MONMOUTH COUNTY PARK SYSTEM
NEW JERSEY

Yours to Discover

PARKS & PROGRAMS Guide

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

SPRING 2024

Registration Begins February 7

www.MonmouthCountyParks.com

No matter where your interests lie, the

Monmouth County Park System

has offered recreation spaces for residents to enjoy for over sixty years.

Currently within over 18,000 acres, the Park System is comprised of 43 sites, which include general park areas, golf courses, historic sites, trails, and open spaces. And no matter where you live in Monmouth County, it's likely you're no more than ten minutes away from a park, offering your family a variety of benefits to enjoy.

Health Benefits

- With 145 miles of trails scattered throughout Monmouth County, it's easy to add a 30-minute brisk walk into your routine a few times a week, helping to reduce your risk of high blood pressure, high cholesterol and more.
- Feeling stressed, depressed or anxious? The American Heart Association suggests spending time in nature can energize your mind and body, such as relaxing in a natural space or taking a stroll through the woods.
- Trying to peel your children away from their devices and get them the exercise they need to grow stronger and healthier? Playgrounds are available at nine Park System sites where children can jump, swing, climb and play. Or, take a family bike ride!

Social Interaction

- By registering for a program or attending a free drop-in, you can learn something new or enhance upon current skills while socializing with others.
- Connecting with friends and family couldn't be easier when you meet up in your favorite Monmouth County parks! Spend time together with a picnic, go on a walk or hike, or have fun at one of our many events, such as the Creative Arts Festival (p. 41) or Walnford Day (p. 8).

Education

- Step back in time with a visit to one of our four historic sites!
  - At Historic Longstreet Farm, Holmdel, visitors experience the sights, sounds and smells of rural Monmouth County in the 1890s.
  - A trip to Historic Walnford in Upper Freehold offers a glimpse of the Waln family and the evolution of Walnford over two centuries – from an 18th century industrial village and family farm to an elegant country estate.
  - Located within Hartshorne Woods Park, Historic Battery Lewis educates visitors on the site's coastal defense efforts during the Cold War Era as a missile defense site and command center.
  - Our newest historic site, Historic Portland Place, was owned by the Hartshorne family for most of its long history and is closely interwoven with the early settlement of the Navesink Highlands.
- With two environmental centers – Manasquan Reservoir Environmental Center in Howell and Huber Woods Environmental Center in Middletown – it's easy to gain an understanding of local habitats and the importance of taking care of our environment.
- With over 4,000 programs available each year, you can learn how to dance, create beautiful artwork, make delicious meals, discover the nature that surrounds us, and so much more!

These are only some of the benefits your Monmouth County Park System offers area residents. Explore all we have to offer by visiting our website at www.MonmouthCountyParks.com.

Table of Contents

Mark Your Calendar 2-3

Historic Happenings 4-9
Longstreet Farm 4-6
Walnford 7-8

Families 10-15
Arts & Crafts 10
Family Fun 10
Nature 10-14
Outdoor Adventures 14-15
Sports & Fitness 15

Parent & Child 16-25
Arts & Crafts 16
Culinary Arts 16-17
Education & Enrichment 17-18
Nature 18-20
Outdoor Adventures 20-21
Play Group 21-23
Sports & Fitness 24-25

Kids & Teens 26-40
Arts & Crafts 26-29
Culinary Arts 29-30
Education & Enrichment 30-33
Nature 33
Outdoor Adventures 33
Performing Arts 34-35
Sports & Fitness 36-40

Adults 41-99
Active Adults 55+ 42-43
Arts & Crafts 43-57
Culinary Arts 58-60
Education & Enrichment 61-64
Health & Wellness 64-68
Horticulture 68-71
Nature 71-77
Outdoor Adventures 77-83
Performing Arts 84-86
Sports & Fitness 87-99

Equestrian 99

Golf 100-105

Therapeutic Recreation 106-107

Trips 107

Park Partners 109

Park Locations 110-111

Registration Information 112

To register for programs starting Wednesday, February 7, 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.

MARCH 2024

SATURDAY, MARCH 2
Cookstove Demonstration *(p. 4)*

SUNDAY, MARCH 3
Horsing Around with Horseradish *(p. 4)*

TUESDAY, MARCH 5
Casual Birder *(p. 73)*

THURSDAY, MARCH 7
Splendid Spring Stroll *(p. 73)*

SATURDAY, MARCH 9
Open Shoot Archery *(p. 15)*
Summer Job Fair *(p. 31)*

SUNDAY, MARCH 10
E. Murray Todd Half Marathon *(p. 89)*

SATURDAY, MARCH 16
Accordion Melodies of the 1890s *(p. 4)*
Cookstove Demonstration *(p. 4)*

SUNDAY, MARCH 17
Celtic Folklore Spoken Word Event *(p. 84)*

WEDNESDAY, MARCH 20
Spring Peepers of Monmouth County *(p. 76)*

THURSDAY, MARCH 21
Splendid Spring Stroll *(p. 73)*

SUNDAY, MARCH 24
Story Time in the Waln House! *(p. 7)*

TUESDAY, MARCH 26
Casual Birder *(p. 73)*

SATURDAY, MARCH 30
Cookstove Demonstration *(p. 4)*

APRIL 2024

THURSDAY, APRIL 4
Splendid Spring Stroll *(p. 73)*

SATURDAY, APRIL 13
Cookstove Demonstration *(p. 4)*
Open Shoot Archery *(p. 15)*
Sowing Seed Potatoes *(p. 4)*
Spring Craft Show *(p. 53)*

SUNDAY, APRIL 14
Climb Time *(p. 15)*
Sowing Seed Potatoes *(p. 4)*
Traditional Quilting Demonstration *(p. 4)*

THURSDAY, APRIL 18
Dogfish are Sharks! *(p. 76)*
Splendid Spring Stroll *(p. 73)*

SATURDAY, APRIL 20
19th Century Woodworking Demonstration *(p. 4)*
Accordion Melodies of the 1890s *(p. 4)*
Earth Day Open House *(p. 11)*

SUNDAY, APRIL 21
Beach Cleanups and Beach Combing *(p. 11)*
Story Time in the Waln House! *(p. 7)*
Vintage Base Ball *(p. 5)*

MONDAY, APRIL 22
Earth Day Shore Planting *(p. 11)*

TUESDAY, APRIL 23
Casual Birder *(p. 73)*

SATURDAY, APRIL 27
Cookstove Demonstration *(p. 4)*
Wool Days/Sheep Shearing *(p. 5)*

SUNDAY, APRIL 28
Wool Days/Sheep Shearing *(p. 5)*

MAY 2024

THURSDAY, MAY 2
Splendid Spring Stroll *(p. 73)*

SATURDAY, MAY 4
Hands-On History *(p. 5)*

SUNDAY, MAY 5
Hands-On History *(p. 5)*

TUESDAY, MAY 7
Casual Birder *(p. 73)*

SATURDAY, MAY 11
Cookstove Demonstration *(p. 4)*
Creative Arts Festival *(p. 41)*

SUNDAY, MAY 12
Plant a Sunflower *(p. 5)*
Traditional Chair Caning Demonstration *(p. 5)*

TUESDAY, MAY 14
Casual Birder *(p. 73)*

WEDNESDAY, MAY 15
Climb Time *(p. 15)*

THURSDAY, MAY 16
Splendid Spring Stroll *(p. 73)*

SATURDAY, MAY 18
19th Century Woodworking Demonstration *(p. 4)*
Accordion Melodies of the 1890s *(p. 4)*
Native Plant Workshop & Exchange *(p. 69)*
Open Shoot Archery *(p. 15)*

SUNDAY, MAY 19
Walnford Day *(p. 8)*

WEDNESDAY, MAY 22
Horseshoe Crabs Trying to Survive in a Modern World *(p. 76)*

SATURDAY, MAY 25
Canoe Rentals at Thompson Park *(p. 15)*
Cookstove Demonstration *(p. 4)*
Embroidery Demonstration *(p. 5)*

SUNDAY, MAY 26
Canoe Rentals at Thompson Park *(p. 15)*
Story Time by the Creek *(p. 7)*

MONDAY, MAY 27
Decoration Day Celebration *(p. 5)*

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

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

LONGSTREET FARM

Cookstove Demonstration Free

Visit the out kitchen and discover how recipes and cooking techniques have changed since the 1890s.

Saturday, March 2, 11:00 AM-3:00 PM
Saturday, March 16, 11:00 AM-3:00 PM
Saturday, March 30, 11:00 AM-3:00 PM
Saturday, April 13, 11:00 AM-3:00 PM
Saturday, April 27, 11:00 AM-3:00 PM
Saturday, May 11, 11:00 AM-3:00 PM
Saturday, May 25, 11:00 AM-3:00 PM

Horsing Around with Horseradish Free

March is the perfect month to be thinking about horseradish. The cold winter season has allowed it to develop its distinctive spicy flavor and the ground has started to warm for planting next year's crop. Get your hands dirty as we dig this perennial root vegetable and prepare the bed for next year.

Sunday, March 3, 12:00-2:00 PM

Accordion Melodies of the 1890s Free

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

Saturday, March 16, 1:00-3:00 PM
Saturday, April 20, 1:00-3:00 PM
Saturday, May 18, 1:00-3:00 PM

Sowing Seed Potatoes Free

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

Saturday & Sunday, April 13 & 14, 12:00-2:00 PM

Traditional Quilting Demonstration Free

Traditional hand quilting 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 quilt.

Sunday, April 14, 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, April 20, 12:00-3:00 PM
Saturday, May 18, 12:00-3:00 PM

Vintage Base Ball: Monmouth Furnace Base Ball Club Free

Enjoy a spring afternoon in Holmdel Park and see how one of America's favorite pastimes started. The Monmouth Furnace Base Ball Club will be playing vintage base ball, using rules from the 19th century. Players will be dressed in uniforms appropriate to the time period, and the style and terms of the 19th century are used during the game.

Sunday, April 21, 11:00 AM-3:10 PM

Hands-on History Free

We are opening the doors to our collection and bringing out some of our favorite "hands-on" artifacts. Engage your curiosity as you explore these historic pieces through operation and physical contact.

Saturday & Sunday, May 4 & 5, 12:00-4:30 PM

Plant a Sunflower Free

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

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

Traditional Chair Caning Demonstration Free

Chair caning is an intricate skill. Our demonstrator will show you the process of weaving natural plant fibers into the seat of a traditional chair.

Sunday, May 12, 1:00-3:00 PM

Embroidery Demonstration Free

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

Saturday, May 25, 1:00-3:00 PM

Decoration Day Celebration Free

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

Monday, May 27, 12:00-3:00 PM

Wool Days/Sheep Shearing Free

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

Saturday & Sunday, April 27 & 28, 12:00-3:00 PM

Piano Ballads from the Turn of the Century Free

Tap your feet, dance a one-step, or sing-along to popular turn-of-the-19th-century ballads as they are played on our farmhouse piano on the following dates and times. Please check website for upcoming dates.

Fiber Arts/Traditional Crafts

(grades 5-7)

What better place to explore the history of fiber arts than on a 1890s farm? This hands-on, fun-filled program focuses on natural dyeing, weaving, spinning and felting during spring break. Participants will make several keepsakes to take home too.

Five Sessions $200.00 Per Person

Longstreet Farm Vis Ctr

Mon-Fri, Apr 1-5 10:00 AM-3:00 PM F0242X

Made Fresh from Scratch - Spring Edition

(ages 16 and up)

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

One Session $15.00 Per Person

Longstreet Farm Vis Ctr

Sat, Mar 23 10:00 AM-12:00 PM F1342X

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. Meet every Tuesday at the Longstreet Farm Visitor Center. Bring an existing project or come for inspiration and get help with a new one. Also, be sure to bring your lunch.

Ten Sessions $40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Mar 12-May 21 10:00 AM-3:00 PM . . . F0442A

No session 4/2

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. Chaperones are free but please limit to one. Make sure to wear closed-toe shoes and dress for the weather.

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

One Session $15.00 Per Person

Longstreet Farm

Sat, Mar 2 8:00-9:30 AM F0742X
Sun, Mar 17 8:00-9:30 AM F0842X
Sat, Apr 6 8:00-9:30 AM. F0942X
Sun, Apr 21 8:00-9:30 AM F1042X
Sat, May 4 8:00-9:30 AM F1142X
Sun, May 19 8:00-9:30 AM F1242X

Stitches in Time

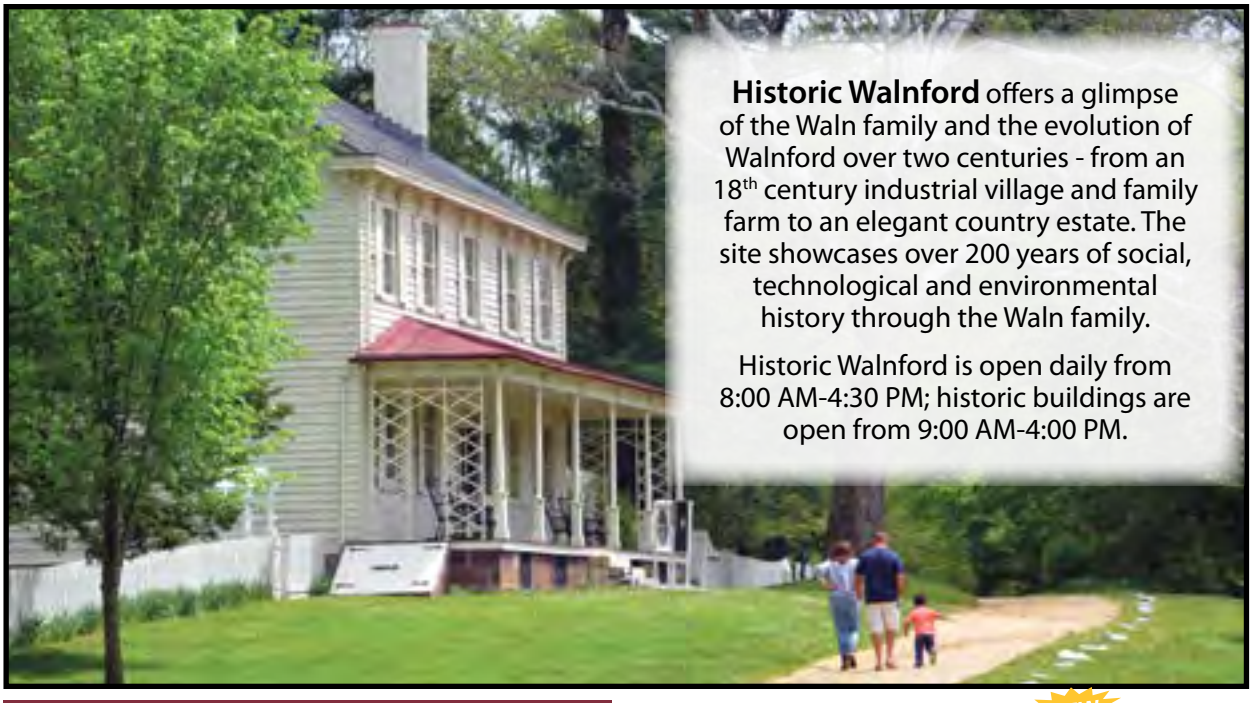
(ages 8 and up, under 18 with adult)

Join Longstreet Farm staff for an informal session on hand-sewing basics - learn five simple stitches for quick repairs, or bring a project with you to work on as we converse. You can borrow our sundries or bring your own. This is a great chance to try a new hobby or get started on those mending projects that have been lying around!

One Session $10.00 Per Person

Longstreet Farm Vis Ctr

Sat, Mar 9 12:00-2:30 PM. F1442A



WALNFORD

Story Time in the Waln House! Free

(ages 2-7, with adult)

Join us for a book reading in our cozy open-hearth kitchen! Children are welcome to bring a snack and a mat, blanket or towel to sit on.

Sunday, March 24, 11:00-11:45 AM

Music on the Porch Free

Let the toe tapping tunes of Magnolia Street String Band enliven your visit to Historic Walnford. Experience the operating gristmill, picnic under the trees, tour the 18th century Waln home, or relax on the porwch enjoying sights and sounds of past and present.

Sunday, April 21, 1:00-3:00 PM

Story Time by the Creek Free

(ages 2-7, with adult)

Join us for story time beside the picturesque Crosswicks Creek! Children are welcome to bring a snack and a mat, blanket or towel to sit on.

Sunday, May 26, 11:00-11:45 AM

Milling Demonstrations Free

Experience sights and sounds of years past as corn is ground into meal at Waln's Mill!

Saturdays & Sundays, April-November
12:30 PM, 1:30 PM, 2:30 PM & 3:30 PM

America's Favorite Cookie NEW

(ages 17 and up)

Prepare a small batch of chocolate chip cookies with Walnford staff using a recipe dating to the 1930s. Then, enjoy a guided tour of Historic Walnford while the cookies bake. After the tour we will enjoy the fruits of our labor!

Please Note: Due to the historical nature of the program, we are unable to accommodate dietary restrictions.

One Session $15.00 Per Person

Historic Walnford

Sun, Apr 14 10:00 AM-12:00 PM G0442A

You Are Cordially Invited to Tea

(ages 17 and up)

We invite you to share in four generations of the Waln family's history as you tour this site and then sample freshly brewed teas and baked goods prepared from recipes of the 18th, 19th and early 20th centuries. Please dress for the weather, we will be outside for a portion of this program.

One Session $15.00 Per Person

Historic Walnford Historic Waln House Open Hearth Kitchen

Fri, Mar 15 12:00-1:30 PM G0242X
Fri, Apr 19 12:00-1:30 PM G0342X

SUNDAY, MAY 19, 11:00 AM-5:00 PM

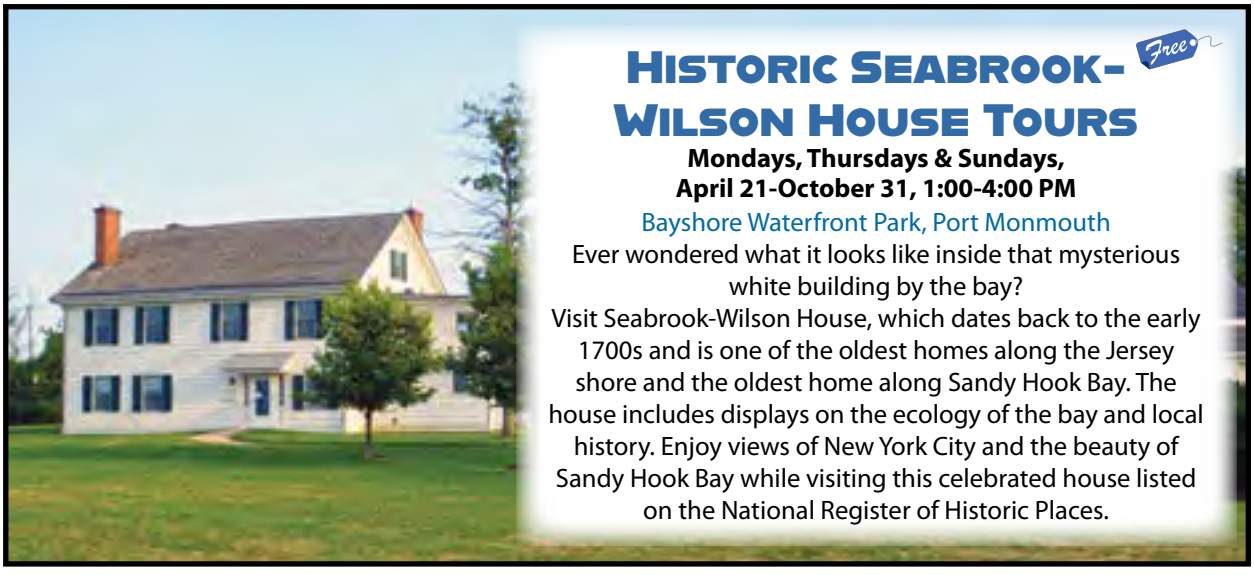
62 WALNFORD RD, UPPER FREEHOLD

Walnford Day

Entertainment abounds at this annual celebration of 200 years of Waln history!

Free Parking • Free Admission

- View historical demonstrations and displays
- See the gristmill in action
- Go on a horse-drawn wagon ride
- Explore the 1773 Waln family home
- Enjoy bluegrass music with special guests Magnolia Street String Band from 1:00-4:00 PM



Historic Seabrook-Wilson House Tours

Free

Mondays, Thursdays & Sundays,
April 21-October 31, 1:00-4:00 PM

Bayshore Waterfront Park, Port Monmouth

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

Tours of Historic Battery Lewis

Free

Hartshorne Woods Park Rocky Point Section, Highlands
Tours begin late spring. Visit our website for the most up-to-date information.

The 224-acre Navesink Military Reservation sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. During WWII, batteries for heavy artillery were built on the site to modernize coastal defense efforts, and during the Cold War Era the site served as a missile defense site and command center. The newly restored Battery Lewis includes interpretive exhibits and a 16-inch gun barrel.

Historic Portland Place Tours

Free

The site is open Wednesday-Sunday, May 4-November 24 from 10:00 AM-4:00 PM
Docent-led tours are available at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM.

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

ARTS & CRAFTS

Coat of Arms NEW

(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. Create your family's coat of arms to bring home and display. All supplies provided; you bring the creativity.

One Session $38.00 Per Family up to 6

Thompson Pk Vis Ctr Beech Room

Sat, Mar 23 1:30-3:00 PM Q1442X

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 onsite the day of the program. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session $12.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 3 11:00 AM-12:00 PM Z7742X
Sun, Mar 3 12:30-1:30 PM Z7842X
Sun, Mar 3 2:00-3:00 PM Z7942X
Sun, Apr 7 11:00 AM-12:00 PM Z8042X
Sun, Apr 7 12:30-1:30 PM Z8142X
Sun, Apr 7 2:00-3:00 PM Z8242X
Sun, May 5 11:00 AM-12:00 PM Z8342X
Sun, May 5 12:30-1:30 PM Z8442X
Sun, May 5 2:00-3:00 PM Z8542X

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 registered with an adult. Fee includes glazes, firings and 12 lbs. of clay. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Kayla Robinson

Seven Sessions $140.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 1-Apr 19 6:30-8:30 PM Z3042X
No class 3/29
Fri, May 3-Jun 14 6:30-8:30 PM Z3142X

FAMILY FUN

Flashlight Easter Eggstravaganza

(all ages, under 18 with adult)

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

One Session $24.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Mar 22 6:00-6:30 PM MBF42A
Fri, Mar 22 6:45-7:15 PM MBG42X
Fri, Mar 22 7:30-8:00 PM MBH42A

NATURE

Ahhh-mazing Amphibians! NEW

(all ages, under 18 with adult)

Meet Manasquan Reservoir's amphibians in an up-close encounter during a live animal presentation. You're toad-ally going to learn so much about frogs, toads, and salamanders! All attending patrons must register.

One Session $10.00 Per Person

Manasquan Res Env Ctr

Sat, Mar 30 11:00 AM-12:00 PM I1942X
Sat, Mar 30 1:00-2:00 PM I3442X

Earth Day Celebrations 2024

The Monmouth County Park System celebrates Earth Day with enthusiasm every year, and this year is no exception. From cleanups to plantings to nature walks, it's time for people to get outside and interact with your local environment.

Earth Day Open House

Free

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

Manasquan Reservoir Environmental Center

The Park System invites families and friends of all ages to celebrate Earth Day at the Manasquan Reservoir Environmental Center. Events include guided nature walks, live animal presentations, and nature crafts.
Plus, local nature organizations will be on hand to provide information.

Beach Cleanups and Beach Combing

Free

Sunday, April 21

Help us clean our coastline of trash and debris while discovering more about local shellfish and shells.

10:00 AM-12:00 PM at Bayshore Waterfront Park

1:00-3:00 PM at Seven Presidents Oceanfront Park Activity Center

Earth Day Shore Planting

Free

Monday, April 22, 5:00-6:30 PM

Bayshore Waterfront Park

Earth Day is a wonderful opportunity to flex your green thumbs and plant some trees to help us restore our native maritime forest. By planting native plants, your actions will provide valuable food and shelter for local wildlife! Plants are in limited supply so this program will be under a first come first serve basis.

For more information, visit www.MonmouthCountyParks.com.

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

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

One Session $11.00 Parent/Child $5.50 Additional Person

Huber Wds Pk Env Ctr

Sun, Mar 10 11:00 AM-12:00 PM IMS42X

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Apr 28 12:00-1:00 PM. IK242X

Eagle Boat Tour

(ages 6 and up, under 18 with adult)

The Manasquan Reservoir is home to magnificent bald eagles. Take advantage of this evening pontoon boat tour; it's truly the best way to see our eagles and other great wildlife. Life-jackets are provided and are required to be worn by all passengers. Please arrive 15 minutes prior to the program time; the boat will leave promptly.

One Session $8.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Fri, May 10 4:30-5:30 PM I2734X
Fri, May 10 5:30-6:30 PM I1342X
Fri, May 10 6:30-7:30 PM I1442X
Fri, May 17 4:30-5:30 PM I1542X
Fri, May 17 5:30-6:30 PM I1642X
Fri, May 17 6:30-7:30 PM I1742X

Explore a Shore

(all ages, under 18 with adult)

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

One Session $9.00 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, May 18 10:30-11:30 AM (approx). . . . IMP42X

Bayshore Waterfront Pk

Thu, May 23 4:30-5:30 PM (approx) IMQ42X

Eye Spy Spring

(ages 5-8, with adult)

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

One Session $9.50 Per Child

Thompson Pk Old Orchard Parking Lot

Sat, May 4 10:30-11:30 AM (approx) IMJ42X

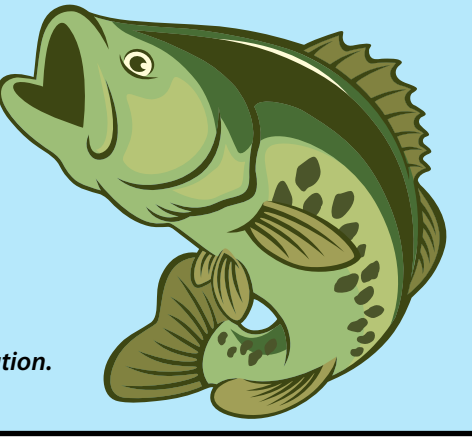
Holmdel Pk Hilltop Shelter Bldg

Wed, May 29 4:30-5:30 PM (approx). IMR42X

Freshwater Fishing Derby

The Park System is hosting its annual fishing derbies for beginners as well as experienced anglers.
This is a fantastic opportunity to get hooked on a new hobby! No idea how to fish? No problem! Our staff will provide free hands-on clinics to show you how to cast and rig as well as answer any questions you may have. Prizes will be awarded for the longest fish in three different categories. See derby rules, provided upon registration, for more details. A container of worms included with each registration.
Fishing poles will be available for rent for a cost of $5.00 per pole. Rentals are on a first come, first serve basis; limited equipment availability.

Cost: $28.00 Per Family of 4; $9.00 Per Person



Manasquan Reservoir Visitor Center, Howell
Saturday, June 15, 2:00-5:00 PM #W0143X
Free Fishing Clinic from 12:30-1:30 PM.

Turkey Swamp Park, Freehold
Sunday, June 16, 2:00-5:00 PM #W0243X
Free Fishing Clinic from 12:30-1:30 PM.

Pre-registration is recommended. Limited space available.
Cash and checks only will be accepted for on-site, day of registration.

Fossiling at Big Brook

(ages 8 and up, under 18 with adult)

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

One Session $13.00 Per Person

Big Brook Pk Boundary Rd Parking Lot

Sun, Mar 24 11:00 AM-12:30 PM IMH42A

Horseshoe Crab Night Walk

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

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

One Session $10.00 Per Person

Bayshore Waterfront Pk

Fri, May 24 9:00-10:00 PM (approx) IKV42X

How to Trap a Leprechaun! NEW

(ages 5-8, with adult)

Leprechauns are notorious for their mischievous nature and pot of gold. Join us as we read a story about a group of clever children trying to catch a leprechaun. Afterwards, we will search the trail for evidence of leprechaun activity and make our very own leprechaun traps!

One Session $18.00 Per Child

Huber Wds Pk Env Ctr

Sat, Mar 16 10:30-11:45 AM (approx) IKK42X

Let's Have a Picnic! NEW

(ages 6 and up, under 18 with adult)

Grab your favorite picnic blanket and meet us on the lawn at Thompson Park! Our time together will begin with a nature walk and end with some delicious treats as we enjoy a beautiful morning in the park.

One Session $18.00 Per Pair $9.00 Additional Person

Thompson Pk Front Lawn

Sat, May 18 11:00 AM-12:00 PM IKR42X

Neighborhood Forester - Spring Edition NEW

(ages 12 and up, under 18 with adult)

The forest has been dormant all through winter, but now its times to wake up. New leaves burst into life! Those opening buds on trees are a key sign that spring is here. Take part in an exploration through the beautiful grounds of Thompson Park. This guided stroll will include forestry basics, leaf and flower identification, and have an emphasis on the relationship between wildlife and pollination of our beloved native tree species.

One Session $12.50 Per Person

Thompson Pk Headquarters Parking Lot

Sat, May 18 12:00-1:30 PM. I2142X

Pond Life at Freneau Woods

(ages 8 and up, under 18 with adult)

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

One Session $10.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, May 19 1:00-2:00 PM IKX42X

ROCKIN' THE TRAILS 2024 Free

Set out on a cross-county scavenger hunt while exploring our parks!
Complete this challenge by using our "Rockin' the Trails" brochure to find hidden trail markers.
Return your completed brochure to be entered for a grand prize drawing.
This program runs from April 15-December 31.

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

Spring Equinox Walk

(all ages, under 18 with adult)

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

One Session $10.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Tue, Mar 19 4:30-5:30 PM IMK42X

Spring Migration Madness Birding Walk

(ages 14 and up, under 18 with adult)

April and May is the peak time for spring bird migration in NJ, as many species return from their wintering grounds in the southern US, and Central and South America, while sporting their bright breeding plumage and singing on their journey north. We will search the woodland edges and beachfront to see what avian gems we can find during this exciting time of year. No need to be an expert. A limited number of binoculars will be available to borrow for those who may need them. Please dress for the weather (layers) and wear sturdy footwear, as we will be walking approx. 2-3 miles. Meet at the main parking lot by the fishing pier.

One Session $10.00 Per Person

Bayshore Waterfront Pk

Wed, Apr 17 9:00-10:00 AM IKB42X
Tue, May 21 9:00-10:00 AM IKC42X

Spring Peeper Stroll NEW

(all ages, under 18 with adult)

The echoing calls of the spring peeper tree frog are a sure sign spring has arrived. Enjoy their cheery calls as we quietly hike to wooded pools to catch a glimpse of these tiny harbingers of spring.

One Session $10.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Fri, Mar 15 6:30-7:30 PM I2742X

Spring Sounds Walk at Freneau Woods

(ages 8 and up, under 18 with adult)

Come out for an old-fashioned spring sounds nighttime walk as we explore the woods and wetlands of Freneau Woods to listen for spring peepers seeking out mates or other frogs in the marsh. If we get lucky we may even spot a few of these tiny, but often heard frogs. Our Park System Naturalist-led walk will also introduce us to other secretive amphibians that call Freneau Woods home including wood frogs and salamanders. Plus we will look for skunk cabbage, one of the earliest and smelliest plants to bloom. Waterproof boots, flashlights and warm attire are strongly suggested. In the case of steady rain or high winds, the event will be cancelled.

One Session $10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Apr 6 7:30-8:30 PM IMC42X

World Turtle Day Celebration

(ages 7 and up, under 18 with adult)

Celebrate World Turtle Day with a Park System Naturalist. Enjoy a live turtle show to increase awareness of this amazing group of reptiles. We will meet some of our native turtles species and learn about their threats and what we can do to help them.

One Session $10.00 Per Person

Manasquan Res Env Ctr

Thu, May 23 6:00-7:00 PM I0642X
Sat, May 25 11:00 AM-12:00 PM I0742X

OUTDOOR ADVENTURES

Spring into Spring Family Camping

(ages 5 and up, families, with adult)

Celebrate Spring with a fun filled weekend of family camping. Your family will learn various camping skills, climb a portable rock wall, canoe the lake, and so much more. Each family will be provided a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request. PLATFORM TENTS: 3-6 persons per family

$250.00 Per Family

Turkey Swamp Pk Nomoco Group Campground

Sat-Sun, Apr 27-28 12:00 PM-11:00 AM . .W3442X

Tree Top Adventures NEW

(ages 11 and up, under 18 with adult)

Calling all thrill-seekers or tree-climbing amateurs! Our challenge course in the woods of Thompson Park will keep you challenged, present and living in the moment. We will take you on a memorable adventure that combines ziplining with fun and exciting aerial obstacles. You'll step outside your comfort zone on this journey through the forest canopy. This challenge by choice adventure is led by professionally trained and enthusiastic staff that cover safety standards, gear outfitting and basic ground school. All equipment will be supplied. Please bring a healthy lunch and beverage, and wear sneakers. The trees are calling! Are you up for the challenge?

One Session $45.00 Per Person

Thompson Pk Old Orchard Picnic Shelter

Sat, May 11 10:00 AM-1:00 PM W4142X

SPORTS & FITNESS

Hula Hooping: Family Fun & Fitness

(ages 5 and up, with adult)

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

Instructor: Eryka Andrex

Four Sessions $52.00 Parent/Child

Dorbrook Rec Area Barnview Shelter Bldg

Sat, Apr 13-May 4 11:30 AM-12:30 PM . . . XC642A

> *"Eryka was a wonderful teacher and we had such a fun class! I hope the class will be offered again in the future."*

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.

Saturday & Sunday, May 25 & 26, 10:00 AM-3:00 PM

Climb Time Free

(ages 8 and up, with adult)

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

Sunday, April 14, 12:00-3:00 PM at Freneau Woods Pk • **Wednesday, May 15, 3:00-6:00 PM** at Shark River Pk

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is NOT a beginner instructional program. If you are new to archery, register for one of our instructional classes prior to attending (p. 33 & 77). Please dress for the weather as the Activity Barn is not heated or air-conditioned. All equipment is provided.

Cost: $10.00 per person (cash or check only)

Saturday, February 24, 10:00 AM-1:00 PM • Saturday, March 9, 10:00 AM-1:00 PM
Saturday, April 13, 10:00 AM-1:00 PM • Saturday, May 18, 10:00 AM-1:00 PM

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

ARTS & CRAFTS

Craft 'n' Play

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Children will express themselves through crafts while exploring seasons and holidays together, as well as enjoy some time in our play area.

Four Sessions $48.00 Parent/Child $40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 20-Apr 10 9:30-10:15 AM M2542X
Thu, Mar 21-Apr 11 10:30-11:15 AM. M2842X
Wed, Apr 17-May 8 9:30-10:15 AM. M2642X
Thu, Apr 18-May 9 10:30-11:15 AM M2942X
Wed, May 15-Jun 5 9:30-10:15 AM. M2742X
Thu, May 16-Jun 6 10:30-11:15 AM M3042X

Dr. Seuss's Story Week NEW

(ages 2-5, with adult)

Celebrate Dr. Seuss's birthday with us! These classic stories are sure to be a hit. We will read a story, do a craft, and play some games! Each session will focus on a different beloved Dr. Seuss book. Please dress for mess or bring a smock.

One Session $25.00 Per Pair

Dorbrook Rec Area Prog Bldg

The Lorax
Sat, Mar 16 11:00 AM-12:00 PM A7642X

The Cat in the Hat
Tue, Mar 19 9:00-10:00 AM A7742X

Hop On Pop
Wed, Mar 20 3:00-4:00 PM A7842X

Horton Hears a Who
Thu, Mar 21 2:00-3:00 PM A7942X

Fox in Socks
Fri, Mar 22 3:00-4:00 PM A8042X

Messy Art

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue and glitter, and more. They'll get to make a mess while exploring and expressing themselves through art.

Please Note: Class will move outdoors during nice weather.

Four Sessions $48.00 Parent/Child $40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 20-Apr 10 10:30-11:15 AM M3142X
Wed, Apr 17-May 8 10:30-11:15 AM. M3242X
Wed, May 15-Jun 5 10:30-11:15 AM M3342X

CULINARY ARTS

Flutters the Butterfly 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 today's butterfly. In this class, we will focus on DESIGN. We'll mix and bake our cakes, see a demo of the techniques, and then have fun assembling and decorating our own cakes.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 20 10:00 AM-12:30 PM. M0742X

Friday Family Fun Night: Fun Summer Treats

(ages 8-12, with adult)

Summer is just around the corner. Time for the kiddos to run barefoot in the grass, jump in the pool and get in the kitchen to prepare some fun summertime treats! Tonight, our biggest kid, Mrs. Chef is going to share some fun treats that will have everyone begging for more!

Menu: Frozen Chocolate Covered Bananas, M&M Ice Cream Sandwiches and Sheet Pan S'mores

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, May 10 6:00-8:00 PM M0842X

Teaching children to cook helps to build basic math skills, encourages them to try new foods, and boosts confidence.

DID YOU KNOW?

Friday Family Fun Night: Kids Food Truck

(ages 8-12, with adult)

Why should the adults have all the fun! Today Mrs. Chef will lead our teams in how to make their favorite food truck eats! Grab your apron and roll up your sleeves and get ready to make and sample some of these fun foods you can easily make in your own kitchen.

Menu: Grilled Pizza on a Stick, Frito Pie, and M&M Ice Cream Sandwiches

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Apr 5 6:00-8:00 AM M0542X

Friday Family Fun Night: Pizza & Zeppole

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Mar 8 6:00-8:30 PM M0442X

Kids Springtime Cupcakes

(ages 8-12, with adult)

Who doesn't love a good cupcake? Today we will design some fun cupcakes with springtime in mind. Mrs. Chef will work with our teams in how to follow directions, mix ingredients and design fun cupcakes to bring smiles to all.

Menu: S'mores Cupcakes and a surprise design!

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 6 10:00 AM-12:30 PM M0642X

Spring Bunny Cut-Up Cake

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 2 10:00 AM-12:30 PM M0242X
Sat, Mar 16 10:00 AM-12:30 PM M0342X

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 $70.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 26-Apr 23 10:00-11:00 AM A2942X
No class 4/2
Thu, Mar 28-Apr 25 1:30-2:30 PM A2442X
No class 4/1
Fri, Mar 29-Apr 26 10:00-11:00 AM A2542X
No class 4/5

EDUCATION & ENRICHMENT

Adventures in Reading

(ages 3-5, with adult)

Reading is fun for everyone! We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. This is a great follow-up program to Little Learners!

Four Sessions $50.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Mar 7-28 10:15-11:00 AM AAJ42X
Thu, Mar 7-28 11:30 AM-12:15 PM AAK42X
Thu, Mar 7-28 12:45-1:30 PM AAM42X
Thu, Apr 11-May 2 10:00-10:45 AM AAN42X
Thu, Apr 11-May 2 11:15 AM-12:00 PM . . . AAP42X
Thu, Apr 11-May 2 12:30-1:15 PM AAQ42X
Fri, May 10-31 11:00-11:45 AM A8742X
Fri, May 10-31 12:15-1:00 PM A8842X

Keyboard Beginnings - Level 1 Beginners

(ages 4 ½-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance, and are curious about musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended your child has access to a keyboard or piano at home for short follow-up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of $20.00 is to be paid to the instructor on the first day of class.

Seven Sessions $160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 8-Jun 3 4:00-4:45 PM A0842X

No class 4/22 & 5/27

Keyboard Beginnings - Level 2

(ages 5-7, with adult)

Level 2 is a continuation of Keyboard Beginnings - Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards and a concentration game. A materials fee of $20.00 is to be paid to the instructor on the first day of class.

Seven Sessions $160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 8-Jun 3 5:00-5:45 PM A0942A

No class 4/22 & 5/27

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.

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.

Four Sessions $50.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Tue, Mar 5-26 10:15-11:00 AM AAA42X
Tue, Mar 5-26 11:30 AM-12:15 PM AAB42X
Tue, Mar 5-26 12:45-1:30 PM AAC42X
Fri, Apr 12-May 3 11:00-11:45 AM A8542X
Fri, Apr 12-May 3 1:00-1:45 PM A8642X

Freneau Wds Pk Vis Ctr Program Room 1

Thu, May 9-30 10:00-10:45 AM AAD42X
Thu, May 9-30 11:15 AM-12:00 PM AAE42X

NATURE

Avian Anatomy 101 NEW

(ages 6-9, with adult)

What do we have in common with our feathered friends? What do we have different? Let's learn about parts of a bird, create a bird craft to take home, and take a brief nature walk. Your little ones will be "raven" about it!

One Session $11.00 Per Child

Manasquan Res Env Ctr

Fri, May 24 2:00-3:00 PM I1242X

Color Walk NEW

(ages 3-5, with adult)

Colors abound as the weather warms! From the sky to flowers and the birds above there are so many colors we can discover in nature. Join a Park System Naturalist as we take a walk through one of our county's parks and see how many colors of the rainbow we can find.

One Session $10.00 Parent/Child

Holmdel Pk Forest Edge Shelter

Tue, Apr 30 10:00-11:00 AM IKS42X

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 with one of our animals, we'll use our imaginations to create our own interpretation of our new friend.

One Session $16.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 9 11:30 AM-12:30 PM IMM42X

Huber Wds Pk Env Ctr

Thu, Apr 18 5:00-6:00 PM IMN42X

Eat Dirt! NEW

(ages 4-6, with adult)

Decomposers are very important for recycling nutrients within our ecosystems. Let's learn about the organisms whose role is to keep the environment clean and healthy. We will eat a tasty nature-inspired snack followed by a nature walk. Weather permitting, the walk may be replaced by a guided building tour. For any allergy concerns, call Heather FitzGerald at 732-751-9453 or e-mail Heather.FitzGerald@monmouthcountyparks.com.

One Session $14.00 Per Child

Manasquan Res Env Ctr

Tue, Mar 12 1:00-2:00 PM I1842X

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, May 7 11:00 AM-12:00 PM IM142X
Tue, May 14 11:00 AM-12:00 PM IM242X

Spring Nature Stories at the Manasquan Reservoir Environmental Center Free

(ages 2-5, with adult)

Enjoy some of our favorite nature stories read by our naturalist staff to your little ones. Nature themed items related to each story will also be presented. Each session is approximately 30 minutes. Sessions are free but space is limited and pre-registration is required. Sessions may be cancelled due to weather. This is a free program; however, pre-registration is required. Call 732-751-9453 for additional information.

One Session FREE!

Manasquan Res Env Ctr

Thu, Mar 21 11:00-11:30 AM PI214A
Thu, Apr 18 11:00-11:30 AM. PI224A
Thu, May 16 11:00-11:30 AM PI234A

Growing up Wild NEW

(ages 3-5, with adult)

Is your wild child ready to hit the trails? Join a Park System Naturalist in this preschool series as we discover a new park each week! We will explore the natural world while opening our eyes and ears to our various surroundings. All sessions will include a guided walk and an activity focused on a specific topic of nature for that week!

Three Sessions $39.00 Parent/Child

3/7 - Huber Wds Pk Env Ctr
3/14 - Thompson Pk Old Orchard Parking Lot
3/21 - Holmdel Pk Forest Edge Parking Lot

Thu, Mar 7-21 10:30-11:30 AM IKT42X

5/7 - Turkey Swamp Pk Shelter Building
5/14 - Shark River Pk Shelter Building
5/21 - Manasquan Res Env Ctr Parking Lot

Tue, May 7-21 10:30-11:30 AM IKQ42X

My First Fish

(ages 6-12, with adult)

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

One Session $16.00 Per Child

Turkey Swamp Pk

Sun, Apr 14 11:00 AM-12:30 PM I2842X
Wed, May 22 4:30-6:00 PM. I2942X

Springing into Sunshine

(ages 3-5, with adult)

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

Four Sessions $50.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Apr 17-May 8 10:00-11:15 AM (approx) . IKJ42X

The Brave Bunny NEW

(ages 5-7, with adult)

Can our brave bunny make it across the park!? Through a wildlife habitat game your little one will learn about animals, habitats, and the food chain. Weather permitting; the game will be followed by either a short nature walk or guided building tour.

One Session $11.00 Per Child

Manasquan Res Env Ctr

Tue, Apr 2 10:00-11:00 AM. I1142X

OUTDOOR ADVENTURES

April Puddle Jumpers NEW

(ages 2-5, with adult)

Sunshine, blue skies, please go away, we want to wear our rain boots today! Get out on the trails with your little one and make some muddy memories. We will use puddles to help your children learn about movement and science. When your child makes a beeline for a wet and wonderful puddle, breath deep, remember that clothes and children will wash and dry, and say "YES!" to being a puddle parent. Bring a healthy snack and beverage and dress for the occasion. 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

Holmdel Pk Forest Edge Shelter

Tue, Apr 2 10:00-11:30 AM. W2342X

Shark River Pk Shelter Bldg

Tue, Apr 16 10:00-11:30 AM. W2442X

Chasing Rainbows NEW

(ages 2-5, with adult)

April showers not only bring May flowers, but they also create the perfect rainbow conditions for the month of April. That's probably why April 3 is National Find a Rainbow Day - a day in which everyone is encouraged to go outdoors and find a rainbow. Bring your toddler on the trails to experience life reemerging in the woods. They will enjoy fun craft activities and a very colorful hike. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge.

One Session $18.00 Parent/Child $7.00 Additional Sibling

Deep Cut Gardens Outdoor Area

Wed, Apr 3 10:00-11:30 AM W2542X

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 craft 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

Manasquan Res Env Ctr Parking Lot

Sat, Mar 9 10:00-11:30 AM. W1742X
Sat, Mar 9 12:00-1:30 PM. W1842X

Shark River Pk Shelter Bldg

Sat, Apr 20 10:00-11:30 AM W1942X
Sat, Apr 20 12:00-1:30 PM W2042X

Bayshore Waterfront Pk Outdoor Area

Sat, May 25 10:00-11:30 AM. W2142X
Sat, May 25 12:00-1:30 PM. W2242X

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.

Three Sessions $45.00 Parent/Child $18.00 Additional Sibling

Spring Peeper Series

3/8- Dorbrook Rec Area Act Ctr Parking Lot
3/15- Hartshorne Wds Buttermilk Valley Parking Lot
3/22- Holmdel Pk Hilltop Area

Fri, Mar 8-22 10:00-11:30 AM W1442X

Fox Pups Series

4/11- Tatum Pk Red Hill Parking Area
4/18- Big Brook Pk Lower Pond Lot
4/25- Huber Wds Env Ctr Parking Lot

Thu, Apr 11-25 10:00-11:30 AM W1542X

Goose Series

5/1- Turkey Swamp Pk Shelter Bldg
5/8- Thompson Pk Old Orchard Lot
5/15- Shark River Pk Shelter Bldg

Wed, May 1-15 10:00-11:30 AM. W1642X

Being outdoors promotes creativity and imagination in children through the stimulation of nature and using your senses.

DID YOU KNOW?

PLAY GROUP

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. 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 $69.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Mar 18-Apr 29 9:30-10:15 AM A1442X
No class 4/1
Mon, Mar 18-Apr 29 10:45-11:30 AM A1542X
No class 4/3
Mon, Mar 18-Apr 29 12:00-12:45 PM A1642X
No class 4/3
Tue, Apr 9-May 14 11:15 AM-12:00 PM . . . AAV42X
Tue, Apr 9-May 14 12:30-1:15 PM AAW42X

Mindfulness Monkeys NEW

(ages 3-5, with adult)

You and your little one will practice mindfulness, partake in sensory play, and do a craft! If the weather allows, we will spend class outside. Please bring a yoga mat to class. Sessions will be instructed by Miss Marcy Zieve, Registered Yoga Teacher.

Ten Sessions $100.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Mar 20-May 29 9:00-9:45 AM A8242X
Wed, Mar 20-May 29 10:00-10:45 AM. . . . A8342X
Wed, Mar 20-May 29 11:00-11:45 AM. . . . A8442X

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.

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 $184.00 Parent/Child $94.00 2nd Child $74.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Apr 8-Jun 3 10:30-11:15 AM A4042X
No class 5/27
Mon, Apr 8-Jun 3 11:30 AM-12:15 PM. . . . A4142X
No class 5/27
Mon, Apr 8-Jun 3 4:00-4:45 PM A4242X
No class 5/27

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Apr 9-May 28 9:30-10:15 AM A4342X
Tue, Apr 9-May 28 10:30-11:15 AM A4442X
Tue, Apr 9-May 28 11:30 AM-12:15 PM . . . A4542X
Wed, Apr 10-May 29 9:30-10:15 AM A4642X
Wed, Apr 10-May 29 10:30-11:15 AM A4742X
Wed, Apr 10-May 29 11:30 AM-12:15 PM . A4842X

Mommy & Me Ballet

(ages 2 ½-3 ½, 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, Mar 26-Jun 4 9:15-10:00 AM A4942X
No class 4/2

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, Mar 21-Apr 18 9:15-10:00 AM X2342X
Thu, May 2-30 9:15-10:00 AM X2942X

Tatum Pk Holland Act Ctr

Wed, Mar 20-Apr 24 10:30-11:15 AM X6442X
No class 4/3
Wed, May 8-Jun 5 10:30-11:15 AM. X6942X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 20-Apr 17 9:15-10:00 AM X2042X
Wed, May 1-29 9:15-10:00 AM X2642X

Stage 3

(ages 2-3 years, with adult)

Dorbrook Rec Area Vis Ctr

Thu, Mar 21-Apr 18 10:15-11:00 AM. X2442X
Thu, May 2-30 10:15-11:00 AM X3042X

Tatum Pk Holland Act Ctr

Wed, Mar 20-Apr 24 11:30 AM-12:15 PM. . X6642X
No class 4/3
Wed, May 8-Jun 5 11:30 AM-12:15 PM . . . X7042X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 20-Apr 17 10:15-11:00 AM X2142X
Wed, May 1-29 10:15-11:00 AM. X2742X

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, Mar 21-Apr 18 11:15 AM-12:00 PM . . X2542X
Thu, May 2-30 11:15 AM-12:00 PM X3142X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 20-Apr 17 11:15 AM-12:00 PM. . X2242X
Wed, May 1-29 11:15 AM-12:00 PM X2842X

PreK Prep

(ages 3-4, with adult)

Make learning fun and full of different experiences. PreK Prep will focus on getting your child ready for their early education journey. Class will cover all sorts of subjects including number recognition, counting, letter recognition, seasons, days of the week, shapes, and of course some time for free play. All this is geared to have your child prepared and ready to jump right in for the first day of school. Our experienced instructor will create a fun environment during the program to help everyone learn some important skills.

Five Sessions $62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 22-Apr 26 9:30-10:15 AM X7142X
No class 4/5
Fri, May 10-Jun 14 9:30-10:15 AM X7242X
No class 5/24

Superheroes

(ages 2 ½-5, with adult)

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

Five Sessions $65.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Apr 8-May 6 9:30-10:15 AM M7242X
Mon, Apr 8-May 6 10:30-11:15 AM. M7642X
Tue, May 14-Jun 11 9:30-10:15 AM M7842X
Tue, May 14-Jun 11 10:30-11:15 AM. M7942X

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Tue, Apr 9-May 7 9:30-10:15 AM M8542X
Tue, Apr 9-May 7 10:30-11:15 AM M8642X
Mon, May 13-Jun 17 9:30-10:15 AM. M8142X
No class 5/27
Mon, May 13-Jun 17 10:30-11:15 AM M8442X
No class 5/27

> *"My nephew looked forward to going every week. It was always versatile and engaging, and the instructor was great and filled with enthusiasm."*

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 $48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Apr 19-May 10 9:30-10:15 AM M6342X
Fri, Apr 19-May 10 10:30-11:15 AM M6442X
Fri, May 17-Jun 7 9:30-10:15 AM M6542X
Fri, May 17-Jun 7 10:30-11:15 AM M6742X

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, Mar 20-Apr 24 9:30-10:15 AM X6242X
No class 4/3
Wed, May 8-Jun 5 9:30-10:15 AM. X6842X

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 $56.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 13-May 4 9:00-9:55 AM X3542X
Sat, May 18-Jun 22 9:00-9:55 AM X4642X
No class 5/25 & 6/1

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, Apr 14 9:00-9:55 AM XDJ42X
Sun, Apr 28 9:00-9:55 AM XDK42X
Sun, May 12 9:00-9:55 AM XDM42X

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Five Sessions $62.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 22-Apr 26 10:30-11:15 AM X6142X
No class 4/5
Fri, May 10-Jun 14 10:30-11:15 AM X6742X
No class 5/24

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, Mar 22-Apr 26 11:30 AM-12:15 PM . . . X6342X
No class 4/5
Fri, May 10-Jun 14 11:30 AM-12:15 PM . . . X6542X
No class 5/24

Gymnastics - Parent and Child

(ages 2-3, with adult)

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

Four Sessions $64.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Mar 2-23 9:00-9:45 AM M7442X
Sat, Mar 2-23 11:00-11:45 AM. M7542X
Sat, Mar 2-23 12:00-12:45 PM. M7742X
Thu, Mar 7-28 9:30-10:15 AM M4242X
Thu, Mar 7-28 10:30-11:15 AM M4442X
Sat, Mar 30-Apr 27 9:00-9:45 AM. M8042X
No class 4/6
Sat, Mar 30-Apr 27 11:00-11:45 AM M8242X
No class 4/6
Sat, Mar 30-Apr 27 12:00-12:45 PM M8342X
No class 4/6
Thu, Apr 11-May 2 9:30-10:15 AM M4742X
Thu, Apr 11-May 2 10:30-11:15 AM M5042X
Sat, May 4-25 9:00-9:45 AM MAH42X
Sat, May 4-25 11:00-11:45 AM MAJ42X
Sat, May 4-25 12:00-12:45 PM MAK42X
Thu, May 9-30 9:30-10:15 AM. M5342X
Thu, May 9-30 10:30-11:15 AM M5642X

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

Indoor Season

Fort Monmouth Rec Ctr Gym A

Tue, Mar 12-Apr 2 10:30-11:15 AM. X9442X

Outdoor Season

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 9-30 10:30-11:15 AM X9842X
Tue, May 14-Jun 4 10:30-11:15 AM XAF42X

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

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

Four Sessions $60.00 Per Child

Indoor Season

Dorbrook Rec Area Act Ctr

Sat, Mar 9-Apr 6 9:00-9:45 AM X8742X
No class 3/30
Sat, Mar 9-Apr 6 10:00-10:45 AM. X8842X
No class 3/30
Sat, Mar 9-Apr 6 11:00-11:45 AM. X8942X
No class 3/30

Fort Monmouth Rec Ctr Gym A

Sun, Mar 10-Apr 7 11:00-11:45 AM X9042X
No class 3/31
Tue, Mar 12-Apr 2 9:30-10:15 AM X9342X

Outdoor Season

Dorbrook Rec Area

Mon, Apr 8-29 9:30-10:15 AM. X9542X
Mon, Apr 8-29 10:30-11:15 AM X9642X
Wed, Apr 10-May 1 4:30-5:15 PM. X9942X
Sat, Apr 13-May 4 9:00-9:45 AM XA342X
Sun, Apr 14-May 5 9:00-9:45 AM XA942X
Sun, Apr 14-May 5 10:00-10:45 AM XAA42X
Mon, May 13-Jun 10 9:30-10:15 AM XAC42X
No class 5/27
Mon, May 13-Jun 10 10:30-11:15 AM XAD42X
No class 5/2
Wed, May 15-Jun 5 4:30-5:15 PM. XAG42X
Sat, May 18-Jun 15 9:00-9:45 AM XAM42X
No class 5/25
Sun, May 19-Jun 16 9:00-9:45 AM XAT42X
No class 5/26
Sun, May 19-Jun 16 10:00-10:45 AM XAU42X
No class 5/26

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 9-30 9:30-10:15 AM X9742X
Tue, May 14-Jun 4 9:30-10:15 AM XAE42X

Holmdel Pk Hilltop Area

Fri, Apr 12-May 3 9:30-10:15 AM XA142X
Fri, Apr 12-May 3 10:30-11:15 AM XA242X
Sat, Apr 13-May 4 9:00-9:45 AM XA642X
Sat, Apr 13-May 4 10:00-10:45 AM. XA742X
Fri, May 17-Jun 14 9:30-10:15 AM XAJ42X
No class 5/24
Fri, May 17-Jun 14 10:30-11:15 AM XAK42X
No class 5/24
Sat, May 18-Jun 15 9:00-9:45 AM XAQ42X
No class 5/25
Sat, May 18-Jun 15 10:00-10:45 AM XAR42X
No class 5/25

Kidz Yoga

(ages 4-8, with adult)

Welcome to playful, fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. Join us on the mat for a joyful class. Bring a yoga mat for you and your child, as well your child's favorite stuffed animal.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation Instructor

Five Sessions $85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

(ages 4-6, with adult)

Sun, Mar 10-Apr 14 11:30 AM-12:00 PM . . XD442X
No class 3/31

(ages 6-8, with adult)

Sun, Apr 21-May 19 11:30 AM-12:00 PM . . XD542X

Kidz Yoga II

(ages 6-8, with adult)

HI! Welcome to our young yogis yoga class! Here we focus on a greater understanding of self-awareness through strength, flexibility, coordination and building self-confidence! Lessons include basic yoga postures, breathing, visualization, and working through big emotions. 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 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Mar 10-Apr 14 12:10-12:40 AM. XD742X
No class 3/31
Sun, Apr 21-May 19 12:10-12:40 AM XD842X

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

Four Sessions $56.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 13-May 4 9:00-9:55 AM X7342X
Sun, Apr 14-May 5 9:00-9:55 AM X7742X
Sat, May 18-Jun 15 9:00-9:55 AM X8042X
No class 5/25
Sun, May 19-Jun 16 9:00-9:55 AM X8442X
No class 5/26

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

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

One Session $30.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Be a Chef

If your doll loves to be in the kitchen, then she needs the right tools to create fantastic food.

Sat, Mar 16 10:30-11:30 AM M4342X
Sat, Mar 16 12:00-1:00 PM M4542X
Sat, Mar 16 1:30-2:30 PM. M4642X

Let's Have a Sleepover

Make her a sleeping bag and fun stuff for a sleepover with her friends

Sat, Apr 27 10:30-11:30 AM M4842X
Sat, Apr 27 12:00-1:00 PM M4942X
Sat, Apr 27 1:30-2:30 PM M5142X

Beach Bum

Create everything she needs for a day at the shore.

Sat, May 18 10:30-11:30 AM. M5242X
Sat, May 18 12:00-1:00 PM. M5442X
Sat, May 18 1:30-2:30 PM M5542X

ART Capades

(ages 2-4, with adult)

In this class, we're all about the process. Each week children will have a new project, medium and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments and more, little ones will love expressing their creativity!

Four Sessions $56.00 Parent/Child $44.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Mar 21-Apr 11 9:30-10:15 AM M3442X
Thu, Apr 18-May 9 9:30-10:15 AM M3542X
Thu, May 16-Jun 6 9:30-10:15 AM M3642X

Beginner Sewing

(ages 10-15)

The art of sewing is always in fashion. This class will help develop core sewing and machine skills while working on real apparel. Students can bring their own sewing machine or use one of ours during class. A supply list will be provided upon registration.

Instructor: Anna Marie Petrillo

Six Sessions $80.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 6-Apr 10 4:00-6:00 PM ZCC42A

Build a Flower Pot

(ages 7-12)

April showers bring May flowers. Welcome the season in by constructing a clay flower pot of your own creation. We will have fun learning some basic hand-building skills and how to embellish and decorate your pot with glazes. All flower pots will be ready for pick up 2 weeks after the class to allow for firing.

One Session $35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Apr 6 12:00-1:30 PM Z4242X
Sat, Apr 6 2:00-3:30 PM. Z4342X

Ceramic Bunnies

(ages 6-10)

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

One Session $35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 9 12:00-1:30 PM. Z3642X
Sat, Mar 9 2:00-3:30 PM Z3742X

Children's Ceramics

(ages 8-16)

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

Instructor: Stephanie Redding

Six Sessions $84.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 2-Apr 13 9:30-11:30 AM. ZCN42X
No class 3/30
Sat, Apr 27-Jun 15 9:30-11:30 AM ZCP42X
No class 5/11 & 5/25

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, Mar 1-Apr 12 4:30-6:00 PM Z2842X
No class 3/29
Fri, May 3-Jun 7 4:30-6:00 PM. Z2942X

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: John Fossa
Sat, Mar 2-Apr 20 9:00-11:00 AM. Z2642X
No class 3/30
Sat, Apr 27-Jun 22 9:00-11:00 AM Z2742X
No class 5/11 & 5/25
Instructor: Joyce Nokes
Thu, Mar 7-Apr 18 4:00-6:00 PM Z2442X
Thu, May 2-Jun 13 4:00-6:00 PM Z2542X

Fantasy Crafts

(ages 8-12)

Embark on an enchanting journey with us! This magical experience offers a world of hands-on activities, including potion-making, crafting wizard wands, map-making, and so much more. Young imaginations will come to life as they delve into the realms of fantasy, unlocking the doors to creativity and wonder. By creating art and exploring the depths of fantasy worlds, kids not only hone their artistic skills but also gain a deeper understanding of mythical creatures and characters, fostering a love for storytelling and imaginative thinking that will last a lifetime.

Four Sessions $40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Mar 7-28 5:00-6:00 PM MA242X
Thu, Apr 11-May 2 5:00-6:00 PM MA342X

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14"x14" a pizza box works well.

Four Sessions $64.00 Per Child

Thompson Pk Creative Arts Center

van Gogh's Cypresses
van Gogh's Enclosed Field with Ploughman
Monet's Poplars
Cezanne's Gulf of Marseille
Sat, Mar 2-23 9:30-10:30 AM ZB642A
Sat, Mar 2-23 11:00 AM-12:00 PM ZB742A
van Gogh's Landscape with House and Ploughman
van Gogh's Wheatfield after the Rain
Monet's The Japanese Footbridge
Cezanne's The Sea at l'Estaque
Sat, Apr 6-27 9:30-10:30 AM. ZB842A
Sat, Apr 6-27 11:00 AM-12:00 PM ZB942A
van Gogh's Plain near Auvers
van Gogh's Pink Roses in a Vase
van Gogh's Poppy Field
van Gogh's The Red Vineyard
Sat, May 4-Jun 1 9:30-10:30 AM ZBA42A
Sat, May 4-Jun 1 11:00 AM-12:00 PM ZBB42A
No class 5/11

While children find art fun, it also enhances their fine motor skills, math skills, and language skills.

DID YOU KNOW?

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, student's 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 $100.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Cypresses
van Gogh's Enclosed Field with Ploughman
Monet's Poplars
Cezanne's Gulf of Marseille

Fri, Mar 1-22 4:30-6:30 PM ZBF42A

van Gogh's Landscape with House and Ploughman
van Gogh's Wheatfield after the Rain
Monet's The Japanese Footbridge
Cezanne's The Sea at l'Estaque

Fri, Apr 5-26 4:30-6:30 PM ZBG42A

van Gogh's Plain near Auvers
van Gogh's Pink Roses in a Vase
van Gogh's Poppy Field
van Gogh's The Red Vineyard

Fri, May 3-24 4:30-6:30 PM. ZBH42A

Great Impressionism for Home Schoolers

(ages 7-13)

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, student's 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 $96.00 Per Child

Fort Monmouth Rec Ctr Program Room A

van Gogh's Cypresses
van Gogh's Enclosed Field with Ploughman
Monet's Poplars
Cezanne's Gulf of Marseille

Wed, Feb 28-Mar 20 10:30 AM-12:00 PM . ZAW41A
Wed, Feb 28-Mar 20 1:00-2:30 PM ZAX41A

van Gogh's Landscape with House and Ploughman
van Gogh's Wheatfield after the Rain
Monet's The Japanese Footbridge
Cezanne's The Sea at l'Estaque

Wed, Apr 3-24 10:30 AM-12:00 PM ZC642A
Wed, Apr 3-24 1:00-2:30 PM. ZC742A

van Gogh's Plain near Auvers
van Gogh's Pink Roses in a Vase
van Gogh's Poppy Field
van Gogh's The Red Vineyard

Wed, May 1-22 10:30 AM-12:00 PM ZC842A
Wed, May 1-22 1:00-2:30 PM ZC942A

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 $96.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 3-May 8 4:00-5:00 PM ZAN42A
Wed, May 15-Jun 19 4:00-5:00 PM. ZAP42A

Thompson Pk Creative Arts Center

Thu, Apr 4-May 9 4:15-5:15 PM. ZAQ42A
Thu, May 16-Jun 20 4:15-5:15 PM ZAR42A

Henry Hudson Trail Act Ctr

Mon, Apr 15-May 20 4:00-5:00 PM. ZAM42A

Freneau Wds Pk Vis Ctr Art Room

Mon, Apr 15-May 20 4:00-5:00 PM. ZAS42A

KidzArt Discover

(ages 3 ½-5)

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 $96.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 9-May 14 1:00-2:00 PM ZAK42A

KidzArt Painting Workshop

(ages 6-11)

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

One Session $32.00 Per Child

Doggy Sunset

Henry Hudson Trail Act Ctr

Sat, Mar 23 10:30 AM-12:00 PM ZCD42A

Thompson Pk Creative Arts Center

Sat, Mar 23 1:30-3:00 PM. ZCE42A

Spring Flowers for Mom

Henry Hudson Trail Act Ctr

Sat, Apr 27 10:30 AM-12:00 PM. ZB242A

Thompson Pk Creative Arts Center

Sat, Apr 27 1:30-3:00 PM ZB342A

Summer Vibes

Henry Hudson Trail Act Ctr

Sat, May 18 10:30 AM-12:00 PM ZB442A

Thompson Pk Creative Arts Center

Sat, May 18 1:30-3:00 PM ZB542A

Mother's Day Plate

(ages 7-12)

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

One Session $35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Apr 20 12:00-1:30 PM Z4042X
Sat, Apr 20 2:00-3:30 PM Z4142X

Springtime Birdhouses

(ages 7-12)

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

One Session $35.00 Per Child

Thompson Pk Creative Arts Center

Sat, May 4 12:00-1:30 PM Z3842X
Sat, May 4 2:00-3:30 PM Z3942X

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self-expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think, and enter the creative zone in a relaxed and fun atmosphere. A supply fee of $10.00 is payable to the instructor at first class.

Six Sessions $100.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 3-May 8 5:15-6:30 PM ZAT42A
Wed, May 15-Jun 19 5:15-6:30 PM. ZAU42A

Thompson Pk Creative Arts Center

Thu, Apr 4-May 9 5:30-6:45 PM. ZAV42A
Thu, May 16-Jun 20 5:30-6:45 PM ZAW42A

Henry Hudson Trail Act Ctr

Mon, Apr 15-May 20 5:15-6:30 PM. ZAX42A

CULINARY ARTS

Books & Cooks

(ages 4-5)

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 $70.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 27-Apr 24 3:00-4:00 PM ABY34X
No class 4/3
Thu, Mar 28-Apr 25 3:00-4:00 PM A2142X

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 $70.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 20-Apr 17 4:30-5:30 PM ABZ34X
No class 4/3
Wed, Apr 24-May 15 4:30-5:30 PM A2742X

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 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.

One Session $60.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Apr 29 5:00-7:00 PM A9442X

Young Chefs

(ages 8-10)

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

Four Sessions $92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Apr 7-28 10:30 AM-12:00 PM A1842X
Sun, May 5-Jun 2 10:30 AM-12:00 PM. . . . A1942X
No class 5/26

Dorbrook Rec Area Prog Bldg

Sun, Mar 3-24 10:30 AM-12:00 PM. A1742X

EDUCATION & ENRICHMENT

Child and Babysitting Safety

(ages 13-17)

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

One Session $72.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 13 10:00 AM-12:00 PM. Q2742A

Thompson Pk Vis Ctr Beech Room

Sat, Mar 16 10:00 AM-12:00 PM Q2542A
Sat, May 4 10:00 AM-12:00 PM Q2642A

Dragonology

(ages 8-12)

Embark on an enchanting journey into the captivating realm of dragons in an immersive exploration of various dragon species, their unique attributes, and their global presence. Through interactive lessons and hands-on activities, your child will delve into the rich tapestry of dragon history and lore from around the world. Led by our seasoned Dragonologist, this program ensures a fun and engaging learning experience for children. A remarkable opportunity for children to discover the diverse world of dragons, from dragon eggs to the fascinating array of dragon types, igniting their passion for these mythical creatures.

Four Sessions $40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 5-26 5:00-6:00 PM MA442X
Tue, Apr 9-30 5:00-6:00 PM MA542X

Humane Education: It's Cool to Be Kind

Free

(ages 9-14, with adult)

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

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, May 11 2:00-3:00 PM PQ014A

Pokémon® Trainer

(ages 8-12)

During this comprehensive experience in understanding various Pokémon® types you'll master the art of capturing and nurturing wild creatures, honing their skills through training, and feeding them for maximum benefits. Participants delve into the diverse world of Pokémon®, gaining insight into their unique strengths and weaknesses while learning the intricacies of catching elusive wild Pokémon® and ultimately constructing a formidable team. Beyond personal growth, this program fosters a sense of community, allowing trainers to connect, share their passion for Pokémon®, and collaborate in friendly competitions, enhancing their skills and knowledge collectively.

Four Sessions $40.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Wed, Mar 6-27 5:00-6:00 PM. MA742X
Wed, Apr 10-May 1 5:00-6:00 PM. MA842X

Snapology STEAM Programs

(ages 6-12)

Critical thinking, creativity, problem solving, communication, and collaboration taught in fun, age-appropriate sessions. S.T.E.A.M. programs include LEGO® building, robotics, and hands-on creativity that strengthen your child's science, technology, engineering, art and math skills. Instructors and supplies provided by Snapology.

Eight Sessions $156.00 Per Person

Story Builders

(ages 6-9)

Once upon a time your child became the author of their favorite stories! Students will explore the primary elements of storytelling as they design their own unique stories focused on the characters and plot lines of stories they have heard before. Maybe they will dazzle us with tales of faraway lands, with amazing adventures of superheroes, or even science experiments gone very, very wrong. The possibilities for creation are endless, as students write stories and then re-create them with LEGO® bricks and other hands-on materials.

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Apr 16-Jun 4 5:00-6:00 PM. Q3142A

Superstructures Architecture Class

(ages 6-9)

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

Fort Monmouth Rec Ctr Program Room D

Wed, Apr 17-Jun 5 5:00-6:00 PM Q3242A

Mechanical Masterminds

(ages 9-12)

Is your student inquisitive, a problem-solver, a big-thinker, a tinkerer, a puzzler, a LEGO® lover, or a budding engineer? If so, they're the perfect fit for Snapology's Mechanical Masterminds program! Your student will get the tools they need to understand mechanical movement through the foundations of simple machines, physics, and engineering design. They will see moving parts up-close as they build various machines, then use the models to develop new design ideas, test out physics concepts, and play games. Whether they are the creative-constructive type or prefer the inquisitive-deductive way of learning, this program is sure to spark their interests!

Thompson Pk Vis Ctr Beech Room

Thu, Apr 18-Jun 6 5:00-6:00 PM Q3342A

Snapology® Spring Break

(grades 1-6)

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

Mining and Building

(grades 1-3)

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

Five Sessions $200.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon-Fri, Apr 1-5 9:00 AM-12:00 PM Q3442A

Creature Creator Robotics & Coding

(grades 3-6)

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

Five Sessions $200.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon-Fri, Apr 1-5 1:00-4:00 PM Q3542A

> *"He loved coding and building with LEGOs and using his creativity. He really had so much fun and all the instructors were super sweet."*

Storytellers: Worldbuilding

(ages 13-17)

Unleash your inner author with us! Find your unique "voice" and bring your imagination to life - whether you're creating a city or a whole universe. Immerse yourself in the art of storytelling as you add vivid sensory details that will transport readers to your meticulously crafted universe. Every great story starts with a world, and with our program, you'll become a master of building one. Unleash the power of mapping, ignite your creativity, and let your imagination soar as you construct a world that will captivate and enthrall readers from the very first page. Join us on this transformative journey and watch as your stories come alive like never before! Please bring a laptop, tablet, or pen and notebook with you for each class.

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Mar 7-28 6:30-7:30 PM M9742X
Thu, Apr 11-May 2 6:30-7:30 PM M9842X

NATURE

Peek into the Life of Plankton

(ages 13 and up)

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

One Session $10.00 Per Person

Bayshore Waterfront Pk

Fri, May 17 8:00-9:00 PM IKW42X

OUTDOOR ADVENTURES

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

Thu, Mar 28-Apr 18 4:30-6:30 PM W3942X

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 $26.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 7 4:30-6:30 PM W6042X
Tue, Apr 9 4:30-6:30 PM W6142X
Wed, May 15 4:30-6:30 PM. W6242X

Tower Defense Archery

(ages 10-17)

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

One Session $28.00 Per Person

Thompson Pk Activity Barn

Thu, May 2 4:30-6:30 PM W7042X

PERFORMING ARTS

ACTING

Beginner Acting

(ages 8-14)

By age ensembles, we will learn together 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.

Six Sessions $135.00 Per Person

The Performers

(ages 8-10)

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 25-Apr 29 4:30-6:00 PM Q1042X

The Players

(ages 11-14)

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Mar 27-May 1 4:30-6:00 PM Q1142X

The Performers

(ages 8-10)

Manasquan River Greenway Winter Run Barn

Fri, Apr 19-May 24 4:30-6:00 PM Q1242X

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, Apr 2-23 4:00-5:30 PM Q2842X

CREATION

Stop Motion Animation Creation

(ages 9-12)

Bring your ideas, stories, objects and figurines to this class as we collaborate to create your very own stop motion animation video. We will be using the Stop Motion Animation free app. iPad, stand and lighting will be provided for use during class. Please bring a thumb drive to class to save your work.

Four Sessions $100.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Sat, Apr 6-May 4 1:30-3:00 PM Q3842X

No class 4/20

DANCE

Hip Hop Dance

(ages 5-7)

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

Instructor: Julie Asfendis

Six Sessions $84.00 Per Child

Fort Monmouth Rec Ctr Gym A

Tue, Apr 16-May 21 4:30-5:15 PM MB842X
Tue, Apr 16-May 21 5:30-6:15 PM MB942X

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, Mar 26-Jun 4 4:45-5:30 PM A6942X

No class 4/2

Tots in Tutus I

(ages 3-5)

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

Ten Sessions $125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 26-Jun 4 10:00-10:45 AM. A6542X

No class 4/2

Tue, Mar 26-Jun 4 10:45-11:30 AM. A6642X

No class 4/2

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, Mar 26-Jun 4 4:00-4:45 PM A6742X

No class 4/2

Tue, Mar 26-Jun 4 5:30-6:15 PM A6842X

No class 4/2

MUSIC

Rock to Bach - Vocal for Kids

(ages 8-16)

Transform your passion for singing into a skill with our new program tailored for kids. From classical harmonies to rock melodies, our program will teach you how to read sheet music, hit the right notes, and develop vocal techniques for practice at home. With our hands-on approach, you'll have fun while learning the basics of singing the songs you love in a relaxed, small-group setting. A required workbook, available for purchase at the first class, will guide your progress. Bring your voice, and we'll provide personalized instruction in every session. Discover the benefits of working with a vocal coach to unlock your potential.

Eight Sessions $168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 1-May 20 5:00-5:55 PM MBA42X

Rock to Bach - Guitar for Kids

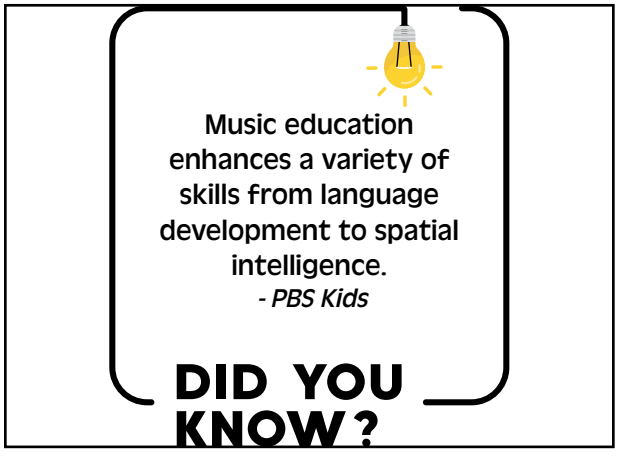
(ages 8-16)

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

Eight Sessions $168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 1-May 20 6:00-6:55 PM MBB42X



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 $57.00 Per Person

Dorbrook Rec Area

Sat, Apr 13-May 4 12:00-12:55 PM X7642X
Sat, May 18-Jun 15 12:00-12:55 PM X8342X
No class 5/25

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 $57.00 Per Person

Dorbrook Rec Area

Tue, Apr 9-30 4:00-4:55 PM X5742X
Tue, Apr 9-30 5:00-5:55 PM X5842X
Sat, Apr 13-May 4 10:00-10:55 AM. X7442X
Sat, Apr 13-May 4 11:00-11:55 AM. X7542X
Sun, Apr 14-May 5 10:00-10:55 AM X7842X
Sun, Apr 14-May 5 11:00-11:55 AM X7942X
Tue, May 14-Jun 4 4:00-4:55 PM X5942X
Tue, May 14-Jun 4 5:00-5:55 PM X6042X
Sat, May 18-Jun 15 10:00-10:55 AM X8142X
No class 5/25
Sun, May 19-Jun 16 10:00-10:55 AM X8542X
No class 5/26

Fort Monmouth Rec Ctr Gym A

Sat, Mar 9-Apr 6 11:00-11:55 AM. X5642X
No class 3/30

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 $57.00 Per Person

Dorbrook Rec Area

Sat, May 18-Jun 15 11:00-11:55 AM X8242X
No class 5/25
Sun, May 19-Jun 16 11:00-11:55 AM X8642X
No class 5/26

BASKETBALL

Basketball FUNdamentals

(ages 6-8)

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

Four Sessions $57.00 Per Person

Dorbrook Rec Area

Sat, Apr 13-May 4 10:00-10:55 AM. X3642X
Mon, Apr 15-May 6 4:00-4:55 PM X4042X
Sat, May 18-Jun 22 10:00-10:55 AM X5042X
No class 5/25 & 6/1
Mon, May 20-Jun 17 4:00-4:55 PM. X5442X
No class 5/27

Fort Monmouth Rec Ctr Gym A

Sat, Mar 9-Apr 6 9:00-9:55 AM X3242X
No class 3/30
Sat, Mar 9-Apr 6 10:00-10:55 AM. X3442X
No class 3/30

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, Apr 14 10:00-10:55 AM. XDN42X
Sun, Apr 28 10:00-10:55 AM. XDP42X
Sun, May 12 10:00-10:55 AM XDQ42X

Girls Basketball FUNdamentals

(ages 6-9)

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

Four Sessions $57.00 Per Person

Dorbrook Rec Area

Sat, Apr 13-May 4 11:00-11:55 AM. X3842X
Sat, May 18-Jun 22 11:00-11:55 AM X5242X
No class 5/25 & 6/1

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, non-intimidating environment.

One Session $15.00 Per Person

Dorbrook Rec Area

Sun, Apr 14 11:00-11:55 AM. XDR42X
Sun, May 12 11:00-11:55 AM XDS42X

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 $57.00 Per Person

Dorbrook Rec Area

Mon, Apr 15-May 6 5:00-5:55 PM X4142X
Mon, May 20-Jun 17 5:00-5:55 PM. X5542X
No class 5/27

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, Apr 28 11:00-11:55 AM. XDT42X

FENCING

Touché! Intro to Fencing

(ages 5-12)

Swordsmanship with sportsmanship. Fencing is challenging, fun, and an excellent workout for all ages while significantly improving self-esteem and academics. It appeals to the gamer's mindset and builds lifelong friendships. Take advantage of learning fencing under a four-time Olympic coach. Learn safely in the provided protective gear. Space is very limited to ensure technique feedback in this unique Olympic sport.

Eight Sessions $280.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Mar 14-May 2 3:30-4:30 PM M9142A

FITNESS

Cool Runners Fitness Run for Fun

(grades K-8)

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

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

Six Sessions $120.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Apr 16-May 21 5:30-6:30 PM XBG42A
Fri, Apr 19-May 31 5:30-6:30 PM XBH42A
No class 5/24

Wolf Hill Rec Area Outdoor Area

Thu, Apr 18-May 23 5:30-6:30 PM XBF42A

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.

Four Sessions $64.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Mar 2-23 11:00-11:45 AM. M6142X
Sat, Mar 2-23 12:00-12:45 PM. M6242X
Sat, Mar 2-23 9:00-9:45 PM M6042X
Thu, Mar 7-28 9:30-10:15 AM M2442X
Thu, Mar 7-28 10:30-11:15 AM M3842X
Sat, Mar 30-Apr 27 9:00-9:45 AM. M8742X
No class 4/6
Sat, Mar 30-Apr 27 11:00-11:45 AM M8842X
No class 4/6
Sat, Mar 30-Apr 27 12:00-12:45 PM M8942X
No class 4/6
Thu, Apr 11-May 2 9:30-10:15 AM M4042X
Thu, Apr 11-May 2 10:30-11:15 AM M5742X
Sat, May 4-25 9:00-9:45 AM MAM42X
Sat, May 4-25 11:00-11:45 AM MAN42X
Sat, May 4-25 12:00-12:45 PM MAP42X
Thu, May 9-30 9:30-10:15 AM. M5842X
Thu, May 9-30 10:30-11:15 AM M5942X

(ages 5-6)

Sat, Mar 2-23 9:00-9:45 AM M6642X
Sat, Mar 2-23 11:00-11:45 AM. M6842X
Sat, Mar 2-23 12:00-12:45 PM. M6942X
Sat, Mar 30-Apr 27 9:00-9:45 AM. M9042X
No class 4/6
Sat, Mar 30-Apr 27 11:00-11:45 AM M9242X
No class 4/6
Sat, Mar 30-Apr 27 12:00-12:45 PM M9342X
No class 4/6
Sat, May 4-25 9:00-9:45 AM MAQ42X
Sat, May 4-25 11:00-11:45 AM MAR42X
Sat, May 4-25 12:00-12:45 PM MAS42X

(ages 7-10)

Sat, Mar 2-23 9:00-9:45 AM M7042X
Sat, Mar 2-23 11:00-11:45 AM. M7142X
Sat, Mar 2-23 12:00-12:45 PM. M7342X
Sat, Mar 30-Apr 27 9:00-9:45 AM. M9442X
No class 4/6
Sat, Mar 30-Apr 27 11:00-11:45 AM M9542X
No class 4/6
Sat, Mar 30-Apr 27 12:00-12:45 PM M9642X
No class 4/6
Sat, May 4-25 9:00-9:45 AM MAT42X
Sat, May 4-25 11:00-11:45 AM MAU42X
Sat, May 4-25 12:00-12:45 PM MAV42X

PICKLEBALL

Pickleball for Kids

(ages 7-14)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all ability levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Instruction geared for youth players. Paddles and balls provided.

Four Sessions $60.00 Per Person

Fort Monmouth Sport Court

Wed, Apr 10-May 1 4:30-5:30 PM. MBY42X

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:

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.

Four Sessions $60.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 10-Apr 7 12:00-12:55 PM X9142X
No class 3/31

Outdoor Season

Dorbrook Rec Area

Wed, Apr 10-May 1 5:30-6:25 PM. XA042X
Sat, Apr 13-May 4 10:00-10:55 AM. XA442X
Wed, May 15-Jun 5 5:30-6:25 PM. XAH42X
Sat, May 18-Jun 15 10:00-10:55 AM XAN42X
No class 5/25

Holmdel Pk Hilltop Area

Sat, Apr 13-May 4 11:00-11:55 AM. XA842X
Sat, May 18-Jun 15 11:00-11:55 AM XAS42X
No class 5/25

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Four Sessions $60.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 10-Apr 7 1:00-1:55 PM X9242X
No class 3/31

Outdoor Season

Dorbrook Rec Area

Sat, Apr 13-May 4 11:00-11:55 AM. XA542X
Sat, May 18-Jun 15 11:00-11:55 AM XAP42X
No class 5/25

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, Apr 14-May 5 11:00-11:55 AM XAB42X
Sun, May 19-Jun 16 11:00-11:55 AM XAV42X
No class 5/26

SKATEBOARDING

Skateboarding Starter

(ages 9-15)

Learn to skateboard at beautiful Seven Presidents Oceanfront Park! Skateboarding Starter is designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section (p. 40). The following equipment is required: 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

Wed, Apr 3-24 4:00-5:00 PM. X3942X
Thu, Apr 4-25 5:15-6:15 PM X4442X
Wed, May 8-29 4:00-5:00 PM X4842X
Thu, May 9-30 5:15-6:15 PM. X5342X

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: skateboard, helmet, knee and elbow pads, and wrist-guards. We have equipment to lend out if needed!

Four Sessions $60.00 Per Person

Seven Presidents Pk Skateplex

Tue, Apr 2-23 5:15-6:15 PM X3742X
Thu, Apr 4-25 4:00-5:00 PM X4342X
Tue, May 7-28 5:15-6:15 PM X4742X
Thu, May 9-30 4:00-5:00 PM X5142X

Skateboarding Intermediate

(ages 9-15)

Seeking to improve your current level of skateboarding? Skateboarding Intermediate is designed for those who are competent skaters and want to learn more advance skills including riding ramps and bowls. For more information about this program, please see the Safe Skating section (below). The following equipment is required: skateboard, helmet, knee and elbow pads, and wrist-guards. We have equipment to lend out if needed!

Four Sessions $60.00 Per Person

Seven Presidents Pk Skateplex

Tue, Apr 2-23 4:00-5:00 PM X3342X
Wed, Apr 3-24 5:15-6:15 PM X4242X
Tue, May 7-28 4:00-5:00 PM X4542X
Wed, May 8-29 5:15-6:15 PM X4942X

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. Player's develops 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

Sat, Apr 27-May 18 10:00-10:55 AM X1742X

Eight Sessions $120.00 Per Person

Tue,Thu, Apr 30-May 23 5:00-5:55 PM . . . X1142X

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.

Eight Sessions $120.00 Per Person

Dorbrook Rec Area

Mon,Wed, Apr 29-May 22 4:00-4:55 PM . . X0342X
Mon,Wed, Apr 29-May 22 5:00-5:55 PM . . X0442X
Tue,Thu, Apr 30-May 23 4:00-4:55 PM . . . X1042X

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 Zach Puccia at 732-542-1642, ext. 26.

MONMOUTH COUNTY PARK SYSTEM

Creative Arts Festival

SATURDAY, MAY 11
10:00 AM-4:00 PM
THOMPSON PARK, LINCROFT
FREE ADMISSION & FREE PARKING

This festival features a variety of fine artists and artisans, as well as live music by some of the best local musicians. This is a great event for the whole family. Free activities, food vendors and artist demonstrations throughout the day.

Artists interested in becoming vendors, information and an application are available at www.MonmouthCountyParks.com. Entry deadline is March 10.

For a schedule and more information, visit www.MonmouthCountyParks.com, email ccarlson@monmouthcountyparks.com, or call 732-842-4000, ext. 3343.

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 7. SEE PAGE 112 FOR FULL DETAILS.

ACTIVE ADULTS 55+

Spring Senior Hikers

(ages 55 and up)

Enjoy weekly hikes at a relaxed pace in beautiful parks in Monmouth County on wooded trails. 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 is at a more comfortable pace than Level 2.

Thirteen Sessions $78.00 Per Person

Tue, Apr 2-Jun 25 9:30-11:00 AM. D0642A
Thu, Apr 4-Jun 27 9:30-11:00 AM D0742A

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.

Thirteen Sessions $91.00 Per Person

Thu, Apr 4-Jun 27 9:30-11:30 AM D0942A
Wed, Apr 3-Jun 26 9:30-11:30 AM D0842A
Fri, Apr 5-Jun 28 9:30-11:30 AM D1042A

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.

Thirteen Sessions $91.00 Per Person

Tue, Apr 2-Jun 25 9:30-11:30 AM. D1142A

Level 4

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

Twelve Sessions $84.00 Per Person

Mon, Apr 1-Jun 24 9:30-11:30 AM D1242A
No hike 5/27

> *Love all the activities I have attended and looking forward to the next! Thank you for providing all the absolutely great adventures!*

Special Hikes

(ages 55 and up)

Enjoy one-day hikes at different points of historical interest and natural beauty throughout our great state! These special hikes typically range between 7-8 miles over 3-4 hours at a moderate pace over all types of terrain. Don't forget a daypack with a rain/wind jacket, plenty of water, and a bagged lunch to enjoy at the mid-point of the hike. Time permitting, we stop for ice cream at a local confectionary, so please bring $10 with you as well. These hikes are geared towards Level 3 and 4 Senior Hiker participants, but is open to non-regular senior hike participants. Please plan to arrive at the Dorbrook Activity Center parking lot at least 10-15 minutes early, to ensure prompt departure time.

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

One Session $54.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Ken Lockwood Gorge/Columbia Trail

Enjoy the scenic hike up Columbia Trail and down into Ken Lockwood Gorge in High Bridge, NJ. There are mostly dirt/gravel/and paved trails, but be prepared for seasonally different conditions at this time of year. There is plenty of wildlife to see, and we will stop by the falls along the Raritan River.

Tue, Apr 9 8:30 AM-4:00 PM (approx) D1342A

Palisades Interstate Park

Enjoy a more challenging hike along the Hudson Riverfront on the shore trail and return back on the long path clifftop trail with great viewpoints. Please be prepared for a more challenging hike.

Tue, Apr 30 8:30 AM-4:00 PM (approx) . . .D1442A

Stronger for Longer

(ages 55 and up)

The time has come to improve your muscle tone, flexibility and coordination through light strength training. Enjoy a fun and social environment with other active adults. The class will utilize a variety of equipment such as fitness bars and rubber resistance. No prior weight training experience is necessary.

Six Sessions $78.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 12-Apr 16 10:00-11:00 AM. D2542A
Tue, Mar 12-Apr 16 11:15 AM-12:15 PM . .D2642A
Tue, Apr 23-May 28 10:00-11:00 AM D2742A
Tue, Apr 23-May 28 11:15 AM-12:15 PM . .D2842A

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 11-Apr 15 11:45 AM-12:45 PM. . D2242X
Mon, Mar 11-Apr 15 1:00-2:00 PM D2342X
Mon, Apr 22-Jun 3 11:45 AM-12:45 PM. . . D2442X
No class 5/27

Zumba Gold

(ages 55 and up)

An easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water and a ready-to-move attitude.

Instructor: Eryka Andrex

Eight Sessions $104.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Mar 29-May 17 4:30-5:25 PM XBZ42X

Ten Sessions $130.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Mar 27-May 29 9:30-10:25 AM. XCJ42X

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class 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 $205.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Mar 5-Apr 16 7:00-10:00 PM. ZA942X

Tue, Apr 30-Jun 11 7:00-10:00 PM ZAA42X

Instructor: Don Bradford

Thu, Mar 7-Apr 18 6:30-9:30 PM ZAB42X

Thu, May 2-Jun 13 6:30-9:30 PM ZAC42X

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 $205.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Fri, Mar 1-Apr 19 9:00 AM-12:00 PM. Z8742X

No class 3/29

Fri, May 3-Jun 14 9:00 AM-12:00 PM Z8842X

Fri, Mar 1-Apr 19 1:00-4:00 PM Z8942X

No class 3/29

Fri, May 3-Jun 14 1:00-4:00 PM Z9042X

Instructor: John Fossa

Sat, Mar 2-Apr 20 11:30 AM-2:30 PM Z9142X

No class 3/30

Sat, Apr 27-Jun 22 11:30 AM-2:30 PM. . . . Z9242X

No class 5/11 & 5/25

Instructor: Laura Copeland

Mon, Mar 4-Apr 15 9:00 AM-12:00 PM . . . Z9342X

Mon, Apr 29-Jun 17 9:00 AM-12:00 PM. . . Z9442X

No class 5/27

Instructor: Helen Cole

Mon, Mar 4-Apr 15 1:00-4:00 PM. Z9542X

Mon, Apr 29-Jun 17 1:00-4:00 PM Z9642X

No class 5/27

Instructor: Brian Farro

Mon, Mar 4-Apr 15 6:00-9:00 PM. Z9742X

Mon, Apr 29-Jun 17 6:00-9:00 PM Z9842X

No class 5/27

Instructor: Sue Johnson

Tue, Mar 5-Apr 16 4:00-7:00 PM Z9942X

Tue, Apr 30-Jun 11 4:00-7:00 PM. ZA042X

Instructor: Joanne Traskiewicz

Wed, Mar 6-Apr 17 9:00 AM-12:00 PM . . . ZA142X

Wed, May 1-Jun 12 9:00 AM-12:00 PM . . . ZA242X

Wed, Mar 6-Apr 17 1:00-4:00 PM. ZA342X

Wed, May 1-Jun 12 1:00-4:00 PM. ZA442X

Instructor: Laura Copeland

Wed, Mar 6-Apr 17 6:30-9:30 PM. ZA542X

Wed, May 1-Jun 12 6:30-9:30 PM. ZA642X

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Instructor: Susan Johnson

Seven Sessions $273.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 5-Apr 16 9:00 AM-1:00 PM Z7442X
Tue, Apr 30-Jun 11 9:00 AM-1:00 PM Z7542X

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt, and model clay and make a finished ceramic sculpture. We will explore different ways of sculpting a portrait, modeling a figure in the round, and sculpting in relief. Each student independent of their experience, will receive personal direction from the instructor, professional sculptor Konstantin Zingerman. This course includes 25 lbs. of clay, use of tools and kiln firings. Additional materials may be required for armatures and will be discussed the first day of class.

Seven Sessions $224.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 7-Apr 18 1:00-4:00 PM ZA742X
Thu, May 2-Jun 13 1:00-4:00 PM ZA842X

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes and glaze. Advanced students can work independently. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes and underglazes.

Seven Sessions $90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 7-Apr 18 9:00 AM-12:00 PM ZAD42X
Thu, May 2-Jun 13 9:00 AM-12:00 PM. . . . ZAE42X

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 $205.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Mar 6-Apr 17 1:00-4:00 PM Z3242X
Wed, May 1-Jun 12 1:00-4:00 PM. Z3442X

Instructor: Beth Couchoud

Wed, Mar 6-Apr 17 6:30-9:30 PM Z3542X
Wed, May 1-Jun 12 6:30-9:30 PM. Z3342X

Raku Pottery

(adults)

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

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class 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.

Instructor: Christina Carlson

Seven Sessions $205.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 7-Apr 18 9:30 AM-12:30 PM Z7242X
Thu, May 2-Jun 13 9:30 AM-12:30 PM Z7342X

DRAWING & PAINTING

A Journey in Botanical Illustration

(adults)

This three-part series takes an in depth look at creating your own botanical illustrations, while enjoying the natural beauty of our Park System. Each session starts with a journey onto the trails accompanied by a Park System Naturalist to learn about native plants: including their medicinal properties, uses and unique features. After you will have the opportunity to learn the basics of how to illustrate plants from direct observation. Each class will highlight a different grouping of plant species and artistic techniques needed to convey them. A supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: Class will meet rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor.

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

Three Sessions $100.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 10-24 10:00 AM-1:00 PM Z4742A

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 provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $42.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Cypresses
Sat, Mar 2 2:00-5:00 PM ZBK42A
van Gogh's Enclosed Field with Ploughman
Sat, Mar 9 2:00-5:00 PM ZBM42A
Monet's Poplars
Sat, Mar 16 2:00-5:00 PM ZBN42A
Cezanne's Gulf of Marseille
Sat, Mar 23 2:00-5:00 PM ZBP42A
van Gogh's Landscape with House and Ploughman
Sat, Apr 6 2:00-5:00 PM ZBQ42A
van Gogh's Starry Night
Sat, Apr 13 2:00-5:00 PM ZBR42A
Monet's The Japanese Footbridge
Sat, Apr 20 2:00-5:00 PM ZBS42A
Cezanne's The Sea I' Estaque
Sat, Apr 27 2:00-5:00 PM ZBT42A
van Gogh's Plain near Auvers
Sat, May 4 2:00-5:00 PM ZBU42A
van Gogh's Pink Roses in a Vase
Sat, May 11 2:00-5:00 PM ZBV42A
van Gogh's Poppy Field
Sat, May 18 2:00-5:00 PM ZBW42A
Monet's Vase of Flowers
Sat, May 25 2:00-5:00 PM ZBX42A

Basic Drawing: A Classical Approach

(adults)

This drawing class will introduce students to various traditional drawing skills such as sighting, comparative measurements and foreshortening. Students will learn how to accurately use line work to convey form. Throughout the course of this class, participants will begin to develop skills that will foster a better understanding of the visual arts. Lessons will be followed by individual critiques. Supply list will be discussed in further detail the first day of class.

Artist/Instructor: Jane Manco

Six Sessions $125.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 7-Apr 11 4:00-6:00 PM Z4442X
Thu, Apr 25-May 30 4:00-6:00 PM Z4542X

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

Fort Monmouth Rec Ctr Program Room C

Thu, Apr 4-May 9 11:30 AM-1:00 PM ZAY42A
Thu, May 16-Jun 20 11:30 AM-1:00 PM . . . ZB042A

Freneau Wds Pk Vis Ctr Art Room

Mon, Apr 15-May 20 12:45-2:15 PM ZB142A

Colored Pencil Extended Workshop

(adults)

Join us for this four-part workshop concentrated on the art of colored pencil. Colored pencils have the potential to yield beautiful works if used properly. Beginning with the basics of color theory, we will delve into everything one needs to know to use this medium to its maximum potential. Basic drawing skills are strongly recommended; however, they are not required.

Artist/Instructor: Katie Stone

Four Sessions $100.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 25-May 16 1:00-3:00 PM Z1342X

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, Mar 5-Apr 9 6:30-8:30 PM Z6642X
Tue, Apr 30-Jun 4 6:30-8:30 PM. Z6742X
Thu, Mar 7-Apr 11 6:30-8:30 PM Z6842X
Thu, May 2-Jun 6 6:30-8:30 PM Z6942X
Fri, Mar 8-Apr 19 10:00 AM-12:00 PM Z7042X
No class 3/29
Fri, May 3-Jun 7 10:00 AM-12:00 PM Z7142X

Drawing Frogs NEW

(adults)

Join us for an art class and nature walk looking (and listening) for one of the first signs of spring: Frogs! New Jersey hosts a diversity of species of these amazing amphibians. We will learn from a naturalist on the trails about these fascinating native creatures. After we will begin the art portion of the class, learning how to draw these amphibians: including proportion, patterns, and color palette. Supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: This class will meet rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor.

Artist/Instructor: Katie Stone; Naturalist: Heather FitzGerald

One Session $45.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Wed, May 1 9:00 AM-12:00 PM I2042X

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. After we will come inside 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: wild columbine, blue false indigo, foxglove beardtongue, coreopsis lanceolata. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity. Supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: This class will meet rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor.

Naturalist: Jason Goldman; Artist/Instructor: Katie Stone

One Session $45.00 Per Person

Huber Wds Pk Env Ctr

Mon, May 13 2:00-5:00 PM. Z1442A
Mon, May 20 2:00-5:00 PM. Z1542A

Experiential Drawing - Calibrating the Eyes and Hand NEW

(adults)

Participants will explore various means of teaching your hands to translate more directly what your eyes observe and what your mind sees. We will explore how to rid yourself of hesitation in creating large sweeping lines and how it can bring energy, minimalism, confidence and new ways to explore the act of drawing. Open for adult artists of any level. Supply list will be emailed a couple of weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 13 6:00-8:30 PM AA442X

Experiential Drawing - Creating Space and Expressing Emotion NEW

(adults)

Participants will explore two themes in this session. First, we will explore techniques for creating shallow and deep space as well as activating the entire two-dimensional surface. Second, we will explore ways of using mark-making to express deep emotions, using meditative and breathing techniques in conjunction with the hand. Open for adult artists of any level. Supply list will be emailed a couple weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Apr 24 6:00-8:30 PM AA742X

Experiential Drawing - Drawing with the Full Body NEW

(adults)

Participants will explore making marks and drawing from the idea of the body as an instrument of art. We will explore mark-making in various gestures and movements to explore and understand the range and variety of marks within each participant's range. Open for adult artists of any level. Supply list will be emailed a couple weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 27 6:00-8:30 PM AA542X

Experiential Drawing - Exploring Line and Light NEW

(adults)

Participants will explore two themes with this session. First, is the expressive quality present in various types of lines, through various drawing styles. Second, is an exploration of light through shifting the focus of our marks to the light, instead of the shadow. These aspects can be employed to bring greater focus and drama to drawings. Open for adult artists of any level. Supply list will be emailed a couple weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Apr 10 6:00-8:30 PM AA642X

Experiential Drawing - Many Brushes, Many Marks NEW

(adults)

Participants will explore drawing with a variety of traditional and non-traditional drawing tools and media. We will make our own watercolor from wood ash and other alternative pigments readily available in most houses. Open for adult artists of any level. Supply list will be emailed a couple weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, May 22 6:00-8:30 PM. AA942X

Experiential Drawing - The Gesture and the Mark NEW

(adults)

Participants will explore creating gestures and marks using the environment around them as inspiration. In the same sense that artists will start with the larger gestural form, you will be encouraged to explore drawing various types of forms and how they sit in space, move and create line and shadow. Open for adult artists of any level. Supply list will be emailed a couple weeks prior to start of class.

Instructor: Stacey AS Pritchard

One Session $65.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, May 8 6:00-8:30 PM AA842X

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism method. Students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Please bring your own 11"x14" canvas and a set of acrylic brushes to each class. Acrylic paint will be provided by the instructor.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions $100.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Enclosed Field with PloughmanCezanne's Gulf of Marseille

Fri, Mar 1-22 10:00 AM-12:30 PM ZBC42A

van Gogh's Landscape with House and Ploughmanvan Gogh's Wheatfield after the Rain

Fri, Apr 5-26 10:00 AM-12:30 PM. ZBD42A

van Gogh's Pink Roses in a Vasevan Gogh's The Red Vineyard

Fri, May 3-24 10:00 AM-12:30 PM ZBE42A

Illustrating Birds: Hummingbirds

(adults)

Hummingbirds are some of the most spectacular birds, as well as being important pollinators. We'll learn from a Park System Naturalist how to make your yard a hummingbird haven; from feeding and what to plant to attract hummingbirds, to interesting facts about these fascinating creatures. After we will venture into the art of ornithological (bird) illustration. Participants will learn how to paint these creatures including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and creating iridescence in paintings. Some painting/drawing experience is a plus, but not a necessity.

Please Note: This class requires the purchase of acrylic paints and a small canvas.

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

One Session $45.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 15 9:00 AM-12:00 PM Z2342A

Illustrating Birds: The World of Warblers

(adults)

This workshop takes an in depth look at creating your own bird illustrations. First, we'll spend some time learning from a Park System Naturalist about our native bird species, looking for them in their natural habitats. After the hike we 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 new world warblers. Some drawing experience is a plus, but not a necessity. Supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: Class will meet rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor.

Naturalist: Megan Orens; Artist/Instructor: Katie Stone

One Session $45.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 8 8:00-11:00 AM. Z2242A

Inspired Painting

(adults)

Join instructor Shari Epstein for a five-week painting class. Shari will work with you individually assessing how to best take you to the next level. Please bring images you love to the first class and some canvas options. Shari will walk you through the process by discussing composition, and proportion and showing you hands-on about your palette, color mixing and caring for your brushes. All levels are welcome. A supply list will be sent upon registration.

Five Sessions $120.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Mar 26-Apr 30 11:30 AM-2:00 PM . . . A5242X

No class 4/23

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 some different techniques that will 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, Mar 7-Apr 11 1:00-3:00 PM Z1242X

Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions $102.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 5-Apr 9 9:00-11:00 AM Z0642X

Tue, Apr 16-May 21 9:00-11:00 AM Z0742X

Intuitive Painting

(adults)

Let's create several layers on our canvas using paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas.

Instructor: Monique Topp

One Session $55.00 Per Person

Henry Hudson Trail Act Ctr

Sat, Mar 2 12:30-5:30 PM. A5942X

Mixed Media Drawing Class

(adults)

This is a new class that all artists will enjoy and find very fulfilling. We will work with both wet and dry drawing materials such as inks, dyes, watercolor and even gouache as underpaintings. Then we will build upon the subject matter with a layering and overlapping techniques to add a new life to the drawing. We will then go back into the initial washes with dry drawing materials to design exciting unique one of a kind art work that is so fun and forgiving at the same time. We will apply microns, color pencils, and even soft pastels layered over the initial underpainting. These skills create depth and add new and rewarding colors and textures unique to this mixed media technique. Explore and learn how to mix and match many diverse mediums on one paper for a gorgeous new and contemporary style. Detailed Supply list will be attached to your receipt.

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

Thompson Pk Creative Arts Center

Five Sessions $110.00 Per Person

Wed, Apr 3-May 1 11:00 AM-1:30 PM ZC242A

Six Sessions $132.00 Per Person

Wed, May 8-Jun 12 11:00 AM-1:30 PM . . . ZC342A

Oil Painting Fundamentals

(adults)

This painting class will focus on the fundamentals of classical painting, offering students a methodical 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. Supply list will be discussed in further detail the first day of class.

Artist/Instructor: Jane Manco

Six Sessions $125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 24-May 29 6:30-8:30 PM. Z4642X

Oil Painting Techniques

(adults)

Artists come join me and gain confidence being taught the proper structure of technique and application of the materials. Through this hand–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 you will be challenged, encouraged and empowered as an artist. Finished paintings will be 5"x7" or 8"x10" in size and reference photographs will be provided by your instructor. All levels are always welcomed some prior oil painting experience is required. A supply list is provided on your registration receipt.

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

Thompson Pk Creative Arts Center

Five Sessions $110.00 Per Person

Wed, Apr 3-May 1 2:00-4:30 PM ZC442A

Six Sessions $132.00 Per Person

Wed, May 8-Jun 12 2:00-4:30 PM. ZC542A

> *"The instructors are the most professional, talented, caring and intelligent group of artists I have ever met. Each one is an expert in their respective craft."*

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 material fee of $30.00 (cash) is payable to the instructor the first day of class.

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

Artist/Instructor: Karin Trunz

Six Sessions $108.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 16-Apr 27 10:30 AM-12:00 PM. . . Z7642X

No class 3/30

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

Tue, Mar 5-Apr 9 11:30 AM-1:30 PM Z0842X
Tue, Mar 5-Apr 9 2:00-4:00 PM Z1042X
Tue, Apr 16-May 21 11:30 AM-1:30 PM . . . Z0942X
Tue, Apr 16-May 21 2:00-4:00 PM Z1142X

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

Thompson Pk Creative Arts Center

Five Sessions $110.00 Per Person

Mon, Apr 1-29 2:00-4:30 PM. ZBY42A

Six Sessions $132.00 Per Person

Mon, May 6-Jun 10 2:00-4:30 PM. ZBZ42A

Plein Air Oil Painting at Deep Cut Gardens

(adults)

Instructor Gina Torello will be teaching this plein air workshop step by step. She will demonstrate as everyone follows along painting the exact subject matter as she instructs from inception to completion. This four-hour workshop should be ample time to complete an oil painting. This is a one of a kind experience all local artist do not want to pass up. You will be supplied with a New Wave Pochade Easel to use during your exclusive lesson at this breathtaking park. This pleasurable and rewarding class will cover compositional structure, color theory, application of materials and most of all the process of capturing the LIGHT in the open air like the Impressionists. Intermediate experienced oil painting artists are welcome. Must be physically able to stand for four hours or please bring a chair. Please bring all your oil painting supplies as if you were in a classroom setting in a backpack to carry around more easily. Detailed Supply list will be attached to your receipt.

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

One Session $100.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, May 9 2:00-6:00 PM ZCB42A

Plein Air Oil Painting at the Cove

(adults)

Instructor Gina Torello has redesigned this plein air class down by the Manasquan Inlet. She will demonstrate each session as everyone follows along painting the exact subject matter as she instructs from inception to completion. Each painting will take two weeks start to finish. Lessons will be on the Manasquan beach, jetty, out in the marsh grass, the fishing boats from Point Pleasant Marina and all while painting alongside with a master plein air artist. This is a one of a kind experience all local artist do not want to pass up. You will be supplied with a New Wave Pochade Easel to use during your exclusive lessons down in this quaint seashore town. This pleasurable and rewarding class will cover compositional structure, color theory, application of materials and, most of all, the process of capturing the light in the open air like the Impressionists. Intermediate to experienced oil painting artists are welcomed. A detailed supply list will be attached to your receipt.

Please Note: Participants must be physically able to stand for three hours and mobile to move about outside with all your supplies in a backpack.

Six Sessions $160.00 Per Person

Fisherman's Cove Act Ctr

Tue, May 7-Jun 11 3:00-6:00 PM ZCA42A

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 2 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 a model fee of $43.00 the first day of class.

Artist/Instructor: Kristin Kunc

Six Sessions $138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 15-May 20 9:30-11:30 AM Z4942X

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 beginners are always welcome.

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

Thompson Pk Creative Arts Center

Five Sessions $110.00 Per Person

Fri, Apr 5-May 3 2:00-4:30 PM. ZC042A

Six Sessions $132.00 Per Person

Fri, May 10-Jun 14 2:00-4:30 PM ZC142A

Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A supply list will be provided upon registration.

Instructor: Jane Lux

Ten Sessions $195.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Apr 5-Jun 14 10:00 AM-12:30 PM ZAF42X

Fri, Apr 5-Jun 14 1:00-3:30 PM ZAG42X

No class 4/12

JEWELRY

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, Mar 7-Apr 11 10:30 AM-1:30 PM Z5242X

Thu, Mar 7-Apr 11 6:30-9:30 PM Z5342X

Thu, Apr 25-May 30 10:30 AM-1:30 PM. . . Z5442X

Thu, Apr 25-May 30 6:30-9:30 PM Z5542X

Mixed Media Jewelry – Metal Clay and Bead Weaving

(adults)

These two jewelry mediums perfectly complement each other. Discover how to set a stone in metal clay while creating a stunning silver focal pendant. While the pendant is being fired, you will create a beautiful herringbone spiral stitched rope necklace design specifically for your new pendant. Class includes metal clay and fireable stone. A material list will be provided by the bead weaving instructor upon registration. Students are encouraged to bring their own lunch as there will be a short break.

Instructors: Mary Doner & Eileen Reed

One Session $125.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 30 10:00 AM-5:00 PM ZBJ42X

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

Please Note: Students must be able to operate the sewing machine they will be bringing to class.

Instructor: Janice Beeby

Six Sessions $90.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 5-Apr 9 7:00-9:30 PM Z5042X
Tue, Apr 23-May 28 7:00-9:30 PM Z5142X

Crafting as an adult has a variety of benefits, including reducing stress, boosting self-confidence, and reducing insomnia.

DID YOU KNOW?

Hooks and Needles Club

(adults)

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

Four Sessions $9.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Mar 7-28 1:00-3:00 PM H0742X
Thu, Apr 4-25 1:00-3:00 PM H0842X
Thu, May 2-23 1:00-3:00 PM H1342X

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 Oak Room

Sat, Mar 2-Apr 13 10:30 AM-12:30 PM . . . Z1842X
No class 3/30
Sat, Apr 27-Jun 8 10:30 AM-12:30 PM. . . . Z1942X
No class 5/25

Thompson Pk Creative Arts Center

Tue, Mar 5-Apr 9 6:30-8:30 PM Z2042X
Tue, Apr 23-May 28 6:30-8:30 PM Z2142X

Monmouth County Park System

Spring Craft Show

Saturday, April 13, 9:00 AM-2:00 PM

Fort Monmouth Recreation Center
2566 Guam Lane, Tinton Falls

Support over 40 homegrown artists and artisans. Shop for Mother's Day, Father's Day, graduations, communions, weddings or for yourself.

FREE Admission & Parking

Interested in becoming a vendor?
Crafter applications can be found on the Spring Craft Show page of our website at www.MonmouthCountyParks.com.

www.MonmouthCountyParks.com

Registration begins at 8:00 AM on Wednesday, February 7. See page 112 for full details.

Knitting in the Round

(adults)

Scandinavian sweaters, fishermen's ganseys, Fair Isle colorwork: these are beautiful examples of seamless knitting in the round. If you have knit "in the flat" such as a scarf, and are ready to expand your skills, this is the perfect class for you. Students will work on a specially selected project that will allow them to practice the techniques of colorwork and knitting on circular needles, resulting in a perfectly seamless garment. Experience in the English or Continental style of knitting is required. Students should bring to class the first day the traditional needles they currently use and some yarn for practice. The project will be started on the second class and will consist of the following materials: Yarn: DK weight, 306 yards each of two contrasting colors, Needles: two 24" circular knitting needles, US Sizes 4 and 6.

Instructor: Laurel Von Gerichten

Six Sessions $68.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 8-Apr 19 12:30-2:30 PM ZCH42X

No class 3/29

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling. In this course, you will learn the basics and more. Allow your art journal to become your diary, scrapbook, or art portfolio. Art journaling is a way of documenting your daily life incorporating "pieces" of your day into your pages, a place to experiment with different art mediums. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions $140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 6-27 7:00-9:00 PM. A7242X

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 suitable for beginner or experienced weavers.

Instructor: Martha Costain

Two Sessions $40.00 Per Person

Thompson Pk Creative Arts Center

Shallow Gathering Basket

An open weave base woven on a 10"x10" handle. Start and stop weaving. Beginner and experienced weavers welcome.

Final size: 10"W x 12" L x 5" H - not including handle)

Materials fee payable to instructor: $25.00

Thu, Mar 14-21 10:00 AM-1:00 PM. ZCJ42X

Petite Berry Basket

A sweet little berry-style basket with a woven color accent. The wire swing handle with pretty glazed pottery handle finishes it off. Beginner & experienced weavers welcome.

Final size: 4"x 4" base, 6" in diameter at rim

Materials fee payable to instructor: $22.00

Thu, Apr 18-25 10:00 AM-1:00 PM ZCK42X

May Flower Basket

A nice sized basket for a spring flower arrangement. Woven on a 5" x 8" wood base with reed and a twisted paper cord. Topped with an 8" swing handle. Suitable for experienced and beginners.

Final size: 10" L x 8"W x 4 3/4" H)

Materials fee payable to instructor: $26

Thu, May 9-16 10:00 AM-1:00 PM ZCM42X

Bead Weaving – Exploring Shaped Beads

(adults)

Expand your creativity with uniquely shaped beads in conjunction with popular stitches such as herringbone, peyote, and right-angle weave. Over the course of this class, three projects will be stitched featuring beads like Peanut, Tilas, SuperDuos, Rulals, etc. Clear instructions along with an additional video will help beaders at any level create jewelry that they will be proud to wear or give as gifts. A list of supplies will be attached to your receipt.

Instructor: Mary Louise Doner

Six Sessions $105.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 8-May 13 9:30 AM-12:30 PM . . . ZAZ42X

Card Making NEW

(adults)

Let's create unique greeting cards with papers, stamps, sprays, inks, embossing folders, embossing powders, fibers, stencils, Sizzix® Dies, watercolors and embellishments. Each week, we'll create several cards for different occasions such as birthday, thank you, get well, just because and Tthinking of you. You'll have time to explore a variety of card-making supplies to create your own unique card designs. Students are required to purchase their own permanent adhesive (e.g. Tombow® or Adtech®). All other supplies are included.

Instructor: Monique Topp

Four Sessions $90.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Mar 7-28 1:00-3:00 PM A6242X
Thu, Apr 11-May 2 10:00 AM-12:00 PM . . . A6342X

Creative Collage Challenge Class

(adults)

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk" or have you not been creative in a while? Then this class is the class for you! Your instructor, Tara Collins, will teach composition and various techniques. Each week you will get a new challenge to work on and let your intuition and subconscious brain lead the way! One week it may be a color challenge using different shades of one color, next a shape challenge or a seasonal/nature challenge. This class will be a fun, creative setting for art exploration! This class is for those with basic collage and art material understanding.

Six Sessions $180.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Apr 10-May 15 7:00-9:00 PM A7342X

Egg Etching NEW

(adults)

Participants will discover the art and process of etching eggs as we explore this fun wax-resist method. We will be using a kistka (a beeswax filled tool) to draw designs on real (empty) eggs between bathing them in a solution that will etch the surface of the egg shell with a delicate pattern. We will work on dark brown eggs working with gradients of brown until we end with white. Participants may decorate their eggs traditionally or create their own design. Everyone will have the opportunity to take home up to two eggs. No experience is required. If you already know the steps to create pysanky, this will take your work to a whole new level! All materials are provided, but please wear an apron and bring an egg carton. A materials fee of $20.00 (cash only) is due to the instructor the day of workshop.

Artist/Instructor: Jennifer Santa Maria

One Session $36.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 2 4:00-6:30 PM Z4842A

Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. During these two hours you will learn: 1) how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media, 2) how to correctly wire your work to hang safely and securely, 3) how to create a "Basic Framing Tool Kit", and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

One Session $40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 13 10:00 AM-12:00 PM. Z1642X
Wed, May 15 10:00 AM-12:00 PM Z1742X

Gelli® Printing Mixed Media Class NEW

(adults)

Introducing the Gelli® printing plate! The first two weeks, we will create unique papers using the Gelli® plate, acrylic paints, patterns and a brayer. During weeks three and four we will use these papers to collage and embellish two home decor items on canvas and/or wooden object supplied by the instructor. Students are required to purchase their own 8"x10" or 5"x7" Gelli® plate and a speedball rubber brayer. All other supplies are included.

Instructor: Monique Topp

Four Sessions $110.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Mar 7-28 6:30-9:00 PM A6042X
Thu, Apr 11-May 2 6:30-9:00 PM A6142X

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.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session $60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 2 11:00 AM-12:30 PM A0242X
Mon, Mar 11 11:00 AM-12:30 PM. A0342X
Sat, Apr 6 11:00 AM-12:30 PM A0442X
Mon, Apr 15 11:00 AM-12:30 PM. A0542X
Sat, May 4 11:00 AM-12:30 PM A0642X
Mon, May 13 11:00 AM-12:30 PM A0742X

The Art of Pysanky

(adults)

Come celebrate the spring with the beautiful and ancient art of Pysanky, Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun, one day class we will learn the process of layering beeswax and dyes to create striking patterns and your very own stunning egg. Participants will also learn the rich history of this folk art. No experience is required. Please bring an apron and an egg carton or container to bring home your creation. A materials fee of $15.00 is payable to the instructor.

Artist/Instructor: Jennifer Santa Maria

One Session $38.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 3 12:00-2:30 PM Z0142X
Sun, Mar 3 3:00-5:30 PM Z0242X
Wed, Mar 13 5:00-7:30 PM Z0442X
Wed, Mar 27 5:00-7:30 PM Z0342X
Sat, Apr 13 12:00-2:30 PM Z0542X

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. A materials fee of $85.00 (cash or check) is payable on the first day of class to instructor Harry Belkowitz.

Six Sessions $80.00 Per Person

Big Brook Pk Act Ctr

Sat, Mar 2-Apr 13 1:00-3:00 PM. Z6042X
No class 3/30
Sat, Apr 20-May 25 1:00-3:00 PM. Z6142X
Tue, Mar 5-Apr 9 10:00 AM-12:00 PM ZCF42X
Tue, Apr 23-May 28 10:00 AM-12:00 PM . . ZCG42X

Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. In this class-students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns and you will advance at your own rate. All supplies provided by the instructor. A materials fee of $125.00 (cash or check) is payable at the first class to instructor Harvey Altman.

Six Sessions $90.00 Per Person

Big Brook Pk Act Ctr

Mon, Mar 4-Apr 8 10:00 AM-12:00 PM . . .ZAH42X
Mon, Apr 22-Jun 3 10:00 AM-12:00 PM. . . ZAJ42X
No class 5/27
Wed, Mar 6-Apr 10 10:00 AM-12:00 PM. . . Z6442X
Wed, May 1-Jun 5 10:00 AM-12:00 PM . . . Z6542X

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you've made one, you'll never want to stop. A materials fee of $85.00 (cash or check only) is payable to Instructor Harry Belkowitz the first day of class.

Six Sessions $80.00 Per Person

Big Brook Pk Act Ctr

Tue, Mar 5-Apr 9 10:00 AM-12:00 PM Z5842X
Tue, Apr 23-May 28 10:00 AM-12:00 PM . . Z5942X

> *"Harvey is a terrific instructor! He has a kind, encouraging presence and great skill. He made the class so pleasant."*

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 $125.00 (cash or check) is to be paid to instructor Harvey Altman the first day of class.

Six Sessions $90.00 Per Person

Big Brook Pk Act Ctr

Tue, Mar 5-Apr 9 1:00-3:00 PM Z6242X
Tue, Apr 30-Jun 4 1:00-3:00 PM. Z6342X

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. A materials fee of $85.00 (cash or check) is payable to the instructor during the first class.

Instructor: Harry Belkowitz

Six Sessions $80.00 Per Person

Big Brook Pk Act Ctr

Sat, Mar 2-Apr 13 10:00 AM-12:00 PM . . . Z5642X
No class 3/30
Sat, Apr 20-May 25 10:00 AM-12:00 PM . . Z5742X

THE GALLERY

The Gallery at the Thompson Park Creative Arts Center, Lincroft, offers a variety of fine art exhibits from talented local artists throughout the year. Details on upcoming exhibits are available on our website.

www.MonmouthCountyParks.com

CULINARY ARTS

Best Burgers EVER!

(adults)

Around the country people are daring to experiment with that iconic American classic – the burger. Dare to join them and ditch the beef in favor of pork, turkey or seafood. Add your favorite flavor profiles – like American classic, Latin or Asian – almost any cuisine you can name. The chef will give you the culinary skills to create a heavenly bite for your taste buds, as we mix it up to create the best burgers ever!

Menu: Cilantro-Lime Pork w/Guacamole, Napa Valley Cabernet Burger and Sesame-Ginger Chicken with Honey Soy Glaze

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 2 10:00 AM-12:30 PM M1942X
Thu, May 2 6:00-8:30 PM M2042X

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 $65.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 20 6:00-8:00 PM. A9542X

Cast Iron Skillet/Catch of the Day "Mash Up"

(adults)

Are you casting your line in the water this summer or visiting your favorite seafood market? How about taking out your cast iron skillet for your Catch of the Day. With Chef Stephen Wolff's guidance, we'll explore different techniques using your cast iron to cook our fish to perfection. This class is a mash up of our two popular classes.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 8 6:00-8:30 PM M2142X

Chocolate Making Basics

(adults)

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

Instructor: Kimberly Megill

One Session $65.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 25 6:00-9:00 PM A9342X

Classic Italian Pasta Sauces NEW

(adults)

Tonight will be about true Italian classics. You'll make a couple of classic Roman sauces: Amatriciana, rich with pancetta and tomatoes; cacio e pepe, spicy with pepper and Romano. From Southern Italy: spaghetti limone, a simple flavor from three ingredients; pasta puttanesca, a big flavored sauce that was an internet phenomenon using only caramelized shallots, anchovies and tomato paste, and the genuine penne alla vodka! This is NOT the sauce you see in every party chafing dish from the deli. This is a rich flavor from Roma using pancetta, vodka and tomatoes. We'll make a Caesar salad and a special ice cream to round out this feast! Bring your knife and apron to this hands-on class taught by Chef Peter De Celie.

One Session $60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 30 6:00-9:30 PM. AAR42X

Cooking International - Latin

(adults)

Travel past the tacos and burritos to some more authentic Latin dishes. Explore delicious, fresh dishes and introduce your palate to a whole new world of flavors to accompany chicken, fish or pork. Your friends will be singing your praises after tasting these exciting flavor combinations.

Menu: Juicy Pork Chop Chuleta w/ Tomatillo Sauce and a fun surprise dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 11 6:00-8:30 PM M1442X

Dinner in 20 Minutes

(adults)

Everyone wants a "good meal" on the table after a long workday. Tonight, Chef Stephen Wolff will give you the tools to get a "good meal" on the table within 20 minutes. Join us in the kitchen as the Chef shows you knife skills, helpful hints, tips, and tricks.

Menu: Unstuffed Peppers, Easy Baked Chicken Cordon Bleu & Skillet Berry Cobbler

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 25 10:00 AM-12:30 PM M1642X
Thu, Apr 25 6:00-8:30 PM M1742X

Eat to Beat Illness

(adults)

Health begins at the end of your fork! Many modern chronic health conditions are preventable and reversible with lifestyle medicine. Nutrition is the prevention and the cure. The key to a healthy and happy life all begins in the kitchen. Forget all the trendy diets promising instant relief and weight loss and come learn foundational principles of healthy eating that are delicious and sustainable. Quick demos and tastings provided.

Instructor: Lisa Vento, CFHC

One Session $62.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 13 6:00-8:00 PM. A5442X

Group Cooking Classes

Book a private class for family or friends! You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef. Perfect for parents' night out, teen groups and more!

Cost: $325.00 for 4-8 people, ages 13-adult, for a 2 ½ hour weeknight class
Location: Fort Monmouth Recreation Center
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, call 848-456-4278, ext. 9#.

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 mouthwatering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 21 10:00 AM-12:30 PM M1142X
Thu, Mar 21 6:00-8:30 PM M1242X

Fire Up the Gas Grill!

(adults)

Your grill might have been idle over the winter, but now it's time to prep it for some serious outdoor cooking. Review the basics of gas grilling, including methods for getting the juiciest meats and tender vegetables. We're not all talk, so get ready for hands-on learning as chef guides you through the skills to prep your meats and veggies for those summer cookouts. Get your practice now, before those Memorial Day BBQs begin!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 1 6:00-8:30 PM M1842X

> *"Chef Stephen and his wife were excellent instructors. They made the class not only informative and hands-on, but also fun."*

Frugal Gourmet

(adults)

Do you want to step up your culinary skills and prepare a gourmet meal without breaking the bank? Why not join Chef Stephen Wolff in the kitchen tonight as he gives you tips and tricks to prepare a fabulous gourmet meal on a budget.

Menu: Meatless Stuffed Mushrooms, Chicken Roulade and Chef Stephen's Bananas Foster in Puff Pastry.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 13 6:00-8:30 PM M1042X

Fun with Phyllo

(adults)

Always wanted to play with Phyllo dough but not sure where to start? Tonight, Chef Stephen will present one savory and one sweet phyllo recipe to get your feet wet.

Menu: Spanakopita Triangles and Baklava Cigars

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 3 6:00-8:30 PM M1342X

Hawaiian Luau

(adults)

Summer is the best time to get together with your friends. Why not wow your friends with a Hawaiian Luau! We have some fun recipes to present tonight. Grab your grass skirt and leis and join Chef Stephen Wolff as he helps you plan the perfect summer luau.

Menu: Huli Huli Chicken, Hawaiian Cole Claw and Virgin Mai Tai

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 9 6:00-8:30 PM M2242X

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! 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

Mon, Apr 8 6:00-8:00 PM A1242X

Irish Pub Food

(adults)

What better way to kick off the month of March then paying tribute to St. Patrick's Day with delicious Irish Pub Food. Tonight, Chef Stephen Wolff will invoke the luck of the Irish with a menu that will have our students of every nationality wearing Kelly Green for the month.

Menu: Guinness Irish Stew, Beer Battered Cod & Chips and a surprise dessert made by Mrs. Chef!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 6 6:00-8:30 PM M0942X

Practical Kitchen Skills: Working with Knives

(adults)

Have you been intimidated by recipes that call for chopping versus dicing? Does "julienne" sound more like a person's name than a cutting technique? Cast off your fears as Chef Stephen demystifies these terms through demonstration and hands-on practice by you! Learn how to properly hold a knife, what knife is best for what task and the all-important safety tips.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 17 6:00-8:30 PM M1542X

Vietnamese Intrigues NEW

(adults)

Who can argue with fresh and flavorful food? This is the hallmark of Vietnamese cuisine and tonight you'll learn to prepare a feast of freshness and flavor! Let's start with a "cellophane" noodle soup made with chicken, ginger and cilantro. Then, shrimp rice paper rolls, pineapple and mint. Roasted rice and lime in a green papaya salad is as fresh as it gets. BBQ beef and lemongrass sate with peanut sauce. Next, Vietnamese caramelized fish over Jasmine rice works the salty and sweet taste buds. Dessert will be the street food favorite - steamed banana cake with sweet coconut sauce. Bring your knife and apron to this hands-on class instructed by Chef Peter De Celie.

One Session $60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, May 21 6:00-9:30 PM AAS42X

EDUCATION & ENRICHMENT

GAMES

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. Not an instructional program; for experienced players.

Seven Sessions $30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Mar 4-Apr 15 10:00 AM-12:00 PM . .MB142X
Mon, Apr 29-Jun 10 10:00 AM-12:00 PM . MBQ42X

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. This program is in an open play format and is for players who have knowledge of how to play. No instruction is provided; those with no previous knowledge of the game should register for Learning Mahjong for Beginners.

Seven Sessions $30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong.

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 4-Apr 15 10:00 AM-12:00 PM . .MB242X
Wed, Mar 6-Apr 17 10:00 AM-12:00 PM. . .MAY42X
Wed, Apr 24-Jun 5 10:00 AM-12:00 PM . . MBM42X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 5-Apr 16 9:30-11:30 AM MBD42X
Wed, Mar 6-Apr 17 9:30-11:30 AM MAX42X
Thu, Mar 7-Apr 18 9:30-11:30 AM MB042X
Wed, Apr 24-Jun 5 9:30-11:30 AM MBK42X
Thu, Apr 25-Jun 6 9:30-11:30 AM MBN42X

Learning Mahjong for Beginners

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. Our instructor will guide you through how to play using American rules of the game. This is a program for those with little to no experience.

Seven Sessions $35.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Thu, Mar 7-Apr 18 12:30-2:30 PM MBJ42X
Thu, May 2-Jun 13 12:30-2:30 PM MBS42X

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 5-Apr 16 11:30 AM-1:30 PM MBE42X
Tue, Apr 30-Jun 11 11:30 AM-1:30 PM . . MBR42X

GENEALOGY

Genealogy: Resources to Find Death Information NEW

(ages 14 and up)

You can learn a lot about a person's life from information available after their death. Learn how to use a variety of resources to find out the circumstances of someone's death, such as obituaries, death certificates, family bibles, cemetery records, coroner reports, census records and more.

One Session $20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 16 2:00-4:00 PM. Q0942X

HISTORY

Journey Through the American Civil War

(adults)

Take a journey through the American Civil War and all of its human drama. Learn about the people, places, battles and events that shaped our country's deadliest conflict, and how that still resonates today. From Fort Sumter to the Lincoln assassination and everything in-between, participants will come away with an understanding and appreciation for the war that defined a nation. Course taught by historian and lecturer Greg Caggiano.

Four Sessions $48.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 4-25 6:30-8:00 PM MBZ42X

The Titanic - The Anniversary Presentation

(adults)

The Titanic set sail on its maiden voyage from Southampton, England on April 10, 1912. Join historian Greg Caggiano for an overview of the voyage and sinking of the Titanic. Included will be an examination of the ship's construction, daily life for passengers, and what went wrong that led to its sinking. As an avid food blogger, Greg will also be focusing on the culinary aspects of the journey, such as the last meals served to the first, second, and third classes. Do not miss this exciting lecture that shows why the Titanic and all of its human drama is still relevant more than a century later.

One Session $23.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 10 7:00-8:30 PM MC042X

MISCELLANEOUS

Getting Paid to Talk

(adults)

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

One Session $25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Apr 15 6:30-9:00 PM A1042X

Spanish Conversation Group

(adults)

Grupo de Conversacion en Español. Are you looking for ways to practice your Spanish? Our Spanish Conversation Group gives you an opportunity to meet people who are interested in learning the language and provides you with a safe space where you can practice what you learn in a fun, casual conversational manner. From beginners to Native Speakers, all are welcome. Topics may include culture, literature, movies, food, hobbies and games.

Three Sessions $15.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 21-May 16 6:00-7:00 PM D1842A

Class meets 3/21, 4/18 & 5/16

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 monmouthcountyspca.org/support/donate/ to view items on their wish list. This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Apr 27 2:00-3:00 PM PQ024A

Peaceful Communication

(adults)

Conflict is a normal part of life. Though we may wish to avoid it, we can't; but we can learn how to respond in beneficial ways leading to positive change and growth. This introductory session will inform you about the Alternatives to Violence Project and the vital communication skills needed to empower you to deal with conflict in healthy ways. This is an introduction to the longer multi-session workshop that begins to build your skills and teaches you to become a peacemaker in your community, your classroom, your family and at work. Sessions are led by facilitators trained by the Alternatives to Violence Project. Participants who complete the full 20-hour program will receive a certificate in nonviolent conflict transformation from the Alternatives to Violence Project.

One Session $40.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 9 10:30 AM-12:30 PM A7042X

SAFETY

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 $82.50 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 9 8:30 AM-5:00 PM Q0442A
Sat, Apr 13 8:30 AM-5:00 PM Q0542A
Sat, May 11 8:30 AM-5:00 PM Q0642A

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 $85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 13 6:30-10:00 PM Q1942A
Wed, Apr 24 6:30-10:00 PM Q2042A
Sat, May 18 10:30 AM-2:00 PM Q2142A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

One Session $85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 23 10:00 AM-12:30 PM Q1842A

Thompson Pk Vis Ctr Beech Room

Wed, Mar 6 7:00-9:30 PM. Q1542A
Wed, Apr 10 7:00-9:30 PM Q1642A
Wed, May 15 7:00-9:30 PM. Q1742A

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 $78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 2 10:00 AM-12:30 PM Q2242A
Sat, Apr 6 10:00 AM-12:30 PM Q2342A

Freneau Wds Pk Vis Ctr Program Room 2

Sat, May 11 10:00 AM-12:30 PM Q2442A

WRITING

Storytellers: Worldbuilding

(adults)

Unleash your inner author with us! Find your unique "voice" and bring your imagination to life - whether you're creating a city or a whole universe. Immerse yourself in the art of storytelling as you add vivid sensory details that will transport readers to your meticulously crafted universe. Every great story starts with a world, and with our program, you'll become a master of building one. Unleash the power of mapping, ignite your creativity, and let your imagination soar as you construct a world that will captivate and enthrall readers from the very first page. Join us on this transformative journey and watch as your stories come alive like never before! Please bring a laptop, tablet, or pen and notebook with you for each class.

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Wed, Mar 6-27 6:30-7:30 PM. M9942X
Wed, Apr 10-May 1 6:30-7:30 PM. MA042X

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: 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 Creative Arts Center

Tue, Apr 2-May 21 7:00-9:00 PM A7142X
No class 4/30 & 5/7

HEALTH & WELLNESS

Aligning the Body Chakras NEW

(adults)

Learn ways to align the seven in-body chakras by pairing them together to optimize their functionality. Participants will learn how pairing chakras 1 (crown) with chakra 5 (solar plexus), chakra 2 (third eye) with chakra 6 (sacral), chakra 3 (throat) with chakra 7 (root), and ultimately filtering all the chakras through the loving energy of chakra 4 (heart) creates healing, vitality and fuller integration.

Instructor: Grace Conte, M.A., Educator and certified Reiki Master

One Session $35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 18 6:00-7:30 PM A5542X

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 7 of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided. Please note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions $45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 21-Apr 11 7:00-8:00 PM Q0142X
Thu, Apr 18-May 9 7:00-8:00 PM Q0242X

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 $21.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Apr 23 6:00-7:30 PM. A1342X

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 6 steps to healthier digestion. You CAN improve chronic health conditions, prevent disease and age beautifully.

Presented by: Lisa Vento, CFHC

One Session $21.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 19 6:00-7:30 PM A1142X

Health Benefits of a Mental Spring Cleaning

(adults)

Does your life feel like a cluttered mess? From deep cleaning our living environment to creating a new wellness routine, there are many health benefits to be gained by physically and mentally "Spring Cleaning" our lives. In this workshop look at the health benefits of spring cleaning and discuss strategies to clear out our mental mess.

Instructor: Sean White, Meatitate LLC

One Session $44.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Apr 22 6:00-7:30 PM MC842A

Holistic Beauty Workshop: Hand & Nail Care

(adults)

Our hands do SO much for us! Let's show them some love! During this workshop, led by Kim Buono, you will learn some basics about essential oils, which support hand and nail health, and also learn how to make and take home a healing salve and a gentle sugar scrub. We will show some gratitude for our hands by doing a blessing of the hands and some easy hand yoga techniques. All recipes and supplies are included.

One Session $40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Apr 18 10:00-11:30 AM. A9642X

How to Calm the Nervous System NEW

(adults)

Participants will understand the importance of the vagal nerve, the longest nerve in the body beginning at the brain stem and branching off into the major organs. We'll also explore the use of brain and gut-enhancing foods and tools to thrive.

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

One Session $35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Apr 8 6:00-7:30 PM A5842X

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series Free

(adults)

Caring for a loved one with Alzheimers or other related dementias? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, pre-registration is required.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 9-Jun 11 7:00-8:00 PM. D1942A

Program meets 4/9, 5/14 & 6/11

Memory Cafe Free

(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, pre-registration is required.

Two Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 23-May 28 10:30 AM-12:00 PM . . PD044A

Program meets 4/23 & 5/28

Meditation Retreat

(adults)

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with Morning Meditation in the Visitor Center. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice Mindful Mealtime. We will finish our day with Chakra and Reiki meditations. Please pack a lunch/snacks and outer weather gear for walking.

One Session $75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, May 18 9:00 AM-3:00 PM Q0342X

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 Res Vis Ctr Program Room 1

Sat, Apr 6-May 4 9:00-10:30 AM Q2942X

No class 4/20

Redefining Age: What It Is & How We View It

(adults)

From the moment we are born we start growing older and it doesn't take long for many of us to have an opinion on aging. In this workshop, we talk about the different types of aging and what we can do to change our perceptions of it.

Instructor: Sean White, Meatitate LLC

One session $44.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Apr 8 6:00-7:30 PM MC742A

Senior Adventures for Visually Impaired NEW Free

(ages 55 and up)

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

Six Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 16-May 21 10:00 AM-12:00 PM . . PD054A

Spring Detoxification with Essential Oils NEW

(adults)

Our bodies deserve a "spring cleaning" to flush out toxins that have accumulated over time. Adding a detoxifying cleanse can help increase your energy flow and help with your overall well-being. In this class by Kim Buono, you'll discover which essential oils are most supportive for detoxification and learn how to make and take bath salts, body scrub and massage oil. You'll also learn a purifying breathing technique to enhance your experience. All recipes and supplies are provided.

One Session $40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Mar 21 10:00-11:30 AM A9842X

Summertime Wellness Prep with Essential Oils

(adults)

Join Kim Buono for a fun and educational event focused on crafting essential oil-infused products to support us during the summertime. At this hands-on workshop, you will make and take home an insect repellent spray, a minty cooling roll-on and an after-sun body butter. All supplies will be provided.

One Session $40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, May 16 10:00-11:30 AM A9742X

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose solidly based on long-existing Asian principles of Chi cultivation. This enjoyable, easy-to-learn evidence-based and unique practice is user-friendly for Western culture. The movements are active balance and circulate the vital life force energy. Regular practice can result in significant favorable effects on stress, body function, balance, ease of movement, mind clarity and general health.

Instructor: Dan Pienciak, 10+ year International Teacher Trainer

Beginner

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

Six Sessions $99.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Apr 5-May 17 11:30 AM-12:50 PM. . . . A3042X

No class 5/10

Mon, May 13-Jun 24 11:30 AM-12:50 PM. . A3142X

No class 5/27

Intermediate

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

Six Sessions $99.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Apr 5-May 17 10:00-11:20 AM A3242X

No class 5/10

Mon, May 13-Jun 24 10:00-11:20 AM A3342X

No class 5/27

Begin or Review

An introduction for beginners, as well as a general review for returning students.

Four Sessions $70.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 28-Apr 18 12:30-2:00 PM. A3442X

Manasquan Res Vis Ctr Program Room 1

Thu, Mar 7-28 6:15-7:45 PM A3542X

Thu, Apr 18-May 9 6:15-7:45 PM A3642X

Clayton Pk Act Ctr Classroom A

Wed, Apr 10-May 1 10:30 AM-12:00 PM . . A3742X

T'ai Chi Chih at Twilight

Class will be held outdoors. weather permitting

Four Sessions $70.00 Per Person

Manasquan Res Outdoor Area

Thu, May 23-Jun 13 6:00-7:30 PM A3842X

The 32 Chakras on the Spine

(adults)

This presentation will focus on the emotions relating to each of the 32 back chakras located on the spine. We will open each one and identify blocks to bring balance to your energy system. We will recirculate our heart energy throughout our chakra system and demonstrate a practice of trust by working with a partner.

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

One Session $35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, May 13 6:00-7:30 PM. A5742X

The Power of Pausing NEW

(adults)

Do you 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 with the use of calming tea and essential oils to cultivate restfulness. This class will help you learn stilling and sleep rituals.

Instructor: Grace Conte, M.A., Educator and certified Reiki Master

One Session $35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 12 7:00-8:30 PM A5642X

What Are You Hungry For?

(adults)

Do you struggle with constant cravings, especially for "feel-good" foods? Do you eat when you are bored, nervous, excited or sad? Do you habitually overeat? In this workshop, we'll talk about the physiological, mental and spiritual causes of emotional eating and learn seven steps to break the cycle.

Presenter: Lisa Vento, CFHC

One Session $21.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, May 7 6:00-7:30 PM A5342X

What is Reiki?

(adults)

This course will bring a deeper understanding of what Reiki is and its health benefits and will help you discern if Reiki training is right for you. Participants will receive clearing of stagnant energy, solid practices with the elements of Reiki, meditation on Reiki precepts, practical techniques, hands-on healing, use of mantras and symbols and a Reiju blessing and attuning of hands. Utilizing these Reiki tools will help discover a path to inner peace, harmony, balance and will also act as a catalyst of one's own personal development. This is a free program; however, pre-registration is required. Presenter: Grace Conte, M.A., Educator and certified Reiki Master

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Tue, Apr 16 6:00-7:30 PM. PA014A

Women's Wellness Detoxification Workshop

(adults)

Some lifestyle and dietary modifications may enhance your body's natural detoxification system. Join health coach and yoga teacher Kim Buono to learn how to create healthy habits around detoxification to improve your overall health. Sample a detoxifying elixir, learn about natural cleaning and body care as well as practice seated yoga poses and a breathing technique to support detoxification.

One Session $25.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Mar 21 1:00-2:15 PM A9942X

Women's Wellness Self-Love Workshop

(adults)

Take a step forward in choosing to love yourself. In this class led by Kim Buono, you'll learn ways to bring loving light into your life and build a healthy relationship with yourself. Practice self-love affirmations and a seated yoga sequence with essential oils to open your heart. You will also receive a few journaling prompts for your self-love journey.

One Session $25.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Apr 18 1:00-2:15 PM AA042X

Women's Wellness Workshop - Energize Your Body, Mind & Spirit

(adults)

Get inspired to start different health habits that help you relieve stress and energize your body, mind and spirit. We will explore ways to fuel your body completely by looking at healthy eating, sleeping and exercise habits. Everybody has their own way of energizing their mind, body and spirit. The best part about taking care of yourself is the process of finding what works for you. Led by Health Coach and Yoga teacher Kim Buono.

One Session $25.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, May 16 1:00-2:15 PM AA142X

HORTICULTURE

Amazing Plants to Feed the Bees

(adults)

Are you looking for ways to support the pollinators in your yard? This class is for you! We will teach you how to provide a healthy habitat to help pollinators thrive by selecting specific plants that foster both generalist and specialist bees. We will present some of our favorite North American native wildflowers and share their seeds with you.

One Session $20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 4 10:00-11:15 AM H1642X

Basket of Love and Kindness

(adults)

We are celebrating International Women's Day with a festive flower arrangement in a basket full of cheer and kindness. Join us and treat yourself or come and make a unique gift for that special woman in your life!

One Session $35.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 3 10:00-11:15 AM H1542X

Bonsai

(adults)

Bonsai is an art that has been studied and refined for centuries, but don't let that scare you off. With a little guidance, you're perfectly capable of growing your very own Bonsai trees without a mystical green thumb. Join the Bonsai Club at Deep Cut Gardens and hear them explain how to start growing Bonsai and introduce the three main techniques: cultivation, styling and care.

One Session $15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 2 10:00 AM-12:00 PM H3042A

Evening Garden Walk

(adults)

Take a relaxing evening walk with us. Soak up the beauty of nature as the sun retires over the horizon letting go of all worries and daily tasks.

One Session $10.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, May 3 5:15-6:45 PM H2242X
Fri, May 17 5:15-6:45 PM H2342X

Felted Garden on a Hoop NEW

(adults)

During our spring felting class we'll help you make your own garden themed art using natural fibers and materials. No prior experience necessary.

One Session $30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 18 10:00 AM-12:00 PM H0642X

Fitness Walks in the Garden

(adults)

Enjoy the natural beauty of Deep Cut Gardens Park while experiencing its gardens, forests and meadows. Become familiar with our native flora as you improve your health and explore the numerous walking trails. Each walk will be different and will cover between 2-3 miles. Dress for the weather, bring a water bottle, and be prepared for hilly (sometimes stairs) and uneven terrain.

One Session $15.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Mar 7 9:00-10:30 AM H0442X
Thu, Mar 21 9:00-10:30 AM H0542X
Thu, Apr 11 9:00-10:30 AM H1742X
Thu, Apr 25 9:00-10:30 AM H1842X
Thu, May 9 9:00-10:30 AM H1942X
Thu, May 23 9:00-10:30 AM H2042X

Five Plants Garden

(adults)

It is easy to get carried away when you are shopping for plants. All the wonderful colors of beautiful flowers and lush leaves look amazing and you want to bring them all home. We know! This year make life easier for yourself and skip the regret of overspending. Five Plants Garden is an easy, manageable design that is cost- and time-wise perfect for the small homeowner and doable within a weekend.

One Session $20.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Apr 19 4:00-5:15 PM H1442X

Native Plant Workshop & Exchange Free

Saturday, May 18 at Deep Cut Gardens

Attend a free native plant lecture and exchage native plants from your garden with others.

Native Plants Lecture

This lecture, from 9:15-10:15 AM in The Gardener's Cottage, discusses the beauty and utility of native plants. Space is limited. Call 732-671-6050 to register (required) and for additional information.

Plant Exchange

- **Drop-off from 8:00-10:00 AM in the Deep Cut parking lot. No registration required to participate in the exchange.**
- **Only plants native to the Mid-Atlantic Region of the United States will be accepted.**
- **Bring plants established in four-inch, one quart, or 1-2 gallon containers to exchange with like sizes. Label all plants.**
- **Houseplants may be exchanged (do not need to be native).**
- **Each participating household will receive one free native plant (while supplies last).**
- **Visit the Deep Cut Gardens website for list of acceptable species.**

Floral Arrangement Workshop

(adults)

Are you looking to get some hands-on experience in floral design? Here at Deep Cut Gardens, 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 guidance, or if you are starting your florist business - this is a great learning and practice opportunity for you. 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. We are happy to accommodate private parties and groups, just ask for our date availability. Each individual session has its own theme and will require separate registration. All the necessary tools and materials will be provided and your design is yours to keep.

One Session $55.00 Per Session

Deep Cut Gardens Horticultural Center

Women's Day Brunch

This colorful centerpiece is the perfect match to your brunch table as you celebrate women's many wonderful triumphs and current challenges.

Fri, Mar 8 11:00 AM-1:00 PM H0142X

"My Grandma's Farm" Easter Wreath

This bright Easter arrangement captures hope and regeneration with an overflow of vibrant and fresh spring florals. Will contain eggs, a symbol of birth.

Fri, Mar 29 2:00-4:00 PM H2742X

Hellebore Candle Ring

Blue-green eucalyptus and beautiful white hellebore flowers make a very elegant season decoration. The waxy petals of the hellebore flower echo the creamy white candles for an attractive purity look.

Fri, Apr 12 4:30-6:30 PM H2542X

Fresh Garden Rose Candle Ring Twins

Full-bloom roses have a romantic boho character perfect for that free-spirit angel in your life. Two rings - one for you and one to give.

Fri, May 10 4:30-6:30 PM H2642X

Flower Hour NEW

(adults)

Create a beautiful custom bouquet with seasonal stems, picks and embellishments. Come to learn, or come to play and relax. No experience is necessary.

One Session $23.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 27 4:30-5:30 PM H1042X
Wed, Apr 3 4:30-5:30 PM H1142X
Wed, Apr 17 4:30-5:30 PM H1242X

Grow New Plants, Meet New Friends NEW

(adults)

Everybody knows that the best way to get new additions to your plant collection is to get a stem or two from your friend, (neighbor, coworker) and root it yourself. The reward is exponential when you succeed is raising the gifted plant. This session will give you an opportunity to do just that: come and bring a plant to share and get something else in exchange. Don't know how to propagate? Rest assured, we will teach you.

One Session $16.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Mar 22 5:00-6:10 PM H0342X
Fri, Apr 26 5:00-6:10 PM H0942X

Grow Your Own Mushrooms

(adults)

Join us for a mushroom growing workshop. We will introduce you to the art of growing and cultivating mushrooms in your own garden. The demonstration will take place outside in our garden with an opportunity to get your hands in the action. Lastly, we will help you get a head start by making your own oyster mushroom growing kit to take home.

One Session $35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 6 1:30-3:00 PM H2142X

Heirloom Jeweled Wreath NEW

(adults)

Do you have costume jewelry, vintage brooches, or even heirloom charms just sitting in a drawer collecting dust? Do you love frequenting flea markets and estate sales to chance upon a jeweled bargain? Then this is the class for you! Time to gather your trinkets and treasures and join us in creating this one-of-a-kind wreath. Inspired by the recent trend of brooch bouquets, these bejeweled wreaths will forever be a displayed keepsake in your living rooms, dining rooms, or even as a timeless touch to your personal dressing rooms.

Mother's Day Gift DIY

Three Sessions $40.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Apr 24-May 8 5:00-6:30 PM. H2442A

Introduction to Composting

(adults)

Composting is a great way to produce a valuable soil enhancer for your garden and reduce the amount of garbage you send to the landfill. This class will cover the how and why we compost as well as demonstrate different methods.

One Session $15.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 14 10:30 AM-12:00 PM H2842X
Sun, Apr 21 10:30 AM-12:00 PM H2942X

Mother's Day Garden Arrangement NEW

(adults)

Let's make a lovely garden-style arrangement - ideal for Mother's Day - out of sustainable, organic and fresh flower stems. Come alone or bring a friend and experience the artistic vibes while surrounded by pretty flowers. The arrangement is yours to keep and/or to gift.

One Session $45.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 11 11:00 AM-12:30 PM H0242X

NATURE

Bird and Wildlife Boat Tour of the Manasquan Reservoir

(all ages, under 18 with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a park naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready as we will be stopping periodically along our ride if the opportunity for wildlife photography arises. Dress for the weather and bring binoculars.

One Session $11.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Fri, Apr 26 6:00-7:30 PM I0442X
Fri, May 24 6:00-7:30 PM I0542X

Celebrate the Spring Equinox NEW

(adults)

Put down the hot cocoa and kick off that cozy blanket! Winter is over and the spring equinox is here. Let's celebrate life and new beginnings as we design a nature themed plant pot and search for signs of spring on a guided nature walk of the beautiful new trail at Winter Run, complete with rolling meadows and an upland forest. Please wear sturdy footwear as the trail may be uneven/wet. Weather permitting; if weather is inclement, the walk may be replaced by an indoor lecture. Get excited to connect with nature and allow yourself to bloom!

One Session $26.00 Per Person

Manasquan River Greenway Winter Run

Wed, Mar 20 10:00 AM-12:30 PM. I3042X

Daylight Savings Stroll

(all ages)

Let's celebrate an extra hour of sunshine! Join a Park System Naturalist on a guided evening walk as we soak up the start of longer days and shorter nights.

One Session $9.00 Per Person

Holmdel Pk Forest Edge Shelter

Mon, Mar 11 5:30-6:30 PM IKM42X

Discover Freshwater Fishing at Freneau Woods Park

(adults)

The fish are biting! Do you want to get started with the fun of freshwater fishing? Our experienced Park System fishing staff will point you in the right direction. We'll fish the horse track pond at the Greenwood Ave entrance to Freneau Woods Park. Bring your own gear, or use ours. We'll practice casting bait and maybe lures with the hope to land "the big one." You never know what we might catch, but it is always fun. Dress for the weather, long pants recommended, don't forget to bring your sun screen and bug spray. Anyone age 16 and older must have a valid NJ freshwater fishing license. You can obtain one online at the NJDEP's website.

One Session $25.00 Per Person

Freneau Wds Pk Greenwood Rd Access Area

Wed, May 8 9:00-11:00 AM (approx) IM542X
Wed, May 22 9:00-11:00 AM (approx). . . . IM642X

Duke Farms Day Trip

(all ages, under 18 with adult)

Come for a ride as we make our way to Duke Farms. Choose your own adventure as there is so much to do. Explore up to 18 miles of walking trails, discover the Orchid Range, learn about local history, admire the serene lake system and even rent bikes. Bring your own lunch or feel free to utilize the café.

One Session $45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 9 9:00 AM-4:30 PM IK842X

Fish Hawk Frenzy

(adults)

Celebrate the return of the osprey, aka fish hawk, one of the iconic birds of the Bayshore, and a sure sign of spring and warmer weather to come. We will take a casual stroll along the beach at Bayshore Waterfront Park, Port Monmouth, as we search for this majestic raptor and other early returning migrants. A limited number of binoculars will be available to borrow for those who may need them. Please dress for the weather (layers) and wear closed-toe shoes (no flip-flops).
Meet in the main parking lot by the fishing pier.

One Session $9.00 Per Person

Bayshore Waterfront Pk

Wed, Mar 27 10:00-11:00 AM IKA42X

Fishing Thursdays in May

(adults)

Look who's caught a fish! Want to go saltwater fishing but don't know where to begin? Our experienced fishing staff gets you going at this hands-on 100% outdoor program. Bring your fishing gear, or use ours. If you have your own equipment, we'll help you evaluate its effectiveness. Our target species are striped bass, bluefish and fluke. Boots or waders are not necessary on our sandy bayside beach along Sandy Hook Bay. Participants 16 or older please sign up for the free NJ Saltwater Recreational Registry Program at https://www.nj.gov/dep/saltwaterregistry/.

One Session $25.00 Per Person

Bayshore Waterfront Pk

Thu, May 2 1:00-3:00 PM IM742X
Thu, May 9 8:00-10:00 AM IM842X
Thu, May 16 2:00-4:00 PM IM942X
Thu, May 23 8:00-10:00 AM IMA42X
Thu, May 30 12:00-2:00 PM IMB42X

Teacher Workshop: Climate Education in the Classroom

Friday, April 19, 9:00 AM-3:00 PM

Bayshore Waterfront Park

In 2020, New Jersey became the first in the country to adopt standards requiring climate change to be taught in public schools. The goal is to prepare students to understand how and why climate change happens and its impact on our local and global communities, and to act in informed and sustainable ways. One of the problems is that most educators have never studied climate change in high school or college. Even those who did, may need a refresher. This workshop is geared towards middle school and high school teachers to help reach these goals in your classroom. Educators will engage in hands-on activities that address the science of climate change in both local and global ways. The activities will have an interdisciplinary focus, highlighting that every area of study has a part to play in addressing climate change. Participants will also explore the climate change resources offered by the NJ Department of Education and other organizations.

Fee: $50.00 per person

Program # RJK14A

To register, please call Huber Woods Environmental Center at 732-872-7369.

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 nature's surroundings and atmosphere, and allowing all of our senses to indulge and discover the natural world around us has many proven benefits. A park naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover around half-a-mile. Inclement weather or muddy/icy trails will cancel the program.

One Session $10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Wed, Apr 24 6:30-7:30 PM (approx) IM342X
Wed, May 8 6:00-7:00 PM (approx) IM442X

Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session $15.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sun, Apr 21 10:00-11:30 AM. I2342X

Big Brook Pk Lower Pond Lot

Tue, Apr 30 10:00-11:30 AM I2442X

Manasquan River Greenway Outdoor Area

Sun, May 19 10:00-11:30 AM I2242X

Fungi Findings

(adults)

The world of fungi and mushrooms is endlessly fascinating but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

One Session $15.00 Per Person

Shark River Pk Shelter Bldg

Sat, Apr 13 10:00-11:30 AM I2542X

Freneau Wds Pk Vis Ctr Program Room 2

Sat, May 18 10:00-11:30 AM. I2642X

Spring Drop-In Nature Walks

Splendid Spring Strolls Free

(all ages, under 18 with adult)

What better time is there to get out on a trail than in spring? Say "farewell" to the frosty weather as you join a Park Naturalist on a peaceful trail walk. Trees are in blossom, birds are returning from migration, and there are tons of topics to discuss! Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

The following Thursdays from 10:00-11:30 AM:

March 7 at Huber Woods Env Ctr Courtyard
March 21 at Hartshorne Wds Rocky Point Parking Lot
April 4 at Big Brook Pk Lower Pond Parking Lot
April 18 at Clayton Pk Emley's Hill Rd Parking Lot
May 2 at Freneau Woods Pk Vis Ctr Parking Area
May 16 at Manasquan Res Env Ctr Parking Lot

Casual Birder Free

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain or snow so please come dressed for the weather with appropriate footwear.

The following Tuesdays at 9:00 AM:

March 5 at Crosswicks Creek Pk Province Line Rd Parking Lot
March 26 at Big Brook Pk Pond Parking Lot
April 23 at Holmdel Pk Shelter Bldg
May 7 at Manasquan Res Vis Ctr Parking Lot
May 14 at Thompson Pk Marlu Lake Parking Lot

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 $10.00 Per Person

Freneau Wds Pk Greenwood Rd Access Area

Tue, Mar 19 10:00-11:30 AM (approx). . . . IME42X

Manasquan River Greenway Winter Run Barn

Tue, Apr 16 10:00-11:30 AM (approx) IMF42X

Tatum Pk Holland Act Ctr Parking Area

Tue, May 21 10:00-11:30 AM (approx) . . . IMG42X

Half Day Hike and Paddle

(adults)

This fun, challenging, and educational half day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear for both hiking and kayaking.

One Session $55.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Tue, May 28 11:00 AM-3:00 PM IK142X

Hidden Stories of Nature NEW

(adults)

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees and out of place mounds, to mysterious bare patches in the woods. During this hike we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of nature that often go unnoticed and hidden.

One Session $15.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sat, Mar 23 10:00-11:30 AM I3142X

Invasive Species Walk and Workshop

(adults)

In an ever-changing world, invasive plant species are becoming a growing problem. Enjoy a slow-paced hike though fields and forest learning how to identify and eradicate invasive plants along the way.

One Session $15.00 Per Person

Manasquan River Greenway Outdoor Area

Sun, Mar 24 11:00 AM-12:30 PM I3242X
Tue, May 21 11:00 AM-12:30 PM I3342X

MANASQUAN RESERVOIR PHOTOGRAPHY CONTEST

Calling all photographers! Don't miss your opportunity to enter your photos in our 2025 exhibition. Each photographer may enter one photo per category per season.
All photographs must be taken at Manasquan Reservoir.

Entry Deadlines
Winter: March 24, 2024 • Spring: June 23, 2024 •
Summer: September 22, 2024 • Fall: December 1, 2024

Exhibition Dates: February 1-28, 2025

Theme: All the Small Things

Divisions: Youth or Adult

Categories: General & Wildlife

Entry Fee: $5.00 per photo for Adult Division; submissions free for Youth division

Rules and entry form available on the Manasquan Reservoir Environmental Center page of our website.

Low-Tide Beach Walk NEW

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones, fossils, and finding odd man-made objects cast up onto the shore. Join a Park System Naturalist for a fun and educational beach walk on the stunning shorelines of Sandy Hook Bay during low tide. You will be guided through a hands-on exploration of the intertidal zone, where you will discover the incredible diversity of marine life that calls our local tidal waters home. Along the way, we will enjoy the long views of New York City to view wildlife and bird watching. You will be sure to leave you with a newfound appreciation for the beauty of our local marine environment. Please wear shoes that can get muddy. The program will be canceled due to inclement weather including high winds.

One Session $10.00 Per Person

Bayshore Waterfront Pk

Sat, Mar 23 2:00-3:00 PM IKY42X
Sun, Apr 7 1:00-2:00 PM IKZ42X

Native Wildflower Gardening NEW

(all ages, under 18 with adult)

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species no matter what your yard conditions are at home.

One Session $10.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sun, May 19 2:00-3:30 PM IK542X
Thu, May 30 5:30-7:00 PM IK642X

Phonetic Frogs

(ages 14 and up, under 18 with adult)

Did you know there are over a dozen different species of frogs and toads that call New Jersey home? Many of these species begin calling during the spring months and generate a symphony of sound throughout the forest. During this session we will delve into the life cycle of New Jersey's native frog species, take an evening walk through the forest to figure out who's calling from high above to down below, and learn the various ways in which we can help to conserve these remarkable creatures. Please bring a flashlight or headlamp to help you light the way.

One Session $10.00 Per Person

Manasquan Res Env Ctr Parking Lot

Thu, May 16 7:00-8:15 PM IKN42X

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. Program will run rain or shine.

Instructor: Dr. Randall Chalnick, D.C.

One Session $25.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, May 5 10:00 AM-1:00 PM I0142X
Sat, May 11 10:00 AM-1:00 PM I0242X

Spring Birding Expeditions

(adults)

Explore some of New Jersey's most scenic habitats in search of interesting and unusual birds. "Target" species include colorful warblers, orioles, tanagers, and shorebirds among many others. On some spring day-long excursions we sometimes tally more than 100 species. Participants should bring binoculars and lunch. Transportation via mini bus. Hiking lengths and terrain vary by destination. Participants should be ready to walk 2-8 miles on varied terrain.

One Session $54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 6 7:00 AM-4:00 PM I0342A

Spring into Action! NEW

(adults)

Let's achieve our step goals as we tackle our staff's favorite nature trails. Bring water and sturdy footwear; trails may be slippery/uneven. We will walk at a brisk yet comfortable pace. Your naturalist will keep their eyes open and stop for any interesting finds. Let's get stepping!

One Session $12.00 Per Person

Turkey Swamp Pk Outdoor Area

Fri, Mar 15 8:00-9:30 AM I0842X

Manasquan Res Env Ctr Parking Lot

Fri, Apr 19 8:00-9:30 AM I0942X

Freneau Wds Pk Vis Ctr Parking Area

Fri, May 17 8:00-9:30 AM I1042X

Spring Migration at the Hook!

(adults)

Sandy Hook is one of the premier birding destinations in NJ. Join us at the "hook" during the exciting spring season, when birds are in full song, and sporting their glorious breeding plumage. We will scour the woods, shoreline, and beach for migrant warblers, shorebirds, raptors, and hopefully a surprise or two. Please dress for the weather (layers), and wear sturdy footwear, as we will likely be walking several miles. A limited number of binoculars will be available to borrow for those who may need them.

One Session $10.00 Per Person

Sandy Hook B Lot

Wed, Apr 24 9:00-10:00 AM IKF42X
Tue, May 7 9:00-10:00 AM IKG42X

Spring Wildflower Hike

(adults)

In the spring as the sunlight warms the forest floor, wildflowers emerge. This is a perfect time to search for these delicate plants. Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Bring a camera! Leave the flowers! Program length is approximate.

One Session $12.50 Per Person

Clayton Pk Emley's Hill Lot

Sun, Apr 21 10:00-11:30 AM. IK942X

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 $42.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Mon, May 20 6:15-8:15 PM. IK442X

Drop-in Local Nature Lecture Series Free

(adults)

Join us for a series of eye-opening talks by Park System Naturalists and guests to discover what's lurking in or near the woods and waters of Monmouth County. The presentations are designed to inform the public of current issues, history, ecology and science research, and to inspire appreciation for the natural world.

Spring Peepers of Monmouth County

Wednesday, March 20, 7:00-8:00 PM

Freneau Woods Park Visitor Center

The spring peeper is a small frog with a loud voice that can often be heard in the spring as they seek a mate. The frogs are known to rally together and burst out into a chorus of peeps, hence the name. Join us as we discover more about these curious and cute amphibians of the forests including some fun facts and threats to their long-term survival.

Dogfish are Sharks!

Thursday, April 18, 7:00-8:00 PM

Bayshore Waterfront Park Activity Center

Don't let these smaller sharks fool you. Dogfish might not be as intimidating as some of their larger cousins, but they are incredibly interesting creatures. Discover everything you wanted to know about the most common sharks to be found in coastal waters in Monmouth County. Join a park naturalist as we get to know our dog sharks!

Horseshoe Crabs Trying to Survive in a Modern World

Wednesday, May 22, 7:00-8:00 PM

Bayshore Waterfront Pk Activity Center

Horseshoe crabs are vital to the ecology of local tidal waters in Monmouth County. Every year, during the full and new moons in May and June, many horseshoe crabs crawl onto beaches to spawn and create the next generation, as they have for at least 350 million years. But today there are many threats to the survival of these ancient seafarers. Join us as we discover why the population of horseshoe crabs is declining and what people are doing to protect these ancient mariners.

Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanical garden of Rutgers University. Come join us as we go on a guided tour of the grounds, then enjoy a nice picnic in one of their many beautiful display gardens. Please bring your own lunch, light refreshments provided.

One Session $48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 23 9:00 AM-3:00 PM IK742X

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 through the park 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 $16.00 Per Person

Huber Wds Pk EC Parking Lot

Sun, May 19 10:00-11:30 AM IMD42X

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 $16.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Apr 21 1:00-2:30 PM (approx) IK342X

OUTDOOR ADVENTURES

ARCHERY

Early Bird Archers

(adults)

Start your morning early with some target practice. This smaller sized archery class will have you learning archery before the day gets too busy. Please dress for the weather as the Activity Barn is not heated or air-conditioned. All equipment is provided.

One Session $22.00 Per Person

Thompson Pk Activity Barn

Wed, May 1 7:30-9:00 AM W6642X

Take A Shot: Archery Intro Series

(adults)

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

Four Sessions $80.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 28- Apr 18 7:00-9:00 PM W4042X

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 $26.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 7 7:00-9:00 PM W6342X
Tue, Apr 9 7:00-9:00 PM W6442X
Wed, May 15 7:00-9:00 PM. W6542X

BICYCLING

Celebrate Bike Month NEW

(adults)

Make new friends and explore new horizons during this informal club-like series that takes riders throughout Monmouth County. The rides are on paved and/or gravel trails. Your Park System leaders guide you in safe riding and maintenance practices. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet) and should bring a water bottle and snack. Participants are responsible for providing and transporting their hybrid, commuter-style or mountain bike in good working order to meeting locations.

Rating: Easy/moderate, moderate pace, trails, cinder, dirt, paved. Miles: 8-15

Three Sessions $72.00 Per Person

4/29 - Thompson Park (approx. 8 miles)

5/6 - Edgar Felix Bike Path: Allaire State Pk to Wall Municipal Complex (approx. 11 miles)

5/13 - Sandy Hook Gateway Natl Rec Area (approx. 15 miles)

Mon, Apr 29-May 13 9:30 AM-12:00 PM . .W5942X

Delaware & Raritan Canal Biking NEW

(adults)

Get back in the saddle as we peddle the canal towpaths of the NJ/PA D&R canals. Our ride takes us south from Bulls Island Recreation Area, where we will cross the bridge at Lambertville over the Delaware River into Pennsylvania for our ride back. All participants must provide their own hybrid/mountain bike in good working condition and wear a safety helmet that meets the Consumers Product Safety Commission (CPSC) standards (label in helmet).

Rating: Easy, mostly flat, with some narrow single-track trail. Miles: 14

One Session $82.00 Per Person

Thompson Pk 3 Barns Parking Lot

Mon, May 20 8:30 AM-4:30 PM (approx) . .W9034X

HIKING

"After Work" Board Walks NEW

(adults)

Enjoy those precious moments after work with a brisk and motivating walk alongside our local beaches. Take this chance to lift your spirits, de-stress after a busy day, and meet like-minded people. Each week, we will meet at a different Monmouth County boardwalk. Wear sturdy shoes, and dress appropriately for the weather (rain/wind jacket and water in a day pack suggested).

Three Sessions $36.00 Per Person

5/2 - Spring Lake South End Pavilion

5/9 - Asbury Park/Ocean Grove Boardwalk Pavilion

5/16 - Long Branch Pier Village

Thu, May 2-16 6:00-7:45 PM W2742X

"Become a Citizen Scientist" with iNaturalist NEW

(adults)

Hike in our new park, the Manasquan River Greenway at Winter Run Farm, and learn how to use the iNaturalist App on your Smartphone. Before arriving, you will receive directions on how to download the App. Then meet at the park and we will hike and stop for lessons on how to add our observations to the growing data base of information on iNaturalist that is utilized by researchers all over the world to study flora and fauna patterns. Be sure to pack your fully charged Smartphone, a day pack with lunch or snacks and water. Hiking shoes or boots are required.

Rating: Moderate, rolling, muddy, grassy trails. Miles: 3-5 depending on conditions.

Instructor: Lois Lyons

One Session $30.00 Per Person

Manasquan River Greenway Winter Run

Thu, Apr 18 10:00 AM-1:00 PM (approx) . .W2642X

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 daypack with a water bottle, rain jacket, and wear sturdy hiking shoes. These hikes 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

4/3 - Thompson Pk Estate Lot

4/10 - Holmdel Pk Lake Lot

4/17 - Huber Woods Pk Env Ctr Lot

4/24 - Hartshorne Woods Pk Rocky Point Lot

Wed, Apr 3-24 5:30-7:15 PM W5342X

Black Mountain and Silvermine Lake Hike

(adults)

Hike the Appalachian Trail to scenic views from atop Black Mountain and along Silvermine Lake.

Please Note: Hiking boots are required.

Rating: moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale

One Session $68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 23 6:30 AM-3:00 PM (approx) . . .W4642X

Buttermilk Falls, Crater Lake & Hemlock Pond Hike NEW

(adults)

Steeply climb up the Buttermilk Falls (highest falls in NJ) trail to a section of the Appalachian trail, scenic Crater Lake, and Hemlock Pond.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents, and descents, rocky terrain. Miles: 7

Instructor: Andrew Imperiale

One Session $85.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 20 6:00 AM-4:30 PM (approx) . . .W4842X

Cliff Park Trail in Pennsylvania

(adults)

Celebrate Mother's Day with a wildflower hike along cliffs overlooking the Delaware River. Enjoy incredible views of the river, farmland, Minisink Island (one of the largest islands in the Delaware River), NJ's Kittatinny Mountains, and two waterfalls. This hike is sure to please both novice and veteran hikers. Cameras, boots and readiness for a full day on the trail are required.

One Session $66.00 Per Person $60.00 Additional Person

Thompson Pk Estate Grounds Parking Lot

Sun, May 12 7:30 AM-5:30 PM (approx) . .W4442X

Early Riser Hikes

(adults)

Get your blood pumping early exploring the hiking trails at Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small day-pack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

Eleven Sessions $121.00 Per Person

3/16, 3/23, 3/30 - Huber Wds Env Ctr Lot
4/6, 4/13, 4/20, 4/27 - Hartshorne Wds Claypit Creek Lot
5/4, 5/11, 5/18 - Hartshorne Wds Rocky Point Lot
5/25 - Henry Hudson Trail Popamora Point

Sat, Mar 16-May 25 7:00-9:00 AM W1342X

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.

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 on 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 $92.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Brinks Shelter - Culvers Gap – 6 miles

Sun, Mar 17 7:00 AM-5:30 PM (approx). . .W5642X

Culvers Gap - Mashipacong Shelter – 9 miles

Sun, Apr 14 7:00 AM-5:30 PM (approx) . . .W5742X

Mashipacong Shelter - High Point – 7 miles

Sun, May 12 7:00 AM-5:30 PM (approx) . .W5842X

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

3/18 - Thompson Pk Estate Lot
3/25 - Holmdel Pk Ramanessin Lot
4/1 - Tatum Pk Holland Act Ctr Lot
4/8 - Huber Wds Env Ctr Lot
4/15 - Hartshorne Wds Rocky Point Lot

Mon, Mar 18-Apr 15 5:30-7:15 PM W0542X

4/22 - Thompson Pk 3 Barns Lot
4/29 - Holmdel Pk Forest Edge Lot
5/6 - Tatum Pk Red Hill Act Ctr Lot
5/13 - Huber Wds South Lot
5/20 - Hartshorne Wds Rocky Point Lot

Mon, Apr 22-May 20 5:30-7:15 PM. W0642X

NJ National Wildlife Refuge Hike

(adults)

The Edwin B. Forsythe National Wildlife Refuge protects more than 48,000 acres of southern New Jersey coastal habitat. It is one of the Atlantic Flyway's most active flight paths, making it an essential link in seasonal bird migration. We will hike the scenic trails that pass through coastal wetlands, freshwater ponds, early successional fields, and woodlands while keeping an eye out for spectacular concentrations of migratory water birds. Please bring your camera and hiking boots; we are going on an adventure! The Park System provides leaders and transportation.

Rating: Moderate, trails will include sand, dirt, roots, views, boardwalks, and pavement. Miles: 4-5

One Session $48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 8 6:30 AM-2:30 PM W7142X

Popolopen Torne/Gorge Hike NEW

(adults)

This hike within Bear Mountain State Park climbs to the summit of Popolopen Torne with panoramic views and runs along the scenic Popolopen Gorge.

Please Note: Hiking boots are required.

Rating: strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale

One Session $68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, May 7 6:00 AM-3:00 PM (approx) . . .W4942X

Ricketts Glen State Park Hike NEW

(adults)

Hike the Falls Trail to explore the Glens Natural Area, a National Natural Landmark that boasts a series of wild, free-flowing waterfalls.

Please Note: Hiking boots are required.

Rating: Strenuous, moderate pace, steep ascents and descents, rocky trails, possibly slippery trails. Miles: 7.5

Instructor: Andrew Imperiale

One Session $91.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Apr 23 6:00 AM-5:30 PM (approx) . . .W5142X

Schunemunk Mountain Hike

(adults)

Enjoy the summit of Schunemunk Mountain in the West Hudson area of NY. This challenging hike climbs about 1,500 feet to a ridge composed of unusual conglomerate rock with many viewpoints from open rock ledges dotted with pitch pine trees.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 8

One Session $78.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 11 6:00 AM-4:30 PM (approx) . . .W5042X

Southern Norvin Green State Forest

(adults)

Enjoy this hike as it passes an attractive waterfall and climbs to Carris Hill, with a broad panorama to the east over the Wanaque Reservoir.

Please Note: Hiking boots are required.

Rating: Moderate to strenuous, moderate pace, steep ascents, rocky terrain. Miles: 4.5

One Session $67.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Mar 12 6:30 AM-2:30 PM (approx) . . .W4542X

Spring Walking/Hiking Series

(adults)

Interacting with nature can improve attention and memory by up to 20%! Be inspired to get out and learn about your beautiful county parks with this hiking mini-series. We'll explore the trails of different parks each week with an easy paced hike. Over the course of 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.

Miles: 2.5-4

Six Sessions $81.00 Per Person

4/12 - Thompson Pk Estate Lot

4/19 - Holmdel Pk Lake Lot

4/26 - Shark River Pk Schoolhouse Rd Lot

5/3 - Huber Wds Env Ctr Lot

5/10 - Clayton Park Emley's Hill Rd Lot

5/17 - Hartshorne Wds Rocky Point Lot

Fri, Apr 12-May 17 10:00 AM-12:00 PM . . .W5542X

Sterling Forest Lake Hike

(adults)

Sterling Forest State Park comprises 21,935.08 acres of nearly pristine natural refuge amidst one of the nation's most densely populated areas, a remarkable piece of woodland, a watershed for millions, and a tremendous outdoor recreation area. Our hike will circumnavigate Sterling Lake, passing the ruins of the Sterling Furnace, built in 1770. Snowshoes will be provided if needed; trekking poles and microspikes are suggested.

Please Note: Hiking boots are required.

Rating: Moderate, moderate pace, ascents and descents, rocky terrain. Miles: 4-5.5

One Session $60.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Mar 2 7:00 AM-4:00 PM (approx) W1142X

The Timp & Bald Mountain Hike

(adults)

Steeply climb 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.

Pleaes 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, Apr 6 6:00 AM-3:00 PM (approx) W4742X

Thursdays on the Trails NEW

(adults)

Looking to get moving and walking the neighborhood is not quite your style? Head to the trails on this easy to moderate paced hiking program. Learn about your county parks as we visit a different park each week. Please come prepared with a small daypack with water and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested. This program will run in light rain.

Rating: Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5

Instructor: Andrew Imperiale

Six Sessions $81.00 Per Person

3/7 - Thompson Park 3 Barns Lot

3/14 - Holmdel Park Ramanessin Lot

3/21 - Huber Woods Env Ctr Lot

3/28 - Shark River Schoolhouse Rd Lot

4/4 - Clayton Park Emley's Hill Rd Lot

4/11 - Hartshorne Woods Rocky Point Lot

Thu, Mar 7-Apr 11 9:00-11:00 AM W5442X

Turkey Swamp Night Hike & S'mores NEW

(adults)

Feel the exhilaration of a cool evening hike under the light of the waning Worm Moon. We will retire to the warmth of a fire in the park's shelter building to enjoy music, s'mores, and hot cocoa/tea. Please dress for the weather; a headlamp/flashlight and boots are recommended.

Rating: Easy; some seasonal trail conditions could be challenging: ice, snow, and mud. Miles: Approx. 2.5+

One Session $27.00 Per Person

Turkey Swamp Pk Shelter Bldg

Fri, Mar 8 6:00-8:30 PM W1242X

Weekday Travel Hikes NEW

(adults)

Travel each month to a new and different out-of-county park, where we enjoy the solitude of a weekday hike. Be sure to dress in non-cotton layers and carry a day back large enough for clothes you may shed while warming up. Be sure to pack your lunch, extra layers, and water. Trekking poles are highly encouraged and hiking boots are required.

Rating: moderate, hills, views, rocky trails, icy, muddy. Miles: 4-6 pending trail conditions.

One Session $58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Rutgers Gardens, NJ

Tue, Apr 2 8:30 AM-2:30 PM (approx) W0742X

Hemlock Falls, NJ

Tue, Apr 16 8:30 AM-3:30 PM (approx) . . .W1042X

Cushetunk Mt Preserve, NJ

Tue, Apr 30 8:30 AM-4:00 PM (approx) . . .W0842X

Musconetcong Preserve, NJ

Tue, May 14 8:30 AM-4:30 PM (approx). . .W0942X

LADIES ONLY

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

3/20 - Thompson Park Estate Lot
3/27 - Holmdel Pk Lake
4/3 - Turkey Swamp Pk Campground Office Lot
4/10 - Huber Wds Env Ctr Lot
4/17 - Shark River Shelter Bldg Parking Lot
4/24 - Clayton Park Emley's Hill Rd Lot
5/1 - Tatum Park Red Hill Act Ctr Parking Area
5/8 - Perrineville Pk Witches Hollow Rd Lot
5/15 - Hartshorne Wds Rocky Point Lot
5/22 - Seven Presidents Pk Pavilion Lot

Wed, Mar 20-May 22 9:30-11:30 AM. W8834X
Wed, Mar 20-May 22 12:00-2:00 PM. W8934X

Try Backpacking Ladies!

(adults)

Give it a try with this entry level overnight hike! Backpacking is hiking with all your necessary gear on your back. We supply the equipment (or use your own), you supply the positive attitude and your food. During our pre-trip meeting we will discuss clothing, meal planning and gear. We will help prepare you with your (or our) gear for this one-night backpacking trip: backpack, tent, sleeping bag/pad, and stove/cook kit can be provided. We will stay local, hiking to our camping destination on Friday evening, spending the night in the woods, and hiking out by 11:00 AM on Saturday, leaving plenty of time for all of your other weekend plans.

Please Note: A mandatory pre-trip meeting will take place on April 3 from 5:30-7:30 PM at the Thompson Park Activity Barn.

$85.00 Per Person

Turkey Swamp Pk

Fri-Sat, Apr 12-13 3:00 PM-11:00 AM W5242X

LADIES AUTUMN OVERNIGHT ADVENTURES

Save the date for these exciting adventures!

September 27-29:
Autumnal Escape: Ladies Weekend Hike

October 25-27:
Hiking & Hosteling

Women, Waterfalls & Wildflowers Weekend NEW

(adults)

Join us in the "WWWW Adventure" as we head to North Jersey to NJSOC in Stokes State Forest. Here we will discover wildflowers along our hikes, get spectacular views from a fire tower, and even learn how to shoot a recurve bow. Our evenings will be spent in heated cabins with bunkbeds (restroom short distance away). The fee includes two dinners, two breakfasts, transportation, and Park System leaders.

Please Note: A mandatory pre-trip meeting will be held on Tuesday, April 16 from 5:30-7:30 PM at the Thompson Park Ski Hut.

Rating: Moderate, rocky trails, muddy, ascent/descent, views, stream crossings. Miles: 4-8

$430.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, May 3-5 11:30 AM-4:30 PM W0442X

ON THE WATER

Local Paddles NEW

(adults)

Have you ever wanted to try the sport of canoeing? Now's your chance! Join us in a relaxed club experience to learn or refresh basic paddling skills while enjoying the beauty of our local waterways. Canoeing is great exercise and a perfect way to socialize and meet new friends. Leaders and all equipment provided.

One Session $26.00 Per Person

Deal Lake Steiner Place Parking Lot

Tue, May 7 10:00 AM-12:00 PM W4242X

Swimming River Pk Parking Lot

Tue, May 21 10:00 AM-12:00 PM W4342X

Sunset Canoe Paddle

(adults)

Experience a new adventure under the stars as you meet like-minded, adventurous people. Join us for this open water canoe paddle where we might see or hear wildlife and, with any luck, our moon shadow. Park leaders and all equipment provided. Please bring a headlamp or flashlight. Paddlers ages 14 and up are welcome but must be accompanied by a paying adult.

One Session $37.00 Per Person

Manasquan Res West Dock

Tue, Apr 23 6:00-8:30 PM. W3242X

Swimming River Park Parking Lot

Thu, May 23 6:00-8:30 PM W3342X

Whitewater Challengers NEW

(adults)

Are you up for a good old fashion adventure? Whitewater rafting is the perfect combination of outdoor adventure and whitewater action, all nestled in the pristine surroundings of the Lehigh Gorge State Park. You'll get to explore miles of spectacular wilderness scenery, and dozens of fun-filled rapids like Initiation, Staircase, Triple Drop, Mile-Long, Tannery, Swimmer's and Z-Rapids! Bring a friend and make new ones. Wetsuits, lunch and transportation via the Monmouth County Parks mini bus will be provided.

One Session $225.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 25 6:30 AM-5:30 PM W2942X

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. Both new and past participants are welcome as each experience is new with new scene partners and scripts.

Film

We will explore basic film acting technique such as inner monologue, acting through your eyes and listening to our partners. There will be filming in class. Please bring a thumb drive to class to save your work.

Six Sessions $120.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 25-Apr 29 7:00-8:30 PM QA134X

Celtic Folklore Spoken Word Event

Free

(all ages, under 18 with adult)

Join us for an afternoon celebrating timeless, Celtic tales. W.B. Yeats, Seamus Heaney, Lady Gregory, and Eavan Boland are some of the poets whose works will be recited by performance readers. These works delve into the rich tapestry of Celtic myths, legends and folklore. Registration is suggested, but not required. Light refreshments will be served following the performance.

Thompson Pk Vis Ctr Beech Room

Sunday, March 17, 3:00-6:00 PM

Program #PA024A

Open Mic Poetry

Free

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

National Poetry Month

Thompson Pk Vis Ctr Walnut Room

Wed, Apr 24 7:00-8:30 PM PE054A

Haiku & Limerick

Thompson Pk Theater Barn

Sun, May 19 3:00-4:30 PM PE064A

Auditions for "A Tribute to All Things Broadway"

Saturday, June 1, 4:00-6:00 PM

Dorbrook Recreation Area Visitor Center

Calling all performers!

The Monmouth County Park System is hosting one afternoon and one evening of Broadway Showtunes on September 14, 2024.

Ages: 10 through adults

Acts include songs, scenes and dances from Broadway musicals.

All participants must bring their own music, lyrics and/or scene lines for their audition piece. The pieces, scenes and dance numbers must be from a musical.

Questions?

Contact Rachel Cohen at 732-542-1642, ext. 29, or rachel.cohen@co.monmouth.nj.us.

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 Miss Marcy. Learn a complete routine in the 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions $125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 26-Jun 4 2:00-2:45 PM A5042X
No class 4/2

Tue, Mar 26-Jun 4 6:15-7:00 PM A6442X
No class 4/2

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, Mar 26-Jun 4 3:00-3:45 PM A5142X
No class 4/2

> *"Michelle was a patient, encouraging instructor who made me look 'forward' to Tuesday evenings!"*

Beginner Dance Lesson & Social Dancing Party NEW

(adults)

Learn the foundational basics of a different social dancing style and practice your steps alongside other dancers at this beginner-friendly offering! If you've considered signing up for our seasonal beginner social dancing workshops, this is a fantastic way to test the waters and leave this event knowing dance steps beyond the traditional sway! We'll cover the basic steps of one dancing style per event, allowing ample time to practice your steps with instructor assistance as needed while enjoying your time together on the dance floor. This event will be catered to the absolute beginner dancer and no prior experience is required. Dancers must register and participate with a partner, i.e. any two individuals who wish to learn together. Participants are encouraged to wear comfortable, closed-toe shoes that you can easily move in and to bring light snacks and soft drinks to enjoy.

Instructed by: Sing and Sway

One Session $60.00 Per Couple

Tatum Pk Red Hill Act Ctr

Learn the Waltz

Fri, May 3 6:00-7:45 PM AA242X

Learn the Salsa

Fri, May 31 6:00-7:45 PM AA342X

Beginner Social Dancing NEW

(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 8-week beginner workshop is designed with you in mind! We will learn and practice basic steps during our initial 4 classes, followed by an integration period to practice at home. During the final 4 classes, we'll 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 2 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

Eight Sessions $272.00 Per Couple

Tatum Pk Red Hill Act Ctr

Waltz & Foxtrot

Wed, Feb 28-May 15 6:30-7:30 PM A8641X
No class 3/27, 4/3, 4/10 & 4/17

Bachata & Salsa

Wed, Feb 28-May 15 7:40-8:40 PM A8741X
No class 3/27, 4/3, 4/10 & 4/17

Halfway to Halloween: Channel Your Inner Zombie NEW

(adults)

It's halfway to Halloween and we're breaking down some of the dance moves to an iconic zombie dance! Prior experience in dance, coordination, memorization and/or athletics is helpful but not required. This beginner-friendly class will include a warmup, followed by a step-by-step breakdown of dance moves, with the goal of performing a routine together at the end of class. Zombie costumes are optional and encouraged, but please be sure to wear supportive shoes and clothing you can comfortably move in. Please email any questions to singandswayllc@gmail.com.

Instructed by: Sing and Sway

One Session $40.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 27 1:30-3:30 PM A9242X

Square Dancing - Level 3

(adults)

Find out why so many people have so much fun being "squares". Participants must have taken Square Dancing Level 2 or had prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions $50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Mar 26-Jun 11 7:00-9:00 PM. A8142A

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.

Eight Sessions $168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 1-May 20 7:00-7:55 PM MBC42X

Music and Piano

(adults)

Unlock the timeless joy of music with our Music and PiaNo class, designed for adult learners of all backgrounds. Whether starting from scratch or reigniting a past passion, our experienced instructor will guide you through the journey of reading music, playing for pleasure, enhancing memory, and fostering creativity. Our class size is intentionally kept intimate to ensure you receive the focused attention you need. Each learner will need a keyboard with a minimum of four octaves and a workbook that can be ordered at the first class. Ready to dive into the notes and let your musical story unfold? Join us and let the melodies begin!

Eight Sessions $140.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Part 1 - Beginner

Tue, Apr 30-Jun 18 4:00-5:00 PM MBT42A
Tue, Apr 30-Jun 18 5:15-6:15 PM MBU42A
Wed, May 1-Jun 19 5:00-6:00 PM. MBV42A

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, May 1-Jun 19 6:15-7:15 PM. MBW42A

You, Me & Karaoke NEW

(ages 6-12, with adult)

Sing your heart out at our themed pop-up Karaoke events! Our emcee will take requests from participants to sing together before we open it up to second songs and group singalongs to popular songs within our theme. Dancing and singing along will be highly encouraged! Please bring a snack and non-alcoholic refreshments to enjoy.

Hosted by: Sing and Sway

One Session $44.00 Per Pair

Tatum Pk Red Hill Act Ctr

Family & Kids Sing-a-Long

Sat, Mar 9 2:30-4:30 PM A8942X

Across the Decades

Sat, Apr 13 2:30-4:30 PM A9042X

Mommy and/or Grandma, Me & Karaoke

Sat, May 11 2:30-4:30 PM A9142X

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

Tue, Apr 9-30 5:30-6:30 PM XB742X

Thu, Apr 11-May 2 5:30-6:30 PM XB942X

Three Sessions $45.00 Per Person

Thu, May 9-30 5:30-6:30 PM XBE42X

No class 5/23

Tue, May 14-28 5:30-6:30 PM XBC42X

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. Bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions $150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Mar 28-May 30 1:00-2:00 PM XAW42X

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!

Fort Monmouth Rec Ctr Group Fitness Room

Fourteen Sessions $196.00 Per Person

Instructor: Jodi Kondracki

Fri, Mar 8-Jun 14 11:30 AM-12:30 PM MB342X

No class 3/29

Twelve Sessions $168.00 Per Person

Instructor: Kim Cugini

Tue, Apr 2-Jun 18 11:30 AM-12:30 PM . . .MB442X

Wed, Apr 3-Jun 19 5:30-6:30 PM MB542X

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

Mon, Apr 8-May 13 6:10-7:05 PM XBY42X

Eight Sessions $104.00 Per Person

Fri, Mar 29-May 17 5:30-6:25 PM XC042X

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 gentler than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Instructor: Eryka Andrex

Four Sessions $52.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 13-May 4 10:15-11:10 AM. XC542X

Thu, May 2-23 5:10-6:05 PM XCH42X

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! Dress comfortably and be prepared to dance barefoot or in socks or dance shoes.

Instructor: Eryka Andrex

Eleven Sessions $189.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Apr 16-Jun 25 7:25-8:55 PM XCD42X

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

Three Sessions $30.00 Per Person

Tue, May 14-28 6:30-7:00 PM XBD42X

Four Sessions $40.00 Per Person

Tue, Apr 9-30 6:30-7:00 PM XB842X

Foundation Training Introductory Workshop

(adults)

Move well to feel well, the way your body was originally designed to do! Correct your unwanted postural habits that can lead to chronic pain. Through a series of body-weight exercises and breathwork, Foundation Training activates specific muscle groups, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. No matter your age or your fitness level, this 90-minute workshop is for you. As part of your fee, you will have access to a helpful at-home video. Exercise mats will be available if you don't have your own. This is a great introduction to the Foundation Training Level 2 series, which expands on the practice and will take your body to a whole new level.

Instructor: Janice Volk & Gina Girard

One Session $50.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Mar 2 2:00-3:30 PM XCA42A

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 to standing. All you need is an exercise mat and mats are available if you don't have your own.

Instructor: Janice Volk

Six Sessions $96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 12-Apr 16 9:00-9:45 AM XC942X

Foundation Training Level 2 NEW

(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 train 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! This series will incorporate basic as well as advanced exercises to unlock your body's full potential. Participants need to feel comfortable transitioning from the floor to standing. Level 1 is not a prerequisite to this program and exercise mats are available if you don't have your own.

Instructor: Gina Girard

Six Sessions $96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Mar 8-Apr 19 8:00-8:45 AM XC742X

No class 3/29

Fri, Apr 26-Jun 7 8:00-8:45 AM XC842A

No class 5/24

E. Murray Todd Half Marathon

Sunday, March 10, 8:30 AM

Brookdale Community College Collins Arena, Lincroft

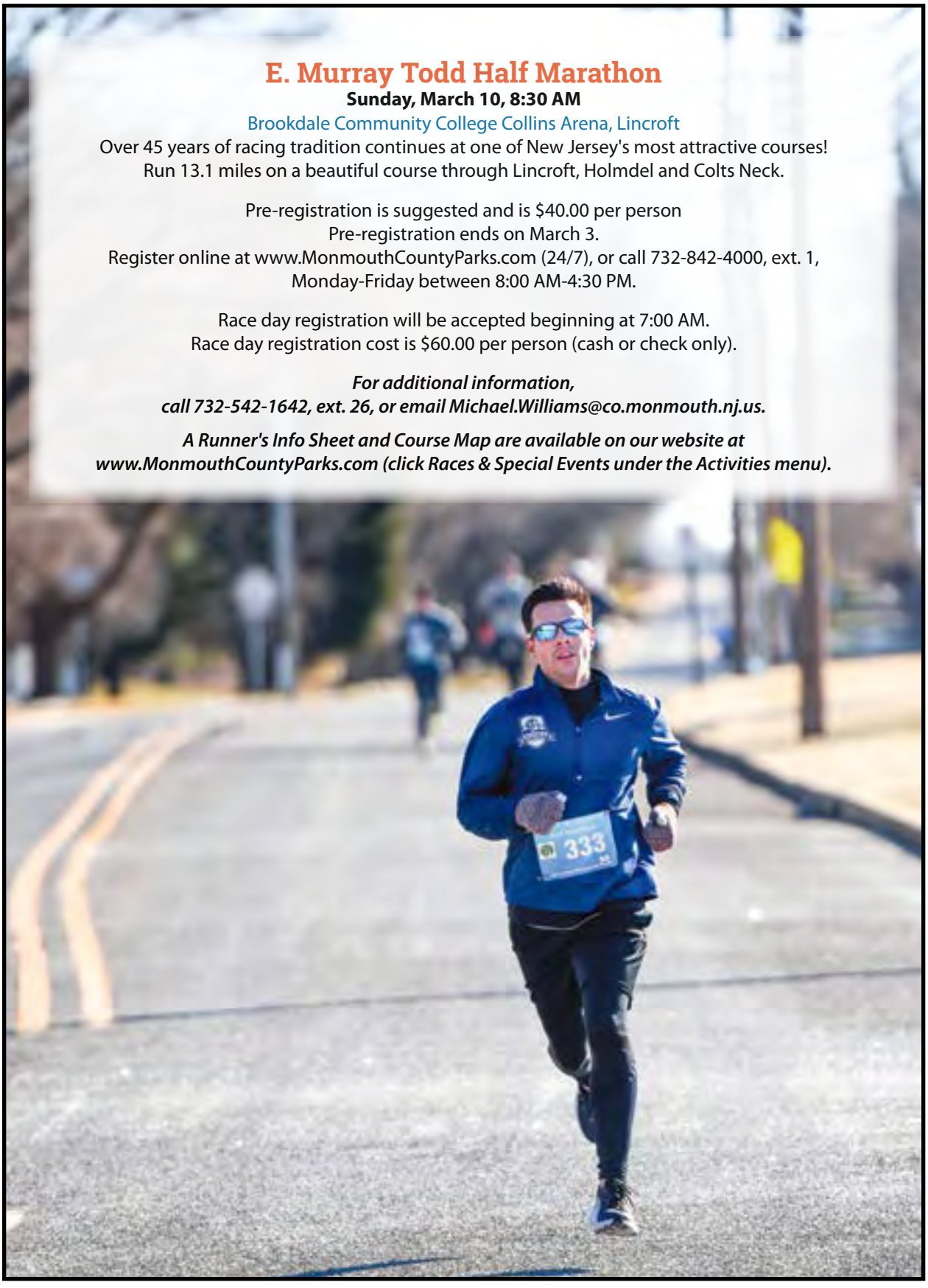
Over 45 years of racing tradition continues at one of New Jersey's most attractive courses!
Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and is $40.00 per person
Pre-registration ends on March 3.
Register online at www.MonmouthCountyParks.com (24/7), or call 732-842-4000, ext. 1,
Monday-Friday between 8:00 AM-4:30 PM.

Race day registration will be accepted beginning at 7:00 AM.
Race day registration cost is $60.00 per person (cash or check only).

For additional information,
call 732-542-1642, ext. 26, or email Michael.Williams@co.monmouth.nj.us.

A Runner's Info Sheet and Course Map are available on our website at
www.MonmouthCountyParks.com (click Races & Special Events under the Activities menu).



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

Fourteen Sessions $182.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Mar 14-Jun 13 10:30-11:15 AM. . . . MAW42X

Hula Hoop Dance and Fitness

(adults)

Hula hooping, for fun, fitness, and as a dance form. Each class will include basic "how to" of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and time permitting, combos, and have fun with basic hoop dance. We plan to hoop outside, so wear weather appropriate clothes you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class and some are available for purchase. Feel free to bring hoops if you have them. Sessions will be held outdoors, weather permitting.

Instructor: Eryka Andrex

Ten Sessions $130.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Wed, Apr 3-Jun 5 5:00-5:50 PM XCB42X

> *"Eryka is an excellent instructor! Her class exceeded my expectations in every way."*

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, Apr 18-Jun 6 7:15-8:10 PM XCF42X

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, Apr 2-Jun 18 12:45-1:30 PM MB742X

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines or off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Twelve Sessions $168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Apr 2-Jun 18 10:30-11:15 AM MB642X

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

Fifteen Sessions $210.00 Per Person

Wed,Mon, Mar 6-Apr 24 8:00-9:00 AM . . MA942X

Wed,Mon, Mar 6-Apr 24 9:15-10:15 AM . MAB42X

Fourteen Sessions $196.00 Per Person

Wed,Mon, May 1-Jun 19 8:00-9:00 AM . . MAA42X

No class 5/27

Wed,Mon, May 1-Jun 19 9:15-10:15 AM . MAC42X

No class 5/27

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Six Sessions $90.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 13-May 18 8:00-9:00 AM XBA42X

No class 11/4 & 11/11

PICKLEBALL

Adult Beginners Pickleball

(ages 16 and up)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all levels. An instructor will guide new players through the rules, skills and gameplay of pickleball. Paddles and balls provided.

Three Sessions $45.00 Per Person

Dorbrook Rec Area

Thu, Apr 11-25 9:30-10:30 AM XCS42X

Fri, Apr 12-26 9:30-10:30 AM XCT42X

Thu, May 9-30 9:30-10:30 AM XCU42X

No class 5/23

Fri, May 10-31 9:30-10:30 AM XCV42X

No class 5/24

Adult Improvers Pickleball

(ages 16 and up)

Looking to improve upon the basics of pickleball? While revisiting rules and skills, apply the basics through more in-depth drills and gameplay that touch upon not just the technical aspects, but now the tactical aspects of the sport.

Three Sessions $45.00 Per Person

Dorbrook Rec Area

Thu, Apr 11-25 10:45-11:45 AM XCW42X

Fri, Apr 12-26 10:45-11:45 AM XCX42X

Thu, May 9-30 10:45-11:45 AM XCY42X

No class 5/23

Fri, May 10-31 10:45-11:45 AM XCZ42X

No class 5/24

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.

Fourteen Sessions $182.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Mar 8-Jun 14 12:45-1:30 PM MAZ42X

No class 3/29

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

Fifteen Sessions $210.00 Per Person

Wed,Mon, Mar 6-Apr 24 10:30-11:30 AM. MAD42X

Fourteen Sessions $196.00 Per Person

Wed,Mon, May 1-Jun 19 10:30-11:30 AM .MAE42X

No class 5/27

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, Apr 15-May 22 7:15-8:15 PM . .XCM42X

Tatum Pk Holland Act Ctr

Tue,Thu, Apr 16-May 23 6:30-7:30 PM . . .XCN42X

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, and wear comfortable clothing and cross-training sneakers.

Instructor: Jodi Kondracki

Fourteen Sessions $196.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Mar 8-Jun 14 10:15-11:15 AM MAG42X

No class 3/29

Thu, Mar 14-Jun 13 9:15-10:15 AM MAF42X

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

Tue,Thu, Apr 30-May 23 5:00-5:55 PM . . . X0842X

Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, sportsmanship and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Instructor: Grace Cashman

Four Sessions $60.00 Per Person

Dorbrook Rec Area

Sat, Apr 27-May 18 11:00-11:55 AM. X1842X

Eight Sessions $120.00 Per Person

Dorbrook Rec Area

Mon,Wed, Apr 29-May 22 6:00-6:55 PM . . X0542X

Tue,Thu, Apr 30-May 23 11:30 AM-12:25 PM. .X1542X

Tue,Thu, Apr 30-May 23 6:00-6:55 PM . . . X1242X

Thompson Pk

Mon,Wed, Apr 29-May 22 5:00-5:55 PM . . X0642X

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

Sat, Apr 27-May 18 12:00-12:55 PM X1942X

Eight Sessions $120.00 Per Person

Dorbrook Rec Area

Mon,Wed, Apr 29-May 22 11:30 AM-12:25 PM . . X1342X
Mon,Wed, Apr 29-May 22 12:30-1:25 PM . X1442X
Tue,Thu, Apr 30-May 23 12:30-1:25 PM. . . X1642X

Thompson Pk

Mon,Wed, Apr 29-May 22 6:00-6:55 PM . . X0742X
Tue,Thu, Apr 30-May 23 6:00-6:55 PM . . . X0942X

VOLLEYBALL

Indoor Spring Volleyball League

(ages 17 and up)

Join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top team will receive T-shirts. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions $198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Mar 27-Jun 5 6:30-9:00 PM XDF42A

Participating in recreational group sports as adults reduces weight and blood pressure as well as risk for diabetes.

DID YOU KNOW?

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, Mar 10-Apr 14 9:00-10:00 AM XD042X
No class 3/31
Sun, Apr 21-May 19 9:00-10:00 AM XD142X

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, Mar 10-Apr 14 10:15-11:15 AM. XD242X
No class 3/31
Sun, Apr 21-May 19 10:15-11:15 AM XD342X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Talena Ward

Six Sessions $90.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Mar 4-Apr 15 6:00-7:00 PM XBJ42X

No class 4/1

Mon, Apr 29-Jun 10 6:00-7:00 PM XBN42X

No class 5/27

Chair Yoga

(adults)

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

Instructor: Eryka Andrex

Six Sessions $78.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 8-May 13 4:00-4:55 PM XBW42X

Ten Sessions $130.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Apr 3-Jun 5 4:00-4:55 PM XC242X

Fort Monmouth Rec Ctr Program Room D

Wed, Mar 27-May 29 10:30-11:25 AM XCK42X

Codes of Creation in Movement ™

(adults)

Invented by Mary Jane Kasliner, Codes of Creation in Movement® is a unique practice encompassing a precise sequence of postures. In these postures, the body assumes geometrical forms of straight and diagonal lines, circles, squares, and triangles. These geometrical forms that the body assumes are force fields of energy that encompass the codes of creation. The body becomes a hologram of light that realigns the molecular structure around the body as well as within. In this practice, we balance the auric (energy) field of the body and expand consciousness from one dimensional field to another.

Instructor: MJ Kasliner is a 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.

Ten Sessions $170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Apr 3-Jun 5 7:00-8:15 PM XBU42X

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Six Sessions $90.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Mar 4-Apr 15 7:00-8:00 PM XBK42X

No class 4/1

Mon, Apr 29-Jun 10 7:00-8:00 PM XBP42X

No class 5/27

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Tatum Pk Red Hill Act Ctr

Six Sessions $90.00 Per Person

Thu, Mar 7-Apr 18 9:30-10:30 AM XBM42X

No class 4/4

Seven Sessions $105.00 Per Person

Thu, May 2-Jun 13 9:30-10:30 AM XBQ42X

Flexibility and Beyond - Yin Yoga NEW

(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. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom?

Instructor: MJ Kasliner is a 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.

Ten Sessions $170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 2-Jun 4 7:00-8:15 PM XBS42X

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

Deep Cut Gardens Outdoor Area

Tue, Apr 23 7:00-8:00 PM. XDG42X

Thu, May 23 7:00-8:00 PM XDH42X

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

Four Sessions $60.00 Per Person

Henry Hudson Trail Act Ctr

Fri, May 3-24 11:00 AM-12:00 PM XB642X

Tatum Pk Holland Act Ctr

Mon, Apr 29-May 20 12:00-1:00 PM XB342X

Six Sessions $90.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Mar 15-Apr 19 11:00 AM-12:00 PM . . . XB242X

Tatum Pk Holland Act Ctr

Mon, Mar 11-Apr 15 12:00-1:00 PM XAZ42X

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

Henry Hudson Trail Act Ctr

Four Sessions $60.00 Per Person

Fri, May 3-24 9:30-10:30 AM. XB542X

Six Sessions $90.00 Per Person

Fri, Mar 15-Apr 19 9:30-10:30 AM XB142X

Introduction to Yoga Workshop I NEW

(adults)

Arrive at a yoga class with confidence. This workshop is great for the curious, beginner, or anyone looking for a deeper understanding in their established practice. Learn how the smallest changes can change the way your body feels in the biggest way. This workshop will cover traditional vinyasa poses, variations that suit your body, and prop use. Bring your mat, water and come comfortable.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session $20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Mar 2 9:00-10:00 AM. XDB42X

Introduction to Yoga Workshop II NEW

(adults)

Arrive at a yoga class with confidence. This workshop is great for the curious, beginner, or anyone looking for a deeper understanding in their established practice. Learn how the smallest changes can change the way your body feels in the biggest way. This workshop will cover all manner of breathwork, meditation, and mindfulness-all useful tools to combat stress and anxiety. Bring your mat, water and come comfortable.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session $20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Apr 6 9:00-10:00 AM. XDC42X

Morning Breath and Yoga

(adults)

On the beautiful Navesink River, start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility, and calm. Portland House is located on a ridge overlooking the Navesink, a spectacular location for a perfect start to your day. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel and water.

Instructor: Tiffany McCann

Nine Sessions $135.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Apr 6-Jun 8 7:30-8:30 AM. XCQ42X

No class 5/25

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

Wed, Mar 27-Apr 24 6:30-7:30 PM XD942X

Freneau Wds Pk Vis Ctr Program Room 2

Wed, May 1-29 6:00-7:00 PM XDA42X

Special Mother's Day Yoga

(adults)

A growing tradition amongst students and we would like to invite you to join us! This is an opportunity to play-to not take yourself too seriously with planning and directing. Do something truly for yourself-or maybe give the gift of class time to someone you know. At the end its' not just rest, but a sweet treat as well! This is our advanced beginner class however props are available.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor.

One Session $20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, May 12 9:00-10:00 AM XDU42X

Spring Equinox Yoga Nidra

(adults)

Your evening will unfold in three parts: Beginning with soft, restorative movement to relax the body, a guided Yoga Nidra to relax the mind, and then a special closing ceremony to welcome the upcoming season. Allow the Spring Equinox to guide you towards new beginnings, new ideas, and new dreams for your life.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor.

One Session $30.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Mar 20 7:00-8:30 PM XDE42X

Spring Yoga

(adults)

Shake off the winter blues! Spring is the time to release winter sluggishness and cold. Treat yourself to a yoga practice to invite qualities of lightness and warmth. Class with sun salutations, then moves to poses that build strength. Our practice will focus on spring detox and preparing our bodies for the summer. Weather permitting, we will practice outdoors, so dress in layers. The class is active but can be adjusted for all skill levels. Bring a mat and water.

Instructor: Tiffany McCann 500-hour YA-RYT, Live Grace Yoga

Nine Sessions $180.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Apr 6-Jun 8 8:45-10:15 AM XCR42X

No class 5/25

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 including studies in India.

Ten Sessions $170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 1-Jun 10 7:00-8:15 PM XBR42X

No class 5/27

Thompson Pk Vis Ctr Walnut Room

Fri, Apr 5-Jun 7 9:30-10:45 AM XBV42X

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

Ten Sessions $150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Mar 28-May 30 2:00-3:00 PM XAX42X

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues.This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

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.

Ten Sessions $170.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Apr 3-Jun 5 9:30-10:45 AM XBT42X

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions $180.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Apr 6-Jun 29 8:00-9:00 AM XAY42X

No class 5/25

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)

Six Sessions $90.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 13-May 18 9:00-10:00 AM. XBB42X

Yoga Flow on the River

(adults)

Portland House sits majestically on the Navesink River with sweeping views. Enjoy a yoga practice outdoors, in the natural world, in this beautiful spot. We will flow through sun salutations and deep stretches to release the winter chill. We will end with a relaxing savansa. All movements can be adjusted for those with limited mobility. We will practice outside so dress in layers. There is a covered porch in case of rain. Bring a mat, water and a blanket in case the grass is wet.

Instructor: Tiffany McCann 500-hour YA-RYT, Live Grace Yoga

Eight Sessions $120.00 Per Person

Hartshorne Wds Pk Hist. Portland Place Outdoor Area

Sat, Apr 13-Jun 8 11:00 AM-12:00 PM. . . . XCP42X

No class 5/25

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's,60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please 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

Four Sessions $80.00 Per Person

Tue, Apr 30-May 21 10:30 AM-12:00 PM . . XB442X

Six Sessions $120.00 Per Person

Tue, Mar 12-Apr 16 10:30 AM-12:00 PM . . XB042X

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

Six Sessions $78.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 8-May 13 5:00-5:55 PM XBX42X

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions $52.00 Per Person

Sat, Apr 13-May 4 9:15-10:10 AM XC442X

Eight Sessions $104.00 Per Person

Thu, Apr 18-Jun 6 6:15-7:10 PM XCE42X

Eleven Sessions $143.00 Per Person

Tue, Apr 16-Jun 25 6:15-7:10 PM XCC42X

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

Eight Sessions $104.00 Per Person

Fri, Mar 29-May 17 6:30-7:25 PM XC142X

Ten Sessions $130.00 Per Person

Wed, Apr 3-Jun 5 6:00-6:55 PM XC342X

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! Sessions will be held outdoors, weather permitting.

Instructor: Eryka Andrex

Five Sessions $65.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Fri, Apr 26-May 31 9:30-10:25 AM XCG42X

No class 5/24

EQUESTRIAN

Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are needed to work as volunteers. The minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory four-week 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.

Four Sessions $225.00 Per Person

Sunnyside Rec Area

Fri, Mar 15-Apr 5 4:00-5:00 PM V0142X

Fri, Apr 26-May 17 4:00-5:00 PM V0342X

Fri, May 24-Jun 14 4:00-5:00 PM V0442X

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 www.spuronline.org or call 732-224-1367, ext. 1#.

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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

Wed, Apr 24 10:30-11:30 AM Y2642X
Wed, Apr 24 12:30-1:30 PM Y8742X
Thu, May 2 11:00 AM-12:00 PM. Y4042X
Wed, May 22 12:45-1:45 PM Y6642X

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, Apr 11 1:15-2:15 PM Y0742X
Thu, Apr 25 11:00 AM-12:00 PM Y2742X
Thu, Apr 25 1:15-2:15 PM Y1542X
Fri, Apr 26 4:00-5:00 PM Y8642X
Wed, May 1 10:30-11:30 AM. Y3942X
Fri, May 3 1:00-2:00 PM. Y4142X
Mon, May 6 4:00-5:00 PM Y7742X
Sat, May 18 8:00-9:00 AM Y5742X
Mon, May 20 4:00-5:00 PM. Y8442X
Fri, May 24 11:15 AM-12:15 PM. Y8342X

Charleston Springs GC

Mon, Apr 8 5:00-6:00 PM T1242X
Sat, Apr 20 10:30-11:30 AM T0242X
Sat, May 25 2:00-3:00 PM T0742X

Howell Pk GC

Wed, Apr 10 3:45-4:45 PM J0342X
Wed, May 15 4:00-5:00 PM. J0842X

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session $32.00 Per Person

Bel-Aire GC

Sat, Apr 13 8:00-9:00 AM Y5442X
Wed, Apr 17 10:30-11:30 AM Y1842X
Thu, Apr 18 1:15-2:15 PM Y1042X
Thu, May 9 11:00 AM-12:00 PM. Y4342X
Fri, May 10 1:00-2:00 PM Y4442X
Mon, May 13 4:00-5:00 PM. Y8042X
Fri, May 24 4:00-5:00 PM Y6942X
Sun, May 26 3:00-4:00 PM Y3842X

Charleston Springs GC

Tue, Apr 9 5:00-6:00 PM T1342X

Howell Pk GC

Wed, Apr 10 2:30-3:30 PM J0442X

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

Mon, Apr 15 5:00-6:00 PM Y7142X
Thu, Apr 18 11:00 AM-12:00 PM Y1942X
Thu, May 2 1:15-2:15 PM Y2942X
Wed, May 8 10:30-11:30 AM. Y4242X
Fri, May 17 11:15 AM-12:15 PM. Y8242X
Fri, May 31 11:15 AM-12:15 PM. Y8542X

Advanced Golf

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Adults

Four Sessions $170.00 Per Person

Charleston Springs GC

Fri, Apr 12-May 3 4:00-7:00 PM T0942X
Fri, May 17-Jun 7 5:00-8:00 PM T1042X

Howell Pk GC

Sat, Apr 13-May 4 2:30-5:30 PM J0642X
Wed, May 15-Jun 5 5:00-8:00 PM. J0942X
Sat, May 18-Jun 8 4:15-7:15 PM J1042X

Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one-day, three-hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

One Session $140.00 Per Person

Bel-Aire GC

Sat, May 25 12:00-3:00 PM. Y3542X

Charleston Springs GC

Sat, May 18 1:00-4:00 PM T1142X

Howell Pk GC

Thu, Apr 11 1:00-4:00 PM J0542X

Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

Children

Four Sessions $80.00 Per Person

Mon, Apr 8-29 5:00-6:00 PM. Y0342X
Sat, Apr 13-May 4 10:00-11:00 AM. Y7342X
Sun, Apr 21-May 12 11:00 AM-12:00 PM . . Y1342X
Mon, May 6-Jun 3 5:15-6:15 PM Y7842X
No class 5/27
Mon, May 20-Jun 17 5:00-6:00 PM. Y3042X
No class 5/27
Sat, May 25-Jun 15 10:15-11:15 AM Y3442X

Juniors

(ages 11-14)

Four Sessions $80.00 Per Person

Sat, Apr 20-May 11 10:00-11:00 AM. Y1142X
Sun, Apr 21-May 12 1:00-2:00 PM Y2542X
Sat, May 25-Jun 15 12:00-1:00 PM. Y5042X

Junior Girls

(ages 11-14)

Four Sessions $80.00 Per Person

Sat, Apr 20-May 11 1:00-2:00 PM. Y2342X
Sun, May 26-Jun 16 1:00-2:00 PM Y5242X

Adults

Four Sessions $85.00 Per Person

Mon, Apr 8-29 6:15-7:15 PM. Y0242X
Tue, Apr 9-30 10:00-11:00 AM Y0442X
Tue, Apr 9-30 1:30-2:30 PM Y0642X
Fri, Apr 12-May 3 10:00-11:00 AM Y7242X
Wed, Apr 17-May 8 1:00-2:00 PM. Y6142X
Sat, Apr 20-May 11 11:00 AM-12:00 PM . . Y2242X
Fri, May 17-Jun 7 10:00-11:00 AM Y8142X
Mon, May 20-Jun 17 6:15-7:15 PM. Y3142X
No class 5/27
Thu, May 23-Jun 13 4:00-5:00 PM Y6742X
Sun, May 26-Jun 16 11:00 AM-12:00 PM . . Y5142X

Women

Four Sessions $85.00 Per Person

Fri, Apr 19-May 10 11:00 AM-12:00 PM. . . Y2042X
Tue, May 21-Jun 11 10:00-11:00 AM. Y3242X
Fri, May 24-Jun 14 11:00 AM-12:00 PM . . . Y4742X

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couple's golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions $125.00 Per Couple

Bel-Aire GC

Sun, Apr 14-May 5 10:00-11:00 AM Y7542X
Sun, Apr 21-May 12 11:00 AM-12:00 PM . . Y2442X
Sat, May 25-Jun 15 11:00 AM-12:00 PM . . Y4942X
Sun, May 26-Jun 16 12:00-1:00 PM Y3642X

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 their current golf level.

One Session $92.00 Per Person

Bel-Aire GC

Sat, Apr 13 12:00-2:00 PM Y0842X
Fri, Apr 26 1:00-3:00 PM Y2842X
Wed, May 22 10:15 AM-12:15 PM Y4642X
Fri, May 24 1:00-3:00 PM Y4842X

Charleston Springs GC

Sat, Apr 27 2:00-4:00 PM T0342X
Sat, May 18 12:00-2:00 PM. T0642X

Howell Pk GC

Sat, Apr 13 12:00-2:00 PM J0242X
Sat, May 11 12:00-2:00 PM. J0742X

Golf 101 Parent Child

(ages 6-17, with adult)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions $110.00 Parent/Child $45.00 Additional Sibling

Bel-Aire GC

Fri, Apr 12-May 3 6:00-7:00 PM Y5342X
Sun, Apr 14-May 5 3:15-4:15 PM Y5942X
Fri, May 17-Jun 7 6:00-7:00 PM Y5642X

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, Apr 20-May 11 4:00-7:00 PM. T0142X
Sat, May 25-Jun 15 4:00-7:00 PM. T0842X

Intermediate Golf

(age 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

Sun, Apr 14-May 5 11:00 AM-12:30 PM. . . Y7642X
Sun, Apr 14-May 5 12:00-1:30 PM Y5542X
Sun, May 26-Jun 16 1:15-2:45 PM Y3742X

Adults

Four Sessions $125.00 Per Person

Bel-Aire GC

Tue, Apr 9-30 11:15 AM-1:15 PM Y0542X
Sat, Apr 13-May 4 11:00 AM-1:00 PM Y7442X
Fri, Apr 19-May 10 5:00-7:00 PM Y5842X
Sun, Apr 21-May 12 12:15-2:15 PM Y1442X
Tue, May 7-28 9:00-11:00 AM Y7942X
Sun, May 19-Jun 9 12:30-2:30 PM Y6442X
Tue, May 21-Jun 11 11:15 AM-1:15 PM . . . Y3342X
Thu, May 23-Jun 13 5:15-7:15 PM Y6842X

Howell Pk GC

Wed, Apr 10-May 1 5:00-7:00 PM. J0142X

Women

Four Sessions $125.00 Per Person

Bel-Aire GC

Sat, Apr 20-May 11 11:15 AM-1:15 PM . . . Y1242X

Ladies Player's Club

(adults)

Are you interested in playing golf in a fun, friendly and "ladies only" environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 am each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Pass.

Twenty-Seven Sessions $31.00 Per Person

Pine Brook GC

Thu, Apr 18-Oct 24 8:00 AM-1:00 PM PB142A

No session 7/4

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, Apr 21-May 12 4:00-6:00 PM Y6042X

Sun, May 19-Jun 9 3:00-5:00 PM Y6542X

Men's 60+ Touring League

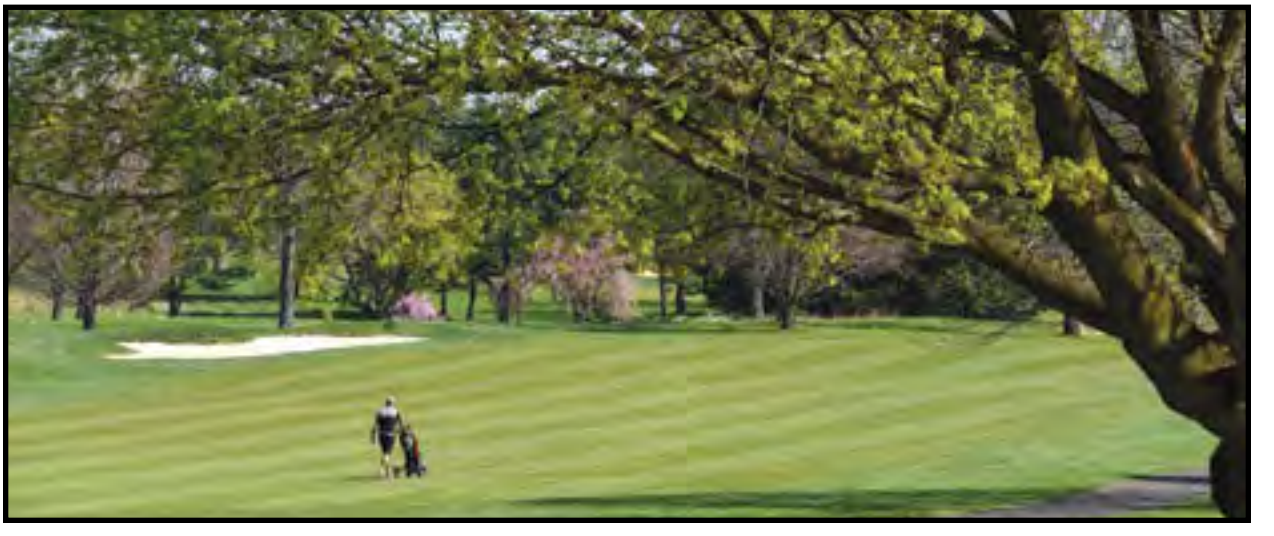
(adults)

The Men's 60+ Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used and if your handicap is more than 26 it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee covers all greens fees and season ending prizes. For power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM-12:00 PM. League is limited to first 56 players.

Thirteen Sessions $360.00 Per Person

Hominy Hill GC

Tue, Apr 16-Jul 9 10:00 AM-2:30 PM. K0142A



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

Bel-Aire GC

Fri, Apr 19 1:00-4:00 PM Y2142X

Charleston Springs GC

Sat, May 4 1:00-4:00 PM T0542X
Sat, May 18 12:00-3:00 PM. T1442X

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one-hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

Four Sessions $100.00 Per Person

Bel-Aire GC

Wed, Apr 17-May 8 9:00 AM-12:30 PM . . . Y1742X
Wed, May 22-Jun 12 9:00 AM-12:30 PM . . Y4542X

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:

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions $175.00 Per Person

Bel-Aire GC

Thu, Apr 18-May 23 9:30 AM-1:00 PM. . . . Y0942X

Women's Touring League

(adults)

The Women's Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used and if your handicap is more than 30 it will be reduced to 30. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee covers all greens fees and season ending prizes. For power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM-12:00 PM before the start of the league. League is limited to first 56 players.

Thirteen Sessions $360.00 Per Person

Hominy Hill GC

Wed, Apr 17-Jul 10 10:00 AM-2:30 PM . . . K0242A

THERAPEUTIC RECREATION

Adaptive Wellness Yoga

(ages 16 and up, with special needs)

Join "The Heart Space" for mindful movement and meditation. Sessions incorporate different present practices and modalities, mindful movement, breath work and meditative sound healing. By practicing how to tune into their own body, sensations and feelings, students will expand their self-awareness, increase their independence and improve their relationships with themselves (and others). Sessions will share self-regulation skills that can be used off the mat to calm the nervous system; helping us cope with daily life and improve mental and physical well-being. Participants must be able to function in a 1:4 ratio of instructor to participant. Participants may be able to utilize their DDD Support CCP Budget to register.

Instructor: Danica Zolofra, Adaptive Yoga, The Heart Space NJ

Two Sessions $30.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Mar 2-16 10:30-11:30 AM. D1642A
Sat, Apr 13-27 10:30-11:30 AM D1742A

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self-confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Four Sessions $44.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 6-May 18 9:30-11:00 AM D2042X
Class meets 4/6, 4/20, 5/4 & 5/18
Sat, Apr 6-May 18 11:30 AM-1:00 PM D2142X
Class meets 4/6, 4/20, 5/4 & 5/18

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs. It is our intent to provide a safe, successful and enjoyable experience for all.

For more information, contact Justin at 732-460-1167, ext. 22.

Mindful Adaptive Cooking Class NEW

(adults, 18 and up, with special needs)

Join "The Heart Space Community" in preparing a healthy and delicious meal of whole food ingredients in a mindful way. A menu honoring creativity, choices and trying new things! Personal pizzas, salad bar and a healthy dessert will be prepared. Class will include education, hands on meal prep, cooking, and a community dinner. Gluten and dairy free friendly. The evening will conclude with time for new friends to socialize and connect over mindful games. Supervision is provided at a 1:4 staff to participant ratio. Participants may be able to utilize their DDD Support CCP Budget to register.

Instructors: Danica Zolofra, RN & Valerie O'Donell, Integrative Nutritionist

One Session $60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 23 4:00-7:00 PM. D2942A

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. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session $40.00 Per Person

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 $50.00 to cover the cost of your meal and movie ticket.

AMC Theater Trotters Way, Freehold

Fri, May 3 5:00-9:30 PM. D0342A

Evening at iPlay America

We will be meeting at the exciting iPlay America indoor amusement park in Freehold. Go on the rides or play video games, and enjoy a meal at one of their many eateries! Please visit their website to see wristband, token, and other prices to determine how much money to bring for tickets/passes/wristbands, but you will need at least $20.00 for your meal. Pick up and drop off is from iPlay America only.

iPlay America Schanck Rd, Freehold

Fri, Mar 22 6:00-9:00 PM D0242A

Social Skills and Thrills!

(ages 4-6, with adult)

You and your child(ren) will learn, interact, and play with peers in a group setting. Let's listen, wait our turn, share and care for each other. We will have various games and activities to explore, from team games to storytelling!

Five Sessions $60.00 Parent/Child $30.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Sat, Apr 6-May 11 10:00-10:45 AM. D3042X

No class 4/13

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

Dorbrook Rec Area Act Ctr Parking Lot

Jenkinson's Aquarium

Looking to get out of the house on a cold winter's day? Join us as we enjoy trip to the popular Jenkinson's Aquarium in Point Pleasant, followed by a meal at a restaurant in Manasquan on the way back (TBD). Please bring $50.00 to cover the cost of aquarium admission and your meal. Participants must meet at and be picked up from Dorbrook.

One Session $40.00 Per Person

Sun, Mar 3 10:30 AM-3:00 PM. D0142A

Inclement weather date: 3/10

Grounds for Sculpture

Take in the sights and enjoy the outdoors when we visit the Grounds for Sculpture in Hamilton. We will be eating lunch Chili's prior to entering the GFS. Snacks are also available at the cafe onsite for later on. Please bring $25.00-$30.00 for lunch. The GFS covers a large area, so there will be a lot of walking! Please wear comfortable shoes. Registration fee covers transportation, supervision, and admission to the Grounds for Sculpture. Please note that this is a weekday program, not a weekend.

One Session $89.00 Per Person

Thu, Apr 11 10:30 AM-4:30 PM D0442A

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, September-June. Please call Anne at 732-460-1167, ext. 24, for more information.

TRIPS

2024 Shen Yun - China Before Communism NEW

(adults)

Experience the magnificence of five thousand years of civilization through music and dance during this celebration of China's rich cultural heritage. Moving quickly from one legend, region, or dynasty to the next, themes range from the delicate elegance of Tang court ladies to the battlefield heroics of valiant generals, from the timeless philosophical works of Lao-Tzu to spectacular scenes of magical realms. Some of the approximately 20 pieces will also touch upon the topic of today's China. Guests will have time after the performance to dine. Reservations are highly recommended. Guests must wear business attire or evening wear. Photography or video of any kind is prohibited Trip price includes tickets, bus transportation, and Park System volunteer leader.

2 PM Performance - Orchestra Seating

$200.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 30. . . . . .AAX42X
Board: 12:15PM. . . . . .Return: 8:30 PM (approx)

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 18 . . . . . .A2842X
Board: 8:30 AM . . . . . .Return: 5:30 PM (approx)

Check out the variety of amenities available in your local Monmouth County parks!

	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	FootGolf	Golf	Historic Site Location	Off-Leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park												x	x			
Charleston Springs Golf Course								x					x			
Clayton Park												x	x			
Crosswicks Creek Park		x				x							x			
Deep Cut Gardens					x							x				
Dorbrook Recreation Area					x						x	x				
Fisherman's Cove		x			x	x										
Fort Monmouth Recreation Center					x											
Freneau Woods Park						x						x	x			
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x				x				
Howell Park Golf Course		x						x								
Huber Woods Park				x	x							x	x	x		x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x		x	x	x					x	x	x			x
Manasquan River Greenway		x				x							x			
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x			x	x							x			
Pine Brook Golf Course							x	x								
Seven Presidents Oceanfront Park		x			x	x					x					
Shark River Golf Course								x								
Shark River Park		x			x	x					x	x	x	x	x	
Sunnyside Equestrian Center												x				
Swimming River Park		x				x						x				
Tatum Park					x						x	x	x			
Thompson Park		x			x	x				x	x	x	x			
Turkey Swamp Park	x	x			x	x					x	x	x		x	
Union Transportation Trail												x				
Historic Walnford					x	x			x							
Weltz Park												x				
Wickatunk Recreation Area																
Wolf Hill Recreation Area			x							x						

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

SPUR
Special People United to Ride
Established 1981

Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

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.

MCF
MONMOUTH
CONSERVATION
FOUNDATION

Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth. Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.

ACCREDITED LAND TRUST ACCREDITATION COMMISSION
Conservation Excellence

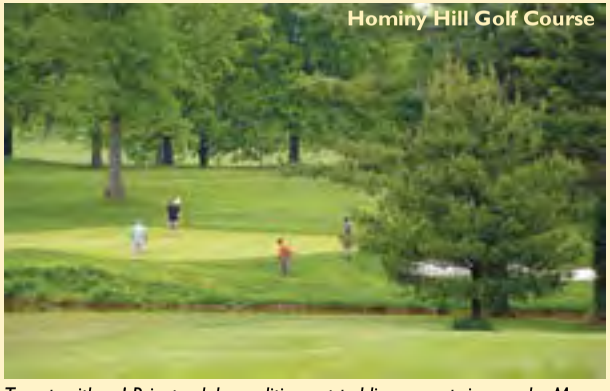
Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract†, Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park*, Route 520, Marlboro 732-834-9607
Clayton Park*, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park*, Upper Freehold 609-259-5794
DeBois Creek Recreation Area†, Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
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 Park†, 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†, 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


Hominy Hill Golf Course

Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.

Fisherman's Cove Conservation Area

Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

Federal/State park lands

Open section of trail

Closed/Future section of trail

RARITAN BAY
SANDY HOOK BAY
OCEAN
ATLANTIC OCEAN
UNION BEACH
KEYPORT
KEANSBURG
MONMOUTH COVE MARINA
BAYSHORE WATERFRONT PARK
HENRY HUDSON TRAIL
ATLANTIC HIGHLANDS
HIGHLANDS
HAZLET
MATAWAN
ABERDEEN
FRENEAU WOODS PARK (undeveloped)
WICKATUNK REC. AREA (undeveloped)
TATUM PARK
DEEP CUT GARDENS
HUBER WOODS PARK
HARTSHORNE WOODS PARK
MIDDLETOWN
HOLMDEL PARK
HISTORIC LONGSTREET FARM
HOLMDEL
MARLBORO
SUNNYSIDE EQUESTRIAN CENTER
SWIMMING RIVER PARK
RUMSON
SEA BRIGHT
RED BANK
THOMPSON PARK
BIG BROOK PARK
PINE BROOK G.C.
SW. RIVER PARK
SHREWSBURY BORO
SHREWSBURY TWP.
OCEANPORT
WOLF HILL REC. AREA
FORT MONMOUTH REC. AREA
DORBROOK REC. AREA
EATONTOWN
WEST LONG BRANCH
LONG BRANCH
MONMOUTH BEACH
SEVEN PRESIDENTS OCEANFRONT PARK
LITTLE SILVER
ENGLISHTOWN
MIDDLESEX COUNTY
MANALAPAN
HENRY HUDSON TRAIL
COLTS NECK
HOMINY HILL G.C.
BAYSHOLM TRACT (undeveloped)
EAST FREEHOLD SHOWGROUNDS
FREEHOLD BORO
DeBOIS CREEK REC. AREA (undeveloped)
TINTON FALLS
WELTZ CONSERVATION AREA
Elberon
DEAL
ALLENHURST
LOCH ARBOUR
ASBURY PARK
Ocean Grove (Historic District)
BRADLEY BEACH
AVON-BY-THE-SEA
BELMAR
LAKE COMO
SPRING LAKE
SEA GIRT
MANASQUAN FISHERMAN'S COVE CONSERVATION AREA
BRIELLE
NEPTUNE
SHARK RIVER PARK
SHARK RIVER G.C.
BEL-AIRE G.C.
YELLOW BROOK TRACT (undeveloped)
MANASQUAN RIVER GREENWAY
FREEHOLD TWP.
TURKEY SWAMP PARK
MANASQUAN RESERVOIR
HOWELL PARK G.C.
HOWELL
WALL
FARMINGDALE
METEDECONK RIVER GREENWAY (undeveloped)
PERRINEVILLE LAKE PARK
CHARLESTON SPRINGS G.C.
MILLSTONE
ROOSEVELT
ASSUNPINK WILDLIFE MANAGEMENT AREA (WMA)
MERCER COUNTY
UNION
UPPER FREEHOLD
ALLENTOWN
IMLAYSTOWN
CLAYTON PARK
TRANSPORTATION TRAIL
HISTORIC WALNFORD
CROSSWICKS CREEK GREENWAY
BURLINGTON COUNTY
OCEAN COUNTY
N
0 1 2 3 4 5 Miles

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 7. SEE PAGE 112 FOR FULL DETAILS.

Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Kevin Dunn, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less $5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a $25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- **Camps:** full refund with at least 30 calendar days advance notice, less a $25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a $25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

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. Registration is on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on February 7. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on February 7.
Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

In Person beginning at 8:00 AM on February 7 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.

DISCOVER OUR PARKS

THIS SPRING

Spring Craft Show
Saturday, April 13, 9:00 AM-2:00 PM
Fort Monmouth Recreation Center, Tinton Falls
Find a unique, hand-crafted gift for yourself or someone special!

Earth Day Open House
Saturday, April 20, 10:00 AM-2:00 PM
Manasquan Reservoir Environmental Center, Howell
Celebrate Earth Day with nature walks, live animal presentations, crafts, and more!

Creative Arts Festival
Saturday, May 11, 10:00 AM-4:00 PM
Thompson Park, Lincroft
Spend a day at Thompson Park perusing the artists of our juried arts festival. Fine artists from all mediums will be on display, including pottery, jewelry, photography and painting, just to name a few. Plus, enjoy live music and food vendors.

Walnford Day
Sunday, May 19, 11:00 AM-5:00 PM
Historic Walnford, Upper Freehold
Entertainment abounds at this annual celebration of 200 years of Waln history! With a variety of demonstrations, tours of the historic Waln home, horse-drawn wagon rides and more, there is something for everyone to enjoy!

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

Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

APRIL

Spring Craft Show
Saturday, April 13
9:00 AM-2:00 PM
Fort Monmouth Recreation Center, Tinton Falls

Earth Day Open House
Saturday, April 20
10:00 AM-2:00 PM
Manasquan Reservoir Environmental Center, Howell

Wool Days/Sheep Shearing
Saturday & Sunday, April 27 & 28
12:00-3:00 PM
Historic Longstreet Farm, Holmdel

MAY

Creative Arts Festival
Saturday, May 11, 10:00 AM-4:00 PM
Thompson Park, Lincroft

Deep Cut Gardens Native Plant Workshop & Exchange
Saturday, May 18
8:00-11:30 AM
Deep Cut Gardens, Middletown

Walnford Day
Sunday, May 19
11:00 AM-5:00 PM
Historic Walnford, Upper Freehold

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM

Board of County Commissioners: Thomas A. Arnone, Director • Ross F. Licitra, Deputy Director
Dominick "Nick" DiRocco • Susan M. Kiley • Erik Anderson

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