can make it! And it's the perfect springtime decoration. We will use foam wreath forms, fun yarns, felt flowers, amazing green moss-covered rocks, mushrooms, and seasonal adornments. Make one for yourself or as a gift and brighten up your day with this permanent art piece.

**One Session \$25.00 Per Person**

Deep Cut Gardens Horticultural Center

**Mon, Mar 1 2:00-4:00 PM ..... H4312A**

**Sun, Mar 14 10:30 AM-12:30 PM..... H4412A**

## The Best Low Maintenance Perennials

(adults)

Do you want to beautify your landscape with some new plants, but worry about the time and effort it will take to care for them? Some plants look seductive at the garden center, but how do you know if they'll grow well in your garden? Learn the best varieties of perennials that return year after year to provide color and interest for a beautiful landscape with minimal maintenance requirements.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, May 8 9:30-10:45 AM..... H1112A**

## Tough Plants for Problem Areas

(adults)

Are you struggling with sandy soil? Clay? Lots of shade? Puddles of water that hang around for days? Learn how to turn these and other difficult sites into beautiful landscapes that are well adapted to whatever challenges you may have. Learn which plants will thrive best in any of these challenging situations, including such as that "hell strip" between the sidewalk and the street.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, May 2 9:30-10:45 AM ..... H1812A**

## Water-wise Landscaping

(adults)

Water conservation is top of mind for gardeners all over the country. If you're looking for ways to reduce your chores, save on your water bill, and use water responsibly, learn how to grow a great-looking garden with as little extra water as possible. Don't miss out on how to make smart plant choices for a low-maintenance, water-wise but eye-catching landscape.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, May 23 9:30-10:45 AM ..... H1912A**

## Wow-Worthy Container Gardening from Spring through Fall

(adults)

Not enough space or just want to add interest to your home? A container garden can enhance an entranceway, solve a landscape challenge or beautify a deck or patio, or add elegance around a pool. Learn how to design an exciting and exuberant colorful planting and how to maintain your masterpiece throughout the garden season.

**One Session \$17.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Mar 13 9:30-10:45 AM ..... H1312A**

## Your Favorite Tea

(adults)

Drinking tea is one of the simplest ways to slow down, savor the moment, and connect with the magic of plants. When done with intention, the process of brewing your tea can be just as satisfying as drinking it. Use it as a time to slow down and tune into the power of the plants, appreciating the unique colors, aromas, and flavors. Learn how to bring a cup of harmony into your day.

**One Session \$15.00 Per Person**

Deep Cut Gardens Horticultural Center

## Afternoon Tea in the Garden

Bring out your best crystal, fine bone china, antique Faberge, or Wedgwood's teacup and enjoy a moment of peace with us.

**Sun, Mar 28 3:30-4:45 PM..... H2412A**

**Fri, Apr 23 3:00-4:15 PM ..... H2512A**

## NATURE

**After Work Bird Walk** *(adults)*

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks for an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

**One Session \$2.00 Per Person**

Dorbrook Rec Area

**Thu, Mar 18 6:00-7:00 PM** ..... I0112A

Big Brook Pk Parking Lot

**Thu, Apr 1 6:00-7:00 PM** ..... I0212A

Freneau Wds Pk Vis Ctr Parking Area

**Thu, Apr 15 6:30-7:30 PM** ..... I0312A

Turkey Swamp Pk Nomoco Lodge

**Thu, Apr 29 6:30-7:30 PM** ..... I0412A

Holmdel Pk Shelter Bldg

**Thu, May 13 7:00-8:00 PM** ..... I0512A**Ales and Trails***(ages 21 and up)*

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park Naturalist on an exciting 90-minute hike, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can drive a quick three minutes down the road and join us for an optional picnic and beer tasting at Screamin' Hill Brewery (\$11.00 pay on your own). Hike will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

**One Session \$10.00 Per Person**

Clayton Pk

**Sat, May 22 1:00-2:30 PM (approx)** ..... IKM12A**SPRING NATURE WALKS****Casual Birder** *(adults)*

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about 1 ½ hours to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

**Tuesday, March 16, 9:00 AM at Dorbrook Rec Area Soccer Field Parking Area****Tuesday, March 30, 9:00 AM at Big Brook Pk Parking Area****Tuesday, April 13, 9:00 AM at Freneau Wds Pk Vis Ctr Parking Area****Tuesday, April 27, 9:00 AM at Shark River Pk Parking Area****Tuesday, May 4, 9:00 AM at Manasquan Res Env Ctr Parking Area****Tuesday, May 18, 9:00 AM at Manasquan Res Vis Ctr Parking Area****Tuesday, May 25, 9:00 AM at Thompson Pk Marlu Lake Parking Area****Splendid Spring Strolls** *(all ages, under 18 with adult)*

What better time is there to get out on a trail than in spring? Say "farewell" to the frosty weather as you join a Park System Naturalist on a peaceful trail walk. Trees are in blossom, birds are returning from migration, and there are tons of topics to discuss! Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

**Monday, March 1 from 10:00-11:30 AM at Huber Wds Pk Env Ctr Parking Area****Monday, March 15 from 10:00-11:30 AM at Big Brook Park Parking Area****Monday, March 29 from 10:00-11:30 AM at Hartshorne Wds Pk Rocky Point Parking Area****Monday, April 12 from 10:00-11:30 AM at Clayton Pk Emley's Hill Rd Parking Area****Monday, April 26 from 10:00-11:30 AM at Freneau Wds Pk Vis Ctr Parking Area****Monday, May 10 from 10:00-11:30 AM at Manasquan Res Env Ctr Parking Area****Monday, May 24 from 10:00-11:30 AM at Thompson Pk Old Orchard Parking Area**



**Bald Eagles of the Monmouth County Parks**

(adults)

Eagle enthusiasts! Get the most up to date information about multiple bald eagle nests located within the Monmouth County Park System. Best of all, you will be lead with a park naturalist to observe the eagles surrounded by the wildlife and beauty of the Manasquan Reservoir. Bring a camera! Program will include a walk of a mile or more weather permitting. Sturdy shoes are recommended. Eagle sightings are likely however not guaranteed.

**One Session \$11.00 Per Person**

Manasquan Res Env Ctr

**Wed, Apr 14 9:00-10:30 AM ..... I4112A**

**Fri, Apr 23 9:00-10:30 AM ..... I4212A**

**Bird and Wildlife Boat Tour of the Manasquan Reservoir**

(all ages, under 18 with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready because you never know what wildlife may show up at the reservoir. Dress for the weather and bring binoculars and/or camera as we will be stopping periodically along our ride if the opportunity for wildlife photography arises.

**One Session \$10.00 Per Person**

Manasquan Res Env Ctr

**Thu, May 6 6:00-7:30 PM ..... I1012A**

**Tue, May 11 6:00-7:30 PM ..... I1112A**

**Bluebird Trail Exploration**



(all ages)

Our Naturalist will introduce you to our local bluebird trail at one of our county parks. We will visit active bluebird nest box locations, all of which are being monitored and maintained by members of our Volunteers in Parks program. Participants will learn the basics of nest box management and see these magnificent birds up close and personal. It's a wonderful experience for adults and children of all ages! Walking on trails that may be uneven and steep is required for this program so wear sturdy footwear and come ready to walk a mile or so. This is a free program; however, registration is required.

**One Session FREE!**

Holmdel Pk Hilltop Area

**Thu, May 13 3:30-4:30 PM ..... PI221A**

**Thu, May 20 3:30-4:30 PM ..... PI231A**

**Butterflies!**



(ages 10 and up, under 18 with adult)

Calling all butterfly lovers! Are you interested in discovering more about the butterflies you are likely to encounter this spring and summer? This program will provide butterfly identification and life cycle information, as well as what host plants these lovely creatures require.

**One Session \$2.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 2

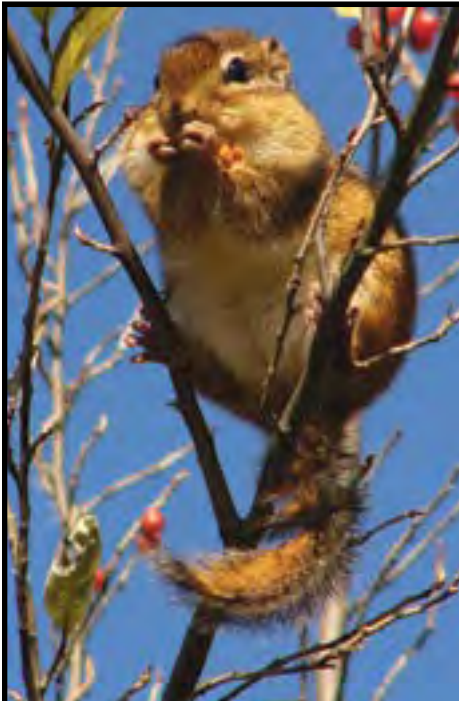
**Wed, Apr 7 11:00 AM-12:00 PM ..... I5412A**

Clayton Pk Act Ctr Classroom 1

**Wed, May 12 11:00 AM-12:00 PM ..... I5212A**

Manasquan Res Env Ctr

**Wed, May 26 11:00 AM-12:00 PM ..... I5312A**



**Manasquan Reservoir 2022 Photography Exhibit Call for Entries**

Calling all photographers!

Don't miss your opportunity to enter our exhibition!

**Exhibit Theme:** Memorable Adventures

**Divisions:** Youth or Amateur

**Categories:** General Photography & Wildlife Photography

*Each photographer may enter within one division, but can enter one photo in each category per season.*

**Seasonal Entry Deadlines**

Winter: March 21, 2021

Spring: June 20, 2021

Summer: September 26, 2021

Fall: November 28, 2021

*The photographs will be on exhibit at the Manasquan Reservoir Environmental Center from February 5-28, 2022.*

**Youth submissions are free to enter; amateur are \$5.00 per photo.**

*Rules and entry form available on the Manasquan Reservoir Environmental Center page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).*



## Eco-Kayak Tour of the Navesink

(ages 17 and up)

Paddle away on this naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for wildlife including bald eagles and osprey, while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

**One Session \$62.00 Per Person**

Hartshorne Wds Claypit Creek Parking Lot

**Tue, May 18 1:00-5:00 PM.....IK912A**

## Explore a Vernal Pool

(adults)

Explore something new! Vernal pools or "spring pools" are unique areas of shallow depressions that usually contain water for only part of the year. A variety of organisms rely on these temporary water bodies for their survival, including several species of frogs and salamanders. Join a park naturalist as we explore the vernal pools of Freneau Woods Park. With nets in hand, we will scan the water for life. You never know what we might find or hear, as late winter/early spring is a very busy breeding season around a vernal pool.

**One Session \$10.00 Per Person**

Freneau Wds Pk Vis Ctr Parking Area

**Sat, Mar 13 5:30-6:30 PM .....IK512A**

## Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

**One Session \$10.00 Per Person**

Huber Wds Env Ctr Parking Lot

**Thu, Apr 29 10:00-11:30 AM .....I3012A**

Thompson Pk Old Orchard Parking Lot

**Mon, May 3 10:00-11:30 AM .....I3112A**

Freneau Wds Pk Act Ctr Parking Area

**Sat, May 29 10:00-11:30 AM .....I3212A**

## Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and wetlands of Monmouth County. Presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

### Snapping Turtles of Monmouth County

**Thursday, March 18, 7:00-8:00 PM**

Freneau Woods Park Visitor Center

The snapping turtle is New Jersey's most prehistoric-looking turtle species, reminiscent of a stegosaurus. The snapping turtle is also the largest freshwater turtle in New Jersey. Find out more about these amazing ancient reptiles that roam the waters and nearby lands of Monmouth County including what to do if you find a snapping turtle on the road or in your backyard.

### American Oystercatchers of the Jersey Shore

**Thursday, April 15, 7:00-8:00 PM**

Bayshore Waterfront Park Visitor Center

The American oystercatcher is a large, stocky colorful shorebird that is common along the Jersey Shore. But there is more to this bird just eating oysters. The American Oystercatcher is listed as a species of special conservation concern in New Jersey. The population is in decline. Find out why and discover its diet, nesting activities and where it goes for the winter. Find out ways to help before the bird fades away.

### Horseshoe Crabs Trying to Survive in a Modern World

**Thursday, May 20, 7:00-8:00 PM**

Bayshore Waterfront Park Activity Center

Horseshoe crabs are vital to the ecology of local tidal waters in Monmouth County. Every year, during the full and new moons of late May and early June, many horseshoe crabs crawl up onto beaches to spawn and create the next generation, as they have for at least 350 million years. But today there are many threats to the survival of these ancient seafarers. Join us as we discover why the population of horseshoe crabs is declining and what people are doing to protect the crab through research, and what you can do to help. It will be a fascinating learning experience.

## Gentle Walks for Gentle Souls

(adults)

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky, or sandy. Please wear sturdy shoes.

**One Session \$5.00 Per Person**

Sunnyside Rec Area Sunnyside Rd Parking Lot

**Tue, Mar 2 10:00-11:15 AM** .....IKT12A

**Thu, Mar 18 4:00-5:15 PM** ..... IKU12A

Freneau Wds Pk Act Ctr Parking Area

**Tue, Apr 6 10:00-11:15 AM** .....IKV12A

**Thu, Apr 22 4:00-5:15 PM** .....IKW12A

Deep Cut Gardens Outdoor Area

**Tue, May 4 10:00-11:15 AM** .....IKX12A

**Thu, May 20 4:00-5:15 PM** .....IKY12A

## Oddities and Curiosities -

### An Introduction to Taxidermy

(adults)

Join a park system naturalist for a presentation on taxidermy. Learn more about this oddity and fulfill your curiosity. Get a chance to look at some small bird specimen up close and learn the basics of this wonderfully interesting trade. The presentation will cover a little history, an overview of the steps of the process, and ethics. Participants will not be doing taxidermy. Presentation includes graphic images of the taxidermy process.

**One Session \$10.00 Per Person**

Manasquan Res Env Ctr

**Mon, Apr 26 6:00-7:30 PM** .....I0812A

**Mon, May 24 6:00-7:30 PM** .....I0912A

## Outdoor Fishing Fridays

(adults)

Learn to fish or improve your skills at the Bayshore Waterfront Park in May as the spring run takes place. Join an experienced angler to discover all things fishing including fishing gear, techniques and tackle that will help you become a more adaptable angler on the water. Fishing Fridays is all about learning the fundamentals of saltwater fishing. If you want to know more or just know something about fishing then this program is for you! We are on a mission to share with you the joys of fishing. Bring your gear or use ours. Program limited to 10 participants. Children over the age of 12 are welcome with an adult participant. Please dress for the weather, we will be outside.

**One Session \$20.00 Per Person**

Bayshore Waterfront Park Bay House

**Fri, May 7 2:00-4:00 PM (approx)** .....IK612A

**Fri, May 14 2:00-4:00 PM (approx)** .....IK712A

**Fri, May 21 2:00-4:00 PM (approx)** .....IK812A

## Spring Birding Expeditions

(adults)

Explore some of New Jersey's most scenic habitats in search of interesting and unusual birds. "Target" species include colorful warblers, orioles, tanagers, and shorebirds among many others. On some spring day-long excursions we sometimes tally more than 100 species. Participants should bring binoculars and lunch. Transportation via mini bus.

**One Session \$40.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Wed, May 12 8:00 AM-5:00 PM** .....IK112A

**Wed, May 26 8:00 AM-5:00 PM** .....IK212A

## Spring Bluebird Presentation

(ages 9 and up, under 18 with adult)

Once you see the bright blue back and rusty colored chest or hear the beautiful sound of an eastern bluebird you will never forget it. In this presentation we will learn all about bluebirds! We will learn all about their nest habits as well as other cavity nesting birds and will look at a comparison of eggs. We will go over some common types of bluebird boxes so that you may confidently put out nest boxes and know how to maintain and monitor them.

**One Session \$10.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Fri, Mar 19 4:00-5:00 PM** .....I0612A

**Fri, Apr 16 4:00-5:00 PM** .....I0712A

**Spring Nature Trivia** *(all ages)*

Join the Monmouth County Park's naturalist staff for a night of nature trivia at the Manasquan Reservoir Environmental Center. Get down with your animal self and test your animal instincts with our native animal nature trivia. Questions will have hints to help you identify wildlife that can be found in New Jersey. For best results, each registered team should consist of 2-3 players. This is a free program; however, registration is required.

**One Session FREE!**

Manasquan Res Env Ctr

**Sat, Mar 20 2:00-3:00 PM** .....PI191A**Sat, Apr 17 2:00-3:00 PM** .....PI201A**Sat, May 15 2:00-3:00 PM** .....PI211A**Spring Weekend Bird Excursions** *(ages 14 and up, with adult)*

Spend the day with a naturalist on a full day spring excursion to a birding hotspot. We will be on the lookout for spring song birds and springtime migrants such as warblers and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transportation via minibus is provided from the Thompson Park Visitor Center Parking Lot.

**One Session \$40.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Garret Mountain Reservation****Sat, May 1 8:00 AM-5:00 PM** .....I2112A**Great Swamp National Wildlife Refuge****Sun, May 2 8:00 AM-5:00 PM** .....I1912A**Cape May****Sun, May 16 8:00 AM-5:00 PM** .....I1812A**Edwin B Forsythe National Wildlife Refuge - Wildlife Drive****Sat, May 22 8:00 AM-5:00 PM** .....I2012A**Cape May****Sun, May 23 8:00 AM-5:00 PM** .....I1712A**Spring Wildflower Hike** *(adults)*

In the spring as the sunlight warms the forest floor, wildflowers emerge. This is a perfect chance to search for these delicate plants. Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Program is free and pre-registration is required. Program may be cancelled due to rain. Please call 732-751-9453 for more information. Bring a camera! Leave the flowers! This is a free program; however, registration is required.

**One Session FREE!**

Clayton Pk

**Wed, Apr 28 10:30 AM-12:00 PM** .....PI241A

Tatum Pk Red Hill Act Ctr Parking Area

**Wed, May 5 10:30 AM-12:00 PM** .....PI251A**Sunset Kayak Tour of the Navesink***(ages 10 and up, under 18 with adult)*

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for herons, egrets, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

**One Session \$38.00 Per Person**

Hartshorne Wds Claypit Creek Parking Lot

**Sun, May 23 6:15-8:15 PM** ..... IKA12A

**Traveling with us  
by minibus this spring?**  
*Get important details on what you  
need to know on page 81.*

**Seashell Sunday** **Sunday, May 16, 1:00-2:00 PM****Bayshore Waterfront Park Activity Center**

Starting a shell collection this year? It's the best way to get to know the Jersey Shore. Want to know where shells come from? Can't figure out what you found on the beach? Bring it in and we will tell you all about seashells and how to collect them without harming the environment. Plus, we will feature an assortment of mollusks, crustaceans, and other cool beach finds and artifacts to view.



### Wednesday Wandering Warblers

#### Walks

(ages 14 and up, with adult)

A colorful highlight of the seasonal birding world that happens in New Jersey every spring is the migration of warblers. We will go out on an hour long or so walk in search of our colorful feathered friends of all kinds. Dress for the weather and bring a pair of binoculars. Beginners through advanced birders are welcome. A limited number of binoculars will be available to borrow. Pre-registration required, limited space available.

**One Session \$2.00 Per Person**

Manasquan Res Vis Ctr Waterview Room

**Wed, Apr 28 8:00-9:00 AM .....I4712A**

Thompson Pk Marlu Lake

**Wed, May 5 8:00-9:30 AM .....I4812A**

Big Brook Pk Parking Lot

**Wed, May 12 8:00-9:30 AM .....I4912A**

Freneau Wds Pk Vis Ctr Parking Area

**Wed, May 19 8:00-9:30 AM .....I5012A**

### Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00, pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

**One Session \$10.00 Per Person**

Clayton Pk

**Sun, Apr 11 1:00-2:30 PM (approx) ..... IKN12A**

**Sat, May 8 1:00-2:30 PM (approx).....IKP12A**

## OUTDOOR ADVENTURES

### ARCHERY

#### Early Bird Archers

(adults)

Start your morning early with some target practice. This smaller sized archery class will have you learning archery before the day gets too busy. Please dress for the weather as the Activity Barn is not heated. All equipment is provided.

**One Session \$18.00 Per Person**

Thompson Pk Activity Barn

**Wed, May 19 6:00-7:30 AM.....W6612A**

#### Take a Shot: Archery Intro Series

(adults)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this 3-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

**Three Sessions \$54.00 Per Person**

Thompson Pk Activity Barn

**Thu, Apr 8-22 7:00-9:00 PM .....W6712A**

#### Take a Shot: Intro to Archery

(adults)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated.

**One Session \$21.00 Per Person**

Thompson Pk Activity Barn

**Wed, Mar 17 7:00-9:00 PM .....W6412A**

#### The History of Archery

(adults)

Dating back to the Stone Ages, archery is one of the oldest sports. Learn how the Lenape native people utilized bows and arrows in Monmouth County, the tools that led to the creation of the bow and arrow, how primitive bows and arrows were made, and even get a chance to use these tools to shoot a primitive target!

**One Session \$21.00 Per Person**

Big Brook Pk Bird Pavilion

**Fri, Apr 9 6:00-8:00 PM .....U0112A**

## BICYCLING

### Active Adults Bike Rides

(adults)

The health benefits of regular cycling include: increased cardiovascular fitness, muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased body fat levels, and helps in prevention or management of disease. Make new friends and explore new horizons during this informal club-like series that takes riders throughout Monmouth County. The rides will be an easy/moderate pace (6-12mph) and the mileage will increase over the series. The Park System leaders will be there to guide you in safe riding and maintenance practices. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet) and should bring a water bottle and snack. Participants are responsible for providing and transporting their hybrid, commuter-style or mountain bike in good working order to meeting locations.

#### Six Sessions \$75.00 Per Person

4/1 - Thompson Park Estate Lot (8 miles)

4/8 - Manasquan Res Vis Ctr Lot (10 miles)

4/15 - Big Brook Pk Parking Lot (12 miles)

4/22 - Union Transportation Trail RT 537 Lot (15 miles)

4/29 - Allaire State Park (16 miles)

5/6 - Sandy Hook Gateway Natl Park, Lot D (20 miles)

**Thu, Apr 1-May 6 9:30 AM-12:00 PM(approx) . . .W5712A**

### Duke Farms Bike Ride

(adults)

Pedal your way through the historic 2,000-acre Duke Farms as we discover the 35 fountains, 2 1/2 miles of stone walls, nine lakes, and countless pieces of sculpture. Be sure your geared bicycle is in good working order. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet). You can bring a bag lunch or buy from the cafe. Meet at Thompson Park and hop on our mini bus as your bike is transported in an enclosed cargo van.

**Rating: Easy/moderate, gravel and paved paths. Miles: 15**

#### One Session \$49.00 Per Person

Thompson Pk Estate Grounds Parking Lot

**Thu, May 13 9:00 AM-3:30 PM (approx) . . .W5912A**

## HIKING

### Buttermilk Falls, Crater Lake and Hemlock Pond Hike

(adults)

This challenging hike steeply climbs up the Buttermilk Falls (highest falls in NJ) trail to the Appalachian trail, scenic Crater Lake and Hemlock Pond.

**Please Note: Hiking boots are required.**

**Rating: strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6.5**

Instructor: Andrew Imperiale

#### One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

**Sat, May 1 6:30 AM-4:00 PM (approx) . . . .W3712A**

### Early Riser Hikes

(adults)

Get your blood pumping early exploring the hiking trails at Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small day-pack with water and rain gear.

**Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5**

#### Ten Sessions \$105.00 Per Person

3/20, 3/27 & 4/3 - Huber Woods Env Ctr Lot

4/10, 4/17, 4/24 & 5/1 - Hartshorne Wds Claypit Lot

5/8, 5/15 & 5/22 - Hartshorne Wds Rocky Point Lot

**Sat, Mar 20-May 22 7:00-9:00 AM (approx) . . .W1512A**

### Traveling with us by minibus this spring?

*Here is what you need to know:*

- *In order to maintain social distancing and following CDC protocol, we are only allowing 50% occupancy on our minibuses.*
- *Face masks/face coverings must be worn on the minibus at all times.*
- *When possible windows will be open to maximize the fresh air inside the minibus.*
  - *Hand sanitizer is available for participants use on the minibus.*
  - *The minibus will be cleaned and disinfected between each program use.*



*Look for this icon for programs traveling via minibus.*

## Hacklebarney Hike and Lunch

(adults)

Spend a spring day away from the rat race getting some fresh air with a scenic hike through Hacklebarney State Park, Chester, New Jersey. The trail parallels the Black River and is a nice place to escape. After our hike we will stop at the Charbroil After Diner for late lunch or celebratory ice cream (pay our own way). Hiking boots/shoes and trekking poles suggested.

**Rating:** *Easy, rocky/rooty trail, stairs, cinder path, wet trail, easy pace. Miles: 3*

**One Session \$35.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Mon, May 3 9:00 AM-2:30 PM (approx) . . . W0412A**

## Hemlock Falls Hike

(ages 14 and up, with adult)

Adventure awaits you this coming Spring. Hike with us along the scenic Rahway River to the Hemlock Falls for some photo opportunities. We will stop for a relaxing post hike snack, pay your own way.

**Please Note: Sturdy walking shoes are required.**

**Rating:** *Easy to moderate due to some inclines and rocky trails. Miles: 5.5*

**One Session \$48.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Sun, May 9 7:00 AM-3:00 PM . . . . . W4812A**

## History Hike at Big Brook Park

(adults)

Learn the storied past of one of our county's interesting parks. Led by Park System staff, we will explore the fields and forest of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

**Rating:** *Moderate, paved trails, hills, dirt. Miles: 4-5*

**One Session \$15.00 Per Person**

Big Brook Pk Lower Pond Lot

**Sun, Mar 28 1:30-3:00 PM . . . . . U1612A**

**Sun, May 2 10:00-11:30 AM . . . . . U1712A**

**Sat, May 22 1:30-3:00 PM . . . . . U1812A**

## Choosing the Right Hike for You

Monmouth County Park System's Outdoor Adventures division offers a variety of hiking opportunities of varying difficulty. Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.

Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened to accommodate someone unprepared, ill-equipped, or poorly conditioned.

Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.

Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous, and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

## Ladies Hiking Club

(adults)

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the program and enjoy your picnic lunch with our "club."

**Rating:** *Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+*

**Ten Sessions \$122.00 Per Person**

3/16 - Thompson Pk Estate Lot

3/23 - Holmdel Pk Lake

3/30 - Turkey Swamp Pk Shelter Bldg

4/6 - Huber Wds South Parking Lot

4/13 - Clayton Pk Parking Lot

4/20 - Shark River Pk Shelter Bldg

4/27 - Tatum Pk Red Hill Act Ctr Parking Area

5/4 - Cheesequake State Park Parking Lot

5/11 - Thompson Pk 3 Barns Parking Lot

5/18 - Hartshorne Wds Rocky Point Parking Lot

**Tue, Mar 16-May 18 9:30-11:30 AM . . . . . W4312A**

# SLEEP UNDER THE STARS



## TURKEY SWAMP PARK CAMPGROUNDS

200 Georgia Road  
Freehold Township, NJ 07728

For more information:  
732-462-7286 • [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)



**Lake Sonoma Hike** *(adults)*

Lets get out on the trails! Rock formations, streams, views of Lake Sonoma and the Manhattan skyline are all part of this full day hike in northwest NJ.

**Please Note: Hiking boots/shoes are required; trekking poles are suggested.**

**Rating: Moderate-easy/moderate pace, rocky trails, some ascents/descents, stream crossing, views. Miles: 4.7**

**One Session \$54.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Mon, May 10 8:00 AM-5:00 PM (approx) . .W0212A**

**Monday "After Work" Hiking Series***(adults)*

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in day pack suggested).

**Rating: moderate pace, dirt trails, paved paths, some hills. Miles: 2.5-4**

**Five Sessions \$62.50 Per Person**

3/8 - Thompson Pk Vis Ctr Parking Lot

3/15 - Tatum Pk, Red Hill Rd Act Ctr Parking Lot

3/22 - Holmdel Pk Ramanessin Parking Lot

3/29 - Huber Woods Pk Env Ctr Parking Lot

4/5 - Hartshorne Wds Pk Rocky Point Parking Lot

**Mon, Mar 8-Apr 5 5:30-7:15 PM . . . . .W1612A**

**Mt Tammany Circular Hike** *(adults)*

Start with the hike to the summit of Mt Tammany with breathtaking views of the Delaware Water Gap. Continue to glacial Sunfish Pond before returning along the challenging water crossings of the Dunnfield Creek Trail.

**Please Note: Hiking boots are required.**

**Rating: Strenuous, moderate pace, rocky trails, ascents and descents, views. Miles: 6.5**

Instructor: Andrew Imperiale

**One Session \$58.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Sat, May 8 6:30 AM-4:00 PM (approx) . . . . .W3812A**

**Schooley's Mountain Waterfalls** *(adults)*

A mix of dirt, woodland and rocky trails wind through Schooley's Mountain. We descend into the scenic gorge of Electric Brook (named for a long abandoned electric generating plant powered by the stream) and past beautiful water falls. Hiking boots are recommended.

**Rating: Moderate, rocky trail, some ascents and descents, moderate pace. Miles: 5**

**One Session \$54.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Mon, May 17 9:00 AM-6:00 PM (approx) . .W0612A**

**Spring Walk/Hike Travel & Tour**  *(adults)*

Pack a lunch and let us do the driving as we head to the western-most park in our County Park System: Clayton Park in Upper Freehold. We will do a hike/walk on the wooded trails in the 438-acre park before heading over to the to 18th century Historic Walnford Park to tour the gristmill. Meet at Thompson Park in Lincroft and we will head over together in one of our mini buses.

**One Session \$29.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Fri, May 28 9:30 AM-2:00 PM (approx) . . . .W0312A**

**Spring Walking/Hiking Series***(adults)*

Need some motivation to get you moving? Be inspired by getting to know your beautiful county parks with this hiking mini-series. We'll explore the trails with an easy pace hike at a different park each week. Over the course of the six weeks we will observe changes in the season as well as in ourselves. The forest is good for the soul. All that is needed is a positive attitude and a good pair of walking shoes.

**Seven Sessions \$80.50 Per Person**

4/9 - Thompson Pk Three Barns Parking Lot

4/16- Holmdel Pk Pond View Parking Lot

4/23 - Huber Wds Env Ctr Lot Parking Lot

4/30 - Shark River Pk Shelter Bldg

5/7 - Tatum Pk Red Hill Act Ctr Parking Lot

5/14 - Turkey Swamp Pk Shelter Bldg

5/21 - Hartshorne Wds Rocky Point Parking Area

**Fri, Apr 9-May 21 10:00 AM-12:00 PM. . . . .W1412A**

## Urban Hiking

(adults)

Leave the parks and explore the cityscapes of Monmouth County on this urban exploration. You will hit the asphalt with a park system employee as we turn sidewalks into hiking trails and watch for bikes as opposed to bears! Wear sturdy hiking shoes and dress appropriately for the weather.

**Rating: Moderate pace, uneven pavement, railroad crossings, some hills. Miles: 4-5**

**One Session \$15.00 Per Person**

Coastal Activity Center, Asbury Park

**Sat, Apr 17 9:00-11:00 AM ..... U0612A**

*Only on-street parking is available.*

Seven Presidents Pk North Picnic Tent

**Sat, May 1 10:00 AM-12:00 PM ..... U0712A**

## Women's Wilderness Empowerment Experience

(adults)

Experience the outdoors in a environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self confidence and make new friends. Register a friend and receive a discount! Participants are required to wear a face covering when social distancing cannot be maintained.

### Take a Shot Archery

**One Session \$21.00 Per Person \$15.00 Additional Person**

Thompson Pk Activity Barn

**Wed, May 12 9:30 AM-12:00 PM ..... W3512X**

### Zipline Thrill

Climb 30 feet up a cargo net and traverse a series of pulleys and zip-line back to the ground.

**One Session \$33.00 Per Person \$27.00 Additional Person**

Thompson Pk Old Orchard Picnic Shelter

**Wed, May 19 9:30 AM-12:00 PM ..... W3412X**

### Canoe Adventure

**One Session \$21.00 Per Person \$15.00 Additional Person**

Thompson Pk Marlu Lake

**Wed, May 26 9:30 AM-12:00 PM ..... W3612X**

## ON THE WATER

### Local Lake Canoeing

(adults)

Enjoy the spring season exploring five of the county's most beautiful lakes. This paddle program is designed for the seasoned paddler as well as the novice. Canoeing is great exercise and a perfect way to meet like-minded outdoorsy people while social distancing. We provide all the equipment, safety instruction, paddling strokes and guides on this fun spring adventure. Paddlers will meet at each location. More information will be sent prior to the start of the program.

**Five Sessions \$98.00 Per Person**

4/19 - Thompson Pk Marlu Lake

4/26 - Turkey Swamp Pk Lake

5/3 - Shadow Lake, Middletown

5/10 - Deal Lake, Asbury Park

5/17 - Manasquan Res Vis Ctr West Dock Lot

**Mon, Apr 19-May 17 10:00 AM-12:00 PM. .W6012A**

## PERFORMING ARTS

### Adult Tap

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine during our ten-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

**Ten Sessions \$110.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Tue, Apr 13-Jun 15 5:30-6:15 PM ..... A3712A**

**Tue, Apr 13-Jun 15 6:15-7:00 PM ..... A3812A**

**Beginner Acting - Adult Level I** *(adults)*

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of story telling/monologue will be on the final day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

**Four Sessions \$50.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Wed, Mar 31-Apr 21 7:00-8:30 PM . . . . . Q6312A****Beginner Ballroom Dance***(adults)*

If you've ever wanted to learn the basics of Ballroom and Latin Dance, this 6-Week workshop is designed with you in mind! Styles will include Bachata, Salsa, Hustle and Waltz, among others as time allows. No prior experience is required, but you must register with a partner. Please dress comfortably with shoes that won't easily slip off.

Instructed by: Sing and Sway

**Six Sessions \$160.00 Per Couple**

Tatum Pk Red Hill Act Ctr

**Wed, Apr 14-May 19 6:00-7:00 PM . . . . . A7212A****Rock to Bach - Guitar***(adults)*

Move "learn to play guitar" from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we'll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

**Eight Sessions \$160.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Mon, Apr 5-May 24 5:00-6:00 PM . . . . . MBW12A****Square Dancing - Level 1***(adults)*

Find out why so many people have so much fun being "squares". No prior experience is needed. Taught by Larry Sherwood and members of the Middletown Ramblers.

**Twelve Sessions \$50.00 Per Person**

Henry Hudson Trail Act Ctr

**Tue, Apr 13-Jun 29 7:15-9:15 PM . . . . . A2112A****Open Mic Poetry Night** *(adults)*

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. All are welcome to read your work aloud or read a work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins welcome as time permits.

Contact Rachel Cohen to be added to list of readers at 732-542-1642, ext. 29, or [rachel.cohen@monmouthcountyparks.com](mailto:rachel.cohen@monmouthcountyparks.com).

Thompson Park Theater Barn

**March - Women's History Month****Wed, Mar 31 7:00-8:30 PM . . . . . PE011A****April - National Poetry Month****Sun, Apr 25 3:00-4:30 PM . . . . . PE021A****May - Haikus, Limericks & Sonnets****Wed, May 12 7:00-8:30 PM . . . . . PE031A**

## SPORTS &amp; FITNESS

## BASKETBALL

**Basketball at the Rec Center**

Fort Monmouth Recreation Center, Tinton Falls

Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium.

Questions? Contact us at 848-456-4278, ext. 2#.

**Cost: \$5.00 Per Person, Per Session**

**Co-ed Basketball 20 & Up**

(ages 20 and up)

**Mondays, March 1-May 24, 8:00-10:00 PM**

**Men's Basketball**

**Sundays, March 7-May 30, 8:00-10:00 AM**

**Open Gym**

(all ages, under 16 with adult)

Schedule varies, please visit the Fort Monmouth Recreation Area page at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com).

## FITNESS

**Aerostep**

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

**Twelve Sessions \$144.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Tue,Thu, Mar 2-Apr 15 5:30-6:30 PM . . . . . XA512A**

*No class 4/6 & 4/8*

**Tue,Thu, Apr 27-Jun 3 5:30-6:30 PM . . . . . XA612A**

**Beyond Basic Belly Dance**

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

**Eight Sessions \$144.00 Per Person**

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

**Tue, Mar 23-May 11 7:25-8:55 PM . . . . . X4812X**

**Tue, Mar 25-Jul 13 7:25-8:55 PM . . . . . XAC12X**

**Gentle Aerobics**

(adults)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Prog Rm D

**Six Sessions \$54.00 Per Person**

**Thu, May 6-Jun 10 10:30-11:15 AM . . . . . X2212A**

**Seven Sessions \$61.00 Per Person**

**Thu, Mar 11-Apr 22 10:30-11:15 AM . . . . . X2112A**

**Hula Hoop Dance and Fitness**

(adults)

Hula hooping, for fun, fitness, and as a dance form. Each class will include a basic how-to of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and time permitting, combos, and have fun with basic hoop dance. We plan to hoop outside, so wear weather appropriate clothes you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class and some are available for purchase. Feel free to bring hoops if you have them. Sessions are held outdoors.

Instructor: Eryka Andrex

**Six Sessions \$54.00 Per Person**

Dorbrook Rec Area Act Ctr

**Wed, Mar 24-Apr 28 5:10-5:55 PM . . . . . X4912X**

## Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Instructor: Eryka Andrex

**Four Sessions \$48.00 Per Person**

Dorbrook Rec Area Act Ctr

**Thu, Apr 1-22 7:30-8:30 PM** ..... XB512X

**Thu, May 6-27 7:30-8:30 PM** ..... XB612X

## Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger and revitalized body. Improve your fitness level as we increase flexibility, strength and self-esteem. This motivating class will incorporate a warm-up, stretch and cool down into a toning and firming program that uses balls, bands and hand weights. Please bring a water bottle; wear comfortable clothing and cross training sneakers.

Instructor: Jodi Kondracki

**Twelve Sessions \$144.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D

**Mon, Wed, Mar 8-Apr 21 9:15-10:15 AM** ... X0412A

*No class 4/5 & 4/7*

**Mon, Wed, May 3-Jun 14 9:15-10:15 AM** ... X0512A

*No class 5/31*

## Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

**Six Sessions \$78.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Sat, Mar 6-Apr 17 8:00-9:00 AM** ..... XA712X

*No class 4/3*

**Sat, May 1-Jun 12 8:00-9:00 AM** ..... XA812X

*No class 5/22*

## PILATES

### Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

**Twelve Sessions \$144.00 Per Person**

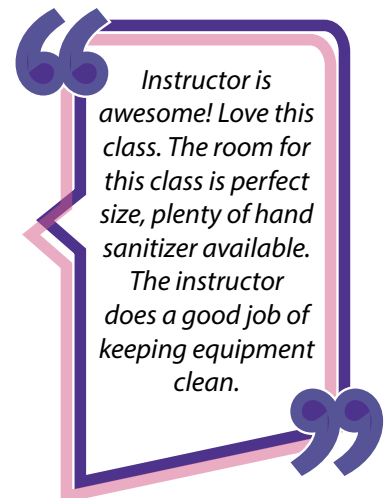
Fort Monmouth Rec Ctr Prog Rm D

**Mon, Wed, Mar 8-Apr 21 10:30-11:30 AM** .. X0612A

*No class 4/5 & 4/7*

**Mon, Wed, May 3-Jun 14 10:30-11:30 AM** .. X0712A

*No class 5/31*



## Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Prog Rm D

Six Sessions \$72.00 Per Person

Thu, May 6-Jun 10 9:15-10:15 AM ..... X0912A

Fri, May 7-Jun 11 10:15-11:15 AM ..... X3312A

Seven Sessions \$84.00 Per Person

Thu, Mar 11-Apr 22 9:15-10:15 AM ..... X0812A

Fri, Mar 12-Apr 23 10:15-11:15 AM ..... X3212A

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon,Wed, Apr 12-May 19 7:15-8:15 PM... X0212X

Tatum Pk Holland Act Ctr

Tue,Thu, Apr 13-May 20 6:30-7:30 PM .... X0312X

## TENNIS

### Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each players understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Mon,Wed, May 3-26 5:00-5:55 PM ..... X6212A

### Adult Advanced Beginner Tennis

(adults)

A class perfect for those who have taken beginner sessions and are looking for more advanced lessons but are not yet ready for intermediate classes. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Tue,Thu, May 4-27 5:00-5:55 PM..... X6512A

## Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All players must have received instruction on forehand, backhand, volleys and serve prior to class starting date.

Eight Sessions \$88.00 Per Person

Dorbrook Rec Area

Mon,Wed, May 3-26 5:30-6:25 PM ..... X7012A

Tue,Thu, May 4-27 5:30-6:25 PM..... X7212A

Thompson Pk

Mon,Wed, May 3-26 6:00-6:55 PM ..... X6312A

Tue,Thu, May 4-27 6:00-6:55 PM..... X6712A

## VOLLEYBALL

### Indoor Spring Volleyball League

(ages 17 and up)

Join in the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top team will receive medals. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting will be held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Apr 7-Jun 16 6:30-9:00 PM..... X6012A

## YOGA

### Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat and a towel or blanket.

**Six Sessions \$78.00 Per Person**

Instructor: Kimberly Buono

Freneau Wds Pk Vis Ctr Prog Rm 2

**Sun, Mar 7-Apr 18 10:30-11:30 AM . . . . . XAV12X**

*No class 4/4*

**Sun, Apr 25-Jun 6 10:30-11:30 AM . . . . . XAW12X**

*No class 5/30*

**Ten Sessions \$130.00 Per Person**

Instructor: Talena Ward

Dorbrook Rec Area Act Ctr

**Thu, Mar 25-May 27 6:00-7:00 PM . . . . . X2412X**

Tatum Pk Red Hill Act Ctr

**Mon, Mar 22-May 24 6:00-7:00 PM . . . . . X2312X**

Instructor: Lisa Mandragona

Thompson Pk Vis Ctr Tulip Room

**Thu, Apr 15-Jun 17 11:00 AM-12:00 PM . . . X1512X**

### Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

**Ten Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Fri, Mar 12-May 21 9:30-10:30 AM . . . . . X2512A**

*No class 4/2*

**Fri, Mar 12-May 21 11:00 AM-12:00 PM . . . XBJ12A**

*No class 4/2*

### Candlelit Yoga

(adults)

Dissolve into deep relaxation and muscle relief through the use of props, bolsters and blankets. Poses will move slowly and be held for minutes at a time, to penetrate deep connective tissue and energy centers of the body (nadis). Listen to the sound of ocean waves, as we visit the poses completely supported under candlelight and allow the nervous system to unwind. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class will be held in the Activity Center.

Teacher: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

**Six Sessions \$78.00 Per Person**

Seven Presidents Pk Act Ctr

**Thu, Mar 4-Apr 8 7:45-8:45 PM . . . . . XB912A**

**Thu, Apr 22-May 27 7:45-8:45 PM . . . . . XBA12A**

### Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ is a yoga practice devised by Mary Jane Kasliner. Yoga classes consist of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Wed, Mar 10-Apr 28 7:00-8:15 PM . . . . . X1212X**

**Wed, May 12-Jun 30 7:00-8:15 PM . . . . . X1312X**

## Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

**Ten Sessions \$130.00 Per Person**

Instructor: Talena Ward

[Tatum Pk Red Hill Act Ctr](#)

**Mon, Mar 22-May 24 7:00-8:00 PM . . . . . X1912X**

## Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

**Ten Sessions \$130.00 Per Person**

[Tatum Pk Red Hill Act Ctr](#)

**Thu, Mar 25-May 27 9:30-10:30 AM . . . . . X2012A**

## Essential Yoga

(adults)

Combat compassion fatigue and burn out with a yoga practice designed to build immunity and resiliency, correct posture, build a strong core, and deliver an overall sense of calm. Utilizing meditation, mindfulness, breathwork and intentional movements you can be the hero in your own life as you care for others.

**Ten Sessions \$130.00 Per Person**

[Freneau Wds Pk Vis Ctr Prog Rm 1](#)

**Mon, Mar 15-May 17 7:00-8:00 AM . . . . . XBF12A**

## Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm and renewed through a well-balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Ten Sessions \$130.00 Per Person**

[Tatum Pk Holland Act Ctr](#)

**Tue, Apr 13-Jun 15 10:00-11:00 AM . . . . . X1712A**

[Tatum Pk Red Hill Act Ctr](#)

**Thu, Apr 15-Jun 17 6:45-7:45 PM . . . . . X1612X**

## Meditation for Sleep

(adults)

According to the Centers for Disease Control (CDC), more than one third of American adults are not getting enough sleep leading to physical and mental health problems. Meditation can help relax the mind to prepare for restorative and restful sleep. In this class, learn and practice meditation techniques to aid an improved sleep routine.

Instructor: Tiffany McCann

**Ten Sessions \$130.00 Per Person**

[Tatum Pk Holland Act Ctr](#)

**Mon, Mar 22-May 24 7:30-8:30 PM . . . . . X3012X**



## Mindfulness Hike

(adults)

We will combine the ancient art of yoga with the healing energy of nature on this evening hike. Experience the calming effects of mindfulness and meditation in the great outdoors. Each meeting will begin with gentle yoga & practicing silence. Wear comfortable athletic shoes and bring water. Hikes will be on paved and/or dirt trails.

Instructor: Lisa Vento, CHHC, CYT

**One Session \$20.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Wed, Apr 21 5:00-6:30 PM** .....AA012A

**Wed, Apr 28 5:00-6:30 PM** .....AA112A

Tatum Pk Red Hill Act Ctr Parking Area

**Wed, May 5 5:00-6:30 PM** .....AA212A

**Wed, May 12 5:00-6:30 PM** .....AA312A

Deep Cut Gardens

**Wed, May 19 5:00-6:30 PM** .....AA412A

**Wed, May 26 5:00-6:30 PM** .....AA512A

### Entire Series

Register for all sessions and save!

4/21 & 4/28 - Thompson Pk Estate Grounds Parking Lot

5/5 & 5/12 - Tatum Pk Red Hill Act Ctr Parking Area

5/19 & 5/26 - Deep Cut Gardens

**Six Sessions \$90.00 Per Person**

**Wed, Apr 21-May 26 5:00-6:30 PM** .....AA612A

## Morning Stretch

(adults)

Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Ten Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Thu, Apr 15-Jun 17 10:00-11:00 AM** ..... X3112A

## Power Yoga

(adults)

Clear the mind while you tone and strengthen the body. Traditional postures combined with HIIT/calisthenics movements will create a welcomed challenge and leave you feeling accomplished. All postures can be modified to create a personal yoga experience.

**Ten Sessions \$130.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Tue, Mar 16-May 18 9:00-10:00 AM** .....XBH12A

## Prana Flow Yoga - Activating Flow

(adults)

Wake up the core as we cultivate strength and stability in the seat of our physical, mental and spiritual self. We will strive for poses that challenge and help us break through to a new level in this fun and engaging core workout. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner. Please bring a yoga mat and water.

Instructor: Tiffany McCann, certified in Prana Flow Yoga (developed by Shiva Rea)

**Ten Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Tue, Mar 9-May 18 9:15-10:45 AM** ..... X2612X

No class 3/30

## Primal Vinyasa

(adults)

Not your traditional vinyasa flow, this class will move your body organically. Combining body, breath, and music to create a deeper sense of self-awareness while simultaneously preparing for more advanced postures.

**Ten Sessions \$130.00 Per Person**

Freneau Wds Pk Vis Ctr Prog Rm 1

**Tue, Mar 16-May 18 8:00-9:00 AM** .....XBG12A

## Quiet Connection – Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

**Eight Sessions \$130.00 Per Person**

Seven Presidents Pk Act Ctr

**Tue, Mar 9-Apr 27 6:30-7:45 PM . . . . . X2712A**

**Tue, May 11-Jun 29 6:30-7:45 PM . . . . . X2812X**

## Seeking Self Yoga

(adults)

Seeking Self Yoga aims to expand our awareness of who we are in our deepest layers of self through philosophical inquiry and movement. Shannon will guide you through a breath-oriented yoga flow and meditation, beginning and ending each session with Eastern philosophy. If you are interested in deepening your connection with your body, thoughts, and heart space, this is the class for you.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

**Six Sessions \$78.00 Per Person**

Dorbrook Rec Area Act Ctr

**Wed, Mar 3-Apr 7 5:45-7:00 PM . . . . . XB712X**

**Sat, Mar 6-Apr 10 10:00-11:15 AM . . . . . XBK12X**

**Wed, Apr 21-May 26 5:45-7:00 PM . . . . . XB812X**

**Sat, Apr 24-May 29 10:00-11:15 AM . . . . . XBM12X**

## Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the “sequence of consciousness,” or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Mon, Mar 8-Apr 26 7:00-8:15 PM . . . . . X1012X**

**Mon, May 10-Jul 5 7:00-8:15 PM . . . . . X1112X**

*No class 5/31*

## Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward.

We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring yoga mat and water.

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Wed, Mar 10-Apr 28 9:30-10:45 AM . . . . . XA312A**

**Wed, May 12-Jun 30 9:30-10:45 AM . . . . . XA412A**

## Yoga 4 Anxiety

(adults)

Anxiety is a unique and individual experience based on how we perceive and react to stress or any given situation. In this six week series, learn simple practices and routines to assist in managing your anxiety. Through breathwork, meditation, journaling, yoga nidra, and slow movement you will be guided through a weekly practice that you can take home with you.

Instructor: Shannon Nelson, Clinical Mental Health graduate student, 200hr Certified Yoga Teacher, + 500 hrs of ancient Himalayan Hatha yoga tradition & Owner of Seeking Self Yoga & Meditation

**Four Sessions \$54.00 Per Person**

Seven Presidents Pk Act Ctr

**Mon, Mar 8-29 10:00-11:00 AM.....XBD12A**

## Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

**Eight Sessions \$108.00 Per Person**

Seven Presidents Pk Act Ctr

**Sat, Apr 10-May 29 8:00-9:30 AM..... X2912X**

## Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

**Six Sessions \$78.00 Per Person**

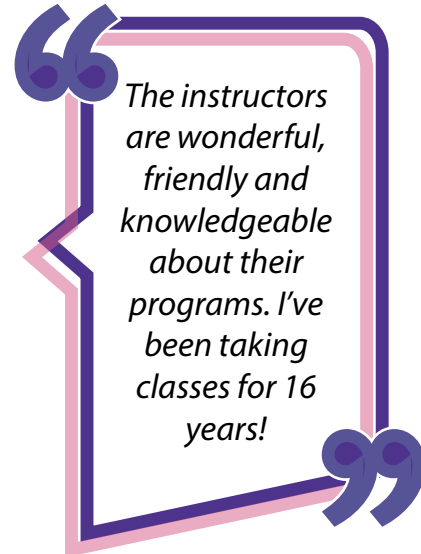
Tatum Pk Red Hill Act Ctr

**Sat, Mar 6-Apr 17 9:10-10:10 AM ..... XA912X**

No class 4/3

**Sat, May 1-Jun 12 9:10-10:10 AM ..... XAA12X**

No class 5/22



## Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, RYT Yoga Alliance Certified

**Six Sessions \$81.00 Per Person**

Henry Hudson Trail Act Ctr

**Fri, Mar 19-Apr 30 10:00-11:30 AM . . . . . XB312A**

*No class 4/2*

**Fri, May 14-Jun 18 10:00-11:30 AM . . . . . XB412A**

Tatum Pk Red Hill Act Ctr

**Tue, Mar 16-Apr 27 10:30 AM-12:00 PM . . . XB112A**

*No class 3/30*

**Tue, May 11-Jun 15 10:30 AM-12:00 PM . . . XB212A**

## ZUMBA

### Brand New to Zumba

(adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers. Sessions will be held outdoors weather pending.

Instructor: Eryka Andrex

**Six Sessions \$72.00 Per Person**

Dorbrook Rec Area Act Ctr

**Wed, Mar 24-Apr 28 6:00-7:00 PM . . . . . X5012A**

## Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude! Sessions will be held outdoors

Instructor: Eryka Andrex

**Eight Sessions \$96.00 Per Person**

Dorbrook Rec Area Act Ctr

**Tue, Mar 23-May 11 6:15-7:15 PM . . . . . X4612X**

**Tue, May 25-Jul 13 6:15-7:15 PM . . . . . XAB12X**

**Six Sessions \$72.00 Per Person**

Dorbrook Rec Area Barnview Shelter Bldg

**Fri, Apr 23-May 28 9:00-10:00 AM . . . . . X4712X**

## Zumba: Morning Low Impact

(adults)

Join us for a fun Sunday morning Zumba fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this 1 hour, low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude! Beginners welcome! Sessions are held outdoors.

Instructor: Eryka Andrex

**Eight Sessions \$96.00 Per Person**

Dorbrook Rec Area Barnview Shelter Bldg

**Tue, Apr 6-May 25 10:30-11:30 AM . . . . . X5112A**



Thinking about bringing your

# DOG

to the park?

Dogs are permitted in **most** Monmouth County Park System sites while they are leashed. Owners are responsible for clean-up of their pets at all times and waste should be removed and disposed of properly. Dogs **are not** permitted on- or off-leash in the following locations or at any other park location where signs are posted:

- Deep Cut Gardens
- Historic Longstreet Farm
- Dorbrook Recreation Area Sprayground
- Playgrounds
- Golf Courses
- Buildings
- Sunnyside Equestrian Center
- Visitor Centers
- Environmental Centers
- Seven Presidents Oceanfront Park (from April 1-October 31)

*Be sure to check out our canine classes. Spring canine classes are listed on page 58.*

## Visit a Monmouth County Off-Leash Dog Area!

### LOCATIONS

#### Thompson Park

805 Newman Springs Road, Lincroft

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Water fountain available
- Pet waste bags and garbage cans
- Restrooms nearby

#### Wolf Hill Recreation Area

3 Crescent Place, Oceanport

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Sheltered picnic tables
- Pet waste bags and garbage cans
- Portable toilets

### IMPORTANT INFORMATION

- Off-leash dog areas are open 7 days a week from 8:00 AM to dusk
- Puppies must be at least 4 months old, and dogs 6 months or older must be spayed or neutered
- All dogs must be up to date with vaccinations and wear a collar with a license
- Each owner may bring up to two dogs, must remain with the dogs, and must carry a leash for each
- Children under the age of 8 years old are not permitted in off-leash dog areas
- There is a limit of 20 dogs and 25 owners inside each fenced area at any one time in the Thompson Park facility
- There is a limit of 25 dogs and 25 owners inside each fenced area at any one time in the Wolf Hill Recreation Area facility



**Sunnyside Equestrian Center** is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR).

This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

## EQUESTRIAN

### Beginner Youth Horseback Riding Lessons

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same.

**Eight Sessions \$450.00 Per Person**

Sunnyside Rec Area

**Fri, Apr 23-Jun 18 3:00-4:00 PM ..... V0112A**

No lesson 6/4

**Fri, Apr 23-Jun 18 4:30-5:30 PM ..... V0212A**

No lesson 6/4

### Equine Psychology 201

(adults)

Join us for a progressive hands on course working with the therapy horses of Sunnyside. Each class will cover topics such as: equine behavior assessment; the different tools needed to work with left brain vs. right brain horses and grounding exercises to help develop a partnership with the horse. Prior completion of Equine Psychology 101-103 is required.

**Six Sessions \$240.00 Per Person**

Sunnyside Rec Area

**Fri, Apr 16-May 21 5:00-6:30 PM. .... V0312A**

### Horses for Heroes -

### Equine Psychology Class

(adults)

Sunnyside Equestrian Center is proud to offer our Veterans and active duty military personnel a specially tailored Horses for Heroes program. Through classroom discussion and active observation of the horses at Sunnyside Equestrian Center, discover the basic psychology and physiology of the horse, equine body language, and instinctive behaviors. Through the knowledge you gain from this experience, you will learn the requirements horses need to thrive mentally and physically. This is a SPUR sponsored program free to Veterans and active duty military personnel. Please call 732-224-1367, ext 1#, to register.

**Two Sessions FREE!**

Sunnyside Rec Area

**Wed, Apr 14-21 10:30 AM-12:30 PM ..... V0612A**

MONMOUTH COUNTY PARK SYSTEM



# TEE UP WITH US...

BECAUSE WHERE YOU PLAY MATTERS

**BEL-AIRE  
GOLF COURSE**  
3120 Allaire Road,  
Wall, NJ

**CHARLESTON SPRINGS  
GOLF COURSE**  
101 Woodville Road,  
Millstone Township, NJ

**HOMINY HILL  
GOLF COURSE**  
92 Mercer Road  
Colts Neck, NJ

**HOWELL PARK  
GOLF COURSE**  
405 Squankum-  
Yellowbrook Road,  
Farmingdale, NJ

**PINE BROOK  
GOLF COURSE**  
1 Covered Bridge Boulevard  
Manalapan, NJ

**SHARK RIVER  
GOLF COURSE**  
320 Old Corlies Avenue,  
Neptune, NJ

MONMOUTH COUNTY GOLF COURSES OFFER:

- LESSONS
- GROUP OUTINGS
- TOURNAMENTS
- AND MUCH MORE

CHECK US OUT ONLINE FOR FULL DETAILS:

[www.MONMOUTHCOUNTYPARKS.COM](http://www.MONMOUTHCOUNTYPARKS.COM)

**Beginner Golf***(ages 6 and up)*

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

**Children***(ages 6-10)***Four Sessions \$75.00 Per Person**

Bel-Aire GC

**Mon, Apr 5-26 5:00-6:00 PM . . . . . Y1712A****Sat, Apr 10-May 1 11:15 AM-12:15 PM . . . . Y2212A****Fri, Apr 16-May 7 4:30-5:30 PM . . . . . Y1012A****Mon, May 10-Jun 7 5:00-6:00 PM . . . . . Y2712A***No class 5/31***Sat, May 15-Jun 5 10:15-11:15 AM . . . . . Y3112A****Junior***(ages 11-14)***Four Sessions \$75.00 Per Person**

Bel-Aire GC

**Sat, Apr 10-May 1 10:00-11:00 AM . . . . . Y2112A****Wed, Apr 14-May 5 4:00-5:00 PM . . . . . Y4812A****Wed, Apr 14-May 5 4:30-5:30 PM . . . . . Y0612A****Women***(adults)***Four Sessions \$80.00 Per Person**

Bel-Aire GC

**Tue, May 11-Jun 1 10:00-11:00 AM . . . . . Y2912A****Adults***(adults)***Four Sessions \$80.00 Per Person**

Bel-Aire GC

**Thu, Apr 15-May 6 4:00-5:00 PM . . . . . Y5012A****Thu, May 20-Jun 10 4:00-5:00 PM . . . . . Y5312A****Mon, Apr 5-26 6:00-7:00 PM . . . . . Y1812A****Tue, Apr 6-27 10:00-11:00 AM . . . . . Y1912A****Wed, Apr 14-May 5 5:45-6:45 PM . . . . . Y0712A****Fri, Apr 16-May 7 11:00 AM-12:00 PM . . . . Y0812A****Sun, Apr 18-May 16 1:30-2:30 PM . . . . . Y5512A***No class 5/9***Mon, May 10-Jun 7 6:15-7:15 PM . . . . . Y2812A***No class 5/31***Intermediate Golf***(adults)*

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

**Children***(ages 6-10)***Four Sessions \$95.00 Per Person**

Bel-Aire GC

**Sun, May 16-Jun 6 1:30-3:00 PM . . . . . Y3412A****Junior***(ages 11-14)***Four Sessions \$95.00 Per Person**

Bel-Aire GC

**Sun, Apr 11-May 2 12:00-1:30 PM . . . . . Y2512A****Wed, Apr 14-May 5 5:00-6:30 PM . . . . . Y4912A****Sat, May 22-Jun 12 2:00-3:30 PM . . . . . Y4412A****Sat, Apr 17-May 8 4:30-6:00 PM . . . . . Y1212A****Adults***(adults)***Four Sessions \$120.00 Per Person**

Bel-Aire GC

**Tue, Apr 6-27 11:00 AM-1:00 PM . . . . . Y2012A****Sun, Apr 11-May 2 2:00-4:00 PM . . . . . Y2612A****Thu, Apr 15-May 6 5:00-7:00 PM . . . . . Y5112A****Sat, Apr 17-May 8 2:00-4:00 PM . . . . . Y1312A****Tue, May 11-Jun 1 11:00 AM-1:00 PM . . . . Y3012A****Sun, May 23-Jun 13 12:30-2:30 AM . . . . . J0512A**

Howell Pk GC

**Wed, Apr 14-May 5 5:00-7:00 PM . . . . . Y0312A****Thu, May 13-Jun 3 5:00-7:00 PM . . . . . Y3712A****Women***(adults)***Four Sessions \$120.00 Per Person**

Bel-Aire GC

**Sat, Apr 10-May 1 1:00-3:00 PM . . . . . Y2312A****Fri, Apr 16-May 7 1:00-3:00 PM . . . . . Y0912A****Fri, May 21-Jun 11 10:00 AM-12:00 PM . . . Y4212A**



### Advanced Golf

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

**Four Sessions \$165.00 Per Person**

Charleston Springs GC

**Fri, Apr 16-May 7 4:00-7:00 PM.....J0112A**

**Fri, May 14-Jun 4 5:00-8:00 PM.....J0312A**

Howell Pk GC

**Wed, May 12-Jun 2 5:00-8:00 PM .....J0212A**

### 60 Minute Clinic - Driver

(adults)

Develop more consistency and power for all level of golfers and swing types in this full swing clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

**One Session \$25.00 Per Person**

Bel-Aire GC

**Sat, Apr 17 12:00-1:00 PM ..... Y1112A**

Charleston Springs GC

**Sat, May 22 1:30-2:30 PM .....J0412A**

**Sun, May 30 2:00-3:00 PM ..... Y4012A**

Howell Pk GC

**Wed, Apr 14 4:00-5:00 PM ..... Y0212A**

### 60 Minute JR - Chipping/Pitching

(ages 14-18)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

**One Session \$25.00 Per Person**

Bel-Aire GC

**Fri, Apr 9 4:00-5:00 PM ..... Y0512A**

**Fri, May 21 4:00-5:00 PM..... Y5712A**

Howell Pk GC

**Wed, May 19 12:00-1:00 PM..... Y3612A**

### 60 Minute JR - Putting

(ages 14-18)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

**One Session \$25.00 Per Person**

Bel-Aire GC

(ages 14-18)

**Sun, Apr 4 12:30-1:30 PM ..... Y1612A**

**Fri, May 28 6:00-7:00 PM..... Y3912A**

(adults)

**Thu, May 13 10:45-11:45 AM..... Y4112A**

Howell Pk GC

**Wed, May 12 4:00-5:00 PM ..... Y3512A**

**Wed, Apr 14 3:00-4:00 PM ..... Y0112A**

### 60 Minute Sand Bunker

(ages 14 and up)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

**One Session \$25.00 Per Person**

Bel-Aire GC

(ages 14-18)

**Fri, Apr 9 5:00-6:00 PM ..... Y0412A**

(adults)

**Sat, Apr 3 12:30-1:30 PM..... Y1512A**

**Fri, May 21 2:00-3:00 PM..... Y4312A**

### Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

**One Session \$135.00 Per Person**

Charleston Springs GC

**Sat, May 15 1:00-4:00 PM ..... T0712A**

**Sun, Apr 25 1:00-4:00 PM ..... T0312A**

## Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

**Four Sessions \$120.00 Per Couple**

Bel-Aire GC

**Sun, Apr 11-May 2 10:30-11:30 AM . . . . . Y2412A**

**Sun, May 16-Jun 6 12:00-1:00 PM . . . . . Y3312A**

## Full Swing Clinic

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

**One Session \$87.00 Per Person**

Howell Pk GC

**Sat, Apr 17 12:00-2:00 PM . . . . . T0112A**

**Sat, May 8 12:00-2:00 PM . . . . . T0512A**

Charleston Springs GC

**Sat, May 29 12:00-2:00 PM . . . . . J0612A**

## Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

**Four Sessions \$105.00 Parent/Child \$45.00 Additional Sibling**

Bel-Aire GC

**Sun, Apr 18-May 15 11:30 AM-12:30 PM .. Y1412X**

*No class 5/9*

**Sun, Apr 18-May 15 11:30 PM-12:30 PM .. Y5412X**

*No class 5/9*

**Sat, May 15-Jun 5 11:30 AM-12:30 PM .... Y3212X**

## Golf for High School Players

(grades 8-12)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace.

**Four Sessions \$115.00 Per Person**

Charleston Springs GC

**Sat, May 22-Jun 12 3:00-6:00 PM . . . . . T1012A**

## Ladies Player's Club

(adults)

Are you interested in playing golf in a fun, friendly, and "ladies only" environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 AM each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Card.

**Twenty-Seven Sessions \$26.00 Per Person**

Pine Brook GC

**Thu, Apr 22-Oct 21 8:00 AM-1:00 PM . . . . . PB112A**

## Let's Play Golf

(ages 6-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

**Four Sessions \$105.00 Per Person**

(ages 6-10)

Bel-Aire GC

**Fri, May 21-Jun 11 4:00-6:00 PM . . . . . Y3812A**

(ages 11-14)

Charleston Springs GC

**Sun, May 23-Jun 13 4:00-6:00 PM . . . . . Y4512A**

### Men's 60+ Touring League

(adults)

The Men's 60+ touring league is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used and if your handicap is more than 26 it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play. Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. An entry fee of \$325 covers all greens fees and season ending prizes, for power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM. League is limited to first 48 players.

**Fourteen Sessions \$325.00 Per Person**

Hominy Hill GC

**Tue, Apr 20-Jul 20 10:00 AM-12:00 PM . . . . K0112A**

### Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

**One Session \$125.00 Per Person**

Bel-Aire GC

**Wed, Apr 7 12:00-3:00 PM . . . . . T0412A**

Charleston Springs GC

**Sun, Apr 18 12:00-3:00 PM . . . . . T0212A**

**Sat, Apr 24 12:00-3:00 PM . . . . . T0912A**

**Sun, May 16 12:00-3:00 PM . . . . . T0612A**

**Sun, May 23 12:00-3:00 PM . . . . . T0812A**

**MONMOUTH COUNTY PARK SYSTEM**

Let our nationally acclaimed golf courses host your next

# GOLF OUTING

- 18-Hole Shotgun
- Modified Shotgun
- Mini-Outings with Consecutive Tee Times for Smaller Groups
- Food & Drink Menus Including Alcoholic Beverages
- FootGolf Outings

732-462-9224, Ext. 1#  
 golf.outings@monmouthcountyparks.com  
 MonmouthCountyParks.com

Howell Park Golf Course

## Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

**Four Sessions \$100.00 Per Person**

Bel-Aire GC

**Wed, Apr 14-May 5 8:30 AM-12:00 PM . . . Y4712A**

**Wed, May 19-Jun 9 8:30 AM-12:00 PM . . . Y5212A**

## Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

**Six Sessions \$175.00 Per Person**

Bel-Aire GC

**Thu, Apr 8-May 13 9:30 AM-1:00 PM . . . . . Y4612A**

## Women's Touring League

(adults)

The Women's touring league is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used and if your handicap is more than 30 it will be reduced to 30. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play. Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. An entry fee of \$325 covers all greens fees and season ending prizes, for power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM before the start of the league. League is limited to first 48 players.

**Fourteen Sessions \$325.00 Per Person**

Hominy Hill GC

**Wed, Apr 21-Jul 21 10:00 AM-12:00 PM . . . K0212A**



## THERAPEUTIC RECREATION

**Inclusion Services**

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without an modification - documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all. For more information contact Justin at 732-460-1167, ext. 22.

**Art Club**

*(ages 16 and up, with special needs)*

This club offers time for socialization, creative stimulation and building self confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

**Four Sessions \$60.00 Per Person**

[Dorbrook Rec Area Act Ctr](#)

**Sat, Mar 13-Apr 24 10:00 AM-12:00 PM ... D1512A**

*Class meets 3/13, 3/27, 4/10 & 4/24*

**MCRAC Adult Day Program**

*(ages 21 and up, w/cognitive & neurological impairments)*

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being.

MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

**Night Out**

*(ages 16 and up, with special needs)*

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

**One Session \$30.00 Per Person**

**Drive-In Movie and Cookout**

Enjoy an evening outside at Dorbrook as we grill hamburgers, hot dogs, and s'mores while enjoying a movie! We will be showing the film on the "big screen" by projecting it against the barn. Please bring a beach chair and dress warmly to be outside in the evening; a blanket would be a good idea too!

[Dorbrook Rec Area Barnview Shelter Bldg](#)

**Fri, Apr 16 6:00-9:00 PM ..... D1412A**

**Dinner and a Movie - Eatontown**

A delicious meal at Friday's in Eatontown, followed by a movie, sounds like a great night! Drop-off will be at the Friday's at the Monmouth Mall and pick-up will be from the AMC Movie Theatre. You will be contacted with specific times and movie choices at least 2 days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$40 to cover the cost of your meal and movie ticket.

[Dorbrook Rec Area Act Ctr Parking Lot](#)

**Fri, Mar 19 5:00-9:00 PM ..... D1212A**

**Now We're Cooking!**

*(ages 16 and up, with special needs)*

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

**One Session \$35.00 Per Person**

**Cinco De Mayo BBQ**

A Tex-Mex styled event! We will be preparing some traditional Mexican/Latin dishes but cooking them on the grill for the best of both worlds. Bring your culinary skills and appetite!

[Dorbrook Rec Area Vis Ctr](#)

**Fri, May 7 6:00-9:00 PM ..... D1312A**

Check out the variety of amenities available in your local Monmouth County parks!

Campground (Apr-Nov)  
 Canoe/Kayak Access  
 Disc Golf  
 Environmental Center  
 Facility/Picnic Rentals  
 Fishing Access  
 FootGolf  
 Golf  
 Historic Site Location  
 Off-Leash Dog Area  
 Playground  
 Trails (easy)  
 Trails (moderate)  
 Trails (challenging)  
 Trails (fitness)  
 Trails (nature)

Park Name	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	FootGolf	Golf	Historic Site Location	Off-Leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park											x	x				
Charleston Springs Golf Course							x						x			
Clayton Park											x	x				
Crosswicks Creek Park		x			x								x			
Deep Cut Gardens				x							x					
Dorbrook Recreation Area				x						x	x					
Fisherman's Cove		x		x	x											
Fort Monmouth Rec Center				x												
Freneau Woods Park					x						x	x				
Hartshorne Woods Park					x			x								
Henry Hudson Trail																
Holmdel Park				x	x					x	x	x	x	x	x	x
Hominy Hill Golf Course							x				x					
Howell Park Golf Course		x					x									
Huber Woods Park				x	x						x	x	x			x
Historic Longstreet Farm				x				x								
Manasquan Reservoir		x		x	x					x	x	x				x
Manasquan River Greenway		x			x								x			
Mount Mitchell Scenic Overlook										x						
Perrineville Lake Park		x		x	x								x			
Pine Brook Golf Course							x	x								
Seven Presidents		x		x	x					x						
Shark River Golf Course							x									
Shark River Park		x		x	x					x	x	x	x	x		
Sunnyside Equestrian Center											x					
Swimming River Park		x														
Tatum Park				x						x	x	x				
Thompson Park		x		x	x				x	x	x	x				
Turkey Swamp Park	x	x		x	x					x	x	x			x	
Union Transportation Trail											x					
Historic Wainford				x	x			x								
Weltz Park											x					
Wickatunk Recreation Area																
Wolf Hill Recreation Area			x						x							

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

## Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

## Participants, Please Note

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

## Weather Cancellation Number

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

## Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

## Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

## Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

### Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

- **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

- **Camps:** full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

### Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

## Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

## Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

## Registration

You may register:

- **Online** 24/7 beginning at 8:00 AM on February 10. Visit the "Program Registration" page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) to become a registered user.

- **By Phone** beginning at 8:00 AM on February 10. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

- **By Mail** beginning at 8:00 AM on February 10. Send the Registration Form (next page) with payment to:

Registrations  
Monmouth County Park System  
805 Newman Springs Road  
Lincroft, NJ 07738-1695

Mail registrations are processed as received.

# REGISTRATION FORM

Patron Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Payment Method:      Check      Visa      MasterCard      Discover

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

CVV (last 3 digits in signature strip on back of card)

Do you require any special accommodations to participate in this program/activity?      Yes      No

If yes, please specify

PROGRAM	PROGRAM TITLE	FEE/PERSON	PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)	DATE OF BIRTH (UNDER 18)	CHILD'S AGE/GRADE



# SPUR



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email [spur@monmouthcountyparks.com](mailto:spur@monmouthcountyparks.com), or visit [www.spuronline.org](http://www.spuronline.org).



## FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed.

The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

*Friends* members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at [www.friendsofmonmouthcountyparks.com](http://www.friendsofmonmouthcountyparks.com).



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at [www.monmouthconservation.org](http://www.monmouthconservation.org). MCF can also be reached by calling 732-671-7000 or emailing [info@monmouthconservation.org](mailto:info@monmouthconservation.org).





## SUMMER WILL BE HERE BEFORE YOU KNOW IT!

Get ready to give your children a summer filled with fun and friendship!  
The Children's Summer Camp & Swim Lesson Guide is coming your way soon!

The Monmouth County Park System's 2021 Summer Camp & Swim Lessons Guide will be available in most county parks and online on Friday, February 26.

**SUMMER CAMP & SWIM LESSON REGISTRATION WILL BEGIN AT 12:00 PM ON SUNDAY, MARCH 7.**

“All counselors and staff to whom I spoke were very friendly and helpful. I felt that they were following the health guidelines and I was not worried about my son while he was at camp.”

“All the camps were so much fun for my 12 year old. I really liked how knowledgeable and friendly all the camp counselors were. The programs were incredibly well designed for both fun and learning. Plus, I felt VERY safe sending my son to camp with all the precautions put in place.”



Monmouth County Park System  
805 Newman Springs Road  
Lincroft, NJ 07738

DATED MATERIAL – PLEASE DELIVER BY 01/29/2021

## APRIL 2021

### Spring Craft Show

Saturday, April 17  
9:00 AM-2:00 PM

*Fort Monmouth Recreation Center,  
Tinton Falls*

### Earth Day Fun in the Parks

Saturday, April 24

*Various Park System Locations*

### Wool Days/Sheep Shearing

Saturday & Sunday, April 24 & 25  
12:00-3:00 PM

*Historic Longstreet Farm, Holmdel*

## MAY 2021

### Great Spring Perennial Plant Swap

Saturday, May 1  
8:30 AM-11:30 AM

*Tatum Park, Middletown*

### Creative Arts & Music Festival

Saturday, May 1  
10:00 AM-4:00 PM

*Thompson Park, Lincroft*

### Walnford Day

Sunday, May 16  
11:00 AM-5:00 PM

*Historic Walnford, Upper Freehold*

INFO: 732-842-4000, ext. 4312 • [MONMOUTHCOUNTYPARKS.COM](http://MONMOUTHCOUNTYPARKS.COM)



#### Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director  
Lillian G. Burry • Dominick “Nick” DiRocco • Ross F. Licitra

#### Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Michael G. Harmon, Vice Chairman  
Thomas E. Hennessy, Jr. • David W. Horsnall • Mark E. Zelina  
Patricia M. Butch • Thomas Adcock • Anthony Fiore  
Joseph Dibella • James J. Truncer, Secretary-Director

