





Enjoy a day of coastal activities in this celebration of all things water!

Get full details on page 9



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To register for programs starting Wednesday, August 9, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM, or visit www.MonmouthCountyParks.com.

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. Hygiene:** Participants must be able to manage their personal care including eating, drinking, changing clothing, and toileting.
- 5. Prerequisite Skills: Individuals may be required to be at a specific stated skill level for some programs.
- 6. 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.

# SEPTEMBER 2023

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Canoe Rentals at Thompson Park (p. 15)

# **TUESDAY, SEPTEMBER 5**

**Casual Birder** (p. 71)

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# **SUNDAY, SEPTEMBER 10**

Bonsai Day (p. 70) Historical Penmanship (p. 6) Preserving the Harvest (p. 4)

# **MONDAY, SEPTEMBER 11**

Remembrance Ceremony (p. 65)

# **THURSDAY, SEPTEMBER 14**

Awesome Autumn Amble (p. 71)

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Piano Ballads from the Turn of the Century (p. 4)

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# **THURSDAY, SEPTEMBER 21**

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A Night of Jazz and Blues (p. 10) Harvest Home Festival (p. 5) Open House Square Dance (p. 10)

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# OCTOBER 2023

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# **THURSDAY, OCTOBER 12**

Awesome Autumn Amble (p. 71)

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# NOVEMBER 2023

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Cider Making Demo (p. 4)

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Casual Birder (p. 71)

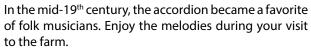
# **SATURDAY, NOVEMBER 25**

**Cookstove Demonstration** (p. 4)



# LONGSTREET FARM

# Accordion Melodies of the 1890s



Saturday, September 2, 1:00-3:00 PM Saturday, October 14, 1:00-3:00 PM Saturday, November 18, 1:00-3:00 PM

# **Cookstove Demonstration**



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, September 2, 11:00 AM-3:00 PM Saturday, September 16, 11:00 AM-3:00 PM Saturday, September 30, 11:00 AM-3:00 PM Saturday, October 14, 11:00 AM-3:00 PM Saturday, October 28, 11:00 AM-3:00 PM Saturday, November 11, 11:00 AM-3:00 PM Saturday, November 25, 11:00 AM-3:00 PM

# Preserving the Harvest

(adults)

Fall's cooler weather means the end of the growing season so it's time to prepare for the coming winter. We'll be featuring some 19th century techniques for food preservation such as salting, pickling, drying and iellina.

Sunday, September 10,11:00 AM-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.

Sunday, September 17, 1:00-3:00 PM Sunday, October 22, 1:00-3:00 PM Sunday, November 12, 1:00-3:00 PM

# Traditional Quilting Demonstration



Traditional hand guilting is becoming a lost art. Hand quilting is a great way to add a special touch to your quilt that pre-dates the sewing machine. Be inspired as our quilter demonstrates how to do a beautiful quilting stitch so you can create your own heirloom guilt.

Sunday, October 8, 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, October 28, 12:00-3:00 PM

# **Cider Making Demonstration**



Autumn is here, the leaves are changing color, and the cool crisp air is upon us. Help the farm staff press this year's apple harvest into cider and then sample some and talk about cider's other uses on the farm.

Sunday, November 19, 12:00-2:00 PM

# **Elements of Blacksmithing**

(adults)

Let us introduce you to the fundamentals of blacksmithing as you create simple projects using a forge and anvil. Focus is on hammer control, holding your work with tongs, and basic shaping techniques. Working one-on-one with our instructors, participants will apply these skills and craft a leaf shaped key chain during this hands-on class. 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, Nov 12 10:00-10:50 AM	F0234X
Sun, Nov 12 11:00-11:50 AM	F0334X
Sun, Nov 12 12:00-12:50 PM	F0434X
Sun, Nov 12 1:00-1:50 PM	F0534X
Sun, Nov 12 2:00-2:50 PM	F0634X

# **Lantern Tour of Historic Longstreet Farm**

(ages 14 and up)

Take a lantern-lit walk through our historic grounds and buildings during this after-hours tour. We'll stroll by the barns and fields, finding our way through the dark to the Longstreet Farmhouse. Catch a glimpse of what life was like before modern conveniences made their way into our homes. We'll warm up with hot apple cider and donuts, and read a spine-chilling short story before parting ways into the night. Lanterns will be provided. To help us maintain our Victorian ambiance, no electronics permitted.

# One Session \$15.00 Per Person

Longstreet Farm

Fri, Oct 20 6:30-8:00 PM	•	•	•	•	•	•	•	•	•	•	•	. F1234X
Fri, Oct 27 6:30-8:00 PM											•	. F1334A

# **Morning Farm Chores**

(ages 6 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Make sure to wear closed-toe shoes and dress for the weather.

Please Note: Children under 18 must be accompanied by an adult (chaperones are free but are limited to one person).

Also, 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 Farm Grounds**

Sun, Sep 17 8:00-9:30 AM	• (		 	 . F0734X
Sat, Oct 14 8:00-9:30 AM.	• (		 	 . F0834X
Sun, Oct 22 8:00-9:30 AM	• (		 	 . F0934A
Sun, Nov 5 8:00-9:30 AM.			 	 . F1034X
Sat, Nov 18 8:00-9:30 AM			 	 . F1134A

# **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. Longstreet Farm visitor center.

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Sep 5-Nov 7 10:00 AM-3:00 PM. . . . . F0134X

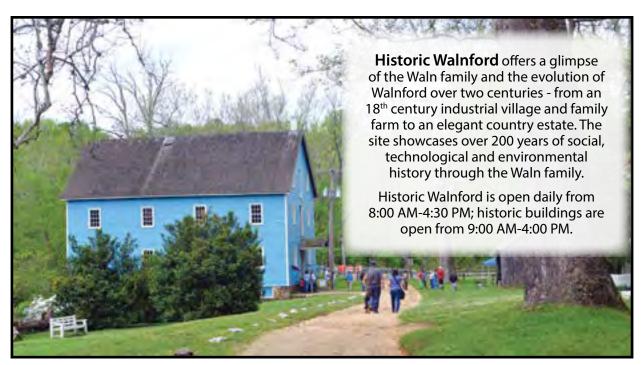


# Harvest Home Festival

# Sunday, September 24, 11:00 AM-5:00 PM

Historic Longstreet Farm, Holmdel

Harvest Home Festival is an old-fashioned country fair reminiscent of the 1890s. It takes visitors back in time to when neighbors gathered to help with the harvest, spent time socializing and enjoying each other's company. These festivals showcased the best produce and craft work in the community; music, games and athletic contests provided entertainment for all who attended. Experience fun from 130 years ago with wagon rides, games and live entertainment. On-going craft demonstrations may inspire you to start a new hobby! Our Home & Garden competition will feature needlework, baked goods, and a brand-new Harvest-themed artwork category. Each person entering a competition will have a chance to win a prize ribbon.



# **WALNFORD**

# Historical Penmanship Trees

Do you know how to sign your name in cursive? Can you read documents of the past? Learn about the evolution of cursive writing and even try it yourself!

Sunday, September 10, 12:00-2:00 PM

# Fall Antique Auto Display & Cornbread Contest

Two programs combine to create a fun-filled fall event the whole family can enjoy! Antique automobiles dating 1973 and earlier will be on display. Pack a picnic, stroll our leafy landscape, and admire these 20<sup>th</sup> century beauties. Add a tour of the 18<sup>th</sup> century Waln house to complete your trip across three centuries.

In addition, bakers are invited to test their recipe during Walnford's Annual Cornbread Contest! Peer tasting and voting will take place from 10:30-11:30 AM and ribbons will be awarded at 12:00 PM by popular vote. Pre-registration required for contest entries by calling Historic Walnford at 609-259-6275 for details.

Sunday, September 17, 10:00 AM-2:00 PM

# Trick-or-Treat in the Park

Walk from building to building where staff will provide facts about the site, as well as a treat to fill your basket! **Sunday, October 29, 10:00 AM-12:00 PM** 

# "Hop" on Over to Walnford

(all ages)

Explore over 200 years of history across five generations as we tour Historic Walnford. Then, participants may join us for an optional picnic at Screamin' Hill Brewery (pay on your own). Tour will take place as scheduled at 12:00 PM (weather permitting); trip to brewery takes place after tour and is contingent on facility being open for business.

One Session \$10.00 Per Person Historic Walnford Outdoor Area

# **Lantern Tour**

(ages 16 and up)

Friday nights in October, celebrate the spookiest time of the year with tasty autumnal refreshments, historicallythemed bingo and a lantern tour of Walnford! Preregistration required.

One Session \$10.00 Per Adult

Historic Walnford

# **Perfect Pie Crust**

(adults)

Store bought crust? Not for us! Prepare a small apple pie with Walnford staff using historical methods and ingredients. Then, enjoy a guided tour of Historic Walnford while the pies bake. After the tour we will enjoy the fruits of our labor!

One Session \$10.00 Per Person

Historic Walnford Waln House Open Hearth Kitchen

Sun, Nov 12 10:00 AM-12:00 PM . . . . . . . . G0334X

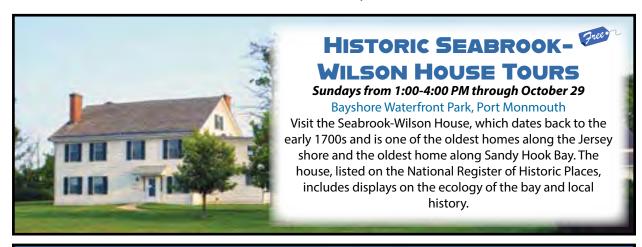
# Thyme for Turnips!

(adults)

You may have carved a pumpkin, but have you seen a turnip lantern? Join local historian and crafter Gail Trautz for a warm cup of "witches brew" (apple cider) and learn about the historical and modern uses of the herbs, fruits and vegetables we associate with this time of year! This is a free program; however, registration is required.

One Session FREE!

Historic Walnford Waln House Open Hearth Kitchen



# Tours of Historic Battery Lewis Hartshorne Woods Park Rocky Point Section, Highlands Tours are available Saturdays & Sundays from May 27-October 15 from 11:00 AM-4:00 PM 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 airbased 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.



# **ARTS & CRAFTS**

# **Chicka Chicka Boom Boom**

(ages 2-5, with adult)

Let's learn the alphabet! *Chicka Chicka Boom Boom* by Bill Marton Jr. and John Archambault is a vibrant children's classic that enforces the ABCs in a silly rhyme that's sure to make your little one laugh. Learn some literacy skills with us as we read the book together and finish up with a themed art project. We're excited to "meet you at the top of the coconut tree!"

One Session \$20.00 Parent/Child

Dorbrook Rec Area Vis Ctr

# **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, 12 lbs. of clay. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Kayla Robinson

Seven Sessions \$140.00 Per Person Thompson Pk Creative Arts Center

Fri, Sep 8-Oct 20 6:30-8:30 PM . . . . . . . . Z2434X Fri, Oct 27-Dec 15 6:30-8:30 PM . . . . . . . . Z2534X

No class 11/24

# Spider Coat of Arms

(all ages, under 18 with adult)

Hundreds of years ago, families would create a shield with symbols and figures that would represent their family on the battlefield. Today, many families still create their Coat of Arms to represent their family's interests, values and traditions. This season we are asking families to come and create your family's Spider Coat of Arms to be displayed at Thompson Park Day. A 2'x2' Spider and Shield template, crayons, markers and glue will be provided. You provide the creativity. Bring your Spider Coat of Arms home after the event to display each year at Halloween.

One Session \$35.00 Per family up to 6

Thompson Pk Creative Arts Center

# **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 please 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, Sep 10 11:00 AM-12:00 PM ZE	3834X
Sun, Sep 10 12:30-1:30 PM ZE	3934X
Sun, Sep 10 2:00-3:00 PM ZB	A34X
Sun, Oct 1 11:00 AM-12:00 PM ZE	3B34X
Sun, Oct 1 12:30-1:30 PM ZE	3C34X
Sun, Oct 1 2:00-3:00 PM ZB	D34X
Sun, Nov 5 11:00 AM-12:00 PM ZE	3E34X
Sun, Nov 5 12:30-1:30 PM ZE	3F34X
Sun, Nov 5 2:00-3:00 PM ZB	G34X

# **FAMILY FUN**

# Snuggies, S'mores & Halloween Hiking with Ghost and Goblins

(ages 4-7, with adult)

Grab your Snuggy and join us with your little one around a campfire at one of your local county parks. We will get you fired up as we search for family friendly ghosts and goblins that float around the hiking trails. Then enjoy the warmth of the fire while nibbling s'mores and sipping hot chocolate, supplied by your Monmouth County Park System.

One Session \$28.00 Parent/Child \$18.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Fri, Oct 20 6:00-7:30 PM . . . . . . . . . . . W2234X

# SETIVAL FESTIVAL



# SEPTEMBER 16

11800 an 5800 an

BAYSHORE WATERFRONT PARK, PORT MONMOUTH

FREE ADMISSION . FREE PARKING

A CELEBRATION OF ALL THINGS WATER, VISITORS WILL BE ABLE TO ENJOY MANY COASTAL ACTIVITIES, INCLUDING:

# **ACTIVITIES LIST:**

- KAYAKING
- FISHING
- KITE FLYING
- CRABBING
- SANDCASTLE BUILDING
- SEINING
- SHELLING
- CHILDREN'S CRAFTS
- NATURALIST ACTIVITIES
- FOOD VENDORS
- AND MUCH MORE!

\*Parking will be available at the Belford Ferry Terminal. Shuttle buses will take visitors to and from Bayshore Waterfront Park.

www.MonmouthCountyParks.com

# **MUSIC & DANCING AT THOMPSON PARK**

# Concert in the Park: A Night of Jazz and Blues 🕬



(all ages, under 18 with adult)

Friday, September 22, 7:00-8:30 PM

Thompson Park Theatre Barn

The roots of blues and jazz music run deep at the Jersey Shore. Join us as we explore and listen to some of the talents from our own backyard. Bring chairs or blankets, food and soft drinks. The concert is outdoors. If the weather is inclement the concert will be moved indoors in the Theatre Barn.

# Musical Showtunes Showcase



(all ages, under 18 with adult)

Saturday, September 9, 2:00-3:30 PM #AAC34X Saturday, September 9, 7:00-8:30 PM #AAD34X

Thompson Park Theater Barn

The Monmouth County Park System along with Sway Productions presents an evening of musical showtunes!

> Enjoy listening to a variety of songs performed by local talent! Pre-registration is suggested; however, walk-ins will be welcome.

dults: \$10.00 / Seniors: \$5.00 / Children (12 & under): \$5.00

# **Open House Square Dance**

(ages 14 and up, under 18 with adult)

Friday, September 22, 7:00-9:00 PM Thompson Park Activity Barn

Come out and give square dancing a try with the Middletown Ramblers Square Dance Club during this free family fun evening!

# Family Barn Dance!

(all ages, under 18 with adult)

Sunday, October 1, 1:00-5:00 PM

Thompson Park Activity Barn

Enjoy an afternoon out with the family while supporting an amazing cause! Line dancing instruction will be provided by BTK Entertainment.

All proceeds will benefit Special People United to Ride (SPUR), a nonprofit organization serving individuals with physical and mental disabilities through horseback riding lessons.

Tickets are available to purchase online at www.spuronline.org or at the door during the event.

Adults: \$10.00 / Children (10 & under): \$5.00

www.MonmouthCountyParks.com

# **CULINARY ARTS**

# Family Fun Night in the Kitchen: Wizarding Treats

(ages 10-13, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC Menu: Butterbeer, Ollivander's Wizarding Wands and Sorting Hat Cupcakes OR Slytherin Snakes

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Oct 6 5:30-7:30 PM . . . . . . . . . . MA634X

# **NATURE**

# **Critters and Jitters**

(all ages, under 18 with adult)

Meet the critters that give some people jitters! Enjoy a hayride through the rolling meadows of Huber Woods and a live animal presentation. A sugar pumpkin and fun craft are included for children. This event takes place outdoors, so dress for the brisk fall weather. All participants must be registered. A lap child under the age of 2 may ride free with a paying adult.

One Session \$22.50 Parent/Child \$11.00 Additional Person

# **Huber Wds Pk Outdoor Area**

Sun, Oct 22 10:00-11:15 AM	<b>(C34X</b>
Sun, Oct 22 11:30 AM-12:45 PM IK	<b>(E34X</b>
Sun, Oct 22 1:00-2:15 PM	<b>(F34X</b>
Sun, Oct 29 10:00-11:15 AM IK	<b>G34X</b>
Sun, Oct 29 11:30 AM-12:45 PM IK	H34X
Sun, Oct 29 1:00-2:15 PM	KJ34X



# **Explore a Freshwater Pond**

(ages 8 and up, under 18 with adult)

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

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Sep 24 1:00-2:00 PM . . . . . . . . . IM834X

# **Eye Spy Autumn**

(ages 5-8, with adult)

Join one of our Park System Naturalists for a 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. Children must be registered with a paying adult.

One Session \$9.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Sep 30 10:00-11:00 AM (approx) . . . . IKU34X Tue, Oct 17 4:30-5:30 PM (approx) . . . . . IM034X

# Freaky Fungi

(ages 9 and up, under 18 with adult)

Gather for a presentation of the strange, the spooky, and the bizarre as we explore the world's wildest fungi - from the Zombie Fungus that reanimates its victims to the Jack O'Lantern mushrooms that glow-in-the-dark. Afterward, join a Park System Naturalist on a nature walk to seek out our local fungi.

One Session \$8.00 Per Person

Manasquan Res Env Ctr

Sat, Sep 9 10:00-11:00 AM . . . . . . . . . . . 10634X

# Creatures of the Night Wagon Rides

(all ages, under 18 with adult)

Celebrate the fall season with an interactive, family-friendly hayride that is educational, safe, and NON-SCARY FUN! Be thoroughly entertained as we put on this year's show themed "Creatures Take a Trip"!

After your guided hayride through Huber Woods, enjoy some light refreshments.

Each participant, adults and children, must be preregistered in order to ride. Lap child aged 2 and under may ride free when accompanied by a paying adult.

# Cost: One Session \$15.00 Per Person

**Location: Huber Woods Park Environmental Center** 

# **FRIDAY, OCTOBER 13**

4:30-5:30 PM #IMF34X • 5:00-6:00 PM #IMG34X • 5:30-6:30 PM #IMH34X 6:00-7:00 PM #IMJ34X • 6:30-7:30 PM #IMK34X • 7:00-8:00 PM #IMM34X

# **SATURDAY, OCTOBER 14**

4:00-5:00 PM #IMP34X • 4:30-5:30 PM #IMN34X • 5:00-6:00 PM #IMQ34X 5:30-6:30 PM #IMR34X • 6:00-7:00 PM #IMS34X • 6:30-7:30 PM #IMT34X 7:00-8:00 PM #IMU34X • 7:30-8:30 PM #IMV34X

# **FRIDAY, OCTOBER 20**

4:30-5:30 PM #IMW34X • 5:00-6:00 PM #IMX34X • 5:30-6:30 PM #IMY34X 6:00-7:00 PM #IMZ34X • 6:30-7:30 PM #IN034X • 7:00-8:00 PM #IN134X

# **SATURDAY, OCTOBER 21**

4:00-5:00 PM #IN234X • 4:30-5:30 PM #IN334X • 5:00-6:00 PM #IN434X 5:30-6:30 PM #IN534X • 6:00-7:00 PM #IN634X • 6:30-7:30 PM #IN734X 7:00-8:00 PM #IN834X • 7:30-8:30 PM #IN934X

# FRIDAY, OCTOBER 27

4:30-5:30 PM #INA34X • 5:00-6:00 PM #INB34X • 5:30-6:30 PM #IND34X 6:00-7:00 PM #INE34X • 6:30-7:30 PM #INF34X • 7:00-8:00 PM #ING34X

# **SATURDAY, OCTOBER 28**

4:00-5:00 PM #INH34X • 4:30-5:30 PM #INJ34X • 5:00-6:00 PM #INK34X 5:30-6:30 PM #INM34X • 6:00-7:00 PM #INN34X • 6:30-7:30 PM #INP34X 7:00-8:00 PM #INQ34X • 7:30-8:30 PM #INR34X



# **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, 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 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 \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Sep 29 7:00-8:00 PM . . . . . . . . . . . IMB34X



(ages 4 and up, under 18 with adult)

Join a Park System Naturalist to celebrate National Wildlife Day which falls on September 4. Enjoy a live animal show as we meet some of our local wildlife. Learn about fun facts, life histories, and the habitats these creatures can be found in. Let's celebrate these amazing creatures.

One Session \$7.00 Per Person

Manasquan Res Env Ctr

Sun, Sep 3 10:30-11:30 AM											12034X
Sun, Sep 3 1:00-2:00 PM											I2134X
Mon. Sep 4 10:30-11:30 AM	_	_	_	_	_	_	_	_	_	_	12234X

# Once Upon a Pond at Huber Woods

(ages 8-12, with adult)

What's lurking under the surface of our parks' ponds? Join a Park System Naturalist as we explore the murky depths of Huber Woods' Timolat Pond. We will spend our time using dip nets to capture and release the numerous critters that make up a pond's ecosystem. Please wear clothing you don't mind getting a little muddy and gear up to get wet! Walking distances for this program may range between 1 ½-2 miles, and strollers are not well suited for certain portions of the trail.

One Session \$16.00 Parent/Child Huber Wds Pk South Parking Lot

Wed, Sep 20 5:00-6:30 PM . . . . . . . . . IM634X



# **Orionids Meteor Shower Viewing Party**

(all ages, under 18 with adult)

The Orionid Meteor Shower is one of the most popular celestial events. Each fall, these shooting stars highlight the sky in a wondrous show. Grab your fall gear and a lawn chair if you'd like and join us as we sip some hot cocoa and watch the magic in the sky.

One Session \$11.00 Per Person Turkey Swamp Pk Outdoor Area

Wed, Oct 18 8:00-9:00 PM . . . . . . . . . IK334X

# Peter and the Wolf Scavenger Hunt



Have you been wanting to introduce your little one to the world of orchestral music? *Peter and the Wolf* is a fun composition that uses classical instruments to tell an engaging story. Join us as we listen to the story and then explore the park on a fun scavenger hunt!

One Session \$12.50 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Oct 22 10:30-11:30 AM..... IKN34X

# Riveting Reptiles!

(all ages)

Meet Manasquan Reservoir's reptiles in an up-close encounter during a live animal presentation of snakes and turtles.

One Session \$8.00 Per Person

Manasquan Res Env Ctr

Sat, Sep 9 2:00-3:00 PM. . . . . . . . . . . . . 10834X

# Spooky Skeletons

(ages 8 and up, with adult)

Why didn't the skeleton go see a scary movie? He didn't have the guts! Join us for a live animal show with a twist – you get to see their insides! No, not the guts. The bones! Come make a spooky snake skeleton take-home craft and learn about animal bones through radiographs and nature nick-nacks.

One Session \$10.00 Per Child

Manasquan Res Env Ctr

Fri, Oct 13 5:00-6:00 PM							10434X
Sat, Oct 14 2:00-3:00 PM							10334X

# **Sunset Stroll Around Turkey Swamp Lake**

(all ages, under 18 with adult)

Just in time for sunset, enjoy a peaceful naturalistguided walk around Turkey Swamp Lake. 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 \$16.50 Parent/Child \$8.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Wed, Sep 27 5:15-7:15 PM	IK634X
Sat, Nov 11 3:15-5:15 PM	IK734X

# Timalot Trek and Treat

(ages 6 and up, under 18 with adult)

Looking for a fun way to spend your long weekend? Join a Park System Naturalist for a guided nature walk at Huber Woods to our newly renovated Timalot barn! Along the way you will learn interesting facts about the native flora and fauna. Halfway through we will stop at the barn for a sweet fall treat. Walking distances for this program may range between 1 ½-2 miles, and strollers are not well suited for certain portions of the trail.

One Session \$16.00 Per Person

Huber Wds Pk South Parking Lot

Mon, Oct 9 10:00-11:30 AM (approx) . . . . IKT34X

# **OUTDOOR ADVENTURES**

# **Family Halloween Camping**

(ages 5 and up, families, with adult)

Spend a spooktacular weekend camping with your family at the Nomoco Activity Area of Turkey Swamp Park. Decorate your tent, carve a pumpkin, play Halloween games, go trick-or-treating, and take a hike in the woods at night! Each family will be provided with a platform tent, dinner for Saturday night and breakfast for Sunday morning. Additional camping equipment can be provided upon request. For 3-6 persons per family.

\$250.00 3-6 Per Family

Turkey Swamp Pk Nomoco Campground

Sat-Sun, Oct 21-22 12:00 PM-11:00 AM . W7234X

# **Family Paper Turkey Hunt**

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect turkey for your holiday feast. Our turkey targets are not edible, but your family will enjoy using our handheld GPS units to locate them. After all of your turkeys have been found, your family will work on their aim using our compound bows to shoot the paper turkey targets at the archery range. No turkeys are harmed during this event.

One Session \$36.00 Parent/Child \$21.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Nov 19 1:00-3:00 PM . . . . . . . . . W0134X



# **Rockin' the Trails**

(all ages

Set out on a cross-county scavenger hunt while discovering your Monmouth County parks!

Here's what to do to enjoy this family-friendly exploration:

- Get a copy of the Rockin' the Trails brochure by calling 732-872-2670 or download a copy online at www.MonmouthCountyParks.com.
- Complete the challenge by using the brochure as your guide to find hidden trail markers.
- Return your completed brochure by December 31, 2023, to be entered for a grand prize drawing.

# Paper Turkey Rescue Team

(ages 6-8, with adult)

The paper turkeys have flown the coop and we need your help to locate them! Your family will spend the day outdoors helping us track down the missing paper turkeys using our handheld GPS units. After all of the turkeys have been found, we will celebrate with a sticky pre-holiday snack of our own around the fireplace. No turkeys are harmed during this event.

One Session \$22.00 Adult & Junior \$14.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Sat, Nov 18 10:30 AM-12:00 PM . . . . . . W1234X

# **Snuggies, S'mores & Science Experiments**

(ages 4-7, with adult)

Grab your Snuggy® 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 toothpaste and Mentos® soda rockets. Then enjoy the warmth of the fire while nibbling s'mores, supplied by the Park System. Participants have the option to bring their own Snuggy®!

One Session \$32.00 Adult & Junior \$18.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Sat, Nov 18 3:00-4:30 PM. . . . . . . . . . W1134X

# **AUTUMN OUTDOOR FAMILY FUN**

# **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.

Rental season runs from Memorial Day weekend through Labor Day weekend.

Cost: \$15.00 per boat (tax included) for 1-3 people for 2 hours of canoeing *All rentals must be returned by 3:00 PM*.

Saturday, September 2, 10:00 AM-3:00 PM Sunday, September 3, 10:00 AM-3:00 PM



(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** 

Tuesday, September 19, 3:00-6:00 PM at Seven Presidents Oceanfront Park
Tuesday, October 24, 3:00-6:00 PM at Shark River Park
Sunday, November 5, 12:00-3:00 PM at Freneau Woods Park

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

Cost: \$10.00 per person, cash or check only

**Thompson Park Activity Barn** 

Saturday, September 9, 10:00 AM-2:00 PM Saturday, October 14, 10:00 AM-2:00 PM Saturday, November 11, 10:00 AM-2:00 PM

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

# **ARTS & CRAFTS**

# Don't Let Pigeon Drive the Bus

(ages 2-5, with adult)

Let's read Don't Let Pigeon Drive the Bus by Mo Willems. This story will help children explore responsibility and to keep promises. We'll read together and make a take home craft. If time allows we'll play games and/or play a little music.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg

Thu, Sep 14 1:00-2:00 PM . . . . . . . . . . . . . . . . . AAE34X

# **Dragons Love Tacos**

(ages 2-5, with adult)

Do you love tacos? Did you know dragons do too! Let's read this silly story by Adam Rubin and learn what not to feed dragons. Afterwards, we'll make a take home craft and make a dessert taco.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg

Thu, Nov 30 1:30-2:30 PM . . . . . . . . . AAG34X

# If You Give a Mouse a Cookie

(ages 2-5, 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, Sep 28 1:30-2:30 PM . . . . . . . . . . . . . . . . . A9634X

# Mixed Up Chameleon New York

(ages 2-5, with adult)

This class story by Eric Carle teaches children important lessons of being happy with who we are. After we read the story, we will create a take home craft and search for colors.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg

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

# **CULINARY ARTS**

# **Halloween Cat 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 into geometric shaped pieces, rearranged and iced to make beautiful designs – like our Halloween cat! We'll mix and bake our cakes, see a demo of the techniques and then have fun assembling and decorating our own cats.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen Sat, Oct 28 10:00 AM-1:30 PM. . . . . . . . M9434X

### Wee Can Cook

(age 3, 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 \$68.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Sep 19-Oct 10 10:00-11:00 AM A7434X
Wed, Sep 20-Oct 11 1:30-2:30 PM A7634X
Tue, Sep 19-Oct 10 11:30 AM-12:30 PM A7534X
Thu, Sep 21-Oct 12 1:30-2:30 PM A7734X
Fri, Sep 22-Oct 13 10:00-11:00 AM A7834X
Fri, Sep 22-Oct 13 11:30 AM-12:30 PM A7934X
Tue, Oct 17-Nov 14 10:00-11:00 AM A8034X
No class 11/7
T 0 : 4 T N 4 4 4 4 9 0 1 N 4 9 9 9 1 1 4 9 4 9 1 N

Tue, Oct 17-Nov 14 11:30 AM-12:30 PM .. A8134X No class 11/7

Wed, Oct 18-Nov 8 1:30-2:30 PM . . . . . . . . A8234X Thu, Oct 19-Nov 9 1:30-2:30 PM . . . . . . . . A8334X Fri, Oct 20-Nov 10 10:00-11:00 AM . . . . . . A8434X Fri, Oct 20-Nov 10 11:30 AM-12:30 PM . . . A8534X

# **EDUCATION & ENRICHMENT**

# **Adventures in Reading**

(ages 3-5, 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

Tue, Sep 12-Oct 17 3:00-4:00 PM. . . . . . . . AA134X Fri, Sep 15-Oct 20 11:15 AM-12:15 PM . . . AA234X Tue, Oct 31-Dec 5 3:00-4:00 PM. . . . . . . . . AA334X Fri, Nov 3-Dec 15 11:15 AM-12:15 PM. . . . AA434X No class 11/24

# Fall Reading Fun!

(ages 2-4, with adult)

Join us for some fun as we read and sing some of our favorite children's songs through stories! Whether the author changes all the words or adds silly new verses, these song stories are sure to bring laughter and smiles. We will read, sing, move and play. A take home craft will finish up our story adventure.

One Session \$20.00 Per Person

# **Pie Time**

What a tasty treat a fall pie can be!

Dorbrook Rec Area Prog Bldg

Freneau Wds Pk Vis Ctr Art Room **Halloween Fun** A fun action-packed Halloween story with a surprise

Dorbrook Rec Area Prog Bldg

Freneau Wds Pk Vis Ctr Art Room **Fall Leaves** 

Let's explore the colors of fall.

Dorbrook Rec Area Prog Bldg

Freneau Wds Pk Vis Ctr Art Room

# **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, followed by fun games, movement and themed activities for reinforcement. To finish up, we'll complete a creative art project to bring home.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

# Steve Metzger

Meet some silly Halloween characters!

# **Lois Ehlert**

Explore fall through the unique artwork of these stories. 

# Family Wind-Down

(ages 8-12, with adult)

Do you and your children have a hard time slowing down, pausing, resting or being still? Do you have difficulty falling asleep? Come with a mat, pillow and blanket to practice quieting the body and mind through guided meditations and energetic release practices to help cultivate restfulness. Parents and children are welcome to join us together to form stilling and sleep rituals for the whole family. Adults of any age are welcome.

One Session \$30.00 Per Pair \$25.00 Per Adult

Thompson Pk Vis Ctr Beech Room

Sun, Oct 22 6:00-7:30 PM. . . . . . . . . ABD34X

# **Keyboard Beginnings Music -Level 1 Beginners**

(ages  $4\frac{1}{2}$ -6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about musical instruments will enjoy Ms. Judy Kagel's class as we learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended your child has access to a keyboard or piano at home for short followup 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 due to the instructor on the first day of class.

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 18-Nov 6 4:00-4:45 PM. . . . . . . . A1734X No class 10/9

Mon, Sep 18-Nov 6 5:00-5:45 PM. . . . . . . . A1834X

No class 10/9

## **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. Please Note: In order for all registered participants to fully enjoy the program, please refrain from bringing additional family members and children to class.

Six Sessions \$68.00 Parent/Child Dorbrook Rec Area Prog Bldg

Wed, Sep 13-Oct 18 9:00-9:45 AM A	B934X
Wed, Sep 13-Oct 18 1:00-1:45 PM A	B734X
Wed, Nov 1-Dec 6 9:00-9:45 AM	BA34X
Wed. Nov 1-Dec 6 1:00-1:45 PM A	B834X

# **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

App	ies, <i>l</i>	٩рр	les
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Wed, Sep 13 11:00-11:45 AM
Woodland Friends
Wed, Sep 27 11:00-11:45 AM A6834X
Gobble, Gobble
Wed, Nov 15 11:00-11:45 AM
Colors of Fall
Dorbrook Rec Area Prog Bldg
Wed, Nov 1 11:00-11:45 AM
Halloween Fun
Dorbrook Rec Area Vis Ctr
Wed, Oct 11 11:00-11:45 AM A6934X

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.

# **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

Wed, Sep 6-Oct 18 3:00-4:00 PM	AA534X
No class 10/4	
Thu, Sep 7-Oct 19 3:00-4:00 PM	AA634X
No class 10/5	
Wed, Nov 1-Dec 6 3:00-4:00 PM	AA734X
Thu, Nov 2-Dec 14 3:00-4:00 PM	AA834X
No class 11/23	

# Snapology®: Junior Engineers Workshop

(ages 4-6, with adult)

Young students love to build, and this workshop allows preschoolers to experiment by creating! Children will build fun and simple models using DUPLO® bricks to learn engineering concepts early. By playing with and manipulating these models, they experience pulleys, levers, gears, wheels and axles while exploring energy, buoyancy, and balance. Classes include free-building time and a craft to promote creativity.

One Session \$25.00 Per Person \$20.00 2nd Child

Thompson Pk Vis Ctr Beech Room

# Snapology®: Junior Scientists Workshop

(ages 3-5, with adult)

Allow your child to cultivate their love of animals through building and science in this awesome STEAM workshop for preschoolers! Children will learn all about animals from characteristics to life cycles, all while building with K'NEX°. Books will be read and science stories shared, all while creating the creatures kids love! Create your own animal craft creation too. We make animal science fun at Snapology!

One Session \$25.00 Parent/Child \$20.00 2nd Child Thompson Pk Vis Ctr Beech Room

Sat, Sep 30 9:00-10:00 AM . . . . . . . . . . . . . . . Q5634X

# **NATURE**

# **Autumn Adventures**

(ages 3-5, with adult)

The warm weather is winding down, but that doesn't mean we can't enjoy spending time 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. At times, part of this program will take place indoors.

Four Sessions \$50.00 Parent/Child

Huber Wds Pk Fnv Ctr

Wed, Nov 1-22 10:00-11:15 AM (approx). . IKQ34X

# **Crafty Creatures**

(ages 5 and up, with adult)

Meet an animal from our reptile house at Huber Woods and tap into your creativity! After an up-close encounter, we'll use our imaginations to create our own interpretation of our new friend.

One Session \$15.50 Parent/Child

Huber Wds Pk Env Ctr

Sat, Sep 30 2:00-3:00 PM . . . . . . . . . . IM434X Sat, Nov 18 10:00-11:00 AM . . . . . . . . IM534X

# Fallen Leaf Walk

(ages 6-10, with adult)

Discover the beautiful colors of autumn at the new Winter Run Activity Center property, adjacent to Manasquan Reservoir. Collect one of each of your favorite fallen leaves as we explore a one-mile trail with a Park System Naturalist followed by a leaf identification activity.

One Session \$10.00 Per Child

Manasquan River Greenway Winter Run



# Forest Bathing with Kids

(ages 2-5)

De-stress your kids with a forest-bathing adventure! Spend a quiet hour in the woods with your child as we listen to the trees and birds and bow to the flowers. Forest bathing works because it connects us back to our natural state, which lives in harmony with nature. Forest bathing is all about soaking in your surroundings and practicing mindfulness while in nature. The more time you spend in nature, the quicker you will see the benefits spill over into your daily lives and the more appreciation you will have for its benefits on your whole family's health and wellbeing! Please wear closed-toe shoes, no flip-flops or sandals.

One Session \$17.00 Parent/Child \$8.50 Additional Sibling

Freneau Wds Pk Vis Ctr Parking Area

Tue, Oct 17 11:00 AM-12:00 PM .....IM934X Tue, Oct 24 11:00 AM-12:00 PM .....IMA34X

# Little Sprouts

(ages 3-5, with adult)

Explore the outdoors with your little one! This four-week series is designed to expose your child to the joys of nature at a young age and cultivate a lifelong love of the natural world. All classes will include a guided walk and a nature themed activity like a craft or game. There are no shortages of observations in our parks; each week we will find something new and exciting. Portions of this program may use an indoor facility.

Four Sessions \$50.00 Parent/Child \$25.00 Additional Sibling

Freneau Wds Pk Vis Ctr Art Room

Thu, Sep 7-28 10:00-11:00 AM (approx) . . IKR34X

# Make a Pumpkin Bird Feeder!

(ages 7 and up, under 18 with adult)

Don't ditch your left over pumpkin just yet, give it another life as a bird feeder! This program will include a bird walk and then each participant will receive their own sugar pumpkin and learn how to carve it into the perfect feeder for our backyard friends.

One Session \$16.00 Parent/Child

Huber Wds Pk Env Ctr

Sun, Nov 5 10:00-11:00 AM . . . . . . . . . IM734X

# Nature Story Time at Huber Woods Environmental Center

(ages 2-5, with adult)

Children ages 2-5 and their guardians are invited to join us for a nature-themed story time. Each session will offer the opportunity to get hands-on with nature knick-knacks. Sessions are free but space is limited; preregistration is required.

### **One Session FREE!**

Huber Wds Pk Env Ctr

Thu, Nov 16 11:00-11:30 AM . . . . . . . . PIKQ3A Thu, Nov 30 11:00-11:30 AM . . . . . . . PIKR3A

# Oh My Gourd!

(ages 5 and up, with adult)

Ditch the messy pumpkins this year and let's celebrate fall with a fun take-home harvest craft that won't expire! As we create, we will learn all about gourds. Following the craft, we'll take a short nature walk.

One Session \$12.00 Per Child

Manasquan Res Env Ctr

Sat, Nov 4 10:00-11:00 AM. . . . . . . . . . . 10534X

# **Reindeer Games**

(ages 6-10, with adult)

It's never too early to get in the holiday spirit! Inspired by our favorite Christmas songs, join us for non-stop fun full of reindeer games and fun activities.

One Session \$10.00 Per Child

Manasquan Res Env Ctr

Sun, Nov 26 10:00-11:15 AM . . . . . . . . . 10734X Sun, Nov 26 1:00-2:15 PM . . . . . . . . . 12634X

# Seaside Story Time

(ages 3-5, with adult)

It may be September, but summer isn't over yet! Soak up the last days of summer as we read a story and take a walk on the beach collecting treasures from the ocean.

One Session \$12.00 Parent/Child

Seven Presidents Pk Act Ctr

Wed, Sep 6 5:30-6:30 PM . . . . . . . . . . . IKX34X Fri, Sep 22 10:00-11:00 AM . . . . . . . . . IM134X

# **OUTDOOR ADVENTURES**

# **Empowering Our Explorers**

(ages 4-6, with adult)

National Youth Confidence Day is designed to celebrate the energy, spirit, character and potential of young people. Join us in encouraging your child and reminding them that their experiences are learning opportunities to help them achieve their goals. We will make stops along the trail for some fun, confidence boosting activities. Bring water and a snack in a pack and dress for an outdoor adventure!

One Session \$18.00 Parent/Child

Freneau Wds Pk Vis Ctr Parking Area

Fri, Oct 20 3:00-4:30 PM ..... W7934X

# Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a refreshing outing 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 2 are welcome to join in at no charge.

One Session \$18.00 Parent/Child \$7.00 Additional Sibling

Deep Cut Gardens Outdoor Area

Sat, Sep 30 10:00-11:30 AM	W5534X
Sat, Sep 30 12:00-1:30 PM	W7634X
Thompson Pk Filly Run Parking Lot	
Sat, Oct 21 10:00-11:30 AM	W5634X
Sat, Oct 21 12:00-1:30 PM	W7734X
Huber Wds Pk Env Ctr Parking Lot	
Sat, Nov 18 10:00-11:30 AM	W5734X
Sat Nov 18 12:00-1:30 PM	W7834X



## **Nature Tots**

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young adventurer 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

**Osprey Series** 

9/6 - Bayshore Waterfront Pk Lot 9/13 - Tatum Pk Red Hill Act Ctr Lot

9/20 - Big Brook Pk Lower Pond Lot

Wed, Sep 6-20 10:00-11:30 AM . . . . . . . W6234X

**Monarch Series** 

10/13 - Thompson Pk Old Orchard Lot

10/20 - Turkey Swamp Pk Shelter Bldg

10/27 - Huber Wds Pk South Parking Lot

Fri, Oct 13-27 10:00-11:30 AM . . . . . . . . W6334X

**Groundhog Series** 

11/3 - Holmdel Pk Hilltop Area Lot

11/10 - Manasquan Reservoir Env Ctr Lot

11/17 - Shark River Pk Shelter Bldg

Fri, Nov 3-17 10:00-11:30 AM . . . . . . . . W6434X

# **PLAY GROUP**

# Fall Family Challenge

(ages 5-10, with adult)

Let's embark on an outdoor adventure of an exciting fall story with fun-filled story-based activities and challenges. Bring your sense of humor, sharp mind, family team skills and spirit!

One Session \$35.00 Per Family of 4

Dorbrook Rec Area

Sat, Oct 21 10:00-11:15 AM . . . . . . . . . . . AAJ34X 

# Let's Explore

(ages 2-5, with adult)

You and your child will spend time exploring through age appropriate sensory play, fine and large motor activities, simple art projects, story time and even some nature exploration. Dress for mess and possibly outdoor activities. Activities subject to change.

Six Sessions \$68.00 Per Pair

### **Outdoor Edition**

(ages 2-3)

Dorbrook Rec Area Prog Bldg

Tue, Sep 5-Oct 17 11:00-11:45 AM. . . . . AAN34X No class 10/3

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 11-Oct 16 9:30-10:15 AM . . . . AAU34X (ages 3-5)

Dorbrook Rec Area Prog Bldg

Tue, Sep 5-Oct 17 9:30-10:15 AM. . . . . . AAM34X No class 10/3 Wed, Sep 6-Oct 18 10:00-10:45 AM . . . . . . AAP34X No class 10/4

Thu, Sep 7-Oct 19 9:30-10:15 AM . . . . . AAQ34X No class 10/5

Mon, Sep 11-Oct 16 9:30-10:15 AM . . . . . . AAR34X Mon, Sep 11-Oct 16 10:45-11:30 AM . . . . AAS34X Mon, Sep 11-Oct 16 1:00-1:45 PM . . . . . . . AAT34X

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 11-Oct 16 10:45-11:30 AM . . . . AAV34X Mon, Sep 11-Oct 16 12:00-12:45 PM . . . AAW34X

# **Indoor Edition**

(ages 2-3)

Dorbrook Rec Area Prog Bldg

Tue, Oct 31-Dec 5 11:00-11:45 AM . . . . . . AB134X Freneau Wds Pk Vis Ctr Art Room

Mon, Oct 30-Dec 4 9:30-10:15 AM . . . . . . . AB434X (ages 3-5)

Dorbrook Rec Area Prog Bldg

Mon, Oct 30-Dec 4 9:30-10:15 AM . . . . . . . . AAX34X Mon, Oct 30-Dec 4 10:45-11:30 AM . . . . . . AAY34X Mon, Oct 30-Dec 4 1:00-1:45 PM . . . . . . . . . AAZ34X Tue, Oct 31-Dec 5 9:30-10:15 AM. . . . . . . . AB034X Wed, Nov 1-Dec 6 10:00-10:45 AM. . . . . . . AB234X Thu, Nov 2-Dec 14 9:30-10:15 AM . . . . . . . AB334X No class 11/23

Freneau Wds Pk Vis Ctr Art Room

Mon, Oct 30-Dec 4 10:45-11:30 AM . . . . . AB534X Mon, Oct 30-Dec 4 12:00-12:45 PM . . . . . AB634X

# **Math Olympics**

(ages 3-5, with adult)

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

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 15-Oct 13 9:15-10:00 AM . . . . . . . XDC34X Fri, Oct 27-Dec 1 9:15-10:00 AM . . . . . . XDD34X

No class 11/24

# Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

Eight Sessions \$182.00 Parent/Child \$92.00 2nd Child \$72.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Sep 18-Nov 13 10:30-11:15 AM . . . . A4034X No class 10/9

Mon, Sep 18-Nov 13 11:30 AM-12:15 PM. . A4134X No class 10/9

Mon, Sep 18-Nov 13 4:00-4:45 PM . . . . . . A4234X

No class 10/9 Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Sep 19-Nov 7 9:30-10:15 AM . . . . . . . A4334X Tue, Sep 19-Nov 7 10:30-11:15 AM . . . . . . A4434X Tue, Sep 19-Nov 7 11:30 AM-12:15 PM . . . A4534X Wed, Sep 20-Nov 8 9:30-10:15 AM. . . . . . . A4634X Wed, Sep 20-Nov 8 10:30-11:15 AM . . . . . A4734X Wed, Sep 20-Nov 8 11:30 AM-12:15 PM . . . A4834X

Instructor: Ms. Elisa

Six Sessions \$150.00 Parent/Child \$60.00 2nd Child \$40.00 Additional Sibling

Dorbrook Rec Area Vis Ctr

Wed, Sep 20-Oct 25 9:30-10:15 AM . . . . . A4934X Wed, Sep 20-Oct 25 10:30-11:15 AM . . . . A5034X

# Mommy & Me Ballet



(ages  $2\frac{1}{2}$ - $3\frac{1}{2}$ , with adult)

We are excited to offer this pre-ballet class for our littlest students! Your little ones will experience rhythms, gross motor skills and creative movement with the help of mom and with the instructor's guidance. Moms should be dressed to move for the entire class. Students should wear ballet shoes and attire.

Ten Sessions \$125.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Sep 12-Nov 14 9:15-10:00 AM . . . . . . A2734X

# Morning Playtime

(ages 18 months-3 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 be 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, Sep 14-Oct 12 9:15-10:00 AM. . . . . . XCJ34X Thu, Oct 26-Nov 30 9:15-10:00 AM . . . . XCM34X No class 11/23

Tatum Pk Holland Act Ctr

Wed, Sep 13-Oct 11 10:15-11:00 AM . . . . XD834X Wed, Oct 25-Nov 29 10:15-11:00 AM . . . . XD934X No class 11/22

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 13-Oct 11 9:15-10:00 AM . . . . . XCH34X Wed, Oct 25-Nov 29 9:15-10:00 AM . . . . . XCK34X No class 11/22

# Stage 3

(ages 2-3 years, with adult)

Dorbrook Rec Area Vis Ctr

Thu, Sep 14-Oct 12 10:15-11:00 AM. . . . . XCP34X Thu, Oct 26-Nov 30 10:15-11:00 AM. . . . . XCR34X *No class 11/23* 

Tatum Pk Holland Act Ctr

Wed, Sep 13-Oct 11 11:15 AM-12:00 PM . XDA34X Wed, Oct 25-Nov 29 11:15 AM-12:00 PM . .XDB34X No class 11/22

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 13-Oct 11 10:15-11:00 AM . . . . XCN34X Wed, Oct 25-Nov 29 10:15-11:00 AM . . . . XCQ34X No class 11/22

# **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: Parents/guardians may not be actively participating, but will be asked to monitor child behavior.

# Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 14-Oct 12 11:15 AM-12:00 PM . . XCT34X Thu, Oct 26-Nov 30 11:15 AM-12:00 PM . . XCV34X No class 11/23

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 13-Oct 11 11:15 AM-12:00 PM . . XCS34X Wed, Oct 25-Nov 29 11:15 AM-12:00 PM . . XCU34X No class 11/22

# Superheroes

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

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

# Five Sessions \$60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

# **Avengers Assemble**

Including heroes: Captain America, Spiderman, and Hulk

Mon, Sep 11-Oct 9 9:30-10:15 AM . . . . . MAX34X Mon, Sep 11-Oct 9 10:30-11:15 AM . . . . MAY34X Tue, Oct 17-Nov 14 9:30-10:15 AM . . . . MAZ34X Tue, Oct 17-Nov 14 10:30-11:15 AM . . . . MB034X

# **Justice League**

Including heroes: Superman, Wonder Woman, and Batman

Tue, Sep 12-Oct 10 9:30-10:15 AM . . . . MB134X Tue, Sep 12-Oct 10 10:30-11:15 AM . . . . MB234X Mon, Oct 16-Nov 13 9:30-10:15 AM . . . . MB334X Mon, Oct 16-Nov 13 10:30-11:15 AM . . . MB434X



# **The Power of Play**

(ages 2-4, 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

Fri, Sep 15-Oct 6 9:30-10:15 AM . . . . . MB534X Fri, Sep 15-Oct 6 10:30-11:15 AM . . . . MB634X Fri, Oct 27-Nov 17 9:30-10:15 AM . . . . MB734X Fri, Oct 27-Nov 17 10:30-11:15 AM . . . . MB834X

# 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 \$62.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Sep 13-Oct 11 9:15-10:00 AM . . . . . . XD634X Wed, Oct 25-Nov 29 9:15-10:00 AM . . . . . . XD734X No class 11/22

# **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, Sep 9-30 9:00-9:55 AM	. X8734X
Sat, Oct 14-Nov 4 9:00-9:55 AM	. X8834X

# Basketball with Me & Dad/Mom Clinic

(ages 5-6, with adult)

This introductory class is the perfect way to spark anyone's interest in basketball! Parent and child will have fun while practicing the basic skills of the game. Parent participation is required.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Sep 17 9:00-9:55 AM						.XDK34X
Sun, Oct 1 9:00-9:55 AM .						XDM34X

# **Five 4 One Sports**

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

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

Five Sessions \$62.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 15-Oct 13 10:15-11:00 AM. . . . . . . XDE34X Fri, Oct 27-Dec 1 10:15-11:00 AM . . . . . . . XDF34X No class 11/24

# **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 \$62.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 15-Oct 13 11:15 AM-12:00 PM . . XDG34X Fri, Oct 27-Dec 1 11:15 AM-12:00 PM . . . XDH34X No class 11/24

# **Gymnastics - Parent and Child**

(ages 18 months-10 years, 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.

All American Gymnastics Cindy Lane, Ocean

(ages 2-3, with adult)

Three Sessions \$48.00 Per Pair	
Sat, Nov 4-18 9:00-9:45 AM	M7434X
Sat, Nov 4-18 11:00-11:45 AM	M7534X
Sat, Nov 4-18 12:00-12:45 PM	M7634X
Four Sessions \$64.00 Per Pair	
Sat, Sep 9-30 9:00-9:45 AM	M4834X
Sat, Sep 9-30 11:00-11:45 AM	M5334X
Sat, Sep 9-30 12:00-12:45 PM	M5634X
Sat, Oct 7-28 9:00-9:45 AM	M6034X
Sat, Oct 7-28 11:00-11:45 AM	M6534X
Sat, Oct 7-28 12:00-12:45 PM	M6934X
Shrewsbury Gymnastics School Broad Street, Sh	nrewsbury
Twelve Sessions \$180.00 Per Pair	
(ages 18 months-3 years, with adult)	
Tue, Sep 5-Nov 21 9:00-9:45 AM	M0134X
Tue, Sep 5-Nov 21 10:00-10:45 AM	M0334X
Tue, Sep 5-Nov 21 11:00-11:45 AM	M0534X
Tue, Sep 5-Nov 21 12:00-12:45 PM	M0734X
Thu, Sep 7-Nov 23 9:00-9:45 AM	M0934X
Thu, Sep 7-Nov 23 10:00-10:45 AM	M1134X
Thu, Sep 7-Nov 23 11:00-11:45 AM	M1334X
Thu, Sep 7-Nov 23 12:00-12:45 PM	M1534X
Fri, Sep 8-Nov 24 9:00-9:45 AM	M1734X

Fri, Sep 8-Nov 24 10:00-10:45 AM . . . . . M1934X

Fri, Sep 8-Nov 24 11:00-11:45 AM . . . . . M2134X

Fri, Sep 8-Nov 24 12:00-12:45 PM . . . . . M2334X

Sat, Sep 9-Nov 25 9:00-9:45 AM . . . . . . M2534A

Sat, Sep 9-Nov 25 11:00-11:45 AM. . . . . M2934A

## **Kids Kixx Pee Wee**

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

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

### **Outdoor Season**

### Three Sessions \$45.00 Per Child

# Dorbrook Rec Area

Wed, Oct 18-Nov 1 4:00-4:45 PM . . . . . . . . XAG34X Four Sessions \$60.00 Per Child

### Dorbrook Rec Area

Mon, Sep 11-Oct 2 9:30-10:15 AM . . . . . XCW34X Mon, Sep 11-Oct 2 10:30-11:15 AM . . . . . XCX34X Wed, Sep 13-Oct 4 4:30-5:15 PM . . . . . . . . XAA34X Sat, Sep 16-Oct 7 9:00-9:45 AM. . . . . . . . XB034X Sun, Sep 17-Oct 8 9:00-9:45 AM . . . . . . XB234X Sun, Sep 17-Oct 8 10:00-10:45 AM. . . . . . XB334X Mon, Oct 16-Nov 6 9:30-10:15 AM . . . . . . XCZ34X Mon, Oct 16-Nov 6 10:30-11:15 AM . . . . . XCY34X Sat, Oct 21-Nov 11 9:00-9:45 AM. . . . . . . . XBD34X Sun, Oct 22-Nov 12 9:00-9:45 AM . . . . . . XBA34X Sun, Oct 22-Nov 12 10:00-10:45 AM. . . . . XBB34X

# Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 12-Oct 3 9:30-10:15 AM. . . . . . . XA834X Tue, Oct 17-Nov 7 9:30-10:15 AM . . . . . . XAE34X Sat, Oct 21-Nov 11 9:00-9:45 AM. . . . . . XB734X Sat, Oct 21-Nov 11 10:00-10:45 AM . . . . . XB834X

# Holmdel Pk Hilltop Area

Fri, Sep 15-Oct 6 9:30-10:15 AM . . . . . . . XAC34X Fri, Sep 15-Oct 6 10:30-11:15 AM . . . . . XAD34X Sat, Sep 16-Oct 14 9:00-9:45 AM . . . . . . . XAV34X No class 9/30

Sat, Sep 16-Oct 14 10:00-10:45 AM . . . . XAW34X No class 9/30

Fri, Oct 20-Nov 10 9:30-10:15 AM . . . . . . XB534X Fri, Oct 20-Nov 10 10:30-11:15 AM . . . . . XB634X

# **Indoor Season**

# Four Sessions \$60.00 Per Child

# Fort Monmouth Rec Ctr Gym A

Sat, Nov 18-Dec 16 9:00-9:45 AM	XBJ34X
No class 11/25	
Cat. Nav. 10 Day 16 10:00 10:45 AM	VDI/24V

Sat, Nov 18-Dec 16 10:00-10:45 AM . . . . . XBK34X No class 11/25

Sun, Nov 19-Dec 17 10:30-11:15 AM . . . . XBN34X No class 11/26

Tue, Nov 21-Dec 12 9:30-10:15 AM . . . . . XBR34X

# **Kidz Yoga**

(ages 4-8, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build selfconfidence! 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 kids favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

# Five Sessions \$85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

(ages 4-6, with adult)

Sun, Sep 10-Oct 8 11:30 AM-12:00 PM . . . XAK34X Sun, Oct 22-Nov 26 11:30 AM-12:00 PM . . XAS34X No class 11/5

(ages 6-8, with adult)

Sun, Sep 10-Oct 8 12:10-12:40 PM. . . . . XAM34X Sun, Oct 22-Nov 26 12:10-12:40 PM . . . . . XAT34A No class 11/5

# **Kixx Soccer & Crafts**

(ages 3-5, with adult)

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

# Four Sessions \$64.00 Per Person

# **Outdoor Season**

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 12-Oct 3 10:30-11:15 AM . . . . . . XA934X Tue, Oct 17-Nov 7 10:30-11:15 AM. . . . . . XAF34X

# **Indoor Season**

Fort Monmouth Rec Ctr Gym A

Tue, Nov 21-Dec 12 10:30-11:15 AM. . . . . XBS34X

## T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

# Four Sessions \$54.00 Parent/Child

### Dorbrook Rec Area

Sat, Sep 9-30 9:00-9:55 AM	X5734X
Sun, Sep 10-Oct 1 9:00-9:55 AM	
Sat, Oct 14-Nov 4 9:00-9:55 AM	X5934X
Sun. Oct 15-Nov 5 9:00-9:55 AM	X6034X

MONMOUTH COUNTY PARK SYSTEM

# THOMPSON PARK DAY





# Thompson Park, Lincroft

**ACTIVITIES INCLUDE:** 

Scarecrow Contest

11:00 AM-5:00 PM

- Pumpkin Painting
- Explore Your Natural World & Gardens
- Wagon Rides
- Entertainment
- Rides
- KIDS' RACES
- FOOD VENDORS
- Pottery Demonstrations
- CERAMICS
- Archery
- Climbing Wall

AND SO MUCH MORE!

FOR ADDITIONAL INFORMATION,

VISIT US ONLINE AT

WWW.MONMOUTHCOUNTYPARKS.COM.

# **ARTS & CRAFTS**

# Alice's Tea Party

(ages 7-10)

Don't be late for this very important date! Let's have an adventure in wonderland. Drink some tea, and eat some s'mores and snacks while making new friends. Come dressed as your favorite *Alice in Wonderland* character.

One Session \$25.00 Per Person

Shark River Pk Shelter Bldg

Sat, Nov 18 11:00 AM-12:30 PM . . . . . . . . ABB34X

# Aspiring Artists Painting and Decoupage Designs

(ages 5-12)

Using famous masterpieces and classic images as inspiration, students will create unique designs by using acrylic paint and hand-painted pieces of paper. The final result will be a mixed media collage composition. Instructor: Debra Stasiak, Founder of Aspiring Artists (ages 5-7)

Four Sessions \$62.00 Per Child

Thompson Pk Creative Arts Center

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 8-29 4:30-6:30 PM . . . . . . . . . . . . Z9934A

**Home Schoolers Sessions!** 

(ages 6-12)

Three Sessions \$68.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 13-27 10:30 AM-12:00 PM. . . . . ZA234A Wed, Sep 13-27 1:00-2:30 PM . . . . . . . . ZA334A

# **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.

Six Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Sat, Sep 23-Oct 28 9:30-11:30 AM . . . . . . ZBK34X Sat, Nov 4-Dec 16 9:30-11:30 AM . . . . . . ZBN34X

No class 11/25

# **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 \$100.00 Per Child

Thompson Pk Creative Arts Center

Fri, Sep 15-Oct 20 4:30-6:00 PM . . . . . . . Z2234X Fri, Nov 3-Dec 15 4:30-6:00 PM . . . . . . . Z2334X No class 11/23

# **Children's Wheel-Thrown Pottery**

(ages 11-17)

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

Seven Sessions \$140.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Sep 7-Oct 19 4:00-6:00 PM . . . . . . . Z7034X Thu, Oct 26-Dec 14 4:00-6:00 PM. . . . . . Z7334X

No class 11/23 Instructor: John Fossa

Sat, Sep 9-Oct 21 9:00-11:00 AM . . . . . . . Z7134X Sat, Oct 28-Dec 16 9:00-11:00 AM . . . . . . Z7234X

No class 11/25

# **Crafternoons at Dorbrook**

(ages 7-10)

Does your child love arts and crafts projects? Join us for an afterschool "crafternoon!" Each session features 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 dress for mess or bring a smock.

Six Sessions \$80.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Sep 12-Oct 17 4:30-5:45 PM. . . . . . . . A5734X

# 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" x 14" (a pizza box works well).

### Four Sessions \$62.00 Per Child

# Thompson Pk Creative Arts Center

Pissarro's Sunset at Eragny

Pissarro's The Delafolie House, Eragny, Sunset van Gogh's Vase with Lilacs, Daisies, and Anemones Derain Bords de Riviere

Sat, Oct 7-28 9:30-10:30 AM. . . . . . . . . . ZAP34A Sat, Oct 7-28 11:00 AM-12:00 PM . . . . . ZAQ34A

Derain's Charing Cross Bridge

Matisse's The Riverbank

Cross'The Canal near St. Tropez

Cross' Coastal Landscape

Sat, Nov 4-Dec 2 9:30-10:30 AM . . . . . . . . ZAR34A Sat, Nov 4-Dec 2 11:00 AM-12:00 PM . . . . ZAS34A

No class 11/25

# **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" x 14" (a pizza box works well).

### Four Sessions \$98.00 Per Person

# Thompson Pk Creative Arts Center

Pissarro's Sunset at Eragny

Pissarro's The Delafolie House, Eragny, Sunset van Gogh's Vase with Lilacs, Daisies, and Anemones Derain's Blues of Summer

## Fri, Oct 6-27 4:30-6:30 PM . . . . . . . . ZAM34A

Derain's Boats in Collioure, 1905 at Staatsgalerie

Derain's Pont de Charing Cross

Cross' Coastal Landscape

Cross' A Venetian Canal

Fri, Nov 3-Dec 1 4:30-6:30 PM . . . . . . . ZAN34A No class 11/24



# **Great Impressionism for Home Schoolers**

(aaes 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

Pissarro's Sunset at Eragny

Pissarro's The Delafolie House, Eragny, Sunset van Gogh's Vase with Lilacs, Daisies, and Anemones Derain's Blues of Summer

Wed, Oct 4-25 10:30 AM-12:00 PM. . . . . . ZA434A Wed, Oct 4-25 1:00-2:30 PM . . . . . . . . . . ZA534A

Derain's Charing Cross Bridge

Matisse's The Riverbank

Cross'The Canal near St. Tropez

Cross' Coastal Landscape

Wed, Nov 1-22 10:30 AM-12:00 PM . . . . . ZA634A Wed, Nov 1-22 1:00-2:30 PM .....ZA734A

# **Halloween Candy Bowl**

(ages 7-12)

Paint your very own spooky ceramic candy bowl. Use it as a decoration or for all your Halloween treats. The candy bowl will be kiln fired and ready for pick-up the following week.

### One Session \$33.00 Per Child

# Thompson Pk Creative Arts Center

Sat, Oct 14 12:00-1:15 PM						. Z1434X
Sat. Oct 14 1:45-3:00 PM						. 71534X

# **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 the instructor at first class.

# Six Sessions \$93.00 Per Child

# Henry Hudson Trail Act Ctr

Mon, Sep 18-Oct 23 4:00-5:00 PM . . . . . . Z6234A Mon, Nov 6-Dec 11 4:00-5:00 PM . . . . . . Z6334A Fort Monmouth Rec Ctr Program Room C

Wed, Sep 20-Oct 25 4:00-5:00 PM . . . . . . Z6434A Wed, Nov 8-Dec 13 4:00-5:00 PM . . . . . . Z6534A

Thompson Pk Creative Arts Center

Thu, Sep 21-Oct 26 4:15-5:15 PM. . . . . . . Z6634A Thu, Nov 2-Dec 14 4:15-5:15 PM . . . . . . Z6734A

No class 11/23

# KidzArt Discover

(ages 3 1/2-5)

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, Sep 19-Oct 24 1:00-2:00 PM.....Z6034A Tue, Oct 31-Dec 5 1:00-2:00 PM.....Z6134A



# **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 are included.

One Session \$28.00 Per Child

### Fall Fox

Henry Hudson Trail Act Ctr

Sat, Sep 23 10:30 AM-12:00 PM	Z8634A
Thompson Pk Creative Arts Center Sat, Sep 23 1:30-3:00 PM	78734A
Autumn Colors	
Henry Hudson Trail Act Ctr	
Sat, Oct 21 10:30 AM-12:00 PM	Z8834A
Thompson Pk Creative Arts Center	
Sat, Oct 21 1:30-3:00 PM	Z8934A
Pumpkin Patch	

Henry Hudson Trail Act Ctr

Sat, Nov 18 10:30 AM-12:00 PM . . . . . . . Z9034A Thompson Pk Creative Arts Center Sat, Nov 18 1:30-3:00 PM. . . . . . . . . . . . Z9134A

# Sculpt a Pumpkin

(aaes 6-10)

It's the time to start the Halloween festivities by creating a clay pumpkin in our pottery studio. In this workshop children will learn some hand building techniques, paint and decorate their pumpkin, and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Oct 7 12:00-1:30 PM	•	•				•			•	•	. Z1634X
Sat, Oct 7 2:00-3:30 PM.		•	•	•	•	•	•	•	•	•	. Z1734X

# **Sculpt a Turkey for Your Table**

(ages 6-10)

Start celebrating Thanksgiving by creating a clay turkey in our pottery studio. Participants will learn some hand building techniques, paint and decorate their turkey, and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Oct 28 12:00-1:30 PM					•	. Z2034X
Sat, Oct 28 2:00-3:30 PM.				•		. Z2134X

# **Sensory Crafts**

(ages 7-10)

Create a craft using your senses! In each session we will explore one of our senses including sound, sight, taste and smell. Next, we'll create a unique piece of take home art inspired by the sense we explored using a variety of different mediums. Please dress for mess or wear a smock; we will be using supplies than can stain clothes.

Three Sessions \$60.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Nov 7-21 4:30-5:45 PM . . . . . . . . . AAH34X

# **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, are encouraged to work together to learn, design, think and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$8.00 is payable to the instructor at first class.

# Six Sessions \$98.00 Per Child

Henry Hudson Trail Act Ctr

Henry Hudson Irali Act Ctr	
Mon, Sep 18-Oct 23 5:15-6:30 PM	. Z7634A
Mon, Nov 6-Dec 11 5:15-6:30 PM	. Z7734A
Fort Monmouth Rec Ctr Program Room C	
Wed, Sep 20-Oct 25 5:15-6:30 PM	. Z7834A
Wed, Nov 8-Dec 13 5:15-6:30 PM	. Z7934A
Thompson Pk Creative Arts Center	
Thu, Sep 21-Oct 26 5:30-6:45 PM	. Z8034A
Thu, Nov 2-Dec 14 5:30-6:45 PM	. Z8134A
No class 11/23	

# Thanksgiving Ceramic Plate

(ages 7-12)

Make your Thanksgiving day table extra special this year with a hand painted ceramic plate. Children will learn some ceramic painting techniques while creating a commemorative holiday plate. The plate will be kiln fired and ready for pick-up the following week.

One Session \$33.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 4 12:00-1:15 PM	Z1834X
Sat, Nov 4 1:45-3:00 PM	Z1934X

# 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 \$112.00 Per Person

Dorbrook Rec Area Prog Bldg

Thu, Sep 14-Oct 19 5:00-6:30 PM. . . . . . . . A5834X

# **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 \$68.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 20-Oct 11 3:00-4:00 PM A	8634X
Thu, Sep 21-Oct 12 3:00-4:00 PM A	8734X
Wed, Oct 18-Nov 8 3:00-4:00 PM A	8834X
Thu. Oct 19-Nov 9 3:00-4:00 PM A	8934X

# **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 \$75.00 Per Child Fort Monmouth Rec Ctr Kitchen

Mon, Sep 18-Oct 9 4:30-6:30 PM . . . . . MAN34X Mon, Oct 16-Nov 6 4:30-6:30 PM . . . . . MAP34X Mon, Nov 20-Dec 11 4:30-6:30 PM . . . . . MAQ34X

# **Let's Cook**

(ages 6-7)

This cooking class showcases fun and creative foods while introducing basic culinary skills to your child, including reading recipes, chopping, measuring, and kitchen safety. Each week at least one recipe will be created. Bring an apron if you have one.

Four Sessions \$68.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 20-Oct 11 4:30-5:30 PM		•		.A9034X
Wed, Oct 18-Nov 8 4:30-5:30 PM.				.A9134X

# **Let's Decorate Cupcakes!**

(ages 9-11)

Let the creativity begin! You'll be shown how to decorate cupcakes like the pros! You'll practice 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 \$56.00 Per Child

Dorbrook Rec Area Vis Ctr



# **Tween Chefs**

(ages 11-13)

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 \$90.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Oct 15-Nov 5 10:30 AM-12:00 PM . . . A9434X Thu, Oct 19-Nov 9 4:30-6:00 PM . . . . . . . . A9534X

# **Young Chefs**

(ages 8-10)

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

Four Sessions \$90.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Sep 17-Oct 8 10:30 AM-12:00 PM . . . A9234X Thu, Sep 21-Oct 12 4:30-6:00 PM. . . . . . . . A9334X



# **EDUCATION & ENRICHMENT**

# After School Unwind

(ages 8-12)

Practice ways to be and be your own best friend with mindful movements, mindful breathing and mindful playing to destress and be good just the way you are. Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Sep 18 4:00-6:00 PM . . . . . . . . . . . . . . . . ABC34X

# **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, Oct 21 10:00 AM-12:00 PM . . . . . . . . . Q4734A Thompson Pk Vis Ctr Beech Room

Sat, Nov 11 10:00 AM-12:00 PM . . . . . . . . Q4634A

# Humane Education: It's Cool to Be Kind @



(ages 9-14, with adult)

Animals have no voice, so they need you! Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated. You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal 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 during the program. Visit the Monmouth County SPCA website to view items on their website wish list (monmouthcountyspca.org). This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

# My Science Lab: Beginner's Guide to Robotics NEW

(ages 6-9)

Unleash your child's inner inventor with our exciting new robotics class! Over the course of four classes, we'll build different robots that will blow their minds! From the vibratum animal bots to the drawing bots, light tracking bots, and even solar-powered bots, your child will learn the basics of robots. With hands-on experience, they'll learn all the principles of building a bot, including energy sources, sensors and actuators. Let's ignite their passion for robotics during this thrilling adventure of discovery! Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person Thompson Pk Vis Ctr Walnut Room

Mon, Nov 13-Dec 4 4:30-5:30 PM. . . . . . . . . Q8034A

# My Science Lab: Dry Ice Magic

(ages 6-9)

Looking to inspire a love of science in your child? This STEM class, featuring amazing dry ice experiments, is the perfect way to ignite their passion for learning! We'll dive into the basics of dry ice and its unique properties, helping your child gain a deeper understanding of the different states of matter. And the fun doesn't stop there! Your child will learn how to create dry ice volcanoes and bubbles using a variety of techniques, all while having a blast with their new scientific knowledge. Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

# My Science Lab: Let's Go to Mars, Build Rockets NEW ?

(ages 6-9)

Have you ever wondered what it takes to be a rocket scientist? Our classes will take your child on an amazing journey into the world of space travel! They'll build their own hydraulic/pneumatic powered rockets and launch them into the sky to see how far they'll go! With every class, we'll explore the fascinating challenges that rocket scientists face as they work to send humans to Mars and beyond. Let's blast off on this adventure and watch your child's love for science soar to new heights! Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person Thompson Pk Vis Ctr Walnut Room

# My Science Lab: Making Things Fly

(aaes 6-9)

Are you ready to channel your inner engineer and take to the skies? Join us on an epic adventure as we explore the world of flight! From crafting our very own paper planes and walk-along gliders, to mastering the art of building boomerangs and human-powered dragonfly helicopters, your child will learn the basics of aviation technology! With hands-on experience, they'll discover the factors that make a plane soar through the sky. Let's don our engineer hats and take flight - enroll your child now for the adventure of a lifetime! Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person Thompson Pk Vis Ctr Walnut Room

# My Science Lab: Matter Mayhem



(ages 6-9)

Give your child an unforgettable learning experience as they explore the exciting world of solids, liquids and gases! Children will participate in thrilling chemical reactions that demonstrate how solids and liquids can interact to produce amazing gases - blowing balloons, making bath bombs! With the help of gases like helium, your child will discover how the properties of different gases affect the behavior of balloons and even our own voices! Don't miss out on this incredible opportunity to ignite your child's passion for science and discovery! Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Nov 15-Dec 6 4:30-5:30 PM. . . . . . . . Q7734A

# My Science Lab: Slimology

(ages 6-9)

Embark on an exciting adventure with us! During this one-of-a-kind program kids can explore the world of science through hands-on experiments with classic slime, glow-in-the-dark slime, magnetic slime, and sand slime. Not only will your child have a blast experimenting with these different types of slime, but they'll also learn valuable scientific skills, such as building hypotheses and drawing conclusions. Give your child an exciting learning adventure! Don't miss out. Instructors and supplies provided by My Science Labs.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Sep 13-Oct 4 4:30-5:30 PM . . . . . . . . . Q7534A

# Snapology®: Elementary Engineers

(ages 6-9)

Let's get moving and learn basic engineering concepts early! Come build super-cool cars, catapults or windmills that use gears, axles, pulleys and motors. Once built, students will have time to experiment and modify their projects in order to showcase their creative side. This class is designed for children who love to build, create and invent, all while using their imagination!

Six Sessions \$117.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Sep 19-Oct 24 5:00-6:00 PM . . . . . . . . Q4934A

# Snapology®: KinderBots Robotics & Coding

(ages 6-8)

Kids will begin to explore the world of robotics as they build models that teach the fundamentals of robotic design and coding. Whether learning about sensors while building robo dogs and magic wands, or discovering ways that gears and pulleys create movement while building helicopters, catapults and more, your child is sure to have an amazing time bringing their creations to life using coding. Children love robots and this class allows them to build, program and make the bots themselves!

Six Sessions \$117.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Wed, Sep 20-Oct 25 5:00-6:00 PM . . . . . . . Q5034A

# Snapology®: Mining & Building

(ages 8-11)

Travel to the Nether with Snapology®, but watch out for those creepers! Join us as we bring Minecraft® to life building with LEGO® bricks, creativity and more. Each week students will work on awesome activities that will allow them to create their own world using bricks, including animals, creepers, 3D 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 \$117.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Sep 21-Oct 26 5:00-6:00 PM. . . . . . . . . Q5234A

# Snapology®: RoboPets Robotics and Coding Workshop

(ages 6-12)

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 robotic animals to move with code. Create your own robopet craft to take home too! Your children are sure to have a wild time as they build, learn and play with these interactive animal creations!

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

(ages 6-8)

**Sat, Nov 18 9:00-10:30 AM..........Q6034A** (ages 8-12)

Sat, Nov 18 11:00 AM-12:30 PM . . . . . . . . Q6134A

# **Snapology®: Science of Superpowers**

(ages 6-9)

Kids learn about the science behind their favorite heroes' powers. Students study STEM subjects such as gravity, aerodynamics, forces and motion, as they learn about flight, superhero vehicles, super villain strength and why these characters fascinate us all. Build with LEGO® bricks, learn about science, and interact with new friends in this awesome hands-on program that is all about superheroes and all about fun!

Six Sessions \$117.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Nov 7-Dec 12 5:00-6:00 PM . . . . . . . . Q5434A

# Snapology®: Space Wars Robotics & Coding

(ages 8-11)

Robotics inspired by Star Wars® and space travel...yes! Come on an adventure building and programming functional robots using LEGO® bricks and technology in this super-fun program. Learn about space, travel and of course the world of Star Wars® by building different robots and learning how to use code to make them function. Let's make the Mars Rover, a Moon Base, an X-wing and more awesome space ships and vehicles! May the force be with you!

Six Sessions \$117.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Wed, Nov 8-Dec 13 5:00-6:00 PM. . . . . . . . Q5534A

# Snapology®: Superstructures - Haunted Mansions Workshop

(ages 6-10)

Get your scare on as we use LEGO® bricks to create your haunted house, monsters and more. Plus, take home a spooky treat! Have a scary good time during this fun workshop to celebrate Halloween!

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

#### **Snapology®: Video Gamers**

(ages 7-10)

Indulge your child's gaming obsession IRL at this hands-on, creative weekly Snapology® class! It's all about games, games, games, and we will use LEGO® bricks to recreate some of your child's favorites. Super Mario®, Roblox®, Minecraft®, and even Fortnite® fans will get creative re-creating the characters and games they love with us. Rest assured that we will keep this video-game themed class SCREEN-FREE and VIOLENCE-FREE. Emphasis will be on characters and scenery ONLY.

Six Sessions \$117.00 Per Person
Tatum Pk Holland Act Ctr

#### **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 for use during class.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Nov 11-Dec 9 1:30-3:00 PM ......Q3334X
No class 11/25

#### **TOASTMASTERS™YLP**

(ages 13-17)

Do you get nervous speaking in front of people? Do you want to learn how to give powerful presentations? Are you preparing to apply for college and want to "nail" the interview? Toastmasters™ is an international organization that teaches you how to achieve all of your public speaking goals. Whether we like it or not, public speaking plays a vital role in school and in the business world today and could become a very big part of your life. Toastmasters™ is coming to the Park System to offer their Youth Leadership Program. In this program you will learn how to "organize and give speeches, control your voice, vocabulary and gestures and give impromptu talks" plus so much more. Each participant will receive a Toastmaster™ YLP Workbook and Evaluation Guide to keep. This program is sponsored by Shore Speakers Toastmasters<sup>™</sup> of Monmouth County.

**Eight Sessions \$92.00 Per Person** 

Tatum Pk Red Hill Act Ctr

#### **OUTDOOR ADVENTURES**

#### **Archery & Pepperoni Pizza Social**

(ages 9-11)

Deliver yourself to our archery range as we shoot our target faces into eight non-edible pieces on National Pepperoni Pizza Day. Learn the basics of archery from our experienced Outdoor Adventures staff and afterwards stick around for a slice of pizza with newly acquired friends. Take plenty of photos and post to social media using #PepperoniPizzaDayArchery.

One Session \$32.00 Per Child

Thompson Pk Activity Barn

Wed, Sep 20 5:30-7:30 PM . . . . . . . . . . W3134X

#### **Geocaching & Archery Ghost Hunt**

(ages 9-11)

I ain't 'fraid of no ghost! Can you locate all of the ghostly targets by using our hand held GPS units? Once all the ghosts are found, you will work on your aim as we use our compound bows to shoot the containment units closed and capture disembodied ghouls on our archery range.

One Session \$32.00 Per Child \$24.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Oct 22 1:00-3:00 PM. . . . . . . . . . . W2934X

#### Positive Encouragement, Goal Setting and Support in an Ever Changing World

(ages 12-15)

Experience the outdoors in an environment filled with support and encouragement. Set goals, ask for help and lend a hand to help others succeed on our adventure based challenge course. Climb 35' in the air as you move beyond your fears and gain self-confidence. Your adventure ends with a ride down our zipline and into the support of new and old friends. Register a friend and receive a discount!

One Session \$33.00 Per Person \$25.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Fri, Sep 15 4:00-6:00 PM . . . . . . . . . . W5234X

#### Take a Shot: Archery Intro Series

(ages 10-17)

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

Wed, Oct 4-25 4:30-6:30 PM . . . . . . . . W2434X



#### 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

Tue, Sep 5 4:30-6:30 PM	W7334X
Thu, Oct 12 4:30-6:30 PM	W7434X
Wed, Nov 8 4:30-6:30 PM	W7534X

#### **Teens Outdoors**



(ages 14 and up)

Love outdoor challenges? Come out for this miniseries, whether to learn a new skill, refresh a skill, meet a challenge, or make some new friends. All equipment provided other than your bicycle. Please be sure your bike has gears, is in good working condition, and you have a U.S. CPSC certified bike helmet (sticker inside helmet). Bring a daypack with water, raingear, and a snack.

#### Four Sessions \$120.00 Per Person

9/11 - Kayak: Swimming River Pk

9/18 - Bike: Thompson Pk 3 Barns Lot

9/25 - Climbing Wall/Archery: Thompson Pk 3 Barns Lot

10/2 - Hike/Fire Skills/Dinner: Thompson Pk 3 Barns Lot

Mon, Sep 11-Oct 2 4:30-7:00 PM . . . . . . W0734X

#### **Trail Trekkers**

(aaes 9-12)

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

Three Sessions \$39.00 Per Child

Shark River Pk Shelter Bldg

Wed, Sep 27-Oct 11 4:15-5:45 PM . . . . . W7034X

#### **Young Explorers**

(ages 6-8)

Hit the trails and become in tune with your natural surroundings. We'll explore trail etiquette and safety while keeping a lookout for wildlife we share the trail with. Most importantly, your young hiker will meet other outdoorsy kids and build new friendships. Please pack water and a snack in a day pack and dress for an adventure!

#### One Session \$18.00 Per Child

**Bayshore Waterfront Pk Outdoor Area** 

Sat, Sep 9 10:00-11:30 AM	W6634X
Shark River Pk Shelter Bldg	
Sat, Oct 14 10:00-11:30 AM	W6734X
Manasquan Res Env Ctr Parking Lot	
Sat Nov 11 10:00-11:30 AM	W6834Y

#### **Youth Mountain Biking 1.0**

(ages 9-11)

Hit the trails on your bike with our expert mountain bike guide! Practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending, and navigating minor obstacles on the trail. We'll also discuss important communication skills, trail etiquette, falls and recoveries. And finally, we'll practice all these new skills on a beginner friendly trail ride! We recommend stopping 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).

Two Sessions \$46.00 Per Person

Thompson Pk Old Orchard Picnic Shelter

Wed, Oct 4-11 4:00-6:00 PM . . . . . . . . . W5334X

#### SPONSOR A FAMILY!

With the help of donations to our RecAssist program, Monmouth County families who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events in your beautiful county parks.

Scan to make a donation:



#### **PERFORMING ARTS**

#### **ACTING & PUBLIC SPEAKING**

#### **Beginner Acting**

(ages 8-17)

By age ensembles, we will learn beginner acting techniques for theater, television 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 \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

#### The Performers

(ages 8-10)

(e.g.s s .e)	
Mon, Sep 18-Oct 16 4:30-6:00 PM Q1034X	
No class 10/9	
Mon, Oct 23-Nov 13 4:30-6:00 PM Q1434X	
The Players	

(ages 11-14)

Wed, Sep 27-Oct 18 4:30-6:00 PM	.Q1334X
Wed, Oct 25-Nov 15 4:30-6:00 PM	.Q1734X

#### **The Elves**

(ages 8-13)

Mon, Nov 27	'-Dec 18 4:30-6:00 PN	1	Q1934X
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#### **Drama Games Workshop**

(ages 8-13)

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

One Session \$40.00 Per Person

Thompson Pk Theater Barn

(ages 8-10)

ABM34X	 	 Mon, Oct 2 5:30-7:30 PM
		(ages 11-13)
.ABK34X	 	 Mon, Sep 25 5:30-7:30 PM .

#### **Extemporaneous Speaking - Teen Edition**

(ages 12-14)

Want to build your confidence with public speaking in school? Want to learn how to become fearless about speaking in front of your peers and teachers? Dive into this interactive workshop to get tips and tricks on how to become more comfortable with speaking to an audience. Participants will be given a topic and will have five minutes to prepare and present a speech on the topic. Participants may use up to two minutes to prepand three minutes to present. Feedback will be given by the instructor and participants in this encouraging and safe environment. If time permits, participants will be paired to give a joint speech with another participant. Instructor: Maria Stadmueller

One Session \$40.00 Per Person
Thompson Pk Theater Barn

Mon, Oct 16 5:30-7:30 PM . . . . . . . . . ABN34X

# Live Poets Society

(ages 10-12)

What makes poetry fun to recite? We'll take a closer look at poetry through reciting it and how it appeals to the ear. Bring a few poems to read aloud.

Instructor: Maria Stadtmueller
One Session \$40.00 Per Person
Thompson Pk Vis Ctr Beech Room

Tue, Nov 14 5:30-7:30 PM . . . . . . . . . . ABP34X

#### Sketch 101

(adults)

Each week students will engage in writing exercises that will explore different sketch formats. Students will be exposed to different methods for turning funny ideas into even funnier written sketches. Students will leave the class with an understanding of popular sketch formats and a portfolio of writing.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Sep 27-Oct 18 5:30-7:30 PM . . . . . . . A2434X

#### **Stand-Up for Teens**

(ages 14-17)

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. Students will graduate with a five-minute set.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Theater Barn

Thu, Sep 21-Oct 12 5:30-7:30 PM. . . . . . . . A1634X

#### **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 \$85.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Sep 26-Oct 17 4:00-5:30 PM . . . . . . . . . Q2334X

#### DANCE

#### **Hip Hop Dance**

(ages 5-7)

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

Instructor: Julie Asfendis
Six Sessions \$78.00 Per Child
Fort Monmouth Rec Ctr Gym A

Tue, Sep 19-Oct 24 4:30-5:15 PM	MBA34X
Tue, Sep 19-Oct 24 5:30-6:15 PM	MBB34X
Tue, Nov 7-Dec 12 4:30-5:15 PM	MBC34X
Tue, Nov 7-Dec 12 5:30-6:15 PM	MBD34X

#### **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 2 sessions of Tots in Tutus 2 or teacher recommendation.

Ten Sessions \$125.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Sep 12-Nov 14 4:45-5:30 PM . . . . . . . . A3334X

#### **Tots in Tutus**

(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 \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 12-Nov 14 10:00-10:45 AM. . . . . A2834X Tue, Sep 12-Nov 14 10:45-11:30 AM. . . . . A2934X

#### **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 through May) or teacher's recommendation.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 12-Nov 14 4:00-4:45 PM . . . . . . A3234X Tue, Sep 12-Nov 14 5:30-6:15 PM . . . . . ABW32X

#### **MUSIC**

#### **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.

Fort Monmouth Rec Ctr Group Fitness Room

#### **Beginners**

#### **Eight Sessions \$160.00 Per Person**

Mon, Sep 18-Nov 6 5:00-6:00 PM. . . . . . MBE34X

#### Intermediate

For players with previous guitar-playing instruction.

Five Sessions \$100.00 Per Person

Mon, Nov 20-Dec 18 5:00-6:00 PM . . . . . MBF34X

#### **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, Sep 9-30 12:00-12:55 PM . . . . . . . . X8534X Sat, Oct 14-Nov 4 12:00-12:55 PM . . . . . . X8634X

#### 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

Dorbrook Rec Area

Sat, Sep 9-30 10:00-10:55 AM	. X6334X
Sat, Sep 9-30 11:00-11:55 AM	. X6434X
Sun, Sep 10-Oct 1 10:00-10:55 AM	. X6534X
Sun, Sep 10-Oct 1 11:00-11:55 AM	. X6634X
Tue, Sep 12-Oct 3 4:00-4:55 PM	. X6134X
Tue, Sep 12-Oct 3 5:00-5:55 PM	. X6234X
Sat, Oct 14-Nov 4 10:00-10:55 AM	. X6734X
Sun, Oct 15-Nov 5 10:00-10:55 AM	. X6834X

#### 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, Oct 14-Nov 4 11:00-11:55 AM . . . . . . X6934X Sun, Oct 15-Nov 5 11:00-11:55 AM . . . . . X7034X



#### **BASKETBALL**

#### **Basketball FUNdamentals**

(aaes 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, Sep 9-30 10:00-10:55 AM	. X8934X
Mon, Sep 11-Oct 2 4:00-4:55 PM	. X9134X
Sat. Oct 14-Nov 4 10:00-10:55 AM	X9034X

#### Basketball FUNdamentals Clinic



(ages 6-8)

Looking for a fun-filled introduction to basketball, then look no further! This one-off class will give your child exposure to the sport without the full commitment of a program or team. Children's enjoyment will be maximized by learning the fundamentals of basketball in a fun and noncompetitive environment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Sep 17 10:00-10:55 AM	XDN34X
Sun, Oct 15 9:00-9:55 AM	.XDP34X

#### **Girls' Basketball FUNdamentals**

(aaes 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, Sep 9-30 11:00-11:55 AM	X9234X
Sat, Oct 14-Nov 4 11:00-11:55 AM	X9334X

#### Girls Basketball FUNdamentals Clinic



(ages 6-9)

Our coaches will help girls develop the essential basketball skills needed to begin in the sport. This one-class clinic is designed for girls to learn these fundamental skills in a noncompetitive, nonintimidating environment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Sep 17 11:00-11:55 AM	XDQ34X
Sun, Oct 15 10:00-10:55 AM	XDR34X
Sun, Oct 29 9:00-9:55 AM	XDS34X

#### **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.

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Mon, Sep 11-Oct 2 5:00-5:55 PM . . . . . . . X9434X

#### Junior Hoopsters Clinic

(ages 10-11)

Looking for some extra practice to enhance your skillset? Continue to develop fundamental basketball skills in our fun, technique-based environment. This clinic is for athletes who have had beginner experience in the game of basketball but want to keep the momentum going without the multi week commitment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Oct 1 11:00-11:55 AM	XDW34X
Sun, Oct 29 11:00-11:55 AM	.XDX34X

#### Young Junior Hoopsters Clinic

(ages 8-10)

Looking for some extra practice to enhance your skillset? Continue to develop fundamental basketball skills in our fun, technique-based environment. This clinic is for athletes who have had beginner experience in the game of basketball but want to keep the momentum going without the multi week commitment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Oct 1 10:00-10:55 AM		.XDT34X
Sun, Oct 15 11:00-11:55 AM		XDU34X
Sun, Oct 29 10:00-10:55 AM		XDV34X

#### **FITNESS**

#### **Cool Runners Fitness Run for Fun**

(entering 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 \$120.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Sep 19-Oct 24 5:30-6:30 PM X0534A
Fri, Sep 22-Oct 27 5:30-6:30 PM X0734A
Wolf Hill Recreation Area Outdoor Area

Thu, Sep 21-Oct 26 5:30-6:30 PM. . . . . . . . . . . . X0634A

#### **FOOTBALL**

#### **Flag Football**

(ages 7-12)

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

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

(ages 7-9)

(uges 7-9)	
Thu, Sep 14-Oct 5 4:00-4:55 PM	.XA634X
(ages 10-12)	
Thu, Sep 14-Oct 5 5:00-5:55 PM	.XA734X

#### **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 with use gymnastics apparatus including mats and trampoline.

All American Gymnastics Cindy Lane, Ocean Four Sessions \$64.00 Per Person

(ages 3-4)

Sat, Sep 9-30 9:00-9:45 AM	M4634X
Sat, Sep 9-30 11:00-11:45 AM	M5034X
Sat, Sep 9-30 12:00-12:45 PM	M5434X
Sat, Oct 7-28 9:00-9:45 AM	M5834X
Sat, Oct 7-28 11:00-11:45 AM	M6234X
Sat, Oct 7-28 12:00-12:45 PM	M6634X
(ages 5-6)	
Sat, Sep 9-30 9:00-9:45 AM	M4734X
Sat, Sep 9-30 11:00-11:45 AM	M5134X
Sat, Sep 9-30 12:00-12:45 PM	M5534X
Sat, Oct 7-28 9:00-9:45 AM	M5934X
Sat, Oct 7-28 11:00-11:45 AM	M6334X
Sat, Oct 7-28 12:00-12:45 PM	M6734X
(ages 7-10)	
Sat, Sep 9-30 9:00-9:45 AM	
Sat, Sep 9-30 11:00-11:45 AM	
Sat, Sep 9-30 12:00-12:45 PM	M5734X
Sat, Oct 7-28 9:00-9:45 AM	M6134X
Sat, Oct 7-28 11:00-11:45 AM	M6434X
Sat, Oct 7-28 12:00-12:45 PM	M6834X
Three Sessions \$48.00 Per Person	
(ages 3-4)	
Sat, Nov 4-18 9:00-9:45 AM	
Sat, Nov 4-18 11:00-11:45 AM	
Sat, Nov 4-18 12:00-12:45 PM	M8034X
(ages 5-6)	
Sat, Nov 4-18 9:00-9:45 AM	
Sat, Nov 4-18 11:00-11:45 AM	
Sat, Nov 4-18 12:00-12:45 PM	M8134X
(ages 7-10)	
Sat, Nov 4-18 9:00-9:45 AM	
Sat, Nov 4-18 11:00-11:45 AM	
Sat, Nov 4-18 12:00-12:45 PM	M8234X
Twelve Sessions \$180.00 Per Person	

Shrewsbury Gymnastics School Broad Street, Shrewsbury (ages 3-5)

Tue, Sep 5-Nov 21 9:00-9:45 AM	M0234X
Tue, Sep 5-Nov 21 10:00-10:45 AM	M0434X
Tue, Sep 5-Nov 21 11:00-11:45 AM	M0634X
Tue, Sep 5-Nov 21 12:00-12:45 PM	M0834X
Thu, Sep 7-Nov 23 9:00-9:45 AM	M1034X
Thu, Sep 7-Nov 23 10:00-10:45 AM	M1234X
Thu, Sep 7-Nov 23 11:00-11:45 AM	M1434X
Thu, Sep 7-Nov 23 12:00-12:45 PM	M1634X
Fri, Sep 8-Nov 24 9:00-9:45 AM	M1834X
Fri, Sep 8-Nov 24 10:00-10:45 AM	M2034X
Fri, Sep 8-Nov 24 11:00-11:45 AM	M2234X
Fri, Sep 8-Nov 24 12:00-12:45 PM	M2434X

#### **SKATEBOARDING**

#### **Skateboarding Beginner**

(ages 9-15)

Learn to skate at beautiful Seven Presidents Oceanfront Park! Skateboarding Beginner class 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 wrist-guards. We have the required equipment to lend out if needed!

Four Sessions \$60.00 Per Person Seven Presidents Pk Skateplex

#### **Skateboarding Intermediate**

(ages 9-15)

Seeking to improve your current level of skateboarding? Skateboarding Intermediate class 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 (*below*). The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed!

Four Sessions \$60.00 Per Person Seven Presidents Pk Skateplex



#### **Skateboarding Starter**

(ages 9-15)

Learn to skateboard at beautiful Seven Presidents Oceanfront Park! Skateboarding Starter class 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. We have the required equipment to lend out if needed!

Four Sessions \$60.00 Per Person Seven Presidents Pk Skateplex

#### Safe Skating

The Park System's Sports & Fitness division offers a variety of 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.
- If you are looking to learn how to skateboard, we recommend signing up for Skateboarding Starter, 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.

#### 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: Nexxt Step for classes for older children.

#### **Outdoor Season**

Three Sessions \$45.00 Per Person

Dorbrook Rec Area

Wed, Oct 18-Nov 1 5:00-5:55 PM . . . . . . XAY34X

Four Sessions \$60.00 Per Person
Dorbrook Rec Area

Holmdel Pk Hilltop Area

Sat, Sep 16-Oct 14 11:00-11:55 AM . . . . . . XAX34X

No class 9/30

#### **Indoor Season**

Dorbrook Rec Area Act Ctr

Thu, Nov 16-Dec 14 4:00-4:55 PM . . . . . . . XBG34X No class 11/23

Fort Monmouth Rec Ctr Gym A

Sat, Nov 18-Dec 16 11:00-11:55 AM . . . . XBM34X
No class 11/25

Sun, Nov 19-Dec 17 11:30 AM-12:25 PM . . XBT34X No class 11/26

#### **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

#### **Outdoor Season**

Dorbrook Rec Area

Sat, Sep 16-Oct 7 11:00-11:55 AM . . . . . . XB134X Sat, Oct 21-Nov 11 11:00-11:55 AM . . . . . XBF34X

Fort Monmouth Rec Ctr Outdoor Area

**Sat, Oct 21-Nov 11 11:00-11:55 AM . . . . . XB934X** Indoor Season

Dorbrook Rec Area Act Ctr

Thu, Nov 16-Dec 14 5:00-5:55 PM . . . . . . . XBH34X No class 11/23

Fort Monmouth Rec Ctr Gym A

**Sun, Nov 19-Dec 17 12:30-1:25 PM . . . . XBQ34X** *No class 11/26* 

#### **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 gameplay.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sun, Sep 17-Oct 8 11:00-11:55 AM. . . . . . XB434X Sun, Oct 22-Nov 12 11:00-11:55 AM. . . . . XBC34X

#### **TENNIS**

#### Pre-Teen/Teen Tennis

(ages 10-15)

An ideal intro to the game of tennis, where participants have fun while learning. Participants receive expert instruction in a small class. Players develop proper grip and stance skills while grasping the concepts of ball placement and scoring and work on hitting and footwork drills, volleys and skill building exercises.

Instructor: Grace Cashman

Dorbrook Rec Area

Four Sessions \$60.00 Per Person

Tue,Thu, Sep 12-Oct 5 4:30-5:25 PM. . . . . XBV34X

#### Tikes Tennis

(ages 6-9)

An active alternative to team sports! Volley between fun and instruction while learning to play tennis. Sessions will include hitting and footwork drills, volleys and skill building exercises.

Instructor: Grace Cashman

Dorbrook Rec Area

Four Sessions \$60.00 Per Person

Sun, Sep 10-Oct 1 9:00-9:55 AM . . . . . . . XBX34X Eight Sessions \$120.00 Per Person

Mon, Wed, Sep 11-Oct 4 4:00-4:55 PM. . . . XC534X

#### **ACTIVE ADULTS 55+**

#### **Fall Senior Hikers**

(ages 55 and up)

Enjoy weekly hikes at a relaxed pace on beautiful wooded trails in parks in Monmouth County. Hiking boots and walking poles are recommended. A schedule of locations and dates will be included with your receipt. Location Varies Week to Week

#### Level 1

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

#### Fourteen Sessions \$84.00 Per Person

Tue, Sep 5-Dec 12 9:30-11:00 AM			•	.D0934)	(
No hike 11/7					

#### 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.

#### Fifteen Sessions \$105.00 Per Person

Wed, Sep 6-Dec 13 9:30-11:30 AM . . . . . . D1234X Fourteen Sessions \$98.00 Per Person

#### Thirteen Sessions \$91.00 Per Person

#### 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, Sep 5-Dec 12 9:30-11:30 AM** . . . . . . . D1134X *No hike 11/7* 

#### Level 4

These hikes are at a brisk pace and go from 5 ½-6 miles in 2 hours. Level 4 is the most difficult of the Senior Hiker programs.

#### Thirteen Sessions \$91.00 Per Person

Mon, Sep 11-Dec 11 9:30-11:30 AM . . . . . D0834X No hike 10/9

#### **Learning 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. This program is for beginners only.

#### Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 5-Oct 17 11:30 AM-1:30 PM . . . . .MAJ34X Tue, Oct 31-Dec 12 11:30 AM-1:30 PM . . . MAM34X Fort Monmouth Rec Ctr Atrium Room

Thu, Sep 7-Oct 19 12:30-2:30 PM. . . . . . . . MBJ34X

# National Grandparent's Day Archery Classic

(ages 9-12, with adult)

Create lasting memories with Grandma and Grandpa this fall season. Grandparent(s) and grandchild will have fun as they learn the basic of archery from our experienced Outdoor Adventure staff. Team up with your grandchild as you engage in friendly competition against other grand-couples and put your newly acquired skills to the test. All activities can be altered to meet a variety of needs. Take plenty of photos and post them to social media using #NationalGrandparentsDayArchery.

One Session \$42.00 Adult & Junior \$22.00 Additional Person

Thompson Pk Activity Barn

Sun, Sep 10 1:00-3:00 PM . . . . . . . . . . W3034X

# Senior Adventures for Visually Impaired

(ages 55 and up)

Created for seniors who are legally blind, activities may include biking (on a two-seater tricycle), short walks, horticulture, arts & crafts and more. Participants must be able to take care of their own personal hygiene and ambulate with a volunteer for navigation. This is a free program; however, registration is required.

#### Six Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Sep 26-Oct 31 10:00 AM-12:00 PM . . PD193A

#### **Special Hike to Ingersoll Reservoir**

(ages 55 and up)

Hike around the beautiful Ingersoll Reservoir during this 7-8 mile moderate paced all-terrain hike! We will cross over dams and dykes as well as travel through pine and hardwood forests, plus a historical section with ruins from an old homestead. Don't forget a daypack with a rain/wind jacket, water, and a lunch to enjoy while looking out over the water. Please bring \$10.00 for an ice cream stop on the ride home.

Rating: Moderate/quick pace; rocky trails with inclines and declines

One Session \$49.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Tue, Sep 26 9:00 AM-4:30 PM (approx) . . . D0734A

#### **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, Sep 19-Oct 24 10:00-11:00 AM . . . . . D2034X Tue, Sep 19-Oct 24 11:15 AM-12:15 PM . . D2134X Tue, Oct 31-Dec 12 10:00-11:00 AM . . . . . D2234X No class 11/7

Tue, Oct 31-Dec 12 11:15 AM-12:15 PM . . D2334X No class 11/7

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 18-Oct 30 11:45 AM-12:45 PM . .D1634X No class 10/9

Mon, Sep 18-Oct 30 1:00-2:00 PM . . . . . . . . D1734X No class 10/9

Mon, Nov 6-Dec 11 11:45 AM-12:45 PM . .D1834X Mon, Nov 6-Dec 11 1:00-2:00 PM. . . . . . .D1934X

#### **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 dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water and a ready-to-move attitude.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Six Sessions \$78.00 Per Person

Fri, Sep 1-Oct 6 4:30-5:25 PM . . . . . . . . X2334X Seven Sessions \$91.00 Per Person

Fri, Oct 20-Dec 15 4:30-5:25 PM . . . . . . . . X2434X

No class 11/24 & 12/1

Fort Monmouth Rec Ctr Gym A

Six Sessions \$78.00 Per Person

Wed, Sep 6-Oct 11 9:30-10:25 AM . . . . . . X1234X Mon, Oct 16-Nov 20 9:30-10:25 AM . . . . . X3334X Wed, Nov 1-Dec 13 9:30-10:25 AM . . . . . . X1334X

No class 11/22

#### **ARTS & CRAFTS**

#### **CERAMICS & POTTERY**

#### **Advanced Wheel-Thrown Pottery**

(adults)

Students who have experience on the potter's wheel will further develop their throwing skills during this series. 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 on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session 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, Sep 5-Oct 17 7:00-10:00 PM.....Z9434X Tue, Oct 24-Dec 12 7:00-10:00 PM....Z9534X

No class 11/21

Instructor: Don Bradford

Thu, Sep 7-Oct 19 6:30-9:30 PM . . . . . . . . Z9634X Thu, Oct 26-Dec 14 6:30-9:30 PM. . . . . . . . Z9734X

No class 11/23

#### **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 on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Sep 5-Oct 17 4:00-7:00 PM. . . . . . . . Z2634X Tue, Oct 24-Dec 12 4:00-7:00 PM . . . . . . . Z2734X No class 11/21

Instructor: Joanne Traskiewicz

Wed, Sep 6-Oct 18 9:00 AM-12:00 PM. . . . Z2834X Wed, Sep 6-Oct 18 1:00-4:00 PM . . . . . . . Z3034X Wed, Oct 25-Dec 13 9:00 AM-12:00 PM . . . Z2934X No class 11/22

Wed, Oct 25-Dec 13 1:00-4:00 PM . . . . . . Z3134X No class 11/22

Instructor: Laura Copeland

Wed, Sep 6-Oct 18 6:30-9:30 PM . . . . . . . Z3234X Wed, Oct 25-Dec 13 6:30-9:30 PM . . . . . . Z3334X

No class 11/22

Instructor: Joyce Nokes

Fri, Sep 8-Oct 20 9:00 AM-12:00 PM . . . . . Z3434X Fri, Sep 8-Oct 20 1:00-4:00 PM . . . . . . . . Z3634X Fri, Oct 27-Dec 15 9:00 AM-12:00 PM . . . . Z3534X

No class 11/24

Fri, Oct 27-Dec 15 1:00-4:00 PM . . . . . . . . Z3734X No class 11/24

Instructor: John Fossa

Sat, Sep 9-Oct 21 11:30 AM-2:30 PM . . . . Z3834X Sat, Oct 28-Dec 16 11:30 AM-2:30 PM. . . . Z3934X

No class 11/25

Instructor: Laura Copeland

Mon, Sep 11-Oct 23 9:00 AM-12:00 PM. . . Z4034X Mon, Oct 30-Dec 11 9:00 AM-12:00 PM . . . Z4134X

Instructor: Helen Cole

Mon, Sep 11-Oct 23 1:00-4:00 PM . . . . . . Z4234X Mon, Oct 30-Dec 11 1:00-4:00 PM . . . . . . Z4334X

Instructor: Brian Farro

Mon, Sep 11-Oct 23 6:00-9:00 PM . . . . . . Z4434X Mon, Oct 30-Dec 11 6:00-9:00 PM . . . . . Z4534X

#### **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, Sep 7-Oct 19 1:00-4:00 PM . . . . . . . ZC534X Thu, Oct 26-Dec 14 1:00-4:00 PM. . . . . . . ZC634X No class 11/23

Sat, Sep 9-Oct 21 3:00-6:00 PM . . . . . . . ZC734X Sat, Oct 28-Dec 16 3:00-6:00 PM . . . . . . . ZC834X

*No class 11/25* 

#### **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. Precast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes and underglazes.

Seven Sessions \$88.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 7-Oct 19 9:00 AM-12:00 PM . . . . ZCQ34X Thu, Oct 26-Dec 14 9:00 AM-12:00 PM . . . ZCR34X No class 11/23

#### **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 on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session 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, Sep 6-Oct 18 1:00-4:00 PM . . . . . . . ZBR34X Wed, Oct 25-Dec 13 1:00-4:00 PM . . . . . . ZBS34X

No class 11/22

Instructor: Beth Couchoud

Wed, Sep 6-Oct 18 6:30-9:30 PM . . . . . . ZBT34X Wed, Oct 25-Dec 13 6:30-9:30 PM . . . . . . ZBU34X

No class 11/22

#### **Raku Pottery**

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes. Instructor: Christina Carlson

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 in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 7-Oct 19 9:30 AM-12:30 PM . . . . Z9234X Thu, Oct 26-Dec 14 9:30 AM-12:30 PM . . . . Z9334X

No class 11/23

#### **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 specific brushstrokes and layering techniques to recreate their own rendition of the famous masterpiece listed. No painting experience is necessary. All materials are provided.

Instructor Debra Stasiak, Founder of Aspiring Artists

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Still Life with Oleander

Sat, Sep 9 2:00-5:00 PM	. ZAT34A
van Gogh's Three Sunflowers in a Vase Sat, Sep 16 2:00-5:00 PM	.ZAU34A
Matisse's Goldfish Sat, Sep 23 2:00-5:00 PM	.ZAV34A

van Gogh's Vase with Lilacs, Daisies & Anemones Sat, Sep 30 2:00-5:00 PM . . . . . . . . ZAW34A

Cross' Coastal Landscape

Derain's Blues of Summer

Sat, Oct 14 2:00-5:00 PM . . . . . . . . . . ZAY34A van Gogh's Starry Night

van Gogh's Vase with Red Gladioli Sat, Oct 28 2:00-5:00 PM . . . . . . . . . . . . . . ZB034A

van Gogh's Wheatfield with Cypresses

Sat, Nov 4 2:00-5:00 PM . . . . . . . . . ZB134A Monet's Antibes

Sat, Nov 11 2:00-5:00 PM. . . . . . . . . . ZB234A

Monet's Landscape of Vernon

Sat, Nov 18 2:00-5:00 PM. . . . . . . . . . ZB334A



Monmouth County Park System

# Craft Show

Saturday, November 11 9 a.m. – 2 p.m.

Fort Monmouth Recreation Center 2566 Guam Lane, Cinton Falls



Shop for that special gift from 50+ unique, quality craft vendors just in time for the holidays!



For more information, please call 848-456-4268, ext. 3#, or email James.Butler@monmouthcountyparks.com.

# All About Mushrooms! Hike & Illustration Workshop

(adults)

Mushrooms are some of the most remarkable of natural organisms. Coming in all sorts of beautiful and imaginative forms, shapes and colors, the variety of species makes them fascinating objects to draw. During this workshop, participants will get the opportunity to take a dive into the world of mushrooms as they join us on a hike with a trained naturalist to learn about them in the wild. After our hike, we will go inside and learn some of the basics necessary to draw your mushroom, key features that are pertinent to botanical drawing, and helpful hints to add color to your illustration.

Please Note: Class meets rain or shine. The hike portion may be changed to an indoor lecture if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date. Artist/Instructor: Katie Stone / Naturalist: Tanya Dinova

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 18 10:00 AM-1:00 PM . . . . . . . Z1234X

#### Art of the Sea: Crustaceans

(adults)

The beautiful diversity of shapes, forms and colors that render life from the sea have long enamored both scientist and artist. We will journey into a fun and informative discussion and walk led by a Park System Naturalist about the ecological roles of the crustaceans that inhabit our local shores. After our walk, we will begin the scientific drawing process. The instructor will cue participants on how to achieve appropriate proportion of these niche creatures, creating a palette for crustaceans, handling patterning and symmetry, and more.

Please Note: This class meets rain or shine. Walk portion may be changed to an indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

Artist/Instructor: Katie Stone / Naturalist: Megan Orens
One Session \$42.00 Per Person

**Bayshore Waterfront Pk** 

Wed, Sep 13 9:00 AM-12:00 PM. . . . . . . . ZA834X

#### **Basic Drawing**

(adults)

Students will be introduced to various traditional drawing skills such as sighting, comparative measurements and foreshortening. They 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, Sep 14-Oct 19 4:00-6:00 PM. . . . . . . . ZAA34X Thu, Oct 26-Dec 7 4:00-6:00 PM . . . . . . . ZAB34X No class 11/23

#### **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 or Deanna Gallaro the first day of class.

Six Sessions \$160.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 18-Oct 23 12:45-2:15 PM . . . . . Z8234A Mon, Nov 6-Dec 11 12:45-2:15 PM . . . . . Z8334A Fort Monmouth Rec Ctr Program Room C

Thu, Sep 21-Oct 26 11:30 AM-1:00 PM . . . Z8434A Thu, Nov 2-Dec 14 11:30 AM-1:00 PM . . . . Z8534A No class 11/23

#### Botanical Illustration: Fall Foliage

(adults

The majestic quality of the trees that surround us have acted as a source of inspiration for artists for centuries. Join us as a Park System Naturalist leads us through a hike on the grounds of Thompson Park pointing out some native species. Participants will learn key structural features, including branch formation, bark textures, foliage and more. We will then venture into illustrating these specific features in our very own drawings from observation. Attendees will learn all the basics of this branch of botanical illustration.

Please Note: Class meets rain or shine. The 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.

Artist/Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 27 10:00 AM-1:00 PM. . . . . . . ZA934X

#### **ChiaroScuro Drawing Techniques**

(adults)

Learn how to draw with confidence and master your drawing skills in this new 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 which will greatly enhance the three-dimensional quality in your work. We will be working from life and professional photos while using charcoals, both black and white, and pencils on toned paper to capture the light and dark. Enjoy expanding your artistic skills while being challenged. A supply list will be provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Four Sessions \$82.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 11-Oct 2 11:00 AM-1:30 PM. . . . Z4634A Mon, Oct 23-Nov 13 11:00 AM-1:30 PM. . . Z4734A Mon, Nov 27-Dec 18 11:00 AM-1:30 PM . . Z4834A

#### **Colored Pencil Extended Workshop**

(adults)

This four part workshop concentrates 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, but not required.

Artist/Instructor: Katie Stone

Four Sessions \$98.00 Per Person

Thompson Pk Creative Arts Center

#### **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 \$102.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 12-Oct 17 6:30-8:30 PM	ZBX34X
Tue, Oct 24-Dec 5 6:30-8:30 PM	.ZBY34X
No class 11/21	
Thu, Sep 14-Oct 19 6:30-8:30 PM	ZBZ34X
Thu, Oct 26-Dec 7 6:30-8:30 PM	ZC034X
No class 11/23	
Eri Con O Oct 12 10:00 AM 12:00 DM	7C124V

Fri, Sep 8-Oct 13 10:00 AM-12:00 PM . . . . ZC134X Fri, Oct 20-Dec 1 10:00 AM-12:00 PM . . . . ZC234A No class 11/24

#### **Drawing Wildflowers**

(adults)

This specialty workshop highlights techniques and tips to the art of rendering wild florals. Participants will begin with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. Afterwards, we will go indoors with our live samples and begin the drawing process. The class will investigate how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. This session we focus on drawing the following flowers in bloom: coneflower, wild helenium, woodland sunflower and black-eyed Susan. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not necessary.

Please Note: This 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 \$42.00 Per Person

Huber Wds Pk Env Ctr

Mon, Sep 11 10:00 AM-1:00 PM . . . . . . ZBM34X



#### **Fall Plein Air Workshop**

(adults)

Enjoy a fall morning or afternoon outdoors painting the autumn colors at this beautiful historic site! Learn to simplify the landscape in front of you and capture the essence of the scene in a friendly environment with the help of your instructor. This workshop is suitable for intermediate and advanced painters to improve their skills as they explore the principles of design, composition, values and edges that are important in creating a strong landscape.

Artist/Instructor: Pratima Rao
One Session \$62.00 Per Person
Hartshorne Wds Pk Portland Place

Wed, Oct 18 9:00 AM-12:00 PM . . . . . . . . ZBH34X Wed, Oct 25 2:00-5:00 PM . . . . . . . . ZBJ34X

#### **Great Impressionism Workshop™**

(adults)

No painting experience is necessary to take this stepby-step approach to Impressionism and/or Fauvism methods. 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 have completed the advertised painting already.

Artist/Instructor: Debra Stasiak
One Session \$99.00 Per Person

Thompson Pk Creative Arts Center

Pissarro's Sunset at Sent Charlez, Eragny Pissarro's The Delafolie House, Eragny, Sunset

Fri, Oct 6-27 10:00 AM-12:00 PM . . . . . . . ZAJ34A

Cross' Coastal Landscape Cross' A Venetian Canal

Fri, Nov 3-Dec 1 10:00 AM-12:00 PM . . . . .ZAK34A No class 11/24

#### Great Impressionism Workshop™ (Originals)

(adults)

Students will have an opportunity to create original compositions using classic autumnal images as inspiration. Acrylic paints will be provided, although students should bring in their own 11"x14" canvas to each class.

Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions \$99.00 Per Person

Thompson Pk Creative Arts Center

Coneflower and Bumble Bee, Apple Tree, Autumn Landscape, Farmhouse and Pumpkin Patch

Fri, Sep 8-29 10:00 AM-12:00 PM. . . . . . ZAH34A

#### **Illustrating Birds: Fall Migrations**

(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 come 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 raptors. Some drawing experience is a plus, but not necessary.

Please Note: This class meets rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

Naturalist: Paul Mandala / Artist/Instructor: Katie Stone

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 11 8:00-11:00 AM . . . . . . . . . ZBP34X Wed, Oct 25 8:00-11:00 AM . . . . . . . . . ZBQ34X

#### **Inspired Painting**

(adults)

This fall, 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.

Five Sessions \$120.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Sep 26-Oct 24 11:30 AM-2:00 PM . . . A5634X

#### **Intermediate Drawing**

(adults)

This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing techniques that focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 14-Oct 19 1:00-3:00 PM. . . . . . . Z0334X

#### **Intro to Traditional Painting**

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 12-Oct 17 9:00-11:00 AM . . . . . Z0134X Tue, Oct 24-Dec 12 9:00-11:00 AM . . . . . Z0234X

No class 11/7 & 11/21

#### **Mixed Media Drawing Class**

(adults)

This is a new class 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 next go back into the initial washes with dry drawing materials to design exciting, one-of-a-kind artwork that is both fun and forgiving. 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. Come explore and learn how to mix and match many diverse mediums on one paper. A detailed supply list will be attached to your receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Four Sessions \$82.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 6-27 11:00 AM-1:30 PM . . . . . . Z5234A Wed, Oct 25-Nov 15 11:00 AM-1:30 PM . . . Z5334A Wed, Nov 29-Dec 20 11:00 AM-1:30 PM . . . Z5434A

#### 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

Wed, Sep 13-Oct 18 6:30-8:30 PM . . . . . ZAC34X Wed, Oct 25-Dec 6 6:30-8:30 PM . . . . . ZAD34X

No class 11/22

#### **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

Four Sessions \$82.00 Per Person

Thompson Pk Creative Arts Center

#### **Painting Florals**

(adults)

Flowers have been the source of inspiration for artists through the ages. In this class we will work on painting florals in a direct alla prima style, building confidence in the process and honing fearless application of paint. We will emphasize a fresh approach of laying in luscious strokes to create botanicals. Artist and instructor Yana Beylinson will demonstrate the process, encouraging students to first watch and then follow along. Guidance and discussion will be offered in color mixing, choice of pigments and solvents, and brushes. Demonstrations will also be offered in impasto techniques, as well as creating a sense of space and movement in the painting. A \$15.00 flower fee will be collected the first day of the workshop payable to the instructor.

Artist/Instructor: Yana Beylinson

Two Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Sat-Sun, Sep 30-Oct 1 12:00-4:00 PM . . . . Z7434X

#### **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. Three full projects will be completed. A supply fee of \$30.00 (cash) is payable to the instructor at the first class.

Please Note: To complete all projects, all classes must be attended.

Artist/Instructor: Karin Trunz.
Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Sat, Nov 4-Dec 16 10:30 AM-12:00 PM . . . Z7534X No class 11/25

#### **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 \$102.00 Per Person
Thompson Pk Creative Arts Center

No class 11/7 & 11/21



#### **Pastel Impressionism**

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step-by-step manner you discover how a professional artist begins, creates and finishes a work of art. This method of teaching gives you confidence and allows you freedom to develop your own style. Color theory, application methods and diverse techniques are used to teach you use of texture and dimension in your paintings. All levels are always welcome. A supply list is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Four Sessions \$82.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 11-Oct 2 2:00-4:30 PM . . . . . . . Z4934A Mon, Oct 23-Nov 13 2:00-4:30 PM . . . . . . Z5034A Mon, Nov 27-Dec 18 2:00-4:30 PM . . . . . . . Z5134A

#### **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, Oct 16-Nov 20 9:30-11:30 AM . . . . . Z1334X

#### **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 mediums welcomed. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one on one constructive critiques. All level artists, both professional and beginner, are always welcome.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Four Sessions \$82.00 Per Person Thompson Pk Creative Arts Center

#### **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. Supply list will be provided upon registration.

Instructor: Jane LuX

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Sep 22-Dec 1 10:00 AM-12:30 PM . . . . ZBV34X Fri, Sep 22-Dec 1 1:00-3:30 PM . . . . . . ZBW34X

No class 11/24

#### **JEWELRY**

#### **Bead Weaving – Fun Holiday Earrings**

(adults)

Using a simple brick stitch, you will create two pairs of holiday earrings sure to impress everyone during the festive holiday season. The instructor will cover the necessary brick stitch basics. Your earrings can be stitched either as a pierced or clip earring pair. And as an added surprise, did anyone mention fringe! A materials list will be provided upon registration.

Two Sessions \$40.00 Per Person

Thompson Pk Creative Arts Center

Mon, Nov 27-Dec 4 9:00 AM-12:00 PM . . . ZCV34X

#### Bead Weaving – Stitched Dimensional Jewelry

(adults)

Discover simple bead weaving stitches, such as netting, herringbone and peyote, which will serve as the building blocks to help you create beautifully crafted layered beaded jewelry. You will also be introduced to fun-shaped beads such as peanut beads, magatamas, rullas and superduos as well as create a piece using your own stitched netted beads. A material list will be provided upon registration.

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 11-Oct 16 9:00 AM-12:00 PM. . . ZCU34X

# Metal Clay & Bead Weaving - Perfect Together

(adults)

Two great jewelry techniques with two excellent instructors! Explore the versatile world of metal clay together with the art of bead weaving. Participants will create a stunning bracelet featuring a fine silver focal piece woven into an off-loom peyote stitched bracelet using seed beads and bicone crystals with a hidden clasp. The bead weaving instructor will supply a materials list upon registration. Silver clay will be provided for the project. Students are encouraged to bring their own lunch. This class is suitable for beginners as well as more advanced students.

Instructors: Mary Louise Donor & Eileen Reed

One Session \$105.00 Per Person
Thompson Pk Creative Arts Center

Sat, Oct 21 10:00 AM-5:00 PM. . . . . . . . ZCT34X

#### **Metal Clay Basics**

(adults)

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 \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 7-Oct 12 10:30 AM-1:30 PM . . . . ZB434X Thu, Sep 7-Oct 12 6:30-9:30 PM . . . . . . ZB534X Thu, Oct 19-Nov 30 10:30 AM-1:30 PM . . . ZB634X Thu, Oct 19-Nov 30 6:30-9:30 PM . . . . . ZB734X

No class 11/23

#### **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 are 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, Sep 12-Oct 17 7:00-9:30 PM.....ZC334X Tue, Oct 31-Dec 5 7:00-9:30 PM.....ZC434X

#### **Embroidery 101**

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics, from how to transfer a design to a diversity of stitches, as well as how to split the thread and thread a needle with ease. This workshop is both a great way to start your journey into the world of embroidery in addition to reviewing some basics of the craft form. All skill levels are welcome. A materials fee of \$10.00 is due the day of the workshop and paid to the instructor.

One Session \$32.00 Per Person

Thompson Pk Creative Arts Center

Artist/Instructor: Jennifer Santamaria

Wed, Sep 27 6:00-8:00 PM . . . . . . . . . . ZAE34X Wed, Oct 25 6:00-8:00 PM . . . . . . . . . ZAF34X

#### **Hooks and Needles Club**

(adults)

Do you crochet, knit or weave? Every Wednesday afternoon, knitters, hookers and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

Deep Cut Gardens Horticultural Center

Four Sessions \$7.00 Per Person

Five Sessions \$9.00 Per Person



#### **Knitting 101 and Beyond**

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, scarf or hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

Six Sessions \$72.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Sep 23-Nov 4 10:30 AM-12:30 PM . . . Z6834X No class 10/21

Thompson Pk Creative Arts Center

Tue, Oct 3-Nov 7 6:30-8:30 PM . . . . . . . ZCZ34X

Five Sessions \$60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Nov 11-Dec 16 10:30 AM-12:30 PM . . Z6934X No class 11/25

#### **MISCELLANEOUS**

#### **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 an inexpensive and therapeutic way of documenting your daily life incorporating "pieces" of your day into your pages as well as a place to experiment with different art mediums. A list of supplies will be sent upon registration. Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

#### **Basket Making Workshops**

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets while still useful, have evolved into a serious art form. Fees for materials (listed below) are to be paid to the instructor the day of class. All classes are suitable for beginner or experienced weavers.

Instructor: Martha Costain
Two Sessions \$40.00 Per Person
Thompson Pk Creative Arts Center

#### **Catch All Basket**

A long, narrow basket 16" L x 4" H woven on a wood base with a 5" round handle in the center and color accents.

Materials fee: \$25.00

Thu, Sep 21-28 10:00 AM-1:00 PM . . . . ZCW34X

Falling Leaves Basket

Basket woven on a  $8" \times 12"$  oak handle, with fall accent colors. Finished basket size:  $8" L \times 6" D \times 8 \frac{1}{2}"$  tall, not including handle. May be decorated with silk autumn leaves.

Materials fee: \$26.00

Thu, Oct 19-26 10:00 AM-1:00 PM . . . . . ZCX34X

**Holly & Berries Basket** 

Seasonal colors will be woven into this basket topped with a pretty ash handle. 10" H x 8" D x 5" W.

Materials fee: \$25.00

Thu, Nov 16-30 10:00 AM-1:00 PM. . . . . . ZCY34X

#### **Beginner Soapmaking**

(adults)

Roll up your sleeves and begin making wholesome, healthful and artistic novelty soap with natural melt and pour soap base. Techniques taught include mosaic soap bar, loofah bars and more using botanicals and additives. Unleash your creativity by customizing your soaps with color and fragrance oils. This hands-on class is a great start to the world of soapmaking. Please bring an 8oz or 16oz glass measuring to class. A supply fee of \$20 to be paid to instructor upon arrival.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 25 11:00 AM-12:30 PM A	1234X
Sat, Oct 14 11:00 AM-12:30 PM A	1334X
Sat, Oct 14 1:30-3:00 PM	1434X

# 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 while learning 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 \$40.00 Per Person
Thompson Pk Creative Arts Center

Wed, Sep 27 10:00 AM-12:00 PM.....ZCB34X Wed, Nov 15 10:00 AM-12:00 PM.....ZCC34X

# Make Luxury Soaps and a "Surprise" Skincare Delight

(adults)

Get excited! This specialized soapmaking session is where you will not only learn to make natural luxury soaps with butters, natural oils and botanicals, you will also learn how to formulate a delightful skin care treatment made from simple ingredients you have on hand. Packaging will be included. Each participant will leave with one bar of soap and one skincare product. Please bring an 8 oz measuring cup and your imagination! A supply fee of \$20.00 is to paid directly to instructor upon arrival.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Nov 6 11:00 AM-12:30 PM . . . . . . . . A2134X

#### **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 \$80.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$79.00 Per Person

Big Brook Pk Sons of Norway

Sat, Sep 23-Oct 28 1:00-3:00 PM . . . . . . . ZCF34A Sat, Nov 4-Dec 16 1:00-3:00 PM . . . . . . . ZCG34A No class 11/25

#### **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 are provided by the instructor for a materials fee of \$100.00 (cash or check) payable to instructor Harvey Altman on the first day of class.

Six Sessions \$90.00 Per Person Big Brook Pk Sons of Norway

Wed, Sep 13-Oct 18 10:00 AM-12:00 PM . . ZCK34A Wed, Nov 1-Dec 6 10:00 AM-12:00 PM . . ZCM34A

#### **Broken China Mosaics**

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$80.00 materials fee (cash or check only) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$79.00 Per Person Big Brook Pk Sons of Norway

Tue, Sep 12-Oct 17 10:00 AM-12:00 PM . . . ZCN34A Tue, Oct 31-Dec 5 10:00 AM-12:00 PM . . . ZCP34A

#### **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. A materials fee of \$100.00 (cash or check) is payable to instructor Harvey Altman at the first class.

Six Sessions \$90.00 Per Person

Big Brook Pk Sons of Norway

Tue, Sep 12-Oct 17 1:00-3:00 PM . . . . . ZCH34A Tue, Oct 31-Dec 5 1:00-3:00 PM . . . . . . ZCJ34A

#### **Intermediate Mosaics**

(adults)

For those who have taken the Beginner's Mosaic class, students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$80.00 materials fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$79.00 Per Person

Big Brook Pk Sons of Norway

Sat, Sep 23-Oct 28 10:00 AM-12:00 PM . . . ZCD34A Sat, Nov 4-Dec 16 10:00 AM-12:00 PM . . . ZCE34A No class 11/25



#### **PHOTOGRAPHY**

#### iPhone 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. An iOS device (iPhone or iPad) is required. This class does not cover Android devices as they control the cameras differently; iOS devices only please.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person
Thompson Pk Creative Arts Center

Tue, Nov 7-28 6:30-8:30 PM . . . . . . . . . . ZCA34X

No class 11/21

#### **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 the 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, Sep 12-Oct 17 9:30 AM-12:30 PM . . . ZC934X



#### **CANINE CLASSES**

#### **Dog Obedience: Basic Obedience**

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older.

Instructor: Loni Favorito

Seven Sessions \$88.00 Per Dog

Thompson Pk Activity Barn

Thu, Sep 7-Oct 26 5:30-6:30 PM . . . . . . . . Q6434X No class 10/12

Tue, Sep 12-Oct 24 6:45-7:45 PM . . . . . . . . Q6534X

# **Dog Obedience: Canine Good Citizen Class (CGC)**

(ages 17 and up)

This class is designed to prepare your dog to take the American Kennel Club's Canine Good Citizen (CGC) test. The curriculum will review each AKC testing requirement while providing the opportunity for you to practice and strengthen your dog's skills. The CGC test will be offered to all dogs successfully completing this class. Prior completion of the Basic Obedience class is strongly encouraged.

Instructor: Loni Favorito
Seven Sessions \$88.00 Per Dog

No class 10/12

#### **Dog Obedience: Pint-Sized Pooches**

(ages 17 and up)

Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to small dogs 6 months and older and weighing 35 lbs. or less.

Instructor: Loni Favorito
Seven Sessions \$88.00 Per Dog

Thompson Pk Activity Barn

Tue, Sep 12-Oct 24 5:30-6:30 PM. . . . . . . . Q6634X

#### **CULINARY ARTS**

#### **American Home Cook Classics**

(adults)

The best home cooks know how to create satisfying and delicious no-frills meals that warm the heart – and stomach – while creating lifelong memories of the comfort of home. It doesn't take a lot of time, or a box, to bring back some of those cherished meals you loved. Brush up on your home cooking skills as we recreate classic, comforting recipes that are quick, easy and ohso satisfying.

Menu: Chef Stephen's Sloppy Joes and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person Fort Monmouth Rec Ctr Kitchen

Wed, Nov 8 6:00-8:30 PM. . . . . . . . . . . M9834X

#### **Autumn Root Vegetables**

(adults)

Go beyond carrots and potatoes, and experiment with the variety of edible roots that abound in fall. These versatile vegetables can be roasted, broiled mashed, used in soups and of course, star in your Thanksgiving dinner. Dig in with Chef Stephen, as you transform this earthy produce into surprisingly delicious dishes. You'll get to the root of preparing and choosing these hearty vegetables to delight your fall harvest palate!

Menu: Winter White Soup and Roasted Vegetable Gratin Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Nov 9 6:00-8:30 PM . . . . . . . . . . . M9934X

#### **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 \$62.00 Per Person

Dorbrook Rec Area Vis Ctr

#### 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: Arroz con Pollo & Pineapple Upside Down Skillet Cake Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Sep 27 6:00-8:30 PM . . . . . . . . . MD024X

#### 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.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 5 6:00-8:30 PM . . . . . . . . . . . M8834X

#### **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

#### 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 during this hands-on class.

Instructor: Lisa Vento CFHC

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr 

#### **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!

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC Sat, Oct 14 10:00 AM-12:30 PM . . . . . . . M9034X Instructor: Chef Stephen Wolff, Culinary Creations, LLC Thu, Oct 19 10:00 AM-12:30 PM . . . . . . M9134X Thu, Oct 19 6:00-8:30 PM. . . . . . . . . . . M9234X

#### Fall Harvest Desserts

(adults)

Pies may get the press, but these treats will steal the spotlight! Transform traditional seasonal ingredients into recipes everyone will love. Mrs. Chef will show you how to adorn your table and surprise your family with these fall harvest desserts.

Menu: Apple Cider Donut Cake or Cranberry Orange Loaf, Pumpkin Whoopie Pies with Homemade Cream Cheese Filling or Pop Consiglio's Pumpkin Cake with Cream Cheese Icing, and Easy Pumpkin Dip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 18 10:00 AM-12:30 PM . . . . . . MA234X

#### **Fall Harvest Pies**

(adults)

Surprise your family this holiday season with a delicious, traditional pie made from scratch. Yes, you can do it! Pumpkin and Apple are on the menu as we demystify the process and show you just how simple it is to make a crust, prepare the filling and bake it to golden perfection. Make this a holiday to remember!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person Fort Monmouth Rec Ctr Kitchen

Sat, Nov 4 10:00 AM-1:00 PM . . . . . . . . M9734X

#### Flavors of the Orient

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japan and sushi, Thai or Southeast Asia. In today's class, we will focus on Northern China. In this region, where it is colder, there are more wheat crops; therefore, noodle and dumpling dishes are mainstays. Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Oct 11 6:00-8:30 PM . . . . . . . . . M8934X

#### From Milan to You

(adults)

Peter De Celie will cook for you tonight! He'll start you off with burrata, heirloom tomatoes, basil oil and a saba reduction. Then, a simple salad of chopped romaine and radicchio, gorgonzola, lemon vinaigrette and shaved fennel. The entrée has to be veal and risotto milanese. Dessert will be lemon olive oil ice cream and although from Treviso, a rich tiramisu. You'll be provided the recipes to follow along as you eat and enjoy being cooked for during this demonstration format class.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

#### **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, tasty and hands-on night out! Instructor: Lisa Vento CFHC

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

#### **Hearty Stews**

(adults)

Stick to your ribs goodness for the busy family! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make ahead prep, using seasoning and healthy ingredients as well as adding some international flair. Add some warmth to those crisp autumn nights with this time honored one pot meal.

Menu: Dutch Oven Guinness Irish Stew and Moroccan Chicken Tagine

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 2 6:00-8:30 PM . . . . . . . . . . M9634X

#### **Holiday Open House**

(adults)

Tonight, Chef Stephen kicks off the holiday season by helping you plan your next Holiday Open House. One way to get around a full sit-down dinner is to create some simple dishes for a buffet. We will discuss party planning and budgeting while creating some festive eats that are real crowd pleasers.

Menu: Paula's Pink Shrimp Dip, Swedish Meatballs and Gingerbread Skillet Cake with a Warm Berry Compote. Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 30 6:00-8:30 PM . . . . . . . . . MA334X

#### **More Authentic Mexican Recipes**

(adults)

After 40 years of working in the kitchen, Peter De Celie picked up a few recipes and tonight he will share them with you. An Oaxaca-style mole will be simmering as you walk in. With this and tortillas you will make, you'll stuff enmoladas filled with shredded chicken and Oaxaca string cheese. Shrimp red aquachile is next - a simple ceviche. Tlayuda Oaxaqueña is an open crispy tortilla topped with beans, lettuce, avocado, green salsa and chorizo. Costillita de San Juan Colorado are pork ribs simmered fork-tender in a green mole. Lastly, everyone will make beef tamales folded in foil, just as we do at work! Peter will finish by making a mango ice cream! Bring your knife and apron to this hands-on class.

Instructor: Peter De Celie

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

#### Oktoberfest

(adults)

Nothing says fall like this German inspired festival. Skip the travel plans though, because you can create some of these traditional foods for your very own Oktoberfest. Along the way learn how to handle raw meat, techniques for pan frying, knife skills and more. Soon you'll be ready to add some Oom-Pah-Pah to your next celebration!

Menu: Pork Schnitzel with Dill Sauce, Red Cabbage and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person Fort Monmouth Rec Ctr Kitchen

Wed, Oct 25 6:00-8:30 PM . . . . . . . . . . M9334X

# Pintxos and Tapas

(adults)

Pintxos are basque and tapas are from Spain. They are both delicious and should be a part of your entertaining repertoire. Tonight, you'll make eight varieties of each starting with pintxos - shrimp, mushrooms and prosciutto; eggplant, zucchini and red pepper; chicken and scallion with black garlic sauce; crispy asparagus and shrimp; potatoes, shitake and egg; goat cheese, apple and balsamic glaze; roast chicken thigh, ham and cheese; and Iberian ham, goat cheese and pistachio. Next are the tapas - manchego and fig; roast octopus, garlic and capers; fried zucchini and serrano ham; fried garlic potatoes; chorizo and shrimp; sirloin, prunes and bacon; white anchovies, guindilla peppers and onion; and grilled squid stuffed with porcini and ham. Bring your knife and apron to this exciting hands-on class.

Instructor: Peter De Celie

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 24 6:00-9:30 PM . . . . . . . . . . AAA34X

#### 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 \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Nov 17 5:30-7:30 PM . . . . . . . . . . . MA134X

#### San Gennaro Festival!

(adults)

This iconic New York City Festival goes back to September 1926, when immigrants from Naples lined Mulberry Street in Little Italy to celebrate the feast of their patron, St. Januarius. Tonight we'll celebrate this "Feast of all Feasts" by preparing some unexpected recipes that celebrate the Italian culinary spirit of this festival. Roll up your sleeves and get ready to cook - Mangia Divertiti!

Menu: Grilled Pizza on a Stick, San Gennaro Sausage & Pepper Burgers and Grandmom Consiglio's Homemade Zeppoles (Italian "Donuts")

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 28 6:00-8:30 PM . . . . . . . . . M8734X

# Somebody Feed Phil: The Phil Rosenthal Tribute Class

(adults)

Tonight, we pay tribute to Phil Rosenthal, host of one of the best food / travel shows on Netflix. With six seasons under his belt (a 7th in the mix!), Phil has traveled the globe experiencing different cultures, sampling amazing new dishes( as well as old favorites) and making new friends along the way. From San Francisco, Chile, Tel Aviv to Italy, Phil shares his passion for food with his audiences each episode. Tonight, Chef Stephen Wolff will recreate a couple of those recipes from "Somebody Feed Phil the Book!".

Menu: Salumi (Sauce Napoletana), Braciola all'Arturo w/ Beef and Traditional Peach Cobbler

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Nov 15 10:00 AM-12:30 PM. . . . . . MA034X Wed, Nov 15 6:00-8:30 PM . . . . . . . . MDH32X

#### Soup's On!

(adults)

The iconic cool weather comfort food is also easy to throw together on a busy night. Learn all you need to know about adding flavor and nutrition to those crisp autumn days and nights, as well as techniques for adding international restaurant flair. Grab some crackers and warm up with this fall favorite!

Menu: Butternut Squash with Apples and Korean Asian Beef Soup

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Nov 1 6:00-8:30 PM. . . . . . . . . . . M9534X

#### **EDUCATION & ENRICHMENT**

#### **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

#### **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, Sep 11-Oct 23 10:00 AM-12:00 PM . M3634X Mon, Oct 30-Dec 11 10:00 AM-12:00 PM . M3734X

# Sunday Tea & Talk

Join Park System staff for informal discussions on timely topics including park improvement projects and recent land preservation efforts.

**Thompson Park Visitor Center** 

Sunday, September 17, 1:00 PM Sunday, October 22, 1:00 PM Sunday, November 19, 1:00 PM

#### **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**

Players must have knowledge of how to play Mahjong. Please see our Beginner Mahjong description for instructional classes.

#### Fort Monmouth Rec Ctr Program Room C

Mon, Sep 11-Oct 23 10:00 AM-12:00 PM . M4234X Wed, Sep 6-Oct 18 10:00 AM-12:00 PM . M4134X Mon, Oct 30-Dec 11 10:00 AM-12:00 PM . M4334X Wed, Nov 1-Dec 13 10:00 AM-12:00 PM . M4434X

#### **Experienced Players**

#### Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 5-Oct 17 9:30-11:30 AM	M3334X
Wed, Sep 6-Oct 18 9:30-11:30 AM	M3434X
Thu, Sep 7-Oct 19 9:30-11:30 AM	M3534X
Tue, Oct 31-Dec 12 9:30-11:30 AM	M3834X
Wed, Nov 1-Dec 13 9:30-11:30 AM	M3934X
Thu, Nov 2-Dec 14 9:30-11:30 AM	M4034X
No class 11/24	

# 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 required.

#### **One Session FREE!**

Freneau Wds Pk Vis Ctr Program Room 1

#### **Genealogy: Beginning Your Research**

(ages 14 and up)

Are you interested in researching your family history, but aren't sure where to begin? This program is for you! Learn basic genealogy techniques and discover the many types of documents available. Research tips will be discussed, including using online resources and the need to show the linkage between generations to help you build your family tree. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

# Genealogy: Understanding the Federal Census Records

(ages 14 and up)

One of the most important tools for researching your family history is the Federal Census Records. You will learn why census records exist, the many items they contain, how to access them, how to use them and how to abstract and document the information. Census records help us to follow families over their lifetime. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

#### **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

#### Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey Shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey though time. The house inside can get very dark at night, please bring your own flashlight or use a cell phone to light the way.

One Session \$12.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Sun, Oct 29 6:30-7:30 PM.						.IMD34X
Sun, Oct 29 8:00-9:00 PM.						. IME34X

#### **Music and Piano Class**

(adults)

"I wish I knew how to play the piano!" Well, it's never too late; 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. Required workbooks will be discussed during the first class. Certificate included upon completion. A small, portable, keyboard with at least five octaves is needed.

Presented by: Gloria J. AA; BA; Julliard schooled

Ten Sessions \$140.00 Per Person

Fort Monmouth Rec Ctr Program Room A

#### **Part 1- Beginners**

Tue, Sep 19-Nov 21 1:00-2:00 PM	M8334X
Tue, Sep 19-Nov 21 2:15-3:15 PM	M8434X
Wed, Sep 20-Nov 22 4:00-5:00 PM	M8534X

#### Part 2

Designed for students who have completed Part 1 and are ready to learn keys, chords and playing music from classic to contemporary.

Wed, Sep 20-Nov 22 5:15-6:15 PM . . . . . M8634X

#### **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 \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Sep 23-Nov 11 9:00-11:30 AM. . . . . . . A9934X

# 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

Mon, Sep 11 6:30-10:00 PM	•	•	•	•	•	•	 •	.Q4034A
Wed, Oct 25 6:30-10:00 PM								.Q4234A
Wed, Nov 15 6:30-10:00 PM	•	•	•	•	•	•	 •	.Q4334A

#### 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 handson 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, Sep 9 10:00 AM-12:30 PM	Q3534A
Sat, Nov 4 10:00 AM-12:30 PM	Q3634A
Thompson Pk Vis Ctr Beech Room	
Mon, Sep 25 7:00-9:30 PM	Q3734A
Mon, Oct 16 7:00-9:30 PM	
Mon. Nov 27 7:00-9:30 PM	03934A

#### 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, Sep 16 10:00 AM-12:30 PM. . . . . . . . . Q4434A

# 9/11 Remembrance Ceremony Monday, September 11, 8:00 AM Mount Mitchill Scenic Overlook, Atlantic Highlands Monmouth County invites families to join us in remembering those we lost on that fateful day over 20 years ago. www.VisitMonmouth.com

#### **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 women writers, and get their feedback about what they loved about them. This workshop is about safety, empowerment, encouragement, trust and heart - not about technique and critique. If you're already in the process of writing your memoir or have been looking for an opportunity to stop procrastinating and get started, this workshop is a supportive and fun place to do it! Bring a notebook and writing implement or laptop to class.

Please Note: This is a Level 1 class, recommended for women who have not previously participated in a Write Out Loud: Memoir workshop.

Presented by Kate Cauley

Six Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Tulip Room

**Sat, Oct 21-Dec 2 11:00 AM-1:00 PM . . . ABQ34X** *No class 11/25* 

# Write Out Loud for Women: Writing Your Memoir (Level 2)

(adults)

This workshop is designed for women who have previously participated in a Write Out Loud: Writing Your Memoir workshop. In this six-week series, we will continue to dig deep to mine our memories to write our rich, complicated, beautiful, painful, crazy stories. We will follow the same format as the Level 1 workshop with meditation, writing (with all new writing prompts), and sharing our stories with the group of open, compassionate and enthusiastic writers to get their feedback about what they loved about them. So, come on back to continue the fun! And, bring a notebook and writing implement or laptop to class.

Presented by: Kate Cauley

Six Sessions \$150.00 Per Person
Thompson Pk Vis Ctr Walnut Room

Tue, Sep 5-Oct 10 7:00-9:00 PM. . . . . . . . . ABR34X

#### **HEALTH & WELLNESS**

#### Allowing Nature to Heal Us

(adults)

We'll use positive energies found in nature to destress and harmonize our bodies, minds and spirits for better health. Outdoor mindful practices and walking meditation will be experienced.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

#### One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Sep 19 3:00-5:00 PM.	 			A1934X
Rain date 9/21				
Tue. Sep 19 5:30-7:30 PM.	 		 	. A2034X

Rain date 9/21

#### **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, Sep 28-Oct 19 7:00-8:00 PM	Q0334X
Thu, Oct 26-Nov 16 7:00-8:00 PM	Q0434X
Thu, Nov 30-Dec 21 7:00-8:00 PM	Q0534X

#### **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 10 tips 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

#### **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 with six steps to healthier digestion. 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 Beech Room

# Easily Managing Holiday Stress with Essential Oils

(adults)

Shopping at the mall? Having to spend time with difficult family members? Sorrow over lost loved ones? The holidays can bring about mixed emotions for so many of us. In this hands-on workshop led by Kim Buono, you will discover which essential oils have a relaxing effect on our central nervous system and the easy ways we can integrate them throughout the holiday season to calm our nerves. You will learn a grounding meditation and make and take home three essential oil products: Chillax Mist, Grounding Roll-On, and Stress Away Sugar Scrub that will help you keep your Zen on! All recipes and supplies are provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Nov 16 10:00-11:30 AM . . . . . . . ABU34X

#### Empower One's Mind

(adults)

You'll engage in several art techniques to harness the power of your creative mind to reframe negative beliefs, attitudes and life experiences into more positive, healthy ones. You'll practice a these creative approaches in class to help shift hard emotions to empower one's self.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

#### Intro to Egyptian Qi Gong Qi Fusion

(adults)

Welcome to this introductory course! Egyptian Qi Gong and other little-known postures and mudras are designed to harness cosmic and earth energies that are all around us and ever-present. Based on the teachings of Jason Quitt, the Egyptian system utilizes sacred movements which evoke harmonic resonance. When energy systems are weakened or impaired, illnesses and other unsavory aspects such as addictions and obsessions can and do ensue. Facilitated by Frankie Hutton, this course also offers some Hindu mudras and specific postures of the New Paradigm which are geared to aid in harmonic resonance. Most of the postures and mudras are standing and not strenuous. A yoga mat and pillow are recommended for a few sitting postures and the beginning and ending brief meditations.

**Five Sessions \$50.00 Per Person** 

Thompson Pk Vis Ctr Beech Room

Tue, Sep 12-Oct 10 9:00-10:00 AM . . . . . . . AA034X

# **Programs for Caregivers & Individuals with Memory Loss**

#### Caregiver Workshop Series **Pres**

(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 requested.

Four Sessions FREE! • Dorbrook Rec Area Act Ctr

Meets 9/12, 10/10, 11/14 & 12/12

#### Memory Cafe Pree

(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. Please contact Anne Simon for more information 732-460-1167, ext. 24. This is a free program; however, registration is required.

Three Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 26-Nov 28 10:30 AM-12:00 PM . .PD183A

Program meets 9/26, 10/24 & 11/28

#### **Morning Meditation**

(adults)

The mornings can set the tone of energy we have for the rest of the day. In this program, we will learn different exercises in breath control, imagery, mindfulness and Reiki to help you bring the energy of peace and strength to your mornings. We will finish each session with a gentle walk outside where we will make our connection to the earth. Please bring a yoga mat/blanket. Chairs will be provided as well.

Four Sessions \$65.00 Per Person

Manasquan River Greenway Winter Run

Sat, Nov 11-Dec 9 9:00-10:30 AM .....Q2834X No class 11/25

# Sound Sleep Using Essential Oils

(adults)

The quality and quantity of our sleep is foundational for good health. If this is something you struggle with, join Kim Buono for a fun and educational workshop focused on crafting essential-oil infused products to support sound sleep. At this hands-on workshop, you will learn about the essential oils that promote sound sleep, learn a restorative breathing technique for bedtime and make three products to take home: Sleep Like a Baby Pillow Mist, a ZZZZ Roll-On and a Good Night Lotion. All supplies and recipes will be provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 14 10:00-11:30 AM. . . . . . . . . ABS34X

#### The Art of Hands-on Healing

(adults)

The hands have it! Experience rituals for emotional and stress release. After a sacred anointing hand ritual, you will learn how to practice releasing stress from your entire body utilizing the ancient practices of hand reflexology and jin shin jyutsu acupressure. Hand mudras will be practiced to seal in the energy you have circulated after the release. These energy practices, with their proven scientific health benefits, will help relieve bodily soreness and emotional blockages while energizing you.

Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

#### 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. Instructed by 10+ year International Teacher Trainer Daniel Pienciak.

#### Beginner

The fundamental principles of how to move and a set of simpler movements are presented.

Six Sessions \$118.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 8-Oct 13 11:30 AM-12:50 PM . . . . A0434X Mon, Oct 16-Nov 20 11:30 AM-12:50 PM . . A0534X

#### **Begin or Review!**

An introduction for beginners, as well as a general review for returning students. This session will be held outdoors weather permitting

Four Sessions \$92.00 Per Person

Manasquan Res Outdoor Area

**Tue, Sep 12-Oct 3 6:00-7:30 PM.........A0634X**Manasquan Res Vis Ctr Program Room 1

**Tue, Oct 17-Nov 14 6:00-7:30 PM. . . . . . . . A0734X** *No class 10/31* 

Thompson Pk Vis Ctr Tulip Room

Thu, Oct 19-Nov 9 1:00-2:30 PM . . . . . . . . A0834X

Dorbrook Rec Area Act Ctr

Sat, Oct 21-Nov 11 10:30 AM-12:00 PM. . . A0934X Clayton Pk Act Ctr Classroom A

Wed, Nov 29-Dec 20 11:00 AM-12:30 PM. . A1034X

#### Intermediate

A more in-depth study of the movements and principles and includes all 19 movements. Students should have taken the Beginner level at least once.

Six Sessions \$118.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 8-Oct 13 10:00-11:20 AM . . . . . . . A0234X Mon, Oct 16-Nov 20 10:00-11:20 AM . . . . . A0334X

#### 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 7 steps to break the cycle.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

#### **Wintertime Wellness Prep**

(adults)

Join wellness educator Kim Buono for an educational and hands-on workshop where you will learn which essential oils support wellness during the cold, dark days of winter including how to boost immunity, how to combat the wintertime blues, respiratory support and more! You will make and take home two essential oil products to support you and your family's wintertime wellness. All recipes and supplies will be provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Oct 19 10:00-11:30 AM......ABT34X

#### HORTICULTURE

#### "Bulbs in the Basement, Geraniums on the Windowsill"

(adults)

During this "how-to" class you will gain the knowledge needed to successfully overwinter your plants. Together we will explore the techniques and methods in protecting fragile plants from the cold temperatures of winter so you can continuously enjoy their beauty and save money. Cuttings, tubers, corms and bulbs, as well as dormant woodies - we will cover them all.

One Session \$23.00 Per Person

Deep Cut Gardens Horticultural Center

#### **Embellished Pumpkin Workshop**



(adults)

Do you want a super cute pumpkin centerpiece that lasts for months? Let us help you make one! We will have all the necessary plant materials and all the shabby embellishments ready. This pumpkin centerpiece doesn't require a vase; it's easily wrapped and gifted to a loved one or put it in your own home.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

#### Floral Arrangement Workshop

(adults)

Looking to get some hands-on experience in floral design? We can help you polish your technique or support your learning needs as a beginner. If you are planning to do your wedding flowers and need quidance, or if you are starting your florist business, this is a great learning and practice opportunity. We offer step-by-step instructions and demonstrations in an informal environment, making it easy for everyone to take the next step and create without the fear of failing. All the necessary tools and materials will be provided and your design is yours to keep.

Looking to reserve a session for you and your friends or family? We are happy to accommodate private parties and groups, just call us at 732-671-6050 for more information.

#### Lichen, Moss and Tillandsia Wreath

This is a long-lasting wreath in silver tones with great diversity in texture incorporating lichen, mosses, airplants and dried botanicals.

One Session \$55.00 Per Session

Deep Cut Gardens Horticultural Center

#### Flowering Bulbs for Christmas

(adults)

Nothing spreads cheer quite as good as flowers. Paperwhites, amaryllis and hyacinth are all flower bulbs which bloom indoors for Christmas and wintertime! Together we will design and plant these three easyto-grow bulbs to bring holiday cheer, color and an intoxicating scent to your home. The bulbs are easy to grow, even if you're not a gardener! The bulb arrangement is yours to enjoy or gift away!

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

#### Garden Fermentation Workshop



Looking to learn ways to preserve your homegrown cabbage, carrots and other root vegetables? Join us to learn the basics of fermentation preservation. We will demonstrate how to make various types of fermented vegetables using salts and brines, followed by a handson sauerkraut making session.

One Session \$27.00 Per Person

Deep Cut Gardens Horticultural Center

#### **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.

Thirteen Sessions \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Sep 6-Nov 29 10:00 AM-12:00 PM . . H1134X

#### Make Vinegar from Scratch



(adults)

Learn how to transform your excess produce and/or food scraps into nutritious, flavorful vinegar. This class will give you the basics on vinegar making from scratch and specific easy-to-follow instructions so you can make a vinegar all by yourself.

One Session \$19.00 Per Person

Deep Cut Gardens Horticultural Center

#### "Tough as Nails" House Plants



(adults)

House plants that are easy to maintain, and require little to no light make perfect pet plants. Stop wasting your time and money on plants that don't grow and shake off that "I don't have a green thumb" attitude. We are here to show you our "Though as Nails" houseplants that you can grow today with confidence and great success. Join us and start your own "tough as Nails" pet plant collection.

One Session \$23.00 Per Person

Deep Cut Gardens Horticultural Center

#### **Upcoming Horticultural Events**

#### Bonsai Day Pree

Sunday, September 10, 12:00-4:00 PM

Deep Cut Gardens, Middletown

The Monmouth County Park System and the Deep Cut Bonsai Society present Bonsai Day at Deep Cut Gardens. Experience this intricate and ancient art through demonstrations and displays, with experts on hand to answer your questions. Admission and parking are free.

#### Fall Native Plant Swap



Saturday, September 23

Plant Drop-Offs: 8:30-10:00 AM / Plant Selection Begins at 10:00 AM

Tatum Park Red Hill Road Entrance, Middletown

Calling all Native Plant Enthusiast! Only plants native to the Mid-Atlantic Region of the United States will be accepted. Swapping non-native plants in the parking lot of the swap will be strongly discouraged. Plants must be dropped off between 8:30 AM-10:00 AM to allow for plant inspection; the swap will commence just after 10:00 AM. Bring established plants in one-quart, one-gallon or two-gallon containers to exchange for plants in like sizes. Please label all plants. House plants may also be exchanged (these do not need to be native). Check the Deep Cut Gardens web page for a list of acceptable native plants and a PDF describing what being native means.

For more information on the plant swap call 732-671-6050.

#### **NATURE**

#### **Autumn After Work Bird Walk**

(ages 14 and up, under 18 with adult)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks for an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. Please wear waterproof shoes/hiking boots and come prepared to walk 2-4 miles over varied terrain.

One Session \$8.00 Per Person

Holmdel Pk Shelter Blda

Fri, Sep 8 5:30-6:30 PM .	 			 I4132X
Thompson Pk Marlu Lake				
Fri, Sep 22 5:30-6:30 PM	 			 I1734X

#### **Autumn Birding Expeditions**

(ages 14 and up, under 18 with adult)

Join our search for interesting and unusual New Jersey birds: southbound hawks, elusive warblers, and rare shorebirds, among others. Autumn destinations can range from Cape May to Sussex County. Participants should bring binoculars and lunch. A limited number of binoculars will be available to borrow if needed. Transportation will be via mini-bus or mini-van. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

One Session \$52.50 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 6 7:00 AM-4:30 PM	10934X
Wed, Sep 20 7:00 AM-4:30 PM	
Wed, Oct 47:00 AM-4:30 PM	I1134X
Wed, Oct 18 7:00 AM-4:30 PM	I1234X
Wed, Nov 15 8:00 AM-5:30 PM	

#### Autumnal Equinox Beach Walk



(adults)

Say goodbye to summer and celebrate the coming of fall with a guided beach walk along the Atlantic Ocean. We will look for interesting stones, shells and the remains of cool looking sea creatures. Meet at the Activity Center and please bring a pail or bag to collect what you find. Please dress for the weather and wear closed-toe shoes.

One Session \$10.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Sep 23 11:00 AM-12:00 PM . . . . . . . . INS34X

#### Eco-Kayak Tour of the Swimming River



(ages 10 and up, under 18 with adult)

Paddle the calm waters of the Swimming River with a Park System Naturalist on this scenic kayak tour. Launching from the new Swimming River Park, the tour will paddle upstream while watching wildlife and exploring the salt marsh habitat. Dress to get wet, and don't forget water, sunscreen and insect repellent.

One Session \$40.00 Per Person

Swimming River Park Parking Lot

Wed, Sep 6 1:30-3:30 PM . . . . . . . . . . IK234X

# Nature Walks in the Parks

# Casual Birder Free



(ages 10 and up, 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.

Join us on the following Tuesdays at 9:00 AM: September 5 at Manasquan Res Vis Ctr **September 19** at Tatum Pk Holland Rd Lot October 3 at Turkey Swamp Pk Shelter Bldg October 24 at Manasquan Res Env Ctr November 21 at Dorbrook Rec Area Basketball Court Lot

# Awesome Autumn Amble



(all ages, under 18 with adult)

Autumn is the time of year our parks become a kaleidoscope of color! Come explore our trails with a Park System Naturalist as we discuss all manners of plant and animal phenomenon. Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

Meet on the following Thursdays at 10:00 AM:

**September 14** at Freneau Wds Pk Vis Ctr Lot **September 28** at Huber Wds Env Ctr Lot October 12 at Big Brook Pk Lower Pond Lot October 26 at Thompson Pk Old Orchard Lot **November 9** at Manasquan Res Env Ctr Lot

#### **Fall Bird Excursion**

(ages 14 and up, under 18 with adult)

Spend the day with a Park System Naturalist on a fall excursion to birding hotpots around New Jersey. We will be on the lookout for fall birds and migrants such as warblers, hawks and shorebirds. Participants should bring binoculars, a drink and lunch, and be sure to dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport via minibus provided from Thompson Park. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

#### **Cape May**

One Session \$52.50 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 17 7:00 AM-4:30 PM . . . . . . . . . . . I1634X

#### **Fall Equinox Walk**

(all ages)

Celebrate the changing of seasons with us! Enjoy the new colors of the forest and the crisp autumn air on a guided walk with one of our Park System Naturalists. Please bring water, wear comfortable walking shoes, and bug repellent is encouraged.

One Session \$9.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Tue, Sep 26 10:00-11:00 AM (approx)... IKP34X

#### Fall Migration - Birding at the Bayshore

(all ages)

During fall birds may be quieter and less colorful, but the volume and species diversity increases! Join us during the peak of fall migration, as we scour the beachfront and nearby woodland edges in search of warblers, sparrows, shorebirds and raptors during this exciting time of year for birding. No need to be an expert. A limited number of binoculars will be available to borrow if needed. Please dress for the weather (layers) and wear sturdy footwear.

One Session \$10.00 Per Person

**Bayshore Waterfront Pk** 

Wed, Sep 13 9:00-10:00 AM	EWZ34X
Wed, Sep 27 9:00-10:00 AM	. EX034X
Wed, Oct 11 9:00-10:00 AM	. EX134X
Wed, Oct 25 9:00-10:00 AM	. EX234X

#### **Forest Bathing at Freneau Woods**

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all of your senses. Spending time in nature, simply soaking in the surroundings and atmosphere, and allowing all of our senses to indulge and discover the natural world around us has many proven benefits. 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

Sun, Oct 15 1:00-2:00 PM (approx). . . . . . IMC34X

#### **Gentle Walks for Gentle Souls**

(adults)

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky, or sandy. Please wear sturdy shoes.

One Session \$9.00 Per Person

Freneau Wds Pk Greenwood Rd Access Area

Tue, Sep 12 10:00-11:15 AM (approx).... INT34X Deep Cut Gardens Outdoor Area

Tue, Oct 17 10:00-11:15 AM (approx) . . . . INU34X Hartshorne Wds Pk Rocky Point Parking Lot

Tue, Nov 14 10:00-11:15 AM (approx). . . . INV34X

#### **Hawk Mountain Sanctuary**

(adults)

We will travel to Kempton, Pennsylvania, to visit the world's first refuge for birds of prey established in 1934. View golden eagles, bald eagles, red-tailed hawks, goshawks and many other raptors as they soar south for the winter. Be prepared for a short but difficult rocky trail that has uneven footing. Wear hiking boots, bring hiking poles, dress in layers, pack a lunch, water, and extra layers in a day pack. Once at the top of the mountain we will be sitting on the ridge's rocks to witness what raptors fly by the ridge. Bring your own binoculars or use ours. An additional \$10.00 entrance fee is required at the sanctuary.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 10 7:00 AM-4:30 PM . . . . . . . . . I1434X Sat, Oct 14 7:00 AM-4:30 PM . . . . . . . . I1534X

# Kayak Crabbing at Swimming River Park (adults)

It's the season for beautiful swimmers! After a year of hibernating, eating, molting and growing, blue claw crabs should reach their largest size of the year now. We'll try catching these feisty crabs with pole nets and drop-lining for some delicious, beautiful swimmers in the calm back waters of the Navesink River. No license is required for recreational crabbing, but one bushel per person per day is the limit. Hard shell crabs must measure a minimum of 4.5 inches point to point.

Please Note: Polarized sunglasses, sunscreen, water, and a hat are recommended. Weight limit for kayaks are 250 lbs for a single and a 400 lbs for a double. Remember to bring sunscreen and plenty of water. Not recommended for those with recent back, hip, or wrist injuries. Participants will assist carrying their gear up and down from the launch site.

One Session \$50.00 Per Person
Swimming River Park Boat Ramp

Tue, Sep 19 9:00 AM-12:00 PM (approx) . . IKV34X Wed, Sep 20 9:00 AM-12:00 PM (approx). . IKW34X

#### **Kayak Fishing for Fluke & Bass**

(adults)

Fluke and striped bass are two of the most sought after game fish on the New Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks along the Sandy Hook Bay. We will paddle out two miles and drift the bay with the goal of fishing some choice channels and holes with the beach in sight. With the help of tides, we will return to the shore with fish. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and bait. Wear your sunscreen, floppy hat and water shoes, and dress to get wet. A FREE NJ Saltwater Fishing Registration is required and you must have it with you. It is available at www.nj.gov/dep/saltwaterregistry. This program has a limited number of spaces, so register early and get ready to fish for fluke and bass.

#### One Session \$50.00 Per Person

Bayshore Waterfront Pk Pew's Creek East Parking Area

Wed, Sep 6 10:00 AM-2:00 PM . . . . . . . . IKY34X Thu, Sep 7 10:00 AM-2:00 PM . . . . . . . IKZ34X

# NASA's International Observe the Moon Night!

(adults)

Saturday, October 21, 7:00-8:00 PM
Bayshore Waterfront Park, Port Monmouth
Join lunar observers from around the world in a
global celebration of the moon. During this time
of year, the moon will be around first quarter,
offering excellent viewing opportunities along
the terminator (the line between night and day),
where shadows enhance the moon's cratered
landscape. Learn some interesting facts about
the moon as we gaze upon this most familiar of
celestial objects.

This event is sponsored by NASA's Lunar Reconnaissance Orbiter mission and the Solar System Exploration Division at NASA's Goddard Space Flight Center, with many contributors. If you have binoculars please bring them; some will be available to borrow on a limited basis.

Dress for the weather (layers).



#### **Monarch Magic**

(ages 16 and up)

This two-part program comes full circle as we learn about the magic of the monarch butterfly. Take a walk with a Park System Naturalist through our pollinator gardens, learning about wildflowers and looking for wild butterflies. Then we'll follow up by learning about rearing caterpillars and the importance of citizen science projects such as monarch tagging. We'll cap off the program with a butterfly release!

One Session \$12.00 Per Person

Huber Wds Pk Env Ctr Courtvard

Thu, Sep 7 5:00-6:30 PM .						<b>IK434X</b>
Thu, Sep 14 4:30-6:00 PM						IK534X

#### **Nature Journaling**

(adults)

We invite you to connect with nature and take inspiration from its wonders. Participants will have plenty of time to pick any subject they like and let their creativity flow in the form of sketches, poems, short stories and more. Afterwards, everyone will reconvene and have a lively discussion about what we've created. Nature journals and art supplies are provided.

One Session \$22.00 Per Person Huber Wds Pk Env Ctr Courtvard

Fri, Sep 15 10:00-11:30 AM . . . . . . . . . IKM34X

#### **Pollinator Garden Medley**

(all ages, under 18 with adult)

Are you looking to garden with more native plants? On this garden tour, we'll get up close and personal with many beautiful species of wildflowers. You'll learn how to utilize various species for both aesthetic and ecological value.

One Session \$10.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Fri, Sep 8 5:30-7:00 PM						IKA34X
Mon, Oct 2 5:00-6:30 PM.						IKB34X

#### **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. This program is rain or shine.

Instructor: Dr. Randall Chalnick D.C.

One Session \$18.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, Oct 22 10:00 AM-1:00 PM	12434X
Sun, Oct 29 10:00 AM-1:00 PM	12534X

#### **Sunset Kayak Tour of the Navesink**

(ages 14 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for herons, egrets and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$40.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Mon, Sep 11 5:30-7:30 PM . . . . . . . . . . IK134X

# The Fungus Among Us

(adults)

Explore the fascinating world of fungus on a guided walk with a Park System Naturalist. You will learn the basics of our fungi friends and likable lichens and see what species we find on the trails. Participants should expect to walk 1 ½-2 ½ miles; comfortable walking shoes are recommended.

One Session \$12.00 Per Person

Huber Wds Pk Env Ctr Courtvard

Tue, Oct 3 10:00-11:30 AM (approx).... IKS34X

# Visit The Raptor Trust and Great Swamp National Wildlife Refuge

(adults)

Head out on an exploration with our Park System Naturalists as we venture to The Raptor Trust and Great Swamp National Wildlife Refuge in northern New Jersey. For decades, The Raptor Trust has been rehabilitating injured birds of prey. We'll tour their avian exhibits and enjoy a BYO lunch. But before we do all of that, we'll trek on foot at Great Swamp and search for birds and other wildlife. Please wear sturdy footwear as we will walk unpaved trails for part of the day.

One Session \$47.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Oct 11 8:00 AM-3:30 PM. . . . . . . . IK834X

# Where Nature and History Converge: Huber Woods

(adults)

Huber Woods, named for the family who generously donated their property to Monmouth County, is known to outdoor enthusiasts as a great place to enjoy nature. What is less known is the history of the land. Join a Park System Naturalist on a walk that explores the nature and times past of the area. A brief tour of the former Huber summer home, now the Environmental Center, will be included. Come prepared to travel on dirt and cinder trails along moderate hills for 1 ½-2 miles.

One Session \$15.00 Per Person

Huber Wds Pk Env Ctr Courtyard

# Drop-in Local Nature Lecture Series 🕬

(adults

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters 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.

#### **Pufferfish of the Jersey Shore**

Thursday, September 21, 7:00-8:00 PM

**Bayshore Waterfront Park** 

Whether you call them pufferfish, blowfish, or even "the butterflies of the sea" because of their brightly colored scales that resemble wings, these unique sea creatures always seem to capture the interest of people. While there are over 120 species of pufferfish worldwide, we will spend our time discovering more about our local populations of pufferfish found along the Jersey Shore to find out how they mate, eat, and move and can puff up to scare other animals away.

#### The Real Story of the Jersey Devil

Thursday, October 26, 7:00-8:00 PM

**Bayshore Waterfront Park** 

We will have some fun right before Halloween by discovering the ecology of the Pine Barrens, which gave rise to the history and folklore of the Jersey Devil. For more than 250 years this mysterious creature is said to prowl through the marshes of New Jersey and emerge periodically to rampage through towns and cities. So famous is this devil that it became New Jersey's "official demon" in the 1930's. It will be an entertaining time discovering the many possible origins and stories of the Jersey Devil legend, some are actually real!

#### **Great Horned Owls of Monmouth County**

Thursday, November 16, 7:00-8:00 PM

Freneau Woods Park Visitor Center

The Great Horned Owl is one of the largest and most well-known owls in New Jersey. Yet, they remain a mystery to many folks. Did you know great horned owls are also called the "tiger owl" for their barred pattern and fierce hunting, as well as a "hoot owl" for their distinctive calls. Join a park naturalist to discover more about these big birds that seem to rule the night sky, as well as our woods and meadows around Monmouth County.



#### 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 System 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 \$15.00 Per Person

Holmdel Pk Hilltop Area

Sun, Oct 22 1:00-2:30 PM (approx). . . . . . IK934X

#### Winter Run Bird Walk

(all ages)

Join a Park System Naturalist for a laid-back morning bird walk at a new section of the Manasquan Reservoir Greenway. We'll meander through this new section of Park System property for an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. Please wear waterproof shoes/hiking boots and come prepared to walk 2-3 miles over varied terrain.

One Session \$8.00 Per Person

Manasquan River Greenway Winter Run Barn

#### **OUTDOOR ADVENTURES**

#### **ARCHERY**

#### 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

Wed, Oct 4-25 7:00-9:00 PM . . . . . . . . W2534X

#### 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

Tue, Sep 5 7:00-9:00 PM			W8134X
Thu, Oct 12 7:00-9:00 PM			W8234X
Wed, Nov 8 7:00-9:00 PM			W8334X

#### HIKING

#### 2023 Catskills Fire Tower Challenge (adults)



The Catskill Fire Tower Challenge continues! Our challenge started in January and ends in December, and hikers who complete all six of the Catskills Fire Towers can submit the form to DECNY and are eligible to receive a prize! Join us on these next tower challenge hikes and experience more breathtaking views of the Catskill Mountains. The Park System provides leaders and transportation.

Please Note: Hiking boots, trekking poles, and micro spokes/yak tracks are required.

Rating: Moderate - trail includes rocky portions, possible icy/snow-covered trails, ascents, and descents. Miles varies: 3 - 6+

One Session \$91.00 Per Person

9/9 - Overlook Mountain - Woodstock, NY

10/14 - Balsam Lake Mtn. - Hardenburgh, NY

11/18 - RAINDATE - TBD

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 9 6:30 AM-5:30 PM (approx) . . . W7134X Sat, Oct 14 6:30 AM-5:30 PM (approx) . . W4834X

#### **Attention Fast Paced Hikers!**

(adults)

Hikers looking to get their hearts pumping on the trail this program is designed for you. Leave the stressors behind you as we move quickly through four different county parks. Please carry a small day pack with water, rain jacket, and wear sturdy hiking shoes. Program will run in light rain.

Rating: Moderate/strenuous due to its quick pace, trails will include sand, dirt, roots, views, boardwalks, pavement and some ascents/descents. Miles: 4-5

Four Sessions \$52.00 Per Person

9/6 - Thompson Pk Estate Lot

9/13 - Holmdel Pk Lake Lot

9/20 - Huber Wds Pk Env Ctr Lot

9/27 - Hartshorne Wds Pk Rocky Point Lot

Wed, Sep 6-27 5:30-7:15 PM. . . . . . . . . W8534X



(adults)

There is nothing like hiking the Pinelands! The trails are surrounded with pines, oaks, red maples and Atlantic cedar trees. The sugar sand trails are covered with pine needles as we walk along Batsto Lake with its tanninstained river. We will finish by stepping back in time as we discover the 1776 thriving village and people that once were here.

Rating: Easy, flat, packed sand trails. Miles: 4.1

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Oct 23 8:00 AM-4:00 PM (approx) . W1534X

#### **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 daypack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

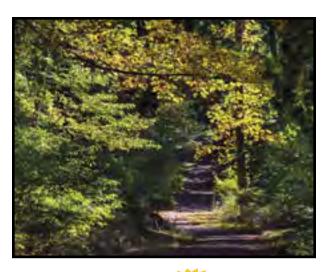
Ten Sessions \$110.00 Per Person

9/9, 9/16 & 9/23 - Huber Wds Env Ctr Lot

9/30, 10/7, 10/14 & 10/21 - Hartshorne Wds Claypit Creek Lot

10/28, 11/4 & 11/11 - Hartshorne Wds Rocky Point Lot

Sat, Sep 9-Nov 11 7:00-9:00 AM . . . . . . . W0834X



#### Fall Walk/Hike 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.

Rating: Easy-moderate pace, trails will range from dirt, rooty, sandy, hills, paved, cinder. Miles: 2-4+

Six Sessions \$78.00 Per Person

9/15 - Thompson Pk Estate Grounds Lot

9/22 - Tatum Pk Red Hill Act Ctr Lot

9/29 - Shark River Pk Schoolhouse Rd Lot

10/6 - Huber Wds Pk Env Ctr Lot

10/13 - Turkey Swamp Pk Main Lot

10/20 - Hartshorne Wds Pk Rocky Point Lot

Fri, Sep 15-Oct 20 10:00 AM-12:00 PM (approx)..W2134X

#### Harriman State Park Hike

(adults)

Enjoy Harriman State Park and see the fall foliage at its peak. This hike climbs two mountains, Almost Perpendicular and Pound Mountain, and passes two major rock formations, Elbow Brush and Claudius Smith's Rock.

Please Note: Hiking shoes/boots are required.

Rating: Moderately strenuous, quick pace, steep ascents, rocky terrain. Miles: 6

Instructor: Andrew Imperiale
One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 4 7:00 AM-3:30 PM (approx) . . . W0334X

#### Hiking the AT in NJ

(adults)

Leave the driving to us as you take the challenge of hiking the NJ Appalachian Trail - one day a month for a year. We will be "Northbounders" starting at the Delaware Water Gap and eventually ending up 72+miles later at Prospect Rock on Bellvale Mtn, at the NJ/NY State Line. We intend to hike in sequence as rainouts will be made up as the next hike. Join us for one or all of the hikes.

Please Note: Sturdy hiking shoes are required and trekking poles are suggested. A backpack with lunch, snacks, 2+liters of water, and rain gear is required.

Rating: Moderate. Moderate pace, ascents and descents, rocky trail, views, creek crossings. Miles: 5-9+

One Session \$88.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Delaware Water Gap to Sunfish Pond 7m+

Sun, Sep 10 7:00 AM-5:30 PM (approx).. W0341X

Sunfish Pond - Appalachian Mtn Club 6m+

Sun, Oct 29 7:00 AM-5:30 PM (approx) . . W1434X

Appalachian Mtn Club- Blue Mtn Lakes 7m+

Sun, Nov 19 7:00 AM-5:30 PM (approx). . W1334X

#### **Hunter Mountain Hike**



This very challenging hike follows the shortest but steepest route to the summit of Hunter Mountain, the second highest mountain in the Catskills, climbing about 2,200 feet in only 2.2 miles.

Please Note: Hiking boots/shoes are required. Hikers experienced with steep ascents and a quick pace are encouraged to register.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale
One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 30 6:30 AM-5:30 PM (approx) . . W0534X

#### **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.

# Just the Ladies

Enjoy the outdoors with other women who have the same adventurous interests!

#### Ladies Canoe/Hike/Tent Camping Experience

(adults)

Hiking? Kayaking? Camping? All something you like or would like to learn about? Let the Park System lead the way! We will supply all camping gear, one dinner, breakfast, transportation, and leaders. All you need is an adventurous attitude and your clothes. We will camp at Stokes State Forest, NJ. There are flush toilet bathrooms and showers within walking distance of our campsite.

A required pre-trip meeting will be held at Thompson Park's Marlu Lake on Wednesday, September 20, at 5:30 PM where we will practice our paddling skills, discuss our overnight and get to know each other.

Hike Rating: Moderate/rocky trails, steep ascent/descent, views, fire tower; 5 miles.

Kayak Rating: Flat water with a few class 1 rapids; 8 miles

\$215.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat-Sun, Sep 30-Oct 1 7:00 AM-5:00 PM . W5834X

#### **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 \$129.00 Per Person

9/5 - Thompson Pk 3 Barns Lot  $\, \cdot \,$  9/12 - Clayton Pk Act Ctr Parking Lot  $\, \cdot \,$  9/19- Shark River Pk Shelter Bldg

9/26 - Huber Wds Pk Env Ctr Lot • 10/3 - Holmdel Pk Lake • 10/10 - Turkey Swamp Pk Shelter Bldg

10/17 - Tatum Pk Red Hill Act Ctr Lot • 10/24 - Hartshorne Wds Pk Claypit Creek Lot

10/31 - Thompson Pk, Estate Grounds Lot • 11/7 - Hartshorne Wds Pk Rocky Point Lot

Tue, Sep 5-Nov 7 9:30-11:30 AM . . . . . . W1634X Tue, Sep 5-Nov 7 12:00-2:00 PM . . . . . . W2034X

#### **Women's Wilderness Empowerment Experience**

(adults)

Experience the outdoors in a environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self-confidence and make new friends. Stick around after each adventure for a snack provided by the Park System. Register a friend and receive a discount!

#### **Archery Experience**

One Session \$30.00 Per Person \$24.00 Additional Person

Thompson Pk Activity Barn

Wed, Sep 13 10:00 AM-12:30 PM . . . . . . W2634X

Intro to Sit on Top Kayaking

One Session \$36.00 Per Person \$30.00 Additional Person

Manasquan Res West Dock

Wed, Sep 20 10:00 AM-12:30 PM . . . . . . W2734X

**Zipline Experience** 

One Session \$36.00 Per Person \$30.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Wed, Sep 27 10:00 AM-12:30 PM..... W2834X

#### **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 \$68.00 Per Person

9/11 - Thompson Pk Estate Lot

9/18 - Holmdel Pk Ramanessin Lot

9/25 - Tatum Pk Holland Act Ctr Lot

10/2 - Huber Wds Pk Env Ctr Lot

10/9 - Hartshorne Wds Pk Rocky Point Lot

Mon, Sep 11-Oct 9 5:30-7:15 PM . . . . . . W6534X

# October Night Hikes

(adults)

Open your eyes to a whole new world: night hiking. The stars, peacefulness and creatures will all come into play on this four park series. Please wear sturdy hiking shoes, dress appropriately for the weather, and pack a headlamp. This program is designed for those comfortable with the basics of hiking and who enjoy seeing the parks in a different light.

Rating: Moderate pace, dirt trails, paved paths, hills. Miles: 2-4+

Four Sessions \$68.00 Per Person

10/5 - Thompson Pk 3 Barns Lot

10/12 - Huber Wds Pk Env Ctr Lot

10/19 - Tatum Pk Holland Act Ctr Lot

10/26 - Hartshorne Wds Pk Rocky Point Lot

Thu, Oct 5-26 5:45-7:45 PM . . . . . . . . . W0634X

#### **Sleepy Hollow Experience**

(ages 14 and up, under 18 with adult)

The spectre is known, at all the country firesides, by the name of the Headless Horseman of Sleepy Hollow. The Adventure begins as we travel by minibus to Rockefeller State Park Preserve where we will hike to Spook Rock, a glacial erratic and see breathtaking views of Swan Lake. You will have a chance to visit on your own Washington Irving's final resting place and the town of Sleepy Hollow at night when all of the ghouls and goblins come out during their annual block party. Dinner is on your own. Approximate hiking distance four miles of easy carriage road terrain.

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 21 11:30 AM-9:30 PM. . . . . . . . W2334X

#### **Storm King State Park**

(adults)

A very challenging hike that climbs to the summit of Storm King Mountain and the North Peak of Crows Nest Mountain. Take in many spectacular viewpoints over the Hudson River and the Highlands.

Please Note: Hiking boots are required. This hike is recommended for experienced hikers who are capable of maintaining a reasonably brisk pace.

Rating: Strenuous, quick pace, steep ascents, and descents, rocky terrain. Miles: 7.5

Instructor: Andrew Imperiale

One Session \$66.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 18 7:00 AM-4:30 PM (approx) . . W0234X

# Sundays in the Park

(adults)

Discover your beautiful county parks as we visit four different ones every other Sunday this fall. Secure a few hours for yourself of reconnecting with nature on these "in the woods" hikes. Come prepared with a small daypack with water, a rain jacket and wear sturdy hiking shoes.

Rating: Easy pace, trails dirt and paved. Miles 2-4+

Four Sessions \$64.00 Per Person

10/1 - Thompson Pk 3 Barns Lot

10/15 - Shark River Pk Schoolhouse Rd Lot

10/29 - Clayton Pk Emily's Rd Lot

11/12 - Hartshorne Wds Rocky Point Lot

Sun, Oct 1-Nov 12 8:30-10:30 AM (approx)W1034X

#### The Timp & Bald Mtn Hike

(adults,

Steeply hike to panoramic viewpoints atop the summit of Bald Mountain and The Timp, and descend on old woods roads through the historic former settlement of Doodletown.

Please Note: Hiking boots are required.

Rating: strenuous, quick pace, steep ascents and

descents, rocky terrain. Miles: 6 Instructor: Andrew Imperiale One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 16 6:30 AM-3:30 PM (approx) . . W8434X



Hike up Windbeam Mountain, which has the most vertical climbing of any other mountain in New Jersey, and Bear Mountain in this challenging up-and-back hike in the New Jersey Highlands.

Please Note: Hiking boots/shoes are required.

Rating: Strenuous, quick pace, steep ascents and

descents, rocky terrain. Miles: 6.2 Instructor: Andrew Imperiale One Session \$62.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 21 7:00 AM-3:30 PM (approx) . . W0434X

#### ON THE WATER

#### Paddling the Quiet Waters

(adults)

Enjoy a kayak paddle on Monmouth County's smaller yet beautiful lakes without the crowds. This will be a relaxed paddle, so bring your camera, snack, binoculars and be ready to submerge (not really) yourself in nature. All equipment will be provided but feel free to bring your own boat. Meet at each paddle launch.

Please Note: Be sure to wear close-toed/heeled footwear and bring water and sunscreen.

Rating: Easy, flat water

Four Sessions \$80.00 Per Person

9/12 - Thompson Pk Marlu Lake

9/19 - Stevenson Park, Middletown

9/26 - Deal Lake, Asbury Park

10/3 - Prospertown, Jackson

Tue, Sep 19-Oct 3 10:30 AM-12:30 PM . . W0934X

#### Stand-Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke, how to capsize and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. We will provide the stand-up paddle board, personal flotation device, paddle and instruction.

One Session \$34.00 Per Person

Manasquan Res West Dock

**Ladies Only** 

Sat, Sep 9 10:00 AM-12:00 PM . . . . . . . W3234X

Sat, Sep 9 1:00-3:00 PM. . . . . . . . . . . . W3334X

#### **PERFORMING ARTS**

#### **ACTING & PUBLIC SPEAKING**

#### **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 are different avenues of acting in which we can explore and build upon together.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

#### Introduction

We will learn beginner acting techniques such as improvisation, space objects, character building and the fourth wall. 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 improvisational skits and monologues will be performed on the last day for family and friends.

Mon, Sep 18-Oct 16 7:00-8:30 PM . . . . . . . . Q0134X No class 10/9

#### **Television**

We will cover beginner acting techniques for commercials, headline news, talk show host and sitcoms. There will be filming and playback of video. Please bring a thumb drive to class so you can save your work.

Mon, Nov 27-Dec 18 7:00-8:30 PM . . . . . . . Q0734X

# **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 familyoriented audience. Pre-registration 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 email rachel.cohen@monmouthcountyparks.com.

#### **One Session FREE!**

Thompson Pk Theater Barn

Wed, Sep 13 7:00-8:30 PM . . . . . . . . . PE103A **Fantasy and Macabre** Sun, Oct 8 3:00-4:30 PM . . . . . . . . . . PE113A

#### Scene Showcase

(adults)

We will work on two scenes to be presented to a community audience. Actors will be expected to be off book and to create their own costume for the final performance which will be held on Friday, December 15, at 7:00 PM.

**Eight Sessions \$136.00 Per Person** 

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Oct 20-Dec 15 7:00-8:30 PM . . . . . . . . Q3234X

No class 11/24

#### **Stand-Up 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. New students will graduate with a five-minute set. Returning students will graduate with a seven- to tenminute set.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Theater Barn

Tue, Sep 19-Oct 10 6:00-8:00 PM......A1534X

#### DANCE

#### **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 tenweek session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

#### **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 \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 12-Nov 14 3:00-3:45 PM . . . . . . . ABV34X

#### **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 eight-week beginner workshop is designed with you in mind! We will learn and practice basic steps during our initial four classes, followed by an integration period to practice at home. During our final four classes, we will review and learn additional steps for each dance style. We look forward to teaching 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

**Eight Sessions \$222.00 Per Couple** 

Tatum Pk Red Hill Act Ctr

Wed, Sep 6-Dec 6 6:30-7:20 PM..... ABH34X No class 10/4, 10/11, 10/18, 10/25, 11/1 & 11/22 Wed, Sep 6-Dec 6 7:40-8:30 PM.... ABJ34X

No class 10/4, 10/11, 10/18, 10/25, 11/1 & 11/22

#### **Square Dancing Level 1**

(adults)

Find out why so many people have fun being "squares." No prior experience needed. Taught by Larry Sherwood and members of the Middletown Ramblers.

**Twelve Sessions \$50.00 Per Person** 

Henry Hudson Trail Act Ctr

Tue, Sep 26-Dec 12 7:15-9:15 PM. . . . . . . . A7334X

#### **MUSIC**

#### **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.

Fort Monmouth Rec Ctr Group Fitness Room

#### **Beginner**

**Eight Sessions \$160.00 Per Person** 

Mon, Sep 18-Nov 6 6:30-7:30 PM. . . . . . MBG34X

Intermediate

For players with previous guitar-playing instruction.

Five Sessions \$100.00 Per Person

Mon, Nov 20-Dec 18 6:30-7:30 PM . . . . . MBH34X

# Voicing You New York

(adults)

Our voice is an expression of our inner self. It connects us to the world around us. Dr. Carly York, College Music Professor, Certified Yoga teacher, and five-season professional member of the National Chorale in Lincoln Center, NYC is bringing her "Voicing You" program to the MCPS. In this program, you will learn how to love the sound of your voice; how to strengthen your voice through yoga breathing and vocal exercises; and to gain increased self-confidence by expressing your true self through your unique voice. Please bring a yoga mat and water bottle.

Five Sessions \$200.00 Per Person Thompson Pk Vis Ctr Tulip Room

Thu, Sep 21-Oct 19 7:00-8:30 PM. . . . . . . . Q6934X

#### 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

Tatum Pk Red Hill Act Ctr

Four Sessions \$60.00 Per Person

Thu, Oct 5-Nov 16 5:30-6:30 PM . . . . . . . X4434X No class 11/9
Tue, Oct 10-Nov 21 5:30-6:30 PM . . . . . . . X4234X

No class 11/7
Three Sessions \$45.00 Per Person

Thu, Nov 30-Dec 14 5:30-6:30 PM . . . . . . X4834X



#### **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!

Twelve Sessions \$156.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Jodi Kondracki

Fri, Sep 15-Dec 15 11:30 AM-12:30 PM . . MAK34X

No class 11/10 & 11/24 Instructor: Kim Cugini

Tue, Sep 19-Dec 5 11:30 AM-12:30 PM . . MAR34X

**New Evening Class!** 

(ages 55 and up) Instructor: Kim Cugini

Wed, Sep 20-Dec 6 5:30-6:30 PM . . . . . . MAS34X

Fort Monmouth Rec Ctr Gym A

Mon, Sep 18-Dec 4 5:30-6:30 PM . . . . . . MAT34X

#### **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

Six Sessions \$78.00 Per Person

Fri, Sep 1-Oct 6 5:30-6:25 PM . . . . . . . . . X2534X

Five Sessions \$65.00 Per Person

Mon, Sep 11-Oct 9 6:15-7:10 PM . . . . . . . X1034X Seven Sessions \$91.00 Per Person

Fri, Oct 20-Dec 15 5:30-6:25 PM . . . . . . . X2634X

No class 11/24 & 12/1

#### **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 Dorbrook Rec Area Act Ctr

Five Sessions \$65.00 Per Person

Thu, Oct 12-Nov 9 5:15-6:10 PM . . . . . . . X2034X Six Sessions \$78.00 Per Person

Sat, Sep 9-Oct 14 10:30-11:25 AM . . . . . . X3034X

#### 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

**Eight Sessions \$104.00 Per Person** 

Dorbrook Rec Area Act Ctr

Thu, Sep 28-Nov 16 7:15-8:10 PM . . . . . . X2234X

#### **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: Ervka Andrex

Thirteen Sessions \$234.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 12-Dec 12 7:25-8:55 PM. . . . . . . X3234X No class 10/31

# Core to the Max!

(adults)

Get ready to challenge your total core from the inside out! Join us for a quick and effective workout to strengthen and stretch your abdominals and lower back. Since your core is constantly working, you have to change up the exercises to challenge your muscles. Improve your balance and posture and strengthen your back as we work towards enhanced health and vitality. All levels are welcome.

Instructor: Laurie Vuksanovich
Tatum Pk Red Hill Act Ctr

Four Sessions \$40.00 Per Person

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Tue, Sep 5-26 6:30-7:00 PM X3734X
Thu, Sep 7-28 6:30-7:00 PM X3934X
Six Sessions \$60.00 Per Person
Thu, Oct 5-Nov 16 6:30-7:00 PM X4534X
No class 11/9
Tue, Oct 10-Nov 21 6:30-7:00 PM X4334X
No class 11/7
Three Sessions \$30.00 Per Person

Thu, Nov 30-Dec 14 6:30-7:00 PM . . . . . . X4934X

# Foundation Training

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that teach your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the floor (or beach) to standing. All you need is an exercise mat (indoors) or beach towel (outdoors).

Six Sessions \$96.00 Per Person

Instructor: Gina Girard

Seven Presidents Pk Outdoor Area

Fri, Sep 8-Oct 13 8:30-9:15 AM . . . . . . . . X5034X

Instructor: Janice Volk

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Oct 20-Dec 1 9:00-9:45 AM . . . . . . . . X5134X

No class 11/24

#### **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

Twelve Sessions \$156.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Sep 14-Dec 14 10:30-11:15 AM. . . . MAH34X No class 11/9 & 11/23

#### **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.

Instructor: Kim Cugini

**Twelve Sessions \$156.00 Per Person** 

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 19-Dec 5 12:45-1:30 PM. . . . . . MAV34X

#### 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 is a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Twelve Sessions \$156.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 19-Dec 5 10:30-11:15 AM. . . . . MAU34X

# **Timberbrook Triathlon**

#### Saturday, October 14, 9:00 AM

Manasquan Reservoir, Howell

Run three miles, canoe/kayak/SUP two miles, and mountain bike five miles. Individual and team entries welcome!

Course map and additional information about the race are available on our website at www.MonmouthCountyParks.com under "Races & Special Events" under the "Activities" drop-down.

Please Note: There are a minimal number of canoe and kayak rentals available online.

A program receipt must accompany rentals through the Park System.

#### **DIVISION CATEGORIES**

Solo Canoe Male/Female • Solo Kayak Male/Female • Solo Stand Up Paddleboard Male/Female

Team Canoe (Male/Female/Mixed/Family) • Team Kayak (Male/Female/Mixed/Family)

Team Stand Up Paddleboard (Male/Female/Mixed/Family)

#### COST

\$40.00 Per Solo Registration • \$55.00 Per Team Registration Registration ends on Friday, October 6.

For more information, please call 732-542-1642.



#### **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, Sep 18-Oct 30 11:45 AM-12:45 PM . . D1634X No class 10/9

Mon, Sep 18-Oct 30 1:00-2:00 PM . . . . . . . D1734X No class 10/9

Mon, Nov 6-Dec 11 11:45 AM-12:45 PM . .D1834X Mon, Nov 6-Dec 11 1:00-2:00 PM. . . . . . .D1934X

Dorbrook Rec Area Act Ctr

Tue, Sep 19-Oct 24 10:00-11:00 AM . . . . . D2034X Tue, Sep 19-Oct 24 11:15 AM-12:15 PM . . . D2134X Tue, Oct 31-Dec 12 10:00-11:00 AM . . . . . . D2234X No class 11/7

Tue, Oct 31-Dec 12 11:15 AM-12:15 PM . . D2334X No class 11/7

# 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

Fort Monmouth Rec Ctr Group Fitness Room
Fourteen Sessions \$182.00 Per Person

Mon, Wed, Sep 11-Oct 30 8:00-9:00 AM. . MA434X No class 10/9

Mon, Wed, Sep 11-Oct 30 9:15-10:15 AM. MAA34X No class 10/9

Twelve Sessions \$156.00 Per Person

Mon,Wed, Nov 6-Dec 13 8:00-9:00 AM . . MAB34X Mon,Wed, Nov 6-Dec 13 9:15-10:15 AM . MAC34X

#### **Total Body Circuit Blast**

(adults)

Empower yourself with this revved up workout to blast calories! We will start 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

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Sat, Oct 28-Dec 16 8:00-9:00 AM . . . . . . . X4634X No class 11/4 & 11/11

Seven Sessions \$105.00 Per Person

**Sat, Sep 2-Oct 21 8:00-9:00 AM............ X4034X** *No class 9/23* 

#### **PILATES**

#### **Pilates & Stretch for Beginners**

(adults)

Take your fitness to the next level with Pilates & Stretch! Our beginner-friendly program is designed to help you strengthen and develop your "powerhouse" - the abdominals, lower back, hips, and thighs. Feel the benefits of improved posture and flexibility, work on your deep abdominals, and get in shape with our safe and effective Pilates exercises. Classes will also focus on proper stretching to maximize your workouts and reduce injuries. Plus, don't forget to bring a water bottle; wear comfortable clothing, and cross-training sneakers so you can get the most out of your workout.

Twelve Sessions \$156.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Sep 15-Dec 15 12:45-1:30 PM . . . . . MAW34X No class 11/10 & 11/24



#### **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

Fort Monmouth Rec Ctr Group Fitness Room

Fourteen Sessions \$182.00 Per Person

Mon, Wed, Sep 11-Oct 30 10:30-11:30 AM MAD34X No class 10/9

Twelve Sessions \$156.00 Per Person

Mon, Wed, Nov 6-Dec 13 10:30-11:30 AM MAE34X

#### **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 \$156.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Sep 11-Oct 18 7:15-8:15 PM. . . X0134X Tatum Pk Holland Act Ctr

Tue, Thu, Sep 12-Oct 19 6:30-7:30 PM . . . . X0334X

Fourteen Sessions \$182.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Oct 30-Dec 18 7:15-8:15 PM . . . X0234X No class 11/13

Tatum Pk Holland Act Ctr

**Tue,Thu, Oct 31-Dec 19 6:30-7:30 PM.... X0434X** *No class 11/7* 

#### **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

Twelve Sessions \$156.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Sep 14-Dec 14 9:15-10:15 AM . . . . MAF34X No class 11/9 & 11/23

Fri, Sep 15-Dec 15 10:15-11:15 AM . . . . MAG34X

No class 11/10 & 11/24

#### **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 some individual attention.

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Sep 11-Oct 4 4:30-5:25 PM. . . . XCD34X

#### **Adult Beginner Tennis**

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each players understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Instructor: Grace Cashman

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

**Eight Sessions \$120.00 Per Person** 

Dorbrook Rec Area

Mon,Wed, Sep 11-Oct 4 10:00-10:55 AM...XC234X Tue,Thu, Sep 12-Oct 5 10:00-10:55 AM...XC634X Tue,Thu, Sep 12-Oct 5 5:30-6:25 PM....XBY34X Thompson Pk

Tue,Thu, Sep 12-Oct 5 4:30-5:25 PM. . . . . XCG34X

#### SPONSOR A FAMILY!

With the help of donations to our RecAssist program, Monmouth County families who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events in your beautiful county parks.

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#### **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! Prerequisite: All Players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

Instructor: Grace Cashman

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

**Eight Sessions \$120.00 Per Person** 

**Dorbrook Rec Area** 

Mon,Wed, Sep 11-Oct 4 11:00-11:55 AM...XC934X Mon,Wed, Sep 11-Oct 4 5:00-5:55 PM....XC434X Tue,Thu, Sep 12-Oct 5 11:00-11:55 AM...XCA34X Thompson Pk

Mon, Wed, Sep 11-Oct 4 5:30-6:25 PM. . . . XCE34X Tue, Thu, Sep 12-Oct 5 5:30-6:25 PM. . . . . XCF34X

#### **VOLLEYBALL**

#### **Indoor Fall 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 two teams will receive awards. Organizational and rules meeting held at 6:15 PM on first night of league.

Please Note: Registration is required for each team and should be done by the team captain.

**Eleven Sessions \$198.00 Per Team**Fort Monmouth Rec Ctr Gym A

Wed, Sep 6-Nov 15 6:00-8:30 PM. . . . . . MB934X

#### 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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Sep 10-Oct 8 10:15-11:15 AM. . . . . . XAJ34X Sun, Oct 22-Nov 26 10:15-11:15 AM. . . . . . XAR34X No class 11/5

#### **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

Twelve Sessions \$180.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Sep 14-Dec 14 1:00-2:00 PM .....X3434X No class 11/23 & 12/7

#### **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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Sep 10-Oct 8 9:00-10:00 AM . . . . XAH34X Sun, Oct 22-Nov 26 9:00-10:00 AM . . . . XAQ34X No class 11/5

#### **Brand New to Yoga Series!**

(adults)

Think yoga isn't for you? Think again! 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

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 11-Oct 23 6:00-7:00 PM . . . . . . X7934X Mon, Nov 6-Dec 18 6:00-7:00 PM . . . . . . X8234X

#### **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. No prior yoga or meditation experience is necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

Five Sessions \$75.00 Per Person Thompson Pk Vis Ctr Tulip Room

Fri, Nov 10-Dec 15 9:30-10:30 AM . . . . . . . . XA234X No class 11/24

Fri, Nov 10-Dec 15 11:00 AM-12:00 PM . . . XA334X No class 11/24

**Eight Sessions \$120.00 Per Person** 

Thompson Pk Vis Ctr Tulip Room

Fri, Sep 8-Oct 27 9:30-10:30 AM . . . . . . . . X9534X Fri, Sep 8-Oct 27 11:00 AM-12:00 PM . . . . X9634X

#### **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
Dorbrook Rec Area Act Ctr
Five Sessions \$65.00 Per Person

Mon, Sep 11-Oct 9 4:00-4:55 PM . . . . . . . X0834X Eight Sessions \$104.00 Per Person

Wed, Sep 20-Nov 8 4:00-4:55 PM......X1434X Four Sessions \$52.00 Per Person Wed, Nov 29-Dec 20 4:00-4:55 PM.....X1534X

#### 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." 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.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 6-Nov 29 7:00-8:15 PM. . . . . . . X5534X No class 10/25 & 11/22

#### **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

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 11-Oct 23 7:00-8:00 PM . . . . . . X8034X Mon, Nov 6-Dec 18 7:00-8:00 PM . . . . . . X8334X

#### **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.

 $In structor: Talena\,Ward, Certified\,Kripalu\,Yoga\,In structor$ 

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Thu, Sep 14-Oct 26 9:30-10:30 AM. . . . . . X8134X Six Sessions \$90.00 Per Person

Thu, Nov 9-Dec 21 9:30-10:30 AM . . . . . . X8434X No class 11/23

#### **Evening Yoga on the River**

(adults)

Savor the moonlight on the Navesink River with an evening yoga class. Portland Place is one of the newest additions to the Park System and sits on the Navesink River, with beautiful views and 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 \$90.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Thu, Sep 14-Oct 19 7:00-8:00 PM. . . . . . . XA034X

#### **Fall Yoga**

(adults)

Looking for a way to feel strong and grounded through the fall and early winter? Treat yourself to a yoga practice to accomplish both. We begin the class with slow sun salutations, then move to poses to build strength. Our practice will focus on feeling grounded through the fall season as we prepare our bodies for winter weather. Weather permitting, we will practice outdoors. The class is appropriate for all levels. Bring a mat and water. Instructor: Tiffany McCann

Thompson Pk Vis Ctr Tulip Room
Eight Sessions \$120.00 Per Person

Tue, Sep 12-Oct 31 9:15-10:30 AM . . . . . X9734X Six Sessions \$90.00 Per Person

Tue, Nov 14-Dec 19 9:15-10:30 AM . . . . . XA434X

#### **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, 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer: Certified Mindfulness/Meditation instructor

One Session \$20.00 Per Person

Tatum Pk Holland Act Ctr

Fri, Sep 29 7:00-8:00 PM . . . . . . . . . . . . XAP34X

#### **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

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Sep 15-Oct 20 11:00 AM-12:00 PM . . . X7434X Fri, Nov 3-Dec 15 11:00 AM-12:00 PM . . . . X7834X No class 11/24

Tatum Pk Holland Act Ctr

Mon, Sep 11-Oct 16 12:00-1:00 PM . . . . . X7134X Seven Sessions \$105.00 Per Person

Mon, Oct 30-Dec 11 12:00-1:00 PM . . . . . X7534X

#### **Gentle Yoga Plus**

(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.

Please Note: You must be able to come down to the floor in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Sep 15-Oct 20 9:30-10:30 AM . . . . . . X7334X Fri, Nov 3-Dec 15 9:30-10:30 AM . . . . . . X7734X No class 11/24

#### **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.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 5-Nov 28 7:00-8:15 PM . . . . . . . X5334X No class 10/24 & 11/21

#### 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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

#### Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. 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

Ten Sessions \$170.00 Per Person

including studies in India.

Thompson Pk Vis Ctr Walnut Room

Fri, Sep 1-Nov 17 9:30-10:45 AM . . . . . . . . X5634X No class 10/20 & 10/27

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 11-Nov 20 7:00-8:15 PM..... X5234X No class 10/23

#### **Yin Yoga**

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Twelve Sessions \$180.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Sep 14-Dec 14 2:00-3:00 PM . . . . . . X3534X

No class 11/23 & 12/7

#### **Yin/Yang Fusion**

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring a 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.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Sep 6-Nov 29 9:30-10:45 AM. . . . . . X5434X

No class 10/25 & 11/22

#### 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. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, two yoga blocks, a long yoga strap, towel or blanket, and water. In warmer weather bring a hat and sun screen.

Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Ten Sessions \$150.00 Per Person

Seven Presidents Pk Act Ctr

**Sat, Oct 7-Dec 16 8:00-9:00 AM.......XBU34X** *No class 11/25* 

#### **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)

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Sat, Sep 2-Oct 21 9:00-10:00 AM . . . . . . . X4134X No class 9/23

Six Sessions \$90.00 Per Person

Sat, Oct 28-Dec 16 9:00-10:00 AM . . . . . . X4734X

No class 11/4 & 11/11



#### **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 50s, 60s and 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 bring a yoga mat, blanket/large beach towel and bottled water for hydration.

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.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Six Sessions \$120.00 Per Person

Tue, Sep 12-Oct 17 10:30 AM-12:00 PM . . X7234X Seven Sessions \$140.00 Per Person

Tue, Oct 31-Dec 12 10:30 AM-12:00 PM . . X7634X

#### Yoga on the River

(adults)

Welcome to Portland Place one of the newest additions to the Park System. Take full advantage of this ideal location overlooking the beautiful Navesink River with an active yoga class. We will progress from sun salutations to deep opening poses, moving with our breath, connecting with nature.. Bring a yoga mat, towel and water. Class is weather permitting. Dress for the weather, with layers, bug spray, and sunscreen.

Instructor: Tiffany McCann

Hartshorne Wds Pk Portland Place Lawn
Seven Sessions \$105.00 Per Person

Sat, Sep 9-Oct 21 8:30-9:30 AM.....XA134X Six Sessions \$90.00 Per Person

Thu, Sep 14-Oct 19 11:00 AM-12:00 PM . . X9934X

#### **Yoga Pop**

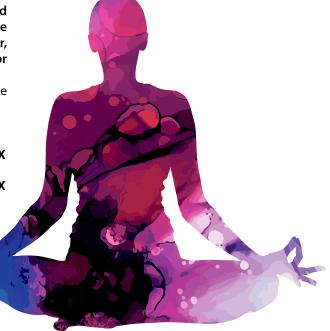
(adults)

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 (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann
Thompson Pk Vis Ctr Tulip Room
Eight Sessions \$120.00 Per Person

Thu, Sep 14-Nov 2 9:15-10:00 AM . . . . . . X9834X Six Sessions \$90.00 Per Person

Thu, Nov 9-Dec 21 9:15-10:00 AM . . . . . . XA534X No class 11/23



#### **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, Sep 20-Nov 8 5:00-5:55 PM. . . . . . . X1634X

#### **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 reenergize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex
Dorbrook Rec Area Act Ctr
Six Sessions \$78.00 Per Person

Thirteen Sessions \$169.00 Per Person

Tue, Sep 12-Dec 12 6:15-7:10 PM. . . . . . . X3134X

No class 10/31

**Eight Sessions \$104.00 Per Person** 

Thu, Sep 28-Nov 16 6:15-7:10 PM . . . . . . X2134X

#### **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

Dorbrook Rec Area Act Ctr

Six Sessions \$78.00 Per Person

No class 11/24 & 12/1
Four Sessions \$52.00 Per Person

Wed, Nov 29-Dec 20 6:00-6:55 PM . . . . . . X1934X

#### **Zumba: Low Impact**

(adults)

Join us for a fun Zumba fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this 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

Dorbrook Rec Area Act Ctr

Five Sessions \$65.00 Per Person

Mon, Sep 11-Oct 9 5:10-6:05 PM . . . . . . X0934X Four Sessions \$52.00 Per Person

Wed, Nov 29-Dec 20 5:00-5:55 PM . . . . . . X1734X

Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteers 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. Participants are required to wear a helmet while riding.

**Eight Sessions \$450.00 Per Person**Sunnyside Rec Area

Fri, Sep 15-Nov 3 4:00-5:00 PM . . . . . . . . . V0134X

#### SPUR Horseback Riding Lessons for Individuals with Disabilities

(all ages)

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 spuronline.org or call 732-224-1367, ext 1#.

#### **GOLF**

#### **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 \$32.00 Per Person

Bel-Aire GC

Sat, Sep 9 12:00-1:00 PM.						. Y1834X
Mon, Sep 18 3:00-4:00 PM						. Y0634X

#### **60 Minute Driver**

(adults)

Develop more consistency and power for all level of golfers and swing types in this 60 Minute Driver clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$32.00 Per Person

Bel-Aire GC

Thu, Sep 7 10:45-11:45 AM	. Y1734X
Sat, Oct 14 10:30-11:30 AM	. Y2434X
Charleston Springs GC	
Sat, Sep 2 1:30-2:30 PM	. T0734X
Sat, Oct 7 11:30 AM-12:30 PM	. T1234X
Howell Pk GC	
Wed, Sep 20 4:00-5:00 PM	. J0434X

#### **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-putt 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 \$32.00 Per Person

Bel-Aire GC

Thu, Sep 14 10:45-11:45 AM	. Y2034X
Charleston Springs GC	
Fri, Sep 1 4:00-5:00 PM	. T0534X



#### **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 \$32.00 Per Person

Bel-Aire GC

#### **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, Sep 8-29 2:00-5:00 PM . . . . . . . . . . T0234X

#### **Beginner Golf**

(ages 6-14)

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.

Four Sessions \$80.00 Per Person

Bel-Aire GC

#### **Children**

(ages 6-10)

**Juniors** 

(ages 11-14)

Sun, Oct 1-22 11:00 AM-12:00 PM . . . . . . Y1934X

#### **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.

Instructor: Dave Laudien

One Session \$140.00 Per Person

Charleston Springs GC

#### **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

#### **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

Charleston Springs GC

Sat, Sep 9 1:00-3:00 PM	•	•	•	 •	•	•	10834X
Howell Pk GC							
Sat, Sep 9 12:00-2:00 PM							J0334X
Sat, Oct 7 12:00-2:00 PM	•						J0534X

#### Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$112.00 Parent/Child \$47.00 Additional Sibling

Bel-Aire GC

Sat, Sep 9-30 11:30 AM-12:30 PM	Y0234X
Sat, Oct 7-28 12:00-1:00 PM	Y2234X
Sat, Oct 14-Nov 4 12:30-1:30 PM	Y1134X

#### **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 & 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

Sat, Sep 2-23 4:00-7:00 PM					. T0634	ŧΧ
Sat. Oct 7-28 1:00-4:00 PM.					. T1134	ŧΧ



#### **Intermediate Golf**

(ages 11-14 & adults)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

#### **Juniors**

(ages 11-14)

Four Sessions \$100.00 Per Person Bel-Aire GC

Sat, Sep 30-Oct 21 2:00-3:30 PM . . . . . . . . Y2134X

Adults
Four Sessions \$125.00 Per Person

Bel-Aire GC

Thu, Sep 7-28 5:00-7:00 PM . . . . . . . . . J0234X

#### Women

Four Sessions \$125.00 Per Person

Bel-Aire GC

Fri, Sep 29-Oct 20 10:00 AM-12:00 PM . . . Y1534X

#### **Ladies Scramble**

(adults)

This is a two-person team scramble golf event at Pine Brook Golf Course with tee times. Format: Each player hits a tee shot on each hole, but everyone plays from the spot of the best shot. Mark the spot of the best tee shot with a golf tee or ball marker. Direct your playing partner to pick up their ball and hit from within one club length of the marked spot. Continue selecting the best shot until one player hits the ball in the hole and then record the score. Sign up as a group or a single (we'll pair you up). No golf pass or handicap required. Gross division only. Power carts can be purchased at an applicable fee.

One Session \$40.00 Per Person

Pine Brook GC

Wed, Sep 6 9:00 AM-2:00 PM (approx) . . . PB134X

#### **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 \$112.00 Per Person

Bel-Aire GC

Sun, Sep 3-24 4:00-6:00 PM . . . . . . . . . . . . Y0834X

#### **Short Game Clinic**

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$130.00 Per Person

Charleston Springs GC

#### **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, Oct 4-25 9:00 AM-12:30 PM . . . . . . . Y1434X

#### **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, Sep 7-Oct 12 9:30 AM-1:00 PM . . . . . Y0534X

#### THERAPEUTIC RECREATION

#### **Inclusion Services & Support**

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.

Learn more about available services, supports, and modifications by calling 732-760-1167, ext. 22.

#### **Art Club**

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self-confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Six Sessions \$54.00 Per Person

Dorbrook Rec Area Act Ctr

#### **Drama Troupe**

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Participants may be able to utilize their DDD Supports or CCP Budgets to register for the program. Please contact Justin at 732-460-1167, ext. 22, for more information.

#### Fourteen Sessions \$231.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Sep 13-Dec 13 6:00-7:00 PM . . . . . . . . D0234X

#### **MCRAC Adult Day Program**

(ages 21 and up, w/cognitive & neurological impairments) Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being.

MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

#### Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

#### One Session \$39.00 Per Person

Dorbrook Rec Area Vis Ctr

#### **Italian Feast!**

Join your friends as we prepare a delicious meal consisting of some of classics. Our meal will include chicken parmigiana, penne pasta, garlic bread, salad 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.

#### **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 \$40.00 Per Person

#### Eat, Putt and Leave Room for Ice Cream!

Indulge your appetite and test your putting skills by meeting us for dinner at Juanito's II Mexican Restaurant and a round of mini golf at Swingtime Golf Center on Route 9 in Howell. Afterwards, we will stop next door for dessert and pick up at Ice Cream on 9! You will need to bring at least \$45.00 to cover the cost of dinner, mini golf and ice cream. Limited transportation (up to 6 spots) is available from Dorbrook on a first-come, first-serve basis; please contact Justin after registering.

#### 

#### **Dinner and a Movie - Freehold**

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way. 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. Limited transportation from Dorbrook may be available for up to 6 participants; please contact Justin prior to registering if requesting transport.

#### **Semi-Formal Dinner and Dance**

(ages 16 and up, with special needs)

Dance and sing the night away with your friends at our annual Semi-Formal! Enjoy a delicious catered meal and a Professional D.J. service playing all your favorite music! Participants must be able to function in a 1:3 staff to participant ratio. Some additional paperwork may be required and would be mailed to you upon registration. Please call Justin at 732-460-1167, ext. 22, for more information or to register with your DDD Budget in lieu of private pay.

#### One Session \$65.00 Per Person

Tatum Pk Red Hill Act Ctr

#### **TRIPS**

#### **American Museum of Natural History**

(all ages, under 18 with adult)

Travel with us to the Museum of Natural History to discover the world of sharks! This special, interactive exhibit features life-sized models of ancient animals – including a megalodon! Make sure to stop by the Rose Center for Earth and Space, four floors of exhibits, the IMAX theater, and gift shop. There is something for everyone! For ticket information and pricing, visit www.amnh.org. Timed ticket entry must be purchased prior to arrival, as per museum policy. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#### Apple Festival - Peddlers Village

(all ages, under 18 with adult)

Spend a crisp autumn day at Peddlers Village in Lahaska, PA and warm up with a cup of hot mulled cider. You'll enjoy every apple treat imaginable as you stroll the country courtyard lined with scores of craft people and amusing musicians. Rain or shine.

\$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 4 . . . . . . . . . . . . . . . . . ABG34X Board: 8:30 AM . . . . . . Return: 5:45 PM (approx)

# Escape to Cape Cod, MA

(adults)

Travel to beautiful Cape Cod for early fall. Your trip highlights are the following tours and attractions: a tour of Chatham to Provincetown, a tour of Hyannis, Sandwich and Plymouth, visits to National Seashore and Salt Pond Visitor Center, Cape Cod Potato Chip Factory, JFK Memorial and Korean War Memorials, Sandwich Glass Museum, and a round-trip cruise along the Hyannis Harbor.

Price includes round-trip transportation, four nights accommodations, four daily breakfasts and four dinners, admission to tours/attractions, luggage handling, taxes, meal gratuities and a Park System volunteer leader.

Please Note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately three weeks prior to departure.

For more tour details, please contact Rachel Cohen at 732-542-1642, ext. 29, or email

rachel.cohen@co.monmouth.nj.us.

\$880.00 Double; \$1,085.00 Single; \$780.00 Triple; \$705.00 Quadruple

Thompson Pk Estate Grounds Parking Lot



#### **Fall Foliage Tour of Monmouth County**

(adults)

From bright yellow to fiery red, colorful autumn scenes will make you fall for the change of seasons in Monmouth County. This four-hour tour will take you to vistas of fabulous foliage with a variety of up-close cascades of color. We will drive via mini-bus to discover the most spectacular fall foliage, and slowly meander with the vibrant echo of color in our minds. The tour route and sites will vary depending on forest conditions, as weather impacts fall colors, but generally count on late October or early November for idyllic leaf peeping time. Don't forget a camera! You will want to capture the beauty of fall foliage. Our tour is limited to just 12 passengers, so you will have a chance to ask questions and experience beautiful fall foliage up close.

One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 4 9:00 AM-1:00 PM (approx) . . . . IM334X

# Leaf Peeping Tour of Vermont

adults)

Bask in the beauty of fall with this tour of Vermont. Your trip highlights are the following tours and attractions: visits to Dakin Farm, Cold Hollow Cider Mill, Cabot Cheese Annex, Vermont Country Store, Maple Farm, Quechee Gorge, Woodstock Covered Bridge, Billings Farm to include ice cream, and a round-trip luncheon cruise on Lake Champlain.

Price includes round-trip motor coach transportation, three nights accommodations, daily breakfasts, one luncheon cruise, two dinners, admissions to tours and attractions, luggage handling, taxes, meal gratuities and a Park System volunteer leader.

Please Note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately three weeks prior to departure.

For more tour details, please contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@co.monmouth.nj.us.

\$780.00 Double; \$1,000.00 Single; \$680.00 Triple; \$630.00 Quadruple

Thompson Pk Estate Grounds Parking Lot

#### Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-a-kind celebration for family, friends, and loved ones. The radiant Radio City Music Hall is decked out for the season and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker, and the unforgettable Living Nativity. Price includes reserved Orchestra seating, round-trip bus transportation and a volunteer Park System leader. There will be time for dinner and sightseeing after the performance.

\$175.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#### **1:00 PM Show**

Fri, Dec 8	A0141X
Board: 10:45 AM	Return: 7:45 PM (approx)
4:00 PM Show	
Fri, Dec 15	
Board: 1:45 PM	Return: 10:45 PM (approx)

#### San Gennaro Festival & Chinatown



(all ages, under 18 with adult)

Explore the historic streets of Manhattan's Little Italy during "The Feast of All Feasts" – The San Gennaro Festival! Dive into the local experience and meet vendors selling cannoli, pizza, zeppole, sausage and peppers and so much more. Live performances are expected. Be sure to visit the neighboring streets of Chinatown for a double dose of food and culture in one day! Fee includes round-trip bus transportation and Park System leader only. The bus will drop off as close to the festival as possible. Wear comfortable footwear. Rain or shine.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

# Monmouth County Park Locations

# PARKS/HISTORIC SITES

Baysholm Tract<sup>†</sup>, Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park\*, Route 520, Marlboro 732-834-9607

Clayton Park\*, Emley's Hill Road, Upper Freehold 609-259-5794

Crosswicks Creek Park\*, Upper Freehold 609-259-5794

DeBois Creek Recreation Area<sup>†</sup>, Highway 33, Freehold 732-842-4000 Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050 Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643 East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area\*, Third Avenue, Manasquan 732-922-4080 or 3868

**Fort Monmouth Recreation Area,** Guam Lane, Tinton Falls 848-456-4278 **Freneau Woods Parki**, Marlboro & Aberdeen 732-842-4000 Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670

Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033 Holmdel Park, Longstreet Road, Holmdel 732-946-9562

Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336 Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway\*, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway<sup>†</sup>, Freehold to Howell 732-462-7286 or 9265

Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440

Mount Mitchill Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670

Perrineville Lake Park\*, Sweetmans Lane, Millstone 609-259-5794

Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025

Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367

Swimming River Park, West Front Street, Middletown 732-741-9676 Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987

Thompson Park, Newman Springs Road, Lincroft 732-842-4000

Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail\*, Upper Freehold 609-259-5794
Historic Walnford, Walnford Road, Upper Freehold 609-259-6275

Weltz Conservation Area\*, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area†, Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract†, Highway 33, Howell 732-751-9453 or 732-919-0996

# GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141



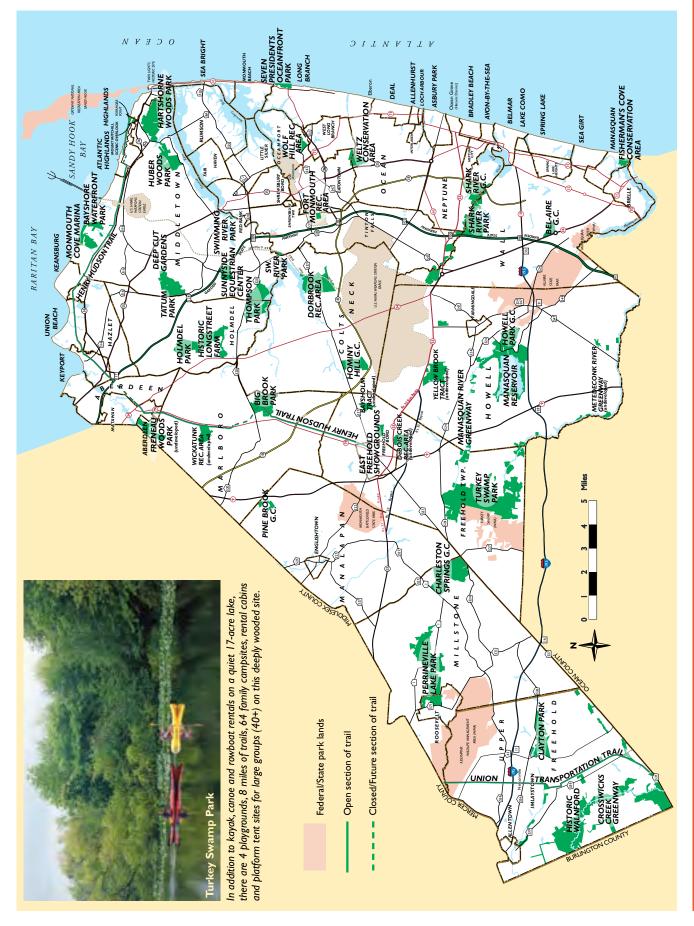
Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

\* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

T Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Check out the variety of amenities available in your local Monmouth County parks!	Сатрак	Canoe	Disc Golf	Enviros	Facility (Enter	Fishing a	Footgail	Golf	Historica	Off-Lease	Playaro	Trails	Trails	Trails (ch	Trails (ft.	Trails (not).
Bayshore Waterfront Park		х			х	х			х							
Bel-Aire Golf Course							х	х								
Big Brook Park												х	х			
Charleston Springs Golf Course								х					х			
Clayton Park												х	х			
Crosswicks Creek Park		х				х							х			
Deep Cut Gardens					х							х				
Dorbrook Recreation Area					х						х	х				
Fisherman's Cove		х			х	х										
Fort Monmouth Rec Center					х											
Freneau Woods Park						х						х	х			
Hartshorne Woods Park						х			х							
Henry Hudson Trail																
Holmdel Park					х	х					х	х	х	х	х	x
Hominy Hill Golf Course								х				х				
Howell Park Golf Course		х						х								
Huber Woods Park				х	х							х	х	х		x
Historic Longstreet Farm					х				х							
Manasquan Reservoir		х		х	х	х					х	х	х			x
Manasquan River Greenway		х				х							х			
Mount Mitchill Scenic Overlook											х					
Perrineville Lake Park		х			х	х							х			
Pine Brook Golf Course							х	х								
Seven Presidents		х			х	х					х					
Shark River Golf Course								х								
Shark River Park		х			х	х					х	х	х	х	х	
Sunnyside Equestrian Center												х				
Swimming River Park		х				х						х				
Tatum Park					х						х	х	х			
Thompson Park		х			х	х				х	х	х	х			
Turkey Swamp Park	х	х			х	х					х	х	х		х	
Union Transportation Trail												х				
Historic Walnford					х	х			х							
Weltz Park												х				
Wickatunk Recreation Area																
Wolf Hill Recreation Area			х							х						

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 nonorganization 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 selfesteem, 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.

# FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the Friends of the Parks is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The Friends realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, Friends meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed. The Friends can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the Friends support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, FOUNDATION 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 nonrecoverable 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 August 9. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on August 9.

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 August 9 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.

#### THOMPSON PARK CREATIVE ARTS CENTER



- Saturday, December 2-Friday, December 8 from 11:00 AM-4:00 PM Thompson Park Creative Arts Center, Lincroft
- Featuring the work of our talented students and instructors.
- Kick off your holiday shopping with some original artwork.
- Each year we are proud to showcase the work of our talented students and instructors.

The Creative Arts Center is host to a variety of fine art and craft classes taught by some of the finest instructors in the area, suitable for students of all levels in:

- Drawing
- Acrylic
- Oil and Watercolor Painting
- Jewelry Making
- Knitting

- Sewing
- Basket Weaving
- Photography
- Handbuilt, Raku& Wheel-ThrownPottery







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DATED MATERIAL - PLEASE DELIVER BY 7/28/2023

#### **SEPTEMBER** Wind & Sea Festival

Saturday, September 16 11:00 AM-5:00 PM **Bayshore Waterfront Park**, Port Monmouth

#### Fall Native Plant Swap

Saturday, September 23 8:30-11:00 AM Tatum Park, Middletown

#### Harvest Home Festival

Sunday, September 24 11:00 AM-5:00 PM Historic Longstreet Farm, Holmdel

# **OCTOBER**

#### Timberbrook Triathlon

Saturday, October 14 9:00 AM Manasquan Reservoir, Howell

#### Thompson Park Day

Sunday, October 15 11:00 AM-5:00 PM Thompson Park, Lincroft

# **NOVEMBER**

#### Fall Craft Show

Saturday, November 11 9:00 AM-2:00 PM **Fort Monmouth** Recreation Center, Tinton Falls



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: Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman

Michael G. Harmon • Thomas E. Hennessy, Jr.

David W. Horsnall • Patricia M. Butch • Thomas Adcock Lori Ann Davidson • Brian Foster • Andrew J. Spears, Director

