



MONMOUTH  
COUNTY  
**PARK  
SYSTEM**

*Yours to Discover*

# PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

## Guide



## SUMMER 2024

REGISTRATION BEGINS MAY 15

[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)





49th Annual

# MONMOUTH COUNTY FAIR

THE ORIGINAL MONMOUTH COUNTY AGRICULTURAL FAIR!  
A COUNTYWIDE EVENT FOR ALL AGES!  
EAST FREEHOLD SHOWGROUNDS, KOZLOSKI ROAD, FREEHOLD

# JULY 24-28

Admission:

# \$10.00

Ages 12 & under admitted Free

## FREE PARKING

- Free Entertainment
- 4-H Shows & Exhibits
- Rides & Amusements by Campy's Blue Star Amusements
- Live Music on the Main Stage
- Home & Garden Competitions & Displays
- Robinson's Racing Pigs
- Bwana Jim Wildlife Show
- Butterfly Encounter
- Mutts Gone Nuts
- Delicious Food
- Crafters & Commercial Vendors
- Living History Interactive Displays
- Monmouth County Park System Interactive Display
- And so much more!

### Become a Vendor!

Vendor opportunities are still available. Call 732-842-4000, ext. 4312, for details.

Enter the Monmouth County Fair **HOME & GARDEN COMPETITION!**  
For more information, see the inside back cover.

For details about this year's Monmouth County Fair, see pages 36-37

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*To register for summer programs starting Wednesday, May 15, at 8:00 AM, visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.*

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

### Essential Eligibility Requirements for Park System Programs & Camps

1. **Age:** Must fall within the listed age/grade for a program or camp.
2. **Capacity:** An individual must register before the program has reached its maximum capacity.
3. **Charges:** Payment is due upon registering, or through an approved third-party balance due.
4. **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.*

# JUNE 2024

**SATURDAY, JUNE 1**

Auditions for "A Tribute to All Things Broadway" (p. 9)  
 Deep Cut Gardens Open House (p. 50)

**THURSDAY, JUNE 6**

250<sup>th</sup> Anniversary of Walnford (p. 7)

**FRIDAY, JUNE 7**

Colts Neck Community Band - Concert in the Park (p. 10)

**SATURDAY, JUNE 8**

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 Open Shoot Archery (p. 17)  
 Storytelling in the Barn (p. 10)

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Bluegrass and Old-Time Music (p. 10)  
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**TUESDAY, JUNE 18**

Casual Birder (p. 54)

**WEDNESDAY, JUNE 19**

Open Mic Poetry (p. 59)

**SATURDAY, JUNE 22**

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**SATURDAY, JUNE 29**

Spinning, Knitting and Weaving Demonstration (p. 4)

# JULY 2024

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 Life in a Freshwater Pond (p. 12)

**SATURDAY, JULY 6**

Canoe Rentals at Thompson Park (p. 17)  
 Cookstove Demonstration (p. 4)

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**TUESDAY, JULY 9**

Casual Birder (p. 54)  
 Under the Summer Stars (p. 13)  
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**THURSDAY, JULY 11**

Enviro-Quest (p. 12)  
 Life in a Freshwater Pond (p. 12)

**SATURDAY, JULY 13**

Open Shoot Archery (p. 17)

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JoBonanno & The Godsons of Soul (p. 10)



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

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

**HISTORIC LONGSTREET FARM**

**Cookstove Demonstration** *Free*

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

- Saturday, June 8, 11:00 AM-3:00 PM**
- Saturday, June 22, 11:00 AM-3:00 PM**
- Saturday, July 6, 11:00 AM-3:00 PM**
- Saturday, July 20, 11:00 AM-3:00 PM**
- Saturday, August 3, 11:00 AM-3:00 PM**
- Saturday, August 31, 11:00 AM-3:00 PM**

**Lacemaking Demonstration** *Free*

Watch lacemaking in action, as our demonstrator shows the historic techniques of crochet, bobbin, and shuttle work used in the Victorian era.

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

**19<sup>th</sup> 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, June 22, 11:00 AM-3:00 PM**

**Accordion Melodies of the 1890s** *Free*

In the mid-19<sup>th</sup> century, the accordion became a favorite of folk musicians. Enjoy the melodies on your visit to the Farm.

- Saturday, June 15, 1:00-3:00 PM**
- Saturday, July 20, 1:00-3:00 PM**
- Saturday, August 17, 1:00-3:00 PM**

**Victorian Laundry Demonstration** *NEW Free*

We get it, laundry is agitating for everyone! But you will appreciate your modern conveniences after experiencing a late-Victorian laundry day. From lighting the wood stove to ironing the aprons, we cover loads of material during this demonstration, so make sure to hang around for a bit.

- Sunday, June 23, 12:00-2:30 PM**
- Sunday, July 21, 12:00-2:30 PM**
- Sunday, August 18, 12:00-2:30 PM**

**Spinning, Knitting and Weaving Demonstration** *Free*

Visit the farm to watch the art of spinning fleece and learn various methods of knitting and weaving.

- Saturday, June 29, 1:00-3:00 PM**

**Independence Day Celebration** *Free*

Independence Day was a festive time in the 1890s - patriotism was celebrated with music and games. Join the staff at Longstreet Farm as they celebrate the holiday with games and contests

- Thursday, July 4, 12:00-3:00 PM**

### Penny Rug Demonstration

In the 1800s thrifty homemakers would use scraps of wool or felted wool from old clothing to create designs for mats or rugs. Be inspired to create your own mat or rug.

**Saturday, August 3, 1:00-3:00 PM**

### Smocking Demonstration

Visit Longstreet Farm and view the lost art of smocking, a decorative embroidery or shirring made by gathering cloth in regularly spaced round tucks. Years ago, children's clothing had this decorative embroidery.

**Saturday, August 10, 1:00-3:00 PM**

### Wood Carving Demonstration

(adults)

Using a collection of knives, gauges, and imagination, see how our wood carver whittles a block of wood into a beautiful work of art.

**Sunday, August 11, 1:00-3:00 PM**

### Felting Demonstration

Felted wool is the world's oldest known textile. Learn the process of felting wool that can be used in garments.

**Sunday, August 18, 1:00-3:00 PM**

### Machinery Expo

Take a gander at the best "modern" technology the 1890s has to offer. Our machinery will be out of storage and in full view for one day only! Staff will be on-hand to discuss the mechanics of Longstreet Farm's horse-drawn implements and household/kitchen equipment.

**Sunday, August 25, 10:00 AM-2:00 PM**

### Gingerbread Contest - "Winter on the Farm"

It is never too early to start thinking about the Christmas season. Nothing is more festive than building and decorating a gingerbread house. This December, we invite you to add some spice to Longstreet Farm by taking part in our "Winter on the Farm" Gingerbread Contest. Stay tuned for more information in the *Fall Parks & Programs Guide*.





**"Let's Go Fishing" - 1890s Adventure**

*(ages 6-12, with adult)*

Enjoy a pleasant summer morning fishing at the pond in Holmdel Park. We will supply the bait and the bamboo fishing poles just like they used in the 1890s. After an hour of fishing enjoy a horse wagon ride through Holmdel Park. We will meet at the Longstreet Farm Visitor Center.

**One Session \$35.00 Parent/Child \$15.00 Additional Sibling**

**Longstreet Farm**

**Sun, Jun 9 10:00-11:30 AM. . . . . F1843X**

**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, Jun 1 8:00-9:30 AM. . . . . F2143X**

**Sun, Jun 16 8:00-9:30 AM . . . . . F2243X**

**Sat, Jul 6 8:00-9:30 AM . . . . . F2343X**

**Sun, Jul 21 8:00-9:30 AM . . . . . F2443X**

**Sat, Aug 3 8:00-9:30 AM . . . . . F2543X**

**Sun, Aug 18 8:00-9:30 AM . . . . . F2643X**

**Old-Fashioned Barn Dance**

*(adults)*

Enjoy a summer evening at Longstreet Farm with an old-fashioned barn dance. Sue Dupre, along with the Jugtown Mountain Band, will provide the dance instruction and music. Beginners and experienced dancers are welcome to participate - this dance features a variety of square, circle and contra dances typical to the 1890s.

**One Session \$10.00 Per Person**

**Longstreet Farm**

**Sat, Jun 22 7:00-9:00 PM . . . . . F1943A**

**Summer Social**

*(all ages, under 14 with paid adult)*

What could be better than starting summer with freshly made ice cream and traditional yard games? Ice cream was a special treat during the Victorian era, as it is today. Learn about its history and significance as you help churn a fresh batch to enjoy. After enjoying this summer treat, have fun engaging in some of the popular yard games and activities of the era. Children 14 and under accompanied by a paying adult; children 2 and under are free.

**One Session \$10.00 Per Person**

**Longstreet Farm**

**Fri, Jun 14 6:30-8:00 PM . . . . . F2043A**





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

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

**HISTORIC WALNFORD**

**250<sup>th</sup> Anniversary of Walnford** *Free*  
(adults)

Tour the house that the Walns once called home and sample ice cream made from an 18<sup>th</sup> century recipe on the front porch as we celebrate the 250<sup>th</sup> anniversary of the arrival of the Waln's at Walnford.

**Thursday, June 6, 3:00-5:00 PM**

**Pre-WWII Auto Display** *Free*  
(adults)

Antique automobiles dating 1941 and earlier will be on display at Historic Walnford. Pack a picnic, stroll our leafy landscape, and admire these early 20<sup>th</sup> century beauties. Add a tour of the 18<sup>th</sup> century Waln house and 19<sup>th</sup> century gristmill to complete your trip across three centuries.

**Saturday, June 15, 10:00 AM-2:00 PM**

**Basket Weaving Demonstration** *Free*  
(adults)

Visit the Penn/Jersey Basket Weaving Guild as they weave baskets in our Cow Barn!

**Saturday, July 20, 10:00 AM-3:00 PM**

**Friday, August 30, 10:00 AM-3:00 PM**

**Music on the Porch** *Free*  
(adults)

Let the sound of bluegrass music enliven your visit to Historic Walnford. Experience the operating gristmill, picnic under the trees, tour the 18<sup>th</sup> century Waln home, or relax on the porch enjoying sights and sounds of past and present.

**Sunday, June 23, 1:00-3:00 PM**

**Story Time in the Park** *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. During inclement weather, story time will take place in the Cow Barn.

**Sunday, June 23, 11:00-11:45 AM**

**Sunday, July 21, 11:00-11:45 AM**

**Sunday, August 25, 11:00-11:45 AM**

**Family Field Day at Historic Walnford**  
(ages 6 and up, under 18 with adult)

Experience an old-fashioned field day with activities that the whole family can enjoy! Then, after we've worked up an appetite, enjoy ice cream made from a historical recipe. Pack a picnic lunch to enjoy after the program and stay for our milling demonstrations, beginning at 12:30 PM.

**One Session \$15.00 Parent/Child \$5.00 Additional Person**

**Historic Walnford**

**Sun, Aug 18 10:00 AM-12:00 PM . . . . .G0443X**





## HISTORIC SEABROOK-<sup>Free</sup> WILSON HOUSE TOURS

**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 <sup>Free</sup>

**Hartshorne Woods Park Rocky Point Section, Highlands**

*Tours are available Saturdays & Sundays from May 25-October 13 from 10:00 AM-4:00 PM with additional hours on Memorial Day, Monday, May 27, from 10:00 AM-4:00 PM.*

The 224-acre Navesink Military Reservation sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and 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 <sup>Free</sup>

*Tours are available Wednesday-Sunday, May 4-November 24 at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM  
Tours are limited to 10 people; please sign in at the Visitor Center.*

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 18<sup>th</sup> century house, furnishings, art and exhibits help tell the story of the region's history and the Hartshorne family legacy in Monmouth County.





## ARTS & CRAFTS

### Friday Evening Pottery

*(ages 11 and up)*

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings, 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, Jul 12-Aug 23 6:30-8:30 PM. . . . . Z7443X**

### Sunday Ceramics

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

Looking for a relaxing and creative way to spend your Sunday? Come 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. Your registration pays for your studio time; bisqueware is separate and is to be purchased on site the day of the program.

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

**One Session \$12.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sun, Jun 2 11:00 AM-12:00 PM . . . . . Z5243X**

**Sun, Jun 2 12:30-1:30 PM . . . . . Z5343X**

**Sun, Jun 2 2:00-3:00 PM . . . . . Z5443X**

**Sun, Jul 7 11:00 AM-12:00 PM. . . . . Z5543X**

**Sun, Jul 7 12:30-1:30 PM . . . . . Z5643X**

**Sun, Jul 7 2:00-3:00 PM . . . . . Z5743X**

**Sun, Aug 4 11:00 AM-12:00 PM. . . . . Z5843X**

**Sun, Aug 4 12:30-1:30 PM . . . . . Z5943X**

**Sun, Aug 4 2:00-3:00 PM . . . . . Z6043X**



*We are always very impressed with the quality of your programs and wonderful staff. Thank you!*



## FAMILY FUN

### Family Swim Time

*(all ages, under 18 with adult)*

Join other families and enjoy some quality time swimming at Big Brook Park's 3'-6' outdoor pool! Dig-in to our toybox for pool toys! Tabletop games also available for families to enjoy poolside in the shade. Picnic tables, changing rooms, and bathrooms are available. Each participant must participate in a "swim test" before accessing the deep end. Lifeguards will be on duty during all swim times. Afterwards, families are welcome to enjoy their food and beverages at our picnic areas located around the park! Parking is available but limited.

**One Session \$30.00 Parent/Child \$15.00 Additional Person**

**Big Brook Pk Main Pool**

**Sat, Jun 29 10:00 AM-1:00 PM. . . . . U0443X**

**Sat, Jun 29 1:30-4:30 PM . . . . . U0543X**

**Sat, Jul 13 10:00 AM-1:00 PM . . . . . U0643X**

**Sat, Jul 13 1:30-4:30 PM . . . . . U0743X**

**Sat, Aug 10 10:00 AM-1:00 PM . . . . . U1043X**

**Sat, Aug 10 1:30-4:30 PM. . . . . U1143X**

**Sat, Aug 24 10:00 AM-1:00 PM . . . . . U1243X**

**Sat, Aug 24 1:30-4:30 PM. . . . . U1343X**

### 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.

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](mailto:rachel.cohen@co.monmouth.nj.us).

## SUMMER PERFORMANCES AT THOMPSON PARK

### Colts Neck Community Band - Concert in the Park

**Friday, June 7, 7:30 PM**

Enjoy an evening of music with the Colts Neck Community Band in the Activity Barn. The concert features selections from popular music and show tunes. Indoor seating is available or bring your lawn chairs.

For more information call 732-542-1642, ext. 24.

### Storytelling in the Barn

**Saturday, June 8, 6:00-8:00 PM**

Join us as we gather around for a night of storytelling in the Theatre Barn. Host James Dalton invites a cast of different characters from the region, all with different voices and different perspectives, all of them sharing their stories. Audience members will be encouraged to share their stories. Light refreshments will be served.

### People, Places and Possibilities!

**Friday, June 14, 7:00-8:30 PM**

The Sentimental Journey Big Band shows they can break the barriers between genres of music, combining the past with the present. Our vocalist Altha Morton has opened for Johnny Cash and has toured all over the East Coast, singing the American Songbook, Jazz, Country, Pop and the music that was inspired by unique locations. The instrumentation of the Big Band is tremendously capable of bringing you everything from Swing and Jazz to Country and Pop; Glenn Miller and Ella Fitzgerald to Carole King and Taylor Swift. Anything is possible! Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theatre Barn; however, if the weather is inclement, the concert will be moved indoors.

### Bluegrass and Old-Time Music

**Sundays, June 16, July 21 & August 18 from 12:00-5:00 PM**

The Bluegrass and Old-Time Music Association of New Jersey will meet for jam sessions under the trees. Bring your bass or banjo or fiddle or mandolin or guitar or just come to listen and enjoy the day! All are welcome.

### JoBonanno & The Godsons of Soul Performance

**Friday, July 19, 7:00-8:30 PM**

JoBonanno and the Godsons of Soul is a high-energy rock and soul band hailing from the Jersey Shore. This band, with their amazing horns, keys, guitar and drums, will have you up dancing and singing. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theatre Barn; however, if the weather is inclement, the concert will be moved indoors.

### Mission Dance Band Concert

**Friday, August 23, 7:00-8:30 PM**

Mission Dance is a 10-piece Jersey Shore Party, Corporate and special event band. With their powerful vocals, horns and rhythm section, they have been a favorite in the tri-state area for many years. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theatre Barn; however, if the weather is inclement, the concert will be moved indoors.

### Dancing Thru the Ages- Roaring 20s to Fabulous 50s & Beyond

**Saturday, August 24, 7:00-8:30 PM**

Sit back, relax and feel the nostalgia! Join us as we take you through the history of social jazz dance in America. This performance will showcase dance styles born in America and influenced by the unique trendsetting musical styles of those times. We'll begin in the 1920s and travel through the Fabulous 50s and beyond. The emcee will provide interesting historical and nostalgic recollections revealing how the early social jazz dances evolved into the common social dances of today.

Performance presented by Jumpin Entertainment featuring The Roaring Rascals & Team Lindyland.

## NATURE

### Eco-Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

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

**One Session \$26.00 Per Person**

**Manasquan Res Env Ctr Outdoor Area**

**Sun, Jun 16 10:00-11:30 AM . . . . . I3943X**

**Sat, Jun 29 10:00-11:30 AM . . . . . I4043X**

### Rockin' the Trails

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

*For more information call 732-872-2670 or visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).*

### Eye Spy Summer

(ages 6-9, 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, wear comfortable closed toed walking shoes, and bug repellent is encouraged. Children must be registered with a paying adult.

**One Session \$13.00 Parent/Child**

**Freneau Wds Pk Act Ctr Parking Area**

**Tue, Aug 6 5:00-6:00 PM . . . . . IMK43X**

### Family Fossiling at Shark River

(ages 8 and up, with adult)

Fossil hunting is a great pastime and requires experience to know where to look and what to keep. A Park System Naturalist will assist you and with luck find ancient fossils. Every registered child will bring home a real fossil shark tooth as a souvenir! Light shoveling by the accompanying adult is required and each child needs an adult to assist. All persons attending program must wear closed-toe shoes that can get wet. Rain boots are preferred; Everyone will get wet!

**One Session \$16.00 Per Child**

**Shark River Pk Shelter Bldg**

**Sat, Jun 22 10:30 AM-12:00 PM . . . . . I2243X**

**Thu, Jul 18 10:30 AM-12:00 PM . . . . . I2343X**

**Thu, Aug 8 10:30 AM-12:00 PM . . . . . I2443X**

## 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.*

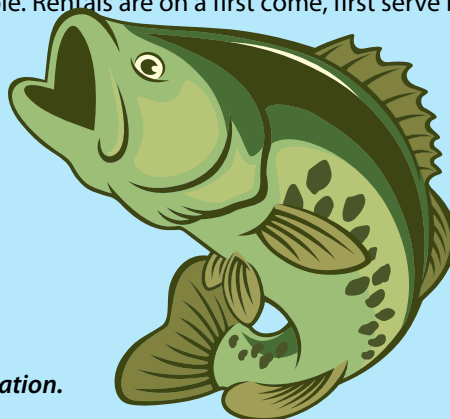
**Turkey Swamp Park, Freehold**

**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.*





## SUMMERTIME NATURE FUN IN THE PARKS

### ENVIRO-QUEST

(all ages, under 18 with adult)

Don't know what to do on a weekday this summer break? Why not seek out some nature fun. Meet at the parks below and follow the Enviro-Quest signs to where the Park System Naturalist is waiting. Once you are there you can join in on a mini nature lesson, activity, or walk for 30-60 minutes of nature-based fun. Activities could include meeting a live animal, finding hidden treasures, or discovering animal knickknacks. You bring your sense of adventure and we'll bring the rest! We recommend packing a lunch and staying after the program to enjoy a picnic in your local parks.

*For additional details please call 732-751-9453.*

**Meet on the following Thursdays at 11:00 AM:**

**July 11 - Perrineville Lake Pk Agress Rd Parking Lot**

**July 18 - Clayton Pk Trail Head Parking Lot**

**July 25 - Crosswicks Creek Pk Province Line Rd Parking Lot**

**August 1 - Holmdel Pk Pond View Shelter Building**

**August 8 - Big Brook Pk Dock**

**August 15 - Thompson Pk Old Orchard Parking Lot**

**August 22 - Tatum Pk Red Hill Act Ctr**

**August 29 - Freneau Woods Pk Vis Ctr**

### LIFE IN A FRESHWATER POND

(all ages, under 18 with adult)

**Thursdays from June 27-August 22, 11:00 AM-12:00 PM**

**Freneau Woods Pk Vis Ctr**

Join Park System Naturalists every Thursday morning during the summer to explore a freshwater pond. We'll look for basking turtles, hopping frogs, hunting herons, splashing fish and anything else that catches our eye. We will also discover the unique life that lies underneath the water in a freshwater pond. Participants should bring closed-toed shoes. Please no flip-flops. We will meet outside at the Visitor Center near the picnic tables. The program will not take place during inclement weather. Parents or guardians are required to stay with and supervise their children. The program is designed for individuals and families.

Groups can reserve a date by calling 732-872-7369.

*For more information about this event, please call 732-264-7277, ext. 1#.*

### SEINING ALONG SANDY HOOK BAY

(all ages, under 18 with adult)

**Mondays, Wednesdays & Fridays, June 24-August 23, 11:00 AM-12:00 PM**

**Bayshore Waterfront Pk**

Discover a variety of fish, crabs, and other sea creatures as we pull a long seine net towards the edge of Sandy Hook Bay. It will be a fun time for everyone as we discover what lives and swims in Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the parking lot. The program will not take place during inclement weather. All ages, under 18 with adult. Parents or guardians are required to stay with and supervise their children. No swimming during the event. The program is designed for individuals and families; not groups.

Groups can reserve a date by calling 732-872-7369.

*For more information about this event, please call 732-264-7277, ext. 1.*

## UNDER THE SUMMER STARS

(all ages, under 18 with adult)

**Tuesdays, July 9 & August 13, 10:00-11:00 PM**

**Dorbrook Rec Area Soccer Field Parking Lot (across the street from the main entrance)**

"The cosmos is within us. We are made of starstuff."-Carl Sagan.

Look above and connect to the starstuff visible to us from our world. Our guide will acquaint you with key objects and constellations in the summer night sky. Bring a camp chair to rest on as we star search and a flashlight to light your way in the dark. Program may be cancelled due to overcast skies or inclement weather.

## TIDAL TUESDAY - SEINE THE COVE

(all ages, under 18 with adult)

**Tuesdays, July 9-August 27, 11:00 AM-12:00 PM**

**Fisherman's Cove Conservation Area**

Looking for some Tuesday fun by the shore? Stop by Fisherman's Cove this summer and join a Park System Naturalist each week to take part in a free seining program to see what creatures may be found swimming along Fisherman's Cove. Discover a variety of fish, crabs and other sea creatures as we pull in our seine net.

Space is limited on a first come first serve basis.

- Closed-toe shoes are required.
- The program will not run during inclement weather.
- Parents or guardians are required to stay with and supervise their children.
- No swimming during the program.
- This program is designed for individuals and families. No large groups please.
- Street parking is first come first serve and during the summer can be full. A municipal parking lot is also available for a fee but also at times can be full.
- Add to the fun by registering for one of the additional Tidal Tuesday Activities listed below.

## TIDAL TUESDAY ACTIVITIES

(ages 5 and up, with adult)

Discover exciting things about nature and our coastal habitats. Each week take part in a different activity such as meeting creatures, taking an educational walk, or creating crafts from natural materials found along the shore. Bring a snack and stick around for the free seining program at 11:00 AM (see above).

On street parking is available but is first come, first serve, as well as an available municipal lot for a fee, both may fill up during the summer. *Pre-registration is required.*

**One Session \$9.00 Per Child**

**Fisherman's Cove Act Ctr**

**SHORE BIRDS: Tue, Jul 9 9:30-10:15 AM #15143X**

**SEA STARS: Tue, Jul 16 9:30-10:15 AM #15243X**

**FISH: Tue, Jul 23 9:30-10:15 AM #15343X**

**CRUSTACEANS: Tue, Jul 30 9:30-10:15 AM #15443X**

**SEASHELLS: Tue, Aug 6 9:30-10:15 AM #15543X**

**SHARKS: Tue, Aug 13 9:30-10:15 AM #15643X**

**MARINE MAMMALS: Tue, Aug 20 9:30-10:15 AM #15743X**

**COASTAL PLANTS: Tue, Aug 27 9:30-10:15 AM #15843X**



# Wind & Sea

**FESTIVAL**

**SATURDAY**

**SEPTEMBER 14**

**11:00 AM - 5:00 PM**

**BAYSHORE WATERFRONT PARK,  
PORT MONMOUTH**

**FREE ADMISSION • FREE PARKING**



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

**ACTIVITIES LIST:**

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

• AND MUCH MORE!



\*PARKING WILL BE AVAILABLE AT THE BELFORD FERRY  
TERMINAL. SHUTTLE BUSES WILL TAKE VISITORS TO  
AND FROM BAYSHORE WATERFRONT PARK.

[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)



## Firefly Nights

*(ages 6-10, with adult)*

What would summer be without the flickering of fireflies? Explore the brilliant lives and habitats of these bioluminescent beetles. Communicate like a firefly and learn about other animals that glow. Spend the early evening embarking on an insect safari before going on our twilight firefly hunt. Dress for the weather and bring your own flashlight.

**One Session \$15.00 Parent/Child**

**Huber Wds Pk Env Ctr Courtyard**

**Tue, Jul 23 8:00-9:00 PM . . . . . IN243X**

## How to Catch a Unicorn

*(ages 4-6, with adult)*

Help our Park System Naturalists catch a unicorn that we've seen magically appearing on the trails. Children will have the opportunity to create their own unicorn horn, listen to a story, and go on a walk to search for the elusive mythical creature and learn about nature. This program will have both indoor and outdoor components.

**One Session \$16.00 Parent/Child**

**Huber Wds Pk Env Ctr**

**Sat, Jun 29 10:30-11:30 AM (approx) . . . . IM943X**

## Ice Cream and Evening Boat Tour

*(ages 3 and up, under 18 with adult)*

What better way to start the weekend than with a sunset cruise on the reservoir followed by ice cream?! After seeing all the sights nature has to offer, satisfy your sweet tooth by enjoying ice cream with your friends and family. All aboard!

**Please Note: We meet at the Manasquan Reservoir Environmental Center. The boat leaves the dock promptly at the scheduled time. Life-jackets are provided and must be worn by all passengers. Children under 3 may not attend. Participants will receive individually packaged ice cream.**

**One Session \$13.00 Per Person**

**Manasquan Res Env Ctr**

**Fri, Jun 21 6:00-7:00 PM . . . . . I2543X**

**Fri, Jun 21 7:00-8:00 PM . . . . . I2643X**

**Fri, Jul 19 6:00-7:00 PM . . . . . I2743X**

**Fri, Jul 19 7:00-8:00 PM . . . . . I2843X**

**Fri, Aug 16 6:00-7:00 PM . . . . . I2943X**

**Fri, Aug 16 7:00-8:00 PM . . . . . I3043X**

## Meet the Martins!

### Experience a Purple Martin Colony!

*(ages 7 and up, under 18 with adult)*

A Park System Naturalist will introduce you to a purple martin colony which our volunteers monitor and maintain. Participants will learn the basics of the purple martin life history and see these magnificent birds up close and personal, as well as getting to interact with our wonderful volunteer monitors. It's a wonderful experience for adults and children of all ages! We may see eggs and or chicks of various ages, up close, in an unforgettable nature experience for all.

**One Session \$6.00 Per Person**

**Dorbrook Rec Area Outdoor Area**

**Sat, Jun 22 10:30-11:30 AM . . . . . I4643X**

**Sun, Jun 23 10:30-11:30 AM . . . . . I4743X**

## Moths of the Night!

*(ages 14 and up, under 18 with adult)*

Have you ever wondered about Moths? And what types can be seen in NJ? Did you know that over 1,500 species of moths have been documented in NJ?! Explore these mysterious creatures of the night, and see which ones we can attract. The summer months are a great time to look for moths and other nocturnal insects. You might be surprised what shows up!

**One Session \$12.00 Per Person**

**Bayshore Waterfront Pk Outdoor Area**

**Fri, Jul 19 9:00-10:30 PM (approx) . . . . . IMG43X**

## Neighborhood Forester

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

Take part in an exploration through the diverse pine-oak forest of Turkey Swamp Park. This guided stroll will include forestry basics, leaf and flower identification, and have an emphasis on their relationship with fungi and pests of our beloved native tree species.

**One Session \$13.00 Per Person**

**Turkey Swamp Pk Oak Point Picnic Shelter**

**Sat, Jul 20 12:00-1:30 PM . . . . . I6343X**

## Once Upon a Pond

*(ages 6-10, with adult)*

What's lurking under the surface of our parks' ponds? Join a Park System Naturalist as we explore the murky depths of Shark River Park. We will spend our time using dip nets to capture and release the numerous critters that make up a pond's ecosystem. Please wear clothing you don't mind getting a little muddy and gear up to get wet!

**One Session \$14.00 Parent/Child \$8.00 Additional Person**

**Shark River Pk Lake**

**Sat, Jun 8 10:00-11:00 AM . . . . . IMX43X**

**Sat, Jun 29 10:00-11:00 AM . . . . . IMY43X**

### Summer Birding at the Bayshore

*(ages 14 and up, under 18 with adult)*

Join us at Bayshore Waterfront Park as we search the beachfront and nearby woodland edges for the breeding birds of the area, including ospreys, terns, orioles, and perhaps a surprise or two.

Please wear sturdy footwear as we may be walking up to several miles. A limited number of binoculars will be available to those who may need them.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Tue, Jun 25 9:00-10:00 AM (approx) . . . . .IMH43X**

**Thu, Aug 22 9:00-10:00 AM (approx) . . . . .IMJ43X**

### Sunset Beach Combing

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

Did you know shells are nature's original tiny homes? Join one of our Park System Naturalists for a walk along the beach and learn about what organisms once lived inside the shells you find. Please wear closed toed shoes and bring a reusable bag for shell collecting.

**One Session \$8.00 Per Person**

**Bayshore Waterfront Pk**

**Tue, Jun 11 7:30-8:30 PM (approx) . . . . .IMW43X**

### Sunset Seining Along Sandy Hook Bay

*(ages 7 and up, under 18 with adult)*

Heave-ho! Find out what swims in the water while the sun sets over beautiful Sandy Hook Bay. Sometimes different fish come out to play as the waters get darker. Join us as we haul out a 30-foot seine net into the dark waters of the bay to discover what was caught. You never know what crabs, fish or other sea creatures we might pull in! This is a fun and popular program not to be missed! The program is intended for individual adults and families. Please bring a flashlight and dress for the weather. Wear closed-toe shoes that can get wet.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Thu, Aug 1 7:00-8:00 PM (approx) . . . . .IMM43X**

**Thu, Aug 22 6:30-7:30 PM (approx) . . . . .IMN43X**

### Sunsets and Sundaes

*(ages 6 and up, under 18 with adult)*

What better way to spend a summer night than having ice cream at the beach! Enjoy an evening walk on the beach as we spend time looking for treasures from the ocean. Afterwards, we will head back to the Activity Center to enjoy an ice cream sundae!

**One Session \$14.00 Per Person \$8.00 Additional Person**

**Seven Presidents Pk Act Ctr**

**Tue, Jul 2 7:30-8:30 PM . . . . .IN043X**

**Thu, Aug 1 7:00-8:00 PM . . . . .IN143X**

### Twilight Catfishing

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

Fishing for catfish is the perfect way to leisurely pass a summer evening. A catfish can grow to over 30 pounds making it one on New Jersey's largest freshwater fish and quite a catch. Join Park System Naturalists lakeside at Turkey Swamp for a hands-on class covering everything needed to catch these whiskered giants. All bait, tackle, and rods will be supplied, and participants are included under the Park System's Special Use Fishing License during the program. A flashlight, rag and something to sit on (folding chair or bucket) are optional but recommended.

**One Session \$16.00 Per Person**

**Turkey Swamp Pk**

**Wed, Jun 26 7:30-9:00 PM . . . . .I4143A**

## OUTDOOR ADVENTURES

### Father's Day Paddle & Picnic

*(ages 6 and up, under 18 with adult)*

Give Dad the gift of adventure this Father's Day! Navigate the gentle currents and explore hidden corners of the Navesink River by canoe. Halfway through our paddle we'll stop to picnic along the water. Take this chance to create lasting memories, and be ready for an adventure. All equipment is provided, please dress appropriately for the weather and pack a lunch. Combined maximum weight per canoe is 600 lbs, 2-3 people per boat.

**One Session \$34.00 Per Boat**

**Swimming River Park Parking Lot**

**Sun, Jun 16 10:30 AM-12:30 PM . . . . .W4543X**

### Tree Top Adventures

*(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, beverage, and closed-toe/heel shoes. The trees are calling! Are you up for the challenge?

**One Session \$45.00 Per Person**

**Thompson Pk Old Orchard Parking Lot**

**Sat, Jun 8 10:00 AM-1:00 PM . . . . .W4043X**

**Sat, Jun 6 12:00-3:00 PM . . . . .W4143X**

## OUTDOOR FAMILY FUN

### CANOE RENTALS AT THOMPSON PARK

*(all ages, under 18 with adult)*

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

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

**The following Saturdays & Sundays from 10:00 AM-3:00 PM:**

**May 25 & 26, June 8 & 9, June 22 & 23, July 6 & 7, July 20 & 21, August 3 & 4,**

**August 17 & 18, August 31 & September 1**

*Rentals must be returned by 3:00 PM.*

### CLIMB TIME

*(ages 8 and up, with adult)*

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

**Cost: FREE**

**Saturday, June 15, 12:00-3:00 PM at Freneau Woods Park**

**Sunday, July 14, 12:00-3:00 PM at Thompson Park**

**Thursday, August 22, 12:00-3:00 PM at Shark River Park**

### OPEN SHOOT ARCHERY

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

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

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

**Saturday, May 18, 10:00 AM-1:00 PM**

**Saturday, June 8, 10:00 AM-1:00 PM**

**Saturday, July 13, 10:00 AM-1:00 PM**

**Saturday, August 10, 10:00 AM-1:00 PM**

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

## Open Swim Time at Fort Monmouth Recreation Area

*(all ages, under 18 with adult)*

Pool season opens Memorial Day Weekend, Saturday, May 28, and ends Labor Day, September 5.

Early Bird Workout in our lap lanes is available Monday-Friday from 7:00-9:00 AM.

Monthly open swim schedules are posted on the Fort Monmouth Recreation Center page of our website at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

### Open Swim Passes

Season Passes: \$200.00 per Family Pass (up to 4 people); \$100.00 per Individual Pass

Monthly Passes: \$100.00 per Family Pass (up to 4 people); \$60.00 per Individual Pass

### Open Swim Daily Rates

Monday-Friday: \$20.00 per family (up to 4 people); \$7.00 per person

Saturdays, Sundays and Holidays: \$30.00 per family (up to 4 people); \$10 per person

*For more information, please call the Rec Center at 848-456-4278, ext. 2#, through May 27;  
from May 28-September 5, please call the pool house at 732-440-4179.*



**ARTS & CRAFTS**

**Crafty Stroller Safari!** NEW

*(ages 2-5, with adult)*

Practice your "roars"! Join us for some summer fun as we read an animal story, have creative safari-themed craft time, then hit the paved trails at Dorbrook Recreation Area. We'll go for a stroller walk followed by some outdoor play with our little ones. What a great way to get our blood pumping! Please bring water, sunscreen, and your stroller.

**One Session \$25.00 Parent/Child \$12.50 Additional Sibling**

**Dorbrook Rec Area Prog Bldg**

**Sat, Jun 8 10:30 AM-12:00 PM. . . . .A7843X**

**Sat, Jul 20 10:30 AM-12:00 PM . . . . .A7943X**

**Let's Create!**

*(ages 2-4, with adult)*

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning or afternoon working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home. 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 Parent/Child**

**Dorbrook Rec Area Prog Bldg**

**Sat, Jul 27-Sep 7 9:00-9:45 AM . . . . .A9043X**

*No class 8/17*



**Summer Reading Fun!**

*(ages 2-4, with adult)*

Come explore summer through classic stories about this wonderful, hot and sunny season. We will recreate our own versions of the summer activities we read about through music, movement and sensory play. To remember our day, we will finish up with a creative art project. Which summer story sounds like fun to you?

**One Session \$20.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg**

**Summer Vacation Here I Come!**

An action-packed book about your favorite summer adventures.

**Sat, Jun 1 10:30-11:30 AM . . . . .A8443X**

**The Night Before the 4th of July**

Celebrate Independence Day with some fireworks crafts.

**Sat, Jun 29 10:30-11:30 AM . . . . .A8543X**

**Punky Aloha**

A sweet story about making friends set in Hawaii.

**Sat, Jul 13 10:30-11:30 AM. . . . .A8643X**

**It Began with a Lemonade Stand**

What a tasty treat a summer lemonade can be.

**Sat, Aug 3 10:30-11:30 AM. . . . .A8743X**

**Wonder Walkers**

Let's explore nature!

**Sat, Aug 31 10:30-11:30 AM. . . . .A8843X**

**EDUCATION & ENRICHMENT**

**Morning Tea Party**

*(ages 2-4, with adult)*

Join us for some fun, themed stories and snacks! We will read together then share in the process of creating a simple snack and tea together. Best of all, we will make new friends along the way! Please Note: In order for all registered participants to fully enjoy the program, please refrain from bringing additional family members and children to class.

**One Session \$25.00 Parent/Child**

**Dorbrook Rec Area Vis Ctr**

**Summer Strawberries**

**Sat, Jun 15 11:00-11:45 AM . . . . .A8143X**

**Beach Adventure**

**Sat, Jul 27 11:00-11:45 AM. . . . .A8243X**

**Picnic with Friends**

**Sat, Aug 24 11:00-11:45 AM. . . . .A8343X**

**HORTICULTURE**

**Mr. McGregor's Garden in My Old Boots**

*(adults)*

This session of garden planting from scratch is a perfect opportunity to introduce your child to the wonderful world of gardening. Plant a pair of miniature gardens and be on the lookout for visits of animal friends - maybe even hungry little Peter Rabbit. Bring your worn-out boots and garden/work gloves and let's transform the boots into living containers for you to grow and care for.

**One Session \$30.00 Parent/Child \$20.00 Additional Person**

Deep Cut Gardens Gardener's Cottage

Sat, Aug 10 10:00-11:00 AM . . . . .H3043X

Sun, Aug 18 10:00-11:00 AM . . . . .H3143X

**Sniff and Snoop**

*(ages 5 and up, with adult)*

This garden discovery walk is a perfect setting to touch, taste, smell and look! Come ready to explore the garden treasures and wildlife. Bring a magnifying glass and a bug jar.

**One Session \$12.00 Parent/Child \$7.00 Additional Person**

Deep Cut Gardens Gardener's Cottage

Sun, Jul 21 10:00-11:00 AM . . . . .H2943X

Sat, Aug 3 10:00-11:00 AM. . . . .H2843X



When children garden, they engage all five senses while also gaining an understanding of the science behind plants.

**DID YOU KNOW?**

**NATURE**

**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**

Huber Wds Pk Env Ctr

Thu, Jun 13 4:30-5:30 PM. . . . .IM743X

Tue, Jul 23 4:30-5:30 PM . . . . .IM843X

**Fireside Fireflies**

*(all ages, under 18 with adult)*

Join us for a mesmerizing light show from Mother Nature! This BYOC (Bring Your Own Chair) program will be packed with fun firefly facts and includes a campfire with everyone's favorite fireside snack. What s'more can you ask for?

**One Session \$15.00 Parent/Child \$7.00 Additional Person**

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jun 29 8:00-9:00 PM (approx) . . . . .IN643X

Thu, Aug 8 8:00-9:00 PM (approx) . . . . .INJ43X

**Fishy Fun!**

*(ages 4-7, with adult)*

Does your child love everything about fish - their scales, gills, and tails? How they swim, eat, and where they sleep? Then join us for this great fish exploration! Fun includes an up-close look at the anatomy of real fish from the Manasquan Inlet, fish prints to take home, and plenty of fishy themed fun and games. Rain or Shine; this program will be held inside the activity center.

**One Session \$12.50 Per Child**

Fisherman's Cove Act Ctr

Wed, Jun 26 10:00-11:00 AM . . . . .I2143X

**Forest Fables**

*(ages 2-5, with adult)*

Stories are a great way to discover more about nature. Enjoy one of our staff's favorite nature themed stories. Afterward, you may get to meet a live animal, take an educational walk, or make a nature themed craft that your little one will love!

**One Session \$10.00 Per Child**

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jun 3 10:00-11:00 AM . . . . .I6143X

Mon, Jun 17 10:00-11:00 AM . . . . .I6243X

### Growing Up Wild

*(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**

**7/24 - Deep Cut Gardens**

**7/31 - Tatum Pk Holland Act Ctr**

**8/7 - Holmdel Pk Shelter Bldg**

**Wed, Jul 24-Aug 7 10:00-11:00 AM . . . . . IN943X**

### Here Be Dragons!

*(ages 6-10, with adult)*

Dragonflies have been flitting around the earth for over a million years. Join a Park System Naturalist to learn more about these low flying "living fossils." We'll take a close-up look at dragonfly nymphs and adults to explore their anatomy and life cycle. Then head to the pond dock to observe dragonflies in action and finish with a 3-D dragonfly craft to take home.

**One Session \$14.00 Per Child**

**Big Brook Pk Lower Pond Lot**

**Fri, Jul 12 11:00 AM-12:00 PM. . . . . I3143X**

### Mermaid Tales

*(ages 4-6, with adult)*

Take a dive into the magical world of mermaids with one of our Park System Naturalists! You will explore the pond at Freneau Woods Park to see what creatures live under the water surface, read a story, and create a mermaid themed craft. Feel free to wear your favorite mermaid attire and be ready to have a FINtastic time! This program will have both indoor and outdoor components, and require a short walk to our pond. Wearing closed toed shoes and bug spray is strongly encouraged.

**One Session \$17.50 Parent/Child \$8.75 Additional Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Sat, Aug 17 10:30-11:30 AM. . . . . IMZ43X**



### 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, Jun 2 10:00-11:30 AM. . . . . I3243X**

**Sat, Jun 15 10:00-11:30 AM . . . . . I3343X**

### Shore Sleuthing at Sunset

*(all ages, under 18 with adult)*

Encourage your child's curiosity during this unique exploration of the Atlantic Seashore. What will we find along the shore as day turns into night? Join Park System Naturalists as we take a beach walk and seine Fisherman's Cove at night. Participants should bring a flashlight and wear closed-toe shoes. Swimming is not allowed during the program. Free street parking is available, as well as a municipal lot for a fee.

**One Session \$15.00 Per Child**

**Fisherman's Cove Waterfront**

**Fri, Jul 26 6:30-7:30 PM . . . . . I5943X**

**Fri, Aug 9 6:30-7:30 PM . . . . . I6043X**



**Taste of Sunshine** 

(ages 4-7, with adult)

Let's toast to summer with some ice-cold lemonade! Our program begins as we read a story about an ambitious young girl and her lemonade stand. Throughout this whimsical tale she encounters creatures of all kinds who take an interest in her delicious endeavors. Next, we'll hit the trails with hopes that we'll encounter some of those creatures and wrap up our time together with some sweet, sticky lemonade.

**One Session \$16.00 Parent/Child \$8.00 Additional Person**

**Huber Wds Pk Env Ctr Courtyard**

**Tue, Aug 27 10:00-11:00 AM. . . . . INB43X**

**The Buzz About Bees** 

(ages 4-7, with adult)

Celebrate one of our busiest pollinators: the bee! Your little naturalist will love making their own bee puppets and explore the ins and outs of pollination. Together we'll learn how to "bee" kind, so bees are not so scary. Weather permitting, we will visit our pollinator gardens and see bees at work. Let's get the real buzz about bees and how they keep our plant world growing!

**One Session \$12.50 Per Child**

**Manasquan Res Env Ctr**

**Sat, Jun 15 11:00 AM-12:00 PM. . . . . I2043X**

**Tots, Tales and Trails** 

(ages 3-5, with adult)

Start your morning off with a story about nature and walk on the trails with your little one! You will experience the world outdoors with your child, asking questions and exploring along the way. This program will be held completely outdoors and guided by one of our Park System Naturalists. Walking time will vary due to the group's stamina and strollers are not recommended.

**One Session \$14.00 Parent/Child \$7.00 Additional Sibling**

**Freneau Wds Pk Act Ctr Parking Area**

**Tue, Jul 23 10:00-11:00 AM (approx) . . . . IN743X**

**Huber Wds Pk Env Ctr Courtyard**

**Wed, Aug 7 10:00-11:00 AM (approx) . . . . IN843X**

**Wildlife Wednesdays**

(ages 4-8, with adult)

Are you just wild about New Jersey's animals? If so, explore new ways to enjoy nature with Wildlife Wednesdays, held on the first Wednesday of each month. Join a Park System Naturalist this summer at the new Winter Run Activity Center located on the beautiful Manasquan River Greenway and adjacent to the Manasquan Reservoir. This program will combine a themed activity and short nature walk near the Activity Center. Bug spray and walking shoes are recommended. The address for the Activity Center is 270 Southard Avenue, Farmingdale.

**One Session \$10.00 Per Child**

**Manasquan River Greenway Winter Run Act Ctr**

**Amphibians**

**Wed, Jun 5 3:30-4:30 PM . . . . . I4843X**

**Reptiles**

**Wed, Jul 3 3:30-4:30 PM . . . . . I4943X**

**Insects**

**Wed, Aug 7 3:30-4:30 PM. . . . . I5043X**

**OUTDOOR ADVENTURES**

**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 River Greenway Winter Run Barn**

**Sat, Jun 15 10:00-11:30 AM . . . . . W9141X**

**Holmdel Pk Forest Edge Shelter**

**Sat, Jul 13 10:00-11:30 AM. . . . . W5343X**

**Henry Hudson Trail Popamora Point Parking Lot**

**Sat, Aug 17 10:00-11:30 AM. . . . . W5443X**

**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. Designed for tots with little legs and short attention spans, actual hiking time and distance will vary with the group's stamina. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge.

Instructor: Mr. Rocky

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

**Songbirds Series**

6/7 - Dorbrook Rec Area Vis Ctr Lot

6/14 - Big Brook Pk Lower Pond Lot

6/21 - Huber Woods Env Ctr Lot

**Fri, Jun 7-21 10:00-11:30 AM . . . . . W6443X**

**Cricket Chirps Series**

7/3 - Holmdel Hilltop Parking Lot

7/10 - Manasquan Res Env Ctr Lot

7/17 - Shark River Park Shelter Bldg

**Wed, Jul 3-17 10:00-11:30 AM . . . . . W6543X**

**Katydid's In Chorus Series**

8/1 - Thompson Pk Old Orchard Lot

8/8 - Hartshorne Wds Pk Rocky Point Lot

8/15 - Tatum Pk Red Hill Lot

**Thu, Aug 1-15 10:00-11:30 AM . . . . . W6643X**

**PLAY GROUP**

**Let's Explore**

*(ages 2-5, with adult)*

You and your child will spend time exploring through developmentally 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. 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**

**Sat, Jun 1-Jul 13 9:00-9:45 AM . . . . . A8943X**

*No class 6/22*

**PERFORMING ARTS**

**Miss Melissa's Music for 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.

**Six Sessions \$140.00 Per Pair \$70.00 2nd Child \$50.00 Additional Sibling**

**Tatum Pk Red Hill Act Ctr**

Instructor: Ms. Bri

**Tue, Jul 9-Aug 13 9:30-10:15 AM . . . . . A4043X**

**Tue, Jul 9-Aug 13 10:30-11:15 AM . . . . . A4143X**

**Tue, Jul 9-Aug 13 11:30 AM-12:15 PM. . . . . A4243X**

Instructor: Ms. Katie

**Wed, Jul 10-Aug 14 9:30-10:15 AM . . . . . A4343X**

**Wed, Jul 10-Aug 14 10:30-11:15 AM. . . . . A4443X**

**Wed, Jul 10-Aug 14 11:30 AM-12:15 PM . . . . . A4543X**

**SPORTS & FITNESS**

**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 \$70.00 Per Pair**

**All American Gymnastics Cindy Lane, Ocean**

**Sat, Jun 1-22 9:00-9:45 AM . . . . . M5843X**

**Sat, Jun 1-22 11:00-11:45 AM . . . . . M5943X**

**Sat, Jun 1-22 12:00-12:45 PM . . . . . M6043X**

**Thu, Jun 6-27 9:30-10:15 AM . . . . . M5643X**

**Thu, Jun 6-27 10:30-11:15 AM . . . . . M5743X**

**Sat, Jul 6-27 9:00-9:45 AM . . . . . M6343X**

**Sat, Jul 6-27 11:00-11:45 AM . . . . . M6443X**

**Sat, Jul 6-27 12:00-12:45 PM . . . . . M6543X**

**Thu, Jul 11-Aug 1 9:30-10:15 AM. . . . . M6143X**

**Thu, Jul 11-Aug 1 10:30-11:15 AM . . . . . M6243X**

**Sat, Aug 3-24 9:00-9:45 AM . . . . . M6843X**

**Sat, Aug 3-24 11:00-11:45 AM . . . . . M6943X**

**Sat, Aug 3-24 12:00-12:45 PM. . . . . M7043X**

**Thu, Aug 8-29 9:30-10:15 AM . . . . . M6643X**

**Thu, Aug 8-29 10:30-11:15 AM . . . . . M6743X**

### Kidz Yoga

(ages 4-8, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. Come 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

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$68.00 Parent/Child**

**Sun, Jun 2-23 11:30 AM-12:00 PM . . . . . XCC43X**

**Six Sessions \$102.00 Parent/Child**

**Sun, Jul 14-Aug 18 11:30 AM-12:00 PM. . . X CJ43X**

### 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

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$68.00 Per Person**

**Sun, Jun 2-23 12:10-12:40 PM. . . . . XCD43X**

**Six Sessions \$102.00 Per Person**

**Sun, Jul 14-Aug 18 12:10-12:40 PM . . . . XCK43X**

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

(ages 4-5, with adult)

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

**Four Sessions \$58.00 Parent/Child**

**Dorbrook Rec Area**

**Sat, Jun 29-Jul 27 9:00-9:55 AM . . . . . XDQ43X**

*No class 7/6*

**Sun, Jun 30-Jul 28 9:00-9:55 AM . . . . . XDR43X**

*No class 7/7*

## ARTS & CRAFTS

### Aspiring Artists® Masterpiece Medley™

(ages 5-7)

Young artists will study and paint a medley of compositions from Monet, van Gogh, Matisse, Cross, and Cassatt. Students will learn the layering techniques and brushstrokes of these painters, so they can create their own personal renditions of famous masterpieces. Color mixing will be introduced. We will be using acrylic paint on heavy cardstock paper. Acrylic paints stain clothing, so please have your child wear "painting clothes" to class. If your child prefers to paint on canvas, please bring your own 11"x14" canvases to class.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists LLC

**Five Sessions \$108.00 Per Child**

**Thompson Pk Creative Arts Center**

**Mon-Fri, Jul 8-12 2:00-3:30 PM . . . . . Z2243A**

**Mon-Fri, Jul 29-Aug 2 2:00-3:30 PM . . . . Z2343A**

**Mon-Fri, Aug 12-16 2:00-3:30 PM . . . . . Z2443A**

### 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, Jul 12-Aug 16 4:30-6:00 PM. . . . . Z7243X**

### Children's Wheel-Thrown Pottery

(ages 11-17)

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

**Seven Sessions \$140.00 Per Child**

**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

**Thu, Jul 11-Aug 22 4:00-6:00 PM . . . . . Z7043X**

Instructor: John Fossa

**Sat, Jul 13-Aug 24 9:00-11:00 AM . . . . . Z7143X**



**Father's Day Ceramic Mug**

*(ages 7-12)*

Want to make Dad feel special every day? Give him a hand decorated ceramic mug suitable for any of his favorite beverages! Our ceramics instructor will show you a variety of techniques to make your gift unique. Class includes mug, glazes and firing. Your piece will be fired and ready to pick up for Father's Day.

**One Session \$35.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sat, Jun 1 12:00-1:30 PM . . . . . Z6143X**

**Sat, Jun 1 2:00-3:30 PM . . . . . Z6243X**

**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 \$66.00 Per Child**

**Thompson Pk Creative Arts Center**

Monet's Red Boats

Cassatt's Two Children at the Seashore

Monet's Maggiore at Sunset

Hassam's Oceanview

**Sat, Jun 8-29 9:30-10:30 AM. . . . . Z9743A**

**Sat, Jun 8-29 11:00 AM-12:00 PM . . . . . Z9843A**

**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**

Potthast's Brother and Sister

Potthast's Wading at the Shore

Monet's Regatta at Argenteuil

Cassatt's Two Children at the Seashore

**Thompson Pk Creative Arts Center**

**Fri, May 31-Jun 21 4:30-6:30 PM . . . . . ZCV42A**

**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.

**Father's Day - Gone Fishing**

**One Session \$32.00 Per Child**

**Henry Hudson Trail Act Ctr**

**Sat, Jun 15 10:30 AM-12:00 PM. . . . . Z0143A**

**Thompson Pk Creative Arts Center**

**Sat, Jun 15 1:30-3:00 PM . . . . . Z0243A**

**Mini Masterpieces with Miss Debra™**

*(ages 5-7)*

Using an assortment of mediums, Debra Stasiak, founder of Aspiring Artists LLC, will teach children how to create stylized flowers, butterflies, fish and animals using techniques inspired by the Impressionist, Fauvist and Modern Art movements.

**Five Sessions \$108.00 Per Child**

**Thompson Pk Creative Arts Center**

**Mon-Fri, Jul 15-19 2:00-3:30 PM . . . . . Z1943A**

**Mon-Fri, Aug 5-9 2:00-3:30 PM . . . . . Z2043A**

**Mon-Fri, Aug 26-30 2:00-3:30 PM . . . . . Z2143A**



Painting assists in the development of fine motor skills, stimulates creativity, and boosts self-confidence.

**DID YOU KNOW?**

**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**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Jun 1 10:00 AM-12:00 PM. . . . .Q7843A**

**Sat, Aug 10 10:00 AM-12:00 PM . . . . .Q7943A**

**Juggling Fun**

*(ages 7-14)*

Have you ever wondered what it would be like to be in the circus? Now is your chance! Learn how to juggle from an ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand/eye coordination. You will learn the basic three ball cascade, as well as trying some other fun circus skills, including plate spinning, feather balancing, rope spinning, and Chinese Yo-Yos. You will also craft your own juggling balls, which are yours to keep. Class taught by ex-Ringling Brothers Circus Pro Brenn Swanson.

**One Session \$30.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Tue, Aug 27 1:00-3:00 PM . . . . .Q8643A**

**TOASTMASTERS™ YLP Comes to MCPS**

*(ages 13-17)*

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

**Eight Sessions \$96.00 Per Person**

**Manasquan River Greenway Winter Run**

**Mon, Jul 1-Aug 19 6:30-8:00 PM . . . . .Q7143X**

**NATURE**

**Birding for Teens and Tweens <sup>NEW</sup>**

*(grades 6-12)*

Calling all young bird lovers! During our birding adventures, a Park System Naturalist will guide identification and share information about the amazing avians that live locally. Participants will also be introduced to online, print, and mobile app resources for learning more about our feathered friends. Binoculars will be provided for use during program but feel free to bring your own. Closed-toe shoes and a water bottle are recommended during the approximately two-mile walk along trails. This program will be cancelled in the event of stormy weather.

**One Session \$15.50 Per Person**

**Thompson Pk Marlu Lake**

**Sat, Jun 1 9:30-11:00 AM. . . . . INC43X**

**Bayshore Waterfront Pk**

**Sat, Jun 8 9:30-11:00 AM. . . . . IND43X**

**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:*



**OUTDOOR ADVENTURES**

**Geocache Trackers**   
*(ages 13-17)*

Tired of staring at a screen inside? Stare at a screen outside! Grab your friends and challenge yourself to try geocaching- an outdoor adventure game where players use a GPS device and the powers of observation to find caches hidden around Thompson Park. What will you find in the caches? Come find out!

**One Session \$20.00 Per Person**  
**Thompson Pk 3 Barns Parking Lot**  
**Sat, Aug 17 1:00-2:30 PM. . . . . W6043X**

**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.

**One Session \$26.00 Per Person**  
**Thompson Pk Activity Barn**  
**Tue, Jun 11 4:30-6:30 PM. . . . . W6743X**  
**Wed, Jul 10 4:30-6:30 PM. . . . . W6843X**  
**Thu, Aug 15 4:30-6:30 PM . . . . . W6943X**

**Young Explorers**  
*(ages 6-8)*

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

**One Session \$18.00 Per Child**  
**Manasquan Res Env Ctr Parking Lot**  
**Thu, Jun 20 10:00-11:30 AM. . . . . W4243X**  
**Thompson Pk Old Orchard Parking Lot**  
**Tue, Aug 20 10:00-11:30 AM. . . . . W4343X**

**PERFORMING ARTS**

**Beginner Acting**  
*(ages 8-10)*

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.

**The Performers**  
**Four Sessions \$170.00 Per Person**  
**Freneau Wds Pk Vis Ctr Program Room 1**  
**Mon,Wed, Jul 8-17 9:00-11:30 AM . . . . .Q2343X**

**Ensemble Acting**   
*(ages 11-15)*

An ensemble is a group of actors working together to perform a play. In this program you will be given a character to bring to life alongside your fellow actors in a play which will be performed for family and friends on the last day of class. Roles and scripts will be distributed by the instructor on the first day of class.

**Four Sessions \$175.00 Per Person**  
**Freneau Wds Pk Vis Ctr Program Room 1**  
**Mon,Wed, Jul 8-17 1:00-3:30 PM . . . . .Q7043X**

**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,Thu, Jul 9-18 2:00-3:30 PM . . . . .Q0943X**



**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 \$58.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jun 29-Jul 27 12:00-12:55 PM . . . . . XDW43X**

*No class 7/6*

**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 \$58.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jun 29-Jul 27 10:00-10:55 AM . . . . . XDS43X**

*No class 7/6*

**Sun, Jun 30-Jul 28 10:00-10:55 AM . . . . . XDT43X**

*No class 7/7*



**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 \$58.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jun 29-Jul 27 11:00-11:55 AM . . . . . XDU43X**

*No class 7/6*

**Sun, Jun 30-Jul 28 11:00-11:55 AM . . . . . XDV43X**

*No class 7/7*

**FITNESS**

**Cool Runners Fitness Run for Fun**

*(entering grades K-8)*

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

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

**Six Sessions \$120.00 Per Person**

**Thompson Pk Old Orchard Parking Lot**

**Tue, Jul 16-Aug 20 5:30-6:30 PM . . . . . XAT43A**



Involvement of children in fitness and sports activities promotes healthy growth of bones and muscles and can reduce anxiety.

**DID YOU KNOW?**

## GYMNASTICS & CHEERLEADING

### Gymnastics - Kids

(ages 3-10)

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

**Four Sessions \$70.00 Per Person**

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

|  |        |
|--|--------|
| Sat, Jun 1-22 9:00-9:45 AM . . . . .       | M7343X |
| Sat, Jun 1-22 11:00-11:45 AM . . . . .     | M7643X |
| Sat, Jun 1-22 12:00-12:45 PM . . . . .     | M8143X |
| Thu, Jun 6-27 9:30-10:15 AM . . . . .      | M7143X |
| Thu, Jun 6-27 10:30-11:15 AM . . . . .     | M7243X |
| Sat, Jul 6-27 9:00-9:45 AM . . . . .       | M8443X |
| Sat, Jul 6-27 11:00-11:45 AM . . . . .     | M8743X |
| Sat, Jul 6-27 12:00-12:45 PM . . . . .     | M9043X |
| Thu, Jul 11-Aug 1 9:30-10:15 AM . . . . .  | M7943X |
| Thu, Jul 11-Aug 1 10:30-11:15 AM . . . . . | M8043X |
| Sat, Aug 3-24 9:00-9:45 AM . . . . .       | M9543X |
| Sat, Aug 3-24 11:00-11:45 AM . . . . .     | M9843X |
| Sat, Aug 3-24 12:00-12:45 PM . . . . .     | MA143X |
| Thu, Aug 8-29 9:30-10:15 AM . . . . .      | M9343X |
| Thu, Aug 8-29 10:30-11:15 AM . . . . .     | M9443X |

(ages 5-7)

|  |        |
|--|--------|
| Sat, Jun 1-22 9:00-9:45 AM . . . . .   | M7443X |
| Sat, Jun 1-22 11:00-11:45 AM . . . . . | M7743X |
| Sat, Jun 1-22 12:00-12:45 PM . . . . . | M8243X |
| Sat, Jul 6-27 9:00-9:45 AM . . . . .   | M8543X |
| Sat, Jul 6-27 11:00-11:45 AM . . . . . | M8843X |
| Sat, Jul 6-27 12:00-12:45 PM . . . . . | M9143X |
| Sat, Aug 3-24 9:00-9:45 AM . . . . .   | M9643X |
| Sat, Aug 3-24 11:00-11:45 AM . . . . . | M9943X |
| Sat, Aug 3-24 12:00-12:45 PM . . . . . | MA243X |

(ages 8-10)

|  |        |
|--|--------|
| Sat, Jun 1-22 9:00-9:45 AM . . . . .   | M7543X |
| Sat, Jun 1-22 11:00-11:45 AM . . . . . | M7843X |
| Sat, Jun 1-22 12:00-12:45 PM . . . . . | M8343X |
| Sat, Jul 6-27 9:00-9:45 AM . . . . .   | M8643X |
| Sat, Jul 6-27 11:00-11:45 AM . . . . . | M8943X |
| Sat, Jul 6-27 12:00-12:45 PM . . . . . | M9243X |
| Sat, Aug 3-24 9:00-9:45 AM . . . . .   | M9743X |
| Sat, Aug 3-24 11:00-11:45 AM . . . . . | MA043X |
| Sat, Aug 3-24 12:00-12:45 PM . . . . . | MA343X |

### Introduction to Cheerleading

(ages 5-8)

The purpose of recreational cheer is to provide the entire youth community a positive experience at an introductory level. This class will offer participants the opportunity to have fun while learning basic chants, stunts, arm motions, and beginner tumbling

**Four Sessions \$70.00 Per Person**

All American Gymnastics Cindy Lane, Ocean

|  |         |
|--|---------|
| Sat, Jun 1-22 9:00-9:45 AM . . . . .   | MAE43X  |
| Sat, Jun 1-22 11:00-11:45 AM . . . . . | MAF43X  |
| Fri, Jun 7-28 4:00-4:45 PM . . . . .   | MA843X  |
| Fri, Jun 7-28 5:00-5:45 PM . . . . .   | MA943X  |
| Fri, Jul 5-26 4:00-4:45 PM . . . . .   | MAA43X  |
| Fri, Jul 5-26 5:00-5:45 PM . . . . .   | MAB43X  |
| Sat, Jul 6-27 9:00-9:45 AM . . . . .   | MAG43X  |
| Sat, Jul 6-27 11:00-11:45 AM . . . . . | MAH43X  |
| Fri, Aug 2-23 4:00-4:45 PM . . . . .   | MAC43X  |
| Fri, Aug 2-23 5:00-5:45 PM . . . . .   | MAD43X  |
| Sat, Aug 3-24 9:00-9:45 AM . . . . .   | .MAJ43X |
| Sat, Aug 3-24 11:00-11:45 AM . . . . . | MAK43X  |

## SKATEBOARDING

### Skateboarding Beginner

(ages 9-15)

Learn to skate at our 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 (*next page*).

The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wrist-guards. We have the required equipment to lend out if needed!

**Four Sessions \$60.00 Per Person**

Seven Presidents Pk Skateplex

|   |         |
|---|---------|
| Tue, Jun 11-Jul 9 5:45-6:45 PM . . . . .  | .XA043X |
| <i>No class 7/2</i>                       |         |
| Thu, Jun 13-Jul 11 4:30-5:30 PM . . . . . | .XA143X |
| <i>No class 7/4</i>                       |         |
| Tue, Jul 23-Aug 13 5:45-6:45 PM . . . . . | .XA443X |
| Thu, Jul 25-Aug 15 4:30-5:30 PM . . . . . | .XA543X |

## Skateboarding Starter

(ages 9-15)

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

The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed!

**Four Sessions \$60.00 Per Person**

**Seven Presidents Pk Skateplex**

**Tue, Jun 11-Jul 9 4:30-5:30 PM . . . . .X9943X**

*No class 7/2*

**Thu, Jun 13-Jul 11 5:45-6:45 PM . . . . .XA243X**

*No class 7/4*

**Tue, Jul 23-Aug 13 4:30-5:30 PM . . . . .XA343X**

**Thu, Jul 25-Aug 15 5:45-6:45 PM . . . . .XA643X**

### 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:

- 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.***

## TENNIS

### Children's Beginner Tennis

(ages 6-9)

This is an ideal opportunity for your child to begin to develop coordination through an enjoyable lifetime sport.

**Please Note: Most rained out classes are made up on Fridays.**

**Four Sessions \$60.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 8-11 9:00-9:55 AM . . . . .XC143X**

**Mon-Thu, Jul 8-11 10:00-10:55 AM . . . . .XC243X**

**Mon-Thu, Jul 15-18 9:00-9:55 AM . . . . .XC443X**

**Mon-Thu, Jul 22-25 9:00-9:55 AM . . . . .XCN43X**

**Mon-Thu, Jul 29-Aug 1 9:00-9:55 AM . . . . .XCR43X**

**Mon-Thu, Jul 29-Aug 1 10:00-10:55 AM . . . . .XCS43X**

**Mon-Thu, Aug 5-8 9:00-9:55 AM . . . . .XCU43X**

### Pre-Teen Tennis

(ages 9-11)

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.

**Three Sessions \$45.00 Per Person**

**Thompson Pk**

**Sat, Jul 13-27 11:30 AM-12:25 PM . . . . .XBM43X**

**Sat, Aug 10-24 11:30 AM-12:25 PM . . . . .XBX43X**

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 13-Aug 3 10:00-10:55 AM . . . . .XAC43X**

**Tue, Thu, Aug 13-22 11:00-11:55 AM . . . . .XC043X**

**Thompson Pk**

**Sat, Jun 1-22 11:00-11:55 AM . . . . .XB943X**

**Six Sessions \$90.00 Per Person**

**Thompson Pk**

**Mon, Wed, Jul 8-24 5:30-6:25 PM . . . . .XBQ43X**

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area**

**Mon, Wed, Jun 3-26 5:00-5:55 PM . . . . .XA943X**



**Tikes Tennis**

(ages 6-8)

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.

**Three Sessions \$45.00 Per Person**

**Thompson Pk**

Sat, Jul 13-27 10:15-11:10 AM . . . . .XBK43X

Sat, Aug 10-24 10:15-11:10 AM. . . . .XBW43X

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

Sat, Jul 13-Aug 3 9:00-9:55 AM . . . . .XAB43X

Tue,Thu, Aug 13-22 10:00-10:55 AM . . . .XBZ43X

**Thompson Pk**

Sat, Jun 1-22 10:00-10:55 AM . . . . .XB843X

**Six Sessions \$90.00 Per Person**

**Thompson Pk**

Tue,Thu, Jul 9-25 4:30-5:25 PM . . . . .XBS43X

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area**

Mon,Wed, Jun 3-26 4:00-4:55 PM . . . . .XA743X

**Youth Advanced Beginner Tennis**

(ages 10-15)

Class is open to players who have had some tennis experience and have grasped the basics of the game. Students will learn to perfect their techniques and develop their style.

**Please Note: Most rained out sessions are made up on Fridays.**

**Four Sessions \$60.00 Per Person**

**Thompson Pk**

Mon-Thu, Jul 22-25 11:00-11:55 AM. . . . .XCQ43X

Mon-Thu, Aug 5-8 11:00-11:55 AM . . . . .XCW43X

**Youth Beginner Tennis**

(ages 10-15)

An ideal intro to the game of tennis. Participants receive expert instruction in a small class. The young player develops proper grip and stance skills while grasping the concepts of ball placement and scoring.

**Please Note: Most rained-out classes are made up on Fridays.**

**Four Sessions \$60.00 Per Person**

**Thompson Pk**

Mon-Thu, Jul 8-11 11:00-11:55 AM . . . . .XC343X

Mon-Thu, Jul 15-18 10:00-10:55 AM. . . . .XC543X

Mon-Thu, Jul 15-18 11:00-11:55 AM. . . . .XC643X

Mon-Thu, Jul 22-25 10:00-10:55 AM. . . . .XCP43X

Mon-Thu, Jul 29-Aug 1 11:00-11:55 AM . . .XCT43X

Mon-Thu, Aug 5-8 10:00-10:55 AM . . . . .XCV43X



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)

|                                | Campground (Apr-Nov) | Canoe/Kayak Access | Disc Golf | Environmental Center | Facility/Picnic Rentals | Fishing Access | FootGolf | Golf | Historic Site Location | Off-Leash Dog Area | Playground | Trails (easy) | Trails (moderate) | Trails (challenging) | Trails (fitness) | Trails (nature) |
|--------------------------------|----------------------|--------------------|-----------|----------------------|-------------------------|----------------|----------|------|------------------------|--------------------|------------|---------------|-------------------|----------------------|------------------|-----------------|
| Bayshore Waterfront Park       | x                    |                    |           | x                    | x                       |                |          |      | x                      |                    |            |               |                   |                      |                  |                 |
| Bel-Aire Golf Course           |                      |                    |           |                      |                         |                | x        | x    |                        |                    |            |               |                   |                      |                  |                 |
| Big Brook Park                 |                      |                    |           |                      |                         |                |          |      |                        |                    |            | x             | x                 |                      |                  |                 |
| Charleston Springs Golf Course |                      |                    |           |                      |                         |                |          | x    |                        |                    |            |               |                   | x                    |                  |                 |
| Clayton Park                   |                      |                    |           |                      |                         |                |          |      |                        |                    |            | x             | x                 |                      |                  |                 |
| Crosswicks Creek Park          | x                    |                    |           |                      | x                       |                |          |      |                        |                    |            |               |                   | x                    |                  |                 |
| Deep Cut Gardens               |                      |                    |           | x                    |                         |                |          |      |                        |                    |            | x             |                   |                      |                  |                 |
| Dorbrook Recreation Area       |                      |                    |           | x                    |                         |                |          |      |                        | x                  | x          |               |                   |                      |                  |                 |
| Fisherman's Cove               | x                    |                    |           | x                    | x                       |                |          |      |                        |                    |            |               |                   |                      |                  |                 |
| Fort Monmouth Rec Center       |                      |                    |           | x                    |                         |                |          |      |                        |                    |            |               |                   |                      |                  |                 |
| Freneau Woods Park             |                      |                    |           |                      | x                       |                |          |      |                        |                    |            | x             | x                 |                      |                  |                 |
| Hartshorne Woods Park          |                      |                    |           |                      | x                       |                |          |      | x                      |                    |            |               |                   |                      |                  |                 |
| Henry Hudson Trail             |                      |                    |           |                      |                         |                |          |      |                        |                    |            |               |                   |                      |                  |                 |
| Holmdel Park                   |                      |                    |           | x                    | x                       |                |          |      |                        | x                  | x          | x             | x                 | x                    | x                | x               |
| Hominy Hill Golf Course        |                      |                    |           |                      |                         |                |          | x    |                        |                    |            | x             |                   |                      |                  |                 |
| Howell Park Golf Course        | x                    |                    |           |                      |                         |                |          | x    |                        |                    |            |               |                   |                      |                  |                 |
| Huber Woods Park               |                      |                    |           | x                    | x                       |                |          |      |                        |                    |            | x             | x                 | x                    |                  | x               |
| Historic Longstreet Farm       |                      |                    |           | x                    |                         |                |          |      | x                      |                    |            |               |                   |                      |                  |                 |
| Manasquan Reservoir            | x                    |                    |           | x                    | x                       | x              |          |      |                        | x                  | x          | x             |                   |                      |                  | x               |
| Manasquan River Greenway       | x                    |                    |           |                      |                         | x              |          |      |                        |                    |            |               |                   | x                    |                  |                 |
| Mount Mitchill Scenic Overlook |                      |                    |           |                      |                         |                |          |      |                        | x                  |            |               |                   |                      |                  |                 |
| Perrineville Lake Park         | x                    |                    |           | x                    | x                       |                |          |      |                        |                    |            |               |                   | x                    |                  |                 |
| Pine Brook Golf Course         |                      |                    |           |                      |                         |                | x        | x    |                        |                    |            |               |                   |                      |                  |                 |
| Seven Presidents               | x                    |                    |           | x                    | x                       |                |          |      |                        | x                  |            |               |                   |                      |                  |                 |
| Shark River Golf Course        |                      |                    |           |                      |                         |                |          | x    |                        |                    |            |               |                   |                      |                  |                 |
| Shark River Park               | x                    |                    |           | x                    | x                       |                |          |      |                        | x                  | x          | x             | x                 | x                    |                  |                 |
| Sunnyside Equestrian Center    |                      |                    |           |                      |                         |                |          |      |                        |                    |            | x             |                   |                      |                  |                 |
| Swimming River Park            | x                    |                    |           |                      | 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 Conservation Area        |                      |                    |           |                      |                         |                |          |      |                        |                    |            | x             |                   |                      |                  |                 |
| Wickatunk Recreation Area      |                      |                    |           |                      |                         |                |          |      |                        |                    |            |               |                   |                      |                  |                 |
| Wolf Hill Recreation Area      |                      |                    | x         |                      |                         |                |          |      | x                      |                    |            |               |                   |                      |                  |                 |

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

## SWIM LESSONS

### PARENT & CHILD LESSONS

#### Swimmin' with Mom or Dad

*(ages 1-6, with adult)*

Mom or dad will assist with introducing your child to the water and in teaching some of the basics of swimming. Refunds are only granted if class is cancelled by the Park System.

**Eight Sessions \$136.00 Parent/Child**

#### Dorbrook Rec Area White Pool

*(ages 6 months-18 months, with adult)*

**Sat, Jun 22-Aug 17 9:00-9:40 AM . . . . .XKU43X**

*No class 7/6*

**Sun, Jun 23-Aug 18 9:00-9:40 AM . . . . .XKV43X**

*No class 7/7*

*(ages 1-2, with adult)*

**Sat, Jun 22-Aug 17 10:00-10:40 AM . . . . .XKW43X**

*No class 7/6*

**Sun, Jun 23-Aug 18 10:00-10:40 AM. . . . .XKX43X**

*No class 7/7*

*(ages 3-4, with adult)*

**Sat, Jun 22-Aug 17 11:00-11:40 AM . . . . .XKY43X**

*No class 7/6*

**Sun, Jun 23-Aug 18 11:00-11:40 AM. . . . .XKZ43X**

*No class 7/7*

*(ages 4-6, with adult)*

**Sat, Jun 22-Aug 17 12:00-12:40 PM . . . . .XM043X**

*No class 7/6*

**Sun, Jun 23-Aug 18 12:00-12:40 PM. . . . .XM143X**

*No class 7/7*

#### Mussels w/ Adult

*(ages 1-2, with adult)*

Introduce your child to the water in a relaxed, comfortable and playful manner. The parent joins the child in the water so his or her first experience with swimming is a positive and enjoyable one. Refunds are granted only if a class is cancelled by the Park System.

#### Dorbrook Rec Area White Pool

**Three Sessions \$51.00 Parent/Child**

**Mon-Wed, Jul 1-3 4:15-4:55 PM. . . . .XKJ43X**

**Five Sessions \$85.00 Parent/Child**

**Mon-Fri, Jun 17-21 4:15-4:55 PM. . . . .XKG43X**

**Mon-Fri, Jun 24-28 4:15-4:55 PM. . . . .XKH43X**

**Mon-Fri, Jul 8-12 9:15-9:55 AM . . . . .XKK43X**

**Mon-Fri, Jul 8-12 4:15-4:55 PM . . . . .XKM43X**

**Mon-Fri, Jul 15-19 4:15-4:55 PM . . . . .XKN43X**

**Mon-Fri, Jul 22-26 4:15-4:55 PM . . . . .XKP43X**

**Mon-Fri, Jul 29-Aug 2 4:15-4:55 PM . . . . .XKQ43X**

**Mon-Fri, Aug 5-9 9:15-9:55 AM . . . . .XKR43X**

**Mon-Fri, Aug 5-9 4:15-4:55 PM . . . . .XKS43X**

**Mon-Fri, Aug 12-16 4:15-4:55 PM . . . . .XKT43X**

#### Clams w/ Adult

*(ages 3-5, with adult)*

Introduce your child to the water in a relaxed, comfortable and playful manner. The parent joins the child in the water so his or her first experience with swimming is a positive and enjoyable one. Refunds are granted only if a class is canceled by the Park System.

#### Dorbrook Rec Area White Pool

**Three Sessions \$51.00 Per Person**

**Mon-Wed, Jul 1-3 6:30-7:10 PM. . . . .XJK43X**

**Five Sessions \$85.00 Per Person**

**Mon-Fri, Jun 17-21 9:15-9:55 AM. . . . .XJG43X**

**Mon-Fri, Jun 17-21 6:30-7:10 PM. . . . .XJH43X**

**Mon-Fri, Jun 24-28 6:30-7:10 PM. . . . .XJJ43X**

**Mon-Fri, Jul 8-12 6:30-7:10 PM . . . . .XJM43X**

**Mon-Fri, Jul 15-19 9:15-9:55 AM . . . . .XJN43X**

**Mon-Fri, Jul 15-19 6:30-7:10 PM . . . . .XJP43X**

**Mon-Fri, Jul 22-26 6:30-7:10 PM . . . . .XJQ43X**

**Mon-Fri, Jul 29-Aug 2 6:30-7:10 PM . . . . .XJR43X**

**Mon-Fri, Aug 5-9 6:30-7:10 PM . . . . .XJS43X**

**Mon-Fri, Aug 12-16 6:30-7:10 PM . . . . .XJT43X**

#### Swim Lessons at Big Brook Park

*(ages 4-6, with adult)*

This two-week program is an introduction to the enjoyable activity of swimming. Our experienced and friendly staff will help your child become comfortable entering the water and instruct participants in pool safety, floating, and basic movements in the water. Please expect to be in the water with your child during the first week and then at the side of the pool during the second week. Parking is available but limited. Fridays will be used as a rain date should there be inclement weather.

**Eight Sessions \$136.00 Per Child**

#### Big Brook Pk Main Pool

**Mon-Thu, Jul 22-Aug 1 9:00-10:00 AM . . . . .U1543X**

**Mon-Thu, Aug 5-15 9:00-10:00 AM . . . . .U1643X**

**Mon-Thu, Aug 19-29 4:00-5:00 PM. . . . .U1743X**



The instructors were always kind and friendly and approached the lessons in a simple and understanding way.







**AGES 3-4**

**Oysters - Beginner**

*(ages 3-4)*

This is a water exploration class. Participants will learn elementary skills, floating on their front and back with help and basic water safety rules. At the end of the class children should be able to swim a few feet using the flutter kick and arm strokes with assistance.

**Dorbrook Rec Area White Pool**

**Three Sessions \$51.00 Per Person**

**Mon-Wed, Jul 1-3 9:15-9:55 AM . . . . .XK843X**

**Mon-Wed, Jul 1-3 5:00-5:40 PM. . . . .XK743X**

**Five Sessions \$85.00 Per Person**

**Mon-Fri, Jun 17-21 5:00-5:40 PM. . . . .XK543X**

**Mon-Fri, Jun 24-28 5:00-5:40 PM. . . . .XK643X**

**Mon-Fri, Jul 8-12 5:00-5:40 PM . . . . .XK943X**

**Mon-Fri, Jul 15-19 5:00-5:40 PM . . . . .XKA43X**

**Mon-Fri, Jul 22-26 5:00-5:40 PM . . . . .XKB43X**

**Mon-Fri, Jul 29-Aug 2 9:15-9:55 AM . . . .XKC43X**

**Mon-Fri, Jul 29-Aug 2 5:00-5:40 PM . . . .XKD43X**

**Mon-Fri, Aug 5-9 5:00-5:40 PM . . . . .XKE43X**

**Mon-Fri, Aug 12-16 5:00-5:40 PM . . . . .XKF43X**

**Crayfish - Intermediate**

*(ages 3-4)*

This is a primary skills level class. Prior to entering the class, participants should be able to fully submerge their face and head in the water. At the end of class participants should be able to float on their front and back without assistance, flutter kick on their front and back for longer distances, swim short distances using kicks and arms and also retrieve objects from the bottom of the pool. Refunds are granted only if a class is cancelled by the Park System.

**Dorbrook Rec Area White Pool**

**Three Sessions \$51.00 Per Person**

**Mon-Wed, Jul 1-3 5:45-6:25 PM. . . . .XJX43X**

**Five Sessions \$85.00 Per Person**

**Mon-Fri, Jun 17-21 5:45-6:25 PM. . . . .XJU43X**

**Mon-Fri, Jun 24-28 9:15-9:55 AM. . . . .XJV43X**

**Mon-Fri, Jun 24-28 5:45-6:25 PM. . . . .XJW43X**

**Mon-Fri, Jul 8-12 5:45-6:25 PM . . . . .XJY43X**

**Mon-Fri, Jul 15-19 5:45-6:25 PM . . . . .XJZ43X**

**Mon-Fri, Jul 22-26 9:15-9:55 AM . . . . .XK043X**

**Mon-Fri, Jul 22-26 5:45-6:25 PM . . . . .XK143X**

**Mon-Fri, Jul 29-Aug 2 5:45-6:25 PM . . . .XK243X**

**Mon-Fri, Aug 5-9 5:45-6:25 PM . . . . .XK343X**

**Mon-Fri, Aug 12-16 5:45-6:25 PM . . . . .XK443X**

## AGES 5-6

### Crabs - Beginners

(ages 5-6)

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, able to float on their front and back with help, know the basic water safety rules and to swim a few feet using arm strokes. Refunds are given only if a class is cancelled by the Park System.

#### Dorbrook Rec Area T-Pool Upper

Six Sessions \$102.00 Per Person

M,Tu,Th,F, Jul 1-12 9:00-9:40 AM . . . . .XDZ43X

No class 7/4 & 7/5

M,Tu,Th,F, Jul 1-12 4:15-4:55 PM . . . . .XE043X

No class 7/4 & 7/5

Eight Sessions \$136.00 Per Person

M,Tu,Th,F, Jun 17-28 9:00-9:40 AM . . . . .XDX43X

M,Tu,Th,F, Jun 17-28 4:15-4:55 PM. . . . .XDY43X

M,Tu,Th,F, Jul 15-26 4:15-4:55 PM . . . . .XE143X

M,Tu,Th,F, Jul 29-Aug 9 9:00-9:40 AM. . . . .XE243X

M,Tu,Th,F, Jul 29-Aug 9 4:15-4:55 PM . . . . .XE343X

### Lobster - Intermediate

(ages 5-6)

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances. They should also be comfortable putting their face in the water. Participants will learn how to float on their front and back and swim a few feet with assistance.

Six Sessions \$102.00 Per Person

#### Dorbrook Rec Area T-Pool Lower

M,Tu,Th,F, Jul 1-12 9:00-9:40 AM. . . . .XE643X

No class 7/4 & 7/5

M,Tu,Th,F, Jul 1-12 4:15-4:55 PM . . . . .XE743X

No class 7/4 & 7/5

Eight Sessions \$136.00 Per Person

#### Dorbrook Rec Area T-Pool Lower

M,Tu,Th,F, Jun 17-28 9:00-9:40 AM . . . . .XE443X

M,Tu,Th,F, Jun 17-28 4:15-4:55 PM. . . . .XE543X

M,Tu,Th,F, Jul 15-26 4:15-4:55 PM . . . . .XE943X

M,Tu,Th,F, Jul 29-Aug 9 4:15-4:55 PM . . . . .XEA43X

#### Dorbrook Rec Area T-Pool Upper

M,Tu,Th,F, Jul 15-26 9:00-9:40 AM . . . . .XE843X

### Sea Horse - Advanced

(ages 5-6)

This is a stroke readiness level class. Prior to enrolling in the class, participants should be able to fully submerge their face and head in the water. They should also be able to swim using flutter kicks and arm strokes. At the end of the session, participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle and backstroke. Introduction to rhythmic breathing for freestyle will also be covered.

#### Dorbrook Rec Area T-Pool Lower

Six Sessions \$102.00 Per Child

M,Tu,Th,F, Jul 1-12 5:00-5:40 PM . . . . .XET43X

No class 7/4 & 7/5

Eight Sessions \$136.00 Per Child

M,Tu,Th,F, Jun 17-28 5:00-5:40 PM. . . . .XES43X

M,Tu,Th,F, Jul 15-26 9:00-9:40 AM . . . . .XEU43X

M,Tu,Th,F, Jul 15-26 5:00-5:40 PM . . . . .XEV43X

M,Tu,Th,F, Jul 29-Aug 9 9:00-9:40 AM. . . . .XEW43X

M,Tu,Th,F, Jul 29-Aug 9 5:00-5:40 PM . . . . .XEX43X

## AGES 7-9

### Sea Lions - Beginner

(ages 7-9)

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, to float on their front and back with help, know the basic water safety rules and able to swim a few feet using arm strokes.

#### Dorbrook Rec Area T-Pool Upper

Six Sessions \$102.00 Per Person

M,Tu,Th,F, Jul 1-12 9:45-10:25 AM . . . . .XED43X

No class 7/4 & 7/5

M,Tu,Th,F, Jul 1-12 5:00-5:40 PM . . . . .XEE43X

No class 7/4 & 7/5

Eight Sessions \$136.00 Per Person

M,Tu,Th,F, Jun 17-28 9:45-10:25 AM. . . . .XEB43X

M,Tu,Th,F, Jun 17-28 5:00-5:40 PM. . . . .XEC43X

M,Tu,Th,F, Jul 15-26 5:00-5:40 PM . . . . .XEF43X

M,Tu,Th,F, Jul 29-Aug 9 9:45-10:25 AM. . . . .XEG43X

M,Tu,Th,F, Jul 29-Aug 9 5:00-5:40 PM . . . . .XEH43X

### Jellyfish - Intermediate

(ages 7-9)

This is a primary skills level class. The goal is to improve the participants ability to swim. Participants must be comfortable jumping into the water and swimming short distances.

**Six Sessions \$102.00 Per Person**

**Dorbrook Rec Area T-Pool Lower**

**M,Tu,Th,F, Jul 1-12 9:45-10:25 AM . . . . . XEM43X**

*No class 7/4 & 7/5*

**Dorbrook Rec Area T-Pool Upper**

**M,Tu,Th,F, Jul 1-12 5:45-6:25 PM . . . . . XEN43X**

*No class 7/4 & 7/5*

**Eight Sessions \$136.00 Per Person**

**Dorbrook Rec Area T-Pool Lower**

**M,Tu,Th,F, Jun 17-28 9:45-10:25 AM. . . . . XEJ43X**

**Dorbrook Rec Area T-Pool Upper**

**M,Tu,Th,F, Jun 17-28 5:45-6:25 PM. . . . . XEK43X**

**M,Tu,Th,F, Jul 15-26 9:45-10:25 AM . . . . . XEP43X**

**M,Tu,Th,F, Jul 15-26 5:45-6:25 PM . . . . . XEQ43X**

**M,Tu,Th,F, Jul 29-Aug 9 5:45-6:25 PM . . . . . XER43X**

### Porpoises - Advanced

(ages 7-9)

This is a stroke readiness level class. Swimmers should be comfortable in the water and have basic knowledge of the strokes prior to enrollment. At the end of the course participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle (with rhythmic breathing) and backstroke.

**Dorbrook Rec Area T-Pool Lower**

**Six Sessions \$102.00 Per Person**

**M,Tu,Th,F, Jul 1-12 5:45-6:25 PM . . . . . XEZ43X**

*No class 7/4 & 7/5*

**Eight Sessions \$136.00 Per Person**

**M,Tu,Th,F, Jun 17-28 5:45-6:25 PM. . . . . XEY43X**

**M,Tu,Th,F, Jul 15-26 9:45-10:25 AM . . . . . XF043X**

**M,Tu,Th,F, Jul 15-26 5:45-6:25 PM . . . . . XF143X**

**M,Tu,Th,F, Jul 29-Aug 9 9:45-10:25 AM . . . . . XF243X**

**M,Tu,Th,F, Jul 29-Aug 9 5:45-6:25 PM . . . . . XF343X**

## AGES 10-12

### Swordfish - Intermediate

(ages 10-12)

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances.

**Dorbrook Rec Area T-Pool Upper**

**Six Sessions \$102.00 Per Person**

**M,Tu,Th,F, Jul 1-12 6:30-7:10 PM . . . . . XF543X**

*No class 7/4 & 7/5*

**Eight Sessions \$136.00 Per Person**

**M,Tu,Th,F, Jun 17-28 6:30-7:10 PM. . . . . XF443X**

**M,Tu,Th,F, Jul 15-26 6:30-7:10 PM . . . . . XF643X**

**M,Tu,Th,F, Jul 29-Aug 9 6:30-7:10 PM . . . . . XF743X**

### Stingrays - Advanced

(ages 10-12)

This is a stroke refinement class. Participants will refine key strokes and breathing. This class will improve participant's existing skills in freestyle, backstroke, breast stroke, and side stroke. Refunds are granted only if a class is cancelled by the Park System.

**Dorbrook Rec Area T-Pool Lower**

**Six Sessions \$102.00 Per Person**

**M,Tu,Th,F, Jul 1-12 6:30-7:10 PM . . . . . XF943X**

*No class 7/4 & 7/5*

**Eight Sessions \$136.00 Per Person**

**M,Tu,Th,F, Jun 17-28 6:30-7:10 PM. . . . . XF843X**

**M,Tu,Th,F, Jul 15-26 6:30-7:10 PM . . . . . XFA43X**

**M,Tu,Th,F, Jul 29-Aug 9 6:30-7:10 PM . . . . . XFB43X**

## PRIVATE SWIM LESSONS

(ages 4 and up)

**Dorbrook Recreation Area, Colts Neck**

**Cost: \$50.00 Per Person, Per Session**

Benefit from friendly instruction in one staff to one participant learning environment with our qualified swim instructors. Lessons will be geared toward non-swimmers to competitive strokes.

Private lessons are available on Saturday and Sunday mornings as well as select Wednesday evenings throughout the summer.

*For dates, times and to register, visit the Registration page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.*



# MONMOUTH COUNTY FAIR

*Monmouth County's First Agricultural Fair!*



Entertainment • Rides by Campy's Blue Star Amusements  
 4-H Shows & Exhibits • Live Music on the Main Stage • Robinson's Racing Pigs  
 Bwana Jim's Wildlife Show • Hilby the Skinny German Juggle Boy  
 Mutts Gone Nuts • Tommie Turvey's Stunt Horses & Dogs • Butterfly Encounter  
 Blake Wallenda's High Wire Act • Living History Displays  
 Home & Garden Demonstrations & Displays  
 Monmouth County Park System Interactive Display  
 Commercial Vendors • Delicious Food Vendors • And So Much More!  
**Admission: \$10.00, Children 12 and under enter FREE • FREE Parking  
 Veterans & Active Military with ID enter FREE**

Wednesday,  
 July 24

4:00-11:00 PM

- Opening Night Fireworks (*weather dependent*)
- Fireman's Competitions
- Butterfly Encounter
- Mutts Gone Nuts
- Blake Wallenda's High Wire Act
- Ocean Avenue Stompers
- **Main Stage:** The Counterfeiters



Thursday,  
 July 25

4:00-11:00 PM

- Butterfly Encounter
- Mutts Gone Nuts
- Blake Wallenda's High Wire Act
- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Ocean Avenue Stompers
- Crunchy the T-Rex
- **Main Stage:** Brian Kirk & the Jirks



## Friday, July 26

4:00-11:00 PM

- Butterfly Encounter
- Mutts Gone Nuts
- Blake Wallenda's High Wire Act
- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Crunchy the T-Rex
- **Main Stage:** Super Trans Am



## Saturday, July 27

11:00 AM-11:00 PM

- Butterfly Encounter
- Mutts Gone Nuts
- Blake Wallenda's High Wire Act
- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Bluey & Bingo
- **Main Stage:** CC & The Boys



## Sunday, July 28

11:00 AM- 6:00 PM

- Butterfly Encounter
- Mutts Gone Nuts
- Blake Wallenda's High Wire Act
- Tommie Turvey's Stunt Horses & Dogs
- Bluey & Bingo
- Funny Factory Clown Band
- Pie Eating Contests
- **Main Stage:**
  - RockIt Academy
  - Magnolia Street String Band



**A County-Wide Event for All Ages!**

For More Information:

732-842-4000, ext. 4312 • [info@monmouthcountyparks.com](mailto:info@monmouthcountyparks.com)

[www.MonmouthCountyFair.com](http://www.MonmouthCountyFair.com)

## ACTIVE ADULTS 55+

**Summer 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. Please note the starting time of your hikes.

**Location Varies Week to Week**

**Level 1**

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

**Eight Sessions \$48.00 Per Person**

**Thu, Jul 11-Aug 29 9:30-11:00 AM . . . . .D2243A**

**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.

**Nine Sessions \$63.00 Per Person**

**Wed, Jul 3-Aug 28 9:30-11:30 AM . . . . .D2143A**

**Fri, Jul 5-Aug 30 8:30-10:30 AM . . . . .D2343A**

**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.

**Nine Sessions \$63.00 Per Person**

**Tue, Jul 2-Aug 27 8:30-10:30 AM . . . . .D2043A**

**Level 4**

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

**Nine Sessions \$63.00 Per Person**

**Mon, Jul 1-Aug 26 8:30-10:30 AM . . . . .D1943A**



*The Senior Hikers program has enhanced my overall physical health and well-being.*

**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

**Four Sessions \$52.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 3-24 5:00-5:55 PM . . . . .XD643X**

**Fri, Jun 7-28 4:30-5:25 PM . . . . .XDF43X**

## ARTS &amp; CRAFTS

## CERAMICS &amp; 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, Jul 9-Aug 20 7:00-10:00 PM . . . . .Z6843X**

Instructor: TBD

**Thu, Jul 11-Aug 22 6:30-9:30 PM . . . . .Z6943X**



## 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: Laura Copeland

**Mon, Jul 8-Aug 19 9:00 AM-12:00 PM . . . . . Z7743X**

Instructor: TBD

**Mon, Jul 8-Aug 19 1:00-4:00 PM . . . . . Z7843X**

Instructor: Brian Farro

**Mon, Jul 8-Aug 19 6:00-9:00 PM . . . . . Z7943X**

Instructor: Kathy Bennett

**Tue, Jul 9-Aug 20 9:00 AM-12:00 PM . . . . . Z8043X**

Instructor: TBD

**Tue, Jul 9-Aug 20 4:00-7:00 PM . . . . . Z8143X**

Instructor: Joanne Traskiewicz

**Wed, Jul 10-Aug 21 9:00 AM-12:00 PM . . . . . Z8243X**

**Wed, Jul 10-Aug 21 1:00-4:00 PM . . . . . Z8343X**

Instructor: Laura Copeland

**Wed, Jul 10-Aug 21 6:30-9:30 PM . . . . . Z8443X**

Instructor: Joyce Nokes

**Fri, Jul 12-Aug 23 9:00 AM-12:00 PM . . . . . Z8543X**

**Fri, Jul 12-Aug 23 1:00-4:00 PM . . . . . Z8643X**

Instructor: John Fossa

**Sat, Jul 13-Aug 24 11:30-2:30 PM . . . . . Z8743X**



## 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, Jul 11-Aug 22 1:00-4:00 PM . . . . . Z8843X**

## Foliage Hike and Clay Workshop

(adults)

Join us for a hike led by a Park System Naturalist all about tree identification in beautiful Thompson Park. Students will later spend some time at the Creative Arts Center creating a clay leaf impression soap dish from leaves and cuttings collected on the trails. Clay works will be ready for pick up two weeks after class to allow for firing.

**Please Note: This class meets rain or shine. Outdoor portion may be moved indoors if weather conditions are poor.**

Naturalist: Megan Orens; Artist/Instructor: Stephanie Redding

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Jun 8 12:00-3:00 PM . . . . . Z4243X**

## 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.**

Instructor: TBD

**Seven Sessions \$205.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jul 10-Aug 21 1:00-4:00 PM . . . . . Z7543X**

**Wed, Jul 10-Aug 21 6:30-9:30 PM . . . . . Z7643X**



## 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, Jul 11-Aug 22 9:30 AM-12:30 PM . . . Z7343X**

## DRAWING & PAINTING

### A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist masterpiece using Aspiring Artists step-by-step painting method. Students will learn specific brushstrokes and layering techniques to recreate their own rendition of the famous masterpiece listed. No painting experience is necessary. All materials provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

**One Session \$44.00 Per Person**

**Thompson Pk Creative Arts Center**

van Gogh's Three Sunflowers in a Vase

**Sat, Jun 1 2:00-5:00 PM . . . . . Z9243A**

Cassatt's Two Children at the Seashore

**Sat, Jun 8 2:00-5:00 PM . . . . . Z9343A**

Matisse's Goldfish

**Sat, Jun 15 2:00-5:00 PM . . . . . Z9443A**

Monet's The Japanese Footbridge

**Sat, Jun 22 2:00-5:00 PM . . . . . Z9543A**

van Gogh's Starry Night

**Sat, Jun 29 2:00-5:00 PM . . . . . Z9643A**

## All About Mushrooms! Hike and Illustration Workshop

(adults)

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

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

Artist/Instructor: Katie Stone; Naturalist: Blake Beyer

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Jun 20 9:00 AM-12:00 PM . . . . . Z5143X**

## Art of the Sea: Seahorses and Sea Stars

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientist and artist. We will journey into a fun and informative discussion and walk lead by a Park System Naturalist about the ecological roles of seahorses and sea stars, and the diversity of our native New Jersey marine life. After our walk and collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion of complex forms, creating a palette and more.

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

**One Session \$45.00 Per Person**

**Fisherman's Cove Act Ctr**

**Thu, Jun 6 9:00 AM-12:00 PM . . . . . IM643X**

## 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**

**Mon, Jul 8-Aug 12 1:00-3:00 PM . . . . . Z4343X**

## 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 \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 9-Aug 13 6:30-8:30 PM . . . . . Z6343X**

**Thu, Jul 11-Aug 15 6:30-8:30 PM . . . . . Z6443X**

**Fri, Jul 12-Aug 16 10:00 AM-12:00 PM . . . Z6543X**

## 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.

**Please Note: This class is rain or shine. If weather conditions are poor, portions may be moved inside. Supply list and directions will be emailed two weeks in advance of the class start date.**

Artist/Instructor: Katie Stone; Naturalist: Jason Goldman

**One Session \$45.00 Per Person**

**Huber Wds Pk Env Ctr**

**Tue, Jun 18 10:00 AM-1:00 PM . . . . . Z4143X**

## 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**

Potthast's Brother and Sister

Potthast's Wading at the Shore

**Fri, May 31-Jun 21 10:00 AM-12:00 PM . . . ZCU42A**

## Illustrating Birds: Summer Shorebirds

(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 shorebirds. Some drawing experience is a plus, but not a necessity. **Please Note: This class meets rain or shine. Hike portion may be moved to an indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.**

Artist/Instructor: Katie Stone; Naturalist: Paul Mandala

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Jun 21 8:00-11:00 AM . . . . . Z4543X**

## 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.

Instructor: Katie Stone

**Six Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Jul 11-Aug 15 1:00-3:00 PM . . . . . Z3943X**

## 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 \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 9-Aug 20 9:00-11:00 AM . . . . . Z3643X**

*No class 7/23*

## 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, Jun 1 12:30-5:30 PM . . . . . A5643X**

## 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**

**Thu, Jul 11-Aug 15 10:00 AM-12:00 PM. . . Z9943X**

## Painting on Silk-Intermediate

(adults)

Painting on Silk continues. After completing the basics of Painting on Silk, you are ready to move on to creating two new silk projects. Additional painting techniques will be explored, to create unique works of art on this beautiful material! Please note: to complete all projects, All classes must be attended. A supply fee of \$30.00 (cash) is payable to artist/instructor Karin Trunz at the first session.

**Six Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Jun 8-Jul 20 10:30 AM-12:30 PM . . . . Z8943X**

*No class 7/6*



## Painting Sunflowers

(adults)

Sunflowers are stunning plants and a beautiful subject to paint. Our Historic Longstreet Farm location hosts a field of 400 of these magnificent native flowers. In this workshop, participants will learn to paint these beautiful flowers on site. We will explore best practices of painting sunflowers; from capturing the flower's form, appropriate use of colors and handling patterns. Participants will come away with both some new skills and a painting to remember the season's blooms.

Artist/Instructor: Katie Stone

**One Session \$45.00 Per Person**

**Longstreet Farm Vis Ctr**

**Wed, Aug 21 9:00 AM-12:00 PM . . . . . Z9643X**

## 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 \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 9-Aug 20 11:30 AM-1:30 PM . . . . Z3743X**

*No class 7/23*

**Tue, Jul 9-Aug 20 2:00-4:00 PM . . . . . Z3843X**

*No class 7/23*

## Summer Daily Art Workshops

(adults)

These workshops are designed as 5 one day programs to bring like-minded artists together for creative summer fun. Pack a lunch, and your art supplies and prepare to enjoy creative lessons. Most of our classes will be inside our air-conditioned studio however we will also create outside in the shade when possible. Each day you can register for a new adventure. The instructor will instruct and guide you to observe how light wraps around your subject matter in her fun structured still-life lessons along with references. Different mediums each day will be explored at the Thompson Park Creative Center. Look for your supply list on your registration receipt.

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

**One Session \$98.00 Per Person**

**Thompson Pk Creative Arts Center**

### Pastel Impressionism

**Mon, Jul 22 10:00 AM-3:00 PM . . . . . Z4643A**

### Renaissance Drawing

**Tue, Jul 23 10:00 AM-3:00 PM . . . . . Z4743A**

### Oil Painting Still Lives

**Wed, Jul 24 10:00 AM-3:00 PM . . . . . Z4843A**

### Plein Air Painting

**Thu, Jul 25 10:00 AM-3:00 PM . . . . . Z4943A**

### Mixed Media Magic

**Fri, Jul 26 10:00 AM-3:00 PM . . . . . Z5043A**

## The Art of Entomology: Magnificent Moths

(adults)

New Jersey is home to some of the most splendid and exotic insects. Every summer season, silk moths emerge in our parks. We begin the class with an hour and a half drawing workshop: learning how to tackle elaborate patterns with accuracy, believability, and symmetry, capturing appropriate proportions, and building up a drawing. We end the class outside searching out these beautiful moths in their nighttime habitat, learning about them and their unique roles in our ecosystem from a Park System Naturalist. Some drawing experience is preferable, but not a necessity.

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

Artist/Instructor: Katie Stone; Naturalist: Paul Mandala

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jul 10 6:30-9:30 PM . . . . . Z4443X**

## KNITTING & SEWING

### Embroidery 101

(adults)

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

Artist/Instructor: Jennifer Santa Maria

**One Session \$36.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jun 5 5:00-7:00 PM . . . . . Z4043X**

**Tue, Jul 30 5:00-7:00 PM . . . . . Z6643X**

**Tue, Aug 27 5:00-7:00 PM . . . . . Z6743X**

### Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? 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.

**Deep Cut Gardens Gardener's Cottage**

**Four Sessions \$9.00 Per Person**

**Wed, Jun 5-26 1:00-3:00 PM . . . . . H0243X**

**Thu, Jul 4-25 1:00-3:00 PM . . . . . H0343X**

**Five Sessions \$11.25 Per Person**

**Thu, Aug 1-29 1:00-3:00 PM . . . . . H0743X**



Knitting, crocheting and embroidery have been known to induce a state of relaxation, making them terrific for stress relief.

**DID YOU KNOW?**



## MISCELLANEOUS CRAFTS

**Beginner Soapmaking***(adults)*

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

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Jun 1 11:00 AM-12:30 PM . . . . . A4643X**

**Sat, Jul 13 11:00 AM-12:30 PM . . . . . A4743X**

**Sat, Aug 10 11:00 AM-12:30 PM . . . . . A4843X**

**Gelli® Printing Mixed Media Class***(adults)*

Introducing the Gelli® printing plate! During the first two weeks, we will create unique papers using the Gelli® plate, acrylic paints, patterns and a brayer. In the final two sessions, 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, Jun 6-27 6:30-9:00 PM . . . . . A5743X**

## PHOTOGRAPHY

**iPhone Photography***(adults)*

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. An iOS device (iPhone or iPad) is required. This class does not cover Android devices as they control the cameras differently. iOS devices only please.

Instructor: Gary Dates

**Three Sessions \$48.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 2-16 6:00-8:00 PM . . . . . Z9143X**

**Photography - Meet Your Digital SLR\****(adults)*

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations. Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with instructor Gary Dates (gary@garydatesphotos.com) to make sure you have a qualifying camera.

**Six Sessions \$120.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Jul 27-Aug 31 10:00 AM-1:00 PM . . . Z9043X**

**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**

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.*



## 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: Sesame-Ginger Chicken with Honey Soy Glaze, Napa Valley Beef and Cilantro Lime Pork with Guacamole  
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Jun 5 6:00-8:30 PM . . . . . MA543X**

### Garden to Table

(adults)

Why let vegetables be an afterthought when they can be the star attraction? Deciding between the picture-perfect zucchini or the smaller one with a little blemish can be confusing. Maybe you bypass the jicama because you have no idea what to do with it. No worries, we have some creative, delicious recipes to reinvent your veggie dishes. Practice some hands-on knife skills as you spend time with Chef, learning how to combine, season, grill and cook fresh produce. You'll add excitement to your meals while capturing the summer spirit!

Menu: Grilled Summer Vegetable Kebobs, Zucchini Boats stuffed with vegetables & topped with Parmesan cheese and Chef Stephen's Signature Jicama Slaw  
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Jun 12 6:00-8:30 PM . . . . . MA443X**

## 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#.



### Grilling Under the Stars

(adults)

Let's take this show on the road. Here we will show you how to make the perfect grilled food that be taken as a picnic, trip to the beach, or anywhere you like to dine al fresco. These inspired dishes are flavorful and through Chef Stephen's guidance, you too can create grilled dishes to enjoy with friends and loved ones.

Appetizer: Grilled Seafood Salad with Calamari, Shrimp and Mussels; Entrée: Honey-Soy Glazed Chicken Thighs with Pineapple Relish; Dessert: Grilled Peaches with Fresh Whipped Cream and Mint

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Jun 26 6:00-8:30 PM . . . . . MA743X**

## 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 \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Jun 20 6:00-8:30 PM. . . . . MA643X**

## Outdoor Paella

(adults)

Let's go outdoors and have a paella feast! You've never tried to cook paella at home? It's simple! Think rice with goodies! Tonight, you will learn how to cook outside over an open fire with the special paella rice called calasparra. Heat control and knowing when to mix in the "goodies" with this rice is what makes great paella. We'll use chicken, chorizo, saffron and clams as well as squid, shrimp, bacon and smoked paprika. You'll think you are in Barcelona! Sit back and relax as Peter De Celie cooks for you tonight in this demonstration format class. Oh, and NJ strawberry ice cream, too!

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Barnview Shelter Bldg**

**Tue, Jun 25 6:00-9:30 PM. . . . . A3843X**



## DOG OBEDIENCE

### Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older. Classes will be held in a shelter building and may be cancelled due to severe weather. Instructor: Shelley Raskin

**Seven Sessions \$88.00 Per Dog**

**Big Brook Pk Elsas Lodge Shelter Building**

**Wed, Jun 12-Jul 31 6:00-7:00 PM. . . . . QES43X**

*No class 7/3*

**Sat, Jun 15-Jul 27 10:00-11:00 AM. . . . . QET43X**

### Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

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

Instructor: Shelley Raskin

**Seven Sessions \$88.00 Per Dog**

**Big Brook Pk Elsas Lodge Shelter Building**

**Wed, Jun 12-Jul 31 7:15-8:15 PM. . . . . QEU43X**

*No class 7/3*

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

(ages 17 and up)

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

Instructor: Shelley Raskin

**Seven Sessions \$88.00 Per Dog**

**Big Brook Pk Elsas Lodge Shelter Building**

**Sat, Jun 15-Jul 27 11:15 AM-12:15 PM . . . QEV43X**

## EDUCATION & ENRICHMENT

### Boat America

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks. Instructed by: US Coast Guard Auxiliary Flotilla 16-07

**One Session \$82.50 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Jun 8 8:30 AM-5:00 PM . . . . . Q1943A**

### Books with a View: Reading Club at Historic Portland Place

(adults)

Inspired by the Hartshorne family library collection, our bimonthly reading club will meet to read and discuss books on history, nature and poetry. We will also explore works by contemporary authors. Participants are encouraged to share their own literary suggestions as we meet outdoors under the covered porch at Historic Portland Place, the Hartshorne family ancestral home overlooking the Navesink River. Our initial book title will be emailed to participants prior to first session.

**Six Sessions \$30.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Wed, Jun 12-Aug 28 1:00-2:00 PM . . . . . P0143X**

*Program meets 6/12, 6/26, 7/10, 7/24, 8/14 & 8/28*

### Caregiver Workshop Series



(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie and support with others on a similar journey.

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

**Two Sessions FREE!**

**Dorbrook Rec Area Act Ctr**

**Tue, Jul 9-Aug 13 7:00-8:00 PM #D2443A**

*Program meets 7/9 & 8/13*

### Genealogy: Beginning Your Research

(ages 14 and up)

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

**One Session \$20.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Jun 1 2:00-4:00 PM . . . . . QER43X**

### 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 \$26.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Mon, Jun 10 6:30-9:00 PM . . . . . A0143X**

**Thompson Pk Vis Ctr Walnut Room**

**Mon, Aug 5 6:30-9:00 PM. . . . . A7743X**

### 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, Jun 22 10:00 AM-12:30 PM. . . . . Q7643A**

**Sat, Aug 24 10:00 AM-12:30 PM . . . . . Q7743A**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Jun 4 7:00-9:30 PM. . . . . Q7243A**

**Tue, Jul 9 7:00-9:30 PM . . . . . Q7343A**

**Sat, Jul 27 10:00 AM-12:30 PM . . . . . Q7443A**

**Tue, Aug 6 7:00-9:30 PM . . . . . Q7543A**



## 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**

**Tue, Jun 11 7:00-9:30 PM . . . . . Q8043A**

**Mon, Jul 22 7:00-9:30 PM . . . . . Q8143A**

**Mon, Aug 12 7:00-9:30 PM . . . . . Q8243A**

## HEALTH & WELLNESS

### Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program we will learn about seven of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

**Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.**

**Four Sessions \$45.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Thu, Jun 20-Jul 18 7:00-8:00 PM . . . . . Q1043X**

*No class 7/4*

### Essential Oil Roller-Ball Extravaganza

(adults)

Come learn about essential oils and aromatherapy! During this hands-on class taught by Kim Buono, you will learn some basics about essential oils. You will also make three rollerball bottle blends: breathe easy, calm day, and muscle soreness soother. All recipes and supplies provided.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Jul 18 10:00-11:30 AM . . . . . A5943X**

### Managing Stress with Essential Oils

(adults)

In this hands-on workshop led by Kim Buono, you will discover which essential oils have a relaxing effect on our central nervous system and the easy ways we can use them to calm our nerves. You'll learn a grounding meditation and will make and take home three essential oil products: grounding roll-on, relax bath salts and stress away spray that will help you keep your Zen on! All recipes and supplies are provided.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Jun 13 10:00-11:30 AM . . . . . A5843X**

### Nourish with Essential Oils

(adults)

Bring all kinds of nourishing moisture back into your body after a summer full of sun! Join health coach and yoga teacher, Kim Buono to nourish your mind with a calming meditation and create your own moisturizing hand salve, lip balm and body butter using only the cleanest ingredients and oils. All recipes and supplies are provided.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Aug 15 10:00-11:30 AM . . . . . A6043X**

### Soapmaking & Wellness Workshop

(adults)

Learn about skin care ingredients and their benefits using carrier oils, fragrances, botanicals, micas, clays, etc., as well as soapmaking techniques such as layering and embedding. Each participant will create a unique bar soap and a wellness product with recipes. So roll up your sleeves and get ready to learn and have fun! Please bring an 8oz glass measuring cup. A supply fee of \$20.00 is due upon arriving to class to instructor Felicia Bonaimo.

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Jun 10 11:00 AM-12:30 PM . . . . . A4943A**

**Sat, Jul 20 11:00 AM-12:30 PM . . . . . A5043A**

**Mon, Aug 19 11:00 AM-12:30 PM . . . . . A5143A**

## T'ai Chi Chih® Discipline - Joy Through Movement

(adults)

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

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

**Four Sessions \$76.00 Per Person**

### Beginner

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

**Tatum Pk Red Hill Act Ctr**

**Fri, Jun 28-Jul 19 11:30 AM-12:50 PM . . . . .A6743X**

**Mon, Jul 22-Aug 19 11:30 AM-12:50 PM . . .A6843X**

*No class 7/29*

### Intermediate

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

**Tatum Pk Red Hill Act Ctr**

**Fri, Jun 28-Jul 19 10:00-11:20 AM . . . . .A6943X**

**Mon, Jul 22-Aug 19 10:00-11:20 AM. . . . .A7043X**

*No class 7/29*

### Begin or Review!

This class is both an initial exposure for the new student and a review for the returning student.

**Manasquan Res Vis Ctr Program Room 1**

**Tue, Jun 18-Jul 9 6:30-8:00 PM . . . . .A7143X**

**Thu, Aug 1-22 6:30-8:00 PM . . . . .A7243X**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 22-Aug 19 1:30-3:00 PM . . . . .A7343X**

*No class 7/29*

**Clayton Pk Act Ctr Classroom A**

**Wed, Jul 10-31 11:00 AM-12:30 PM . . . . .A7443X**

## Women's Wellness Workshop - Fill Your Plate with Nourishing Foods

(adults)

Food provides us with so much. It's a way to connect with family and friends, it provides pleasure and enjoyment and it supplies the nourishment needed for healthy living. Join health coach and yoga instructor, Kim Buono and find out how to optimally fuel your body with the right nourishing foods for overall health and well-being. Some samples will be available for tasting.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Aug 15 1:00-2:15 PM . . . . .A6243X**

## Women's Wellness Workshop - Stress Buster

(adults)

Many people suffer from the adverse effects of chronic stress. Join health coach and yoga teacher, Kim Buono to understand and manage stress with practical exercises and techniques you can incorporate into your daily life. Practice a gentle yoga sequence, learn a stress-reducing breathing technique and meditation to calm the nerves and leave you feeling refreshed. Please bring a yoga mat to class.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Jun 13 1:00-2:15 PM. . . . .A6143X**

## HORTICULTURE

### Beyond Nectar: Ecological Gardening to Promote Pollinators and Other Beneficial Insects

(adults)

Pollinator gardens are a great way to provide the food adult insects need, but what about all the other lifegiving resources they require? Learn gardening techniques that will help your garden support pollinators of all ages and provide the habitat they need all year long.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sun, Jun 9 2:30-4:00 PM . . . . .H3543A**

**Botanicals and Booze: Herbs and Plants in Liquor Production** NEW

(adults)

If you loved our "Mobsters and Mayhem" program, you will enjoy this special edition of holiday spirits in history. Greg Caggiano will be visiting speaker for another intriguing presentation, providing an insider's view of the origin and evolution of liquor. Many of the world's most popular spirits are steeped in history... and also botanicals! Learn about the production of gin, absinthe, and Chartreuse. Find out why there are so many types of vermouth, and how to make your own bitters; what a "shrub" is, and so much more in this exciting program. Botanical cocktail recipes will be shared, so you can impress your future guests. Last, but not least we are going to brighten up your palette with botanical mocktails, mixers and tinctures made from the herbs of Deep Cut Gardens.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Fri, Jun 14 6:00-8:00 PM . . . . .H3243X**

**Sat, Aug 3 6:00-8:00 PM . . . . .H3343X**

**Thu, Aug 29 6:00-8:00 PM . . . . .H3443X**



**Discover Shrubs – A Soft Drink**

(adults)

Dive into the past with us and explore specialty soft drinks made by mixing fresh fruit and vinegar - a tradition rooted in the American colonial era. Shrubs are fruit and vinegar syrups that steep over time to develop a complex body of flavor. The combination of sugars and tartness makes them eclipse any lemonade. We will explore the origin and making of shrubs using vinegar and fresh fruit plus herbs from the garden. The experience of this class will help you make the most of bruised or aging summer fruit, and wow your future party guests. Participants will be taking home samples and recipes.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sat, Jul 6 10:00-11:30 AM . . . . .H2543A**

**Sat, Jul 20 2:00-3:30 PM . . . . .H2443A**



**Deep Cut Gardens Open House**

**Saturday, June 1, 10:00 AM-2:00 PM**

**Deep Cut Gardens, Middletown**

Celebrate this community treasure! In June, Deep Cut Gardens is in full glory with various displays and colorful gardens in peak bloom.

During this annual event, visitors will enjoy:

- Garden tours
- Demonstrations
- Children's activities
- And so much more!

[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)

**Edible Flowers**

(adults)

Flowers have been part of our diet since the time of the Romans. Join us for a fragrant journey in the garden. We will show you some of our edible flowers and teach you how to grow your own.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sun, Jun 23 10:00-11:15 AM. . . . .H2143A**

**Sun, Jul 7 10:00-11:15 AM . . . . .H2243A**

## 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 Gardener's Cottage**

**Sun, Jun 2 6:15-7:45 PM . . . . .H1643X**

**Sun, Jun 23 6:15-7:45 PM . . . . .H1743X**

**Sun, Jul 7 6:30-8:00 PM . . . . .H1843X**

**Sun, Jul 28 6:30-8:00 PM . . . . .H1943X**

## Felting Fungi Fantasy

(adults)

Are you fascinated by mushrooms and want to know more? Join us for this creative session of needle felting. Together we will make a mushroom forest scene inside a glass dome that will adorn your desk, mantle or table forever.

**One Session \$30.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sat, Jul 27 10:00-11:45 AM. . . . .H0143A**

## 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 Gardener's Cottage**

**Thu, Jun 6 9:00-10:30 AM . . . . .H0843X**

**Thu, Jun 27 9:00-10:30 AM. . . . .H0943X**

**Thu, Jul 11 9:00-10:30 AM . . . . .H1043X**

**Thu, Jul 25 9:00-10:30 AM . . . . .H1143X**

**Thu, Aug 8 9:00-10:30 AM . . . . .H1243X**

**Thu, Aug 29 9:00-10:30 AM . . . . .H1343X**

“

*The instructor was enthusiastic and gave attention to every participant. I wish I could attend every workshop!*

”

## 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. 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. We are happy to accommodate private parties and groups, just ask for our date availability.

### Lichen, Moss and Tillandsia Wreath

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

**One Session \$55.00 Per Session**

**Deep Cut Gardens Gardener's Cottage**

**Fri, Jun 28 5:00-7:00 PM . . . . .H2043X**

## Introduction to Needle Felting - Botanical Pin

(adults)

Welcome to the enchanted world of felting! You will be in love as you transform these vibrant colored fibers into the delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Have patience with yourself and the process, it pays off!

**One Session \$26.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sat, Jun 8 10:00-11:45 AM . . . . .H1543A**



## Mobsters and Mayhem

(adults)

Travel back in time to the prohibition era of speak easy, rum runner and gangsters to discover part of Deep Cut Garden's past. Local historian Greg Caggiano will present his findings on the matter including unknown details about the local connection to one of the biggest mafia rings and its rich history. Enjoy a fun-filled and entertaining evening touring Vito Genovese's estate, including a special signature mocktail while we share our prohibition-era stories with you.

**One Session \$25.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Fri, Jun 21 6:00-8:00 PM . . . . .H0643A**

**Fri, Jul 5 6:00-8:00 PM. . . . .H0443A**

**Fri, Aug 2 6:00-8:00 PM . . . . .H0543A**

## Summer Camp for House Plants

(adults)

This summer don't forget your house plants! Instead, show them some much-deserved love and affection with these simple, summer care tips. Indoor plants, either tropical or succulent, will greatly benefit from spending the warm season outside — and there are a few precautions needed to ensure success with summer camp. Join us to find out.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sun, Jun 2 10:00-11:00 AM. . . . .H2643A**

## The Bugs that Inhabit Your Garden

(adults)

Gardeners are never alone. Bugs are always present in the garden; some are welcome companions while others are always looking for something new to nibble on. Getting to know your common garden insects, their lifecycle, habits and interactions with plants will make living with them a bit easier and perhaps a fun experience. Join us on a bug discovery walk in the garden and an indoor discussion afterwards.

**One Session \$13.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sun, Aug 4 10:00-11:30 AM . . . . .H2743A**

## NATURE



## A Morning Butterfly Walk at Deep Cut Gardens

(adults)

Flowers are blooming, and the butterflies are fluttering. Join a Park System Naturalist on a guided walk-through Deep Cut Gardens as we identify and discuss the life histories of New Jersey's butterfly species.

**One Session \$10.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Tue, Aug 6 9:00-10:00 AM (approx) . . . . .IN443X**

**Sat, Aug 24 9:00-10:00 AM (approx). . . . .INA43X**

## Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park System Naturalist on an exciting 90-minute nature walk, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can take a quick drive down the road and join us for an optional picnic and beer tasting (pay on your own). Nature walk will take place as scheduled (weather permitting), but trip to the brewery is contingent on facility being open for business.

**One Session \$16.00 Per Person**

**Clayton Pk Emley's Hill Lot**

**Sat, Jun 1 1:00-2:30 PM (approx) . . . . .IM043A**

## Beachcombing at Night!

*(adults)*

Let's look for shells at night! Take a rest from your computer and try hitting the beach at night for some fun when crowds of people have largely left. Low tide exposes the most treasures, but beachcombing is both a meditative treasure hunt and natural history lesson. We will discover some of the natural history about local shellfish species and other beachy finds. In addition, we will scan the beach for ghost crabs, a semi-terrestrial crab that comes out at night to hunt for smaller prey. Please bring a flashlight, and a bag to collect your finds. Wear shoes that can get muddy, please no flip-flops.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Wed, Jul 31 8:30-9:30 PM . . . . . IMP43X**

## Bird and Wildlife Boat Tour of the Manasquan Reservoir

*(all ages, under 18 with adult)*

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready 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, Jun 14 6:30-8:00 PM . . . . . I6443X**

**Fri, Jul 12 6:30-8:00 PM . . . . . I6543X**

**Fri, Aug 9 6:00-7:30 PM . . . . . I6643X**

## Bird Walk – One Good Tern Deserves Another!

*(adults)*

Tern activity peaks along the Bayshore this time of year, as summer resident tern species are joined by migrants. We will search for these elegant diving birds, as well as other birds that call the Bayshore home during the summer. Binoculars will be provided to borrow for those who need them. This program will take place rain or shine; dress for the weather and please wear closed-toe shoes.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Thu, Jul 11 9:00-10:00 AM . . . . . EX043X**

## Birding Conaskonk Point

*(adults)*

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and saltmarsh sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard to locate birds. Wear your water proof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach; on street parking is available.

**One Session \$12.00 Per Person**

**Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.**

**Mon, Jun 17 9:30-11:00 AM . . . . . I4343X**

**Mon, Jul 1 9:00-10:30 AM . . . . . I4443X**

**Wed, Aug 28 9:00-10:30 AM . . . . . I4543X**

## Birding for Beginners

*(adults)*

Would you like to know your birds better? Join one of our knowledgeable birders in the Park System to learn more about local summer birds and some tips to get you started in the wonderful world of bird-watching. We will start with a brief talk going over the basics of birding, followed by a casual stroll along the beach and woodland edges, looking for some local summer resident bird species. Binoculars will be provided to those who need to borrow. This program will go forward rain or shine; dress for the weather and wear closed-toe shoes.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Wed, Jun 12 10:00-11:00 AM . . . . . EWZ43X**

## Crabbing with a Naturalist

*(adults)*

Ever wanted to try your hand at catching blue claw crabs? We will bring the gear and the bait. All you need to do is bring yourself, a chair, sunscreen and a bucket to hold your crabs. In this catch-and-release program, find out all about the ecology and biology of the blue crab and its importance to the estuarine ecosystem. Then try to catch a few on your own. This enjoyable program will get you outdoors with family and friends, as you crab along the coast. Don't forget a foldable chair, sunscreen, water, and a bucket. This program will be cancelled due to inclement weather.

**One Session \$18.00 Per Person**

**Swimming River Park Boat Ramp**

**Tue, Aug 6 12:00-1:30 PM . . . . . IMU43X**

**Tue, Aug 20 11:00 AM-12:30 PM . . . . . IMV43X**

## 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**

**Huber Wds Pk Env Ctr Parking Lot**

**Sat, Jun 11 11:00 AM-12:30 PM . . . . . I3543X**

**Freneau Wds Pk Act Ctr Parking Area**

**Mon, Jun 10 11:00 AM-12:30 PM . . . . . I3643X**

**Big Brook Pk Lower Pond Lot**

**Sat, Aug 17 11:00 AM-12:30 PM . . . . . I3743X**

**Thompson Pk Old Orchard Parking Lot**

**Thu, Aug 22 11:00 AM-12:30 PM . . . . . I3843X**

## 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 Picnic Pavilion**

**Sun, Aug 11 10:00-11:30 AM . . . . . I3443X**

## 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, this activity is for you! On our Park System Naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky or sandy. Please wear sturdy shoes.

**One Session \$10.00 Per Person**

**Holmdel Pk Ramanessin Section Parking Lot**

**Tue, Jun 18 9:00-10:30 AM (approx) . . . . . INN43X**

**Thu, Jun 20 6:00-7:30 PM (approx) . . . . . INE43X**

**Turkey Swamp Pk Oak Point Picnic Shelter**

**Tue, Jul 16 9:00-10:30 AM (approx) . . . . . INF43X**

**Thu, Jul 18 6:00-7:30 PM (approx) . . . . . ING43X**

**Shark River Pk Gully Road Parking Lot**

**Tue, Aug 20 9:00-10:30 AM (approx) . . . . . INH43X**

**Thu, Aug 22 6:00-7:30 PM (approx) . . . . . INP43X**

## Half Day Hike and Paddle

(adults)

This fun, challenging, and educational half day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Park System Naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear for both hiking and kayaking.

**One Session \$55.00 Per Person**

**Hartshorne Wds Pk Rocky Point Parking Lot**

**Wed, Jul 10 11:00 AM-3:00 PM . . . . . IKX43X**

## CASUAL BIRDER

(ages 11 and up, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We will 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 on a first-come, first-serve basis.

Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain.

We will go even with light rain so please come dressed for the weather with appropriate footwear.

**Meet on the following Tuesday mornings  
at 9:00 AM:**

**June 18 - Big Brook Pk**

**July 9 - Crosswicks Creek Pk Provinceline Rd  
Parking Lot**

**August 27 - Fisherman's Cove Conservation Area**

## Kayak Crabbing at Swimming River Park

(adults)

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

**Please Note: Polarized sunglasses, sunscreen, water, and a hat are recommended. Weight limit for kayaks is 250 lbs. for a single and a 400 lbs. for a double. Remember to bring sunscreen and plenty of water. Not recommended for those with recent back, hip or wrist injuries. Participants will assist carrying their gear up and down from the launch site.**

**One Session \$50.00 Per Person**

### Swimming River Park Boat Ramp

**Tue, Jun 18 12:00-3:00 PM (approx) . . . . . IMA43X**

**Wed, Jun 19 8:00-11:00 AM (approx) . . . . . IMB43X**

**Thu, Jun 20 8:00-11:00 AM (approx). . . . . IMC43X**

## Kayak Fishing for Fluke & Bass

(adults)

Fluke and striped bass are two of the most sought-after game fish on the New Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks along the Sandy Hook Bay in Middletown Township, at the Bayshore Waterfront Park's Pews Creek East parking lot (adjacent to Monmouth Cove Marina). We will paddle out two miles and drift the bay with the goal of fishing some choice channels and holes with the beach in sight. With the help of tides, we will return to the shore with fish. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and bait. Wear your sunscreen, floppy hat and water shoes, and dress to get wet. A FREE NJ Saltwater Fishing Registration is required and you must have it with you. It is available at [www.nj.gov/dep/saltwaterregistry](http://www.nj.gov/dep/saltwaterregistry). This program has a limited number of spaces so register early and get ready to fish for fluke and bass.

**One Session \$50.00 Per Person**

### Monmouth Cove Marina Beach Parking Area

**Tue, Jun 11 8:00 AM-12:00 PM . . . . . IMD43X**

**Wed, Jun 12 9:00 AM-1:00 PM. . . . . IME43X**

**Thu, Jun 13 10:00 AM-2:00 PM . . . . . IMF43X**

## Drop-in Local Nature Lecture Series

(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.

### Snapping Turtles of Monmouth County

Thursday, June 13, 7:00-8:00 PM

Freneau Woods Pk Vis Ctr

Snapping turtles are one of the largest freshwater turtles and can weigh up to 40 lbs. Discover more about our snapping turtle population in Monmouth County including what they eat, how they mate, and how did they get that unique name? This is sure to be an interesting evening.

### Sea Stars, Sand Dollars and Other Sea Urchins

Wednesday, July 24, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

There is more than to being a sea urchin than a delicacy in Europe and Japan. Join a Park System Naturalist as we discover the life history of some of the most common sea urchins to be found along the Jersey Shore as well as some fun facts. We will also discuss some of the threats to these unique sea creatures.

### Dolphins: Facts and Tales

Wednesday, August 28, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Believe it or not, in many ways you are like a dolphin that swims in the ocean. Dolphins are mammals, like you, and must swim to the surface to breathe air, they also give birth to live young and have strong family bonds. Dolphins are also highly intelligent creatures. They have a brain to body ratio that is second only to humans. Discover more about our local dolphin population that calls the Jersey Shore home.



## Low-Tide Beach Walk

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones, fossils and finding odd manmade 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. It 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**

Seven Presidents Pk Act Ctr

Thu, Aug 8 5:00-6:00 PM . . . . .IMQ43X

Thu, Aug 22 4:00-5:00 PM . . . . .IMR43X

## Native Wildflower Gardening

(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

Thu, Jun 20 10:00-11:30 AM . . . . .IM243X

Mon, Jul 8 5:30-7:00 PM . . . . .IM343X



## Nature Kayak Tour on Swimming River NEW

(ages 14 and up, under 18 with adult)

The meandering Swimming River is a wondrous place for experiencing nature from a kayak. Park System Naturalists will be your guides, offering proper instruction in kayak use and safety, as well as information about local wildlife and history. Prior kayaking experience is not needed but participants must be comfortable navigating in open water. Single kayaks, paddles and life jackets will be provided. Kayak weight limit is 250 lbs. Please bring water, apply sunscreen, and wear clothes and shoes that can get wet.

**One Session \$45.00 Per Person**

Swimming River Park Boat Ramp

Fri, Jun 28 2:00-4:00 PM . . . . . INK43X

Tue, Jul 16 5:00-7:00 PM . . . . . INM43X

## Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Manasquan Reservoir Environmental Center and launch into the Reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

**One Session \$26.00 Per Person**

Manasquan Res Env Ctr Outdoor Area

Tue, Aug 13 6:30-8:00 PM . . . . . I4243X

## Sunset Kayak Tour of the Navesink

(ages 14 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, Park System 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 \$45.00 Per Person**

Hartshorne Wds Pk Claypit Creek Parking Lot

Mon, Jun 3 6:30-8:30 PM . . . . . IKY43X

Sun, Jun 30 6:30-8:30 PM . . . . . IKZ43X

## Trekking New Jersey - A Pine Barrens

### Day Trip

(adults)

Whether you've visited the Pine Barrens before or haven't had the opportunity just yet, it's hard to ignore the wonder that this ancient ecosystem instills. This naturalist-led day trip will visit multiple highlights, showcasing what makes the Pine Barrens truly special. Includes hikes to the Pygmy Pines, freshwater bog, and mature pine forest. Please bring your own lunch, picnic style. Trails may be uneven so wear sturdy footwear.

**One Session \$58.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Thu, Jun 13 8:00 AM-3:00 PM . . . . . IM543X**

## 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**

**Holmdel Pk Hilltop Area**

**Sat, Jun 15 1:00-2:30 PM (approx) . . . . . IM143X**



*Jason was great!  
During our walk he shared  
history, pointed out plants,  
setup quizzes, and was very  
interactive throughout the  
program.*



## OUTDOOR ADVENTURES

### ARCHERY & TRAP SHOOTING

#### 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.

**One Session \$26.00 Per Person**

**Thompson Pk Activity Barn**

**Tue, Jun 11 7:00-9:00 PM . . . . . W7043X**

**Wed, Jul 10 7:00-9:00 PM . . . . . W7143X**

**Thu, Aug 15 7:00-9:00 PM . . . . . W7243X**

#### Trap Shooting and NJ Botanical Gardens

(adults)

PULL! Discover the thrilling sport of trap shooting. A qualified instructor will provide guidance on safe and effective techniques as we take aim at flying clay pigeons. All equipment is provided. Experience the full beauty of New Jersey Botanical Gardens at Skyland and enjoy your bagged lunch along the shorelines of Shepherds Lake.

**One Session \$95.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Mon, Jun 10 8:00 AM-3:00 PM (approx) . . . W3843X**

## BICYCLING

### Cape Henlopen Delaware Bike Trip

(adults)

All aboard the Cape May Ferry as we cross Delaware Bay to Cape Henlopen State Park. We'll pick up the bike path and peddle our way along beaches, pine forests, and marshes down to Rehoboth Beach before looping back to 1700s historic town of Lewes to catch the ferry back to New Jersey. All participants must provide their own bike in good working condition. Please plan on packing and carrying your lunch, snacks and water. Everyone must wear a safety helmet that meets the Consumer Product Safety Commission (CPSC) standards (label in helmet). Riders should be able to ride at a steady pace of 8-12 mph. Price includes Park System leaders, transportation, and ferry.

**Rating: Easy/Moderate, mostly flat, paved, cinder, pavement and boardwalks (1/2 mile share the road).  
Miles: 20**

**One Session \$98.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Mon, Jun 3 6:30 AM-7:30 PM . . . . . W3943X**

## JUST THE LADIES

### Autumnal Escape: Ladies Weekend

#### Hike

(adults)

Experience the beauty of autumn's changing colors as we hike the trails of New York's Harriman State Park. Step away from the hustle and bustle of everyday life and reconnect with nature. This weekend getaway includes a private lodge, two breakfasts, one dinner (not including lunches), transportation, and park guides. The lodge sits on the serene 64-acre Breakneck Pond, providing time for quiet and relaxation. Be sure to attend our orientation meeting, where we will get to know one another and discuss the details of our escape, equipment, and meal information. Beginners and seasoned hikers are welcome.

**Please Note:** Be sure to register early; program must meet minimum registrants by August 24 to run.

**Rating:** Moderate; trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views.  
**Miles:** 4-8

**\$390.00 Per Person**

#### Orientation

Thompson Pk Theater Barn

Thu, Sep 19 . . . . . 6:30-8:00 PM

#### Program

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Sep 27-29 7:00-4:00 PM . . . . . W0144X

## ON THE WATER

### Lazy Day Local Paddles

(adults)

Learn paddling skills from experienced guides while meandering through some of Monmouth County's most stunning lakes and rivers. These programs teach the basics of canoeing, from launching a canoe to paddling efficiently and planning a safe canoe outing. This program is designed especially for first-time paddlers; no experience is necessary and all equipment is provided.

**One Session \$26.00 Per Person \$21.00 Additional Person**

Swimming River Park Parking Lot

Sat, Aug 10 10:00 AM-12:00 PM . . . . . W5743X

Fri, Aug 23 10:00 AM-12:00 PM . . . . . W5943X

### Once in a Blue Moon Canoe Exploration

(ages 14 and up, under 18 with adult)

The blue moon will guide our exploration around the water ways of Turkey Swamp Park by canoe. Learn the fundamentals of paddling before heading out on the beautiful moon-lit lake from an experienced staff. Paddlers ages 14 and up are welcome but must be accompanied by an adult.

**One Session \$22.00 Per Person**

Turkey Swamp Pk

Mon, Aug 19 7:00-8:30 PM . . . . . W5243X

## Sailing at the Manasquan Reservoir

### Private Sail Lessons

Catch the wind during your private sailing lesson in our 15' American sailboats. An experienced sailing instructor will be with you to answer all your sailing questions. Novice and experienced sailors looking for a refresher are encouraged. Learn proper sailing techniques, including how to read the wind, maneuver your sailboat, and how to be a captain! Sailors age 8 and up can join with an adult.

Cost: \$175.00 for one 3-hour, hands-on lesson for two people, \$135 for additional lessons  
Lessons Available: June 15-September 22

To arrange your lesson, call 732-842-4000, ext. 4325.

### Sailboat Rentals

Are you a sailor without a boat? The Park System has 15' American (2-3 people) and 12' Laser Pico (1 person) sailboats available for rent. Sailors should provide a Red Cross, US Sailing, or MCPS sailing card. If you do not have a certification, please call to discuss your sailing experience/skills.

Cost: \$100 per boat for 2-hour rental

Rentals Available: June 15-September 22

**Please Note: Pre-registration is required at LEAST 48 hours in advance. For availability or questions, please call 732-842-4000, ext. 4325.**





### Stand-Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke, how to capsize and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. We will provide the stand-up paddle board, personal floatation device, paddle and instructions.

**One Session \$36.00 Per Person**

**Manasquan Res West Dock**

**Mon, Aug 19 10:00 AM-12:00 PM . . . . . W6343X**

### Sunrise on the Water

(adults)

As day starts to break and the colors come to light, we will explore the Navesink River by kayak before the rest of the world is awake. Take this opportunity to experience the marsh in its most peaceful state and start your day on a positive note. All equipment is provided.

**One Session \$28.00 Per Person**

**Swimming River Park Parking Lot**

**Sat, Jul 6 5:30-7:30 AM . . . . . W4943X**

### 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.

**Three Sessions \$60.00 Per Person**

**6/6 – Thompson Pk Marlu Lake**

**6/13 - Deal Lake, Asbury Park**

**6/20 - Swimming River Pk**

**Thu, Jun 6-20 6:30-8:30 PM . . . . . W3543X**



## 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. In this summer session we will cover beginner acting technique for commercials, headline news and sitcoms. There will be filming during class. Please bring a thumb drive to class to save your work. Both new and past participants are welcome as each experience is new with new scene partners and scripts.

**Four Sessions \$85.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Mon, Wed, Jun 17-26 6:30-8:00 PM. . . . . Q8343X**

#### Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

**One Session FREE!**

**Thompson Pk Theater Barn**

**Childhood**

**Wed, Jun 19 7:00-8:30 PM . . . . . PE074A**

**Independence**

**Sun, Jul 21 3:00-4:30 PM . . . . . PE084A**

**Shadow and/or Light**

**Wed, Aug 21 7:00-8:30 PM . . . . . PE094A**

#### Getting Started in the Acting Biz

(adults)

Have you wanted to try pursuing an acting career but are not sure where to begin? In this program, we will discuss how to get started in the acting business from headshots, to agents and managers to casting websites. Please bring a notebook and pencil.

**One Session \$45.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Jun 22 9:30 AM-12:00 PM. . . . . Q2943X**



## DANCING

### Beginner Dance Lesson & Social Dancing Party

(adults)

Learn the basics of a different social dancing style and practice your steps with other dancers at this beginner-friendly offering! This Dance Party is a fantastic way to test the waters and leave the session knowing dance steps beyond the traditional sway! We'll cover the basic steps of one dancing style per session, 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 shoes that they can easily move in. Please 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, Jun 14 6:15-8:00 PM . . . . . A6343X**

**Learn the Salsa**

**Wed, Aug 7 6:15-8:00 PM. . . . . A6443X**

**Learn the Bachata**

**Wed, Aug 14 6:15-8:00 PM. . . . . A6543X**

### Beginner Social Dancing for Couples

(adults)

Attending a wedding this year? Planning a first dance for your own wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes" to any of the above, this beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance as needed. Each week, we will review and progress forward in both dance styles. We look forward to teaching you to move and groove on the dance floor of your next wedding or event together with confidence! No prior dance experience required, as this workshop is beginner-friendly. Dancers must register and participate with a partner to participate in classes together. Participants are encouraged to dress comfortably and in closed shoes they can easily move in. Instructed by: Sing and Sway

**Eight Sessions \$272.00 Per Person**

**Bachata and Waltz**

**Tatum Pk Red Hill Act Ctr**

**Wed, May 29-Jul 31 6:10-7:00 PM . . . . . A6643X**

*No class 6/5 & 7/3*

### Beyond the Sway: Beginner Wedding Line Dancing

(adults)

Are you familiar with line dances like the Wobble and the Cha Cha Slide from previous parties and weddings and haven't felt confident to join in on the dance floor? This four-week inclusive line dancing series is crafted for you! We will explore a small mixture of classic and contemporary line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed shoes you can easily move in.

Instructed by: Sing and Sway

**Four Sessions \$75.00 Per Person; \$145.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Wed, Jul 10-31 5:00-5:50 PM . . . . . A7643X**

### Five O'Clock Salsa: Beginner Social Dancing

(adults)

Ready to make a splash on the dance floor? If you ever wished to learn the foundational basics of salsa dancing, our 4-week beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience as we rotate partners among participants. No need to worry if you've never danced before - this workshop is designed for beginners. Whether you sign up solo or with a friend, family member or significant other, we encourage everyone to join in on the fun. Get ready to groove on the dance floor with confidence! Participants are encouraged to dress comfortably and in closed shoes you can easily move in.

Instructed by: Sing and Sway

**Four Sessions \$75.00 Per Person \$145.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Wed, May 29-Jun 26 5:00-5:50 PM . . . . . A7543X**

*No class 6/5*

## SPORTS &amp; 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****Three Sessions \$45.00 Per Person****Thu, Jul 11-25 5:30-6:30 PM . . . . . XAZ43X****Four Sessions \$60.00 Per Person****Tue, Jun 4-25 5:30-6:30 PM . . . . . XAW43X****Thu, Jun 6-27 5:30-6:30 PM . . . . . XAY43X****Five Sessions \$75.00 Per Person****Tue, Jul 2-30 5:30-6:30 PM . . . . . XAX43X****Afternoon Stretch***(adults)*

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy- this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Nine Sessions \$135.00 Per Person****Tatum Pk Red Hill Act Ctr****Thu, Jun 27-Aug 29 1:00-2:00 PM . . . . . XAU43X***No class 7/4***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

**Four Sessions \$52.00 Per Person****Dorbrook Rec Area Act Ctr****Mon, Jun 3-24 6:00-6:55 PM . . . . . XD743X****Fri, Jun 7-28 5:30-6:25 PM . . . . . XDH43X****Fri, Jul 12-Aug 2 5:30-6:25 PM . . . . . XDJ43X****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, Jun 8-29 11:00-11:55 AM . . . . . XDP43X****Beyond Basic Belly Dance***(adults)*

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

**Seven Sessions \$119.00 Per Person****Dorbrook Rec Area Act Ctr****Tue, Jul 9-Aug 20 7:25-8:55 PM . . . . . XD943X**

## Dance Tone Stretch

(adults)

This one-hour class is a fun mix of cardio dance, light toning, and a stretching session. Each class opens with a fun and easy five song cardio dance fitness routine, using pop Latin and world music. Then we will use light weights, bands and body weight exercises to do a toning routine. Each class will end with an overall body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners are welcome!

Instructor: Eryka Andrex

**Six Sessions \$78.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Jul 3-Aug 7 5:00-5:55 PM . . . . .XDB43X**

## Foundation Training – On the Beach

(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. Enjoy the added shoreline benefits, with the sea air, the sound of the waves, and your feet grounded in the soft sand. 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 sandy ground to standing. Please bring a beach towel.

Instructor: Gina Girard

**Six Sessions \$96.00 Per Person**

**Seven Presidents Pk**

**Fri, Jun 7-Jul 19 8:00-8:45 AM. . . . .XD343X**

*No class 7/5*

**Fri, Aug 2-Sep 13 8:00-8:45 AM. . . . .XD443X**

*No class 8/30*

## 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

**Six Sessions \$78.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Jul 18-Aug 22 7:15-8:10 PM . . . . .XDE43X**

## 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

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sat, Jun 1-Jul 27 8:00-9:00 AM . . . . .XB043X**

*No class 6/29*



Physical activity improves mental health, reduces the risk of disease, and strengthens bones and muscles.

**DID YOU KNOW?**

## 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, Jun 6-20 9:30-10:30 AM . . . . . XM443X**

**Fri, Jun 7-21 9:30-10:30 AM . . . . . XM643X**

**Thu, Jul 11-25 9:30-10:30 AM . . . . . XM843X**

**Fri, Jul 12-26 9:30-10:30 AM . . . . . XMA43X**

**Thu, Aug 8-22 9:30-10:30 AM . . . . . XMC43X**

**Fri, Aug 9-23 9:30-10:30 AM . . . . . XME43X**

### 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, Jun 6-20 10:45-11:45 AM . . . . . XM543X**

**Fri, Jun 7-21 10:45-11:45 AM . . . . . XM743X**

**Thu, Jul 11-25 10:45-11:45 AM . . . . . XM943X**

**Fri, Jul 12-26 10:45-11:45 AM . . . . . XMB43X**

**Thu, Aug 8-22 10:45-11:45 AM . . . . . XMD43X**

**Fri, Aug 9-23 10:45-11:45 AM . . . . . XMF43X**

## PILATES

### Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

**Twelve Sessions \$156.00 Per Person**

#### Dorbrook Rec Area Act Ctr

**Mon,Wed, Jun 3-Jul 15 7:15-8:15 PM . . . . X0143X**

*No class 7/3*

#### Tatum Pk Holland Act Ctr

**Tue,Thu, Jun 4-Jul 16 6:30-7:30 PM . . . . X0243X**

*No class 7/4*

## 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, Jun 4-27 5:30-6:25 PM . . . . . XAM43X**

### 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.

**Four Sessions \$60.00 Per Person**

#### Dorbrook Rec Area

**Sat, Jul 13-Aug 3 11:00-11:55 AM . . . . . XAD43X**

**Tue,Thu, Aug 13-22 9:00-9:55 AM . . . . . XBY43X**

**Six Sessions \$90.00 Per Person**

#### Thompson Pk

**Tue,Thu, Jun 4-20 9:00-9:55 AM . . . . . XB443X**

**Tue,Thu, Jun 4-20 10:00-10:55 AM . . . . . XB543X**

**Mon,Wed, Jul 8-24 4:30-5:25 PM . . . . . XBP43X**

**Tue,Thu, Jul 9-25 5:30-6:25 PM . . . . . XBT43X**

**Eight Sessions \$120.00 Per Person**

#### Dorbrook Rec Area

**Mon,Wed, Jun 3-26 6:00-6:55 PM . . . . . XAA43X**

**Tue,Thu, Jun 4-27 5:30-6:25 PM . . . . . XAE43X**

**Tue,Thu, Jun 4-27 6:30-7:25 PM . . . . . XAF43X**

**Tue,Thu, Jul 9-Aug 1 5:30-6:25 PM . . . . . XAG43X**

**Tue,Thu, Jul 9-Aug 1 6:30-7:25 PM . . . . . XAH43X**

#### Thompson Pk

**Mon,Wed, Jun 3-26 5:30-6:25 PM . . . . . XAJ43X**

**Mon,Wed, Aug 5-28 5:30-6:25 PM . . . . . XAP43X**



## 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.

### Thompson Pk

#### Three Sessions \$45.00 Per Person

Sat, Jul 13-27 9:00-9:55 AM . . . . .XBH43X

Sat, Aug 10-24 9:00-9:55 AM . . . . .XBV43X

#### Four Sessions \$60.00 Per Person

Sat, Jun 1-22 9:00-9:55 AM . . . . .XB743X

#### Six Sessions \$90.00 Per Person

Tue, Thu, Jun 4-20 11:00-11:55 AM. . . . .XB643X

Mon, Wed, Jul 8-24 6:30-7:25 PM . . . . .XBR43X

Tue, Thu, Jul 9-25 6:30-7:25 PM . . . . .XBU43X

#### Eight Sessions \$120.00 Per Person

Mon, Wed, Jun 3-26 6:30-7:25 PM . . . . .XAK43X

Tue, Thu, Jun 4-27 6:30-7:25 PM . . . . .XAN43X

Mon, Wed, Aug 5-28 6:30-7:25 PM . . . . .XAQ43X

Tue, Thu, Aug 6-29 5:30-6:25 PM . . . . .XAR43X

## VOLLEYBALL

### Outdoor Oceanfront Volleyball League/ Recreation (6 v. 6)

(ages 17 and up)

Come exercise and compete in our recreational beach volleyball league. No previous volleyball league experience necessary. Teams must have at least six players on the roster and at least two women on the court at all times. The top team will receive an award. Organizational and rules meeting held at 6:15 PM on first night of league.

#### Nine Sessions \$162.00 Per Team

#### Seven Presidents Pk

Wed, Jun 19-Aug 14 6:30-8:00 PM . . . . .XC743A

## 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

#### Freneau Wds Pk Vis Ctr Program Room 1

#### Four Sessions \$60.00 Per Person

Sun, Jun 2-23 9:00-10:00 AM . . . . .XCA43X

Tue, Jun 4-25 9:30-10:30 AM . . . . .XCE43X

#### Six Sessions \$90.00 Per Person

Sun, Jul 14-Aug 18 9:00-10:00 AM . . . . .XCG43X

### 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

#### Freneau Wds Pk Vis Ctr Program Room 1

#### Four Sessions \$60.00 Per Person

Sun, Jun 2-23 10:15-11:15 AM . . . . .XCB43X

#### Six Sessions \$90.00 Per Person

Sun, Jul 14-Aug 18 10:15-11:15 AM . . . . .XCH43X

## 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

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 8-Aug 26 6:00-7:00 PM . . . . .XCX43X**

## Chair Yoga

(adults)

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

Instructor: Eryka Andrex

**Six Sessions \$78.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Jul 3-Aug 7 4:00-4:55 PM . . . . .XDA43X**

## Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor, this class is sitting/standing and includes yogic breathing, poses, weights 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.

Instructor: Eryka Andrex

**Four Sessions \$52.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 3-24 4:00-4:55 PM . . . . .XD543X**

## 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.

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Wed, Jun 12-Aug 28 7:00-8:15 PM . . . . .XC843X**

## 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

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 8-Aug 26 7:00-8:00 PM . . . . .XCY43X**

## 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

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Thu, Jul 11-Aug 29 9:30-10:30 AM . . . . .XCZ43X**

## Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. 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. MJ has over 800 hours of certification trainings including studies in India.

**Eleven Sessions \$187.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Tue, Jun 11-Aug 27 7:00-8:15 PM . . . . . XBJ43X**  
No class 8/6

## 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**

**Fri, Jun 21 7:00-8:00 PM . . . . . XM243X**  
**Mon, Aug 19 7:00-8:00 PM. . . . . XM343X**



## 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

**Three Sessions \$45.00 Per Person**

**Tatum Pk Holland Act Ctr**

**Mon, Jun 3-17 12:00-1:00 PM . . . . . XB243X**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 15-Aug 5 12:00-1:00 PM . . . . . XB343X**

No class 7/22

**Four Sessions \$60.00 Per Person**

**Henry Hudson Trail Act Ctr**

**Fri, Jun 7-28 11:00 AM-12:00 PM . . . . . XBE43X**

**Fri, Jul 19-Aug 9 11:00 AM-12:00 PM . . . . . XBF43X**

## 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: Participants must be able to come down to the floor in this class session.**

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

**Four Sessions \$60.00 Per Person**

**Henry Hudson Trail Act Ctr**

**Fri, Jun 7-28 9:30-10:30 AM . . . . . XBC43X**

**Fri, Jul 19-Aug 9 9:30-10:30 AM . . . . . XBD43X**

No class 7/26

## 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. Appropriate for all levels. Bring a mat, towel and water.

Instructor: Tiffany McCann 500-hour YA-RYT

**Six Sessions \$90.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Thu, Jul 18-Aug 22 7:30-8:30 AM . . . . .XD143X**

## 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

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$60.00 Per Person**

**Wed, Jun 5-26 6:00-7:00 PM . . . . .XCF43X**

**Six Sessions \$90.00 Per Person**

**Wed, Jul 17-Aug 21 6:00-7:00 PM . . . . .XD043X**

## River Flow Yoga

(adults)

Flow like a river with a vinyasa yoga practice to build strength and fluidity. On a ridge overlooking the beautiful Navesink River, we will stretch and lengthen muscles, build core strength and end with a restful savasana. This practice will be active and will work towards more challenging poses with incremental steps. Bring a mat, towel and water.

Instructor: Tiffany McCann, owner, Live Grace Yoga

**Six Sessions \$90.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Sat, Jul 20-Aug 24 11:00 AM-12:00 PM . . .XD243A**

## 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. MJ Has over 800 hours of certification trainings including studies in India.

**Eleven Sessions \$187.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Mon, Jun 17-Aug 26 7:00-8:15 PM . . . . .XBG43X**

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Fri, Jun 14-Aug 30 9:30-10:45 AM . . . . .XC943X**

## 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

**Nine Sessions \$135.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Thu, Jun 27-Aug 29 2:00-3:00 PM . . . . .XAV43A**

*No class 7/4*



## Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward.

We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ Has over 800 hours of certification trainings including studies in India.

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Wed, Jun 12-Aug 28 9:30-10:45 AM . . . . .XBN43X**

## 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

**Eleven Sessions \$165.00 Per Person**

**Seven Presidents Pk Act Ctr**

**Sat, Jul 13-Sep 28 8:00-9:00 AM . . . . .XAS43X**

## 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)

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sat, Jun 1-Jul 27 9:00-10:00 AM . . . . .XB143X**

*No class 6/29*

## Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s & 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

**Four Sessions \$80.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Jun 4-25 10:30 AM-12:00 PM . . . . .XBA43X**

**Tue, Jul 16-Aug 6 10:30 AM-12:00 PM. . . . .XBB43X**

## ZUMBA

### 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, Jun 8-29 10:00-10:55 AM . . . . . XDN43X**

**Six Sessions \$78.00 Per Person**

**Thu, Jul 18-Aug 22 6:15-7:10 PM . . . . . XDD43X**

**Seven Sessions \$91.00 Per Person**

**Tue, Jul 9-Aug 20 6:15-7:10 PM . . . . . XD843X**

### 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**

**Four Sessions \$52.00 Per Person**

**Fri, Jun 7-28 6:30-7:25 PM . . . . . XDK43X**

**Fri, Jul 12-Aug 2 6:30-7:25 PM . . . . . XDM43X**

**Six Sessions \$78.00 Per Person**

**Wed, Jul 3-Aug 7 6:00-6:55 PM . . . . . XDC43X**

## GOLF

### Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

**Bel-Aire GC**

**Children**

(ages 6-10)

**Three Sessions \$80.00 Per Person**

**Sat, Jun 29-Jul 20 10:15-11:15 AM . . . . . Y6243X**

**Mon, Jul 1-22 4:15-5:15 PM . . . . . Y7043X**

**Wed, Jul 17-Aug 7 5:00-6:00 PM . . . . . Y9243X**

**Sat, Aug 3-24 11:30 AM-12:30 PM . . . . . Y9543X**

**Sun, Aug 4-25 9:00-10:00 AM . . . . . Y9643X**

**Fri, Aug 9-30 9:00-10:00 AM . . . . . YA543X**

**Juniors**

(ages 11-14)

**Three Sessions \$80.00 Per Person**

**Mon, Jun 3-17 9:00-10:20 AM . . . . . Y7843X**

**Sat, Jun 22-Jul 6 11:00 AM-12:20 PM . . . . . Y3043X**

**Four Sessions \$80.00 Per Person**

**Wed, Jun 12-Jul 3 5:00-6:00 PM . . . . . Y8543X**

**Sun, Aug 4-25 10:30-11:30 AM . . . . . Y9743X**

**Tue, Aug 6-27 11:00 AM-12:00 PM . . . . . YA343X**

**Junior Girls**

(ages 11-14)

**Four Sessions \$80.00 Per Person**

**Sat, Jul 27-Aug 17 1:00-2:00 PM . . . . . Y4243X**

**Women**

(adults)

**Three Sessions \$85.00 Per Person**

**Sat, Jun 22-Jul 6 9:00-10:20 AM . . . . . Y2943X**

**Four Sessions \$85.00 Per Person**

**Fri, Aug 2-23 10:00-11:00 AM . . . . . Y4943X**

**Adults**

**Four Sessions \$85.00 Per Person**

**Tue, Jun 4-25 10:00-11:00 AM. . . . . Y8043X**

**Mon, Jun 24-Jul 15 11:00 AM-12:00 PM . . Y8743X**

**Tue, Jun 25-Jul 16 10:00-11:00 AM. . . . . Y6043X**

**Mon, Jul 1-22 9:30-10:30 AM . . . . . Y8843X**

**Tue, Jul 16-Aug 6 11:00 AM-12:00 PM. . . Y9143X**

**Sat, Jul 27-Aug 17 11:00 AM-12:00 PM . . . Y4143X**

**Sat, Aug 3-24 10:00-11:00 AM . . . . . Y9443X**

**Mon, Aug 5-26 4:00-5:00 PM . . . . . Y9843X**

**Tue, Aug 6-27 10:00-11:00 AM . . . . . YA043X**

**Thu, Aug 8-29 5:00-6:00 PM . . . . . YA443X**

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## Intermediate Golf

(ages 11-14 & adults)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

### Juniors

(ages 11-14)

**Four Sessions \$100.00 Per Person**

#### Bel-Aire GC

Sat, Jun 29-Jul 20 1:00-2:30 PM . . . . . Y6443X

### Adults

**Four Sessions \$125.00 Per Person**

#### Bel-Aire GC

Sun, Jun 23-Jul 14 12:30-2:30 PM . . . . . Y6743X

Tue, Jun 25-Jul 16 12:00-2:00 PM . . . . . Y6143X

Mon, Jul 1-22 2:00-4:00 PM . . . . . Y6943X

Thu, Jul 25-Aug 15 2:00-4:00 PM . . . . . Y7443X

Fri, Aug 2-23 12:00-2:00 PM . . . . . YA843X

Mon, Aug 5-26 5:00-7:00 PM . . . . . YA243X

Mon, Aug 5-26 5:30-7:30 PM . . . . . Y9943X

Tue, Aug 6-27 11:30 AM-1:30 PM . . . . . YA143X

#### Howell Pk GC

Thu, Jun 20-Jul 18 5:00-7:00 PM . . . . . J0543X

*No class 7/4*

Sun, Jun 23-Jul 14 1:00-3:00 PM . . . . . J1443X

Thu, Jul 25-Aug 15 5:00-7:00 PM . . . . . J1143X

## Advanced Golf for Adults

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

**Four Sessions \$170.00 Per Person**

#### Charleston Springs GC

Fri, Jun 21-Jul 12 5:00-8:00 PM . . . . . T0543X

#### Howell Pk GC

Wed, Jun 19-Jul 10 5:00-8:00 PM . . . . . J0443X

Wed, Jul 24-Aug 14 5:00-8:00 PM . . . . . J1043X

Fri, Jul 26-Aug 16 5:00-8:00 PM . . . . . J1243X

## 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

Thu, Jun 6 1:15-2:15 PM . . . . . Y5943X

Fri, Jun 7 11:15 AM-12:15 PM . . . . . Y8143X

Fri, Jun 7 4:00-5:00 PM . . . . . Y6543X

Thu, Jun 20 11:00 AM-12:00 PM . . . . . Y2543X

Fri, Jun 21 9:30-10:30 AM . . . . . Y2843X

Wed, Jun 26 1:00-2:00 PM . . . . . Y6843X

Wed, Jul 3 10:30-11:30 AM . . . . . Y3543X

Wed, Jul 3 1:00-2:00 PM . . . . . Y7543X

Mon, Jul 8 4:30-5:30 PM . . . . . Y8943X

Sun, Aug 4 1:00-2:00 PM . . . . . Y5043X

Wed, Aug 7 7:30-8:30 AM . . . . . Y5143X

Wed, Aug 21 7:30-8:30 AM . . . . . Y5743X

## 60 Minute Driver

(adults)

Develop more consistency and power for all level of golfers and swing types in this 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

Tue, Jun 11 11:30 AM-12:30 PM . . . . . Y8343X

Wed, Jun 26 10:30-11:30 AM . . . . . Y3443X

Wed, Jul 10 1:00-2:00 PM . . . . . Y7743X

Thu, Jul 11 1:15-2:15 PM . . . . . Y7243X

Fri, Jul 26 9:30-10:30 AM . . . . . Y4043X

Sun, Jul 28 1:00-2:00 PM . . . . . Y4443X

Thu, Aug 1 7:30-8:30 AM . . . . . Y4743X

Thu, Aug 8 7:30-8:30 AM . . . . . Y5243X

Wed, Aug 14 7:30-8:30 AM . . . . . Y5443X

#### Charleston Springs GC

Thu, Jun 13 5:00-6:00 PM . . . . . T1443X

Sat, Jun 29 2:30-3:30 PM . . . . . T0743X

Sat, Jul 27 1:30-2:30 PM . . . . . T1343X

#### Howell Pk GC

Wed, Jun 19 4:00-5:00 PM . . . . . J0343X

Wed, Jul 24 4:00-5:00 PM . . . . . J0943X

Wed, Aug 14 4:00-5:00 PM . . . . . J1743X



## 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

Mon, Jun 3 11:00 AM-12:00 PM . . . . . Y7943X  
 Thu, Jun 6 11:00 AM-12:00 PM . . . . . Y2243X  
 Mon, Jun 10 11:00 AM-12:00 PM . . . . . Y8243X  
 Mon, Jun 24 9:30-10:30 AM . . . . . Y8443X  
 Mon, Jul 15 4:30-5:30 PM. . . . . Y9043X  
 Thu, Jul 18 1:15-2:15 PM . . . . . Y7343X  
 Fri, Jul 26 8:00-9:00 AM. . . . . Y3943X  
 Sun, Aug 18 1:00-2:00 PM . . . . . Y5643X  
 Thu, Aug 22 7:30-8:30 AM . . . . . Y5843X

### Howell Pk GC

Wed, Jun 12 9:00-10:00 AM . . . . . J1543X  
 Sun, Jun 16 10:00-11:00 AM. . . . . J1343X  
 Wed, Jun 26 4:00-5:00 PM . . . . . J0643X  
 Wed, Aug 7 4:00-5:00 PM. . . . . J1643X

## 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

Thu, Jun 13 11:00 AM-12:00 PM . . . . . Y2343X  
 Fri, Jun 21 8:00-9:00 AM . . . . . Y2743X  
 Fri, Jul 5 4:00-5:00 PM. . . . . Y7643X  
 Wed, Jul 10 10:30-11:30 AM. . . . . Y3643X  
 Wed, Jul 31 7:30-8:30 AM . . . . . Y4543X  
 Sun, Aug 11 1:00-2:00 PM . . . . . Y5343X  
 Mon, Aug 12 11:00 AM-12:00 PM . . . . . YA643X  
 Thu, Aug 15 7:30-8:30 AM . . . . . Y5543X  
 Wed, Aug 21 1:00-2:00 PM. . . . . YA743X

## Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one-day, three-hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

**One Session \$140.00 Per Person**

### Charleston Springs GC

Sat, Jul 27 1:00-4:00 PM . . . . . T1143X  
 Sat, Aug 24 1:00-4:00 PM. . . . . T1843X  
 Sat, Jun 8 1:00-4:00 PM. . . . . T0443X

## Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples' golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance and swing. Golf clubs provided if needed.

### Bel-Aire GC

**Three Sessions \$125.00 Per Couple**

Sun, Jun 23-Jul 7 9:00-10:20 AM . . . . . Y3143X

**Four Sessions \$125.00 Per Couple**

Sun, Jul 28-Aug 18 11:00 AM-12:00 PM. . . Y4343X

## 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

Thu, Jun 20 1:00-3:00 PM. . . . . Y2643X  
 Thu, Jul 25 1:00-3:00 PM . . . . . Y3843X

### Charleston Springs GC

Sat, Jun 1 1:00-3:00 PM . . . . . T0343X  
 Sat, Jun 8 1:00-3:00 PM. . . . . T0643X  
 Sat, Jul 13 1:00-3:00 PM . . . . . T1243X  
 Sat, Aug 10 1:00-3:00 PM. . . . . T1943X

### Howell Pk GC

Sat, Jul 6 12:00-2:00 PM . . . . . J0743X  
 Sat, Jul 13 12:00-2:00 PM. . . . . J0843X  
 Sat, Aug 17 12:00-2:00 PM. . . . . J1843X

## Golf 101 Parent Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance and swing. Golf clubs provided if needed.

**Bel-Aire GC**

**Three Sessions \$110.00 Parent/Child \$45.00 Additional Sibling**

**Sun, Jun 23-Jul 7 11:00 AM-12:20 PM . . . Y3243X**

**Four Sessions \$110.00 Parent/Child \$45.00 Additional Sibling**

**Sat, Jun 29-Jul 20 11:30 AM-12:30 PM . . . Y6343X**

## Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. This is NOT a beginner clinic - participants must have prior golf experience.

**Four Sessions \$120.00 Per Person**

**Charleston Springs GC**

**Sat, Jun 29-Jul 20 4:00-7:00 PM. . . . . T0843X**

**Sun, Jul 28-Aug 18 4:00-7:00 PM. . . . . T1643X**

## 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**

**Fri, Jun 7-28 5:15-7:15 PM . . . . . Y6643X**

**Sun, Jun 16-Jul 7 9:00-11:00 AM . . . . . Y8643X**

## 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. An entry fee of \$360 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, Jul 30-Oct 22 10:00 AM-2:30 PM . . . . K0143A**

## 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, Jun 14 1:00-4:00 PM . . . . . Y2443X**

**Wed, Jul 24 1:00-4:00 PM. . . . . Y3743X**

**Charleston Springs GC**

**Sun, Jun 9 1:00-4:00 PM . . . . . T0943X**

**Tue, Jul 9 12:00-3:00 PM . . . . . T1043X**

**Thu, Jul 18 8:30-11:30 AM . . . . . T1543X**

**Tue, Aug 6 4:00-7:00 PM . . . . . T1743X**

## 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, Jun 26-Jul 17 9:00 AM-12:30 PM . . . Y3343X**

**Wed, Jul 31-Aug 21 9:00 AM-12:30 PM . . . Y4643X**

## 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, Jun 6-Jul 18 9:30 AM-1:00 PM . . . . . Y2143X**

*No class 7/4*

**Thu, Aug 1-Sep 5 9:30 AM-1:00 PM . . . . . Y4843X**

## 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. An entry fee of \$360 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, Jul 31-Oct 23 10:00 AM-2:30 PM . . . K0243A**



**THERAPEUTIC RECREATION**

**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.

Sun, Fun and End of Summer Party!

Summer time and the living was easy, but it's not over yet! Join us for our annual pool party and enjoy an evening of fun at the Dorbrook Recreation Area. Start your evening off with some games at the pavilion by the Activity Center, including cornhole, badminton, and other fun picnic games. We will then walk next door to take a dip in the pool. Afterwards enjoy a movie and BBQ of hot dogs, hamburgers, fruit, snacks, dessert, and drinks. Don't forget your bathing suit, towel, sunscreen, change of clothes, and a beach chair to enjoy the movie from! Lifeguard, supervision, and food provided as part of registration cost.

**One Session \$55.00 Per Person**

**Dorbrook Rec Area Act Ctr Barnview Shelter Bldg**

**Sat, Aug 10 3:45-8:15 PM. . . . .D0243A**  
*Inclement Weather Date TBD*



**Cape Cod Islander Tour** NEW

*(all ages, under 18 with adult)*

This Cape Cod excursion offers visits to JFK Memorial, Korean War Memorial, a working cranberry bog, Sandwich Glass Museum, a visit to the Cape Cod National Seashore & Salt Pond Visitor Center, a Hyannis Harbor Cruise, guided tours of Hyannis to Provincetown, Martha's Vineyard Island and Nantucket Island. Price includes round-trip transportation, accommodations in the Hyannis, MA area, admissions to tours/attractions, round-trip ferries to Martha's Vineyard and Nantucket, round-trip Hyannis cruise, four breakfasts, four dinners, taxes, baggage and meal gratuities and Park System volunteer leader. For specific tour details, contact Rachel Cohen at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

**Please Note: There may be some free time for additional sightseeing, shopping and meals.**

**\$1,500.00 Double; \$1,750.00 Single; \$1,200.00 Triple; \$1,100.00 Quadruple; \$500.00 Per Child**

**Thompson Pk Estate Grounds Parking Lot**

**Mon-Fri, Sep 23-27. . . . .A0744X**  
**Board: 8:00 AM . . . . . Return: 8:00 PM (approx)**

**TRIPS**

**Andalusia Historic House, Gardens and Arboretum** NEW

*(adults)*

Discover the beautiful Andalusia Historic House, Gardens, and Arboretum. See the gardens lit up in fall colors and enjoy breathtaking views of the Delaware River. Enjoy a private guided tour of the Big House historic mansion and a private viewing of the gardens and arboretum. The gardens were designed by Leticia Glenn Biddle one of the founders of the Garden Club of America. Modern additions to the garden were designed by Arabella Lennox-Boyd, a six-time gold medal best garden winner at the Chelsea Flower Show. After the tours, enjoy a delicious lunch at the historic George Washington II Inn in Bristol, PA opened in 1681 and is the oldest operating inn in the United States! Trip pricing includes round-trip charter bus transportation, a volunteer Park System leader, tour tickets, and a three-course lunch.

**One Session \$150.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Wed, Oct 16 8:00 AM-4:00 PM. . . . .A0944X**



## Kutztown Folk Festival

*(all ages, under 18 with adult)*

This famous arts and crafts fair (featuring the largest hand-made quilt sale in the U.S.) will include demonstrations of Pennsylvania Dutch folk life and craft skills, country dancing, a farmers' market and great food. Fee includes bus transportation, entry tickets and Park System leader.

**\$65.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Jul 6 . . . . . A5543X**

**Board: 9:00 AM . . . . . Return: 5:00 PM (approx)**

## Lighthouses and Lobsters: A Coastal Maine Adventure

*(all ages, under 18 with adult)*

This Maine adventure offers a tour of Kennebunkport with time on your own to explore the waterfront area, tour of Shipyard Brewery, a round-trip cruise of at least 7 lighthouses, a stop at L.L. Bean, a tour of Boothbay Harbor, a Boothbay Harbor tour, a visit to Maine Lighthouse Museum, a tour of Bar Harbor and Acadia National Park, time on your own to explore Bar Harbor and a stop at Nubble Light for views and photos. Price includes round-trip motor coach transportation; accommodations - two nights in Portland, Maine; two nights in Bangor, Maine; admissions to tours and attractions; round-trip cruises for lighthouses and Boothbay; four breakfasts; four dinners (one will include Maine Lobster); taxes; baggage handling; meal gratuities and Park System volunteer leader. There may be some free time for additional sightseeing and meals. For more tour details, call Rachel Cohen at 732-542-1642, ext. 29, or email [rachel.cohen@monmouthcountyparks.com](mailto:rachel.cohen@monmouthcountyparks.com).

**\$1,600.00 Double; \$1,915.00 Single; \$1,400.00 Triple; \$1,200.00 Quadruple; \$500.00 Per Child**

**Thompson Pk Estate Grounds Parking Lot**

**Mon-Fri, Oct 14-18 . . . . . A0844X**

**Board: 8:00 AM . . . . . Return: 8:00 PM (approx)**

## New Hope Arts & Crafts Festival NEW

*(adults)*

Come see 160 juried fine Artists and Craftsmen who will exhibit oil paintings, watercolors, sculpture, fine and fun jewelry, ceramics, works in wood, and much more! The Arts & Crafts Festival will have food, music, and live entertainment for you to enjoy. Downtown New Hope, Pennsylvania is a short walk or shuttle from the festival. Explore the shops and restaurants while enjoying stunning views of the Delaware River!

**One Session \$65.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Sep 21 9:00 AM-5:00 PM . . . . . A8941X**



## Peach Festival

*(adults)*

Visit the lovely Peddler's Village in Lahaska, PA, for the Peach Festival! Savor various peach treats throughout the village while enjoying live music and entertainment. Check out the 60+ shops or take a stroll in the summer gardens. The event is rain or shine.

**One Session \$60.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Aug 3 9:00 AM-5:00 PM . . . . . A5243X**

## Sunset Wildlife Cruise Along the Jersey Shore NEW

*(adults)*

Set out on a breathtaking journey through the coastal waters of the northern Jersey Shore. We will take a relaxed sunset cruise to discover amazing marine wildlife like dolphins, porpoises, seabirds, and whales. Staff will be on the lookout for any wildlife sightings while cruising around the bay and ocean. This trip is not to be missed for nature enthusiasts and wildlife lovers. Bring your friends and family. Don't forget to bring your camera to capture all the sights to see including catching the sunset in the distance. Feel free to bring your own snacks. Drinks are available for purchase on board. The tour leaves on time, please show up 15 minutes early to check-in. The Mariner is docked in the Atlantic Highlands Marina, near Sissy's Restaurant. This is the same marina as the SeaStreak Ferry service to New York City. More information can be found at [ClassicBoatRides.com](http://ClassicBoatRides.com).

**One Session \$50.00 Per Person**

**Atlantic Highlands Municipal Marina Parking Lot**

**Wed, Jul 17 6:00-8:30 PM . . . . . IMS43X**

**Wed, Aug 21 5:30-8:00 PM . . . . . IMT43X**



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email [spur@monmouthcountyparks.com](mailto:spur@monmouthcountyparks.com), or visit [www.spuronline.org](http://www.spuronline.org).



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

*Friends* members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at [www.friendsofmonmouthcountyparks.com](http://www.friendsofmonmouthcountyparks.com).



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at [www.monmouthconservation.org](http://www.monmouthconservation.org). MCF can also be reached by calling 732-671-7000 or emailing [info@monmouthconservation.org](mailto:info@monmouthconservation.org).



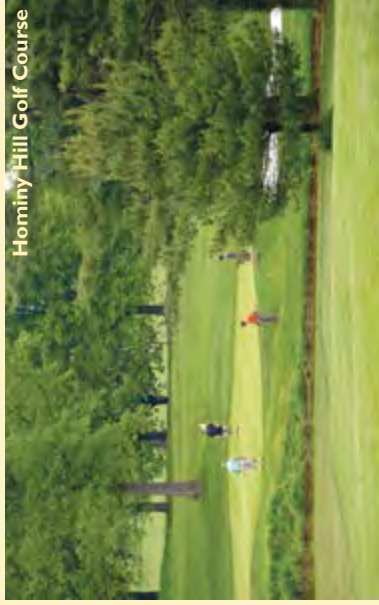
# Monmouth County Park Locations

## PARKS/HISTORIC SITES

- Baysholm Tract**<sup>†</sup>, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**<sup>\*</sup>, Route 520, Marlboro 732-834-9607
- Clayton Park**<sup>\*</sup>, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**<sup>\*</sup>, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**<sup>†</sup>, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**<sup>\*</sup>, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**<sup>†</sup>, 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**<sup>\*</sup>, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**<sup>†</sup>, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**<sup>\*</sup>, 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**<sup>\*</sup>, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area**<sup>\*</sup>, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**<sup>†</sup>, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**<sup>†</sup>, 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 Cortlies 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.

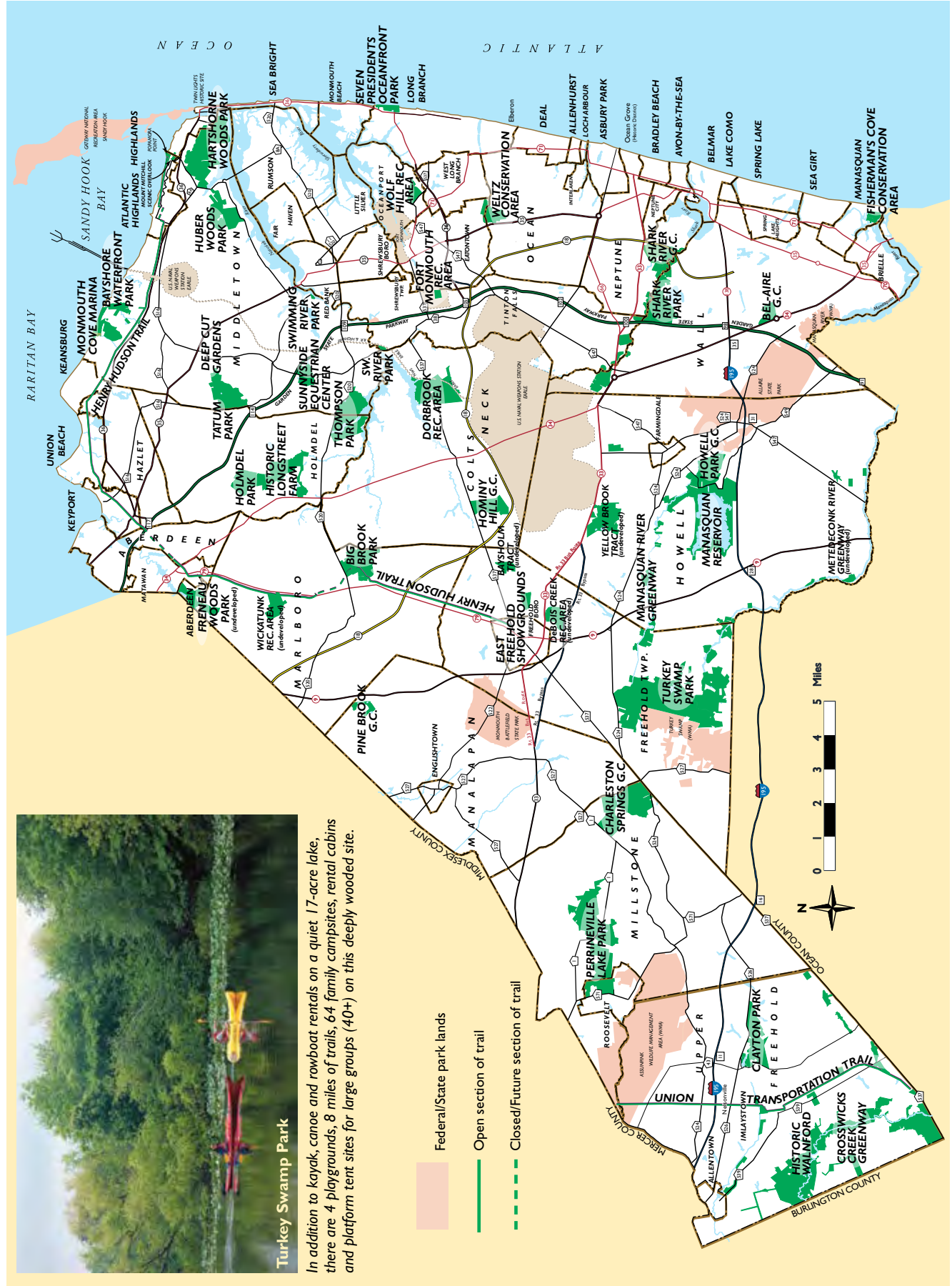
\* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.  
 † Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.





**Turkey Swamp Park**

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.





## 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 May 15. Click "Register for Programs" at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**By Phone** beginning at 8:00 AM on May 15.

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 May 15 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.



# Home & Garden Competition & Exhibits



A "taste" of what's going on:  
Artwork • Crafts • Honey • Flowers  
Vegetable • Baked Goodss

All children ages 6-12 entering  
the competition will receive a ribbon.

Competition and exhibit information:  
732-842-4000, ext. 3343,  
or visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).



## Arts & Crafts Competition

Entries accepted Sunday, July 21  
from 9:00 AM-3:00 PM or  
Monday, July 22 from 8:00-11:00 AM.

## Senior Center & Adult Day Program Competition

*Pre-registration required.*

Entries accepted Monday, July 22 & Tuesday, July 23  
from 9:00 AM-12:00 PM.

For more information, call Anne at  
732-460-1167, ext. 24.

## Gardeners' Day

Entries accepted on Friday, July 26  
from 8:00 AM-12:00 PM.

## Bakers' Day

Entries accepted Saturday, July 27  
from 8:00-11:00 AM.

Baked goods must be picked up between  
8:00-10:00 PM the same day or they will be discarded.

## Daily demonstrations provided by:

Thompson Park's Creative Arts Center  
Deep Cut Gardens

Monmouth County Master Gardeners  
Central Jersey Beekeepers Association

Check the Fair schedule for additional demonstrators.

Download the full Home & Garden Competition brochure at  
[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

*Note: Please pick up all competition entries, with the exception of baked goods,  
between 8:00 AM-6:00 PM on Monday, July 29 in the Home & Garden Tent.*



Monmouth County Park System  
 805 Newman Springs Road  
 Lincroft, NJ 07738

**June**

**DEEP CUT GARDENS  
 OPEN HOUSE**

Saturday, June 1  
 10:00 AM-2:00 PM  
 Deep Cut Gardens, Middletown

**CONCERT IN THE PARK -  
 COLTS NECK COMMUNITY  
 BAND**

Friday, June 7  
 7:30 PM  
 Thompson Park, Lincroft

**MUSIC ON THE PORCH**

Sunday, June 23  
 1:00-3:00 PM  
 Historic Walnford, Upper Freehold

**STORYTELLING  
 IN THE BARN**

Saturday, June 8  
 6:00-8:00 PM  
 Thompson Park, Lincroft

**FRESHWATER  
 FISHING DERBY**

Saturday, June 15  
 Manasquan Reservoir, Howell  
 Sunday, June 16  
 Turkey Swamp Park, Freehold

**July**

**MONMOUTH COUNTY FAIR**

Wednesday-Sunday, July 24-28  
 East Freehold Showgrounds, Freehold

**August**

**MISSION DANCE  
 BAND CONCERT**

Friday, August 23  
 7:00-8:30 PM  
 Thompson Park, Lincroft

**DANCING THRU THE  
 AGES - ROARING 20S TO  
 FABULOUS 50S & BEYOND**

Saturday, August 24  
 7:00-8:30 PM  
 Thompson Park, Lincroft



INFO: 732-842-4000, ext. 4312 • [MONMOUTHCOUNTYPARKS.COM](http://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

