



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SPRING 2023

REGISTRATION BEGINS FEBRUARY 8

WWW.MONMOUTHCOUNTYPARKS.COM

DISCOVER YOUR PARKS

THIS SPRING

Spring Craft Show

Saturday, April 15, 9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Find a unique, hand-crafted gift for yourself or someone special.

Earth Day

Saturday, April 22

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 13.

Creative Arts Festival

*Saturday, May 13,
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 page 49.



Walnford Day

Sunday, May 21, 11:00 AM-5:00 PM

Historic Walnford, Upper Freehold

Entertainment abounds at this annual celebration of 200 years of Waln family history! With a variety of demonstrations, tours of the historic Waln home, and horse-drawn wagon rides, there is something for everyone to enjoy.



For more up-to-date information on spring activities in the parks, visit www.MonmouthCountyParks.com.

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*To register for programs starting Wednesday, February 8, 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.

Essential Eligibility Requirements for Park System Programs & Camps

1. **Age:** Must fall within the listed age/grade for a program or camp.
2. **Capacity:** An individual must register before the program has reached its maximum capacity.
3. **Charges:** Payment is due upon registering, or through an approved third-party balance due.
4. **Prerequisite Skills:** Individuals may be required to be at a specific stated skill level for some programs.
5. **Conduct:** With or without accommodation, all participants shall abide by standard rules of conduct:
 - Participants shall be respectful of other participants, staff and others.
 - Participants shall be respectful of the equipment and use it as instructed.
 - Participants shall be responsible for their words and actions.

Please refer to individual programs for additional eligibility requirements that may be necessary to ensure safety in a program or camp.

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Historic Longstreet Farm, located within Holmdel Park, recreates the sights, sounds and smells of rural Monmouth County in the 1890s. Interpreters in period dress show both daily and seasonal agricultural and domestic activities. This interpretation includes breeds of animals and crops raised at the site in the 1890s. As this is a working farm, visitors are not permitted to feed or touch the animals and pets are not permitted.

Historic Longstreet Farm is open daily year round from 10:00 AM-4:00 PM with extended hours of 9:00 AM-5:00 PM from Memorial Day through Labor Day.



LONGSTREET FARM

Cookstove Demonstration *Free*

Stop by the out kitchen to see what's cooking on the wood-fired stove. Discover how recipes, cooking techniques and kitchens have changed since the 1890s.

- Saturday, March 4, 11:00 AM-3:00 PM**
- Saturday, March 18, 11:00 AM-3:00 PM**
- Saturday, April 1, 11:00 AM-3:00 PM**
- Saturday, April 15, 11:00 AM-3:00 PM**
- Saturday, April 29, 11:00 AM-3:00 PM**
- Saturday, May 13, 11:00 AM-3:00 PM**
- Saturday, May 27, 11:00 AM-3:00 PM**

Accordion Melodies of the 1890s *Free*

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

- Saturday, March 18, 1:00-3:00 PM**
- Saturday, April 22, 1:00-3:00 PM**
- Saturday, May 20, 1:00-3:00 PM**

Piano Ballads from the Turn of the Century *Free*

Tap your feet, dance a one-step, or sing-along to popular turn-of-the-19th-century ballads as they are played on our farmhouse piano.

- Saturday, March 25, 1:00-3:00 PM**
- Saturday, April 1, 1:00-3:00 PM**
- Saturday, May 13, 1:00-3:00 PM**

19th Century Woodworking Demonstration *Free*

Woodworking is more than carpentry. See how a woodworker studies his materials, plies his tools, and crafts beautiful and functional items.

- Saturday, March 25, 12:00-3:00 PM**
- Saturday, May 20, 12:00-3:00 PM**

VICTORIAN LIFE SKILLS - INSTRUCTION

(ages 14 and up)

Historic Longstreet Farm works to preserve the practices of the past. If you've ever visited the farm and thought, "I'd like to learn how to do that!", we can teach you! We'll create a custom program that focuses on the skills you want to learn by offering hands-on experience and one-on-one guidance. Woodstove cooking, fiber arts, blacksmithing, team driving, preserving foods and sheep shearing are just the beginning.

To discuss available options, call the Longstreet Farm office at 732-946-3758, 8:00 AM-4:00 PM, Monday-Friday.

Sowing Seed Potatoes NEW Free

The field is ready and it's time to plant! Give our farmers a hand as we sow this year's crop of potatoes. Weather dependent.

Saturday & Sunday, April 15 & 16 ,12:00-2:00 PM

Vintage Base Ball - Monmouth Furnace Base Ball Club Free

Enjoy a spring afternoon in Holmdel Park and see how one of America's favorite pastimes started. The Monmouth Furnace Base Ball Club (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, April 22, 11:00 AM-3:00 PM

Embroidery Demonstration Free

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 6, 1:00-3:00 PM

Hands-On History Free

We'll be opening the doors to our collections and bringing out some of our favorite "hands-on" items. Engage your curiosity about history as you explore these pieces through operation and physical contact. Some of the unique items in our collections will also be on display for close-up, visual inspection only.

Saturday & Sunday, May 6 & 7, 12:00-4:30 PM

Plant a Sunflower Free

Help the Longstreet farmers plant this year's sunflower field. Then, visit the farm throughout the summer and watch as the Mammoth Russian sunflowers grow to over ten 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.

Sunday, May 21, 12:00-2:30 PM

Decoration Day Celebration Free

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 29, 12:00-3:00 PM

Elements of Blacksmithing NEW

(ages 14 and up)

Do you want to test your skills and craft something with a forge and anvil? This program will introduce you to the fundamentals of blacksmithing with a focus on hammer control, holding your work with tongs, and basic shaping techniques. Participants will apply these skills and craft a classic "J" hook or a solid key chain. For safety reasons, all participants must wear pants, closed-toe shoes and have long hair tied back.

One Session \$25.00 Per Person

Longstreet Farm Blacksmith

- Sun, Mar 5 11:00-11:40 AM F0832A**
- Sun, Mar 5 11:40 AM-12:20 PM..... F0932A**
- Sun, Mar 5 12:20-1:00 PM..... F1032A**
- Sun, Mar 5 1:00-1:40 PM F1132A**
- Sun, Mar 5 1:40-2:20 PM F1232A**
- Sun, Apr 2 11:00-11:40 AM..... F1332A**
- Sun, Apr 2 11:40 AM-12:20 PM F1432A**
- Sun, Apr 2 12:20-1:00 PM F1532A**
- Sun, Apr 2 1:00-1:40 PM F1632A**
- Sun, Apr 2 1:40-2:20 PM F1732A**



Made Fresh from Scratch NEW

(ages 16 and up)

It can be so easy to make everyday items from scratch! Whipped cream, butter and mayonnaise are three delicious staples that are simple to make at home using ingredients in your kitchen. We'll cover the basics of how to make them using both Victorian kitchen gadgets and modern conveniences, as well as fun ways to "spice" them up!

One Session \$15.00 Per Person

Longstreet Farm Vis Ctr

Sat, Mar 11 10:00 AM-12:00 PM F1932A

Rug Hooking Gathering

(adults)

Calling all rug hookers! Now is the time to gather with other rug hookers or come and learn techniques from experienced rug hookers. Bring an existing project or come for inspiration and get help with a new one. Be sure to bring your lunch.

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Mar 14-May 16 10:00 AM-3:00 PM ... F0132A

Morning Farm Chores

(ages 4 and up, under 14 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Participants 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 weather.

Please Note: Due to the popularity of this program, participants may only sign up for ONE Morning Chores session per season. The Park System reserves the right to remove those scheduled in multiple sessions to provide an opportunity for someone on the waiting list.

One Session \$15.00 Per Person

Longstreet Farm

Sat, Mar 4 8:00-9:30 AM F0232A

Sun, Mar 19 8:00-9:30 AM F0332A

Sat, Apr 1 8:00-9:30 AM..... F0432A

Sun, Apr 16 8:00-9:30 AM..... F0532A

Sat, May 6 8:00-9:30 AM F0632A

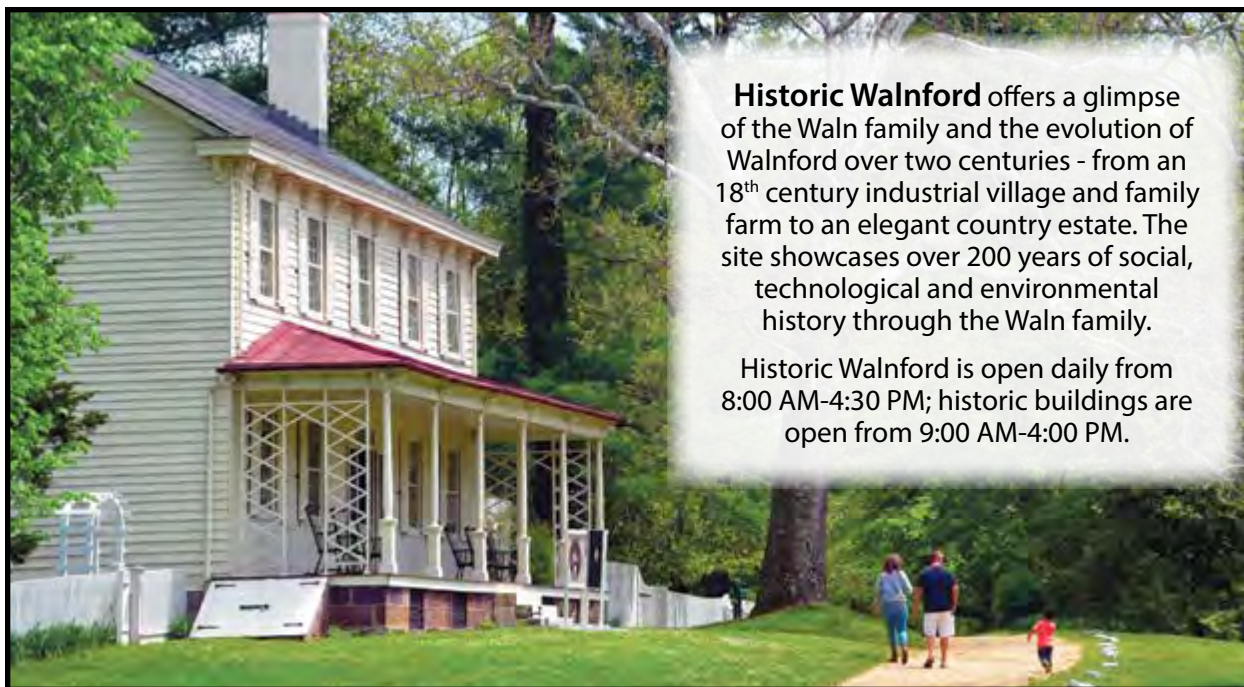
Sun, May 21 8:00-9:30 AM F0732A

WOOL DAYS/SHEEP SHEARING Free

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 29 & 30, 12:00-3:00 PM





Historic Walford offers a glimpse of the Waln family and the evolution of Walford over two centuries - from an 18th century industrial village and family farm to an elegant country estate. The site showcases over 200 years of social, technological and environmental history through the Waln family.

Historic Walford is open daily from 8:00 AM-4:30 PM; historic buildings are open from 9:00 AM-4:00 PM.

WALNFORD

Opening Reception for The Art of War *Free*

Please join us for the opening reception of the Art of War, an exhibit which explores the role of art in uniting the country during World War I. Propaganda posters, uniforms, medals and music will be on display to illustrate the involvement of artists in the war effort. Light refreshments will be served. The exhibition will run from March 3, 2023-March 9, 2025.

Saturday, March 11, 3:00-6:00 PM

Milling Demonstrations *Free*

Experience the sights and sounds of years past as corn is ground into meal at Waln's Mill! Milling demonstrations take place at 12:30 PM, 1:30 PM, 2:30 PM and 3:30 PM on Saturdays and Sundays from April through November.

Thrive, An Afternoon with the Artists *Free*

The artists who contributed to Thrive, an exhibition currently on display in Walford's historic house, will have a conversation with the audience regarding their work, process and influence when creating these and other pieces.

Saturday, April 22, 2:00-3:30 PM

An Afternoon Tea with the Victorian Lady

(adults)

While dressing in actual vintage and authentically reproduced undergarments, clothing and accessories, Kandie Carle adds humor, history and intriguing anecdotes about fashion, home life and etiquette of men and women during the Victorian era. A visual delight resplendent with wit and grace, this is a refreshing view of a magnificent era in history. The program includes audience participation and questions are encouraged throughout. Following the program, light refreshments will be served. Attendees are invited to bring their own tea cup and share the story of how it came to be theirs!

Sunday, April 23, 12:00-2:30 PM.

Cost: \$50.00 Per Person

Registration is required. Please call 609-259-6275 to make a reservation.

SUNDAY, MAY 21, 11:00 AM-5:00 PM
62 WALNFORD RD, UPPER FREEHOLD



Walnford Day

Ingenuity, technology, culture and history
come together in one great event!

FREE PARKING • FREE ADMISSION

- View historical demonstrations and displays
- See the gristmill in action
- Go on a horse-drawn wagon ride
- Explore the 1773 Waln family home
- Enjoy bluegrass music with special guests
Magnolia Street String Band from 2:00-5:00 PM





HISTORIC SEABROOK- WILSON HOUSE TOURS

Free

Sundays, April 23-October 29, 1:00-4:00 PM

Bayshore Waterfront Park, Port Monmouth

Ever wondered what it looks like inside that mysterious white building by the bay?

Visit Seabrook-Wilson House, which dates back to the early 1700s and is one of the oldest homes along the Jersey shore and the oldest home along Sandy Hook Bay. The house includes displays on the ecology of the bay and local history. Enjoy views of New York City and the beauty of Sandy Hook Bay while visiting this celebrated house listed on the National Register of Historic Places.

Tours of Historic Battery Lewis

Hartshorne Woods Park Rocky Point Section, Highlands

Tours planned to begin in late spring. Visit our website for the most up-to-date information.

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 newly restored Battery Lewis includes interpretive exhibits and a 16-inch gun barrel.



Historic Portland Place Tours

Tours planned to begin mid to late spring. Visit our website for the most up-to-date information.

Owned by the Hartshorne family for most of its long history, Portland Place is closely interwoven with the early settlement of the Navesink Highlands, the Hartshorne family, and the lands that are now Hartshorne Woods Park. The restored 18th century house, furnishings, art and exhibits help tell the story of the region's history and the Hartshorne family legacy in Monmouth County.



ARTS & CRAFTS

Friday Evening Pottery

(ages 11 and up)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings and 12 lbs. of clay. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Kayla Robinson

Seven Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 10-Apr 21 6:30-8:30 PM..... Z2732A

Fri, Apr 28-Jun 9 6:30-8:30 PM Z2832A

Goodnight Moon

(ages 2-5, with adult)

"Goodnight stars. Goodnight air. Goodnight noises everywhere." The acclaimed children's book *Goodnight Moon* by Margaret Wise Brown is a classic bedtime story, taking young readers through the goodnight routine of a fuzzy bunny through gentle poetry. We will read the story aloud together, create a take-home craft and more!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, May 18 1:30-2:30 PM A3932A

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!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, May 4 1:30-2:30 PM..... A3732A

Please Note: In order for all registered participants to fully enjoy programs, please refrain from bringing additional family members and children to class unless otherwise noted in the program description.

Pete the Cat: I Love My White Shoes

(ages 2-5, with adult)

"Keep on walkin' along and singin' your song." In *Pete the Cat: I Love My White Shoes*, author Eric Litwin brings us along with Pete as he steps in all kinds of things, changing the color of his beloved white shoes and teaching little ones how to cope with change. Read the story with us and follow up with a themed art project.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, May 11 1:30-2:30 PM A3832A

Sunday Ceramics

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

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. Pre-registration is required and space is limited, please see schedule for times and codes. Your registration pays for your studio time, bisqueware is separate. Bisqueware is to be purchased on site the day of the program. For further information, contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session \$10.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 5 11:00 AM-12:00 PM..... Z9832A

Sun, Mar 5 12:30-1:30 PM..... Z9932A

Sun, Mar 5 2:00-3:00 PM ZA032A

Sun, Apr 2 11:00 AM-12:00 PM ZA132A

Sun, Apr 2 12:30-1:30 PM ZA232A

Sun, Apr 2 2:00-3:00 PM ZA332A

Sun, May 7 11:00 AM-12:00 PM ZA432A

Sun, May 7 12:30-1:30 PM ZA532A

Sun, May 7 2:00-3:00 PM..... ZA632A



FAMILY FUN

Flashlight Easter Eggstravaganza

(all ages, under 18 with adult)

Grab your flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of Easter eggs, and E.B. himself is coming to supervise the clean-up. Help us collect all the eggs, create some festive spring crafts and enjoy a visit with the Bunny himself.

One Session \$24.00 Per Child

Fort Monmouth Rec Ctr

Fri, Mar 24 6:00-6:30 PMM4332A

Fri, Mar 24 6:45-7:15 PMM4432A

Fri, Mar 24 7:30-8:00 PMM4532A

Fort Monmouth Flashlight Fun

(ages 4-10, with adult)

We shine the light on family time. Unplug and engage in real life activities and crafts sure to wake up your brain. Turn on your flashlights, get your body moving, and hunt for treasure – in the dark! We keep it fresh with a new theme each month, so you can keep going all year long.

One Session \$20.00 Per Child

Fort Monmouth Recreation Center

Superheroes

Fri, Apr 21 7:00-8:00 PMM4732A

Whodunit

Fri, May 19 7:00-8:00 PMM4832A

Three-for-All

(age 3, with adult)

Three is the magic number! On 3/3/23 it's all about your three-year-old. Celebrate being three on this special day with activities that include games, puzzles and crafts, followed by free-play time in three different stations including our gym equipment, preschool toys, and three different sizes of building blocks. This special, one-time-only event is filled with age-appropriate activity choices. This program will be held indoors with an outside activity set up if weather permits.

One Session \$13.00 Per Child

Fort Monmouth Rec Ctr Program Room B

Fri, Mar 3 3:33-4:33 PM MBQ32A

Rockin' the Trails Free

Set out on a cross-county scavenger hunt while exploring our parks! Complete this challenge by using the "Rockin' the Trails" brochure to find hidden trail markers in your Monmouth County parks. Return your completed brochure to be entered for a grand prize drawing.

**Program runs:
April 15-December 31, 2023**

*For more information, call 732-872-2670 or visit
www.MonmouthCountyParks.com.*

Freshwater Fishing Derby

The Park System is hosting its tenth annual fishing derbies for beginners as well as experienced anglers. This is a fantastic 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 and rig as well as 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 included with each registration. Fishing poles will be available for rent for a cost of \$5.00 per pole. Rentals are on a first come, first serve basis; limited equipment availability.

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

Manasquan Reservoir Visitor Center, Howell

Saturday, June 17, 2:00-5:00 PM #W0233X

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

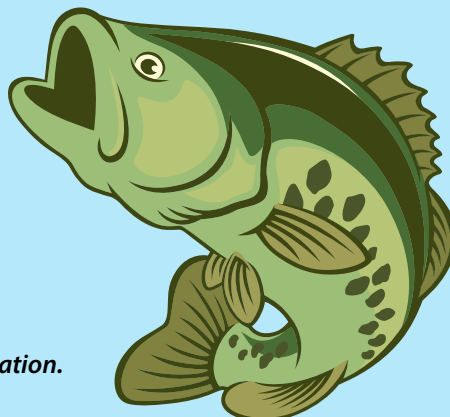
Turkey Swamp Park, Freehold

Sunday, June 18, 2:00-5:00 PM #W0333X

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

Pre-registration is recommended. Limited space available.

Cash and checks only will be accepted for on-site, day of registration.



NATURE

An Egg is Quiet

(ages 5-7, with adult)

From small to large, plain to colorful, or smooth to rough there are many different types of eggs that occur in nature. Join a Park System Naturalist as we learn and meet different types of animals that hatch from an egg. This session will also include a short walk outside and conclude with a take home craft.

One Session \$11.00 Parent/Child

Huber Wds Pk Env Ctr

Sat, Apr 1 10:30-11:30 AM IKH32A

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 \$9.00 Parent/Child \$4.50 Additional Person

Huber Wds Pk Env Ctr

Thu, Apr 27 4:00-5:00 PMIKZ32X

Freneau Wds Pk Vis Ctr Program Room 1

Mon, May 15 4:00-5:00 PM..... IM032X

Eagle Boat Tour at the Manasquan Reservoir

(adults)

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!

Please Note: Life-jackets are provided and must be worn by all passengers.

One Session \$8.00 Per Person

Manasquan Res Vis Ctr Boat Dock

Fri, May 12 4:30-5:30 PM.....I4032A

Fri, May 12 5:30-6:30 PM.....I2932A

Fri, May 12 6:30-7:30 PM.....I3032A

Fri, May 19 4:30-5:30 PM.....I3932A

Fri, May 19 5:30-6:30 PM.....I3132A

Fri, May 19 6:30-7:30 PM.....I3232A

Explore a Shore

(all ages, under 18 with adult)

Did you know Monmouth County is home to many different types of shores? This doesn't just mean the ocean! Explore different parks with a Park System Naturalist and learn about what lives in and around the shore. Please dress for the weather, bring a water bottle, sunscreen, insect repellent, and a bag to collect artifacts along the way.

One Session \$8.50 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, Apr 1 10:00-11:00 AM (approx)..... IM132A

Bayshore Waterfront Pk

Thu, May 4 4:00-5:00 PM (approx) IM232A

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 1/2 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 \$13.00 Per Person

Big Brook Pk Boundary Rd Parking Lot

Fri, Apr 14 10:00-11:30 AM..... IMR32A

Sat, May 27 10:00-11:30 AM IMS32A

SHARK RIVER FAMILY HIKE



Saturday, April 29, 10:00 AM-12:00 PM

Tuesday, May 16, 5:00-7:00 PM

Shark River Park, Wall

Cost: \$5.00 Per Person (cash, check or credit)

Stop by for a guided hike and explore a moderate hiking trail while learning about your local park and how to interpret trail maps.

This is a drop-in program; pre-registration is not required. Dress for the weather and wear sturdy hiking shoes. Hike may be cancelled due to inclement weather.

Meet in the Schoolhouse Road parking lot.

Earth Day Outdoor Walks & Activities

Saturday, April 22, 2023

Earth Day is one of the best times of the year to head outside and into nature either by yourself or with family and friends. Join Monmouth County Park System Naturalists as we celebrate Earth Day at several parks throughout the county. All activities are free; however, Introduction to Saltwater Fishing requires pre-registration (see below). All other activities are first come, first served.

Please check in with Park System staff upon arrival to get your name on the attendance list.

Introduction to Saltwater Fishing at Bayshore Waterfront Park

10:30 AM / Registration required; program code: PIK83A

Join an experienced angler for an informative talk about what you may 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.

Pre-registration is required. Children over age 12 are welcome with a registered adult participant.

Explore a Freshwater Pond at Freneau Woods Park

11:00 AM & 1:00 PM

Spring has sprung and the ponds are teeming with life. Stroll along the ponds and waterways of Freneau Woods with a Park System Naturalist searching for fish, frogs and other freshwater life, perhaps even a turtle or two. Please wear appropriate footwear as trails might be muddy. Program is approximately one hour; meet at the Visitor Center.

Invasive Plant Removal at Huber Woods Environmental Center

9:00-11:00 AM & 1:00-3:00 PM

Help us remove invasive plant species and pesky pests while learning about which invasive plants are affecting Monmouth County. During this program you will go on a walk to identify and learn about invasive plants with a removal to follow. Please make sure to bring gloves, wear a long-sleeved shirt, and long pants. Plus, the reptile house will be open for tours to see snakes and turtles.

Nature Walks at Manasquan Reservoir Environmental Center

10:00 AM, 12:00 PM & 2:00 PM

Explore the woods and wetlands around the Manasquan Reservoir as a Park System Naturalist guides us on a short walk near the Environmental Center. Observe local flora and fauna during this outdoor exploration. Walks last about an hour. Meet at the entrance to the Environmental Center.

Beachcombing & Cleanup at Seven Presidents Oceanfront Park

10:00 AM, 12:00 PM & 2:00 PM

Have you ever wondered what types of shells wash up on our shores? Accompany a Park System Naturalist as we comb the beach and discover what we can find along our local shorelines. During our walk we will also participate in a small beach cleanup. Join us as we strive to maintain the health of our coastal ecosystems! Walks are approximately one hour; meet at the Activity Center.

Nature on the Move! at Shark River Park

1:00-4:00 PM

See the Park System's eye-catching new nature van that comes filled with hands-on tabletop activities and displays sure to educate and engage everyone. Join one of our Park System Naturalists for a hands-on interactive program.

Bird Walks at Manasquan River Greenway

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 also 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 last about an hour. Meet at the Activity Center located at 270 Southard Avenue in Howell.

www.MonmouthCountyParks.com

Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the full moon while exploring the darker side of Freneau Woods Park, a 300+ 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, or the flapping of a bat's wings. 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, wear shoes that can get dirty, and bring a flashlight.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, May 5 8:30-9:30 PMIKK32A

Horseshoe Crab Night Walk

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

Full and new moon evenings bring higher tides, which bring horseshoe crabs out during May and June to spawn and create the next generation. Head to the beach along Sandy Hook Bay with a Park System Naturalist to discover some of these "living fossils" and learn about the role they play in our local ecosystem. We will begin with some background information on horseshoe crabs and then head to the edge of the beach to look for spawning crabs in action. Please dress for the weather and bring a flashlight.

One Session \$9.50 Per Person

Bayshore Waterfront Pk Bay House

Sat, May 20 9:00-10:00 PM (approx) IKU32A

Peek into the Life of Plankton

(ages 8 and up, under 18 with adult)

Plankton is not just a cartoon character! Plankton generates at least half of the oxygen we breath and forms the base of aquatic food webs that feed people, fish, birds and even large whales. Enter the fascinating world of aquatic phytoplankton (plant plankton), zooplankton (animal plankton) and other tiny dwelling organisms. We will have a fun time discovering what little forms of life live in Sandy Hook Bay by tossing a plankton net into the water to collect live specimens. Then using hand lenses, microscopes and reference guides, we will try to identify what we found. Join us for this unique citizen science program as we monitor plankton population in local waters.

One Session \$9.50 Per Person

Bayshore Waterfront Pk Act Ctr

Sat, May 20 11:00 AM-12:00 PMIKR32A

Pond Life at Freneau Woods

(ages 8 and up, under 18 with adult)

The ponds and waterways at Freneau Woods are alive in the spring with a variety of life as leaves are emerging, and warm south winds start to blow! You might ask where the pond creatures are such as fish, frogs and turtles. The answer provides a unique lesson in adaptation. Join a Park System Naturalist as we look beneath the water and hook up a microscope to a large screen television monitor inside our Visitor Center to show you how different freshwater creatures are surviving and thriving and making amazing transformations to live during the spring season. The program will cancel due to inclement weather.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, May 21 1:00-2:00 PM IM532A

Seashell Sunday

(adults)

Starting a shell collection this year? Want to know what the state shell of New Jersey is? Did you find a shell and now want to know its name? Join a Park System Naturalist as we share our secrets of shells including how to start a shell collection. It's the best way to get to know the Jersey Shore. If you 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 damaging the environment. Plus, we will feature an assortment of mollusks, crustaceans and other cool beach finds and artifacts to view. Bring your questions, and get some answers.

One Session \$9.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sun, Apr 2 2:00-3:00 PM IM432A

Earth Day Shore Planting

(all ages, under 18 with adult)

Friday, April 21, 4:00-6:00 PM

Swimming River Park

Have you been wondering how you can help the environment for this year's Earth Day? Get hands-on with our new restoration project. By planting native plants, your actions will provide valuable food and shelter for local wildlife! Plants are in limited supply so this program will be under a first come, first served basis.

OUTDOOR ADVENTURES

Spring Equinox Walk NEW

(all ages)

Celebrate the first day of spring with us! Enjoy the sounds of birds chirping and the frogs calling during a guided walk with one of our Park System Naturalists. Please bring water, wear comfortable walking shoes, and bug repellent is encouraged.

One Session \$9.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Mon, Mar 20 4:00-5:00 PMIKT32A

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

Just in time for sunset, enjoy a peaceful naturalist-guided walk around Turkey Swamp Lake. Then we'll finish up next to a crackling bonfire. Bringing your own s-mores supplies is encouraged! Please bring appropriate footwear and a flashlight for the trails.

One Session \$14.00 Parent/Child \$7.00 Additional Person

Turkey Swamp Pk Council Ring

Mon, Mar 20 6:00-8:00 PMIK132X

Thu, Mar 30 6:00-8:00 PMIK232X

Watershed Wonders NEW

(ages 8 and up, with adult)

Follow water's wondrous journey along forest, field, pond and stream as it makes its way to our rivers and oceans. We will learn about the living and non-living parts that contribute to the dynamic ecosystems in our watershed. Our outdoor adventure will include a discovery walk along uneven terrain, netting for pond critters, and identifying basic plant types. Indoors, we will use microscopes to take closer looks at water samples collected from Timalot Pond. Dress for the weather. Program may be canceled in the event of severe weather.

One Session \$15.00 Per Person

Huber Wds Pk South Parking Lot

Sat, Apr 22 1:00-3:00 PMIMQ32A

World Turtle Day Celebration

(ages 7 and up, under 18 with adult)

Celebrate World Turtle Day with a Park System Naturalist. 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

Tue, May 23 11:00 AM-12:00 PMI1632A

Family Bike Ride & S'Mores

(ages 5-7)

Explore the adventurous trails of Turkey Swamp Park with your family by bicycle. The trail ride will end at a campfire with a bring your own lunch and s'mores supplied by the Park System. All participants must provide their own bike in good working condition. Young cyclists must ride a two wheeler bike or a hitch hiker as training wheels are not suitable for trail use. A safety helmet that meets the federal standards developed by the Consumer Product Safety Commission (CPSC) is required (label in helmet).

Rating: Easy, flat dirt trails. Miles: 2 (approx.)

One Session \$36.00 Parent/Child

Turkey Swamp Pk Shelter Bldg

Sat, May 20 10:00 AM-12:00 PMW2432A

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, supplied by your Monmouth County Park System. Participants have the option to bring their own Snuggly®!

One Session \$30.00 Parent/Child \$15.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Apr 1 3:00-4:30 PMW0432X

Turkey Swamp Pk Shelter Bldg

Sat, May 20 1:30-3:00 PMW0532X



Canoe Rentals at Thompson Park

(all ages, under 18 with adult)

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

Cost: \$15.00 per boat for 1-3 people for 2 hours of canoeing (cash or check only)

Saturday & Sunday, May 27 & 28, 10:00 AM-3:00 PM

Rentals must be returned by 3:00 PM.



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.

Cost: FREE

Thursday, April 27, 3:00-6:00 PM

Shark River Park

Sunday, April 30, 12:00-3:00 PM

Turkey Swamp Park

Sunday, May 14, 12:00-3:00 PM

Freneau Woods Park

Thursday, May 18, 3:00-6:00 PM

Clayton Park Activity Center



Open Shoot Archery

(ages 10 and up, under 18 with adult)

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 classes prior to attending (p. 38 & p. 83). Dress for the weather as the Activity Barn is not heated. All equipment is provided.

Cost: \$10 per person, cash or check only

Thompson Park Activity Barn

Saturday, February 25, 10:00 AM-2:00 PM

Saturday, March 11, 10:00 AM-2:00 PM

Saturday, April 8, 10:00 AM-2:00 PM

Saturday, May 20, 10:00 AM-2:00 PM

*For more information,
call 732-842-4000, ext. 4236, or email
douglas.kalucki@monmouthcountyparks.com.*

Snuggies, S'mores & Science Experiments Level 2

(ages 7-9, with adult)

Hold on to your Snuggly and join us for the next level of hands-on, age appropriate science experiments at a indoor Park location. We will create such experiments as a water vortex and a bouncing egg. Then enjoy the warmth of the indoor fireplace while nibbling s'mores, supplied by your Monmouth County Park System. Participants have the option to bring their own Snuggly!

One Session \$30.00 Parent/Child \$15.00 Per Person

Shark River Pk Shelter Bldg

Sat, Apr 1 5:30-7:00 PM W0632X

Spring into Spring Family Camping

(ages 5 and up, families, with adult)

Celebrate spring with a fun-filled weekend of family camping. Your family will learn various camping skills, climb a portable rock wall, canoe a lake, and so much more. Each family will be provided a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request.

\$225.00 Per Family (3-6 persons per family)

Turkey Swamp Pk Nomoco Group Campground

Sat-Sun, Apr 29-30 12:00 PM-12:00 PM . . W3632A

SPORTS & FITNESS

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. Sessions will be held outdoors. Instructor: Eryka Andrex

Six Sessions \$78.00 Parent/Child

Dorbrook Rec Area Barnview Shelter Bldg

Sat, May 13-Jun 17 11:25 AM-12:25 PM . . . X7332A

ARTS & CRAFTS

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!

Six Sessions \$75.00 Parent/Child \$56.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Mar 9-Apr 13 9:30-10:15 AMM2032X

Thu, Mar 27-Jun 1 9:30-10:15 AM.....M2132X

Celebrate Mother's Day

(ages 2-5, with adult)

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.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, May 6 10:00-11:00 AM..... A3332A

Shark River Pk Shelter Bldg

Sat, May 6 10:00-11:00 AM..... A3432A

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.

Fort Monmouth Rec Ctr Program Room B

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

Wed, Mar 29-Apr 19 9:30-10:15 AM.....M2432X

Wed, May 3-24 9:30-10:15 AM.....M2632X

Six Sessions \$75.00 Parent/Child \$62.00 Additional Sibling

Thu, Mar 9-Apr 13 10:30-11:15 AMM2732X

Thu, Mar 27-Jun 1 10:30-11:15 AM.....M2832X

Everybunny Dance!

(ages 2-5, with adult)

"Ready bunny, steady bunny, everybunny dance!" Sing, dance and play together while we read *Everybunny Dance* by Ellie Sandall to celebrate springtime! We will read together, then follow up with music and movement activities and a take-home craft. Please dress for mess and wear your dancing shoes. Let's celebrate the season together!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Sat, Apr 1 10:00-11:00 AM A6032A

If You Give a Mouse a Cookie

(ages 2-4, with adult)

What might happen *If You Give a Mouse a Cookie*? 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 and eat a cookie or two together. If time allows, we may head outside for everyone's favorite activity – the parachute!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Apr 27 1:30-2:30 PM A3632A

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 or afternoon 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.

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Mar 6-Apr 10 10:00-10:45 AM..... A1132A

Tue, Mar 7-Apr 11 10:00-10:45 AM A1232A

Wed, Mar 8-Apr 12 11:00-11:45 AM..... A1332A

Thu, Mar 9-Apr 13 10:00-10:45 AM A1432A

Fri, Mar 10-Apr 21 10:00-10:45 AM A1532A

No class 4/7

Freneau Wds Pk Vis Ctr Art Room

Mon, Mar 6-Apr 10 10:00-10:45 AM..... A1632A

Mon, Mar 6-Apr 10 11:30 AM-12:15 PM ... A1732A

Please Note: In order for all registered participants to fully enjoy programs, please refrain from bringing additional family members and children to class unless otherwise noted in the program description.



Messy Art Sampler - Spring Fun

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue and glitter, and more. They'll get to make a mess, while exploring and expressing themselves through art. **Please Note: Class will be indoors during inclement weather.**

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

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 29-Apr 19 10:30-11:15 AMM2232X

Wed, May 3-24 10:30-11:15 AMM2332X

The Rainbow Fish

(ages 2-5, with adult)

This classic and colorful story brings children through important lessons in sharing and friendship. Join us at Dorbrook as we read *The Rainbow Fish* by Marcus Pfister together, followed by a creative craft project to take home and a scavenger hunt to find some glittery scales of our own! If time allows, we will play games or sing songs for reinforcement.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, May 25 1:30-2:30 PM A4032A

The Very Hungry Caterpillar

(ages 2-5, with adult)

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 \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Apr 20 1:30-2:30 PM A3532A

CULINARY ARTS

Kids' Food Truck Faves

(ages 8-12, with adult)

Summer is coming, and that means the county fair and all those fabulous food trucks! If you are anticipating those fun fair favorites, today Mrs. Chef will show you how easy it is to recreate some of those popular treats. Grab your apron, roll up your sleeves and get ready to make and sample some of these fun foods.

Menu: Dogs in a Blanket on a Stick, Colombian Arepas and Chocolate Covered Bananas

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 22 10:00 AM-12:30 PMM7332A

Kids' Sunday Dinner

(ages 8-12, with adult)

Parents asked and we are delivering! We'll show the kids how to make some savory dishes they'll be proud to serve for dinner. Mrs. Chef will work with the students to create the perfect baked ziti and the best homemade meatballs, from recipes she learned when she was a kid herself. Grab the family and say MANGIA!

Menu: Baked Ziti with Homemade Meatballs and Easy Cheesy Garlic Bread

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 29 10:00 AM-12:30 PMM7932A

Nailed It! The Recreation Challenge

(ages 10-13, with adult)

You love the show, now here's your chance to show your stuff! We'll present some sweet decorating challenges; you'll mix, stack, frost and decorate to replicate. We'll provide photos of the confections and everything you need, just bring your "A" game as we find out which team "nails" this bake off.

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Chocolate Mousse, Anyone?

Fri, Mar 3 5:30-7:30 PMM5232A

Fri, Mar 17 5:30-7:30 PMM5332A

April Fools!

Fri, Apr 28 5:30-7:30 PMM5532A

Time to Grill

Fri, May 5 5:30-7:30 PM MB132A

Fri, May 19 5:30-7:30 PM MB232A

EDUCATION & ENRICHMENT

Pizza & Zeppole

(ages 8-12, with adult)

Working with fresh dough, you'll learn the techniques of mixing, kneading and rolling it to make your own Italian "Tomato Pie". Then it's on to one of the many sweet and savory varieties of Italian donut, the Zeppole. Practice hands-on with "Mrs. Chef", as she demonstrates the skills you need to master these favorite snacks. Along the way you'll also reinforce measuring, baking and knife skills.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 18 10:00 AM-12:30 PMM7032A

Spring Bunny Cut-Up Cake

(ages 8-12, with adult)

The lost art of cut-up cakes is making a comeback. What are they, you ask? These simple cakes are made from single layer cakes that are cut in pieces, rearranged and iced to make beautiful designs – like our spring bunny cake! We'll mix and bake our cakes, see a demo of the techniques and then have fun assembling and decorating our own bunnies.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 1 10:00 AM-12:30 PM.....M6932A

Wee Can Cook

(ages 2 ½-3 ½, with adult)

Chop, roll, measure, spread, mix, toss and pour are what your kids will be doing in the kitchen! Create yummy, fun, hands-on cooking projects and listen to food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered.

Four Sessions \$63.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 7-28 10:00-11:00 AM A9532A

Tue, Mar 7-28 1:30-2:30 PM A9632A

Wed, Mar 8-29 1:30-2:30 PM A9732A

Thu, Mar 9-30 1:30-2:30 PM..... A9832A

Fri, Mar 10-31 11:30 AM-12:30 PM..... A9932A

Tue, Apr 11-May 2 10:00-11:00 AM AA032A

Tue, Apr 11-May 2 1:30-2:30 PM..... AA132A

Wed, Apr 12-May 3 1:30-2:30 PM AA232A

Thu, Apr 13-May 4 1:30-2:30 PM..... AA332A

Fri, Apr 14-May 5 11:30 AM-12:30 PM..... AA432A

Tue, May 16-Jun 6 10:00-11:00 AM AA532A

Tue, May 16-Jun 6 1:30-2:30 PM AA632A

Wed, May 17-Jun 7 1:30-2:30 PM AA732A

Thu, May 18-Jun 8 1:30-2:30 PM..... AA832A

Fri, May 19-Jun 9 11:30 AM-12:30 PM..... AA932A

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!

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Mar 10-Apr 21 11:15 AM-12:15 PM.... A2432A

No class 4/7

Fri, Apr 28-Jun 2 11:15 AM-12:15 PM A2532A

Discovering Authors

(ages 5-7, with adult)

Discover some engaging children's authors and their stories. We will read a story from each author and share our thoughts together. We will follow up with fun games, movement and themed activities for reinforcement. To finish up, we'll complete a creative art project to bring home. Let's discover our favorite new authors!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

All Things Spring

Let's read and use our senses to find the signs of spring.

Sat, Mar 25 12:00-1:00 PM A4732A

What's Hatching?

Do you know all the wonderful animals that hatch?

Sat, Apr 1 12:00-1:00 PM..... A4832A

Bug Adventure

Let's read and explore the amazing world of teeny tiny creatures.

Sat, Apr 22 12:00-1:00 PM A4932A

Gardening Together

How ginormous can a vegetable get? Join us to find out!

Sat, May 20 12:00-1:00 PM..... A5132A

Please Note: In order for all registered participants to fully enjoy programs, please refrain from bringing additional family members and children to class unless otherwise noted in the program description.

Keyboard Beginnings Music - Level 1 Beginners

(ages 4 ½-6, 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 play short songs on keyboards provided in the classroom. To receive the full benefits of the class, it is highly recommended your child has access to a keyboard or piano at home for short follow up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of \$20.00 is to be paid to the instructor on the first day of class.

Seven Sessions \$155.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 10-May 22 4:00-4:45 PM. A8932A

Keyboard Beginnings - Level 2

(ages 5-7)

Level 2 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 new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards and a concentration game. A materials fee of \$20.00 is to be paid to the instructor on the first day of class.

Seven Sessions \$155.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 10-May 22 5:00-5:45 PM. A9032A

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! We will be spending much of the session outdoors if the weather allows. Each session will offer a theme linked to each story and is taught by a NJ State Certified Teacher. Activities are subject to change.

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Mar 8-Apr 12 9:30-10:15 AM. A2632A

Wed, Apr 26-May 31 9:30-10:15 AM. A2832A

Wed, Apr 26-May 31 11:15 AM-12:00 PM. A2732A

Mom, Me & Karaoke: A Karaoke Dance Party

(ages 6-12, with adult)

You and your child are the stars of this karaoke dance party, just in time for Mother's Day! We'll take requests from mom and child pairs to sing together, and encourage group singalongs to popular songs that will likely be requested frequently. Dancing and singing along will be highly encouraged! Please bring a bagged lunch and refreshments to enjoy.

Hosted by: Sing and Sway LLC

One Session \$33.00 Parent/Child

Tatum Pk Red Hill Act Ctr

Sat, May 13 11:30 AM-1:00 PM. ABE32A

Morning Tea Party

(ages 2-4, with adult)

Join us for some fun, themed stories and snacks! We will read together then share in the process of creating a simple snack and tea together. Best of all, we will make new friends along the way!

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Welcome Spring

Wed, Mar 15 11:00-11:45 AM. A4332A

Among the Flowers

Wed, Mar 22 11:00-11:45 AM. A4132A

In the Garden

Wed, Mar 29 11:00-11:45 AM. A4232A

Science Explorers

(ages 3-5, with adult)

Let's roll up our sleeves and start experimenting! In this engaging, hands-on class, children will explore various STEAM topics through creative experiments, stories and activities, encouragement and understanding of different topics. Classes will incorporate lots of different art supplies and materials, so please dress for mess or bring a smock.

Six Sessions \$72.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Mar 9-Apr 13 3:00-4:00 PM A2932A

Thu, Mar 27-Jun 1 3:00-4:00 PM A3032A

Spring Reading Fun

(ages 2-4, with adult)

Explore spring through classic stories about this delightful, colorful season. We will read stories about all that's exciting in spring. Music, movement and sensory play will add to the fun. To remember our day, we will finish up with a creative art project. Which spring adventure will you join us for?

One Session \$20.00 Parent/Child

Spring is in the Air

Can you spot signs of spring? Let's use our senses and find spring!

Dorbrook Rec Area Prog Bldg

Sat, Mar 25 10:00-11:00 AM A5232A

Freneau Wds Pk Vis Ctr Art Room

Sun, Mar 26 10:00-11:00 AM A5332A

Eggs!

Laugh at all the silliness of a bird and its rolling egg!

Dorbrook Rec Area Prog Bldg

Sat, Apr 1 10:00-11:00 AM A5432A

Freneau Wds Pk Vis Ctr Art Room

Sun, Apr 2 10:00-11:00 AM A5532A

Creepie Crawlies

Where are all those bugs hiding? Let's explore and find out!

Dorbrook Rec Area Prog Bldg

Sat, Apr 22 10:00-11:00 AM A5632A

Freneau Wds Pk Vis Ctr Art Room

Sun, Apr 23 10:00-11:00 AM A5732A

What's Sprouting?

Look closely for those sprouts! What will they grow into?

Dorbrook Rec Area Prog Bldg

Sat, May 20 10:00-11:00 AM A5832A

Freneau Wds Pk Vis Ctr Art Room

Sun, May 21 10:00-11:00 AM A5932A

HORTICULTURE

Storytime in the Garden

(ages 3-5, with adult)

Join us for story time at Deep Cut! We will be reading books, singing songs, and learning rhymes together. Each session will feature different nature-themed books designed to stimulate young minds and foster an appreciation for the great outdoors. Families are welcome to take a walk outside around the garden after class is over.

Four Sessions \$45.00 Per Couple

Deep Cut Gardens Horticultural Center

Mon, Apr 3-24 11:15 AM-12:00 PM H0132A

NATURE

Beach Bag & Explore!

(ages 5-7, with adult)

Always running out of pockets to put your cool seashells? Join us at the beach to create and decorate your own beach bags! After the craft, take a walk along the shoreline where park staff will help locate, identify and teach about the different shells and animals we might find!

One Session \$18.00 Per Child

Seven Presidents Pk

Wed, Apr 5 4:00-5:30 PM U0132A

Sat, Apr 15 4:00-5:30 PM U0232A

Brown Bear, Brown Bear: A Playtime Celebration!

(ages 2-4, with adult)

Celebrate *Brown Bear, Brown Bear* with us! This classic children's book by Bill Martin Jr. and Eric Carle is a favorite of young children and parents. Using song, play and lots of imagination, we make this story come alive for your little one.

One Session \$11.00 Per Child

Manasquan Res Env Ctr

Fri, Mar 10 11:00-11:45 AM I3332A

Sat, Mar 11 11:00-11:45 AM I2832A

Curious Kids Love Animals! 

(ages 4-6, with adult)

This animal show is especially catered for our young, especially curious, animal lovers. The class is small giving extra time for that up-close look. Children will meet live insects, frogs, turtles and a snake as well as touch natural items like furs, bones and feathers. A great experience for you and your child!

One Session \$12.50 Per Child

Manasquan River Greenway Winter Run Act Ctr

Sat, May 6 11:00 AM-12:00 PMI3732A

Manasquan Res Env Ctr

Sat, May 20 11:00 AM-12:00 PMI3832A

Eye Spy Spring

(all ages)

Join one of our Park System Naturalists for a fun nature scavenger hunt throughout the park. As you search for natural items such as pine cones, insects and flowers, you will learn fun facts along the way. Please bring water and wear comfortable walking shoes.

One Session \$8.50 Per Person

Freneau Wds Pk Act Ctr Parking Area

Sat, May 20 10:00-11:00 AM (approx).....IKS32A

Holmdel Pk Shelter Bldg

Thu, May 25 4:00-5:00 PM (approx).....IMD32A

Fishy Fun!

(ages 4-6, with adult)

Does your child love everything about fish - their scales, gills and tails? How they swim, eat and where they sleep? Then join us for this great fish exploration! Fun includes a close look at the anatomy of a real fish, fish prints to take home, and plenty of fishy themed songs and games.

One Session \$13.00 Per Child

Manasquan Res Env Ctr

Sun, May 21 11:00 AM-12:00 PMI2732A

Nature & Me

(ages 2-5, with adult)

Enjoy nature with your toddler in our parks! You and your child will explore nature through guided walks, crafts, stories and/or games. Walking time will vary due to the group's stamina, and no two weeks will be the same. Please dress according to the weather, and bring a drink and snack. Additional children under the age of two are welcome at no charge.

One Session \$14.00 Parent/Child

Freneau Wds Pk Vis Ctr Art Room

Wed, Mar 8 11:00 AM-12:00 PMIME32A

Wed, Mar 22 11:00 AM-12:00 PMIKA32A

Tue, Apr 4 11:00 AM-12:00 PMIMF32A

Tue, Apr 25 11:00 AM-12:00 PMIKC32A

Tue, May 9 11:00 AM-12:00 PM.....IKD32A

Tue, May 23 11:00 AM-12:00 PM.....IKE32A



**Spotlight On:
Freneau Woods Park**

360 Monastery Lane, Aberdeen Township

Located on the headwaters of Matawan Creek and Lake Lefferts, this 313-acre park is comprised mostly of woodlands and protects critical wildlife habitats while also bolstering water quality in the region. Both historically and environmentally significant, this park provides open space in a more densely populated area of Monmouth County. The park is named after Philip Morin Freneau, a poet of the American Revolution whose family once owned a portion of the property. Known for both his inspirational poetry and influential political articles in support of the American Revolution, Freneau played an important role in shaping America's history.

Freneau Woods Park offers three short, easy trails as well as a 1.6-mile moderately rated trail. The Visitor Center, once a monastery, offers a variety of programs throughout the years as well as modern restrooms (available when programs are in session).

Learn more about this picturesque site by visiting our website.

Springing into Sunshine

(ages 3-5, with adult)

Are you ready to take advantage of that extra hour of sunshine? Do you have a little one at home that is itching to get outside? Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games and crafts suited for young children.

Four Sessions \$44.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Apr 19-May 10 10:00-11:15 AM IKJ32A

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 bicycles must be in good working order - tires inflated, brakes working, cables connected. We recommend, if you are unsure, to 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).

One Session \$100.00 Per Person

Thompson Pk Activity Barn

Sat, Apr 15 10:30-11:30 AM W1032A

Sat, Apr 15 11:45 AM-12:45 PM W1132A

Sat, Apr 15 1:00-2:00 PM W1232A

Sat, Apr 29 10:30-11:30 AM W1332A

Sat, Apr 29 11:45 AM-12:45 PM W1432A

Sat, Apr 29 1:00-2:00 PM W1532A

Big Brook Pk Sunfield Pavilion

Sat, May 13 10:30-11:30 AM W1632A

Sat, May 13 11:45 AM-12:45 PM W1732A

Sat, May 13 1:00-2:00 PM W1832A

Sat, May 20 10:30-11:30 AM W1932A

Sat, May 20 11:45 AM-12:45 PM W2032A

Sat, May 20 1:00-2:00 PM W2132A

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 bicycles must be in good working order - tires inflated, brakes working, cables connected. We recommend, if you are unsure, to 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 \$55.00 Per Person

Thompson Pk Activity Barn

Sat, Apr 15-29 9:00-10:15 AM W0832A

No class 4/22

Big Brook Pk Sunfield Pavilion

Sat, May 13-20 9:00-10:15 AM W0932A

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a relaxing spring 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 \$18.00 Parent/Child \$7.00 Additional Sibling

Thompson Pk Filly Run Parking Lot

Sat, Mar 11 10:00-11:30 AM W4232X

Sat, Mar 11 12:00-1:30 PM W6832X

Dorbrook Rec Area Vis Ctr Parking Lot

Sat, Apr 15 10:00-11:30 AM W4332X

Sat, Apr 15 12:00-1:30 PM W6932X

Holmdel Pk Shelter Bldg

Sat, May 6 10:00-11:30 AM W4432X

Sat, May 6 12:00-1:30 PM W7032X



Nature Tots & Young Explorers

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on 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.

Instructor: Mr. Rocky

Three Sessions \$45.00 Parent/Child \$18.00 Additional Sibling

Salamander Series

3/10 - Dorbrook Rec Area Vis Ctr Lot

3/17 - Tatum Pk Red Hill Act Ctr Lot

3/24 - Huber Wds Pk Env Ctr Lot

Fri, Mar 10-24 10:00-11:30 AMW3132X

Woodpecker Series

4/5 - Holmdel Pk Hilltop Area

4/12 - Hartshorne Wds Pk Buttermilk Valley Lot

4/19 - Thompson Pk Filly Run Lot

Wed, Apr 5-19 10:00-11:30 AMW3232X

Sunfish Series

5/4 - Turkey Swamp Pk Shelter Bldg

5/11 - Big Brook Pk Lower Pond Lot

5/18 - Shark River Pk Shelter Bldg

Thu, May 4-18 10:00-11:30 AMW3332X

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.

Five Sessions \$60.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, May 10-Jun 7 9:15-10:00 AM. XC532A

Let's Play Outside!

(ages 2-4, with adult)

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. Program may move indoors in the case of inclement weather. Activities are subject to change.

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Apr 24-Jun 5 10:00-10:45 AM A1832A

No class 5/29

Mon, Apr 24-Jun 5 11:15 AM-12:00 PM ... A1932A

No class 5/29

Tue, Apr 25-May 30 10:00-10:45 AM A2032A

Wed, Apr 26-May 31 10:00-10:45 AM A2132A

Thu, Apr 27-Jun 1 10:00-10:45 AM. A2232A

Fri, Apr 28-Jun 2 10:00-10:45 AM. A2332A

Math Olympics

(ages 3-5, with adult)

Mix math with fun! Math Olympics uses games, activities and crafts to help your children learn early preschool math. Our experienced instructor will create a fun environment during the program to help everyone learn some important math skills.

Five Sessions \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Mar 24-Apr 28 10:15-11:00 AM XC932A

No class 4/7

Fri, May 12-Jun 9 10:15-11:00 AM XCD32A

Tatum Pk Holland Act Ctr

Wed, Mar 22-Apr 26 12:15-1:00 PM XC432A

No class 4/5

Wed, May 10-Jun 7 12:15-1:00 PM XC832A

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes were 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 parents' participation to the coolest children's musical experience ever.

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

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Mar 20-May 15 10:30-11:15 AM..... A6232X

No class 4/3

Mon, Mar 20-May 15 11:30 AM-12:15 PM . A6332X

No class 4/3

Mon, Mar 20-May 15 4:00-4:45 PM A6432X

No class 4/3

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Mar 21-May 16 9:30-10:15 AM..... A6532X

No class 4/4

Tue, Mar 21-May 16 10:30-11:15 AM..... A6632X

No class 4/4

Tue, Mar 21-May 16 11:30 AM-12:15 PM ..AAG32X

No class 4/4

Wed, Mar 22-May 17 9:30-10:15 AM A6732X

No class 4/5

Wed, Mar 22-May 17 10:30-11:15 AM..... A6832X

No class 4/5

Instructor: Ms. Elisa

Dorbrook Rec Area Vis Ctr

Fri, Mar 24-May 19 9:30-10:15 AM..... A6932X

No class 4/7

Fri, Mar 24-May 19 10:30-11:15 AM..... A7032X

No class 4/7



This is my sixth year enrolling my grandchildren in a Morning Playtime class. Miss Robin is wonderful; she's very kind and so sweet with the children.



Morning Playtime

(ages 18 months-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; drop-offs are not permitted.

Five Sessions \$62.00 Parent/Child

Stage 2

(ages 18 months-2 years, with adult)

Dorbrook Rec Area Vis Ctr

Thu, Mar 23-Apr 27 9:15-10:00 AM X9332A

No class 4/6

Thu, May 11-Jun 8 9:15-10:00 AM XA232A

Tatum Pk Holland Act Ctr

Wed, Mar 22-Apr 26 10:15-11:00 AM XC232A

No class 4/5

Wed, May 10-Jun 7 10:15-11:00 AM..... XC632A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 22-Apr 26 9:15-10:00 AM..... X9032A

No class 4/5

Wed, May 10-Jun 7 9:15-10:00 AM..... X9932A

Stage 3

(ages 2-3 ½, with adult)

Dorbrook Rec Area Vis Ctr

Thu, Mar 23-Apr 27 10:15-11:00 AM X9432A

No class 4/6

Thu, May 11-Jun 8 10:15-11:00 AM XA332A

Tatum Pk Holland Act Ctr

Tue, Mar 21-Apr 25 10:00-10:45 AM XBV32A

No class 4/4

Wed, Mar 22-Apr 26 11:15 AM-12:00 PM .. XC332A

No class 4/5

Tue, May 9-Jun 6 10:00-10:45 AM..... XBY32A

Wed, May 10-Jun 7 11:15 AM-12:00 PM ... XC732A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 22-Apr 26 10:15-11:00 AM X9132A

No class 4/5

Wed, May 10-Jun 7 10:15-11:00 AM..... XA032A



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; drop-offs are not permitted.

Five Sessions \$75.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Mar 22-Apr 26 9:15-10:00 AM XC132A

No class 4/5

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 must stay present in the room; drop-offs are not permitted.

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 23-Apr 27 11:15 AM-12:00 PM . . . X9532A

No class 4/6

Thu, May 11-Jun 8 11:15 AM-12:00 PM . . . XA432A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 22-Apr 26 11:15 AM-12:00 PM . . X9232A

No class 4/5

Wed, May 10-Jun 7 11:15 AM-12:00 PM . . . XA132A

Superheroes

(ages 2 ½-5, 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!

Five Sessions \$60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Apr 10-May 8 9:30-10:15 AM MBR32A

Mon, Apr 10-May 8 10:30-11:15 AM MBS32A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Tue, Apr 11-May 9 9:30-10:15 AM MBT32A

Tue, Apr 11-May 9 10:30-11:15 AM MBU32A

The Power of Play

(ages 2-5, with adult)

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 \$40.00 Per Person

Fort Monmouth Rec Ctr Gym A

(ages 2-3, with adult)

Fri, Apr 14-May 5 9:30-10:15 AM MBV32A

(ages 4-5)

Fri, Apr 14-May 5 10:30-11:15 AM MBW32A

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. Our program, 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 24-Apr 28 1:15-2:00 PM..... XCC32A

No class 4/7

Fri, May 12-Jun 9 1:15-2:00 PM..... XCG32A

Tatum Pk Holland Act Ctr

Tue, Mar 21-Apr 25 11:00-11:45 AM XBW32A

No class 4/4

Tue, Mar 21-Apr 25 12:00-12:45 PM XBX32A

No class 4/4

Tue, May 9-Jun 6 11:00-11:45 AM..... XBZ32A

Tue, May 9-Jun 6 12:00-12:45 PM..... XC032A

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.

Four Sessions \$54.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 15-May 6 9:00-9:55 AM X0632A

Sat, May 20-Jun 17 9:00-9:55 AM X0732A

No class 5/27

Five 4 One Sports

(ages 2 ½-3 ½, 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 \$60.00 Parent/Child

Big Brook Pk Elsas Lodge

Fri, Mar 24-Apr 28 11:15 AM-12:00 PM.... XCA32A

No class 4/7

Fri, May 12-Jun 9 11:15 AM-12:00 PM.... XCE32A

Future Stars of Tomorrow

(ages 3-5, with adult)

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, t-ball, hockey and more.

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Fri, Mar 24-Apr 28 12:15-1:00 PM..... XCB32A

No class 4/7

Fri, May 12-Jun 9 12:15-1:00 PM..... XCF32A

Gymnastics - Parent and Child

(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 \$60.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Mar 4-25 9:00-9:45 AM MAD32A

Sat, Mar 4-25 11:00-11:45 AM..... MAH32A

Sat, Mar 4-25 12:00-12:45 PM MBB32A

Sat, Apr 1-29 9:00-9:45 AM MAP32A

No class 4/8

Sat, Apr 1-29 11:00-11:45 AMMAT32A

No class 4/8

Sat, Apr 1-29 12:00-12:45 PMMBF32A

No class 4/8

Sat, May 6-27 9:00-9:45 AMMAW32A

Sat, May 6-27 11:00-11:45 AM..... MB032A

Sat, May 6-27 12:00-12:45 PM..... MBK32A

Thirteen Sessions \$180.00 Per Pair

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Tue, Mar 28-Jun 20 9:00-9:45 AM.....M8432A

Tue, Mar 28-Jun 20 10:00-10:45 AMM8632A

Tue, Mar 28-Jun 20 11:00-11:45 AMM8832A

Thu, Mar 30-Jun 22 9:00-9:45 AM.....M9232A

Thu, Mar 30-Jun 22 11:00-11:45 AMM9332A

Thu, Mar 30-Jun 22 11:00-11:45 AMM9432A

Sat, Apr 1-Jun 24 9:00-9:45 AM.....M9932A

Sat, Apr 1-Jun 24 11:00-11:45 AM MA232A

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

Thu, Apr 13-May 4 4:30-5:15 PM.....XA632A

Thu, May 18-Jun 8 4:30-5:15 PM.....XA832A

Kids Kixx Pee Wee

(ages 2 ½-3, 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 \$60.00 Per Child

Indoor Season

Dorbrook Rec Area Act Ctr

Sat, Mar 11-Apr 1 9:00-9:45 AM X4132A

Sat, Mar 11-Apr 1 10:00-10:45 AM X4232A

Sat, Mar 11-Apr 1 11:00-11:45 AM X4432A

Fort Monmouth Rec Ctr Gym A

Sun, Mar 12-Apr 2 11:00-11:45 AM X4632A

Tue, Mar 14-Apr 4 9:30-10:15 AM X5032A

Outdoor Season

Dorbrook Rec Area

Wed, Apr 12-May 3 4:30-5:15 PM X7432A

Sun, Apr 16-May 7 8:30-9:15 AM XAV32A

Sun, Apr 16-May 7 9:30-10:15 AM XAW32A

Wed, May 17-Jun 7 4:30-5:15 PM X7532A

Sun, May 21-Jun 18 9:00-9:45 AM XAX32A

No class 5/28

Sun, May 21-Jun 18 10:00-10:45 AM XAY32A

No class 5/28

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 11-May 2 9:30-10:15 AM X6432A

Tue, May 16-Jun 6 9:30-10:15 AM X6532A

Holmdel Pk Hilltop Area

Fri, Apr 14-May 5 9:30-10:15 AM X8032A

Fri, Apr 14-May 5 10:30-11:15 AM X8532A

Sat, Apr 15-May 6 9:00-9:45 AM XAT32A

Sat, Apr 15-May 6 10:00-10:45 AM XAU32A

Fri, May 19-Jun 16 9:30-10:15 AM X8232A

No class 5/26

Fri, May 19-Jun 16 10:30-11:15 AM X8432A

No class 5/26

Sat, May 20-Jun 17 9:00-9:45 AM XB032A

No class 5/27

Sat, May 20-Jun 17 10:00-10:45 AM XAZ32A

No class 5/27

Kidz Yoga

(ages 4-8, 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. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your child's favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

Six Sessions \$96.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

(ages 4-6, with adult)

Sun, Apr 16-May 28 11:30 AM-12:00 PM .. XD932A

No class 5/7

(ages 6-8, with adult)

Sun, Apr 16-May 28 12:10-12:40 PM XDA32A

No class 5/7

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. Play a game of Red Light, Green Light and then make your own traffic light.

Four Sessions \$64.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Tue, Mar 14-Apr 4 10:30-11:15 AM X5632A

Outdoor Season

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 11-May 2 10:30-11:15 AM X6032A

Tue, May 16-Jun 6 10:30-11:15 AM X6232A

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

We'll 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.

Four Sessions \$54.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 15-May 6 9:00-9:55 AM X1632A

Sat, Apr 16-May 7 9:00-9:55 AM X2932A

Sat, May 20-Jun 17 9:00-9:55 AM X1732A

No class 5/27

Sun, May 21-Jun 18 9:00-9:55 AM X2832A

No class 5/28

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

Doll mommies will create fun and stylish accessories for their dolls in this drop-off program where they'll meet other avid American Girl fans. Children must own an American Girl® or other 18" doll and bring her to class each week.

One Session \$25.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Sports Star

Everything the athletic American Girl needs.

Sat, Mar 18 10:30-11:30 AM.....M0132A

Sat, Mar 18 12:00-1:00 PMM0332A

Sat, Mar 18 1:30-2:30 PMM0432A

Campfire Girl

A campfire, s'mores and a lantern, she's ready to camp out!

Sat, Apr 22 10:30-11:30 AMM0532A

Sat, Apr 22 12:00-1:00 PMM0632A

Sat, Apr 22 1:30-2:30 PM.....M0732A

Summer Chic

Time for a brand-new outfit to rock those summer nights.

Sat, May 20 10:30-11:30 AMM0832A

Sat, May 20 12:00-1:00 PM.....M0932A

Sat, May 20 1:30-2:30 PMM1032A

Build a Flower Pot

(ages 7-12)

Whether preparing for the arrival of spring or searching for the perfect Mother's Day gift, creating your very own handmade 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 two weeks after the class to allow for firing.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sat, Apr 1 12:00-1:30 PM..... ZAW32A

Sat, Apr 1 2:00-3:30 PM.....ZAX32A

Ceramic Bunnies

(ages 6-10)

It's the time of the year for the arrival of the Easter Bunny! 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 \$30.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 25 12:00-1:30 PMZAD32A

Sat, Mar 25 2:00-3:30 PMZAE32A

Children's Ceramics

(ages 8-14)

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.

Seven Sessions \$93.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 4-Apr 22 9:30-11:30 AMZD032A

No class 4/8

Sat, Apr 29-Jun 24 9:30-11:30 AMZD132A

No class 5/13 & 5/27

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 \$98.00 Per Child

Thompson Pk Creative Arts Center

Fri, Mar 10-Apr 14 4:30-6:00 PM..... Z2932A

Fri, Apr 28-Jun 2 4:30-6:00 PM Z3032A



We attend many programs throughout the year. We are always very impressed with the quality of your programs and wonderful staff. Thank you!



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 are welcome. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions \$135.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Mar 9-Apr 20 4:00-6:00 PM Z3132A

Thu, Apr 27-Jun 8 4:00-6:00 PM Z3232A

Instructor: John Fossa

Sat, Mar 4-Apr 22 9:00-11:00 AM Z3332A

No class 4/8

Sat, Apr 29-Jun 24 9:00-11:00 AM Z3432A

No class 5/13 & 5/27

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? 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, Mar 7-Apr 11 4:00-5:15 PM A3132A

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® 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. Please bring a cardboard box to transport your painting home, approximately 14"x14" a pizza box works well.

Four Sessions \$62.00 Per Child

Thompson Pk Creative Arts Center

van Gogh's Seascape at Saintes-Maries

van Gogh's The Sower

van Gogh's Almond Tree in Blossom

Renoir's Mount Sainte Victoire

Sat, Mar 4-25 9:30-10:30 AM ZBU32A

Sat, Mar 4-25 11:00 AM-12:00 PM ZBV32A

van Gogh's Fritillaries in a Copper Vase

van Gogh's View of a River with Rowing Boats

van Gogh's Orchard with Peach Trees in Blossom

van Gogh's Farmhouse in a Wheatfield

Sat, Apr 1-29 9:30-10:30 AM ZBW32A

Sat, Apr 1-29 11:00 AM-12:00 PM ZBX32A

No class 4/8

van Gogh's Bowl of Peonies and Roses

Renoir's Flowers and Fruit

Renoir's Woman under a Tree

Monet's Springtime at Argenteuil

Sat, May 6-Jun 10 9:30-10:30 AM ZBY32A

Sat, May 6-Jun 10 11:00 AM-12:00 PM ZBZ32A

No class 5/13 & 5/20



Great Impressionism for Aspiring Young Artists™

(ages 8-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® 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. Please bring a cardboard box to transport your painting home, approximately 14”x14” a pizza box works well.

Four Sessions \$98.00 Per Person

Thompson Pk Creative Arts Center

van Gogh’s Seascape at Saintes-Maries

van Gogh’s The Sower

van Gogh’s Almond Tree in Blossom

Renoir’s Mount Sainte Victoire

Fri, Mar 3-24 4:30-6:30 PM ZB132A

van Gogh’s Fritillaries in a Copper Vase

van Gogh’s View of a River with Rowing Boats

van Gogh’s Orchard with Peach Trees in Blossom

van Gogh’s Farmhouse in a Wheatfield

Fri, Mar 31-Apr 28 4:30-6:30 PM ZB232A

No class 4/7

van Gogh’s Bowl of Peonies and Roses

Renoir’s Flowers and Fruit

Renoir’s Woman under a Tree

Monet’s Springtime at Argenteuil

Fri, May 5-26 4:30-6:30 PM ZB332A

Great Impressionism for Home Schoolers

(ages 6-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® 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. Please bring a cardboard box to transport your painting home, approximately 14”x14” a pizza box works well.

Four Sessions \$90.00 Per Child

Fort Monmouth Rec Ctr Program Room A

van Gogh’s Seascape at Saintes-Maries

van Gogh’s The Sower

van Gogh’s Almond Tree in Blossom

Renoir’s Mount Sainte Victoire

Wed, Mar 1-22 10:30 AM-12:00 PM ZB432A

Wed, Mar 1-22 1:00-2:30 PM ZB532A

van Gogh’s Fritillaries in a Copper Vase

van Gogh’s View of a River with Rowing Boats

van Gogh’s Orchard with Peach Trees in Blossom

van Gogh’s Farmhouse in a Wheatfield

Wed, Mar 29-Apr 26 10:30 AM-12:00 PM .. ZB632A

Wed, Mar 29-Apr 26 1:00-2:30 PM ZB732A

No class 4/12

van Gogh’s Bowl of Peonies and Roses

Renoir’s Flowers and Fruit

Renoir’s Woman under a Tree

Monet’s Springtime at Argenteuil

Wed, May 3-24 10:30 AM-12:00 PM ZB832A

Wed, May 3-24 1:00-2:30 PM ZB932A



Join, Volunteer or Start a 4-H Club!

4-H programs offer a fun way for youth to make friends while learning about their community and a chosen project area. As a 4-H member or volunteer, youth and adults can be proud to know they are involved in a program focusing on “learning by doing.”

Monmouth County 4-H, a part of Rutgers University, partners with the Monmouth County Park System to provide youth a safe environment to learn and grow.

Activities include Animal Science Clubs, Art Clubs, Engineering and Technology Clubs, Environmental Science Clubs, Service and Leadership Clubs, and Sports and Fitness Clubs.

Learn more:

<https://monmouth.njaes.rutgers.edu/4h/clubs.html>
732-431-7260, ext. 7264 / 4H@co.monmouth.nj.us



4-H WE R HERE

KidzArt Explore

(ages 6-10)

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 \$93.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Apr 3-May 8 4:00-5:00 PM Z6332A

Mon, May 15-Jun 26 4:00-5:00 PM Z6432A

No class 5/29

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 5-May 10 4:00-5:00 PM Z6532A

Wed, May 17-Jun 21 4:00-5:00 PM Z6632A

Thompson Pk Creative Arts Center

Thu, Apr 6-May 11 4:15-5:15 PM Z6732A

Thu, May 18-Jun 22 4:15-5:15 PM Z6832A

KidzArt Discover

(ages 3 ½-5 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 \$93.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 4-May 9 1:00-2:00 PM Z5532A

Tue, May 16-Jun 20 1:00-2:00 PM Z5632A



The KidzArt instructor was excellent! She had a pleasing and calming disposition and my son enjoyed each class!



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 \$26.00 Per Child

St. Patrick's Day Gnome

Henry Hudson Trail Act Ctr

Sat, Mar 11 10:30 AM-12:00 PM Z6932A

Thompson Pk Creative Arts Center

Sat, Mar 11 1:30-3:00 PM Z7032A

Bunny

Henry Hudson Trail Act Ctr

Sat, Apr 15 10:30 AM-12:00 PM Z7132A

Thompson Pk Creative Arts Center

Sat, Apr 15 1:30-3:00 PM Z7232A

Flowers for Mom

Henry Hudson Trail Act Ctr

Sat, May 6 10:30 AM-12:00 PM Z7332A

Thompson Pk Creative Arts Center

Sat, May 6 1:00-3:00 PM Z7432A

Mother's Day Plate

(ages 7-12)

Create a present that mom will truly treasure! In this class, we will paint and decorate a ceramic plate for the perfect gift for her this Mother's Day. Pieces will be kiln fired and ready for pick up in two weeks.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sat, Apr 22 12:00-1:30 PM ZAB32A

Sat, Apr 22 2:00-3:30 PM ZAC32A

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 \$32.00 Per Child

Thompson Pk Creative Arts Center

Sun, May 7 12:00-1:30 PM ZAF32A

Sun, May 7 2:00-3:30 PM ZAG32A

TeenzArt Studio

(ages 11-17)

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, you 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 the first class.

Six Sessions \$98.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Apr 3-May 8 5:15-6:30 PM Z5732A

Mon, May 15-Jun 26 5:15-6:30 PM Z5832A

No class 5/29

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 5-May 10 5:15-6:30 PM Z5932A

Wed, May 17-Jun 21 5:15-6:30 PM Z6032A

Thompson Pk Creative Arts Center

Thu, Apr 6-May 11 5:30-6:45 PM Z6132A

Thu, May 18-Jun 22 5:30-6:45 PM Z6232A

Tween Crafternoons at Dorbrook

(ages 11-14)

Afternoons for creative expression await! Join us for more complex, multi-day arts and crafts projects using a variety of supplies. Bring your smiles, meet new friends, and get ready to have some fun crafting in an art-club like environment where creativity flows. Possible materials include paint, clay, yarn, wood, string and other natural materials, so please dress for mess or bring a smock. This is a great follow-up class for children ready to advance from the younger Crafternoons class.

Six Sessions \$110.00 Per Person

Dorbrook Rec Area Prog Bldg

Wed, Mar 8-Apr 12 4:00-5:30 PM A3232A

CULINARY ARTS

Books & Cooks

(ages 3-5)

Let's get cooking! Your child will explore basic recipes, make new friends and practice their fine motor skills in this delicious hands-on class! From measuring and mixing to pouring and rolling, your child will be introduced to cooking basics and kitchen safety skills in a fun environment. While our recipes cook, we will read some of our favorite stories together! This is a drop-off class. Bring an apron if you have one.

Please Note: Children must be fully potty trained.

Four Sessions \$63.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 8-29 3:00-4:00 PMAAA32A

Thu, Mar 9-30 3:00-4:00 PMAAB32A

Wed, Apr 12-May 3 3:00-4:00 PM AAD32A

Thu, Apr 13-May 4 3:00-4:00 PMAAC32A

Wed, May 17-Jun 7 3:00-4:00 PMAAE32A

Thu, May 18-Jun 8 3:00-4:00 PMAAF32A

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, 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 \$88.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Mon, Apr 3-24 4:30-6:30 PMM3932A

Tue, Apr 4-25 4:30-6:30 PMM4032A

Mon, May 1-22 4:30-6:30 PMM4132A

Tue, May 2-23 4:30-6:30 PMM4232A



Let's Decorate Cupcakes!

(ages 9 and up)

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 buttercream icing. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session \$54.00 Per Child

Dorbrook Rec Area Vis Ctr

(ages 9-11)

Mon, Mar 20 5:00-7:00 PM AB632A

(ages 12-14)

Mon, Apr 17 5:00-7:00 PM AB732A

The Baking Lab

(ages 9-12)

Where food and science collide with delicious results! You know baking is chemistry, but do you know why and how the ingredients work? What if you use all-purpose flour instead of cake flour in your cupcakes? What happens if you substitute shortening for the butter in your cookies? Find out the answers to these and other questions as we get hands-on to experiment and bake test batches. Science never tasted so good! Recipes vary from session to session.

One Session \$40.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 25 10:00 AM-12:00 PM M8032A

Sat, May 13 10:00 AM-12:00 PM M8232A

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 \$85.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Mar 5-26 10:30 AM-12:00 PM AAP32A

Wed, Apr 12-May 3 4:30-6:00 PM AAQ32A

Thu, Apr 13-May 4 4:30-6:00 PM AAR32A

Sun, May 7-Jun 4 10:30 AM-12:00 PM AAS32A

No class 5/14

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.

Four Sessions \$85.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 8-29 4:30-6:00 PM AAH32A

Thu, Mar 9-30 4:30-6:00 PM AAJ32A

Sun, Apr 2-30 10:30 AM-12:00 PM AAK32A

No class 4/9

Wed, May 17-Jun 7 4:30-6:00 PM AAM32A

Thu, May 18-Jun 8 4:30-6:00 PM AAN32A

EDUCATION & ENRICHMENT

Child and Babysitting Safety

(ages 13-17)

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 \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 15 10:00 AM-12:00 PM Q5332A

Thompson Pk Vis Ctr Beech Room

Sat, Mar 18 10:00 AM-12:00 PM Q5132A

Sat, May 6 10:00 AM-12:00 PM Q5232A

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 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. This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Mar 13 2:00-3:00 PM PQ013A

Mindful Mealtime

(ages 12-17)

Whether it is lunchtime with friends, dinner with family or snack time on your own, being mindful at mealtime will teach you to listen to your body, make healthy food choices and to slow down and enjoy your meal. In this program we will learn mindfulness mealtime exercises, the benefits of eating healthy foods and share healthy snack and mealtime ideas. Please bring your favorite fruit or vegetable for a snack to class.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Mar 16 4:30-6:00 PM Q3132A

Tue, May 16 4:30-6:00 PM Q3232A

Snapology®: Amusement Park Engineering

(ages 9-12)

Design your own amusement park in this super fun and interactive Snapology® STEAM engineering program! Learn how to use LEGO® bricks, gears, pulleys, levers and other building materials to create roller coasters, merry-go-rounds, and other awesome rides. Children will work together to build these models and make them move using motors! Can your child design the next big Disney World®? Students will build and design amusement park attractions of their very own in this popular Snapology® enrichment program!

Six Sessions \$114.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Apr 25-May 30 5:00-6:00 PM Q6032A

Snapology®: Machines and Cool Contraptions Engineering

(ages 9-12)

Does your learner love to invent, or are they a learner who breaks things apart to see what's inside? If so, Snapology's Machines and Cool Contraptions class will be a perfect fit! This program gives students tools to truly understand mechanical movement through building simple LEGO® machines. Students will see these moving parts up-close as they follow instructions to build crazy contraptions to play with. We will develop new design ideas, test out physics concepts, and even play fun building games with partners! This class is sure to spark engineering interests in every student!

Six Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Mar 9-Apr 20 5:00-6:00 PM Q5732A

No class 4/13

Snapology®: Mining and Building

(ages 6-9)

Travel to the Nether with Snapology®, but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks, creativity and maybe even in the game itself. Each week students will work on awesome activities that will allow them to create their own Minecraft® world, including animals, creepers, 3D Minecraft® characters and more. Lessons involve critical thinking, architecture, socialization and a whole lot of imagination. Minecraft® Makers will come together to make awesome builds each week!

Six Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Apr 27-Jun 1 5:00-6:00 PM Q6132A

Snapology®: Pokémania

(ages 6-9)

Join Snapology® for Pokémania class! Students will build and explore the world of Pokémon® as they create their own pokéballs, training gyms, and even their very own generation of Pokémon®. Kids will learn about real world science as they create habitats for Pokémon®, architecture by building homes and gyms for their characters, and of course creativity, socialization and fun. Your child will have a blast becoming the best Pokémon® trainer ever!

Six Sessions \$114.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Mar 7-Apr 18 5:00-6:00 PM Q5532A

No class 4/11

Snapology® Spring Break

(grades 1-4)

Each day 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 Snapology®.

Thompson Pk Vis Ctr Beech Room

Creature Creator Robotics

In Snapology's Creature Creator Robotics, your animal lover will create their own animal-inspired robotic models and make them come to life! Students will learn about gear ratio, sensors, simple machines and programming as they build insects, dolphins, gorillas, dinosaurs and more. This robotics and coding program is a favorite amongst our students. Your children are sure to have a wild time as they build, learn and play with these interactive animal creations!

Four Sessions \$153.00 Per Person

Mon-Thu, Apr 3-6 9:00 AM-12:00 PM Q6232A

Superstructures

Can your child design the next Taj Mahal? Create and build the future using LEGO® bricks with Snapology's imaginative and awesome Superstructures architecture! It's never too early to encourage STEAM education, while fostering your child's engineering and creative building skills. In this program, we encourage critical thinking, as students tackle hands-on building. Students will construct bridges, pyramids, skyscrapers and cities, while learning why structures are important and how architectural plans are designed. Construction is a form of art that truly allows the architect to create as they build brick by brick!

Four Sessions \$153.00 Per Person

Mon-Thu, Apr 3-6 1:00-4:00 PM Q6332A

STEM Scientists

Allow your child to cultivate their love of science by becoming a super scientist in this interactive STEAM enrichment program! Students will engage in building concepts from astronomy, earth science, biology, chemistry and physics using LEGO® bricks and other interactive learning tools. Construct a tower to withstand a natural disaster on our earthquake board, create and build a constellation, replicate an animal's life cycle, and more hands-on scientific projects to get kids excited about how the world around them works. We make science fun at Snapology!

Five Sessions \$192.00 Per Person

Mon-Fri, Apr 10-14 9:00 AM-12:00 PM Q6432A

(continued...)

Snapology® Spring Break continued...

Pokémania

Come join Snapology® for Pokémania! Students will build and explore the world of Pokémon® as they create their own pokeballs, training gyms, and even their very own generation of Pokémon®. Kids will learn about real world science as they create habitats for Pokémon®, architecture by building homes and gyms for their characters, and of course creativity, socialization and fun. Your child will have a blast becoming the best Pokémon® trainer ever!

Five Sessions \$192.00 Per Person

Mon-Fri, Apr 10-14 1:00-4:00 PM Q6532A

Snapology® Spring Break: Full Day Options

Can't decide between the morning and afternoon program? Take them both! Price includes both programs plus a supervised lunch break from 12:00-1:00 PM. Please see half day descriptions for full details for each program.

Creature Creator Robotics & Superstructures

Four Sessions \$365.00 Per Person

Mon-Thu, Apr 3-6 9:00 AM-4:00 PM Q6632A

STEM Scientists & Pokémania

Five Sessions \$365.00 Per Person

Mon-Fri, Apr 10-14 9:00 AM-4:00 PM Q6732A

Springtime Fun at the Fort

(ages 6-12)

Schools may have spring break, but the kids still need to have fun. Games, art, concoctions, experiments and 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 programs; all you need to bring is a snack and lunch. Fort Monmouth Recreation Center is conveniently located just minutes away from the Garden State Parkway, perfect for working parents. Sign up now for all five days or choose your days with the daily option.

Five Sessions \$250.00 Per Child \$215.00 Additional Sibling

Fort Monmouth Recreation Center

Mon-Fri, Apr 10-14 9:00 AM-4:00 PM M5632X

Daily Option

Can't attend all five days? Join us for the days that work for your schedule.

One Session \$75.00 Per Child

Mon, Apr 10 9:00 AM-4:00 PM M5732A

Tue, Apr 11 9:00 AM-4:00 PM M5832A

Wed, Apr 12 9:00 AM-4:00 PM M5932A

Thu, Apr 13 9:00 AM-4:00 PM M6032A

Fri, Apr 14 9:00 AM-4:00 PM M6132A

The Mind Zone: Meditation for Teens 

(ages 13-17)

Let's enter The Mind Zone together as we explore meditation exercises such as Trataka, the Chakras and Reiki. Please bring a water bottle and yoga mat and/or blanket.

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, May 5-26 6:30-7:30 PM.....Q5432A

OUTDOOR ADVENTURES

Exploring the Wild Outdoors 

(ages 9-12)

Children love being outdoors to explore, make new friends and play. Your young explorer will hike some of New Jersey's best trails for children. Leave the driving to us and afterwards we will stop for a pay your own way rewarding snack. Hiking shoes suggested, sturdy walking shoes required. Bring lunch and water for the trail. Some rocky trails, ascents and descents.

Rating: Easy for children

Hacklebarney State Forest: Exploring the Black River

One Session \$42.00 Per Child

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 25 9:30 AM-2:30 PM.....W4632A

NATURE

Spring Break Mini Adventure 

(grades K-1)

Join us for this three-day program while school is out! It is the beginning of spring which means birds are chirping, frogs are calling, and Mother Nature is reawakening! During our days together we will enjoy games and crafts, embark on hikes, and learn about the animals that live inside the Huber Woods Reptile House!

Three Sessions \$75.00 Per Person

Huber Wds Pk Env Ctr

Tue-Thu, Apr 11-13 9:00 AM-12:00 PM....IMB32A

Tue-Thu, Apr 11-13 1:00-4:00 PM.....IMC32A

Full Moon Paper Werewolf Hunt

(ages 10-11)

Something evil is lurking in the dark; under the moonlight you see a sight that almost stops your heart. Help us locate the werewolves howling under the full moon using our hand-held GPS tracking units. After all the werewolves have been found, we will trap them on our archery containment range using our compound bows. No werewolves are harmed during this event.

One Session \$26.00 Per Child

Thompson Pk Activity Barn

Tue, Mar 7 4:30-6:30 PM.....W3231A

Spring Nature Science Lab Series 

(ages 9-12)

Gain an understanding of the science behind nature and develop essential laboratory skills through immersive, hands-on investigations. Each week will feature a unique lab experience along with an exploratory nature walk. Activities will take place indoors and outdoors so dress for the weather. Sessions are developed to support Next Generation Science Standards and are led by a NJ State Certified Science Teacher.

Topics this season are:

Natural Electricity - Investigate materials found in nature to see which can carry an electric current.

Flower Power - Discover the flowers that bloom in early spring and dissect one to learn about their parts.

Bird Nest Challenge - Use materials found in nature to build a nest that can withstand wind and rain.

Spring Awakenings - Learn about animals that "sleep" through winter and the science behind hibernation.

Four Sessions \$80.00 Per Child

Huber Wds Pk Env Ctr

Tue, Mar 7-28 4:00-5:30 PM.....IMP32A

Leprechaun's Pot O' Gold Hunt

(ages 9-12)

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 \$24.00 Per Child

Thompson Pk Activity Barn

Sun, Mar 12 1:00-3:00 PM.....W0732A

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 and Jenga® Archery.

Thompson Pk Activity Barn

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 Richter Scale Day.

One Session \$24.00 Per Child

Sun, Mar 26 12:00-2:00 PMW2732A

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 Scavenger Hunt Day.

One Session \$19.00 Per Child

Fri, May 19 4:00-6:00 PM.....W2832A

Peter Cottontail's Egg Hunt

(ages 9-12)

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 \$24.00 Per Child

Thompson Pk Activity Barn

Sun, Apr 2 12:00-2:00 PMW2232A

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 four-session series. Please dress for the weather as the Activity Barn is not heated or air conditioned. All equipment is provided.

Four Sessions \$80.00 Per Person

Thompson Pk Activity Barn

Thu, Apr 6-27 4:30-6:30 PMW3732A



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 as the Activity Barn is not heated or air conditioned.

One Session \$24.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 9 4:30-6:30 PMW4532A

Tue, Apr 11 4:30-6:30 PMW7432A

Wed, May 10 4:30-6:30 PMW7532A

Tower Defense Archery NEW

(ages 10-17)

Have you ever wanted to feel like a video game character? Our tower defense archery game will have you use your archery skills to defend your base from the approaching fantasy enemies. In between rounds we'll explore our surroundings on a nature walk to find power-ups to aid you in your battle. Please wear sturdy footwear. All archery equipment is provided.

One Session \$24.00 Per Person

Big Brook Pk Bird Pavilion

Thu, May 18 4:30-6:30 PMW8432A

PERFORMING ARTS

Beginner Acting

(ages 8-13)

In this class we will learn beginner acting techniques for theater, TV and film such as improvisation, space objects, character building and the fourth wall. 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 monologues/scenes and/or a play will be held on the final day of class for our family and friends.

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

The Performers

(ages 8-10)

Mon, Mar 27-Apr 17 4:30-6:00 PM Q1132A

Mon, Apr 24-May 15 4:30-6:00 PM Q2032A

The Players

(ages 11-13)

Wed, Mar 22-Apr 19 4:30-6:00 PM Q1032A

No class 4/5

Wed, Apr 26-May 17 4:30-6:00 PM Q1432A

Drama Games Workshop

(ages 11-13)

Get energized and have fun with drama! This workshop will build teamwork, creativity and healthy competitiveness among actors and performers. Spend an evening on the stage playing drama games such as Party Quirks, Taxi Cab, Mime It Down the Alley and skits. For the beginner or seasoned theatre student.

Instructor: Maria Stadtmueller

Four Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sun, Mar 5-26 2:00-4:00 PM ABA32A

Sun, Apr 2-30 2:00-4:00 PM ABB32A

No class 4/9

Elementary Dance 1

(ages 6-7)

A step up from the basics, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed along with learning several short dance routines. Ballet, tap, jazz and acro will be covered. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

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

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 28-May 30 4:30-5:30 PM A8032A

Freestyle Dance

(ages 6-9)

As a dancer, most just learn dance moves from choreography or from watching another person. That's okay, but if you want to master that move, you need to learn the history and original form of how that move came to be. You also need to learn how to not just move to the music, but let the music MOVE you. This class teaches you to master those basic grooves and rhythmic movement to make those moves your own.

Eight Sessions \$79.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 13-May 1 4:30-5:30 PM M4932A

Hip Hop Dance

(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.

Six Sessions \$70.00 Per Child

Fort Monmouth Rec Ctr Gym A

Tue, Mar 7-Apr 11 4:30-5:15 PM M5032A

Tue, Apr 25-May 30 4:30-5:15 PM M5132A

Little Dancers

(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.

Pre-requisite: Completion of two sessions of Tots in Tutus 2 or teacher recommendation.

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Mar 30-Jun 1 4:30-5:15 PM A8132A

Thu, Mar 30-Jun 1 6:00-6:45 PM A8232A

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 10-Jun 5 5:00-6:00 PMMC432A

No class 5/29

Stop Motion Animation Creation

(ages 8-12)

Bring your ideas, stories, objects and figurines to this class as we collaborate to create your very own stop motion animation video to share with family and friends. We will be using the Stop Motion Animation free app. iPad, stand and lighting will be provided.

Four Sessions \$60.00 Per Person

Clayton Pk Act Ctr Classroom 1

Tue, Apr 18-May 9 4:00-5:30 PM Q2932A

Teens on Stage: The Monologues

(ages 14-17)

Monologues are the first thing we audition with. It comes from the Greek root word "monologos" meaning "speaking alone". In this program we will explore performing monologues, both classical and contemporary, so that we may begin to build our audition repertory. A performance of monologues will be held for family and friends on the last day of class.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Mar 25-Apr 22 10:00 AM-12:00 PM ... Q2832A

No class 4/8

Clayton Pk Act Ctr Classroom 1

Tue, Apr 18-May 9 6:30-8:30 PM Q3032A

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 and play our favorite acting games. We will then bring our puppets to life and perform our favorite stories in our Afternoon Puppet Show. We will give a performance for our families on the last day of class. Please bring in your favorite story books, water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$55.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Mar 21-Apr 11 4:00-5:30 PM Q1732A

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. A professional instructor will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment are 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, Mar 28-May 30 10:00-10:45 AM A7132A

Tue, Mar 28-May 30 10:45-11:30 AM A7232A

Tots in Tutus II

(ages 4-5)

Your little ballerina/dancer pirouetted their way through their first year of ballet and is eager for more! Now your teacher 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-May) or teacher's recommendation.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 28-May 30 11:30 AM-12:15 PM .. A7332A

Thu, Mar 30-Jun 1 3:45-4:30 PM A7432A

Thu, Mar 30-Jun 1 5:15-6:00 PM A7532A

SPORTS & FITNESS

BASEBALL

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.

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Sat, Apr 15-May 6 12:00-12:55 PM. X2432A

Sat, May 20-Jun 17 12:00-12:55 PM. X2532A

No class 5/27



T-Ball

(ages 4-5)

Children have fun while learning the fundamental skills of America's pastime in this noncompetitive program. There's no better introduction to the sports of baseball or softball! Our instructors will utilize fun games and activities as players learn the skills of hitting, throwing, base running and fielding. At the end of the program participants may apply these skills into realistic mini game situations.

Four Sessions \$54.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sat, Mar 11-Apr 1 11:00-11:55 AM X9832A

Outdoor Season

Dorbrook Rec Area

Tue, Apr 11-May 2 4:00-4:55 PM XAA32A

Tue, Apr 11-May 2 5:00-5:55 PM XAD32A

Sat, Apr 15-May 6 10:00-10:55 AM. X1832A

Sat, Apr 15-May 6 11:00-11:55 AM. X1932A

Sun, Apr 16-May 7 10:00-10:55 AM X2232A

Sun, Apr 16-May 7 11:00-11:55 AM X2332A

Tue, May 16-Jun 6 4:00-4:55 PM XAB32A

Tue, May 16-Jun 6 5:00-5:55 PM XAC32A

Sat, May 20-Jun 17 10:00-10:55 AM X2032A

No class 5/27

Sun, May 21-Jun 18 10:00-10:55 AM X2132A

No class 5/28

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.

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Sat, May 20-Jun 17 11:00-11:55 AM X2632A

No class 5/27

Sun, May 21-Jun 18 11:00-11:55 AM X2732A

No class 5/28

BASKETBALL

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 \$54.00 Per Person

Dorbrook Rec Area

Sat, Apr 15-May 6 10:00-10:55 AM. X0832A

Mon, Apr 17-May 8 4:00-4:55 PM X1232A

Sat, May 20-Jun 17 10:00-10:55 AM X0932A

No class 5/27

Mon, May 22-Jun 19 4:00-4:55 PM X1332A

No class 5/29

Fort Monmouth Rec Ctr Gym A

Sat, Mar 11-Apr 1 9:00-9:55 AM X9632A

Sat, Mar 11-Apr 1 10:00-10:55 AM X9732A

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.

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Sat, Apr 15-May 6 11:00-11:55 AM. X1032A

Sat, May 20-Jun 17 11:00-11:55 AM X1132A

No class 5/27

Junior Hoopsters

(ages 8-11)

Continue to develop fundamental basketball skills in our fun, technique based environment. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense. This class is for athletes who have had beginner experience in the game of basketball, whether it is from one of our other classes or basketball in general.

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Mon, Apr 17-May 8 5:00-5:55 PM X1432A

Mon, May 22-Jun 19 5:00-5:55 PM X1532A

No class 5/29

GYMNASTICS

Gymnastics - Kids

(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 will use gymnastics apparatus including mats and trampoline.

Four Sessions \$60.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Mar 4-25 9:00-9:45 AM MAA32A

Sat, Mar 4-25 11:00-11:45 AM MAE32A

Sat, Mar 4-25 12:00-12:45 PM MBC32A

Sat, Apr 1-29 9:00-9:45 AM MAM32A

No class 4/8

Sat, Apr 1-29 11:00-11:45 AM MAQ32A

No class 4/8

Sat, Apr 1-29 12:00-12:45 PM MBG32A

No class 4/8

Sat, May 6-27 9:00-9:45 AM MAU32A

Sat, May 6-27 11:00-11:45 AM MAX32A

Sat, May 6-27 12:00-12:45 PM MBM32A

(ages 5-7)

Sat, Mar 4-25 9:00-9:45 AM MAC32A

Sat, Mar 4-25 11:00-11:45 AM MAF32A

Sat, Mar 4-25 12:00-12:45 PM MBD32A

Sat, Apr 1-29 9:00-9:45 AM MAN32A

No class 4/8

Sat, Apr 1-29 11:00-11:45 AM MAR32A

No class 4/8

Sat, Apr 1-29 12:00-12:45 PM MBH32A

No class 4/8

Sat, May 6-27 9:00-9:45 AM MAV32A

Sat, May 6-27 11:00-11:45 AM MAY32A

Sat, May 6-27 12:00-12:45 PM MBN32A

(ages 8-10)

Sat, Mar 4-25 11:00-11:45 AM MAG32A

Sat, Mar 4-25 12:00-12:45 PM MBE32A

Sat, Apr 1-29 11:00-11:45 AM MAS32A

No class 4/8

Sat, Apr 1-29 12:00-12:45 PM MBJ32A

No class 4/8

Sat, May 6-27 11:00-11:45 AM MAZ32A

Sat, May 6-27 12:00-12:45 PM MBP32A

Thirteen Sessions \$168.00 Per Person

Shrewsbury Gymnastics School Broad Street, Shrewsbury

(ages 3-5)

Thu, Mar 30-Jun 22 9:00-9:45 AM M9032A

Tue, Mar 28-Jun 20 9:00-9:45 AM M8332A

Tue, Mar 28-Jun 20 10:00-10:45 AM M8532A

Tue, Mar 28-Jun 20 11:00-11:45 AM M8732A

Sat, Apr 1-Jun 24 9:00-9:45 AM M9632A

Sat, Apr 1-Jun 24 11:00-11:45 AM MA032A

(ages 6-10)

Sat, Apr 1-Jun 24 9:00-9:45 AM M9832A

Sat, Apr 1-Jun 24 11:00-11:45 AM MA132A

HOCKEY

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

Thu, Apr 13-May 4 5:30-6:25 PM.....XA732A

Thu, May 18-Jun 8 5:30-6:25 PM.....XA932A

Intro to Roller Hockey

(ages 7-13)

Skate to score! Learn to play roller hockey step-by-step. Stick handling, shooting and passing will be taught through demonstrations, drills and games. Intro to Roller Hockey is designed for children with prior knowledge of rollerblading including basic skating techniques, falling and stopping. Please see our Safe Skating section (p. 44) for more information regarding this program.

The following equipment is required in order to participate: in-line skates, hockey helmet, kneepads with shinguards, elbow pads, chest protector, hockey gloves, hockey stick, and a protective cup (optional). If needed, some of this equipment is available to borrow (with the exception of in-line skates).

Questions? Please call 732-542-1642, ext. 26, or email Daniel.O'Connor@co.monmouth.nj.us.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

(ages 7-10)

Fri, Apr 14-May 5 4:15-5:15 PM.....XBC32A

Fri, May 19-Jun 9 4:15-5:15 PM.....XBE32A

(ages 11-13)

Fri, Apr 14-May 5 5:30-6:30 PM.....XBD32A

Fri, May 19-Jun 9 5:30-6:30 PM.....XBF32A

ROLLERBLADING

Rollerblading 101

(ages 4-14)

Have some fun as you join us for this introductory rollerblading program. Rollerblading 101 will teach you how to have a fun and safe time while skating on Dorbrook's in-line skating rink. Our experienced instructor will provide demonstrations and lessons that focus on equipment, safety and basic skating techniques, including falling and stopping. Please see our Safe Skating section (p. 44) for more information regarding this program.

The following equipment is required in order to participate: in-line skates, helmet, knee and elbow pads, and wristguards. If needed, some of this equipment is available to borrow (with the exception of in-line skates).

Questions? Please call 732-542-1642, ext. 26, or email Daniel.O'Connor@co.monmouth.nj.us.

One Session \$25.00 Per Person

Dorbrook Rec Area

Sat, Apr 15 9:00-10:00 AMXB632A

Sat, Apr 15 10:15-11:15 AMXB732A

Sat, Apr 29 9:00-10:00 AMXB832A

Sat, Apr 29 10:15-11:15 AMXB932A

Sat, May 13 9:00-10:00 AM.....XBA32A

Sat, May 13 10:15-11:15 AMXBB32A

RUNNING

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 \$115.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Apr 25-May 30 5:30-6:30 PM.....XB132A

Fri, Apr 28-Jun 2 5:30-6:30 PMXB332A

Wolf Hill Rec Area Outdoor Area

Thu, Apr 27-Jun 1 5:30-6:30 PMXB232A

SKATEBOARDING

Spring Skateboarding Starter

(ages 9-15)

Learn to skateboard at beautiful Seven Presidents Oceanfront Park! Spring Skateboarding Starter is designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section (*below*). The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. If needed, equipment is available to borrow.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Sat, Apr 1-29 9:00-10:00 AMXBG32A
No class 4/8

Sun, Apr 2-30 11:30 AM-12:30 PMXBH32A
No class 4/9

Sat, May 6-Jun 3 11:30 AM-12:30 PMXBJ32A
No class 5/27

Sun, May 7-Jun 4 10:15-11:15 AMXBK32A
No class 5/28

Spring Skateboarding Beginner

(ages 9-15)

Learn to skate at beautiful Seven Presidents Oceanfront Park! Spring Skateboarding Beginner is designed for those who have taken the starter class and are looking to progress and become more confident on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section (*below*). The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. If needed, equipment is available to borrow.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Sat, Apr 1-29 10:15-11:15 AM XBM32A
No class 4/8

Sun, Apr 2-30 10:15-11:15 AMXBN32A
No class 4/9

Sat, May 6-Jun 3 9:00-10:00 AMXBP32A
No class 5/27

Sun, May 7-Jun 4 11:30 AM-12:30 PM....XBQ32A
No class 5/28

Safe Skating

The Monmouth County Park System Sports & Fitness division offers a variety of rollerblading and skateboarding opportunities that vary in difficulty levels.

Please read the following before registering for such programs:

- Please read program descriptions carefully and choose which is best suited for your child.
- Please realistically match your child's ability to the program descriptions. For some skateboarding programs, participants should have prior experience. This means the instructor will expect them to have the knowledge and skill of pushing, steering and drop-ins prior to the first session.
- The same kind of experience is required for Intro to Roller Hockey. Participants should have some prior experience rollerblading, meaning the instructor will expect them to have the knowledge of some basic skating techniques, such as falling and stopping, prior to the first session.
- If you are looking to learn how to rollerblade or skateboard, we recommend signing up for Rollerblading 101 or Spring Skateboarding Starter, programs geared toward beginners.
- Safety is our primary concern. Please understand that falling is likely during these programs. Our instructors will do their best to ensure a safe and fun time while skating or boarding, but understand that there is risk involved. All the safety equipment listed in the program description is MANDATORY and is required to help prevent injury. Know your child's skill level and be prepared.

If you have any additional questions, please contact Daniel O'Connor at 732-542-1642, ext. 26.

Spring Skateboarding Intermediate NEW

(ages 9-15)

Seeking to improve your current level of skateboarding? Spring Skateboarding Intermediate is designed for those who are competent skaters and want to learn more advance skills including riding ramps and bowls. For more information about this program, please see the Safe Skating section (p. 44). The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. If needed, equipment is available to borrow.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Sat, Apr 1-29 11:30 AM-12:30 PM..... XBR32A

No class 4/8

Sun, Apr 2-30 9:00-10:00 AM..... XBS32A

No class 4/9

Sat, May 6-Jun 3 10:15-11:15 AM..... XBT32A

No class 5/27

Sun, May 7-Jun 4 9:00-10:00 AMXBU32A

No class 5/28



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 \$60.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 12-Apr 2 1:00-1:55 PM..... X5532A

Outdoor Season

Dorbrook Rec Area

Sun, Apr 16-May 7 10:30-11:25 AMXAN32A

Sun, May 21-Jun 18 11:00-11:55 AM..... XAM32A

No class 5/28

Holmdel Pk Hilltop Area

Sat, Apr 15-May 6 11:00-11:55 AM..... XAJ32A

Sat, May 20-Jun 17 11:00-11:55 AMXAK32A

No class 5/27

SOCCER

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: Next Step (p. 46) for classes for older children.

Four Sessions \$60.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 12-Apr 2 12:00-12:55 PM X5432A

Outdoor Season

Dorbrook Rec Area

Wed, Apr 12-May 3 5:30-6:25 PM X7632A

Wed, May 17-Jun 7 5:30-6:25 PM X7832A

Fort Monmouth Rec Ctr Outdoor Area

Mon, Apr 17-May 8 4:30-5:25 PM XAE32A

Mon, May 22-Jun 19 4:30-5:25 PM XAF32A

No class 5/29

Holmdel Pk Hilltop Area

Sat, Apr 15-May 6 12:00-12:55 PM.....XAH32A

Sat, May 20-Jun 17 12:00-12:55 PM.....XAG32A

No class 5/27

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 \$60.00 Per Person

Dorbrook Rec Area

Sun, Apr 16-May 7 11:30 AM-12:25 PM ... XAP32A

Sun, May 21-Jun 18 12:00-12:55 PM XAS32A

No class 5/28

Fort Monmouth Rec Ctr Outdoor Area

Mon, Apr 17-May 8 5:30-6:25 PM XAQ32A

Mon, May 22-Jun 19 5:30-6:25 PM XAR32A

No class 5/29

TENNIS

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 \$120.00 Per Child

Dorbrook Rec Area

(ages 6-8)

Mon, Wed, May 1-24 4:30-5:25 PM X7732A

(ages 9-11)

Mon, Wed, May 1-24 5:30-6:25 PM X7932A

**SUMMER
JOB FAIR**

*Work within the beautiful scenery of your
Monmouth County parks!*

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

- Summer Camp Counselors**
- Inclusion Coaches**
- Lifeguards**
- Seasonal Greenskeepers**
- Seasonal Rangers**

**SATURDAY,
MARCH 11**

10:00 AM – 1:00 PM
Fort Monmouth Recreation
Center, Tinton Falls

Questions?
Call Human Resources at 732-842-4000, ext. 4219.

ACTIVE ADULTS 55+

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. Enjoy our coffee or tea and watch your beautiful work of art emerge.

One Session \$26.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Mon, Mar 20 9:30-11:30 AM.....M3332A

Sat, Mar 25 10:00 AM-12:00 PMM3432A

Mon, Apr 24 9:30-11:30 AMM3532A

Sat, Apr 29 10:00 AM-12:00 PMM3632A

Mon, May 22 9:30-11:30 AMM3732A

Sat, May 13 10:00 AM-12:00 PMM3832A

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, E-RYT 200 Yoga Alliance Certified Instructor

Five Sessions \$70.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Feb 27-Mar 27 12:00-1:00 PM..... XAW31A

Henry Hudson Trail Act Ctr

Fri, Mar 3-31 12:00-1:00 PM.....XDE32A

Seven Sessions \$98.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Apr 10-May 22 12:00-1:00 PMXDG32A

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 14-May 26 12:00-1:00 PMXDK32A

No class 5/12

Spring Senior Hikers*(ages 55 and up)*

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

Looking to start out or slow down with hiking? These hikes are at a comfortable pace and go from 1 ½-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hikers program.

Fourteen Sessions \$56.00 Per Person

Tue, Apr 4-Jun 27 11:30 AM-12:30 PM D0432A

Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is at a more comfortable pace than Level 2, but longer and brisker than Level .75.

Fourteen Sessions \$84.00 Per Person

Tue, Apr 4-Jun 27 9:30-11:00 AM D0532A

Thu, Apr 6-Jun 29 9:30-11:00 AM D0632A

Level 2

Hikes cover 4 ½-5 miles in 2 hours. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but brisker than Level 1.

Fourteen Sessions \$98.00 Per Person

Wed, Apr 5-Jun 28 9:30-11:30 AM D0732A

Thu, Apr 6-Jun 29 9:30-11:30 AM D0832A

Fri, Apr 7-Jun 30 9:30-11:30 AM D0932A

Level 3

These hikes are at a moderate pace and go from 5-5 ½ miles in 2 hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

Fourteen Sessions \$98.00 Per Person

Tue, Apr 4-Jun 27 9:30-11:30 AM D1032A

Level 4

These hikes are at a brisk pace and go from 5 ½-6 miles in 2 hours. Level 4 is the most intensive of the Senior Hikers programs.

Thirteen Sessions \$91.00 Per Person

Mon, Apr 3-Jun 26 9:30-11:30 AM D1132A

No hike 5/29



Love all the activities I have attended and looking forward to the next! Thank you for providing all the absolutely great adventures.



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 fitness bars and rubber resistance. No prior weight training experience is necessary.

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 13-Apr 17 11:45 AM-12:45 PM .. D1632A

Mon, Apr 24-Jun 5 11:45 AM-12:45 PM ... D1732A

No class 5/29

Dorbrook Rec Area Act Ctr

Tue, Mar 14-Apr 18 10:00-11:00 AM D1832A

Tue, Mar 14-Apr 18 11:15 AM-12:15 PM... D2032A

Tue, Apr 25-May 30 10:00-11:00 AM D2132A

Tue, Apr 25-May 30 11:15 AM-12:15 PM .. D2232A

Zumba Gold

(ages 55 and up)

An easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water and a ready-to-move attitude. Sessions will be held outdoors.

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Mar 22-Apr 26 9:30-10:25 AM..... X4732A

Wed, May 17-Jun 21 9:30-10:25 AM..... X4832A

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Mar 25-Apr 29 9:30-10:25 AM X7032A

Dorbrook Rec Area Barnview Shelter Bldg

Sat, May 13-Jun 17 10:15-11:10 AM X7232A

ARTS & CRAFTS

CERAMICS & POTTERY

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.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class the first day of registration. The Park System reserves the right to remove someone who has registered for multiple sessions to provide an opportunity for someone on the wait list.

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Mar 7-Apr 18 7:00-10:00 PM Z7932A

Tue, Apr 25-Jun 6 7:00-10:00 PM Z8032A

Instructor: Don Bradford

Thu, Mar 9-Apr 20 6:30-9:30 PM Z8132A

Thu, Apr 27-Jun 8 6:30-9:30 PM Z8232A

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 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.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes to provide an opportunity for someone on the waiting list.

Instructor: Sue Johnson

Seven Sessions \$270.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 7-Apr 18 9:00 AM-1:00 PM Z7532A

Tue, Apr 25-Jun 6 9:00 AM-1:00 PM Z7632A

MONMOUTH COUNTY PARK SYSTEM



ADULTS

Creative Arts Festival



SATURDAY, MAY 13
10:00 AM-4:00 PM
THOMPSON PARK, LINCROFT



This festival features a variety of fine artists and artisans, as well as live music by some of the best local musicians. This is a great event for the whole family. Free activities, food vendors and artist demonstrations throughout the day.

For more information, please call
732-842-4000, ext. 3343,
or visit us online at
www.MonmouthCountyParks.com.

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 8. SEE PAGE 112 FOR FULL DETAILS.

All Level Pottery Classes

(adults)

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. Class includes 25 lbs. of stoneware clay, glazes and firings. Tools may be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class the first day of registration. The Park System reserves the right to remove someone who has registered for multiple sessions to provide an opportunity for someone on the wait list.

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: John Fossa

Sat, Mar 4-Apr 22 11:30 AM-2:30 PM Z3532A

No class 4/8

Sat, Apr 29-Jun 24 11:30 AM-2:30 PM Z3632A

No class 5/13 & 5/27

Instructor: Laura Copeland

Mon, Mar 6-Apr 17 9:00 AM-12:00 PM Z3732A

Mon, Apr 24-Jun 12 9:00 AM-12:00 PM Z3832A

No class 5/29

Instructor: Helen Cole

Mon, Mar 6-Apr 17 1:00-4:00 PM Z3932A

Mon, Apr 24-Jun 12 1:00-4:00 PM Z4032A

No class 5/29

Instructor: Brian Farro

Mon, Mar 6-Apr 17 6:00-9:00 PM Z4132A

Mon, Apr 24-Jun 12 6:00-9:00 PM Z4232A

No class 5/29

Instructor: Sue Johnson

Tue, Mar 7-Apr 18 4:00-7:00 PM Z4332A

Tue, Apr 25-Jun 6 4:00-7:00 PM Z4432A

Instructor: Joanne Traskiewicz

Wed, Mar 8-Apr 19 9:00 AM-12:00 PM Z4532A

Wed, Apr 26-Jun 7 9:00 AM-12:00 PM Z4632A

Wed, Mar 8-Apr 19 1:00-4:00 PM Z4732A

Wed, Apr 26-Jun 7 1:00-4:00 PM Z4832A

Instructor: Laura Copeland

Wed, Mar 8-Apr 19 6:30-9:30 PM Z4932A

Wed, Apr 26-Jun 7 6:30-9:30 PM Z5032A

Instructor: Joyce Nokes

Fri, Mar 10-Apr 21 9:00 AM-12:00 PM Z5132A

Fri, Apr 28-Jun 9 9:00 AM-12:00 PM Z5232A

Fri, Mar 10-Apr 21 1:00-4:00 PM Z5332A

Fri, Apr 28-Jun 9 1:00-4:00 PM Z5432A

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt and model clay, and make a finished ceramic sculpture. We will explore different ways of sculpting a portrait, modeling a figure in the round, and sculpting in relief. Each student independent of their experience, will receive personal direction from the instructor, professional sculptor Konstantin Zingerman. This course includes 25 lbs. of clay, use of tools and kiln firings. Additional materials may be required for armatures and will be discussed the first day of class.

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 9-Apr 20 1:00-4:00 PM Z8632A

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes and glaze. Advanced students can work independently. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes and underglazes.

Instructor: Alison Bowie

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 9-Apr 20 9:00 AM-12:00 PM ZCJ32A

Thu, Apr 27-Jun 8 9:00 AM-12:00 PM ZCK32A

Foliage Hike and Clay Workshop

(adults)

Join us for a hike led by a Park System Naturalist all about tree identification in beautiful Thompson Park. Students will later spend some time at the Creative Arts Center creating a clay leaf impression soap dish from leaves and cuttings collected on the trails. Clay works will be ready for pick up two weeks after class to allow for firing.

Please Note: Class meets rain or shine. Outdoor portion may be moved indoors if weather conditions are poor.

Naturalist: Megan Orens / Artist/Instructor: Mary Leather

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Sat, May 20 12:00-3:00 PM Z8532A

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 handbuilt creations. Class includes 25 lbs. of clay, glazes and firings.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class the first day of registration. The Park System reserves the right to remove someone who has registered for multiple sessions to provide an opportunity for someone on the wait list.

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Mar 8-Apr 19 1:00-4:00 PM ZA732A

Wed, Apr 26-Jun 7 1:00-4:00 PM..... ZA832A

Instructor: Elizabeth Couchoud

Wed, Mar 8-Apr 19 6:30-9:30 PM ZA932A

Wed, Apr 26-Jun 7 6:30-9:30 PM..... ZAA32A



DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist 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, Founder of Aspiring Artists

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Matisse's Interior with Dog

Sat, Mar 4 2:00-5:00 PM ZC832A

Monet's The Japanese Footbridge

Sat, Mar 11 2:00-5:00 PM ZC932A

Renoir's Vase of Peonies

Sat, Mar 18 2:00-5:00 PM ZCA32A

van Gogh's Orchard with Peach Trees in Blossom

Sat, Mar 25 2:00-5:00 PM ZCB32A

Cassatt's Two Children at the Seashore

Sat, Apr 1 2:00-5:00 PM..... ZCC32A

Picasso's Doves

Sat, Apr 15 2:00-5:00 PM..... ZCD32A

Renoir's Picking Flowers

Sat, Apr 22 2:00-5:00 PM..... ZCE32A

van Gogh's Farmhouse in a Wheatfield

Sat, Apr 29 2:00-5:00 PM..... ZCF32A

Renoir's The Little Reader (Little Girl in Blue)

Sat, May 6 2:00-5:00 PM ZCG32A

van Gogh's Fritillaries in a Copper Vase

Sat, May 27 2:00-5:00 PM ZCH32A

Hand-Built Ceramic Mug

(adults)

Enjoy the satisfaction of drinking your coffee or tea from a mug made by your own hands. In this workshop you will create a mug with a handle using traditional hand-building ceramic techniques and stoneware clay. This is a perfect introduction to clay and a fun way to spend the afternoon. Pieces will be kiln fired and ready for pick up in about two weeks.

Instructor: Mary Leather

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Fri, May 19 6:30-9:00 PM..... ZCT32A

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.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class the first day of registration. The Park System reserves the right to remove someone who has registered for multiple sessions to provide an opportunity for someone on the wait list.

Instructor: Christina Carlson

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 9-Apr 20 9:30 AM-12:30 PM Z8732A

Thu, Apr 27-Jun 8 9:30 AM-12:30 PM Z8832A

Art and the Arboretum: Drawing Trees Workshop **NEW**

(adults)

The majestic quality of the trees that surround us have acted as a source of inspiration for artists for centuries. In this course, participants will learn how to approach drawing these unique forms. A Park System Naturalist will lead us through an informative lecture in Holmdel Park's beautiful arboretum. Participants will learn key structural features, including branch formation, bark textures and more. From there we will begin our process of drawing the tree from direct observation utilizing our understanding of the variety forms and shapes of different species.

Please Note: Class meets rain or shine. Outdoor portion may be moved indoors if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date. Drawings will be done outside so please bring lawn chair or towel if necessary.

Artist/Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$40.00 Per Person

Holmdel Pk Shelter Bldg

Wed, Apr 26 10:00 AM-1:00 PM. Z1432A

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling. In this course, you will learn the basics and more. Allow your art journal to become your diary, scrapbook or art portfolio. Art journaling is a way of documenting your daily life incorporating "pieces" of your day into your pages; a place to experiment with different art mediums, it's inexpensive and therapeutic. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Apr 5-26 7:00-9:00 PM. ABN32A



Artist Demonstration with Yana Beylinson **NEW** **Free**

(adults)

Join us for this demonstration with award-winning fine artist, Yana Beylinson. Yana will be demonstrating her unique way of painting flowers from life working alla prima in her signature expressive manner. During the demonstration the artist will speak about her creative influences, composition, values and the meaning of color in her work. Participants will have the opportunity to ask questions and see the magic of the creation of a painting. Demonstration is free and all level of artist and art enthusiasts are welcome; pre-registration is required.

One Session FREE!

Thompson Pk Creative Arts Center

Fri, Apr 21 1:00-3:00 PM. ZCZ32A

Basic Drawing

(adults)

This drawing class will introduce students to various traditional drawing skills such as sighting, comparative measurements and foreshortening. Students will learn how to accurately use line work to convey form. Throughout the course of this class, participants will begin to develop skills that will foster a better understanding of the visual arts. Lessons will be followed by individual critiques.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 2-Apr 6 4:00-6:00 PM. Z2132A

Thu, Apr 20-May 25 4:00-6:00 PM. Z2232A

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary. A supply fee of \$10.00 is payable to artist/instructor Tresse DeLorenzo the first day of class.

Six Sessions \$150.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Apr 3-May 8 12:45-2:15 PM. Z8332A

Mon, May 15-Jun 26 12:45-2:15 PM. Z8432A

No class 5/29

Fort Monmouth Rec Ctr Program Room C

Thu, Apr 6-May 11 11:30 AM-1:00 PM. Z7732A

Thu, May 18-Jun 22 11:30 AM-1:00 PM. Z7832A

Chiaroscuro Drawing Techniques

(adults)

Learn how to draw with confidence and master your drawing skills in this advanced drawing course. Chiaroscuro is Italian for light and dark invented during the Renaissance to portray depth through slow gradations of light and shadow. This advanced drawing technique will take you to the next level as an artist. Painters will be able to see the subtle nuances of light in their subject matter after completing this course. If you have taken several drawing courses and feel confident in your skills in perspective and proportion, join this program. We will focus on one direct light source in our classes which will greatly enhance the three-dimensional quality in your work. We will be working from life and professional photos. Charcoals both black and white and pencils on toned paper to capture the light and dark. Enjoy expanding your artistic skills; you will be challenged. Your supply list is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Thompson Pk Creative Arts Center

Five Sessions \$102.00 Per Person

Mon, Mar 6-Apr 3 2:00-4:30 PM ZBR32A

Mon, Apr 10-May 8 2:00-4:30 PM ZBS32A

Four Sessions \$82.00 Per Person

Mon, May 22-Jun 12 2:00-4:30 PM ZBT32A

Colored Pencil Extended Workshop

(adults)

Join us for this four-part workshop concentrated on the art of colored pencil. Colored pencils have the potential to yield beautiful works if used properly. Beginning with the basics of color theory, we will delve into everything one needs to know to use this medium to its maximum potential. Basic drawing skills are strongly recommended, however not required.

Artist/Instructor: Katie Stone

Four Sessions \$97.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 16-Apr 6 1:00-3:00 PM Z1632A

Thu, May 4-25 1:00-3:00 PM ZAN32A

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 \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 28-May 2 6:30-8:30 PM ZAH32A

Tue, May 9-Jun 13 6:30-8:30 PM ZAJ32A

Thu, Mar 30-May 4 6:30-8:30 PM ZAK32A

Thu, May 11-Jun 15 6:30-8:30 PM ZAM32A

Fri, Mar 31-May 5 10:00 AM-12:00 PM ZAP32A

Fri, May 12-Jun 16 10:00 AM-12:00 PM ZAQ32A

Drawing Wildflowers

(adults)

This new specialty workshop will highlight techniques and tips to the art of rendering florals. Participants will begin with a hands-on learning experience led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. Afterwards, we will head inside with our live samples and begin the drawing process. The instructor will guide the class through how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

Please Note: Class is rain or shine. If weather conditions are poor, portions may be moved inside. Supply list and directions will be emailed two weeks in advance of the class start date.

Artist/Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$40.00 Per Person

Huber Wds Pk Env Ctr

Mon, May 22 10:00 AM-1:00 PM Z1132A



Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists Interpretive Impressionism and/or Fauvism 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 please, bring your own 11"x14" canvas to class.

Please Note: Returning students may bring in prints of their own choice if they completed the advertised paintings already.

Artist/Instructor: Debra Stasiak

Four Sessions \$98.00 Per Person

Thompson Pk Creative Arts Center

Renoir's Spring at Catou

Renoir's Head of a Young Girl

Fri, Mar 3-24 10:00 AM-12:00 PM ZAV32A

Renoir's Bouquet of Roses

van Gogh's Farmhouse in a Wheatfield

Fri, Mar 31-Apr 28 10:00 AM-12:00 PM ZAZ32A

No class 4/7

Renoir's The Little Reader (Little Girl in Blue)

van Gogh's Bowl of Peonies and Roses

Fri, May 5-26 10:00 AM-12:00 PM ZB032A

Illustrating Birds: Hummingbirds

(adults)

Hummingbirds are some of the most spectacular birds, as well as being important pollinators. We'll learn from a Park System Naturalist how to make your yard a hummingbird haven, from feeding and what to plant to attract hummingbirds, to interesting facts about these fascinating creatures. Afterwards, we will venture into the art of ornithological (bird) illustration. Participants will learn how to paint these creatures including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and creating iridescence in paintings. Some painting/drawing experience is a plus, but not a necessity.

Please Note: This class requires the purchase of acrylic paints and a small canvas.

Artist/Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 27 8:00-11:00 AM Z1332A

Illustrating Birds: The World of Warblers

(adults)

This workshop takes an in-depth look at creating your own bird illustrations. First, we'll spend some time learning from a Park System Naturalist about our native bird species, looking for them in their natural habitats. After the hike we head indoors to venture into the art of ornithological (bird) illustration. Participants will learn how to draw birds including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and more. Our focus for this session will be new world warblers. Some drawing experience is a plus, but not a necessity. Supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: Class meets rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor.

Artist/Instructor: Katie Stone/ Naturalist: Paul Mandala

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Thu, May 18 8:00-11:00 AM Z1232A

Inspired Painting

(adults)

This spring, join instructor Shari Epstein for a four-week painting class. Working independently, complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcome. Work in either acrylics or oils. To the first class, bring images you love, preferably as a print rather than on your cell phone. Supply lists will be sent upon registration. Class size is limited to 12 students.

Four Sessions \$96.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Mar 7-28 11:30 AM-2:30 PM A4432A

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. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 14-Apr 18 9:00-11:00 AM Z0232A

Tue, Apr 25-Jun 6 9:00-11:00 AM Z0332A

No class 5/30

Mixed Media Drawing Class

(adults)

This is a new class that all artists will enjoy and find very fulfilling. We will work with both wet and dry drawing materials such as inks, dyes, watercolor and even gouache as underpaintings. Then we will build upon the subject matter with a layering and overlapping techniques to add a new life to the drawing. We will then go back into the initial washes with dry drawing materials to design exciting and unique one-of-a-kind artwork that is fun and forgiving at the same time. We will apply microns color pencils and even render with pastel pencils to create a style or impressionistic or even a realistic rendition of guided subject matters, such as koi ponds, sunsets, tropical paradises or any image you find intriguing. Explore and learn how to mix and match many diverse mediums on one paper. Detailed supply list will be attached to your receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Thompson Pk Creative Arts Center

Five Sessions \$102.00 Per Person

Fri, Mar 10-Apr 7 11:00 AM-1:30 PM ZC032A

Fri, Apr 14-May 12 11:00 AM-1:30 PM. ZC132A

Four Sessions \$82.00 Per Person

Fri, May 26-Jun 16 11:00 AM-1:30 PM. ZC232A

Oil Painting Fundamentals

(adults)

This basic painting class will focus on the fundamentals of painting, offering students a step-by-step approach to enable them to paint independently. Strategies for understanding color, paint application, and handling of the medium will be covered. Demonstrations and lectures will be followed up by individualized critiques.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 10-Apr 14 9:30-11:30 AM Z2532A

Fri, Apr 21-May 26 9:30-11:30 AM Z2632A

Oil Painting Techniques

(adults)

Artists will gain confidence learning the proper techniques and application of their materials. Through this hands-on course, students will learn diverse painting styles as well as various master's techniques. We will cover concepts such as working lean to fat, impasto, alla prima, under painting designed specific for each image. Three paintings will be completed within the six week course and artists will be challenged, encouraged and empowered. Finished paintings will be 5"x7" or 8"x10" in size and reference photographs will be provided by your instructor. All levels are always welcome, but some prior oil painting experience is required. A supply list will be provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Thompson Pk Creative Arts Center

Five Sessions \$102.00 Per Person

Wed, Mar 8-Apr 5 2:00-4:30 PM ZBH32A

Wed, Apr 12-May 10 2:00-4:30 PM. ZBJ32A

Four Sessions \$82.00 Per Person

Wed, May 24-Jun 14 2:00-4:30 PM ZBK32A

Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with experience, the focus of this class will be fine-tuning and developing technique with independent guidance and critique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 14-Apr 18 11:30 AM-1:30 PM Z0432A

Tue, Mar 14-Apr 18 2:00-4:00 PM Z0632A

Tue, Apr 25-Jun 6 11:30 AM-1:30 PM. Z0532A

No class 5/30

Tue, Apr 25-Jun 6 2:00-4:00 PM Z0732A

No class 5/30



*I thoroughly enjoy the art programs.
They are well presented and individual
attention is given as needed.*



Painting on Silk *(ages 16 and up)*

Ah the allure of silk...the softness of a flower petal and the strength of steel. Silk painting is the application of silk dyes directly onto stretched white silk fabric. A liner is applied first and then colors that are vibrant and translucent (not opaque) are painted in. Watercolor effects can be used and the results cannot be replicated in any other medium. Two full projects will be completed. A supply fee of \$20.00 (cash) is payable to artist/instructor Karin Trunz at the first class.

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 11-Apr 22 10:30 AM-12:00 PM ... Z0132A*No class 4/8***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 will 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

Thompson Pk Creative Arts Center

Five Sessions \$102.00 Per Person**Wed, Mar 8-Apr 5 11:00 AM-1:30 PM. ZBD32A****Wed, Apr 12-May 10 11:00 AM-1:30 PM ... ZBE32A****Four Sessions \$82.00 Per Person****Wed, May 24-Jun 14 11:00 AM-1:30 PM ... ZBF32A****Plein Air Oil Painting at the Cove***(adults)*

Instructor Gina Torello has redesigned this plein air class down by the Manasquan Inlet. She will demonstrate each session as everyone follows along painting the exact subject matter as she instructs from inception to completion. Each painting will take two weeks from start to finish. Lessons will be on the Manasquan beach, jetty, out in the marsh grass, the fishing boats from Point Pleasant Marina and all while painting alongside with a master plein air artist. This is a one-of-a-kind experience local artists do not want to pass up. You will be supplied with a New Wave Pochade Easel to use during your exclusive lessons down in this quaint seashore town. This pleasurable and rewarding class will cover compositional structure, color theory, application of materials and most of all the process of capturing the LIGHT in the open air like the Impressionists. Intermediate to experienced oil painting artists are welcomed. Must be physically able to stand for three hours and mobile to move about outside with all your supplies in a backpack. A detailed supply list will be provided with your registration receipt.

Eight Sessions \$186.00 Per Person

Fisherman's Cove Act Ctr

Thu, Apr 27-Jun 15 1:30-4:30 PM ZBM32A**THE GALLERY**

The Gallery at the Thompson Park Creative Arts Center, Lincroft, offers a variety of fine art exhibits from talented local artists throughout the year. Details on upcoming exhibits are available on our website.

www.MonmouthCountyParks.com

Plein Air Workshop

(adults)

Join us at beautiful park properties and capture the stunning landscape in your very own oil painting. These workshops will lead the student to better understand some of the foundational techniques of painting en plein air from capturing light, shadow, composition and color in a painting session. Participants will be guided through the process by a professional plein air artist. This class is designed for intermediate painters with some experience.

One Session \$60.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Artist/Instructor: Jane Manco

Mon, Apr 24 1:00-4:00 PM ZBA32A

Artist/Instructor: Kristin Kunc

Thu, May 4 1:00-4:00 PM ZBB32A

Wickatunk Rec Area Spring Valley Patio

Artist/Instructor: Gina Torello

Sat, May 6 10:00 AM-1:00 PM ZBC32A

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or two of the class will focus on drawing. Accuracy in proportion, shape, line, value and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demos and critiques. Following the drawing portion of class students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color in regards to beautiful flesh tones will be explored. Please bring \$43.00 for model fee the first day of class.

Artist/Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 6-Apr 17 9:30-11:30 AM Z1732A

No class 4/3

Mon, Apr 24-Jun 5 9:30-11:30 AM Z1832A

No class 5/29

Still Life Oil Painting for Beginners

(adults)

Creating beautiful still life paintings can be a challenge without the appropriate techniques and approach. In this class, students will learn the basics of this art form, covering fundamentals such as preparing a canvas, planning composition, color mixing and application. This is the perfect class to begin your journey into this timeless artistic tradition. A supply list will be provided upon registration.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 1-Apr 5 6:30-8:30 PM Z2332A

Wed, Apr 19-May 24 6:30-8:30 PM Z2432A

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 levels of artists, both professional and beginner, are always welcome.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Five Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 10-Apr 7 2:00-4:30 PM ZC332A

Fri, Apr 14-May 12 2:00-4:30 PM ZC432A

Fisherman's Cove Act Ctr

Tue, Apr 11-May 9 2:00-4:30 PM ZC632A

Four Sessions \$82.00 Per Person

Fisherman's Cove Act Ctr

Tue, May 23-Jun 13 2:00-4:30 PM ZC732A

Thompson Pk Creative Arts Center

Fri, May 26-Jun 16 2:00-4:30 PM ZC532A

Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A list of supplies (not included) will be provided upon registration.

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Apr 14-Jun 16 10:00 AM-12:30 PM Z1932A

Fri, Apr 14-Jun 16 1:00-3:30 PM Z2032A

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the fact sheet for more pricing information.

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 9-Apr 13 10:30 AM-1:30 PM ZCU32A

Thu, Mar 9-Apr 13 6:30-9:30 PM ZCV32A

Thu, Apr 27-Jun 1 10:30 AM-1:30 PM ZCW32A

Thu, Apr 27-Jun 1 6:30-9:30 PM ZCX32A



KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

Please Note: Participants must be able to operate the sewing machine they bring to class.

Instructor: Janice Beeby

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 7-Apr 11 7:00-9:30 PM ZAR32A

Tue, Apr 25-May 30 7:00-9:30 PM ZAS32A

Knit or Crochet Your Choice

(ages 15 and up)

Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose. If you are just learning, bring a skein of light colored yarn and size 8 or 10 needles.

Instructor: Sari Infield

Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 2-Apr 6 6:30-8:30 PM ZCM32A

Thu, Apr 20-May 25 6:30-8:30 PM ZCN32A

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics such as 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 Walnut Room

Sat, Mar 11-Apr 22 10:30 AM-12:30 PM ... ZAT32A

No class 4/8

Sat, May 6-Jun 17 10:30 AM-12:30 PM ... ZAU32A

No class 5/27

Monmouth County Park System



Spring Craft Show

**Saturday, April 15,
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 visit
the Spring Craft Show page on our website or email
James.Butler@monmouthcountyparks.com.



www.MonmouthCountyParks.com

MISCELLANEOUS

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. All three workshops are suitable for beginners. Fees for materials (listed below) are to be paid to the instructor the first day of class.

Instructor: Martha Costain

Two Sessions \$38.00 Per Person

Thompson Pk Creative Arts Center

Traditional Easter Basket

This basket is woven on a 5"x8" wood base. Height of weaving about 5" with rounded handle about 12". Your choice of natural and dyed reed.

Materials fee: \$25.00

Thu, Mar 16-23 10:00 AM-1:00 PM ZD232A

Shallow Market Basket

This is a 10"x12" rectangular basket with a carved ash handle. Depth of basket 5", height with handle 9". Materials fee: \$25.00

Thu, Apr 13-20 10:00 AM-1:00 PM ZD332A

Berry Gathering Basket

This basket is woven on a 4" wood base; basket will be 6" high with a 6" swing handle attached to the rim. Materials fee: \$20.00

Thu, May 18-25 10:00 AM-1:00 PM ZD432A

Bead Weaving - Spiraling in Control

(adults)

The best thing about a simple beading technique is its adaptability. Take a basic stitch and add different colors, shapes and patterns, and you have a unique design all your own; so welcome to "Spiraling in Control." During this session you will stitch three projects using three different spiral stitches with European roots: Dutch, Cellini and Russian. So let your creativity run free as we learn to stitch in spirals! A materials list will be provided upon registration.

Instructor: Mary Louise Doner

Six Sessions \$98.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 3-May 8 1:00-4:00 PM ZBG32A

Beginner Soapmaking

(adults)

Roll up your sleeves and begin making cute, artistic and novelty soap with natural melt and pour soap base. Techniques taught include mosaic soap bar (a stained-glass effect) and your choice of loofah soap or a botanical soap bar. Unleash your creativity by customizing your soaps with color, fragrance and other additives such as herbs. This hands-on class is a great start to the world of soapmaking. Please bring a 16 oz. (or more) Pyrex mixing bowl and a shirt to protect your clothing. A supply fee of \$20.00 is to be paid to instructor upon arrival to class.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 20 11:00 AM-12:30 PM A9132A

Mon, Apr 17 11:00 AM-12:30 PM A9232A

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, Mar 22 10:00 AM-12:00 PM Z8932A

Wed, May 24 10:00 AM-12:00 PM Z9032A

Mother's Day Soapmaking

(adults)

Learn to make lovely melt and pour soap for yourself, mother, grandmother or any special person in your life! We will create a large heart-shaped fragranced soap with oils and butters and complete our creation with a lovely soap dish (provided) and a bow! A heartfelt treat indeed! We will also create one surprise body product from scratch using basic ingredients from your kitchen. Roll up your sleeves and get ready to create! Please bring a 16 oz. (or more) Pyrex mixing bowl and a shirt to protect your clothing. A supply fee of \$20.00 to be paid to instructor upon arrival to class.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, May 6 11:00 AM-12:30 PM A6132A

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 materials fee of \$10.00 is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$30.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 11 5:00-7:30 PM Z0832A

Sun, Mar 12 2:00-4:30 PM..... Z0932A

Thu, Mar 23 5:00-7:30 PM..... Z1032A

Sun, Apr 16 1:00-3:30 PM Z1532A

MOSAICS & STAINED GLASS

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 for a \$70.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$79.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Mar 4-Apr 8 1:00-3:00 PM..... Z9132A

Sat, Apr 22-Jun 3 1:00-3:00 PM..... Z9232A

No class 5/27

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've made one you'll never want to stop. A materials fee of \$70.00 (cash or check only) is due to the instructor Harry Belkowitz the first day of class.

Six Sessions \$79.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Mar 7-Apr 11 10:00 AM-12:00 PM ... Z9532A

Tue, Apr 25-May 30 10:00 AM-12:00 PM .. Z9632A

Intermediate Mosaics

(adults)

For those who have taken Beginner Mosaics, 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. A materials fee of \$70.00 (cash or check) is due to the instructor at the first class.

Instructor: Harry Belkowitz

Six Sessions \$79.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Mar 4-Apr 8 10:00 AM-12:00 PM. Z9332A

Sat, Apr 22-Jun 3 10:00 AM-12:00 PM. Z9432A

No class 5/27

Mosaic Trivet

(adults)

Looking for something fun to do? How about mosaics? Join us as we embark on a discovery of mosaics while making an attractive piece of functional art. This 11"x12" trivet project is beginner friendly and will be complete and ready to take home by the end of the evening. A materials fee of \$40.00 (cash or check) is to be paid to instructor Harry Belkowitz at the start of class.

One Session \$25.00 Per Person

Big Brook Pk Elsas Lodge

Thu, May 4 6:00-8:00 PM..... Z9732A

Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. Students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns and you will advance at your own rate. All supplies provided by the instructor; a materials fee of \$100.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Mar 8-Apr 12 10:00 AM-12:00 PM ... ZCR32A

Wed, Apr 26-May 31 10:00 AM-12:00 PM. . ZCS32A



Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind and solder a stained glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$100.00 (cash or check) is due to instructor Harvey Altman at the first class.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Mar 7-Apr 11 1:00-3:00 PM ZCP32A

Tue, Apr 25-May 30 1:00-3:00 PM. ZCQ32A

PHOTOGRAPHY

Mobile Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. Either an iOS or Android device is required. A digital camera with WiFi, in addition to your mobile device, is optional.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Tue, May 2-16 6:30-8:30 PM. ZBP32A

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 or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with instructor Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 7-Apr 11 9:30 AM-12:30 PM ZBN32A

Tue, May 23-Jun 27 6:30-9:30 PM. ZBQ32A



The instructor Gary was excellent. He made the topics interesting and easy to comprehend a complex subject. Great personality!



Manasquan Reservoir Photography Contest

Calling all photographers! Don't miss your opportunity to enter your photos in our 2024 exhibition! Each photographer may enter one photo per category per season.

Entry Deadlines

Winter: March 26, 2023 / Spring: June 25, 2023 / Summer: September 24, 2023 / Fall: December 3, 2023

Exhibition Dates: February 1-29, 2024

Theme: Shapes of Nature

Divisions: Youth or Adult

Categories: General & Wildlife

Entry Fee: \$5.00 per photo for Adult Division; submissions free for Youth Division

Rules and entry form available on the Manasquan Reservoir Environmental Center page of our website.



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 six months and older. Classes will be held in a shelter building and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

Big Brook Pk Elsas Lodge Shelter Building

Sat, May 6-Jun 24 9:45-10:45 AM Q3632A

No class 5/27

Tue, May 9-Jun 20 6:45-7:45 PM Q3732A

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. Classes will be held at a shelter building and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Person

Big Brook Pk Elsas Lodge Shelter Building

Sat, May 6-Jun 24 11:00 AM-12:00 PM Q3932A

No class 5/27

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. Classes will be held at a shelter building and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

Big Brook Pk Elsas Lodge Shelter Building

Tue, May 9-Jun 20 5:30-6:30 PM Q3832A

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 eight weeks to five months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class. Classes will be held in a shelter building and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

Big Brook Pk Elsas Lodge Shelter Building

Sat, May 6-Jun 24 8:30-9:30 AM Q3532A

No class 5/27

CULINARY ARTS

'Cue Around the World

(adults)

Let's take that quintessential American favorite - the backyard barbecue - to a whole new level. We'll explore barbecue flavors and techniques from around the world through mouth watering recipes you'll enjoy making again and again. Techniques for this class include temperature, marinades, dipping sauces with paired sides and more.

Menu: Grilled Cuban Mojo Pork Chops with Lime Cilantro Rice and Tandoori Chicken aka, Tandoori Murghi with Grilled Flatbreads

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 10 6:00-8:30 PM M7832A

Buttercream Flowers

(adults)

Create roses, daisies, primroses and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers and flower nails. This detail-oriented class is a little more advanced and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 1 6:00-8:00 PM AB832A

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: Olive, Garlic & Thyme Chicken Thighs and Upside Down Pineapple Skillet Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 22 6:00-8:30 PMM6732A

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: Crab Stuffed Flounder and Lemon Oregano Crusted Cod

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 30 6:00-8:30 PMM6832A

Catch of the Day: Grilling Edition

(adults)

Are you afraid to cook fish? It's time to face your fears as the chef walks you through classic techniques for grilling fish the easy way. You'll have confidence to prepare fresh fish on the grill, and no more worries about dry or (unintentionally) blackened fish again.

Menu: Grilled Tuna with Teriyaki Glaze and Spicy Dipping Sauce, Grilled Salmon with Jersey Tomatoes and Hearts of Palm Vinaigrette

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 3 6:00-8:30 PMM7632A

Chinese Restaurant Classics Revealed

(adults)

You've seen all of these on many menus. But what is in those common Chinese menu items and how can you make them at home? Let's peek behind the curtain tonight revealing the ingredients and techniques to make these Chinese restaurant classics! What is sweet and spicy in Kung Pao chicken and honey walnut shrimp? Are those little black beans in the beef and broccoli? Does orange chicken have to be deep-fried? How do I get the umami flavor in shiitake chicken and shrimp fried rice? Let's cook these dishes and find out. Please bring a knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, May 16 6:00-9:30 PMABF32A

Private Group Cooking Classes

Book a private class for 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. Perfect for couples, friends' night out, birthday gifts and more!

Cost: \$325.00 for 4-8 people, ages 13-adult, for a 2 ½ hour weeknight class

Location: Fort Monmouth Recreation Center, Tinton Falls

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, contact

Tyler Lucas at 848-456-4278, ext. 9#, or

Tyler.Lucas@co.monmouth.nj.us.



Chocolate Making Basics

(adults)

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 \$65.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 22 6:00-9:00 PM.....AB932A

Cooking with Liquor & Spirits

(adults)

Add some ooh la la to your sweet and savory dishes! There are many creative ways to cook with these libations, from sauces and glazes to marinated fruits; from pie dough to preserves. Learn the proper steps and amounts to create the perfect "spirited" dish, adding elegance and complexity to your next meal.

Menu: Napa Valley Cabernet Burgers, Poached Pears, and Easy Penne Vodka Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 2 6:00-8:30 PM.....M6232A

Eat to Beat Illness

(adults)

Health begins at the end of your fork! Many modern chronic health conditions are preventable and reversible with lifestyle medicine. Nutrition is the prevention and the cure. The key to a healthy and happy life all begins in the kitchen. Forget all the trendy diets promising instant relief and weight loss and come learn foundational principles of healthy eating that are delicious and sustainable! Quick demos and tastings will be provided.

Presented by: Lisa Vento, CFHC

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 15 6:00-8:00 PM.....AB532A



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 crimp the edges, and bake or fry your empanadas. Top it off by creating three delicious dipping sauces for one mouth watering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 16 6:00-8:30 PM.....M6632A

Everyday Cooking for Digestive Health

(adults)

This class complements the "Digestion Connection" lecture. The instructor will 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, CFHC

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 27 6:00-8:00 PM.....AB032A

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 \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 4 6:00-8:30 PMM7732A

Flavors of Costa Rica & Cuba

(adults)

Travel past the tacos and burritos to some of the more authentic South American dishes. Explore delicious, fresh dishes and introduce your palate to a whole new world of flavors to accompany chicken, fish or pork. Your friends will be singing your praises after tasting these exciting flavor combinations.

Menu: Costa Rican Shrimp and Rice (Arroz con Camarones) and Cuban Pork Chops with Mojo

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 26 6:00-8:30 PMM7532A

Food Truck Faves Returns!

(adults)

Better than that great race on TV – no truck needed! Take a journey through an imaginary street fair, as the chef introduces you to the popular fare that you can make in your own kitchen. From Mexican to Greek to Asian and beyond, explore - and taste - the unique cuisine that is the American street fair food truck.

Menu: Colombian Arepas, Frito Pie and Apple Pie Tacos

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 12 6:00-8:30 PMM7232A

Fun with Phyllo

(adults)

It may seem intimidating, but knowing the tips and techniques, you can work successfully to make some outstanding pastry dishes. We'll discuss the characteristics of phyllo dough, how it differs from puff pastry, which is the best choice for particular recipes and then get our hands on the dough while we have fun creating delicious and yummy eats for all.

Menu: Spanakopita Triangles and Baklava Cigars

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 8 6:00-8:30 PMM6532A

Healthier Comfort Foods

(adults)

Are you trying to eat healthier and are struggling with cravings for sweets and all the wrong foods? This class is for you if you want to create healthier comfort foods that feel good. You CAN love the foods that love you back. Breads, muffins and puddings oh my! Bring a friend to this healthy and tasty night out! Class is taught in a demonstration format.

Presented by: Lisa Vento, CFHC

One Session \$55.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Apr 24 6:00-8:00 PMAB432A

Traditional Mexican Cooking

(adults)

Tonight, Chef De Celie will offer up traditional Mexican recipes that will far surpass takeout! Oaxaca-style molé and fresh tortillas to start. Everyone will make masa, form and cook their own tortillas. First, tlayuda Oaxaqueña, a open tortilla topped with beans, lettuce, avocado, green salsa, and chorizo. Another open tortilla - memela, a thicker tortilla topped with black beans and tomatoes. Next is black bean filled tetela and enmoladas that rolls shredded chicken in the tortillas you've made. Lastly, my favorite costillita de San Juan Colorado, fork-tender pork ribs with a light red molé. Dessert will have to be nieve de mango – mango ice cream and Oaxacan spiced hot chocolate! Please bring your knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 18 6:00-9:30 PMABG32A

Pizza & Zeppole

(adults)

Working with fresh dough, you'll learn the techniques of mixing, kneading and rolling it to make your own Italian "Tomato Pie". Then it's on to one of the many sweet and savory varieties of Italian donut, the Zeppole. Practice hands-on with "Mrs. Chef", as she demonstrates the skills you need to master these favorite snacks. Along the way you'll also reinforce measuring, baking and knife skills.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 4 10:00 AM-12:30 PMM6332A



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 \$60.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 20 6:00-8:30 PMM7432A

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.

Seven Sessions \$30.00 Per Person

Beginners Only

For players who have some knowledge of how to play Mahjong. Please see Beginner Mahjong (*this page*) for instructional classes.

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 6-Apr 17 10:00 AM-12:00 PM ...M0232A

Wed, Mar 1-Apr 12 10:00 AM-12:00 PM ...M1232A

Mon, May 1-Jun 12 10:00 AM-12:00 PM ...M1132A

Wed, Apr 26-Jun 7 10:00 AM-12:00 PM. ...M1332A

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 7-Apr 18 9:30-11:30 AM.M1432A

Wed, Mar 1-Apr 12 9:30-11:30 AM.M1532A

Thu, Mar 2-Apr 13 9:30-11:30 AM.M1632A

Tue, May 2-Jun 13 9:30-11:30 AM.M1732A

Wed, Apr 26-Jun 7 9:30-11:30 AM.M1832A

Thu, Apr 27-Jun 8 9:30-11:30 AM.M1932A

EDUCATION & ENRICHMENT

Beginner Mahjong

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. American rules will be followed. Beginners only.

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 7-Apr 18 11:30 AM-1:30 PM.M2932A

Tue, Mar 2-Jun 13 11:30 AM-1:30 PM.M3032A

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast paced classic card game. This is not an instructional program and is for experienced players only.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Mar 6-Apr 17 10:00 AM-12:00 PM ...M3132A

Mon, May 1-Jun 12 10:00 AM-12:00 PM ...M3232A

Boat America

(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

Thompson Pk Vis Ctr Beech Room

Sat, Mar 25 8:30 AM-5:00 PM.....Q2332A

Sat, Apr 22 8:30 AM-5:00 PM.....Q2432A

Sat, May 13 8:30 AM-5:00 PM.....Q2532A

Crafting a Resume that Gets Results

(adults)

Want to land your dream job? Kate Cauley, with over 25 years as a Managing Director in a successful staffing and consulting firm, will help you craft a resume that gets results. She'll help you re-imagine your resume as a marketing tool. It starts with your goal in mind and ends as a polished presentation of your career highlights that are integral to the job you are seeking. In addition to resume writing, Kate will also coach you to ace the interview. Recent college graduates are welcome!

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, May 20 11:00 AM-1:00 PM.....ABK32A

Fire & 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.

One Session \$15.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Dragons of Europe

Thu, Mar 23 6:00-7:00 PM..... MBX32A

Dragons of Africa

Thu, Mar 30 6:00-7:00 PM..... MBY32A

Dragons of the Near East

Thu, Apr 6 6:00-7:00 PM..... MBZ32A

Dragons of the New World

Thu, Apr 13 6:00-7:00 PM.....MC032A

Full Series

Enjoy all four sessions and save!

\$45.00 Per Person

Thu, Mar 23-Apr 13 6:00-7:00 PM.....MC132A

Genealogy: Naturalization Records

(ages 14 and up)

Naturalization records are a great source of information to assist you in discovering your family history. You will learn various terms as well as where to find the records. We will also cover the evolving steps required to become naturalized from the 1700s to 1940s. Photos and name changes can also be found in the records.

One Session \$19.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 11 2:00-4:00 PM.....Q2232A



Spotlight On:

Fort Monmouth Recreation Area

2566 Guam Lane, Tinton Falls

Acquired from the Fort Monmouth Economic Revitalization Authority (FMERA), this nine-acre property includes the 21,000 square foot building that became the Park System's first ever indoor recreation facility. The building is perfect for an array of programs due to its gymnasium, various classrooms, and game room. The site also includes an outdoor sport court as well as a 3,500 square foot swimming pool perfect for summer camps, water-based exercise classes, and open swim sessions.

Learn more about this site by visiting our website.

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 Beech Room

Mon, Apr 17 6:30-9:00 PM A8532A

Monmouth County SPCA...More than an Animal Shelter!

(adults)

Explore the MCSPCA through a presentation that will take you "behind the scenes" to show you areas not normally open to the public. The Humane Law Enforcement Division of the Monmouth County SPCA is granted Law Enforcement authority by Monmouth County Prosecutor's Office and is charged with the responsibility of enforcing the State of New Jersey Animal Cruelty Laws in Monmouth County. We discuss all the MCSPCA provides for the benefit of our communities' animals, as well as various volunteer opportunities. Participants 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. This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Apr 29 2:00-3:00 PM. PQ023A

More than Bingo!

(adults)

Running out of activity ideas for the person you are caring for with dementia? Come build your bag of tricks with us. You will learn strategies and ideas for your person and go home with activities to try and new resources to turn to!

Four Sessions \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 7-Jun 6 10:00-11:00 AM D2332A

Program meets 3/7, 4/4, 5/2 & 6/6

Music & Piano Class

(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 required; please consult instructor for keyboard information at gloriajunef@hotmail.com.

Presented by: Gloria Fowler AA; BA; Julliard schooled

Ten Sessions \$140.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Part 1 - Beginners

Tue, Apr 18-Jun 20 5:15-6:15 PM MB332A

Part 2

For students who have completed Music & Piano Part 1 and are ready to learn keys, chords, playing classics, and current music.

Tue, Apr 18-Jun 20 6:30-7:30 PM MB432A

Peaceful Communication

(adults)

Conflict is a normal part of life. Though we may wish to avoid it, we can't – but we can learn to how to respond in beneficial ways, and doing so can lead to positive change and growth. By focusing on our strengths and lived experiences, this conflict resolution program builds vital communication skills to empower you to deal with conflict in healthy ways. In this hands-on multi-session workshop, you'll connect deeply with others, laugh, share and listen while you practice ways to make peace in your community, your classroom, your family and at work. Sessions are led by facilitators trained by the Alternatives to Violence Project. Participants will receive a certificate in nonviolent conflict transformation from the Alternatives to Violence Project after the final class.

Eight Sessions \$80.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Apr 8-May 27 9:00-11:30 AM ABC32A

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 \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 15 6:30-10:00 PM Q4432A

Wed, Apr 12 6:30-10:00 PM Q4532A

Sat, Mar 20 10:30 AM-2:00 PM Q4632A

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 \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 25 10:00 AM-12:30 PM Q4332A

Thompson Pk Vis Ctr Beech Room

Wed, Mar 1 7:00-9:30 PM Q4032A

Wed, Apr 5 7:00-9:30 PM Q4132A

Wed, May 10 7:00-9:30 PM Q4232A

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 \$70.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 4 10:00 AM-12:30 PM Q4832A

Sat, Apr 29 10:00 AM-12:30 PM Q4932A

Freneau Wds Pk Vis Ctr Program Room 2

Sat, May 13 10:00 AM-12:30 PM Q5032A

Write Out Loud: Writing Your Memoir

(adults)

Writing a memoir is an act of self-love and healing – and only you can tell your rich, complicated, beautiful, painful, crazy stories. In this six-week workshop, we will relax with guided meditations to open our hearts and minds during a series of thought-provoking and introspective writing exercises. Those who wish to can read their stories out loud to a group of open, compassionate and enthusiastic fellow writers, and get their feedback about what they loved about it. This workshop is about safety, empowerment, encouragement, trust and heart. If you're already in the process of writing your memoir, or have been looking for an opportunity to stop procrastinating and get started, or if you love to write your stories but don't necessarily want to commit to writing an entire memoir this workshop is a supportive and fun place to do it! Bring a notebook and writing utensil or laptop to class. Presented by: Kate Cauley

Six Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Apr 25-May 30 7:00-9:00 PM ABP32A

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 Program Room 1

Sat, Mar 25-Apr 22 1:30-3:00 PM Q1632A

No class 4/8

Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program we will learn about seven of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 23-Apr 13 7:00-8:00 PM Q0332A

Thu, Apr 20-May 11 7:00-8:00 PM Q0432A

Detoxification to Improve Your Health

(adults)

The liver can hold the secret to optimal health! Learn all about this organ and its many functions that support overall well-being. Learn ten ways you can upregulate your liver function to improve chronic health conditions such as high blood pressure, high cholesterol, diabetes, autoimmune conditions, eczema, psoriasis and many more.

Presented by: Lisa Vento CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Apr 18 6:00-7:30 PM AB232A

Digestion Connection

(adults)

Hippocrates said, "Health begins in the gut." Discover how and why healthy digestive health is essential to a healthy mind and body. Learn how to eat, cleanse and de-stress to improve gut function thereby improving overall well-being. You CAN improve chronic health conditions, prevent disease and age beautifully. Presented by Lisa Vento CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 20 6:00-7:30 PM AAZ32A

DIY Natural Skincare with Essential Oils

(adults)

Are you looking for holistic solutions to your skincare concerns? Would you like to get your glow on naturally using the plant power of essential oils? In this hands-on workshop led by Gina Zalewski you'll learn about the most popular essential oils that support skin care and make and take two essential oil products to support your skin, naturally: Lavender Eye Makeup Remover and Magic Glow Serum. All recipes and supplies are provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Mar 30 10:00-11:30 AM A8632A

Essential Oil Roller-Ball Extravaganza

(adults)

Learn about essential oils and aromatherapy! During this hands-on class taught by Lora Sasiela, you will learn some basics about essential oils and then make and take home the following three blends in roller-ball bottles: Tension Tamer, Energizer Bunny and Immunity Booster. All recipes and supplies are provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, May 18 10:00-11:30 AM A8832A

Forest Bathing at Freneau Woods

(adults)

The daily grind of modern life wears on us in ways both subtle and undeniable. Join us as we turn off our cell phones, get outdoors and enjoy a nature/meditative walk among the tall trees in Freneau Woods. Forest bathing (or shinrin-yoku) is about bathing yourself in the forest atmosphere through all of your senses. Immerse yourself in nature during our forest bathing walks. Feel the connection with nature, yourself and others while walking slowly through the woods. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover around a half mile. Inclement weather will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Tue, Apr 11 11:00 AM-12:00 PM (approx) . IKM32A

Tue, Apr 18 11:00 AM-12:00 PM (approx) . IKN32A

Tue, Apr 25 11:00 AM-12:00 PM (approx) ..IKP32A

Tue, May 2 11:00 AM-12:00 PM (approx) .. IKQ32A

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 talk about Functional Medicine - a new old approach to health. Using functional medicine principles, you can learn more about your body and understand how lifestyle choices either support good health or create disease. You'll learn how to nourish properly, how to support cleansing, sleep better, improve hygiene and learn simple stress reduction tips.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Apr 11 6:00-7:30 PM AB132A

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, registration is required.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 11-Jun 13 7:00-8:00 PM D1432A

Program meets 4/11, 5/9, 6/13

Memory Cafe

(adults, with age related memory loss)

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. This is a free program; however, registration is required. Please contact Anne Simon for more information 732-460-1167, ext. 24.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 25-Jun 27 6:00-7:30 PM PD073A

Program meets 4/25, 5/23 & 6/27

Memory Cafe- Walks in the Parks

(adults, with age related memory loss)

Discover the seasonal beauty of our county parks. Each month we will visit a new park, look for wildlife and enjoy the sights and sounds of nature. We'll gather the second Tuesday of the month.

Four Sessions \$20.00 Per Couple

March 14 - Sunnyside Equestrian Ctr Sunnyside Rd Lot / April 11 - Shark River Pk Schoolhouse Rd Lot

May 9 - Manasquan Res Env Ctr Lot / June 13 - Dorbrook Act Ctr Lot

Tue, Mar 14-Jun 13 3:30-4:30 PM D1532A

Program meets 3/14, 4/11, 5/9 & 6/13

Gracefully Aging

(adults)

Participants will understand and experience the proven health benefits of mindful whole practices, such as meditation, simple body movements, (to lubricate joints, improve balance and aid digestion), and other preventative health care tools. Our goal is to compassionately work on any limits we have, increase aspects of our strengths and relax our guard by tapping into the indestructible place within each of us that is calm, restful and anchored in peace.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Mar 6 1:00-3:00 PM A8432A

Holistic Beauty Workshop: Hand & Nail Care

(adults)

Our hands do SO much for us! Let's show them some love! During this workshop, led by Gina Zalewski, you will learn some basics about essential oils, which ones support hand and nail health and also learn how to make and take home a healing salve and a sugar scrub. And, we will show some gratitude for our hands by doing a blessing of the hands and some easy hand yoga techniques. All recipes and supplies are included.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Apr 27 10:00-11:30 AM A8732A

Mindful Mealtime

(adults)

Whether it is lunchtime with friends, dinner with family or snack time on your own, being mindful at mealtime will teach you to listen to your body, make healthy food choices and to slow down and enjoy your meal. In this program we will learn mindfulness mealtime exercises, the benefits of eating healthy foods and share healthy snack and mealtime ideas. Please bring your favorite fruit or vegetable for a snack to class.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Mar 16 7:00-8:30 PM Q3332A

Tue, May 16 7:00-8:30 PM Q3432A

S.O.U.L. Foods

(adults)

Splendid Outcomes Utilizing Love invites you to consider using one ordinary action: choosing what you eat. This will be the entry point to gather high vibrational energy to reinforce key inner strengths to support optimal health and wholeness.

Presented by: Grace Conte, M.A., Educator & certified Reiki Instructor

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Mar 13 6:00-8:00 PM A4632A

Tend & Befriend Ourselves

(adults)

For a sense of hope, more personal security and greater acceptance. Let's experience intentional training in mediating skills and rewire our brains and heal our emotional lives.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, May 8 6:00-8:00 PM A4532A

The State of the Soul

(adults)

Through this workshop, seekers will be able to grow more aware of the stability found within by claiming their essential goodness. Once such foundational reliability is experienced, identifying and then claiming our inherent sacred qualities, the normal states of the soul which are compassion, forgiveness, gratitude, hospitality, joy, peace and hope.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Apr 6 6:00-8:00 PM A8332A

T'ai Chi Chih Joy Through Movement®

Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose, which are solidly based on long-existing Asian principles of Chi cultivation. This enjoyable and easy to learn, evidence-based and unique practice is user-friendly for Western culture. The movements active, balance and circulate the vital life force energy, so that regular practice can result in significant favorable effects on stress, body function, balance and ease of movement, mind clarity and general health.

Instructor Daniel Pieniak, 10+ year International Teacher/Trainer

Two Sessions \$45.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Mar 7-14 6:00-7:30 PM A1032A

Beginner

The fundamental principles of how to move and a set of simpler movements are presented.

Six Sessions \$92.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Apr 7-May 12 11:30 AM-12:50 PM. A0432A

Mon, May 8-Jun 19 11:30 AM-12:50 PM ... A0532A

No class 5/29

Intermediate

A more in-depth study of the movements and principles and includes all 19 movements. For students who have taken Beginner level at least once.

Six Sessions \$92.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Apr 7-May 12 10:00-11:20 AM A0232A

Mon, May 8-Jun 19 10:00-11:20 AM A0332A

No class 5/29

Begin or Review!

An introduction for beginners, as well as a general review for returning students

Four Sessions \$92.00 Per Person

Clayton Pk Act Ctr Classroom 1

Wed, Mar 22-Apr 12 10:30 AM-12:00 PM .. A0932A

Twilight Outdoors

Class will be held outdoors, weather permitting.

Six Sessions \$118.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, May 16-Jun 20 6:00-7:30 PM. A0632A

What Are You Hungry For?

(adults)

Do you struggle with constant cravings, especially for "feel-good" foods? Do you eat when you are bored, nervous, excited or sad? Do you habitually overeat? In this workshop, we'll talk about the physiological, mental and spiritual causes of emotional eating and learn seven steps to break the cycle.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, May 9 6:00-7:30 PM AB332A

World T'ai Chi & QiGong Day with T'ai Chi Chih: Joy Thru Movement

(adults)

One World...One Breath. Join us as we honor this worldwide celebratory day with folks all over the world! Experience this meditative body movement practice that has its roots in ancient Qi Gong principles and yields many benefits to its practitioners.

Presented by: Daniel Pieniak

One Session \$15.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 29 10:00 AM-12:00 PM A0732A

HORTICULTURE

Amazing Plants to Feed the Bees

(adults)

Are you looking for ways to support the pollinators in your yard? This class is for you. We will teach you how to provide a healthy habitat to help pollinators thrive by selecting specific plants that foster both generalist and specialist bees. We will present some of our favorite North American native wildflowers and share their seeds with you.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 6 10:00-11:15 AM. H1132A

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 the correct ways to create a beautiful, low-maintenance flower bed, or update your current beds for maximum performance with minimal maintenance required.

One Session \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 15 10:00 AM-12:00 PM H1632A

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 a special woman in your life!

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 5 10:00-11:15 AM H0332A

Wed, Mar 8 10:00-11:15 AM H0232A

Create Mini Meadows

(adults)

Learn what it takes to grow a little patch of colorful flowers anywhere around your yard. From hillsides, hard to reach areas, and leach fields to containers, patios and walkways. This is an easy, inexpensive and eco-friendly way to start a garden. We will guide you through the steps of choosing the perfect plants, prepping the ground for growing from seed, and providing support to your new mini meadow for years to come.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 1 10:00-11:15 AM H1232A

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 \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 13 10:00 AM-12:00 PM H1932A

Five Plants Garden

(adults)

It is easy to get carried away when you are shopping for plants. All the wonderful colors of beautiful flowers and lush leaves look amazing and you want to bring them all home. We know! This year make life easier for yourself and skip the regret of overspending. Five Plants Garden is an easy, manageable design that is cost- and time-wise perfect for the small homeowner and doable within a weekend.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Apr 28 4:00-5:15 PM H1532A

Gardening Book Club

(adults)

Join us in reading and discussing works of fiction or non-fiction having to do with gardening, plants, nature and/or the land. Green thumb not required.

Nine Sessions \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 1-Apr 26 10:00 AM-12:00 PM ... H1032A

Spring Native Plant Swap

Saturday, May 6, 8:30 AM

Plant Drop-Off: 8:30-10:00 AM / Plant Selection Begins at 10:00 AM

Tatum Park, Red Hill Road, Middletown

Calling all native plant enthusiasts! Bring established plants in one-quart, one-gallon or two-gallon containers to exchange for plants in like sizes. Only plants native to the Mid-Atlantic Region of the United States will be accepted. Plants must be brought during drop-off times to allow for plant inspection. Please label all plants. House plants may also be exchanged (these do not need to be native). Check Deep Cut Gardens website for a list of acceptable native plants.

For more information on the plant swap call 732-671-6050.



Grow Herbs for Cold and Flu Relief *(adults)*

Colds and flus with their chills, coughs, sore throats and congestions will no longer have you hiding under a blanket. Learn how to plant a cold and flu herb garden. The class will cover basic site selection, soil prep and plant material. Next we will introduce each herb individually and share its benefits and medicinal uses. Some herbal knowledge preferred.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 25 10:00-11:15 AM..... H1432A**Introduction to Composting***(adults)*

Composting is a great way to produce a valuable soil enhancer for your garden and reduce the amount of garbage you send to the landfill. This class will cover the how and why we compost as well as demonstrate different methods.

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 23 10:30-11:45 AM H2032A**Sun, May 21 10:30-11:45 AM..... H2132A****Introduction to Needle Felting - Botanical Pin***(adults)*

Welcome to the enchanted world of felting! You will be in love as you transform these vibrant colored fibers into the delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Along the way, you will work on a bookmark or a bracelet, coaster and a flower. This is a fun and rewarding workshop. All of your creations are yours to keep or gift to loved ones.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 11 10:30 AM-12:30 PM H0432A**Mobsters and Mayhem***(adults)*

Join a local historian on a tour of our garden and learn about its rich history. Enjoy a fun-filled, entertaining evening touring the estate, including a special signature mocktail while we share our prohibition-era stories with you.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Mar 30 4:00-6:00 PM..... H0732A**Thu, Apr 27 4:00-6:00 PM H0832A****Thu, May 18 4:00-6:00 PM H0932A****VOLUNTEER AT DEEP CUT GARDENS!** *(adults)***Saturday, April 29, 1:00-3:00 PM**

Learn how to become a volunteer at Deep Cut Gardens. We will train you in the seasonal points of interest within the gardens as well as our upcoming special events so you can help park visitors fully enjoy their time at Deep Cut. Spend a couple of hours touring the gardens and learning how to be a welcoming, informative presence on the grounds or in the classroom of Deep Cut. Please dress comfortably for a guided walk through the gardens.

**Native Plants for Pollinators***(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 \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 30 10:00 AM-12:00 PM H1832A**No Irrigation? No Problem** *(adults)*

Learn how to create a garden that can endure dry spells and uses irrigation only as "life support" in times of severe drought. Dry gardens can be beautiful alternatives in times of changing climate, as they will save on maintenance, water consumption, care and future plant replacements.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 22 10:00-11:15 AM H1332A

Not Tonight My Deer: Plants Deer Don't Like to Eat

(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 \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 16 10:00 AM-12:00 PM.....H1732A

"The Luck Of The Irish"

(adults)

This boutique workshop will focus on the use of soft, lime green tones and textures. Inspired by those classic Irish green patchwork fields this arrangement is sure to please any "Irish Eyes" and instantly make them smile. Bring "The Luck of The Irish" home or better yet, gift it to that special Irish Belle.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 15 3:00-4:15 PMH0532A

Triple Garden Tour of Huber Woods

(all ages, under 18 with adult)

Are you looking to landscape with more native plants? Utilizing native species can boost the aesthetics of a yard while also providing valuable ecological benefits. Here at Huber Woods we offer numerous exhibits showcasing various plant compositions. Everyone will leave this garden tour with a better understanding of native ecology!

One Session \$6.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Mon, May 8 5:00-6:30 PMIK432A

Thu, May 25 5:00-6:30 PMIK532A



NATURE

A Magical Moss Walk

(all ages)

What is tiny, green and fuzzy? MOSS, naturally! This green fuzzy plant does not make seeds and it does not have fruits. They also do not produce pollen. As a non-vascular plant, moss soaks up and holds water and nutrients in its leaves. Moss thrives during the fall, winter and spring with bright green coloring. In the summer it can be in a dormant state, usually a faded green to brown color due to the lack of moisture. There are so many fascinating facts to discover about moss. Make moss magical for you by joining us on a moss walk. Please wear footwear that works in muddy terrain.

One Session \$8.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Mar 5 11:00 AM-12:00 PM.....IMK32A

After Work Bird Walk

(adults)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks to see what birds we can find in the afternoon light. 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. Come prepared to walk 1-4 miles over varied terrain. Waterproof footwear and long pants and bug spray are recommended.

One Session \$9.50 Per Person

Big Brook Pk Pond

Thu, Mar 30 5:30-7:00 PM.....I0732A

Thompson Pk Marlu Lake

Thu, Apr 20 5:30-7:00 PMI0832A

Turkey Swamp Pk

Tue, Apr 25 5:30-7:00 PMI0932A

Manasquan Res Env Ctr Parking Lot

Wed, May 10 5:30-7:00 PM.....I1032A

Holmdel Pk Shelter Bldg

Thu, May 18 5:30-7:00 PMI1132A

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 System 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 \$12.00 Per Person

[Manasquan Res Env Ctr Parking Lot](#)

Sat, Apr 15 10:00-11:00 AMI3632A

Birding Conaskonk Point

(adults)

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and sharp-tailed sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach, NJ, is an ideal location to view these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard-to-locate birds. Wear your waterproof boots as these areas will be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach, NJ, "On Street Parking".

One Session \$9.50 Per Person

[Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.](#)

Fri, May 12 7:30-9:00 AMI1832A

Thu, May 25 6:00-7:30 PMI1932A

Daylight Savings Stroll

(all ages)

Let's celebrate an extra hour of sunshine! Join a Park System Naturalist on a guided evening walk as we soak up the start of longer days and shorter nights.

One Session \$8.50 Per Person

[Turkey Swamp Pk Shelter Bldg](#)

Mon, Mar 13 5:30-6:30 PM IM832A

Discover Freshwater Fishing at Freneau Woods Park

(adults)

Do you wish get started with the fun of freshwater fishing? Our experienced Park System fishing staff will point you in the right direction. We'll fish the horse track pond at the Greenwood Ave entrance to Freneau Woods Park. Bring your own gear, or use ours. We'll practice casting bait and maybe lures with the hope to land "the big one." You never know what we might catch, but it is always fun. Dress for the weather, long pants recommended, and don't forget to bring your sun screen and bug spray. Anyone age 16 and older must have a valid NJ freshwater fishing license. You can obtain one online from the NJDEP.

One Session \$20.00 Per Person

[Freneau Wds Pk Greenwood Rd Access Area](#)

Wed, May 17 10:00 AM-12:00 PM (approx) .IKV32A

Discover Spring Valley in the Spring!

(adults)

We enjoy the spring season by taking an exploratory walk with a naturalist to the 115-acre Wickatunk Recreation Area and the recently acquired Spring Valley section. Take a leisurely walk into some beautiful fields, forests, and meadows within the valley as we look and listen for the return of bird life, identify some local trees, and search for blooming wildflowers. Please wear sturdy shoes that can get muddy. Participants will meet in the parking lot. The program will cancel in case of inclement weather.

One Session \$8.00 Per Person

[Wickatunk Rec Area Spring Valley Parking Area](#)

Sat, May 6 10:00-11:00 AM.....IMM32A

Eagle Boat Tour at the Manasquan Reservoir

(adults)

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!

Please Note: Life-jackets are provided and must be worn by all passengers.

One Session \$8.00 Per Person

[Manasquan Res Vis Ctr Boat Dock](#)

Fri, May 12 4:30-5:30 PM.....I4032A

Fri, May 12 5:30-6:30 PM.....I2932A

Fri, May 12 6:30-7:30 PM.....I3032A

Fri, May 19 4:30-5:30 PM.....I3932A

Fri, May 19 5:30-6:30 PM.....I3132A

Fri, May 19 6:30-7:30 PM.....I3232A

Fishing Fridays in May

(adults)

Want to go saltwater fishing but don't know where to start? Our experienced fishing staff gets you going during this hands-on, 100% outdoor program. Bring your fishing gear or use ours. If you have your own equipment, we'll help you evaluate its effectiveness. Our target species are striped bass, bluefish and fluke. Boots or waders are not necessary on our sandy bayside beach along Sandy Hook Bay. Participants 16 or older please sign up for the free NJ Saltwater Recreational Registry Program at <https://www.nj.gov/dep/saltwaterregistry/>.

One Session \$25.00 Per Person

Bayshore Waterfront Pk Bay House

Fri, May 5 9:00-11:00 AM (approx) IKW32A

Fri, May 12 1:00-3:00 PM (approx) IKX32A

Fri, May 19 9:00-11:00 AM (approx) IKY32A

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 Park System 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 \$9.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Tue, Mar 21 10:00-11:15 AM (approx) IMG32A

Thompson Pk Filly Run Parking Lot

Tue, Apr 18 10:00-11:15 AM (approx) IMH32A

Clayton Pk Emley's Hill Lot

Tue, May 16 10:00-11:15 AM (approx) IMJ32A

SPRING NATURE WALKS

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.

Join us the following Thursdays from 10:00-11:30 AM in the following parks:

March 2 - Hartshorne Wds Pk Rocky Point Parking Lot

March 16 - Big Brook Pk Lower Pond Lot

March 30 - Thompson Pk Old Orchard Parking Lot

April 13 - Freneau Wds Pk Vis Ctr Parking Area

April 27 - Clayton Pk Emley's Hill Lot

May 11 - Huber Wds Pk Env Ctr Courtyard

Casual Birder

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half 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. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain or snow so please come dressed for the weather with appropriate footwear.

Join us the following Tuesdays at 9:00 AM:

March 14 - Crosswicks Creek Pk Province Line Rd Parking Lot

March 28 - Big Brook Pk Pond Parking Lot

April 11 - Freneau Wds Pk Vis Ctr Parking Lot

April 25 - Holmdel Pk Shelter Bldg

May 16 - Hartshorne Wds Pk Rocky Point Parking Lot

May 23 - Manasquan Res Vis Ctr Parking Lot

Get to Know the Parks! *(adults)*

Have you ever wanted to take a hike through one of Monmouth County's parks but were intimidated at the thought? During this session, join a Park System Naturalist and read both paper and digital trail maps to gain the confidence to venture out on your own. We will also go over park offerings and through nature interpretation, uncover what makes each park unique.

One Session \$8.00 Per Person

Manasquan Res Env Ctr Parking Lot

Tue, Apr 25 10:30-11:30 AM..... IM632A

Holmdel Pk Shelter Bldg

Tue, May 16 4:30-5:30 PM..... IM732A**Half Day Hike and Paddle***(adults)*

This fun, challenging and educational half-day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Park System Naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear suitable for both hiking and kayaking.

One Session \$50.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Wed, May 24 10:30 AM-2:30 PM..... IK332A**Introduction to Saltwater Fishing -
An Earth Day Special Program** *(adults)*

Join an experienced Park System Naturalist and angler for an informative talk about what you can catch along the Jersey Shore; as well as discuss bait, tackle and other gear, and all things fishing. 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 on the water. Teenagers or older children are welcome with a parent/guardian. Program will begin near the Bay House. This is a free program; however, pre-registration is required.

One Session FREE!

Bayshore Waterfront Pk Bay House

Sat, Apr 22 10:30-11:30 AM..... PIK83A**May Day Meander** *(all ages)*

May Day marks the halfway point between the first day of spring and the summer solstice! Join a Park System Naturalist on a guided walk through Freneau Woods as we look for blooming wildflowers and revel in the coming of summer.

One Session \$9.00 Per Person

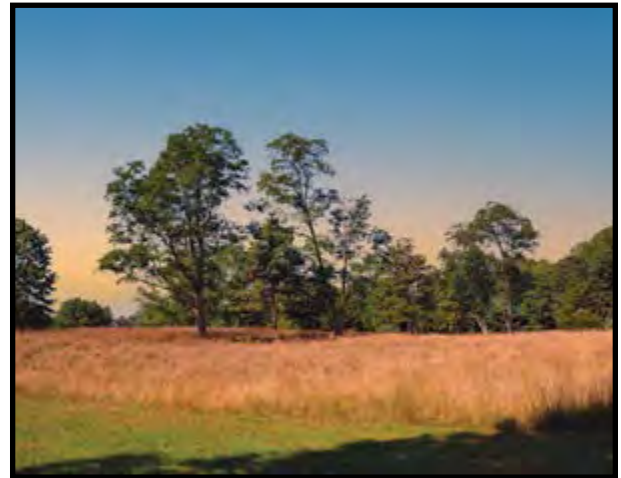
Freneau Wds Pk Vis Ctr Parking Area

Mon, May 1 6:30-7:30 PM..... IMA32A**Naturalist Walks at Winter Run Activity Center***(adults)*

Join a Park System Naturalist at the new Winter Run Activity Center property, part of the beautiful Manasquan River Greenway, and adjacent to Manasquan Reservoir. The walks will be around 60 minutes and approximately a mile in length. Sturdy shoes and bug spray are highly recommended. The trails may be wet and slippery due to seasonal conditions. The Activity Center is located at 270 Southard Avenue, Farmingdale.

One Session \$6.00 Per Person

Manasquan River Greenway Winter Run

Sat, Mar 18 2:00-3:00 PM..... I2432A**Sat, Apr 15 9:00-10:00 AM..... I2532A****Sat, May 20 2:00-3:00 PM..... I2632A**

Phonetic Frogs

(ages 14 and up, under 18 with adult)

Did you know there are over a dozen different species of frogs and toads that call New Jersey home? Many of these species begin calling during the spring months and generate a symphony of sound throughout the forest. During this session we will delve into the life cycle of New Jersey's native frog species, take an evening walk through the forest to figure out who's calling from high above to down below, and learn the various ways in which we can help to conserve these remarkable creatures. Please bring a flashlight or headlamp to help you light the way.

One Session \$10.00 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, May 20 7:00-8:00 PM IM932A

Primitive Fire

(adults)

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 an anthropological and wilderness survival perspective. Instructor: Dr. Randall Chalnack D.C.

One Session \$18.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, May 7 10:00 AM-1:00 PM I2132A

Sat, May 13 10:00 AM-1:00 PM I2232A

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. Hiking lengths and terrain vary by destination. Participants should be ready to walk 2-8 miles on varied terrain.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 15 8:00 AM-5:00 PM I0132A

Wed, Apr 12 7:00 AM-4:00 PM I0232A

Wed, Apr 26 7:00 AM-4:00 PM I0332A

Thu, May 11 7:00 AM-4:00 PM I0432A

Wed, May 24 7:00 AM-4:00 PM I0532A

DROP-IN LOCAL NATURE LECTURE SERIES

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and woods of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Red Foxes of Monmouth County

Friday, March 24, 7:00-8:00 PM at Freneau Woods Park Visitor Center

Learn about the red fox, one of the most famous and the largest of the true foxes, and one of the most widely distributed members of the order *Carnivora*. You might be seeing more fox activity now as males often bring food to a fox family in the early spring. Find out more about these solitary hunters that roam our fields and forests from dusk to dawn.

Striped Bass: The Most Interesting Fish Along the Jersey Shore!

Thursday, April 20, 7:00-8:00 PM at Bayshore Waterfront Park Activity Center

Also known as rockfish and stripers, this fish is not only fun to catch, but has an interesting life history. In fact, the State of New Jersey spends more money on striped bass research than any other marine species. Find out some amusing and interesting facts you probably didn't know about this popular fish.

Horseshoe Crabs Trying to Survive in a Modern World

Thursday, May 18, 7:00-8:00 PM at 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.

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 \$8.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Mar 10 1:00-2:00 PMI0632A

Clayton Pk Act Ctr Classroom 1

Fri, Apr 28 1:00-2:00 PMI1232A

Spring Valley Meadow Walk

(all ages)

Join a Park System Naturalist on a walk in one of our newer parks! Spring is the perfect time to enjoy the Spring Valley Meadows and explore all the flora and fauna it has to offer. Program may be canceled in the event of stormy weather.

One Session \$8.00 Per Person

Wickatunk Rec Area Spring Valley Parking Area

Fri, May 26 10:00-11:00 AM (approx)IMN32A

Spring Weekend Bird Excursions

(ages 14 and up, with adult)

Spend the day with a Park System Naturalist on a 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. Transport via minibus provided from Thompson Park Visitor Center Parking Lot. Participants should be prepared to walk 2-8 miles of varying terrain.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Great Swamp National Wildlife Refuge

Sat, Apr 29 7:00 AM-4:00 PMI2032A

Garret Mountain Reservation

Sun, Apr 30 7:00 AM-4:00 PMI2332A



Spring Wildflower Hike

(adults)

In the spring as the sunlight warms the forest floor, wildflowers emerge. This is a perfect time to search for these delicate plants. Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Bring a camera! Leave the flowers! Program length is approximate.

One Session \$10.00 Per Person

Clayton Pk Emley's Hill Lot

Wed, Apr 19 10:00-11:30 AMI3432A

Freneau Wds Pk Vis Ctr Parking Area

Wed, May 3 10:00-11:30 AMI3532A

Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanical garden of Rutgers University. Come join us as we go on a guided tour of the grounds, then enjoy a nice picnic in one of their many beautiful display gardens. Please bring your own lunch; light refreshments will be provided.

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, May 17 9:00 AM-3:00 PMIK632A

Wake Up Bird Walks - Spring

(ages 14 and up, under 18 with adult)

Listen to the sounds of nature on these wake up bird walks. Start your day right, in the morning hours that wildlife are most active. Take a casual walk with us as we meander our local county parks in search of a variety of bird species. Please dress for the weather and wear comfortable waterproof walking shoes. Bring binoculars if you have them, a limited number of binoculars will be available to borrow if needed. All levels of birders are welcome. Participants should be able to walk 2-4 miles over varies terrain.

One Session \$9.00 Per Person

Manasquan Res Env Ctr Parking Lot

Wed, Apr 19 7:00-9:00 AMI1332A

Manasquan Res Vis Ctr

Wed, May 3 7:00-9:00 AMI1432A

Big Brook Pk Pond

Wed, May 17 7:00-9:00 AMI1532A

Wines and Pines

(ages 21 and up)

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 \$14.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Apr 23 1:00-2:30 PM (approx)IK732A

“

Jason did a great job explaining interesting facts about plants, trees, shrubs and wildlife in a thorough and engaging manner.

”

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 \$21.00 Per Person

Thompson Pk Activity Barn

Wed, May 3 7:00-8:30 AMW8232A

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 four session series. Please dress for the weather as the Activity Barn is not heated or air conditioned. All equipment is provided.

Four Sessions \$80.00 Per Person

Thompson Pk Activity Barn

Thu, Apr 6-27 7:00-9:00 PMW3832A

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 or air conditioned.

One Session \$24.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 9 7:00-9:00 PMW7632A

Tue, Apr 11 7:00-9:00 PMW7732A

Wed, May 10 7:00-9:00 PMW7832A

BICYCLING

Adult Bike Rides

(adults)

Celebrate Bike Month! 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 (6-12 mph) 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.

Four Sessions \$60.00 Per Person

5/9 – Thompson Pk Estate Lot - 8 miles

5/16 – Manasquan Res Vis Ctr Lot -10 miles

5/23 – Big Brook Pk Parking Lot -12 miles

5/30 – Allaire State Pk, Wall - 16 miles

Tue, May 9-30 9:00-11:00 AMW6732A

Mountain Bike Trail Riding for Women

(adults)

Ladies, let's explore the parks on our bikes as we learn the basics of trail riding. Learn how and when to shift, how to position your body when going over a downed tree (or get off – it's okay), and how to prepare for a downhill ride. The basics of getting you comfortable on your bike begins here as we get a little dirt on the tires! Everyone must wear a properly fitted bicycle helmet that complies with U.S. CPSC Safety Standards for Bicycle Helmets (CPSC label inside helmet) and bring your own mountain bike, in good working order. We recommend taking your bike in for a tune up at a bike shop prior to this program. (E-bikes are not permitted.)

Rating: Moderate, dirt trails, roots, mud. Miles: 5-8 approx.

Three Sessions \$75.00 Per Person

4/6 - Thompson Pk 3 Barns Lot

4/13 - Shark River Pk Shelter Bldg Schoolhouse Rd

4/20 - Tatum Pk Holland Act Ctr Lot

Thu, Apr 6-20 5:30-7:30 PMW5432A

Perrineville Park Mountain Biking

(adults)

Ride the trails with us at Perrineville Lake Park. Get a preview of new trails being built, and learn how to connect different trails in the Millstone area! Expect to bike two hours with rest stops along the way for a three hour excursion. Participants **MUST** bring a helmet, a mountain bike in good working order, and enough food and water as needed.

One Session \$30.00 Per Person

Perrineville Lake Pk Agress Road Parking Lot

Sat, Apr 15 9:00 AM-12:00 PM U0332A

Two Park Gravel Ride

(adults)

Come for a ride that connects the Ramanessin section of Holmdel Park to Thompson Park on your own gravel bike! This connection consists of dirt trails, field edges, and both gravel and paved roads. Total pedal time will be approximately two hours (15 miles) with rest stops along the way for a three hour excursion, so bring plenty of water and snacks. Riders **MUST** wear a helmet. Gravel bikes are preferred for this ride and must be in good working order. This program is weather permitting.

One Session \$30.00 Per Person

Holmdel Pk Shelter Bldg

Sat, Apr 29 9:00 AM-12:00 PM U0432A

CLIMBING

Bagels, Coffee and Climb Time for Women

(adults)

See what the hype is all about and get roped into climbing on this BOGO day at Middletown Township Gravity Vault indoor rock gym. We will start the day with bagels and coffee, then off to the gym for an indoor climbing experience. Learn climbing commands and techniques, while being supported by your fellow womankind. Fee includes transportation, Park System belayers, rock gym fees, harnesses, climbing shoes, bagels and coffee.

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Mar 6 9:30 AM-12:30 PMW5632A

Women on the ROCK *(adults)*

Experience premier rock climbing on the east coast with the guidance of certified instructors in the Shawangunk Mountains, NY. We will spend a full day with like-minded women learning the basic techniques of top rope climbing. Fee includes Park System leader, transportation, certified guides and all equipment. Come with a sense of adventure and ready to learn a new outdoor activity as well as something new about yourself. New to climbing? Sign up for Bagels, Coffee and Climb Time for Women (p. 84) to practice at an indoor gym before joining us in the field.

One Session \$205.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 20 7:00 AM-6:00 PM (approx) . . . W7132A**Cliff Park Trail in Pennsylvania***(adults)*

Celebrate Mothers Day early with a wildflower hike along cliffs overlooking the Delaware River. Enjoy incredible views of the river, farmland, Minisink Island (one of the largest islands in the Delaware River), NJ's Kittatinny Mountains, and two waterfalls. This hike is sure to please both novice and veteran hikers. Sturdy hiking shoes, cameras, trekking poles and readiness for a full day on the trail.

Rating: Moderately easy, moderate pace, some rocky trails, gradual ascents and descents, views. Miles: 5+**One Session \$60.00 Per Person \$55.00 Additional Person**

Thompson Pk Estate Grounds Parking Lot

Sun, May 7 7:00 AM-5:00 PM (approx) . . . W4132X**HIKING****A Handful of Harriman Hike** *(adults)*

This loop hike climbs five peaks with several outstanding views and much up-and-down hiking.

Please Note: Hiking shoes are required.**Rating: Strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5**

Instructor: Andrew Imperiale

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 29 6:30 AM-3:30 PM (approx) . . . W9494A**County Night Hikes** *(adults)*

Hiking in the dark! A new way to experience our natural world. Grab your night pack, put batteries in your headlamp, and away we go. Experience your local park in a "new light". Hiking shoes are highly recommended.

Rating: Moderate, inclines and declines, views.**Miles: 3+****One Session \$15.00 Per Person**

Thompson Pk Ski Hut

Fri, Mar 10 6:00-8:00 PM (approx) W7932A

Huber Wds Pk Env Ctr Parking Lot

Thu, Apr 6 6:00-8:00 PM (approx) W8032A

Hartshorne Wds Pk Rocky Point Parking Lot

Fri, May 5 6:00-8:00 PM (approx) W8132A**Choosing the Right Hike for You**

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- 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, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Cushetunk Mountain Preserve NEW

(adults)

Cushetunk Mountain Preserve is part of a mountain that was formed by volcanic activity during the Jurassic Period about 200 million years ago. The Lenape called this area "Cushetunk" meaning "place of hogs" due to the settlers' hogs who at times escaped and roamed the mountain. The rocks made the area unsuitable for farming, so timber was the dominant early use. The trails include steep ascents and descents, rolling terrain, flat rocky terrain along the Round Valley Reservoir, and a large boulder horizontal rock scramble along the ridge.

Rating: Moderate, moderate pace. Miles: 5

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, May 8 8:30 AM-4:00 PM (approx) . . . W8532A

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 \$110.00 Per Person

3/11, 3/18, 3/25 - Huber Wds Env Ctr Lot

4/1, 4/8, 4/15, 4/22 - Hartshorne Wds, Claypit Creek Lot

4/29, 5/6, 5/13 - Hartshorne Wds, Rocky Point Lot

Sat, Mar 11-May 13 7:00-9:00 AM W5532A



Hacklebarney Hike

(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 if time allows we will stop at the Charbroil After Diner a celebratory ice cream (pay our own way). Hiking boots/shoes and trekking poles suggested.

Rating: Moderately easy, rocky/rooty trails, stairs, cinder path, wet trail, easy pace. Miles: 3

One Session \$36.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Apr 17 9:00 AM-3:00 PM (approx) . . . W6432A

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 Headquarters Parking Lot

Sat, May 13 7:00 AM-3:00 PM W2332A

Kaaterskill Falls and Southern Catskill

Escarpment Hike NEW

(adults)

Hike to the highest cascading waterfall in New York State – Kaaterskill Falls, and then follow the Catskill Escarpment above Kaaterskill Clove with many spectacular views.

Please Note: Hiking shoes are required.

Rating: moderate to strenuous, quick pace, steep ascents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale

One Session \$72.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 15 6:00 AM-4:30 PM (approx) . . . W5032A

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 morning session or come early for the afternoon and enjoy your picnic lunch with our "club."

Rating: Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+

Ten Sessions \$127.00 Per Person

3/15 - Thompson Pk Estate Lot

3/22 - Holmdel Pk Lake Lot

3/29 - Turkey Swamp Pk Campground Office Lot

4/5 - Huber Wds Env Ctr Lot

4/12 - Clayton Pk Parking Lot

4/19 - Shark River Pk Shelter Bldg

4/26 - Tatum Pk Red Hill Act Ctr Parking Area

5/3 - Thompson Pk 3 Barns Lot

5/10 - Hartshorne Wds Pk Rocky Point Parking Lot

5/17 - Seven Presidents Pk Pavilion Lot

Wed, Mar 15-May 17 9:30-11:30 AMW3932A

Wed, Mar 15-May 17 12:00-2:00 PMW4032A

Ladies Spring Hiking Escape

(adults)

Step away from the hustle and bustle of everyday life and reconnect with nature. Experience the change of seasons as we hike the Appalachian Trail, discover hidden waterfalls and enjoy views of NJ farmlands. This weekend getaway includes a private lodge, two breakfasts, one dinner (not including lunches), transportation, and park guides. The lodge and environment will provide time for quiet and relaxation. Be sure to come to our orientation meeting where we will get to know one another and discuss the details of our escape, equipment and meal information. Beginners and seasoned hikers welcome.

Please Note: A mandatory pre-trip meeting will be held on Tuesday, March 21, at 6:30 PM at the Thompson Park Ski Hut.

Rating: Moderate, trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views. Miles: 4-8

Please register early; program must meet minimum registrants by March 10.

One Session \$377.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sat, Mar 31-Apr 2 7:00-4:00 PM (approx) . W5332A

Local Long Hikes

(adults)

Getting in a long hike close to home still allows us to take care of house/family things. Hit the local trails as we discover two different county parks. Come prepared for the weather: dress in non-cotton layers, wear hiking boots, and bring water, snacks and a day pack with room to take off layers as you warm up.

Rating: Moderate pace, dirt, sand, muddy, rooty, rocky trails, some ascents and descents. Miles: 7-10

One Session \$25.00 Per Person

Holmdel Pk Lake

Sun, Mar 26 9:00 AM-1:00 PM (approx) . . .W6232A

Hartshorne Wds Pk Claypit Creek Parking Lot

Sun, Apr 23 9:00 AM-1:00 PM (approx) . . .W6332A

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: 3-5

Five Sessions \$65.00 Per Person

3/20 - Thompson Pk 3 Barns Lot

3/27 - Holmdel Pk Ramanessin Lot

4/3 - Tatum Pk Holland Act Ctr Lot

4/10 - Huber Woods Pk Env Ctr Lot

4/17 - Hartshorne Wds Pk Rocky Point Lot

Mon, Mar 20-Apr 17 5:30-7:15 PMW5732A

4/24 - Thompson Pk Estate Lot

5/1 - Holmdel Pk Forest Edge Lot

5/8 - Tatum Pk Red Hill Act Ctr Lot

5/15 - Huber Wds Pk Env Ctr Lot

5/22 - Hartshorne Wds Pk Rocky Point Lot

Mon, Apr 24-May 22 5:30-7:15 PMW5832A

Ramapo Valley County Reservation Hike

(adults)

This hike, in one of New Jersey's most beloved forest preserves, climbs to two panoramic viewpoints and parallels a cascading stream.

Please Note: Hiking shoes are required.

Rating: Moderate to strenuous, moderate pace, steep ascents/descents, rocky terrain. Miles: 5

One Session \$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 25 7:00 AM-2:30 PM (approx) . . .W4932A

Section Hikes on the Appalachian Trail

(adults)

South bounders wanted! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states from Maine to Georgia. Join in a year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging seven miles per trip.

Please Note: Hiking boots are required; trekking poles are highly suggested. Hikers age 14 and up are welcome to register with a registered adult.

Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky. Miles: 5-7+

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Apr 16 7:00 AM-5:30 PM (approx) . . . W6532A

Sun, May 21 7:00 AM-5:30 PM (approx) . . . W6632A

Sourland Mountain Preserve Hike

(adults)

Sourland's 2,600-acre Preserve's name may be derived from "sorrel-land" which describes the reddish-brown soil in this territory. Find out more as we hike among glacial rocks in the Devil's Half-Acre, on tranquil trails, cross babbling streams and experience Roaring Rocks.

Please Note: Sturdy hiking shoes/boots are required.

Rating: Moderate/Easy, some inclines/declines, rocky trails. Miles: 6

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Mar 20 8:30 AM-4:30 PM (approx) . . . W5932A

South Beacon Mountain and Scofield Ridge

(adults)

Hike up South Beacon Mountain, along Scofield Ridge and to a multi-tiered waterfall with dramatic views of the Hudson Valley and beyond. This hike is suitable for an experienced hiker capable of maintaining a brisk pace. **Please Note: Hiking boots are required.**

Rating: Strenuous, quick pace, steep ascents/descents, rocky terrain. Miles: 6

Leader: Andrew Imperiale

One Session \$70.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 6 6:00 AM-3:30 PM (approx) W5232A

Southern Norvin Green State Forest

(adults)

Along this hike we will pass an attractive waterfall and climb Carris Hill, with a broad panorama to the east over the Wanaque Reservoir.

Please Note: Hiking boots are required.

Rating: Moderate to strenuous, moderate pace, steep ascents/descents, rocky terrain. Miles: 4 ½

Leader: Andrew Imperiale

One Session \$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 11 7:00 AM-2:30 PM (approx) . . . W4832A

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.

Six Sessions \$78.00 Per Person

4/14 - Thompson Pk 3 Barns Lot

4/21 - Holmdel Pk Lake Lot

4/28 - Shark River Pk Schoolhouse Rd Lot

5/5 - Huber Woods Pk Env Ctr Lot

5/12 - Hartshorne Wds Pk Rocky Point Lot

5/19 - Clayton Pk Emley's Hill Rd Lot

Fri, Apr 14-May 19 10:00 AM-12:00 PM . . . W6032A

Try Backpacking Ladies!

(adults)

Give it a try with this entry level overnight hike! Backpacking is hiking with all your necessary gear on your back. We supply the equipment (or use your own), you supply the positive attitude and your food. During our pre-trip meeting we will discuss clothing, meal planning and gear. We will help prepare you with your (or our) gear for this one night backpacking trip: backpack, tent, sleeping bag/pad, and stove/cook kit can be provided. We will stay local, hiking to our camping destination on Friday evening, spending the night in the woods, and hiking out by 11:00 AM on Saturday, leaving plenty of time for all of your other weekend plans

Please Note: A mandatory pre-trip meeting will be held Tuesday, May 9, from 6:30-8:30 PM at the Thompson Park Activity Barn.

\$75.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Fri-Sat, May 12-13 3:00 PM-11:00 AM W7332A

ON THE WATER

Escape to Farrington Lake **NEW**

(adults)

A gem of a lake paddle, Farrington Lake is the biggest of the lakes and ponds created by damming the Lawrence Brook. This lake is long and narrow, its a good long lake paddle in a canoe with the possibility of seeing beavers, otters and of course the arrival of the migratory birds such as eagles and osprey. Transportation and all necessary canoe equipment is provided. Be sure to bring a picnic lunch/drink and a change of clothes as we discover Farrington Lake.

Rating: Easy, no obstructions

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, May 2 8:30 AM-3:00 PM (approx). . . .W7232A

Local Canoeing

(adults)

Explore some of the county's most beautiful lakes this spring. 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 location. More information will be sent prior to the start of the program.

Four Sessions \$88.00 Per Person

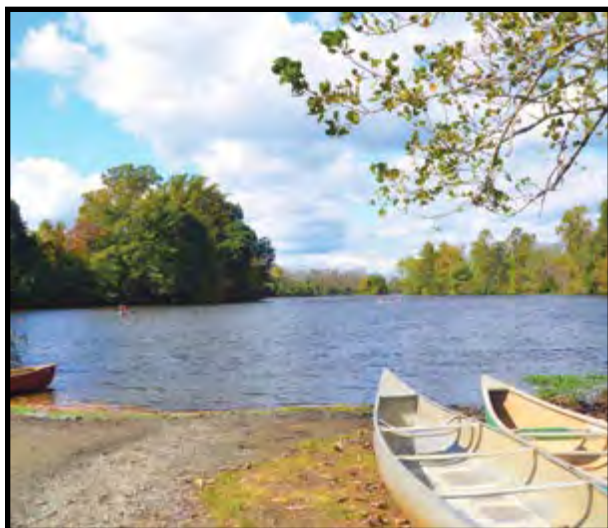
4/4 - Thompson Pk Marlu Lake

4/11 - Manasquan Res Vis Ctr West Dock Lot

4/18 - Deal Lake, Asbury Park

4/25 - Swimming River, launch site TBA

Tue, Apr 4-25 10:00 AM-12:30 PMW8322A



Intro to Touring Kayaks

(adults)

Tired of sit-on-top kayaking? Join our experienced instructors as they introduce you to the benefits of touring kayaks. Participants will learn basic paddling techniques as well as the skills needed to paddle a touring kayak. Then you'll head out onto the water to test out the kayaks and explore the Manasquan Reservoir. All equipment is provided. Prior kayak experience is recommended.

One Session \$34.00 Per Person

Manasquan Res West Dock

Thu, May 25 9:00-11:00 AMW8332A

PERFORMING ARTS

Adult Tap - Beginner Level 1

(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 in the 10 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, Mar 28-May 30 2:30-3:15 PM A7632A

Tue, Mar 28-May 30 3:30-4:15 PM A7732A

Tue, Mar 28-May 30 5:30-6:15 PM A7832A

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended. Pre-requisite: 2-3 sessions of Adult Tap - Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 28-May 30 6:15-7:00 PM A7932A

Beginner Acting

(adults)

Acting is a healthy way for us to create and recreate human emotions and life experiences. The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of the Body and the Center of the Stage is a way for us to explore and build upon not only as actors but also as human beings in our everyday life. Each of the following programs are different avenues of acting in which we can explore and build upon together.

\$55.00 Per Person

[Freneau Wds Pk Vis Ctr Program Room 1](#)

Plays

In this program we will work on performing in a play from table read to stage directions to strengthening the fourth wall.

[Freneau Wds Pk Vis Ctr Program Room 1](#)

Wed, Mar 22-May 17 7:00-8:30 PM. Q2632A

No class 4/5

Television

In this program we will cover beginner acting technique for commercials, headline news, talk show host and sitcoms. There will be filming and playback of video.

[Freneau Wds Pk Vis Ctr Program Room 1](#)

Thu, Mar 23-Apr 13 3:30-5:00 PM. Q0431A

Monologues

Monologues are the first thing we audition with. It comes from the Greek root word monologos meaning "speaking alone". In this program we will explore performing monologues, both classical and contemporary, so that we may begin to build our audition repertory.

Mon, Mar 27-Apr 17 7:00-8:30 PM. Q0632A

Scenes

In this program we will learn the basic acting techniques for scene work such as listening to your partner, creating detail in the environment and staying in the moment. A performance of scenes for family and friends will be on the last day of class.

Thu, Apr 20-May 11 3:30-5:00 PM. Q2132A

Introduction

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. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of storytelling/monologue will be on the final day of class.

Mon, Apr 24-May 15 7:00-8:30 PM. Q1932A



Beginner Ballroom Dance

(adults)

Planning to hit the dance floor at an upcoming wedding or event? Looking to connect with your partner through a new activity? If you've ever desired to learn the foundational basics of social dancing, this seven-week beginner workshop is designed with you in mind! We will cover basic steps of a few ballroom and Latin dance styles, and teach you to move and groove on the dance floor together with confidence. No prior dance experience is required, as this workshop caters to the absolute beginner! Dancers must register and participate with a partner, i.e. any two individuals who can attend all classes together. Please dress comfortably with shoes that won't slip off, and let's DANCE!

Instructed by: Sing and Sway LLC

Seven Sessions \$222.00 Per Couple

[Tatum Pk Red Hill Act Ctr](#)

Wed, Apr 19-May 31 6:15-7:15 PM. A9332A

Wed, Apr 19-May 31 7:45-8:45 PM. A9432A

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 10-Jun 5 6:30-7:30 PM. MC532A

No class 5/29

Square Dancing - Level 3

(adults)

Find out why so many people have so much fun being "squares". Participants must have taken Square Dancing Level 2 or had prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Apr 4-Jun 20 7:00-9:00 PMABD32A

Standup for Adults

(adults)

Throughout this class you will learn how to mine for humor and craft a joke. By the end of the term, you will have enough material to take to any live mic. The final class will be an "open mic" night for family and friends.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Theater Barn

Tue, May 2-23 6:00-8:00 PM..... AAT32A

OPEN MIC POETRY

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits.

Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

Thompson Pk Theater Barn

Five Senses

Sunday, April 30, 3:00-4:30 PM - #PE023A

Limericks & Haiku

Wednesday, May 17, 7:00-8:30 PM - #PE033A

SPORTS & FITNESS

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

Five Sessions \$65.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 18-May 16 5:30-6:30 PM..... X3732X

Thu, Apr 20-May 18 5:30-6:30 PM X3832X

Balanced Fitness

(adults)

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!

Eleven Sessions \$143.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Kim Cugini

Tue, Mar 7-May 16 11:30 AM-12:30 PM .. MA832A

Instructor: Jodi Kondracki

Fri, Mar 10-May 26 11:30 AM-12:30 PM .. MA932A

No class 4/7

New Evening Class!

Instructor: Kim Cugini

Wed, Mar 8-May 17 5:30-6:30 PM.....MC232A

Barre Connect

(adults)

This class uses ballet and dance inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water, no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$52.00 Per Person

Fri, May 12-Jun 2 5:30-6:25 PM..... X6732A

Six Sessions \$78.00 Per Person

Fri, Mar 24-Apr 28 5:30-6:25 PM..... X6632A

Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and more gentle than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Mar 25-Apr 29 10:30-11:25 AM..... X7132A

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.

Instructor: Eryka Andrex

Twelve Sessions \$216.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Apr 4-Jun 20 7:25-8:55 PM X4532X

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

Eleven Sessions \$143.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Mar 9-May 25 10:30-11:15 AM..... MA732A

No class 4/13



E. Murray Todd Half Marathon

Sunday, March 12, 8:30 AM

Brookdale Community College Arena, Lincroft

Forty-four years of racing tradition returns to one of New Jersey's most attractive courses! Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and is \$40.00 per person.

Pre-registration closes March 5.

Register online at www.MonmouthCountyParks.com.

Race day registration will be \$60.00 per person and accepted beginning at 7:00 AM (checks and cash only).

For additional information, call 732-542-1642, ext. 27, or email mike.balkovic@co.monmouth.nj.us.

A Runner's Info Sheet and Course Map are available on our website (Activities -> Races & Special Events).

Hula Hoop Dance and Fitness

(all ages)

Hula hooping for fun, fitness and as a dance form. Each class will include 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 will be held outdoors in good weather.

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Wed, May 17-Jun 21 5:00-5:50 PM X5332X

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

Nine Sessions \$117.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 6-Jun 1 7:15-8:10 PM X6132X

Seated Fitness

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility and improve balance. A perfect fit for individuals with therapeutic or mobility issues including arthritis, Parkinson's, and Multiple Sclerosis. No equipment needed, just wear comfortable clothes.

Eleven Sessions \$143.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Kim Cugini

Tue, Mar 7-May 16 12:45-1:30 PM MAJ32A

Instructor: Jodi Kondracki

Fri, Mar 10-May 26 12:45-1:30 PM MAK32A

No class 4/7

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines or off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Eleven Sessions \$143.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 7-May 16 10:30-11:15 AM MAB32A

Wed, Mar 8-May 17 6:45-7:30 PM MC332A

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 fitness bars and rubber resistance. No prior weight training experience is necessary.

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 14-Apr 18 10:00-11:00 AM D1832A

Tue, Mar 14-Apr 18 11:15 AM-12:15 PM . . . D2032A

Tue, Apr 25-May 30 10:00-11:00 AM D2132A

Tue, Apr 25-May 30 11:15 AM-12:15 PM . . D2232A

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 13-Apr 17 11:45 AM-12:45 PM . . D1632A

Mon, Apr 24-Jun 5 11:45 AM-12:45 PM . . . D1732A

No class 5/29

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

\$130.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Mar 6-Apr 5 8:00-9:00 AM M8932A

Mon, Wed, Mar 6-Apr 5 9:15-10:15 AM . . . M9132A

Mon, Wed, Apr 17-May 31 8:00-9:00 AM . . M9532A

No class 5/29

Mon, Wed, Apr 17-May 31 9:15-10:15 AM . M9732A

No class 5/29

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

Five Sessions \$70.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 22-May 20 8:00-9:00 AM X3932A

PILATES

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: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Apr 17-May 24 7:15-8:15 PM . . . X0332X

Wed, Mon, May 31-Jul 12 7:15-8:15 PM . . . X0432X

No class 7/3

Tatum Pk Holland Act Ctr

Tue, Thu, Apr 18-May 25 6:30-7:30 PM X0532X

Pilates Mat Workout - Fort Monmouth

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing, and cross-training sneakers.

Instructor: Jodi Kondracki

Eleven Sessions \$143.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Mar 9-May 25 9:15-10:15 AM MA532A

No class 4/13

Fri, Mar 10-May 26 10:15-11:15 AM MA632A

No class 4/7

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

Eight Sessions \$120.00 Per Person

Thompson Pk

Tue, Thu, May 2-25 5:00-5:55 PM X8832A

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 player's 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 \$120.00 Per Person

Thompson Pk

Mon, Wed, May 1-24 5:00-5:55 PM X8632A

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 \$120.00 Per Person

Dorbrook Rec Area

Tue, Thu, May 2-25 4:30-5:25 PM X8132A

Tue, Thu, May 2-25 5:30-6:25 PM X8332A

Thompson Pk

Mon, Wed, May 1-24 6:00-6:55 PM X8732A

Tue, Thu, May 2-25 6:00-6:55 PM X8932A

VOLLEYBALL

Indoor Spring Volleyball League

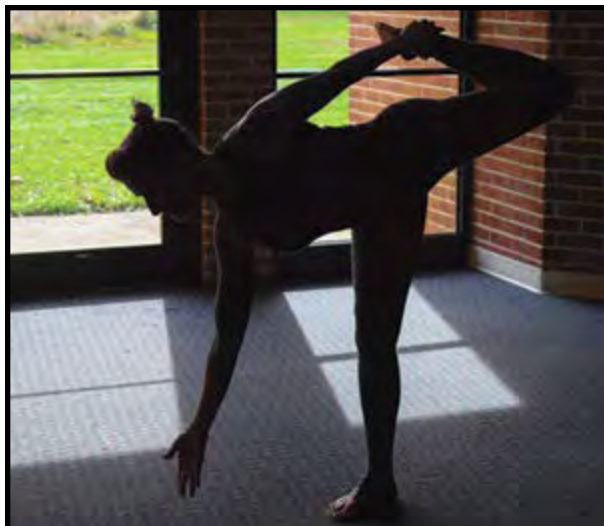
(ages 17 and up)

Come join 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 T-Shirts. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Mar 29-Jun 7 6:30-9:00 PMXA532A



YOGA

Advanced Beginners Yoga

(adults)

Breath Move Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

Instructor Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor.

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Apr 16-May 28 10:15-11:15 AM.....XD832X

No class 5/7

Afternoon Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen 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 \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Mar 30-Jun 1 1:00-2:00 PMXD432A

Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners that want a practice of their own or for those that are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength and focus. Blocks and straps are optional.

Instructor Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor.

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Apr 16-May 28 9:00-10:00 AMXD732X

No class 5/7

Brand New to Yoga & Qi Gong

(adults)

Discover Yoga and Qi Gong at your own pace in a fun, relaxed and positive atmosphere. Experience the benefits of these 2 profound practices while learning proper breathing techniques, alignment and safety. Integrated movements aligned with breath benefit your body, mind, organs & nervous system. Enjoy a FUN fusion of energizing warm ups, stretches and poses, followed by peaceful flows and blissful relaxation. Our certified instructor will guide you into reducing stress as you gain strength, flexibility and balanced energy that you can bring into daily life.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Mar 30-Jun 1 2:00-3:00 PMXD532A

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, two yoga blocks and a towel or blanket.

Instructor: Talena Ward

Six Sessions \$84.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Mar 6-Apr 17 6:00-7:00 PM X3032X

No class 4/3

Mon, May 1-Jun 12 6:00-7:00 PM X3132X

No class 5/29

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

Six Sessions \$84.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Mar 17-Apr 21 9:30-10:30 AM XCK32A

Fri, Mar 17-Apr 21 11:00 AM-12:00 PM . . . XCM32A

Fri, May 5-Jun 9 9:30-10:30 AM XCN32A

Fri, May 5-Jun 9 11:00 AM-12:00 PM XCP32A

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: Eryka Andrex

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, May 17-Jun 21 4:00-4:55 PM X5132X

Fort Monmouth Rec Ctr Group Fitness Room

Fri, May 5-Jun 9 3:00-3:55 PM XB532X

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Mar 15-May 3 4:00-4:55 PM X4932X

Codes of Creation in Movement™

(adults)

Invented by Mary Jane Kasliner, Codes of Creation in Movement® is a unique practice that explores the Yoganometry© sequence that energetically has a way to invoke the geometric codes of creation. This powerful set sequence propels the student into electromagnetic streams of higher dimensional consciousness. Here, the yogi can explore the vibrational relationship between yoga, heaven and earth while being inspired by their own divine consciousness. As MJ puts it...Everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body.

MJ Kasliner is national certified yoga teacher specializing in Vinyasa, Yin, Chakra Therapy, Meditation, Laughing Lotus and Registered Trademark owner of Codes of Creation in Movement. MJ Has over 800 hours of certification trainings including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 1-Apr 19 7:00-8:15 PM XCY32X

Wed, Apr 26-Jun 14 7:00-8:15 PM XD232X

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.

Instructor: Talena Ward

Six Sessions \$84.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Mar 6-Apr 17 7:00-8:00 PM X3232X

No class 4/3

Mon, May 1-Jun 12 7:00-8:00 PM X3332X

No class 5/29

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

\$84.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Mar 9-Apr 20 9:30-10:30 AM X3432A

No class 4/6

Thu, May 4-Jun 15 9:30-10:30 AM X3532A

Evening Yoga on the River

(adults)

Savor the moonlight on the Navesink River with an evening yoga class. Portland Place is the newest addition to the Monmouth County Parks facilities and sits on the Navesink, with beautiful views, surrounded by nature. Class will begin with gentle moon salutations then deep opening poses. The class is peaceful and restorative under the light of the moon. Bring a yoga mat, blanket, towel and water. Class is weather permitting. Dress for the weather, with layers and bug spray. Instructor: Tiffany McCann

Six Sessions \$112.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Thu, Apr 13-Jun 8 6:00-7:00 PM XCV32A

No class 4/27

Full Moon Yoga

(adults)

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

Instructor: Melanie Mascola

One Session \$20.00 Per Person

Tatum Pk Holland Act Ctr Field Area

Thu, Apr 6 8:00-9:00 PM XDC32A

Fri, May 5 8:00-9:00 PM XDD32A

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, E-RYT 200 Yoga Alliance Certified Instructor

Five Sessions \$70.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Mar 3-31 12:00-1:00 PM XDE32A

Tatum Pk Holland Act Ctr

Mon, Feb 27-Mar 27 12:00-1:00 PM XAW31A

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 14-May 26 12:00-1:00 PM XDK32A

No class 5/12

Seven Sessions \$98.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Apr 10-May 22 12:00-1:00 PM XDG32A

Healing Sounds Yin Yoga *(adults)*

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. The combination of specific sequenced postures also stimulates the meridians (energy channels) in the body to improve organ functionality. The healing sounds of Koshi chime, Hapi drum, and gentle music improves function to the energy body by increasing your overall vibration frequency. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. MJ encourages the yogi to fully surrender to self-awareness during this practice to clear the mind and ease the body.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Feb 28-Apr 18 7:00-8:15 PMXAU31A**Tue, Apr 25-Jun 13 7:00-8:15 PMXD332A****Morning Breath and Yoga** *(adults)*

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility and calm. Appropriate for all levels. Weather permitting, we will practice outside, so dress in layers. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$84.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Mar 16-Apr 20 7:30-8:30 AMXCR32A**Thu, May 4-Jun 8 7:30-8:30 AM.....XCS32A****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

\$130.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon,Wed, Mar 6-Apr 5 10:30-11:30 AM .. MA332A**Mon,Wed, Apr 17-May 31 10:30-11:30 AM ..MA432A***No class 5/29***Restorative/Yoga Nidra***(adults)*

Restore Renew Refresh. Take this hour to remind yourself that you are the most important thing. This all levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness. Practice involves restorative movements followed by a guided meditation/Yoga Nidra. Props are optional.

Instructor Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor.

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Apr 19-May 31 6:00-7:00 PMXDB32X*No class 5/10***Spring Yoga** *(adults)*

Shake off the winter blues! Spring is the time to release winter sluggishness and cold. Treat yourself to a yoga practice to invite qualities of lightness and warmth. Class with sun salutations, then moves to poses that build strength. Our practice will focus on spring detox and preparing our bodies for the summer. Weather permitting, we will practice outdoors, so dress in layers. The class is active but can be adjusted for all skill levels. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$120.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Mar 14-Apr 18 9:15-10:45 AMXCH32A**Tue, May 2-Jun 6 9:15-10:45 AM.....XCJ32A**

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. We'll focus on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Thompson Pk Vis Ctr Tulip Room

Seven Sessions \$119.00 Per Person

Mon, Mar 6-Apr 24 7:00-8:15 PM XCW32X

No class 4/3

Eight Sessions \$136.00 Per Person

Mon, May 1-Jun 26 7:00-8:15 PM XCZ32X

No class 5/29

Wisdom Warrior Yoga

(adults)

This practice is geared towards yogis over 45 who know what it means to remain youthful through the practice of yoga and other healthy lifestyle activities. Wisdom Warriors is the perfect elixir of youth for anyone who wants to preserve their high level of health, flexibility and strength throughout their lifetime. It is intended to help people keep their practice strong and vital. Asanas or poses are held longer or softer, so the pose feels right for you. There are combination of warrior poses and yin yoga poses to calm the body and mind, increasing mobility and flexibility, lowering stress levels and promotes relaxation. Each class ends with a 10-minute hapi drum sound bath followed by foot massage.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Feb 28-Apr 18 9:30-10:45 AM XAT31A

Tue, Apr 25-Jun 13 9:30-10:45 AM XD032A

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 class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Mar 1-Apr 19 9:30-10:45 AM XCX32A

Wed, Apr 26-Jun 14 9:30-10:30 AM XD132A

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, 2 yoga blocks, a yoga strap and water.

Instructor: Barbara Sager, 1,200 hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Thirteen Sessions \$182.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Apr 1-Jun 24 8:00-9:00 AM XD632A

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)

Five Sessions \$70.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 22-May 20 9:00-10:00 AM. X4032A

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, E-RYT 200 Yoga Alliance Certified Instructor

Five Sessions \$100.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Feb 28-Mar 28 10:30 AM-12:00 PM. . . XAX31A

Henry Hudson Trail Act Ctr

Fri, Mar 3-31 10:00-11:30 AM. XDF32A

Seven Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 11-May 23 10:30 AM-12:00 PM. . XDH32A

Six Sessions \$120.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 14-May 26 10:00-11:30 AM. XDJ32A

No class 5/12

Yoga Flow on the River

(adults)

Portland House sits majestically on the Navesink River with sweeping views. Enjoy a yoga practice outdoors, in the natural world, in this beautiful spot. We will flow through sun salutations and deep stretches to release the winter chill. We will end with a relaxing savasana. All movements can be adjusted for those with limited mobility. We will practice outside so dress in layers. There is a covered porch in case of rain. Bring a mat, water and a blanket in case the grass is wet.

Instructor: Tiffany McCann

Eight Sessions \$112.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Sat, Apr 15-Jun 10 8:00-9:00 AM. XCQ32A

No class 5/27

Yoga Pop

(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana. All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$84.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Mar 16-Apr 20 9:15-10:00 AM. XCT32A

Thu, May 4-Jun 8 9:15-10:00 AM. XCU32A

Yoga with Weights

(adults)

Elevate your yoga practice to the next level by adding light weights! There are many extra benefits that you will experience which include: increased total body strength and balance, improved body composition, improved heart function, increased bone density and more confidence. All levels are welcome and modifications are always shown.

Instructor: Laurie Vuksanovich

Five Sessions \$70.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Apr 17-May 15 5:00-6:00 PM. X3632X

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.

Instructor: Eryka Andrex

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Mar 15-May 3 5:00-5:55 PM X5232X

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!

Instructor: Eryka Andrex

Twelve Sessions \$156.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Apr 4-Jun 20 6:15-7:10 PM X4332X

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Mar 15-May 3 6:00-6:55 PM X5732X

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Mar 24-Apr 28 6:30-7:25 PM X6832X

Wed, May 17-Jun 21 6:00-6:55 PM X5832X

Fort Monmouth Rec Ctr Group Fitness Room

Fri, May 5-Jun 9 2:00-2:55 PM XB432X

Four Sessions \$52.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, May 12-Jun 2 6:30-7:25 PM X6932X

Zumba: Low Impact

(adults)

Join us for a fun Zumba fitness class! This 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 one-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!

Instructor: Eryka Andrex

Nine Sessions \$117.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 6-Jun 1 6:15-7:10 PM X5932X

Six Sessions \$78.00 Per Person

Sessions will be held outdoors.

Dorbrook Rec Area Barnview Shelter Bldg

Fri, Apr 21-May 19 9:30-10:25 AM X6332A

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. The 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 28-Jun 16 4:00-5:00 PM V0132A

SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors.

For more information visit www.spuronline.org or call 732-224-1367, ext 1#.



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, or visit www.spuronline.org.

GOLF

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 \$80.00 Per Person**

Bel-Aire GC

Mon, Apr 10-May 1 5:00-6:00 PM Y2732A**Sat, Apr 15-May 6 12:30-1:30 PM Y6532A****Sun, Apr 16-May 7 11:00 AM-12:00 PM . . . Y3532A****Mon, May 8-Jun 5 6:15-7:15 PM Y7032A***No class 5/29***Mon, May 15-Jun 12 5:00-6:00 PM Y3732A***No class 5/29***Sat, May 20-Jun 10 10:15-11:15 AM Y4232A****Junior***(ages 11-14)***Four Sessions \$80.00 Per Person**

Charleston Springs GC

Thu, Apr 13-May 4 4:00-5:00 PM T1432A

Bel-Aire GC

Sat, Apr 15-May 6 10:00-11:00 AM Y3332A**Sat, Apr 15-May 6 1:00-2:00 PM Y0632A****Junior Girls***(ages 11-14)***Four Sessions \$80.00 Per Person**

Bel-Aire GC

Sat, May 27-Jun 17 1:00-2:00 PM Y2432A**Adults****Four Sessions \$85.00 Per Person**

Bel-Aire GC

Mon, Apr 10-May 1 6:00-7:00 PM Y2832A**Tue, Apr 11-May 2 10:00-11:00 AM Y2932A****Tue, Apr 11-May 2 1:00-2:00 PM Y3132A****Wed, Apr 12-May 3 1:00-2:00 PM Y4732A****Fri, Apr 14-May 5 11:00 AM-12:00 PM Y6432A****Sat, Apr 15-May 6 11:00 AM-12:00 PM Y0532A****Mon, May 15-Jun 12 6:15-7:15 PM Y3832A***No class 5/29***Thu, May 18-Jun 8 4:00-5:00 PM Y5332A****Fri, May 19-Jun 9 10:00-11:00 AM Y7332A****Sun, May 28-Jun 18 11:00 AM-12:00 PM . . . Y2532A****Women***(adults)***Four Sessions \$85.00 Per Person**

Bel-Aire GC

Tue, May 16-Jun 6 10:00-11:00 AM Y3932A**Intermediate Golf***(ages 11 and up)*

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.

Juniors*(ages 11-14)***Four Sessions \$100.00 Per Person**

Bel-Aire GC

Sun, Apr 16-May 7 12:00-1:30 PM Y5832A**Sun, Apr 16-May 7 1:00-2:30 PM Y6832A****Sun, Apr 16-May 7 1:30-3:00 PM Y0832A****Sun, May 21-Jun 11 1:15-2:45 PM Y4632A**

Charleston Springs GC

Thu, Apr 13-May 4 5:00-6:30 PM T1532A**Junior Girls***(ages 11-14)***Four Sessions \$100.00 Per Person**

Bel-Aire GC

Sun, May 28-Jun 18 1:30-3:00 PM Y2632A**Adults****Four Sessions \$125.00 Per Person**

Bel-Aire GC

Tue, Apr 11-May 2 11:00 AM-1:00 PM Y3032A**Thu, Apr 13-May 4 1:15-3:15 PM Y3232A****Sat, Apr 15-May 6 2:00-4:00 PM Y6632A****Sun, Apr 16-May 7 12:15-2:15 PM Y3632A****Sun, Apr 16-May 7 1:00-3:00 PM Y5032A****Tue, May 9-Jun 9 9:00-11:00 AM Y7132A****Tue, May 16-Jun 6 11:00 AM-1:00 PM Y4032A****Tue, May 16-Jun 6 1:00-3:00 PM Y4132A****Thu, May 18-Jun 8 5:00-7:00 PM Y6332A****Sat, May 20-Jun 10 12:30-2:30 PM Y4432A****Sun, May 21-Jun 11 12:30-2:30 PM Y5532A**

Howell Pk GC

Wed, Apr 12-May 3 5:00-7:00 PM J0332A**Women***(adults)***Four Sessions \$125.00 Per Person**

Bel-Aire GC

Fri, Apr 14-May 5 10:00 AM-12:00 PM Y1132A**Sat, Apr 15-May 6 11:15 AM-1:15 PM Y3432A****Fri, May 19-Jun 9 10:00 AM-12:00 PM Y1832A**

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Advanced Golf for Adults

(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 \$170.00 Per Person

Charleston Springs GC

Fri, Apr 14-May 5 4:00-7:00 PM..... T0132A

Fri, May 19-Jun 9 5:00-8:00 PM..... T0432A

Howell Pk GC

Sat, Apr 15-May 6 2:30-5:30 PMJ0532A

Wed, May 17-Jun 7 5:00-8:00 PMJ0832A

60 Minute Chip/Pitch

(adults)

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 \$30.00 Per Person

Bel-Aire GC

Wed, Apr 19 10:30-11:30 AM..... Y0932A

Wed, May 17 12:30-1:30 PM..... Y5232A

Thu, May 25 11:00 AM-12:00 PM Y2132A

60 Minute Putting

(adults)

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 \$30.00 Per Person

Bel-Aire GC

Wed, Apr 12 10:30-11:30 AM..... Y0232A

Sat, Apr 15 8:00-9:00 AM Y5732A

Mon, May 15 5:00-6:00 PM..... Y7232A

Thu, May 18 11:00 AM-12:00 PM Y1732A

Fri, May 19 4:00-5:00 PM..... Y5432A

Howell Pk GC

Wed, Apr 12 3:00-4:00 PMJ0132A

60 Minute Driver

(adults)

Develop more consistency and power for all level of golfers and swing types. 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 \$30.00 Per Person

Bel-Aire GC

Thu, Apr 20 11:00 AM-12:00 PM..... Y1032A

Fri, Apr 21 1:00-2:00 PM Y1332A

Sat, Apr 22 8:00-9:00 AM Y5932A

Mon, May 8 5:00-6:00 PM Y6932A

Sat, May 20 8:00-9:00 AM..... Y6132A

Mon, May 22 5:00-6:00 PM..... Y7532A

Wed, May 24 10:30-11:30 AM Y2032A

Charleston Springs GC

Sat, Apr 22 10:30-11:30 AM..... T1632A

Sat, May 20 1:30-2:30 PM T1132A

Howell Pk GC

Wed, Apr 12 4:00-5:00 PMJ0232A

Wed, May 17 4:00-5:00 PM.....J0732A

60 Minute Sand Bunker

(adults)

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 \$30.00 Per Person

Bel-Aire GC

Thu, Apr 13 11:00 AM-12:00 PM..... Y0432A

Wed, May 17 10:30-11:30 AM Y1632A

Fri, May 19 12:00-1:00 PM Y7432A

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, three hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

One Session \$140.00 Per Person

Howell Pk GC

Thu, Apr 13 1:00-4:00 PMJ0932A

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 \$140.00 Per Person

Charleston Springs GC

Sun, Apr 23 1:00-4:00 PM T0332A

Sat, May 20 1:00-4:00 PM T0532A

Sat, May 27 1:00-4:00 PM T0732A

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 \$125.00 Per Couple

Bel-Aire GC

Sun, Apr 16-May 7 11:00 AM-12:00 PM ... Y0732A

Sun, Apr 16-May 7 11:30 AM-12:30 PM ... Y6732A

Sun, May 21-Jun 11 12:00-1:00 PM Y4532A

Sat, May 27-Jun 17 11:00 AM-12:00 PM ... Y2332A

Full Swing

(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 \$92.00 Per Person

Bel-Aire GC

Fri, May 5 1:00-3:00 PM Y1432A

Fri, May 26 1:00-3:00 PM Y2232A

Charleston Springs GC

Sat, Apr 15 12:00-2:00 PM T0832A

Sat, May 27 12:00-2:00 PM T1332A

Howell Pk GC

Sat, Apr 15 12:00-2:00 PM J0432A

Sat, May 13 12:00-2:00 PM J0632A

Golf 101 for Parent and Child

(ages 6-17, with adult)

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 \$110.00 Parent/Child \$45.00 Additional Sibling

Bel-Aire GC

Fri, Apr 14-May 5 6:00-7:00 PM Y5632X

Sun, Apr 16-May 7 3:00-4:00 PM Y5132X

Fri, May 19-Jun 9 6:00-7:00 PM Y6032X

Sat, May 20-Jun 10 11:30 AM-12:30 PM ... Y4332X

Golf for High School Players

(ages 14-18)

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. This is NOT a beginner clinic - participants must have prior golf experience.

Four Sessions \$120.00 Per Person

Charleston Springs GC

Fri, Apr 14-May 5 4:00-7:00 PM T1032A

Sat, May 20-Jun 10 4:00-7:00 PM T1232A

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 Pass.

Twenty-Seven Sessions \$31.00 Per Person

Pine Brook GC

Thu, Apr 20-Oct 19 8:00 AM-1:00 PM PB132A

Let's Play Golf

(ages 11-14)

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 \$110.00 Per Person

Bel-Aire GC

Sun, Apr 16-May 7 4:00-6:00 PM. Y7632A

Sun, May 21-Jun 11 3:00-5:00 PM Y6232A

Men's 60+ Touring League

(adults)

The Men's 60+ Touring League is a competitive ten 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 depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee 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 56 players.

Thirteen Sessions \$360.00 Per Person

Hominy Hill GC

Tue, Apr 18-Jul 18 10:00 AM-2:30 PM K0132A

No session 7/4

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 their current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$130.00 Per Person

Bel-Aire GC

Fri, Apr 14 1:00-4:00 PM Y1232A

Fri, May 19 1:00-4:00 PM. Y1932A

Charleston Springs GC

Sun, Apr 16 12:00-3:00 PM. T0232A

Sat, Apr 22 12:00-3:00 PM T0932A

Sat, May 13 12:00-3:00 PM. T1732A

Sun, May 21 12:00-3:00 PM T0632A

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 12-May 3 9:00 AM-12:30 PM Y0132A

Wed, May 17-Jun 7 9:00 AM-12:30 PM Y1532A

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 13-May 18 9:30 AM-1:00 PM. Y0332A

Women's Touring League

(adults)

The Women's Touring League is a competitive ten 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 depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee 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 56 players.

Thirteen Sessions \$360.00 Per Person

Hominy Hill GC

Wed, Apr 19-Jul 12 10:00 AM-2:30 PM K0232A

THERAPEUTIC RECREATION

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 \$54.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 1-May 13 9:30-11:00 AM..... D1232A

Class meets 4/1, 4/15, 4/29 & 5/13

Sat, Apr 1-May 13 11:30 AM-1:00 PM D1332A

Class meets 4/1, 4/15, 4/29 & 5/13

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.

Tex-Mex Feast!

Join your friends as we prepare a delicious meal consisting of burritos, beans, salads, rice and more! Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

One Session \$39.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Mar 17 6:00-9:00 PM D2131A

Social Skills and Thrills!

(ages 4-5, with adult)

You and your child(ren) will learn, interact, and play with peers in a group setting. Let's listen, wait our turn, share and care for each other. We will have various games and activities to explore - from team games to storytelling!

Six Sessions \$60.00 Parent/Child \$30.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Sat, Apr 8-May 13 10:00-10:45 AM..... D1932X

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs. 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.

TRIPS

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 \$39.00 Per Person

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$45.00 to cover the cost of your meal and movie ticket.

Drop-off will be at the 2nd floor food court of Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way.

Fri, Mar 31 5:00-9:30 PM D0132A

Evening at the Boardwalk

Avoid the summer crowds and enjoy the last Friday before Memorial Day at Point Pleasant boardwalk with your friends! We will eat dinner at one of the many food stands and then it is your choice of mini golf and/or rides and video games. Please bring enough money for your meal and entertainment for the evening. If any participants are interested in visiting the aquarium, contact Justin at least two weeks before the program; if enough participants are interested a group of staff and participants will go after dinner. **Pick up and drop off will be from Dorbrook Recreation Area.**

Fri, May 12 5:30-9:00 PM. D0332A

Inclement Weather Date TBD

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Grounds for Sculpture

Take in the sights and enjoy the outdoors when we visit the Grounds for Sculpture in Hamilton. We will stop for lunch beforehand at Chili's or eat at the cafe on site. A determination will be made prior to the event. Please bring \$25.00 for lunch. The GFS covers a large area, so there will be a lot of walking; wear comfortable shoes. Registration fee covers transportation, supervision, and admission to the Grounds for Sculpture.

One Session \$89.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Thu, Apr 27 9:30 AM-4:30 PM D0232A



Photo from Philadelphia Flower Show website

2023 Philadelphia Flower Show

(all ages, under 18 with adult)

The Philadelphia Flower Show returns to its indoor venue at the Philadelphia Convention Center in 2023! This year's theme "The Garden Electric" captures the moment of the spark of joy that comes while giving or receiving flowers. From the dazzling array of colors, unique shapes and textures, and rich fragrances of gorgeous floral displays and gardens come feelings of excitement and celebration. This year's theme brings the electrifying presence of today's most dynamic designers of floral arrangements, lush gardens, and landscapes to visitors from around the world. Price includes admission to the flower show, bus transportation and volunteer Park System leader.

\$94.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 10 ABQ32X

Board: 11:30 AM Return: 8:30 PM (approx)

Smithville Shops

(all ages, under 18 with adult)

Historic Smithville started as a one-room coach stop. 60 years later it has transformed into a cobble-stoned, quaint village of over 60 shops with a carousel, train and paddle boats on Lake Meone. Join us on a shopping excursion, rain or shine. Fee includes bus transportation and trip leader.

\$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 1 AAX32A

Board: 9:00 AM Return: 5:00 PM (approx)

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)*

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			
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						x
Manasquan River Greenway		x					x						x						
Mount Mitchill 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 Walnford					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.



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, or visit www.spuronline.org.



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.



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. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



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, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

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. Kevin Dunn, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, 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.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

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 \$5.00 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 \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

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 8. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on February 8.

Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

In Person beginning at 8:00 AM on February 8 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday-Friday between 8:00 AM-4:30 PM.



SUMMER JOB FAIR

Work within the beautiful scenery of your Monmouth County parks!

**SATURDAY,
MARCH
11**

10 AM – 1 PM
Fort Monmouth
Recreation Center,
Tinton Falls

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

- Summer Camp Counselors
- Inclusion Coaches
- Lifeguards
- Seasonal Greenskeepers
- Seasonal Rangers

**UNABLE TO
ATTEND?**

View a listing of available seasonal positions by visiting www.MonmouthCountyParks.com and clicking on "Jobs in the Parks" under the "About Us" section.

Questions? Call Human Resources at 732-842-4000, ext. 4219.



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

APRIL 2023

Spring Craft Show

Saturday, April 15
9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Earth Day Activities

Saturday, April 22
Various Park System Locations

Wool Days/Sheep Shearing

Saturday & Sunday, April 29 & 30
12:00-3:00 PM
Historic Longstreet Farm, Holmdel

MAY 2023

Spring Native Plant Swap

Saturday, May 6
8:30-11:00 AM

Tatum Park, Middletown

Creative Arts Festival

Saturday, May 13
10:00 AM-4:00 PM
Thompson Park, Lincroft

Walnford Day

Sunday, May 21
11:00 AM-5:00 PM
Historic Walnford, Upper Freehold

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Dominick “Nick” DiRocco, Deputy Director
Lillian G. Burry • Susan M. Kiley • Ross F. Licitra

Board of Recreation Commissioners:

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