



Winter heats up in the parks

The weather outside may be frightful, but there's always something to do in your Monmouth County parks! Here are some of the exciting winter activities available in your parks when the temperatures drop.

Sledding

When the snow falls, pack up the sleds and head to the sledding hill at Holmdel Park, Holmdel. The supervised sledding area is open when snow conditions are favorable on the hill. For current sledding conditions after a snowfall, call 732-946-9562 or visit us online.



Drop a Line...

The fish are still biting! When the ice reaches desired thickness, ice fishing is available at:

- Manasquan Reservoir, Howell
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold
 See Park Rangers for designated ice fishing areas and times in each park.

Lace Up Your Skates

When the conditions are right, lac up your skates and hit the ice at the following parks:

- Holmdel Park, Holmdel
- Shark River Park, Wall
- Turkey Swamp Park, Freehold

Remember, skate only when the "Skating Today" signs are posted.



Hit the Trails

Cross-Country Skiing and Snowshoeing

Don't let the snow stop you from having fun on the trails! Cross-country ski equipment is available for rent on a first come, first serve basis at the Thompson Park Ski Hut, Lincroft, when snow conditions are favorable.

December 15, 2023 through March 15, 2024 Equipment must be returned by 5:00 PM. Closed December 25, 2023.

Rental costs are as follows:

Ski Equipment - \$20.00 per set (children 8 & under: \$15.00) Snowshoes - \$15.00 per person (cash, check or credit card accepted)

For more information, call 732-842-4000, ext. 4312.

Cross-country skiers will love the groomed trails at Thompson Park, Lincroft!

Marked, ungroomed trails are available for both crosscountry skiing and snowshoeing at:

- Clayton Park, Upper Freehold
- Hartshorne Woods Park, Middletown
- Holmdel Park, Holmdel
- Huber Woods Park, Middletown
- Shark River Park, Wall
- Tatum Park, Middletown
- Turkey Swamp Park, Freehold



For the most up-to-date information on winter activities in the parks, check for updates at www.MonmouthCountyParks.com or on our social media pages (6).

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

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

Essential Eligibility Requirements for Park System Programs & Camps

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

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

DECEMBER 2023

FRIDAY, DECEMBER 1

Winter Beach Walk (p. 9)

TUESDAY, DECEMBER 5

Casual Birder (p. 55)

SATURDAY, DECEMBER 9

Cookstove Demonstration (p. 4)

SUNDAY, DECEMBER 10

The Sounds of Christmas (p. 4)

FRIDAY, DECEMBER 15

Scene Showcase (p. 61) Winter Beach Walk (p. 9)

SATURDAY, DECEMBER 16

Snowy Owls of Monmouth County (p. 56)

SUNDAY, DECEMBER 17

Story Time in the Park (p. 7)Under the Winter Stars (p. 11)

JANUARY 2024

WEDNESDAY, JANUARY 3

Wondrous Winter Walks (p. 55)

SUNDAY, JANUARY 7

Cutting, Splitting and Hewing (p. 4)
Sunrise Walk on the Farm (p. 4)

TUESDAY, JANUARY 16

Casual Birder (p. 55)

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Wondrous Winter Walks (p. 55)

SATURDAY, JANUARY 27

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Philip Freneau: Monmouth County Poet and Patriot (p. 56)

SUNDAY, JANUARY 28

Parlor Games for Wintry Weather (p. 4)
Seashore Open House (p. 10)
Story Time in the Park (p. 7)

TUESDAY, JANUARY 30

Casual Birder (p. 55)

WEDNESDAY, JANUARY 31

Wondrous Winter Walks (p. 55)

FEBRUARY 2024

SUNDAY, FEBRUARY 4

Cutting, Splitting and Hewing (p. 4)

SUNDAY, FEBRUARY 11

Historical Valentines (p. 7)

TUESDAY, FEBRUARY 13

Casual Birder (p. 55)

WEDNESDAY, FEBRUARY 14

Wondrous Winter Walks (p. 55)

THURSDAY, FEBRUARY 15

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FRIDAY, FEBRUARY 23

Winter Beach Walk (p. 9)

SATURDAY, FEBRUARY 24

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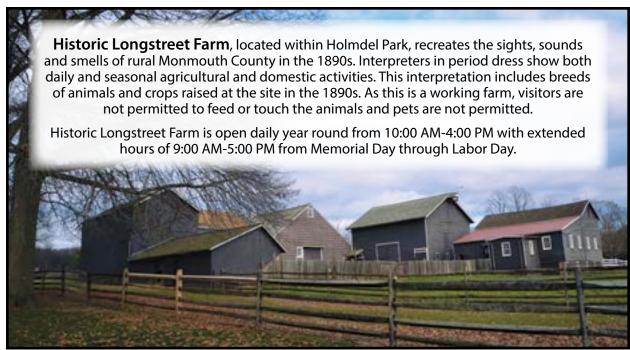
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WEDNESDAY, FEBRUARY 28

Wondrous Winter Walks (p. 55)



HISTORIC LONGSTREET FARM

Cookstove Demonstration



Stop by the out kitchen to see what's cooking on the wood-fired stove. Discover how recipes, cooking techniques and kitchens have changed since the 1890s. Saturday, December 9, 11:00-3:00 PM

The Sounds of Christmas (Prec)



Celebrate the holidays taking a stroll on Longstreet Farm with the backdrop of wistful music as Larry Moser and Mary Nagin play Christmas carols on the hammered dulcimer and fiddle.

Sunday, December 10, 1:00-3:00 PM

Cutting, Splitting and Hewing @ Pee

(adults)

Wood heated the farmer three times- once when they gathered the wood, once when they split the wood, and final time when they burned the wood. Come out to Longstreet Farm and get warmed up using a two man saw and splitting wedge; learn how farmers used a froe to rive shingles or a broad axe to hew beams.

Sunday, January 7, 12:00-2:30 PM Sunday, February 4, 12:00-2:30 PM

Sunrise Walk on the Farm



There is something magical about sunrise on a farm; a calm, serene moment that brings you peace before you begin your day. We are going to open the grounds early today to allow an opportunity to explore the farm before we start the daily chores. After you have enjoyed a visit to the site, step into the Visitor Center for a hot drink. Please remember that pets are not permitted on the farm.

Sunday, January 7, 7:00-8:00 AM

Parlor Games for Wintry Weather ?***



Beat the winter blues - and beat your opponent too! Strategize your best moves while playing Halma and Basilinda, two long-forgotten 1890s board games. We also have old-time favorites like Backgammon, Checkers and Reversi.

Sunday, January 28, 12:00-2:30 PM Sunday, February 25, 12:00-2:30 PM

Visit with Santa

(all ages, under 18 with adult)

Father Christmas will be coming to Longstreet Farm! He invites young visitors and their families to join him and welcomes them to bring their letters for him to read. Pictures are encouraged.

Pre-registration is required. Limit of 6 people per reservation.

One Session \$15.00 Per Family up to 6

SATURDAY, DECEMBER 16

10:00 AM #F0241X • 10:05 AM #F0341X • 10:10 AM #F0441X • 10:15 AM #F0541X 10:20 AM #F0641X • 10:25 AM #F0741X • 10:30 AM #F0841X • 10:35 AM #F0941X 10:40 AM #F1041X • 10:45 AM #F1141X • 10:50 AM #F1241X • 10:55 AM #F1341X 11:00 AM #F1441X • 11:05 AM #F1541X • 11:10 AM #F1641X • 11:15 AM #F1741X 11:20 AM #F1841X • 11:25 AM #F1941X • 11:30 AM #F2041X • 11:35 AM #F2141X 11:40 AM #F2241X • 11:45 AM #F2341X • 11:50 AM #F2841X • 11:55 AM #F2541X 1:00 PM #F2641X • 1:05 PM #F2741X • 1:10 PM #F2841X • 1:15 PM #F2941X 1:20 PM #F3041X • 1:25 PM #F3141X • 1:30 PM #F3241X • 1:35 PM #F3341X 1:40 PM #F3441X • 1:45 PM #F3541X • 1:50 PM #F3641X • 1:55 PM #F3741X 2:00 PM #F3841X • 2:05 PM #F3941X • 2:10 PM #F4041X • 2:35 PM #F4541X 2:20 PM #F4641X • 2:45 PM #F4741X • 2:50 PM #F4841X • 2:55 PM #F4941X

SUNDAY, DECEMBER 17

10:00 AM #F5041X • 10:05 AM #F5141X • 10:10 AM #F5241X • 10:15 AM #F5341X 10:20 AM #F5441X • 10:25 AM #F5541X • 10:30 AM #F5641X • 10:35 AM #F5741X 10:40 AM #F5841X • 10:45 AM #F5941X • 10:50 AM #F6041X • 10:55 AM #F6141X 11:00 AM #F6241X • 11:05 AM #F6341X • 11:10 AM #F6441X • 11:15 AM #F6541X 11:20 AM #F6641X • 11:25 AM #F6741X • 11:30 AM #F6841X • 11:35 AM #F6941X 11:40 AM #F7041X • 11:45 AM #F7141X • 11:50 AM #F7241X • 11:55 AM #F7341X 1:00 PM #F7441X • 1:05 PM #F7541X • 1:10 PM #F7641X • 1:15 PM #F7741X 1:20 PM #F7841X • 1:25 PM #F7941X • 1:30 PM #F8041X • 1:35 PM #F8141X 1:40 PM #F8241X • 1:45 PM #F8341X • 1:50 PM #F8441X • 1:55 PM #F8541X 2:00 PM #F8641X • 2:25 PM #F8741X • 2:30 PM #F9241X • 2:35 PM #F9341X 2:40 PM #F9441X • 2:45 PM #F9541X • 2:50 PM #F9641X • 2:55 PM #F9741X



Elements of Blacksmithing

(adults)

Let us introduce you to the fundamentals of blacksmithing as you create simple projects using a forge and anvil. Focus is on hammer control, holding your work with tongs, and basic shaping techniques. Working one-on-one with our instructors, participants will apply these skills and craft "S" hook plant hangers during this hands-on class. For safety reasons, all participants must wear pants, closed-toe shoes, and have long hair tied back.

One Session \$25.00 Per Person

Longstreet Farm Blacksmith

Sat, Feb 17 10:00-10:50 AM	FA241X
Sat, Feb 17 11:00-11:50 AM	FA341X
Sat, Feb 17 12:00-12:50 PM	FA441X
Sat, Feb 17 1:00-1:50 PM	FA541X
Sat, Feb 17 2:00-2:50 PM	FA641X

Hot Cocoa Tours

(all ages, under 18 with adult)

Explore the farm as we get our day started. This guided tour will introduce you to our staff and livestock as we go through our morning routines. After touring the farm, we will stop in at the Summer Kitchen for a breakfast treat and a cup of freshly made hot cocoa. Children under three can join in for free.

One Session \$10.00 Per Person

Longstreet Farm Farm Grounds

Sat, Dec 2 8:00-9:30 AM .		•			•	•	•	•	FAB41X
Sun, Dec 10 8:00-9:30 AM									FAC41X
Sat, Dec 23 8:00-9:30 AM.									FAD41X

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. This program is for ages 6 & up; under 18 must be accompanied by an adult (chaperones are free but please limit 1). 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 Farm Grounds

Sat, Jan 6 8:00-9:30 AM						FA741X
Sun, Jan 21 8:00-9:30 AM						FA841X
Sat, Feb 3 8:00-9:30 AM						FA941X
Sun, Feb 18 8:00-9:30 AM						FAA41X

Rug Hooking Gathering

(adults)

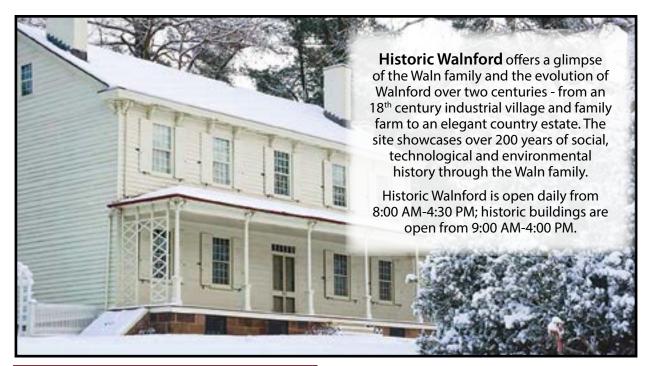
Calling all rug hookers! Now is the time to gather with other rug hookers or come and learn techniques from experienced rug hookers. Bring an existing project or come for inspiration and get help with a new one. Be sure to bring your lunch.

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 2-Mar 5 10:00 AM-3:00 PM F0141X





HISTORIC WALNFORD

Story Time in the Park!

(grades PreK-2)

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

Sunday, December 17, 11:00-11:45 AM Sunday, January 28, 11:00-11:45 AM Sunday, February 25, 11:00-11:45 AM

Historical Valentines ?

(grades Pre-K and up, under 18 with adult)

February, the season of love! Discover how penmanship has changed as we view letters and valentines from the 18th and 19th century. Create a valentine of your own or write a letter to a friend using historically inspired materials.

Sunday, February 11, 1:00-3:00 PM

You are Cordially Invited to Tea

(adults)

We invite you to share in 4 generations of the Waln family's history as you tour this site and then enjoy freshly brewed teas and baked goods prepared from the 19th and early 20th centuries. Dress for the weather, we will be outside for a portion of this program.

One Session \$15.00 Per Person

Historic Walnford Waln House Open Hearth Kitchen

Fri, Dec 15 12:00-1:30 PM	•		•	•	•	•	. G2241X
Fri, Jan 19 12:00-1:30 PM.				•		•	. G2141X
Fri, Feb 16 12:00-1:30 PM							. G2341X

Santa is Visiting Walnford!

(all ages, under 14 with adult)

Enjoy a cup of hot cocoa and write a letter to Santa. Then, deliver it to him yourself! After, explore our 1773 house, take a selfie in our antique sleigh, and enjoy the picturesque winter landscape at Historic Walnford.

Pre-registration is required for this program. Limit of 6 people per reservation.

One Session \$15.00 Per Group up to 6
Historic Walnford

Sun, Dec 10 12:00 PM
Sun, Dec 10 12:05 PM
Sun, Dec 10 12:10 PM
Sun, Dec 10 12:15 PM
Sun, Dec 10 12:20 PM
Sun, Dec 10 12:25 PM
Sun, Dec 10 12:40 PM
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Sun, Dec 10 1:10 PM
Sun, Dec 10 1:25 PM
Sun, Dec 10 1:30 PM
Sun, Dec 10 1:35 PM
Sun, Dec 10 1:40 PM
Sun, Dec 10 1:45 PM
Sun, Dec 10 1:50 PM
Sun, Dec 10 1:55 PM

ARTS & CRAFTS

Friday Evening Pottery

(ages 11 and up, under 13 with an adult)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must registered with an adult. Fee includes glazes, firings, 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, Jan 12-Feb 23 6:30-8:30 PM. Z1841X

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

One Session \$10.00 Per Person

Thompson Pk Creative Arts Center

Sun, Dec 3 11:00 AM-12:00 PM Z8241X
Sun, Dec 3 12:30-1:30 PM Z8341X
Sun, Dec 3 2:00-3:00 PM Z8441X
Sun, Jan 7 11:00 AM-12:00 PM Z8541X
Sun, Jan 7 12:30-1:30 PM Z8641X
Sun, Jan 7 2:00-3:00 PM Z8741X
Sun, Feb 4 11:00 AM-12:00 PM Z8841X
Sun, Feb 4 12:30-1:30 PM Z8941X
Sun, Feb 4 2:00-3:00 PM Z9041X

FAMILY FUN



Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Grab your flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of candy canes, and Mr. C himself is coming to supervise the cleanup. Help us collect all the candy canes, create some festive crafts and enjoy a visit with the man himself.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Gym A

Fri, Dec 15 6:00-6:30 PM			•	•			•	.M6941X
Fri, Dec 15 6:45-7:15 PM								.M7041X
Fri, Dec 15 7:30-8:00 PM								.M7141X

Fort Monmouth Flashlight Fun

(ages 4-10, with adult)

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

One Session \$18.00 Per Child

Fort Monmouth Rec Ctr Gym A

Around the World

Fri, Jan 19 7:00-8:00 PM	•	•	•	•	•	•	•	•	•	 .M7241X
Star Wars®										
Fri, Feb 16 7:00-8:00 PM										 .M7341X

NATURE

At Home Tree Tapping

(all ages)

Make syrup from the trees right in your back yard! Learn what common trees can be tapped to produce a delicious syrup using only materials readily available at any hardware store. We will take a short walk to identify these trees followed by a tapping demonstration and discussion. Learn everything you need to know in order to make your own syrup right at home this season!

One Session \$11.50 Per Person

Clayton Pk Emley's Hill Lot

Critter Chronicles

(ages 5-7, with adult)

Join us as we read a story and meet one of the resident critters from the Huber Woods Reptile House. This session will also include a craft or game suited for young children.

One Session \$15.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Dec 6 4:30-5:30 PM IK741X

Eco-Sphere: Life in a Jar

(ages 8 and up, under 18 with adult)

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

One Session \$25.00 Per Person

Manasquan River Greenway Winter Run

Family Nature Walk

(ages 5 and up, families, with adult)

Take pleasure in the season during a gentle walk along the trails near the woods and water at Freneau Woods Park, a county park with over 300 acres of land located near the headwaters of Matawan Creek. We will follow a Park System naturalist to discover the plants and animals that call this place home and learn some of the things animals do to prepare for the season. In case of inclement weather or icy trails the program will be cancelled. Please no strollers.

One Session \$8.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Dec 17 3:00-4:00 PM						.IKJ41X
Sun, Jan 7 3:00-4:00 PM .						IKK41X
Sun, Feb 4 3:00-4:00 PM .						IKM41X

Geminid Meteor Shower

(all ages, under 18 with adult)

Winter is the best time to view the night sky, and that includes during meteor showers! The Geminids are renowned for their high volume of shooting stars. Grab your winter gear and a chair if you'd like. Come join us as we sip on some hot cocoa and watch the magic in the sky.

One Session \$12.00 Per Person

Turkey Swamp Pk Outdoor Area

Wed, Dec 13 8:00-9:00 PM IK141X

Winter Beach Walk @ ***

Just because it's winter time doesn't mean you can't enjoy the beach! The winter months are some of the best times to go shell collecting. Come take a naturalist guided walk along the beach collecting and identifying some of the ocean's natural treasures. Make sure you dress in warm clothing and bring along something to carry shells in.

Fisherman's Cove Conservation Area Act Ctr

Friday, December 1, 11:00 AM-12:30 PM Friday, December 15, 11:00 AM-12:30 PM Friday, February 23, 11:00 AM-12:30 PM

Manasquan Reservoir Mini Golf

(ages 8-12, with adult)

Come explore the exhibits as never before! For one night only, the environmental center will be turned into a mini golf course! We will safely play through nine holes around the building. All equipment is provided; no need to bring your own. The course will take approximately 30 minutes. Registrants will be emailed their staggered start time prior to the program. Only the registered child is eligible to play.

One Session \$13.00 Per Child

Manasquan Res Env Ctr

Fri, Feb 23 5:00-7:00 PM (approx) 10641X

Moonlight Meander

(ages 10 and up, families, with adult)

Tis' the season to enjoy the stars and a real full moon, not a virtual moon. Join a Park System Naturalist as we enjoy an evening walk in the woods, wetlands and meadows in Freneau Woods Park within the light of a full moon. Along the way we will test our senses to look and listen for nighttime wildlife. This guided walk is not to be missed. Bring a friend, bring a date, or just bring yourself for a fun night in the dark. Please bring a flashlight, wear shoes that can get wet or muddy, and dress accordingly for the weather. The program will begin outside at the Visitor Center. The program will cancel due to inclement weather or icy trail conditions.

One Session \$8.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Thu, Jan 25 7:00-8:00 PM (approx). IKD41X Sat, Feb 24 7:00-8:00 PM (approx). IKE41X

Over and Under the Snow

(ages 5-8, with adult)

What's happening under our feet during the winter months? Let's discover a secret world as we read a story about how animals live through the winter safe and warm, awake, and busy, under the snow. Afterwards, we will embark on our own winter walk to see what creatures may be out!

One Session \$12.00 Per Child Turkey Swamp Pk Shelter Bldg

Sat, Dec 16 10:30-11:30 AM IKB41X

Owl Prowl at Freneau Woods Park

(ages 8 and up, with adult)

Head to Freneau Woods Park for an evening of fun while we discover the owls that call Monmouth County home. We will start with a short PowerPoint presentation about the ecology of owls to be found locally and then head outside to search the woods and wetlands for these night raptors. Practice your owl calls now! Although we never know if we'll actually get to hear or see an owl, participants will be sure to learn a lot and have a great night walk in the woods. Wear shoes that can get dirty and dress warmly. Trails can be muddy and wet. Bring a flashlight. The program will cancel due to inclement weather or icy trails.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Dec 2 7:00-8:30 PM (approx). IKF41X Fri, Jan 26 7:00-8:30 PM (approx) IKG41X

Seashore Open House

(all ages, under 18 with adult)

Sunday, January 28, 2024 1:00-4:00 PM

Seven Presidents Oceanfront Park Activity Center

It may be winter but you can still enjoy some time at the beach. The Activity Center at Seven Presidents Oceanfront Park in Long Branch is a great place to bring back memories of the summer or to learn more about the seashore. Stop in during our annual Open House for seashore fun. Engaging hands-on activities will entertain and educate you and your family about the shore and the sea. Speak with a Park System Naturalist about your own shell collection or the aquatic animals on display.

Free Admission * Free Parking

For more information, please call 732-872-2670.



Snakes, Turtles, and Sweets, Oh My!

(ages 7-10, with adult)

Cozy on up with loved ones as we meet the critters of Huber Woods Reptile House! We will then end our time together with a sweet, make and take Valentine's Day treat!

One Session \$16.00 Per Child

Huber Wds Pk Fny Ctr

Sun, Feb 11 1:30-2:30 PM (approx)	IK841X
Tue, Feb 13 5:30-6:30 PM (approx)	IK941X

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

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

One Session \$16.50 Parent/Child \$8.00 Additional

Turkey Swamp Pk Council Ring

Mon, Dec 4 3:30-5:30 PM	•	IK441X
Sat, Jan 6 3:30-5:30 PM		IK541X
Sat, Feb 17 4:30-6:30 PM		IK641X

Under the Winter Stars

(all ages, under 18 with adult)

Sunday, December 17, 2023, 7:00 - 8:00 PM Saturday, February 24, 2024, 7:00 - 8:00 PM

Dorbrook Recreation Area Soccer Field Parking Lot

"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 winter 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.

The soccer field lot is located across the street from main park entrance.

Winter Detective

(ages 7-9, with adult)

Have you ever wondered what animals visit our parks during winter? Join us as we use clues to figure out what animals are here even when we can't see them!

One Session \$13.00 Per Child

Manasquan River Greenway Winter Run

Sat, Jan 13 11:00 AM-12:00 PM 10541X

Wolf Moon Wonder

(ages 5 and up, with adult)

Did you know that the January full moon is called the Wolf Moon? Explore with us under moonlight as we walk the park trails, looking and listening for nocturnal wonders. Please wear appropriate footwear for the trails.

One Session \$15.00 Parent/Child \$7.50 Additional Person

Big Brook Pk Sunfield Pavilion

Wed, Jan 24 5:00-6:30 PM IKC41X

OUTDOOR ADVENTURES

Bear Mountain Ice Skating



(ages 12 and up, under 18 with adult)

Ice skate Hudson Valley's largest open-air rink and breath in the gorgeous air and views of the mountains. The rink is outdoors and uncovered, so please dress appropriately. Bring a healthy lunch, snack, and beverage. Bring your own skates or rent skates at the rink for \$10. Transportation via Park System minibus.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Holiday Outdoor Scavenger Hunt

(ages 7-10, with adult)

Yule just love this fun packed holiday scavenger hunt! Can your family locate all the holiday icons using our hand-held GPS units? Once all icons have been located and all tasks have been completed, we encourage you to stick around and spend s'more time interacting with other competing families.

One Session \$19.00 Parent/Child

Thompson Pk Ski Hut



Pine Barren Bonfires

(all ages, under 18 with adult)

There's something about a bonfire that's just so magical. The flames dancing in the night, the smell of wood smoke in the air, and the feeling of warmth and companionship around the fire. Enjoy a winter evening with us at Turkey Swamp's council ring. There will be games, friends and s'mores! Please dress appropriately for the weather.

One Session \$19.00 Per Person Turkey Swamp Pk Council Ring

Fri, Dec 8 5:00-7:00 PM .	•	•	•	•	•	•	•	•	•	•	•	.W5541X
Fri, Jan 12 5:00-7:00 PM				•							•	.W5641X
Fri, Feb 9 5:00-7:00 PM .												.W5741X

Open Shoot Archery

(ages 10 and up, under 18 with adult)
Saturday, February 24, 10:00 AM-1:00 PM

Thompson Park Activity Barn

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

Please Note: This is NOT a beginner instructional program. If you are new to archery, register for one of our instructional classes prior to attending.

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

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

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggy® and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, hands-on age-appropriate science experiments such as creating elephant tooth paste and Mentos® soda rockets. Then enjoy the warmth of the fire while nibbling s'mores, supplied by your Monmouth County Park System. Participants have the option to bring their own Snuggy®!

One Session \$34.00 Adult & Junior \$19.00 Additional Sibling

Shark River Pk Shelter Bldg

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:



ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

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

Four Sessions \$56.00 Parent/Child \$44.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Craft 'n' Play

(ages 18 months-3 years, with adult)

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

Four Sessions \$48.00 Parent/Child \$40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Messy Art

(ages 18 months-3 years, with adult)

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

Please Note: This indoor class will move outdoors during nice weather.

Four Sessions \$48.00 Parent/Child \$40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Winter Reading Fun!

(ages 2-4, with adult)

Explore winter through stories about this beautiful season. We'll read stories about all that's exciting in winter! Music, movement and sensory play add to the fun. To remember our day, we'll finish up with a creative art project. Who's ready for winter fun?

Winter is in the Air

Come have some winter fun!

One Session \$20.00 Per Pair

Dorbrook Rec Area Prog Bldg

Freneau Wds Pk Vis Ctr Art Room

CULINARY ARTS

Chocolate Mousse, Anyone?

(ages 10-13, with adult)

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

One Session \$66.00 Parent/Child Fort Monmouth Rec Ctr Kitchen

Family Friday Fun Night! Ho Ho – Oh No!

(ages 10-13, with adult)

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

One Session \$66.00 Parent/Child Fort Monmouth Rec Ctr Kitchen

Family Friday Fun Night! Empanadas Gone Wild! NEW

(ages 10-13, with adult)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and crimp the edges, and bake or fry your empanadas. Top it off by creating your own Pico de Gallo "salsa" for one mouthwatering meal!

One Session \$66.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Kids Holiday Cookie Classics

(ages 8-12, with adult)

Mix, roll, bake and laugh as you create warm memories and delicious treats for all to enjoy during the holiday season. Revisit some of your favorite holiday baking while introducing the kids to some old-fashioned fun and new traditions. Finish with a taste test (of course!), a tray of beautiful cookies and recipes to take home and make again.

Cookie Plate: Traditional Gingerbread Kids for decorating and Classic Chocolate Chip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Valentine's Day Afternoon Tea: Creating a **Children's Tea Party**

(ages 8-12, with adult)

Spend a delightful morning with your favorite adult while making some treats with tea-time connoisseur, Mrs. Chef. These miniature morsels are perfect for a tea party with your friends, just in time for Valentine's Day. Wrap up your time in the kitchen creating an oldfashioned Valentine's Day card for your Valentine.

Menu: Traditional Tea Sandwiches & Heart Shaped **Amish Whoopie Pies**

One Session \$66.00 Parent/Child Fort Monmouth Rec Ctr Kitchen

Wee Can Cook

(age 3, with adult)

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

Four Sessions \$70.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 16-Feb 6 10:30-11:30 AM	A6141X
Wed, Jan 17-Feb 7 1:30-2:30 PM	A5741X
Thu, Jan 18-Feb 8 1:30-2:30 PM	A5941X
Fri, Jan 19-Feb 9 10:30-11:30 AM	A6341X
Tue, Feb 13-Mar 5 11:30 AM-12:30 PM	A6241X
Wed, Feb 14-Mar 6 1:30-2:30 PM	A5841X
Thu, Feb 15-Mar 7 1:30-2:30 PM	A6041X
Fri, Feb 16-Mar 8 11:30 AM-12:30 PM	A6441X

Winter Penguin Cut-Up Cake

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

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

EDUCATION & ENRICHMENT

Discovering Authors

(ages 5-7, with adult)

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

Jan Brett

Adventure with Jan Brett's beautiful story creatures.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Keyboard Beginnings Music - Level 1

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

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

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 22-Mar 11 4:00-4:45 PM A1141X *No class 2/19*



I love the variety of programs the Park System offers.



Keyboard Beginnings - Level 2

(ages 5-7)

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

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 22-Mar 11 5:00-5:45 PM A1241X

Morning Tea Party

(ages 2-4, with adult)

No class 2/19

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!

Scents of Winter

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

NATURE

Bluebird House Build

(ages 8 and up, with adult)

Have you ever heard an eastern bluebird sing? Learn all about the beautiful eastern bluebird with a Park System Naturalist and leave this program with a completed build of your very own bluebird nest box to take home.

One Session \$25.00 Parent/Child

Manasquan Res Env Ctr

Thu, Dec 7 6:00-7:00 PM I1141X Thu, Jan 25 5:00-6:00 PM. I1241A

Hands on Winter Science

(ages 6-10, with adult)

Embrace the cold weather by conducting fun winter science experiments with a Park System Naturalist. We will explore the science behind how animals stay warm in the colder months and much more. If you like to get messy and love science, this program is for you!

One Session \$16.00 Parent/Child

Huber Wds Pk Env Ctr

Sat, Jan 13 11:00 AM-12:00 PM	IKW41X
Freneau Wds Pk Vis Ctr Program Room 2	
Sat, Feb 10 11:00 AM-12:00 PM	IKX41X

Hoppy Valentine's Day from Mr. Frog

(ages 5-8, with adult)

Join us for a live animal presentation followed by a take-home Valentine's Day craft to give away or keep for yourself!

One Session \$12.00 Per Child

Manasquan Res Env Ctr

Sun, Feb 11 11:00 AM-12:00 PM	I0441X
Sun, Feb 11 1:00-2:00 PM	I1641X

Let it Snow!

(ages 4-6, with adult)

Journey onto the trails of Freneau Woods as we embark on a wintry scavenger hunt. Afterwards, we will warm up inside with hot chocolate and a marshmallow snowflake treat!

One Session \$15.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Dec 19 4:00-5:00 PM.						IKR41X
Sat. Jan 6 10:30-11:30 AM						IKS41X

Nature Story Time at Huber Woods Environmental Center

(ages 2-5, with adult)

Children ages 2-5 and their guardians are invited to join us for a nature-themed story time. Each session will be approximately 30 minutes and offer the opportunity to get hands on with nature knick-knacks. Sessions are free but space is limited.

Please Note: This is a free program; however, preregistration is required.

One Session FREE!

Huber Wds Pk Fnv Ctr

Thu, Jan 11 11:00-11:30 AM.								PIK54A
Thu. Jan 18 11:00-11:30 AM.	_	 _	_	_	_	_	_	PIK64A

Nature Story Time at the Manasquan Reservoir Environmental Center

(all ages)

Enjoy our staff's favorite nature themed stories. Space is limited. Call 732-751-9453 for more information.

Please Note: This is a free program; however, preregistration is required.

One Session FREE!

Manasquan Res Env Ctr

Tue, Jan 23 11:00-11:30 AM	PI154X
Tue, Jan 30 11:00-11:30 AM	PI094X
Tue, Feb 6 11:00-11:30 AM	PI144X
Tue, Feb 13 11:00-11:30 AM	PI114X
Tue, Feb 20 11:00-11:30 AM	PI124X
Tue, Feb 27 11:00-11:30 AM	PI134X

Reindeer Games

(ages 6-10, with adult)

Let's get in the holiday spirit! Inspired by our favorite Christmas songs, join us for non-stop fun full of reindeer games and fun activities.

One Session \$10.00 Per Child

Manasquan Res Env Ctr

Sat, Dec 9 10:00-11:15 AM	10241X
Sat, Dec 9 1:00-2:15 PM	10341X

Winter Wanderings

(ages 3-5, with adult)

It is awfully chilly, but that doesn't mean we can't enjoy spending time outside. Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games, and crafts suited for young children. At times, part of this program will take place indoors.

Four Sessions \$50.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Jan 24-Feb 14 10:00-11:15 AM (approx) . IKA41X

Winter Water Cycle - Snowflakes and Snowballs!

(arades 1-3)

Come beat the winter blues with us! After we learn about the water cycle, we will make a snowflake craft, have an indoor snowball fight, and create your very own pocket-sized snow globe!

One Session \$13.00 Per Child

Manasquan Res Env Ctr

OUTDOOR ADVENTURES

Evergreen Explorers

(ages 2-5, with adult)

Let the holiday spirit ring as you hike to a tree in the woods of Shark River Park. Spread holiday cheer by sprucing up the tree with our handmade eco-friendly ornaments. Come back in January to learn about being "green" and to see what remains on our evergreen tree. Bring a healthy snack and beverage. Additional children under the age of two are welcome to join at no charge. Two Sessions \$32.00 Parent/Child \$14.00 Additional Sibling

Shark River Pk Shelter Bldg

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

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

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

Holmdel Pk Forest Edge Shelter

noimaei ek rorest cage sheiter	
Fri, Dec 8 10:00-11:30 AM	
Weltz Pk West Park Avenue Parking Lot	
Sat, Dec 16 10:00-11:30 AM	
Huber Wds Pk Env Ctr Parking Lot	
Thu, Jan 11 10:00-11:30 AM	
Thompson Pk Old Orchard Parking Lot	
Mon, Jan 22 10:00-11:30 AM	
Shark River Pk Shelter Bldg	
Wed, Feb 7 10:00-11:30 AM	
Manasquan Res Env Ctr Parking Lot	
Wed, Feb 14 10:00-11:30 AM	
Freneau Wds Pk Vis Ctr Parking Area	



Mini Ski Adventure

(ages 3-7, with adult)

Introduce your child to the fun of cross-country skiing. This small class will enable your child to build confidence, learn new skills, and make new friends. Parents will be asked to assist the instructor as necessary. Warm up afterwards at our cozy campfire and enjoy some delicious s'mores. All ski equipment is provided.

Please Note: If natural snow is not an option, the program will use our custom ski-mats to simulate snow

One Session \$15.00 Per Child

Thompson Pk Ski Hut

Sun, Dec 17 10:00-11:10 AM
Sun, Dec 17 11:30 AM-12:40 PM
Thu, Dec 28 10:00-11:10 AM
Thu, Dec 28 11:30 AM-12:40 PM
Tue, Jan 9 10:00-11:10 AM
Tue, Jan 9 11:30 AM-12:40 PM
Sun, Jan 21 10:00-11:10 AM
Sun, Jan 21 11:30 AM-12:40 PM
Thu, Feb 8 10:00-11:10 AM

Snow Ball Games

(ages 6-10, with adult)

Join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, age appropriate and smile enhancing winter themed games. Then enjoy the warmth of the fire while sipping hot chocolate.

One Session \$18.00 Parent/Child \$12.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

 •		•			.W8541X
					.W8741X
					.W8641X
• •	• • •	• • • • •	• • • • • •	• • • • • • • •	

PLAY GROUP



Let's Explore

(ages 3-5, with adult)

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

Indoor Edition

Six Sessions \$69.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Jan 22-Mar 4 9:30-10:15 AM A3541X
No class 2/19
Mon, Jan 22-Mar 4 10:45-11:30 AM A3641X
No class 2/19
Mon, Jan 22-Mar 4 12:00-12:45 PM A3741X
No class 2/19

Math Olympics

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 15-Jan 26 9:30-10:15 AM	XA741X
No class 12/22 & 12/29	
Fri, Feb 9-Mar 8 9:30-10:15 AM	XAD41X

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

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

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Jan 16-Mar 5 9:30-10:15 AM A2241X
Tue, Jan 16-Mar 5 10:30-11:15 AM A2341X
Tue, Jan 16-Mar 5 11:30 AM-12:15 PM A2441X
Wed, Jan 17-Mar 6 9:30-10:15 AM A2541X
Wed, Jan 17-Mar 6 10:30-11:15 AM A2641X
Wed, Jan 17-Mar 6 11:30 AM-12:15 PM A2741X
Instructor: Mr. Rob
Dorbrook Rec Area Vis Ctr
Mon, Jan 22-Mar 18 10:30-11:15 AM A2841X
110 01033 27 17

Mon, Jan 22-Mar 18 11:30 AM-12:15 PM . . A2941X No class 2/19
Mon, Jan 22-Mar 18 4:00-4:45 PM A3041X

M**on, Jan 22-Mar 18 4:00-4:45 PM A3041)** No class 2/19

Mommy & Me Ballet

(ages 2 ½-3 ½, with adult)

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

Ten Sessions \$125.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Mar 12 9:15-10:00 AM. A3841X

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

Morning Playtime

(ages 18 months-3 ½, with adult)

What better way to start your day than by sharing some special time with your child? You and your child will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your child will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells, and parachute.

Please Note: Parent/guardian must be in the room at all times. Drop-offs are not permitted.

Five Sessions \$60.00 Parent/Child

Stage 2

(ages 18 months-2 years, with adult)

Dorbrook Rec Area Vis Ctr

	20.0.00.00
X9541X	Thu, Dec 14-Jan 25 9:15-10:00 AM
	No class 12/21 & 12/28
XA141X	Thu, Feb 8-Mar 7 9:15-10:00 AM
	Tatum Pk Holland Act Ctr
XA541X	Wed, Dec 13-Jan 24 10:30-11:15 AM
	No class 12/20 & 12/27

Wed, Feb 7-Mar 6 10:30-11:15 AM XAB41X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 13-Jan 24 9:15-10:00 AM X9141X

Wed, Dec 13-Jan 24 9:15-10:00 AM X9141X

No class 12/20 & 12/27

Wed, Feb 7-Mar 6 9:15-10:00 AM. X9841X

Stage 3

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

Dorbrook Rec Area Vis Ctr

Thu, Dec 14-Jan 25 10:15-11:00 AM	X9641X
No class 12/21 & 12/28	

Thu, Feb 8-Mar 7 10:15-11:00 AM XA241X

Tatum Pk Holland Act Ctr

Wed, Dec 13-Jan 24 11:30 AM-12:15 PM . . XA641X No class 12/20 & 12/27

Wed, Feb 7-Mar 6 11:30 AM-12:15 PM . . . XAC41X Thompson Pk Vis Ctr Tulip Room

Wed, Dec 13-Jan 24 10:15-11:00 AM X9341X No class 12/20 & 12/27

Wed, Feb 7-Mar 6 10:15-11:00 AM X9941X



Miss Robin is an excellent instructor! So kind and patient with the children. I would take any class she is teaching.

-Morning Playtime participant



My Morning Playtime

(ages 3-4, with adult)

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

Please Note: Parents/guardians may not be actively participating, but will be asked to monitor their child's behavior at all times.

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 14-Jan 25 11:15 AM-12:00 PM . . X9741X No class 12/21 & 12/28

Thu, Feb 8-Mar 7 11:15 AM-12:00 PM XA341X Thompson Pk Vis Ctr Tulip Room

Wed, Dec 13-Jan 24 11:15 AM-12:00 PM . . X9441X No class 12/20 & 12/27

Wed, Feb 7-Mar 6 11:15 AM-12:00 PM . . . XA041X

Superheroes

(ages $2\frac{1}{2}$ -5, with adult)

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

Five Sessions \$65.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Jan 8-Feb 5 9:30-10:15 AM MA141X Mon, Jan 8-Feb 5 10:30-11:15 AM MA241X

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Feb 19-Mar 18 9:30-10:15 AM M9941X Mon, Feb 19-Mar 18 10:30-11:15 AM MA041X



The Power of Play

(ages 2-4, with adult)

Few activities are more important for a child's development than play. Each structured session will use games, short demos, and recreation to reinforce following directions, taking turns, fine and gross motor skills, coordination, social and dramatic play, and the repetition necessary to learn new skills. A fun, ageappropriate introduction to competition, winning and losing, and literally overcoming obstacles. Fire up your child's muscles, socialization and imagination all at once. Four Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Jan 12-Feb 2 9:30-10:15 AM	MA341X
Fri, Jan 12-Feb 2 10:30-11:15 AM	MA441X
Fri, Feb 16-Mar 8 9:30-10:15 AM	MA541X
Fri, Feb 16-Mar 8 10:30-11:15 AM	MA641X

When You Wish Upon a Star

(ages 2-4, with adult)

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

Five Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Dec 13-Jan 24 9:30-10:15 AM XA441X No class 12/20 & 12/27

Wed, Feb 7-Mar 6 9:30-10:15 AM. XAA41X

SPORTS & FITNESS

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Five Sessions \$60.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 15-Jan 26 10:30-11:15 AM. XA841X No class 12/22 & 12/29

Fri, Feb 9-Mar 8 10:30-11:15 AM XAE41X

Future Stars of Tomorrow

(ages 3-5, with adult)

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several different sports in a fun, noncompetitive environment. Sports covered will include soccer, t-ball, hockey and more.

Five Sessions \$60.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 15-Jan 26 11:30 AM-12:15 PM . . . XA941X No class 12/22 & 12/29

Fri, Feb 9-Mar 8 11:30 AM-12:15 PM. XAF41X

Gymnastics - Parent/Child

(ages 2-3, with adult)

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

Four Sessions \$42.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Hat Trick Hockey - Mites

(age 3, with adult)

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

Four Sessions \$56.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Sat, Jan 6-27 12:00-12:45 PM X6641X

Kids Kixx Pee Wee

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

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

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sun, Jan 7-28 10:30-11:15 AM	X0941X
Sun, Jan 7-28 11:30 AM-12:15 PM	X1041X
Tue, Jan 9-30 9:30-10:15 AM	X1241X
Sun, Feb 11-Mar 3 10:30-11:15 AM	X1441X
Sun, Feb 11-Mar 3 11:30 AM-12:15 PM	X1541X
Tue, Feb 13-Mar 5 9:30-10:15 AM	X1841X



Kidz Yoga

(ages 4-6, with adult)

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

Five Sessions \$85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Dec 10-Jan 21 11:30 AM-12:00 PM . . X2841X No class 12/24 & 12/31

Sun, Jan 28-Feb 25 11:30 AM-12:00 PM . . X2941X

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Indoor Season

Four Sessions \$64.00 Per Person Fort Monmouth Rec Ctr Gym A

Tue, Jan 9-30 10:30-11:15 AM. X1341X Tue, Feb 13-Mar 5 10:30-11:15 AM. X1741X

44

We absolutely loved the coach! She motivated the children, kept their attention, and got them to meet their objectives with positive reinforcement and praise.

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

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

One Session \$30.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Holiday Party Outfit

Create a fabulous outfit for the holidays

Sat, Dec 16 10:30-11:30 AM	•	•	•	•	•	•	•	•	.M6341X
Sat, Dec 16 12:00-1:00 PM.									.M6441X
Sat. Dec 16 1:30-2:30 PM									.M6541X

Winter Sports

Create some new equipment so she can hit the slopes and show off her Olympic skills

Sat, Jan 20 10:30-11:30 AM		•		•		.M6641X
Sat, Jan 20 12:00-1:00 PM .						.M6741X
Sat, Jan 20 1:30-2:30 PM						.M6841X

Spa Day

Every doll deserves to be pampered! Give her all the luxuries of the finest spas.

Sat, Feb 24 10:30-11:30 AM	•	•	•	•	•	•	•	•	•	.M8641X
Sat, Feb 24 12:00-1:00 PM .										.M8741X
Sat, Feb 24 1:30-2:30 PM										.M8841X

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, Jan 12-Feb 16 4:30-6:00 PM. Z1941X

Have a question about your Monmouth County Park System parks or facilities?
Our information staff is here to help!
Call 732-842-4000, ext. 4312.

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, Jan 11-Feb 22 4:00-6:00 PM Z1441	X
Instructor: John Fossa	
Sat, Jan 13-Feb 24 9:00-11:00 PM Z1541	X

Christmas in the Park

(ages 8-12)

Using acrylic paint and piping bags, students will design two holiday reindeer and hand-paint three Christmas

Instructor: Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$56.00 Per Child

Thompson Pk Creative Arts Center

Fri, Dec 8-15 4:00-5:30 PM	•	 •	•	•	•	•	. Z9441A
Fri, Dec 8-15 10:00-11:30 AM							. Z9941A

Christmas Tree Claytime

(ages 8-12)

Build a clay tree to celebrate the season. Students will sculpt a small Christmas tree, and learn some basic hand-building techniques. Participants will also have the opportunity to add clay decoration and glazes to create a one of kind holiday keepsake. Pieces will be kiln-fired and ready for pick-up two weeks after the workshop.

One Session \$35.00 Per Child

Thompson Pk Creative Arts Center

Sun, Dec 3 1:00-2:30 PM	•	•	•	•	•	•	•	•	•	•	•	•	Z0841X
Sun, Dec 3 3:00-4:30 PM													Z0941X

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Four Sessions \$64.00 Per Child

Thompson Pk Creative Arts Center

Cross, Landscape with Stars

Cross, The Iles de' Or

Monet's Three Trees in Grey Weather

Monet's The Magpie

Monet's Water Lilies, Evening Effect van Gogh's Willows at Sunset

van Gogh's Field with Ploughman Monet's Grainstacks, Snow Effect

Sat, Feb 3-24 9:30-10:30 AM. Z6041A Sat, Feb 3-24 11:00 AM-12:00 PM Z6141A

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 \$98.00 Per Person

Thompson Pk Creative Arts Center

Cross, Landscape with Stars

Cross, The Iles de' Or

Monet's Three Trees in Grey Weather

Monet's The Magpie

Fri, Jan 5-26 4:30-6:30 PM Z9541A

Monet's Water Lilies, Evening Effect van Gogh's Willows at Sunset

van Gogh's Field with Ploughman

Cross' Afternoon at Pardigon

Fri, Feb 2-23 4:30-6:30 PM Z9641A

Great Impressionism for Home Schoolers

(ages 6-12)

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

Four Sessions \$90.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Cross, Landscape with Stars

Cross, The Iles de' Or

Monet's Three Trees in Grey Weather

Monet's The Magpie

Wed, Jan 3-24 10:30 AM-12:00 PM. ZA241A

Monet's Water Lilies, Evening Effect

van Gogh's Willows at Sunset

van Gogh's Field with Ploughman

Cross' Afternoon at Pardigon

Wed, Jan 31-Feb 21 10:30 AM-12:00 PM . . ZA341A

Hand-Painted Christmas Cards

(ages 5-8)

Students will paint a wreath and holiday reindeer card using acrylic paint. All supplies are included.

Artist/Instructor: Debra Stasiak

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 9 11:00 AM-12:00 PM ZA141A

KidzArt Discover

(ages 3 ½-5 years)

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

Six Sessions \$93.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 2-Feb 6 1:00-2:00 PM. ZA541A Tue, Feb 20-Mar 26 1:00-2:00 PM ZA641A



KidzArt Explore

(ages 6-10)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8 is payable to the instructor at first class.

Six Sessions \$93.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Jan 3-Feb 7 4:00-5:00 PM ZAH41A Wed, Feb 21-Mar 27 4:00-5:00 PM ZAJ41A

Thompson Pk Creative Arts Center

Thu, Jan 4-Feb 8 4:15-5:15 PM ZAK41A
Thu, Feb 22-Mar 28 4:15-5:15 PM ZAM41A
Henry Hudson Trail Act Ctr

Mon, Jan 8-Feb 12 4:00-5:00 PM ZAN41A Mon, Feb 26-Apr 1 4:00-5:00 PM ZAP41A

Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 8-Feb 12 4:00-5:00 PM ZAQ41A Mon, Feb 26-Apr 1 4:00-5:00 PM ZAR41A

KidzArt Holiday Workshop: Clay Gingerbread House

(ages 6-11)

Create a gingerbread house out of air-dry clay to have as a keepsake year after year!

One Session \$38.00 Per Child

Thompson Pk Creative Arts Center

KidzArt Painting Workshop

(ages 6-11)

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

One Session \$30.00 Per Child

Snowy Night

Henry Hudson Trail Act Ctr

741A
341A
941A
141A

Santa's Cookie Plate

(aaes 6-9)

The night before Christmas put Santa's cookies on a special plate of your own design. Class includes ceramic plate, glazes and firings. Plate will be kiln fired and ready for pick-up the following week.

One Session \$35.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 2 12:00-1:30 PM.	•	•	•	•	•	•	•	•	•	•	•	Z1241X
Sat, Dec 2 2:00-3:30 PM									•	•	•	Z1341X

Sculpt a Snowman

(aaes 6-10)

In spirit of the snowy, winter weather, join us inside the warmth of the Creative Arts Center. We'll construct a snowman sculpture to cherish long after the snow melts. Participants will learn some fun hand-building techniques, as well as painting and decorating these clay snowmen. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 20 12:00-1:30 PM					•	•	Z2041X
Sat, Jan 20 2:00-3:30 PM.							Z2141X

TeenzArt Studio

(ages 11-17)

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

Six Sessions \$98.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Jan 8-Feb 12 5:15-6:30 PM Mon, Feb 26-Apr 1 5:15-6:30 PM	
•	.ZAC4 IA
Fort Monmouth Rec Ctr Program Room C	
Wed, Jan 3-Feb 7 5:15-6:30 PM	.ZAD41A
Wed, Feb 21-Mar 27 5:15-6:30 PM	
Thompson Pk Creative Arts Center	
Thu, Jan 4-Feb 8 5:30-6:45 PM	.ZAF41A

Thu, Feb 22-Mar 28 5:30-6:45 PM ZAG41A

Valentine's Plate

(ages 7-11)

With Valentine's Day right around the corner, create the perfect gift this year for someone special! Paint a precast ceramic plate with a special Valentine's Day twist, while learning some fun ceramic painting techniques. Class includes ceramic plate, glazes, instructions and firings. Pieces will be glaze fired and ready to pick up in about a week.

One Session \$35.00 Per Child

Thompson Pk Creative Arts Center

Sat, Feb 3 12:30-2:00 PM	. Z1041X
Sat, Feb 3 2:30-4:00 PM	. Z1141X

CULINARY ARTS

Books & Cooks

(ages 4-5)

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

Please Note: Children must be fully potty trained.

Four Sessions \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 16-Feb 6 11:30 AM-12:30 PM A6541X
Wed, Jan 17-Feb 7 3:00-4:00 PM A5141X
Thu, Jan 18-Feb 8 3:00-4:00 PM A5341X
Fri, Jan 19-Feb 9 11:30 AM-12:30 PM A6741X
Tue, Feb 13-Mar 5 10:30-11:30 AM A6841X
Wed, Feb 14-Mar 6 3:00-4:00 PM A5241X
Thu, Feb 15-Mar 7 3:00-4:00 PM A5441X
Fri, Feb 16-Mar 8 10:30-11:30 AM A6941X

Let's Decorate Cupcakes!

(ages 9-11)

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

One Session \$58.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Jan 22 5:00-7:00 PM						. A1641X
Mon, Feb 26 5:00-7:00 PM						. A2141X



Let's Cook

(ages 6-7)

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

Four Sessions \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 17-Feb 7 4:30-5:30 PM A4941X Wed, Feb 14-Mar 6 4:30-5:30 PM A5041X

Tween Chefs

(ages 11-13)

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

Four Sessions \$92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Feb 25-Mar 17 10:30 AM-12:00 PM . . A4841X

Young Chefs

(ages 8-10)

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

Four Sessions \$92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Jan 21-Feb 11 10:30 AM-12:00 PM . . A4741X



My granddaughter loved this cooking class! The instructor was wonderful with all the children.



EDUCATION & ENRICHMENT

Among Us® at Fort Monmouth

(ages 6-14)

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

One Session \$32.00 Per Person

Fort Monmouth Rec Ctr

(ages 6-10)

Sat, Jan 13 1:30-3:00 PM	. MA741X
Sat, Jan 27 1:30-3:00 PM	. MA841X
Sat, Jan 27 3:30-5:00 PM	. MA941X
(ages 11-14)	
Sat, Jan 13 3:30-5:00 PM	. MAA41X

Child and Babysitting Safety

(ages 13-17)

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

One Session \$65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Dec 9 10:00 AM-12:00 PM Q	1841A
Sat, Jan 13 10:00 AM-12:00 PM Q	1941A
Sat. Feb 17 10:00 AM-12:00 PM	2041A

National CSI Investigation

(grades 6-12)

Does your child have an interest in law enforcement or forensic science? Students will learn STEM concepts relating to forensics and crime scene investigation. The lecture, labs and exercises cover many CSI topics including: collecting, analyzing and classifying fingerprints; creating and examining blood spatter patterns; casting footprints; and so much more. This hands-on, interactive enrichment class is taught by current and/or former detectives. Instructors provided by National CSI Camp.

One Session \$135.00 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Dec 16 9:00 AM-4:00 PM Q3341A

Snapology STEAM Programs

(ages 6-12)

Critical thinking, creativity, problem solving, communication, and collaboration taught in fun, age-appropriate sessions. S.T.E.A.M. programs include LEGO® building, robotics, and hands-on creativity that strengthen your child's Science, Technology, Engineering, Art, and Math skills. Instructors and all supplies provided by Snapology.

Six Sessions \$117.00 Per Child

Pokémania

(ages 6-9)

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

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Jan 16-Feb 20 5:00-6:00 PM Q3841A Machines and Cool Contraptions

(ages 6-9)

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

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 17-Feb 21 5:00-6:00 PM Q3941A STEM Lab

(ages 6-9)

In Snapology's STEM Lab, students will actively experiment with the principles of science, technology, engineering, art, and mathematics. All programs and activities are hands-on, creative, and fun! Students will work with a partner to create a variety of structures, robots, machines using LEGO® bricks to solve challenges presented to them in this exciting enrichment club where every week focuses on a different aspect of science and STEM education.

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Feb 27-Apr 9 5:00-6:00 PM. Q4041A No class 4/2

Snapology STEAM Programs continued...

Bot Builders with Cubelets®

(ages 6-9)

Join us for fun as students play and code with modular, robotic cubes known as Cubelets®! Snap the magnetic cubes together to create a unique robot, but what really matters is how you figure out the perfect robot recipe to solve a challenge. Kids will work in small teams to figure out how to create energy-efficient lighthouses, racer bots, maze-solvers, goofy animals, and so much more! Is your student ready to play and tinker with Snapology?

Fort Monmouth Rec Ctr Program Room D

Wed, Feb 28-Apr 10 5:00-6:00 PM Q4141A No class 4/3

Creature Creators Robotics & Coding

(ages 8-12)

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

Thompson Pk Vis Ctr Beech Room

Thu, Jan 18-Feb 22 5:00-6:00 PM Q3741A

Amusement Park Engineering

(ages 8-12)

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

Thompson Pk Vis Ctr Beech Room

Thu, Feb 29-Apr 11 5:00-6:00 PM. Q4241A

No class 4/4

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 the Park System to offer their Youth Leadership Program. In this program you will learn how to "organize and give speeches, control your voice, vocabulary and gestures and give impromptu talks" plus so much more. Each participant will receive a Toastmaster™ YLP Workbook and Evaluation Guide to keep. This program is sponsored by Shore Speakers Toastmasters[™] of Monmouth County.

Eight Sessions \$92.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Feb 26-Apr 15 6:30-8:00 PM Q1341X

NATURE

Neighborhood Forester - Winter Edition

(ages 12 and up, under 18 with adult)

Do you have a love for trees? Are you interested in protecting, maintaining, and conserving forests and other natural areas? Join a Park System Naturalist as you discover how to identify your favorite trees during the most difficult time of year. Topics include forestry basics, tree anatomy, and identification based on bark and winter buds.

One Session \$13.00 Per Person

Manasquan River Greenway Winter Run

Sat, Feb 24 12:00-1:00 PM I1441X



Winter Nature Science Lab Series 2024

(ages 9-12)

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

One Session \$25.00 Per Person

Huber Wds Pk Env Ctr

Explorations into the Microscopic World Mon, Jan 8 4:00-5:30 PM	IKY41X
Natural Electricity Mon, Jan 29 4:00-5:30 PM	IKZ41X
The pH of Nature - Acids & Bases Mon, Feb 26 4:00-5:30 PM	IM041X

OUTDOOR ADVENTURES

Family Paper Gift Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect gift but not in a traditional location. Our gift shaped archery targets are one size fits all and fun for your family to locate using our handheld GPS units. After all the gifts are found, your family will work on their aim as you use our compound bows to shoot the paper targets at our archery range. Please dress for the weather as our Activity Barn is not heated.

One Session \$29.00 Adult & Junior Thompson Pk Activity Barn

Howl at the Moon

(ages 11-14)

Join us for the first full moon of the New Year, often called the Wolf Moon. During this program you will go on a night hike with our pack. Afterwards, we will circle up at the campfire to make dinner, s'mores, and play a serious game of Wolf. Make sure to wear comfortable walking shoes and dress appropriately for the weather.

One Session \$34.00 Per Child

Turkey Swamp Pk NOMOCO Group Campground

National Ice Cream for Breakfast Celebration

(ages 7-10)

Here's the scoop! We are celebrating National Ice Cream for Breakfast Day a week early and want to celebrate with you! We'll kick off the day with a chilled treat, whip up a craft, and sprinkle in some fun-filled games! Games will be played in a non-heated barn, so dress in layers.

One Session \$19.00 Per Child \$14.00 Additional Sibling

Thompson Pk Activity Barn

Tropical Paradise Archery Getaway!

(ages 9-11)

This tropical paradise is close to home, no airfare needed and located on our indoor archery range. Use your newly acquired archery skills to gather the material and create your winter getaway. Afterwards, bring your own s'mores supplies and celebrate with a sticky treat! Roasting sticks and all archery equipment will be provided.

One Session \$26.00 Per Child Thompson Pk Activity Barn

Sun, Feb 25 1:00-3:00 PM W0641A



PERFORMING ARTS

Beginner Acting Winter Session

(ages 8-17)

By age ensembles, we will learn together beginner acting techniques for theater, television, and film such as improvisation, space objects, character building and the fourth wall. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class for our family and friends.

Six Sessions \$135.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

The Performers

(ages 8-10)

Mon, Jan 22-Mar 4 4:30-6:00 PM Q0141X

No class 2/19

The Auditionees

(ages 11-14)

In this program we will learn Beginner Acting Audition technique for commercial auditions and monologues for TV, film and stage auditioning.

Wed, Jan 31-Mar 6 4:30-6:00 PM Q1241X

The Thespians

(ages 12-14)

Mon, Jan 22-Mar 4 6:45-8:15 PM Q1041X

No class 2/19

Hip Hop Dance

(ages 5-7)

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

Instructor: Julie Asfendis
Six Sessions \$84.00 Per Child

Fort Monmouth Rec Ctr Gym A



Little Dancers

(ages 5-6)

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

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

Ten Sessions \$125.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Mar 12 4:45-5:30 PM A4341X

Rock to Bach - Guitar for Kids

(ages 8-16)

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

Eight Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 15-Mar 4 5:00-6:00 PM MAG41X

Stop Motion Animation Creation

(ages 8-12)

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

Four Sessions \$100.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Jan 26-Feb 16 4:00-5:30 PM. Q1541X

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, Jan 30-Feb 20 4:00-5:30 PM Q0441X

Tots in Tutus I

(ages 3-5)

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

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Mar 12 10:00-10:45 AM...... A3941X Tue, Jan 9-Mar 12 10:45-11:30 AM..... A4041X

Tots in Tutus II

(ages 4-5)

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

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

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Mar 12 4:00-4:45 PM A4141X

SPORTS & FITNESS

Basketball FUNdamentals

(aaes 6-8)

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

Four Sessions \$56.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 6-27 11:00-11:55 AM X0641X Sat, Feb 10-Mar 2 11:00-11:55 AM X0741X

Girls Basketball FUNdamentals

(ages 6-9)

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

Four Sessions \$56.00 Per Person
Fort Monmouth Rec Ctr Gvm A

Sat, Feb 10-Mar 2 10:00-10:55 AM X0841X

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$42.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(aaes 3-4)

(ages 3-4)
Sat, Dec 2-23 9:00-9:45 AM
Sat, Dec 2-23 11:00-11:45 AM
Sat, Dec 2-23 12:00-12:45 PM
Sat, Jan 6-27 9:00-9:45 AM
Sat, Jan 6-27 11:00-11:45 AM
Sat, Jan 6-27 12:00-12:45 PM
Sat, Feb 3-24 9:00-9:45 AM
Sat, Feb 3-24 11:00-11:45 AM
Sat, Feb 3-24 12:00-12:45 PM
(ages 5-7)
Sat, Dec 2-23 9:00-9:45 AM
Sat, Dec 2-23 11:00-11:45 AM
Sat, Dec 2-23 12:00-12:45 PM
Sat, Jan 6-27 9:00-9:45 AM
Sat, Jan 6-27 11:00-11:45 AM
Sat, Jan 6-27 12:00-12:45 PM
Sat, Feb 3-24 9:00-9:45 AM
Sat, Feb 3-24 11:00-11:45 AM
Sat, Feb 3-24 12:00-12:45 PM
(ages 8-10)
Sat, Dec 2-23 9:00-9:45 AM
Sat, Dec 2-23 11:00-11:45 AM
Sat, Dec 2-23 12:00-12:45 PM
Sat, Jan 6-27 9:00-9:45 AM
Sat, Jan 6-27 11:00-11:45 AM
Sat, Jan 6-27 12:00-12:45 PM
Sat, Feb 3-24 9:00-9:45 AM
Sat, Feb 3-24 11:00-11:45 AM
Sat, Feb 3-24 12:00-12:45 PM

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$56.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Feb 10-Mar 2 12:00-12:55 PM X6741X

Kids Kixx Soccer

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age-appropriate games, demonstrations and drills to teach the basics of soccer.

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Jan 11-Feb 1 4:00-4:55 PM	X1941X
Thu, Jan 11-Feb 1 5:00-5:55 PM	X2041X
Thu, Feb 15-Mar 7 4:00-4:55 PM	X2241X
Thu, Feb 15-Mar 7 5:00-5:55 PM	X2141X

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sun, Jan 7-28 12:30-1:25 PM					X1141X
Sun, Feb 11-Mar 3 12:30-1:25	PM				X1641X

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 \$56.00 Per Person

Fort Monmouth Rec Ctr Gvm A

Sat, Jan 6-27 9:00-9:55 AM	. X0341X
Sat, Jan 6-27 10:00-10:55 AM	. X0441X
Sat. Feb 10-Mar 2 9:00-9:55 AM	. X0541X



We love the Park System's programs! Our favorite this time around was T-Ball. It was organized well and the instructors did a great job with the age group.



ACTIVE ADULTS 55+

Winter Senior Hikers

(ages 55 and up)

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

Level .75

These hikes are at a comfortable pace and go from 1 1/2-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiker programs. Thirteen Sessions \$52.00 Per Person

Tue, Jan 2-Mar 26 11:30 AM-12:30 PM . . . D0241A Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is faster paced than .75, but more comfortable than levels 2, 3 and 4.

Thirteen Sessions \$78.00 Per Person

Tue, Jan 2-Mar 26 9:30-11:00 AM. D0341A Thu, Jan 4-Mar 28 9:30-11:00 AM D0441A

Level 2

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

Thirteen Sessions \$91.00 Per Person

Wed, Jan 3-Mar 27 9:30-11:30 AM D0541A Thu, Jan 4-Mar 28 9:30-11:30 AM D0641A Fri, Jan 5-Mar 29 9:30-11:30 AM D0741A

Level 3

These hikes are at a moderate pace and go from 5-5 ½ miles in 2 hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

Thirteen Sessions \$91.00 Per Person

Tue, Jan 2-Mar 26 9:30-11:30 AM. D0841A Level 4

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

Ten Sessions \$70.00 Per Person

Mon, Jan 8-Mar 25 9:30-11:30 AM D0941A

Stronger for Longer

(ages 55 and up)

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

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 23-Mar 5 10:00-11:00 AM. D1741A No class 2/20

Tue, Jan 23-Mar 5 11:15 AM-12:15 PM . . . D1841A No class 2/20

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 22-Mar 4 11:45 AM-12:45 PM. . . D1541A No class 2/19

Mon, Jan 22-Mar 4 1:00-2:00 PM D1641A No class 2/19

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

Ten Sessions \$130.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Jan 10-Mar 13 9:30-10:25 AM X5641X **Eight Sessions \$104.00 Per Person**

Dorbrook Rec Area Act Ctr

Fri, Jan 26-Mar 15 4:30-5:25 PM X4941X



ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes. Please note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$205.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 9-Feb 20 7:00-10:00 PM Z3341X

Instructor: Christina Carlson

Thu, Jan 11-Feb 22 9:30 AM-12:30 PM . . . Z3441X

Instructor: Don Bradford

Thu, Jan 11-Feb 22 6:30-9:30 PM. Z3541X

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. 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 \$270.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 9-Feb 20 9:00 AM-1:00 PM Z3241X

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, Jan 8-Feb 19 9:00 AM-12:00 PM	Z2241X
Instructor: Helen Cole	
Mon, Jan 8-Feb 19 1:00-4:00 PM	Z2341X
Instructor: TBD	
Mon, Jan 8-Feb 19 6:00-9:00 PM	Z2441X
Instructor: Sue Johnson	
Tue, Jan 9-Feb 20 4:00-7:00 PM	Z2541X

Instructor: Joanne Traskiewicz

Wed, Jan 10-Feb 21 9:00 AM-12:00 PM . . . Z2641X

Wed, Jan 10-Feb 21 1:00-4:00 PM Z2741X Instructor: Laura Copeland

Wed, Jan 10-Feb 21 6:30-9:30 PM Z2841X Instructor: Joyce Nokes

Fri, Jan 12-Feb 23 9:00 AM-12:00 PM Z2941X Fri, Jan 12-Feb 23 1:00-4:00 PM. Z3041X Instructor: John Fossa

Sat, Jan 13-Feb 24 11:30 AM-2:30 PM. . . . Z3141X

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, Jan 11-Feb 22 1:00-4:00 PM..... Z7741X

Ceramic Arts

(adults)

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

Instructor: Alison Bowie

Seven Sessions \$90.00 Per Person Thompson Pk Creative Arts Center

Thu, Jan 11-Feb 22 9:00 AM-12:00 PM . . . Z3941X

Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own handbuilt creations. Class includes 25 lbs. of clay, glazes and firings. Please note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$205.00 Per Person Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Jan 10-Feb 21 1:00-4:00 PM Z1641X

Instructor: Beth Couchoud

Wed, Jan 10-Feb 21 6:30-9:30 PM Z1741X

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 \$42.00 Per Person

Thompson Pk Creative Arts Center

Cross', Afternoon at Pardigon, Var

Monet's Three Trees in Grey Weather

Sat, Dec 2 2:00-5:00 PM. Z6241A **Monet's Field of Poppies, 1873**

Sat, Dec 9 2:00-5:00 PM. Z6341A

Sat, Dec 16 2:00-5:00 PM Z6441A

Monet's The Magpie Sat, Jan 6 2:00-5:00 PM Z6541A

Monet's Wheatstacks, Snow Effect, Morning

Sat, Jan 13 2:00-5:00 PM Z6641A

Monet's Regatta at Argenteuil

Sat, Jan 20 2:00-5:00 PM Z6841A **Cross' Provence, Landscape 1900**

Sat, Jan 27 2:00-5:00 PM Z6941A

Matisse's The Gulf of St. Tropez Sat, Feb 3 2:00-5:00 PM Z7041A

van Gogh's The Kingfisher

Sat, Feb 17 2:00-5:00 PM Z7241A van Gogh's Olive Trees with Yellow Sky and Sun

Sat, Feb 24 2:00-5:00 PM Z7341A

Creative Arts Festival Call for Entries

Attention All Artists!

We're seeking fine art and high-quality craft artisans for our 9th Annual Creative Arts Festival held at Thompson Park on May 11 from 10:00 AM-4:00 PM.

This juried art festival is open to artists of all mediums.

Application fee: \$15.00

In addition to our art vendors, the day will be filled with art demonstrations, live music, and food vendors. It's a great day to celebrate the arts!

For more information, please visit www.MonmouthCountyParks.com or contact Christina at ccarlson@monmouthcountyparks.com or 732-842-4000, ext. 3343.

Basic Drawing

(adults)

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

Artist/Instructor: Jane Manco
Six Sessions \$125.00 Per Person
Thompson Pk Creative Arts Center

Thu, Jan 11-Feb 15 4:30-6:30 PM. Z4241X

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary. A supply fee of \$10.00 is payable to artist/instructor Tresse DeLorenzo or Deanna Gallaro the first day of class.

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Thu, Jan 4-Feb 8 11:30 AM-1:00 PM ZAS41A Thu, Feb 22-Mar 28 11:30 AM-1:00 PM . . . ZAT41A Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 8-Feb 12 12:30-2:00 PM ZAU41A Mon, Feb 26-Apr 1 12:30-2:00 PM ZAV41A

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:



Christmas in the Park

(adults)

Using acrylic paint and piping bags, students will design two holiday reindeer and hand-paint three Christmas cards!

Instructor Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$56.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 8-15 10:00-11:30 AM ZA041A

Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes; beginner and advanced students will enjoy learning cutting edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Instructor: MaryAnn Goodwin

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Figure Drawing 101

(adults)

Explore the art of figure drawing. This one day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. Please come with a fee of \$15.00 (cash only) payable to the model. All supplies will be provided by the teacher.

Artist/Instructor: Jennifer SantaMaria

One Session \$37.00 Per Person

Thompson Pk Creative Arts Center

Wed, Feb 7 5:30-7:30 PM Z4541A

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this stepby-step approach to Impressionism and/or Fauvism method. Students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included; however, if you prefer to paint on canvas, please bring your own 11"x14" canvas to class. Please Note: Returning students may bring in prints of their own choice if they completed the advertised painting already.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions \$99.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's First Steps

Monet's Three Trees in Grey Weather

Fri, Jan 5-26 10:00 AM-12:00 PM Z9741A

Cross' Afternoon at Pardigon, Var Monet's The Japanese Footbridge

Fri, Feb 2-23 10:00 AM-12:00 PM. Z9841A

Illustrating Birds: Winter Waterfowl

(adults)

This workshop takes an in depth look at creating your own bird illustrations. Our focus for this session will be ducks found at Manasquan Reservoir. We'll spend some time learning from a Park System Naturalist about our native species, looking for them in their natural habitats. Afterwards we will venture in to 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. Some drawing experience is a plus, but not a necessity. A supply list and directions will be emailed two weeks in advance of the class start date.

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

Artist/Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$42.00 Per Person

Manasquan Res Env Ctr

Wed, Jan 24 8:00-11:00 AM Z4041X Wed, Feb 21 8:00-11:00 AM Z4141X

Intermediate Drawing

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 11-Feb 15 1:00-3:00 PM. Z0741X

Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 9-Feb 13 9:00-11:00 AM. Z0441X

Mixed Media Drawing Class

(adults)

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

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

Thompson Pk Creative Arts Center

Four Sessions \$84.00 Per Person

Wed, Jan 17-Feb 7 11:00 AM-1:30 PM.... Z5441A Five Sessions \$105.00 Per Person

Wed, Feb 21-Mar 27 11:00 AM-1:30 PM. . . Z5541A No class 3/13

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.

Artist/Instructor: Jane Manco
Six Sessions \$125.00 Per Person
Thompson Pk Creative Arts Center

Wed, Jan 10-Feb 14 6:00-8:00 PM Z4341X

Oil Painting Techniques

(adults)

Artists come join me and gain confidence being taught the proper structure of technique and application of the materials. Through this hand–on-course, students will learn diverse painting styles, as well as various master's techniques. We will cover concepts such as: working lean to fat, impasto, Alla Prima, under painting designed specific for each image. Three paintings will be completed within the six-week course and you will be challenged, encouraged and empowered as an artist. Finished paintings will be 5"x7" or 8"x10" in size and reference photographs will be provided by your instructor. All levels are always welcomed some prior oil painting experience is required. A supply list is provided on your registration receipt.

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

Thompson Pk Creative Arts Center Four Sessions \$84.00 Per Person

Wed, Jan 17-Feb 7 2:00-4:30 PM Z5641A Five Sessions \$105.00 Per Person

Wed, Feb 21-Mar 27 2:00-4:30 PM Z5741A No class 3/13

Painting on Silk - Intermediate

(adults)

Painting on Silk continues. After completing the basics of Painting on Silk, you are ready to move on to two dynamic silk projects: creating a layered painting and a silk painted pillow cover. Additional painting techniques will be explored to create unique works of art on SILK! A supply fee of \$30.00 (cash) is payable to instructor at the first class.

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

Artist/Instructor: Karin Trunz
Six Sessions \$102.00 Per Person
Thompson Pk Creative Arts Center

Sat, Jan 13-Feb 17 10:30 AM-12:30 PM . . . Z4941X



Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with experience, the focus of this class will be fine-tuning and developing technique with independent guidance and critique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 9-Feb 13 11:30 AM-1:30 PM Z0541X Tue, Jan 9-Feb 13 2:00-4:00 PM Z0641X

Pastel Impressionism

(adults)

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

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

Five Sessions \$105.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 15-Feb 12 2:00-4:30 PM Z5041A Mon, Feb 19-Mar 25 2:00-4:30 PM Z5141A No class 3/11

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or two of class will focus on drawing. Accuracy in proportion, shape, line, value, and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demos and critiques. Following the drawing portion of class students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color in regards to beautiful flesh tones will be explored. Please bring \$43.00 for model fee the first day of class.

Artist/Instructor: Kristin Kunc
Six Sessions \$138.00 Per Person
Thompson Pk Creative Arts Center

Mon, Jan 8-Feb 26 9:30-11:30 AM Z4841X

No class 1/15 & 2/19

Studio Time with Gina

(adults)

This class is designed as a group art studio class with a professional artist instructing each student individually. Students bring their own supplies in their specific media of preference, all mediums welcomed. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one on one constructive critiques. All level artists both professional and beginners are always welcome.

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

Five Sessions \$105.00 Per Person

Thompson Pk Creative Arts Center

Watercolor Adventures

(adults)

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

Instructor: Jane Lux

Ten Sessions \$192.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Jan 12-Mar 15 10:00 AM-12:30 PM Z7441X Fri, Jan 12-Mar 15 1:00-3:30 PM Z7541X

JEWELRY

Metal Clay Basics

(adults)

This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the fact sheet for more pricing information.

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 11-Feb 15 10:30 AM-1:30 PM . . . ZA441X

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

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

Please Note: Participants must be able to operate the sewing machine they bring to class.

Instructor: Janice Beeby

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Jan 11-Feb 15 1:00-3:30 PM. Z9341X

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 supply fee of \$10.00 is due to the instructor on the day of the workshop.

Artist/Instructor: Jennifer Santa Maria

One Session \$34.00 Per Person
Thompson Pk Creative Arts Center

Wed, Jan 17 5:30-7:30 PM Z4641X

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.

Four Sessions \$9.00 Per Person

Deep Cut Gardens Horticultural Center

Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

Six Sessions \$72.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 9-Feb 13 6:30-8:30 PM Z7641X

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 13-Feb 17 10:30 AM-12:30 PM . . . Z7841X

Knitting in the Round



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

Instructor: Laurel Von Gerichten
Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 12-Feb 16 12:30-2:30 PM. Z4441X

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

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

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 10-31 7:00-9:00 PM A7041X

Printmaking: Relief/Block Printing

(adults)

Participants will learn how to carve designs into rubber blocks, techniques for printing on paper without a press, and create a small edition of original prints. All levels welcome! All materials included. Please bring images for inspiration and wear studio clothes. A supply fee of \$10.00 (cash) is payable to instructor Kate Eggleston the day of class.

One Session \$36.00 Per Person

Thompson Pk Creative Arts Center

Mon, Feb 5 9:30 AM-12:30 PM Z7141A

The Art of Pysanky

(adults)

The ancient art of Ukrainian egg decorating, also known as Pysanky, is a process of layering beeswax and natural dyes to create stunning patterns. In this one-day class, you will learn this fun, intricate technique and have the chance to create your very own beautiful eggs. A \$10.00 materials fee is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria
One Session \$32.00 Per Person
Thompson Pk Creative Arts Center

Wed, Feb 28 5:30-8:00 PM Z4741X

To Dye For: Indigo Shibori Workshop

(adults)

Discover the beauty of shibori, a series of Japanese resist dye techniques, which create unique patterns on fabric by folding and binding. Students will produce an array of designs dyed in synthetic indigo. Please bring 10-15 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc.) to dye. Please also wear studio clothes and bring kitchen gloves. A materials fee of \$10.00 is payable to instructor Kate Eggleston the day of class.

One Session \$50.00 Per Person
Thompson Pk Creative Arts Center

Mon, Jan 22 9:00 AM-1:00 PM. Z6741X

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. A materials fee of \$80.00 (cash or check) is payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$80.00 Per Person Big Brook Pk Act Ctr

Sat, Jan 6-Feb 10 1:00-3:00 PM Z7941X



Beginner Stained Glass

(adults)

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

Six Sessions \$90.00 Per Person

Big Brook Pk Act Ctr

Wed, Jan 10-Feb 14 10:00 AM-12:00 PM . . Z9141X

Broken China Mosaics

(adults)

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

Six Sessions \$80.00 Per Person

Big Brook Pk Act Ctr

Tue, Jan 9-Feb 13 10:00 AM-12:00 PM . . . Z8141X

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind and solder a stained-glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$125.00 (cash or check) is to be paid to instructor Harvey Altman at the first session.

Six Sessions \$90.00 Per Person

Big Brook Pk Act Ctr

Tue, Jan 9-Feb 13 1:00-3:00 PM. Z9241A

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. A materials fee of \$80.00 (cash or check) is to be paid to the instructor at the first session.

Instructor: Harry Belkowitz
Six Sessions \$80.00 Per Person

Big Brook Pk Act Ctr

Sat, Jan 6-Feb 10 10:00 AM-12:00 PM Z8041X

SOAP MAKING

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 8 oz. or 16 oz. glass measuring cup to class. A supply fee of \$20.00 is due to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 13 11:00 AM-12:30 PM A72	41X
Sat, Jan 13 1:30-3:00 PM	41X
Mon, Feb 5 11:00 AM-12:30 PM A18	41X
Mon, Feb 5 1:30-3:00 PM	41X

Christmas Gift Soapmaking

(adults)

Learn how to make embedded melt-and-pour soap using colors reminiscent of Christmas candy. What better way to bring seasonal spirit into your home than by displaying your homemade-with-love holiday soap? We'll also create one surprise item from scratch using basic ingredients from your kitchen packaged with festive ribbon. Bring an 8oz or 16oz Pyrex measuring cup for this hands-on event. A supply fee of \$20.00 is due to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person
Dorbrook Rec Area Vis Ctr

Sat, Dec 9 11:00 AM-12:30 PM A7541X Mon, Dec 11 11:00 AM-12:30 PM A7641X

CULINARY ARTS

Afternoon Tea: Creating the Perfect Party

(adults)

Spend a delightful Saturday making all the wonderful treats found at an afternoon tea. From scones to finger sandwiches, you'll try your hand at some petite portioned treats and learn how to put the whole event together. Whether you're hosting a bridal or baby shower, or just spending time with dear friends, you'll have confidence that you can create an elegant afternoon tea.

Menu: Sweet Palmiers and Raspberry Jam, Chicken Salad with Grapes, Cran-Raisin & Chopped Pecan in Phyllo Cups, Cranberry Orange Scones and Tea Sandwiches

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen

American Home Cook Classics

(adults)

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

Menu: Beef Stroganoff with Egg Noodles and Chef Stephen's Banana's Foster with Puff Pastry Tops

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen



This was by far and away the BEST culinary class I have ever taken! It far exceeded my expectations!



Cast Iron Skillet Cooking

(adults)

The original non-stick pan! If you've got Grandma's hand-me-down, or have even bought your own and aren't sure how to use it, this is your opportunity to see how versatile this kitchen tool is. Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. You'll be surprised at how much this pan can do! Menu: Arroz con Pollo and Pineapple Upside Down Skillet Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Catch of the Day

(adults)

Are you afraid to cook fish? It's time to face your fears as the chef walks you through classic techniques for pan searing, baking and grilling fish the easy way. You'll have confidence with seafood and no more worries about dry or (unintentionally) blackened fish again.

Menu: Baked Flounder Florentine and Wasabi Panko Crusted Flounder

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen

Classic Holiday Cookies

(adults)

Whether you're looking to change up your usual recipes or you've never really baked holiday cookies before, enjoy this time to relax and create in the kitchen with Lisa Consiglio-Wolff, aka Mrs. Chef. Get a refresher on measuring, mixing and baking techniques, while you try out new recipes to adorn your holiday dessert table. Cookie Plate: Cran-Orange Chocolate Chip Biscotti and Grandmom Consiglio's Sicilian Sprinkled Cookies "Bo Peeps"

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen

Cooking with Liquor & Spirits

(adults)

Add some ooh la la to your sweet and savory dishes! There are many creative ways to cook with these libations, from sauces and glazes to marinated fruits; from pie dough to preserves. Learn the proper steps and amounts to create the perfect "spirited" dish, adding elegance and complexity to your next meal.

Menu: Napa Valley Cabernet Burgers & Easy Coq au Vin Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen

Private Group Cooking Classes

Book a private class for family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef. Perfect for couples, friends' night out, birthday gifts and more!

Cost: \$325.00 for 4-8 people, ages 13-adult, for a 2 ½ hour weeknight class

Location: Fort Monmouth Recreation Center, Tinton Falls **Instructor**: Chef Stephen Wolff, Culinary Creations, LLC

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



Empanadas Gone Wild!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and crimp the edges, and bake or fry your empanadas. Top it off by creating three delicious dipping sauces for one mouthwatering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person Fort Monmouth Rec Ctr Kitchen

Flavors of the Mediterranean

(adults)

Why not liven up your weekly dinners with some wonderful Mediterranean flavors. Chef Stephen Wolff will help you get there with three fantastic dishes.

Menu: Farro Salad with Arugula, Spanakopita Triangles & Baklava Cigars

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Flavors of the Orient

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japan and sushi. In today's class, we will focus on the Thai cuisine of Southeast Asia. Here, the flavors are more tropical, and we will be using many of their fresh ingredients. Our focus will be on authentic regional dishes!

Menu: Thai Chicken Coconut Curry & Light and Crispy Veggie Spring Rolls

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Holiday Apps & Hors d' Oeuvres

(adults)

Of course, everyone loves the holiday meal but who doesn't love the bites beforehand? Tonight, Chef will work with students on planning and putting together the perfect "small bite" before any holiday meal or for your New Year's Eve soiree!

Menu: Vol Au Vents with Caramelized Onions & Goat Cheese, Cucumber Cups Stuffed with Crab Salad, Chef Stephen's Cranberry Bacon Chutney with Homemade Crostini

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays out the steps to make the perfect pierogi, just like her grandmother taught her. Learn how to create the dough, mix a traditional, home-style potato filling and practice the technique for rolling, cutting and stuffing the pierogi. And of course, enjoy a taste when you're done!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Inspired Homemade Holiday Food Gifts

(adults)

Homemade gifts for family, friends or co-workers (that they can take a bite out of!) are such a nice way of saying "I am thinking of you" during the holidays. Chef will discuss with you how to create the perfect edible gift, and Mrs. Chef will show you how to wrap it up with some holiday flair!

Menu Ideas: Chef Stephen's Cranberry Bacon Chutney; Chili Infused Pecans and Classic Homemade Brownies Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Spirited Holiday Cookies

(adults)

Definitely not for the kiddies, these grown-up cookies will be a delight at your next holiday party. Brush up on measuring, mixing and baking techniques with Chef and Mrs. Chef, while creating cookie recipes designed with spirits in mind. Take home recipe packet (and a taste test!).

Cookie Plate: Classic Rum Balls and Anisette Biscotti Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tarts: Sweet & Savory

(adults)

Why savory? Tarts are not always necessarily sweet. Frittatas, quiches and other souffle type dishes are all in the tart family. Tonight, Chef Stephen Wolff will demystify the simple techniques of making your own fresh tarts.

Menu: Apple Galette (using puff pastry); Asparagus & Leek in Savory Crust

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

EDUCATION & ENRICHMENT

GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game. Not an instructional program; for experienced players.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Jan 8-Feb 19 10:00 AM-12:00 PM . . . M7541X

Learning Mahjong for Beginners

(adults)

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

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 9-Feb 20 11:30 AM-1:30 PM MB741X Thu, Jan 11-Feb 22 12:30-2:30 PM MB641X



Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open play format and is for players who have knowledge of how to play. No instruction is provided; those with no previous knowledge of the game should register for Learning Mahjong for Beginners.

Seven Sessions \$30.00 Per Person

Novices

Players must have some knowledge of how to play Mahjong.

Fort Monmouth Rec Ctr Program Room C

Mon, Jan 8-Feb 19 10:00 AM-12:00 PM . . . M7641X Fort Monmouth Rec Ctr Atrium Room

Wed, Jan 10-Feb 21 10:00 AM-12:00 PM . . M7741X

Experienced

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 2-Feb 13 9:30-11:30 AM........MB441X Thu, Jan 4-Feb 15 9:30-11:30 AM.......MB541X

GENEALOGY

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, Feb 10 2:00-4:00 PM Q3441X

Genealogy: Understanding the Federal Census Records

(ages 14 and up)

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

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

SAFETY

Boat America

(ages 13 and up)

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

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$82.50 Per Person Thompson Pk Vis Ctr Beech Room

Sat, Feb 10 8:30 AM-5:00 PM Q2841A

Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Dec 5 6:30-10:00 PM.	•	•	•	 •	•	•	•	•	.Q1641A
Thu, Jan 11 6:30-10:00 PM		•			•	•	•	•	.Q1741A

Save a Life! CPR AED Certification

(ages 14 and up)

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

One Session \$85.00 Per Person

Thu Doc 7 7:00 0:20 DM

Freneau Wds Pk Vis Ctr Program Room 2

111u, Dec / /:00-3:30 PW	QZ 14 1A
Thompson Pk Vis Ctr Beech Room	
Mon, Dec 11 7:00-9:30 PM	Q2241A
Thu, Jan 25 7:00-9:30 PM	Q2341A
Mon, Feb 12 7:00-9:30 PM	Q2441A

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 \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Jan 29 7:00-9:30 PM	Q2741A
Thompson Pk Vis Ctr Beech Room	
Sat Jan 20 10:00 AM-12:30 PM	Ω2541Δ

HEALTH & WELLNESS

A Handmade Holiday: DIY Aromatherapy Gifts

(adults)

Get your crafty on just in time for the holidays! In this fun hands-on workshop led by Kim Buono, you will make and take home three products using essential oils that you can keep for yourself or gift to others: a peppermint patty lip balm, a "smells like the holidays" room spray and a lemon drop sugar scrub. All recipes and supplies will be provided.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Dec 14 10:00-11:30 AM. A7841X

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series **Free**

(adults)

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

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 9-Mar 12 7:00-8:00 PM D1941A

Program meets 1/9, 2/13 & 3/12

Memory Cafe Pres

(adults, with age related memory loss)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information 732-460-1167, ext. 24.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 23-Mar 26 10:30 AM-12:00 PM . . PD014A

Program meets: 1/23, 2/27 & 3/26

Chakra Bowls Meditation

(adults)

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

Four Sessions \$45.00 Per Person
Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 18-Feb 8 7:00-8:00 PM. Q0541X Thu, Feb 15-Mar 7 7:00-8:00 PM Q0641X

Essential Oils for Self-Care

(adults)

Are you stressed out? Do you burn the candle at both ends? Do you feel tired or wired all the time? If so, this class is specifically designed for YOU! Join wellness educator Kim Buono for an educational and hands-on workshop where you will learn which essential oils will easily support your self-care and will help "keep your cup full". You're only a sniff away from some of the most effective self-care - gifts from the plant world! You will also make and take home two essential oil products to support self-care. All recipes and supplies are provided. One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Feb 8 10:00-11:30 AM A8041X

High Vibrational Energy Foods

(adults)

Let's explore colorful foods that are powerhouses to nourish our in-body chakras. Learn about foods that make and support the body's natural endocannabinoids to feel relaxed, calm and grounded.

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

One Session \$35.00 Per Person
Thompson Pk Vis Ctr Walnut Room

Wed, Jan 10 6:00-7:00 PM A3341X

Inner Development

(adults)

Spiritual Teacher Eckhart Tolle said, "If you get the inside right, the outside will fall into place". Learn to increase your ability to reflect, deepen your awareness, listen deeply, and give voice to your needs so you can act according to your deepest values.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Meditation Retreat

(adults)

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

One Session \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 20 9:00 AM-3:00 PM Q0841X

New Year's Vision Boarding & Essential Oils

(adults)

Are you ready to up-level your manifestation game and have fun while you're at it? This class, led by Kim Buono, will include a guided meditation to help clarify your vision. With clear intention, we will dive into the creative process of putting images and words on paper that support your personal vision. Essential oils will be available for blending to support the intention setting, meditation and creative process of vision boarding. What to bring: an open mind, old magazines or other inspiration on paper, poster board or other kind of "board" of your choice. Leave with a manifestation roller bottle blend and spray.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 11 10:00-11:30 AM A7941X

Square Dancing Level 2

(adults)

Find out why so many people have so much fun being "squares." Must have taken Square Dance Level 1 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 2-Mar 19 7:00-9:00 PM A1441X

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

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

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

Beginner

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

Tatum Pk Red Hill Act Ctr

Six Sessions \$96.00 Per Person

Fri, Jan 5-Feb 9 11:30 AM-12:50 PM A0741X Mon, Feb 26-Apr 1 11:30 AM-12:50 PM. . . A0841X

Begin or Review!

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

Four Sessions \$93.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Thu, Jan 11-Feb 1 6:00-7:30 PM. A0341X Clayton Pk Act Ctr Classroom A

Wed, Jan 17-Feb 7 11:00 AM-12:30 PM . . . A0641X Dorbrook Rec Area Act Ctr

Thu, Feb 22-Mar 14 12:30-2:00 PM A0441X Sat, Feb 24-Mar 16 10:30 AM-12:00 PM. . . A0541X

Intermediate

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

Six Sessions \$96.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Feb 26-Apr 1 11:30 AM-12:50 PM. . . A0941X

T'ai Chi Chih® Advanced Form: Seijaku

(adults)

For those students who have completed both Beginner and Intermediate level series. Additional principles of movement are taught as well as supplementary Chi cultivation methods, resulting in more enhanced benefits and a deeper understanding of the practice. Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

Six Sessions \$96.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 5-Feb 9 10:00-11:20 AM A1041X

HORTICULTURE

Botanicals and Booze: Herbs and Plants in Liquor Production

(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 Horticultural Center

Deep Cut Gardens Greenhouse Tour

(adults)

Spend time in the lush, warm Display Greenhouse and get the inside scoop on our collection from the horticulturist who cares for the plants. Unique plants will be pointed out and how to care for different plants can be discussed.

One Session \$15.00 Per Person

Deep Cut Gardens Outdoor Area

Sun, Feb 11 10:30-11:45 AM. H1941X

Evergreen Holiday Wreath

(adults)

Evergreen wreaths echo the beauty and scent of the winter season bringing the outdoors inside. Using a simple base, combining a medley of fit, pine, hemlock or arborvitae underscore the natural attractiveness of conifers. Woven satin, velvet, and plaid ribbons display elegance this time of year. All of our materials are organic, fresh and sustainable.

One Session \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 7 4:00-5:15 PM H0641X Fri, Dec 8 11:00 AM-12:15 PM H0741X

Fabulous Felted Ornaments

(adults)

Make a hand-made ornament to decorate your home or give as a gift to a loved one. We will be using the needle felting technique to make one-of-a-kind ornaments. Choose between traditional shapes or follow our lead for floral-inspired designs. All the ornaments you make are yours to keep.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 16 10:00-11:30 AM H2841X

Fitness Walks in the Garden



(adults)

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

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 14 9:00-10:30 AM	12941X
Thu, Jan 11 9:00-10:30 AM	13041X
Thu, Jan 25 9:00-10:30 AM	13141X
Thu, Feb 8 9:00-10:30 AM	13241X



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-bystep instructions and demonstrations in an informal environment, making it easy for everyone to take the next step and create without the fear of failing. We are happy to accommodate private parties and groups, just ask for our date availability. Each individual session has its own theme and will require separate registration. All the necessary tools and materials will be provided and your design is yours to keep.

"A Touch of Spring Fever"

Tulips, roses and fresh branches provide welcome seasonal element in a charming design

One Session \$55.00 Per Session

Deep Cut Gardens Horticultural Center

Thu, Feb 29 4:00-6:00 PM H0541X

National Seed Swap Day 🕬

Saturday, January 27, 10:00-11:00 AM

Freneau Woods Park Visitor Center

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds you don't need anymore. Join us for the Park System's Seed Swap! Vegetable/Annual/Perennial/Native seeds are all welcome (no invasive species).

Place your seeds in a sealed envelope or Ziploc bag, labeled with the: plant name, year collected, where it was bought or collected from, and a photo of the plant (optional). Throughout January, if possible, please deliver your seed submissions to Huber Woods Park Environmental Center.

For more information on the event, call 732-872-2670.

From the Garden to Your Glass

(adults)

Taste the abundance of flavors and richness of healing powers all easily achieved from simple garden ingredients. A recent poll suggests that the average household spends more on soft drinks than any other food group. Attending this session will broaden your skills and set you up on a productive journey of your own, growing, mixing and enjoying the unique tastes you and your family like. Shrubs, digestive syrups, tonics and herbal infusions are all on the menu as well as specific recipes and easy to follow instructions.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Gardening with Native Plants for Multiple Seasons of Interest, Some Even Through Winter!

(adults)

Well-adapted native plants are practical and easy-care plant choices to incorporate in your landscape. They are beneficial for birds, butterflies, hummingbirds, pollinators, beneficial insects and are all around important for our ecosystem. Discover the wealth of diverse "non-weedy" native plants available that are well-suited to integrate into your gardens and landscape.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Tried and True Easy-Care Native Shrubs

Sun, Feb 11 10:00-11:45 AM. H1241X

Tried and True Easy-Care NJ Native Perennials -

Tried and True Easy-Care NJ Native Perennials -Part 2

Sun, Feb 25 10:00-11:45 AM. H1441X

Green Holiday Hydrosol

(adults)

It's the holiday season of giving! Vibrant evergreens hold the secret to safe and natural fragrances that can bring cheer and joyful scents into our homes. Together we will create our own room fragrance that is safe, sustainable, and budget-savvy. Treat yourself or give to others this homemade apothecary treasure.

One Session \$29.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 3 10:30 AM-12:00 PM H0441X

Grow New Plants, Meet New Friends



Everybody knows that the best way to get new additions to your plant collection is to get a stem or two from your friend, (neighbor, coworker) and root it yourself. The reward is exponential when you succeed is raising the gifted plant. This session will give you an opportunity to do just that: come and bring a plant to share and get something else in exchange. Don't know how to propagate? Rest assured; we will teach you.

One Session \$16.00 Per Person

(adults)

(adults)

Deep Cut Gardens Horticultural Center

Herbal Vinegar, Infusions and More



Growing your own herbs is only the first step to a world of possibilities. In this session, we will open the door to the use of herbs in creating piquant, tantalizing tastes, colors and fragrances to elevate the flavor of your salads, soups, vegetables and main courses. Simple and rewarding, flavoring vinegars is the easiest of gardening crafts. Together we will create several different kinds for you to take home and we will share recipes and material for your future creations.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Houseplants 101

(adults)

Are you someone who has trouble keeping that gifted plant alive? Perhaps your favorite houseplant is suffering from an unknown disorder. Please join us in the Display Greenhouse at Deep Cut Gardens to discuss tips and techniques for growing beautiful houseplants. Proper light requirements, watering, fertilizing, transplanting, and common pest problems will be covered.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Have a question about your Monmouth **County Park System parks or facilities?** Our information staff is here to help! Call 732-842-4000, ext. 4312.

Hydrosols for Self-Care

(adults)

Attending this workshop will benefit your self-care routine to include organic, fresh and sustainable products that are free of harmful chemicals, oil residues, and dyes. We will teach you about the beneficial power of hydrosol and will demonstrate how to make it at home. This process could be a closed loop if you happen to grow your own herbs, like we do here at Deep Cut Gardens. Let us inspire you to find better resources for your well-being and empower you to take the leading step towards hand-crafted, fresh hydrosols mixtures.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

"Love Birds" Bird House



(adults)

Are you looking to attract more birds to your garden? Why don't you make them a lovely home ready for the nesting season? These organic dried gourds are a perfect choice for small birds. Join us as we transform them into colorful garden art. Wear your best painting clothes.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 10 11:00 AM-12:15 PM. H1041X

Make Healing Herbal Salves

(adults)

Join us and learn how to craft powerful plant-infused salves to treat a variety of topical conditions, from bug bites to arthritis. We will discuss the importance of herb-infused oils and specify each of their individual qualities. Step-by-step instruction will be provided as well as a hands-on demonstration on salve making.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Mini Lavender Bath Bombs DIY

(adults)

We are making bath bombs from scratch using lavender from our garden, will you join us? This program is a hands-on session on making fizzy self-care treats for your next at-home spa day. With step-by-step easy to follow instruction everyone will triumph, best of all you get to keep them.

One Session \$29.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 27 11:00 AM-12:30 PM H0941X

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 \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Pruning Basics

(adults)

Winter is the best time to prune in zone 7. Take this class to learn best practices for pruning your woody trees and shrubs. Pruning techniques for both health and beauty will be discussed. You will also learn which plants you should avoid pruning in this season.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 17 10:30 AM-12:00 PM. H0341X

Rose Growing Tips

(adults)

Roses outperform every other kind of garden plant in the number of flowers they produce, in the length of their blooming season, and in their normal life expectancy. Meet the world's best-known and most popular ornamental plant and let us introduce you to its secrets. Roses have an irresistible combination of elegance and charm, thorny strength, and satin-petaled delicacy, and their blooms come forth in a wonderful variety of colors, sizes, shapes and fragrances.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 24 10:30-11:40 AM H2041X

Shrooms and Snowshoes

(adults)

This is our winter mushroom survey, where we see what is still left hanging on the trees. Please, remember this is an outdoor foray, wear boots and all warm winter gear is recommended as we will be walking in the woods. If there is snow accumulation, snowshoes will be useful.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 2 11:00 AM-12:30 PM H0241A

Solstice in the Garden

(adults)

Occurring on December 21, 2023, the solstice marks the start of winter. The word 'solstice' combines the Latin words for sol (sun) and sistere (to stand still) and is the point where the Sun appears to reach its lowest point in the sky for the year and thus ancient astronomers came to know the day as one where the Sun appeared to stand still. In this class, we will make a few solstice greeting cards and create a greenery swag that integrates some symbols of the beginning of winter. Bring pictures, poems, charms, dried plant material or quotes you would like to integrate with your cards. We will also supply lots of materials. If you have sharp scissors and a paper cutter, bring them.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 21 11:00 AM-1:00 PM H0141A

Wooly Winter Needle Felting

(adults)

Warm up with a felting class this Winter! In this twohour class you'll learn how to turn un-spun wool into your own miniature 3D creation, and you'll walk away with a finished project and some basic ideas to continue crafting beyond the classroom. New to needle felting? Don't worry-- it has a quick learning curve!

Christmas Baubles

One Session \$30.00 Per Session

Deep Cut Gardens Horticultural Center

Fri, Dec 15 10:30 AM-12:30 PM H2641X

Wreath of Winter Woodland

Treasures NEW

(adults)

There are millions of treasures to be found in the fields and on the forest floor of Tatum Park. Join us on a winter hike, take in the fresh air and collect what catches your eye. Than return to the Horticultural Center and look up all your treasures' names to get acquainted with winter's foliage and plant. Saving the best for last, we will make a one-of-a-kind wreath that is all yours to keep and to continue to add-on as the seasons change.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 20 11:00 AM-2:00 PM. H0841X

NATURE

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all of your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing all of our senses to indulge and discover the natural world around us has many proven benefits. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover approximately ½ mile. Inclement weather or muddy/icy trails will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Jan 7 12:00-1:00 PM (approx). IKT41X Sun, Feb 4 12:00-1:00 PM (approx) IKU41X

Wild Winter Woody Identification

(adults)

Take a brisk walk-through Tatum Park with a trained botanist and learn how to identify woody plants in the winter. Identifying plants in the winter can be difficult. Some experience will be helpful. Bringing a 10X jeweler's loupe is also recommended.

One Session \$18.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Sun, Jan 28 10:30 AM-12:30 PM H1741X Sun, Feb 25 10:30 AM-12:30 PM H1841X

Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00 pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$15.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Jan 27 1:00-2:30 PM (approx) IK241X Sun, Feb 25 1:00-2:30 PM (approx) IK341X

Winter Beach combing at Seven Presidents

(adults)

Avoid the traffic and crowds when you visit a beach in the off season. Join a Park System Naturalist as we explore the edge of the beach for shells, sea stars, seahorses, sea glass, stones, bones, and other weird and wonderful finds during the mellowness of winter. Please bring an old cloth bag or pail to collect your finds. Leave your swimsuit and suntan lotion at home. We will meet outside near the Activity Center. Inclement weather will cancel the program.

One Session \$8.00 Per Person

Seven Presidents Pk Act Ctr

Sun, Feb 11 12:00-1:00 PM (approx). IKH41X

Winter Birding at Sandy Hook!

(ages 14 and up, under 18 with adult)

Not all birds fly south for the winter! A surprising number of species call NJ home during this season. Explore the birdlife of the "hook," which is well known as one of the premier birding destinations in the state. We will look for ducks, loons, eagles, wintering songbirds, and hopefully a surprise or two. Please dress potentially freezing weather (layers), and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them.

One Session \$9.00 Per Person

Sandy Hook B Lot

Wed, Jan 10 9:00-10:00 AM (approx) IKQ41X

Winter Nature Walks

Casual Birder (2000)

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. We will go even with light rain or snow so please come dressed for the weather.

Join us on the following Tuesdays at 9:00 AM:

December 5 at Fisherman's Cove Outdoor Area

January 16 at Seven Presidents Pk Pavilion

January 30 at Manasquan Res Env Ctr

February 13 at Perrineville Lake Pk Agress Rd Parking Lot

February 27 at Bayshore Waterfront Pk

Wondrous Winter Walks (Prec)



(all ages, under 18 with adult)

Nature walks are like snowflakes, each one is unique in its own way. Toss on your winter gear and tag along with a Park System Naturalist as you explore the serenity that is nature in the wintertime.

Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

Meet on the following Wednesdays at 10:00 AM:

January 3 at Manasquan Res Env Ctr Parking Lot

January 17 at Hartshorne Wds Pk Rocky Point Parking Lot

January 31 at Freneau Wds Pk Vis Ctr Parking Area

February 14 at Big Brook Pk Parking Lot

February 28 at Clayton Pk Emley's Hill Lot

Winter Birding at the Bayshore

(ages 14 and up, under 18 with adult)

While many birds go south in the winter, some birds call NJ home in winter. Join us along Sandy Hook Bay as we search for wintering ducks, loons, gulls, and hopefully a surprise or two. Please dress for cold weather (layers), and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Dec 13 9:30-10:30 AM (approx) IKN41X Wed, Feb 28 9:30-10:30 AM (approx) IKP41X

Winter Birding Expeditions

(ages 16 and up)

Rare and unexpected birds visit New Jersey every winter. It is also a great time to look for waterfowl. Join our day-long adventures to state-wide destinations determined by recent "rare bird reports." Participants should bring binoculars, lunch, and warm clothes. Transportation will be via mini-bus.

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 6 8:00 AM-5:00 PM .	•	•	•	•	•	•	•	•	10841X
Wed, Jan 17 8:00 AM-5:00 PM.									10941X
Wed, Feb 14 8:00 AM-5:00 PM									I1041X

Winter Solstice Walk

(all ages, under 14 with adult)

Celebrate and embrace the first day of winter by soaking in the sunlight on the shortest day of the year! Join one of our Park System Naturalists for a stroll through Freneau Woods. Remember to dress accordingly for the weather and wear comfortable walking shoes.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Thu, Dec 21 10:00-11:00 AM. IKV41X

OUTDOOR ADVENTURES

CROSS-COUNTRY SKIING

After-Work XC Ski Clinic



(adults)

Now's the time to embrace a new winter activity, CROSS-COUNTRY SKIING! Under the light of the almost Full Snow Moon, we will teach you the basics of crosscountry skiing: diagonal stride, herringbone, star turn, getting up from a fall, and more. This clinic takes place on our custom ski mats unless mother nature provides some natural snow. All equipment will be provided; please supply your height, weight and shoe size when registering. Enjoy a cup of hot cocoa and s'mores around our firepit to conclude our evening. This program will run with or without snow.

One Session \$30.00 Per Person

Thompson Pk Ski Hut

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 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.

Snowy Owls of Monmouth County

Saturday, December 16, 3:00-4:00 PM

Freneau Woods Park Visitor Center

This largest (by weight) North American owl shows up irregularly in winter in New Jersey to hunt in windswept fields or sandy dunes. Get ready for the snowy owl season as a Park System Naturalist will share general information about Snowy Owls, including their behavior and movements- such as why they may travel down from their breeding grounds in the Arctic to more southern latitudes, and what makes these birds so fascinating to so many people.

Philip Freneau: Monmouth County Poet and Patriot

Saturday, January 27, 3:00-4:00 PM

Freneau Woods Park Visitor Center

Join local historian Barry Orr as he discusses the life of poet, journalist, patriot and sea captain, Philip Freneau (1752-1832), who is best known as the "Poet of the American Revolution." This talk briefly describes Freneau's important contributions to American history and literature and explores how his strong connections to the people and natural places of Monmouth County influenced his life and work. This talk is not to be missed.

Winter Flounder: More than Just a Flat Fish

Thursday, February 15, 7:00-8:00 PM

Bayshore Waterfront Park Activity Center

You might know flounder from The Little Mermaid movie, but there is more to flounder than just a pretty face. Winter Flounder are currently heavily regulated in New Jersey, cutting down drastically the ability to catch these popular fish. Discover the history and ecology of winter flounder and why the population is suffering. While there are many flounders in the sea, there is only one winter flounder that calls the Jersey Shore home.

Cross-Country Ski Experience

(adults)

Get outside this winter and experience the Olympic sport of cross-country skiing. Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. This program will run with or without snow. In the event of no snow, we will use our custom ski-mats to simulate snow. All ski equipment is provided.

One Session \$28.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 16 8:30-10:30 AM	.W7241X
Sat, Dec 30 8:30-10:30 AM	.W7341X
Sat, Jan 13 8:30-10:30 AM	.W7441X
Sat, Jan 27 8:30-10:30 AM	.W7541X
Sat, Feb 10 8:30-10:30 AM	.W7641X

"Split Pea" Cross Country Ski

(adults)

Learn the basics of cross-country skiing and then enjoy our fire pit with some warm, delicious soup and drinks. If nature does not supply us with snow, we will have class on our outdoor ski mats. All equipment provided. When registering, please provide your height, weight, and shoe size so we can prepare your equipment.

One Session \$32.00 Per Person

Thompson Pk Ski Hut

Mon, Jan 29 10:30 AM-12:30 PM (approx) . . W6541X

Cross-Country Ski and Snowshoe Rentals

Cross-country ski and snowshoe equipment available for rent at the Thompson Park Ski Hut, Lincroft. Skis and/or snowshoes are available on a first come, first serve basis.

Equipment must be returned by 5:00 PM.

December 15, 2023-March 15, 2024 Rental hours: 9:00 AM-5:00 PM

Conditions Permitting. Closed December 25, 2023.

Ski Equipment: \$20.00 per person Children 8 & Under: \$15.00 Snowshoes: \$15.00 per person

For more information, call 732-842-4000, ext. 4312.

HIKING

Backcountry Cooking

(adults)

Cooking in the backcountry doesn't have to mean pre-packaged freeze-dried meals full of sodium and preservatives. Learn to take your camp skills to the next level and become the ultimate trail chef. A backpacking professional will share the ins and outs of cooking in the backcountry. Everything from planning and packing to preparing mouthwatering meals on any kind of stove (or campfire). Afterwards, we will practice these skills and see what we can create.

One Session \$52.00 Per Person

Turkey Swamp Pk Outdoor Area

Beginner Hikes Within Your County Parks

(adults)

Hiking is a wonderful way to immerse yourself in the outdoors. In this winter series we will discuss how to stay warm and dry, reading a trail map, proper trail etiquette and most importantly meeting other beginner hikers as we hit the trail. We hope this program provides you with the confidence and motivates you to bigger adventures in your parks.

Rating: Easy, slow pace, dirt, possible icy snowy trails, slight inclines. Miles: 2+

Five Sessions \$58.00 Per Person

1/18 - Thompson Pk Vis Ctr Beech Room

1/25 - Shark River Pk Shelter Bldg

2/1 - Freneau Woods Pk Vis Ctr

2/8 - Turkey Swamp Park Shelter Bldg

2/15 - Hartshorne Wds Rocky Pt Parking Lot

Thu, Jan 18-Feb 15 9:30 AM-12:00 PM . . . W1141X



Between the Holidays Hikes

(adults)

Being in nature can boost your mood and improve your mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Be inspired to learn more about your county parks with this "Between the Holidays" hiking series. This program will meet at four different parks and hike a combination of dirt trails and paths. Experience for yourself that the forest is good for the soul.

Rating: Moderate pace, rocky terrain, sandy/dirt trails, some ascents and descents. Miles: 3-5

Four Sessions \$60.00 Per Person

11/28 - Thompson Pk Estate Lot

12/5 - Huber Woods Pk Env Ctr Lot

12/12 - Tatum Pk Red Hill Rd Lot

12/19 - Hartshorne Wds Rocky Point Lot

Tue, Nov 28-Dec 19 10:00 AM-12:00 PM . . W8634X

Bundled-Up Hikes

(adults)

Welcome Old Man Winter with open arms by discovering some trails in your NJ State Parks. Winter can be a spectacular time to be outdoors as long as you are prepared. Our hikes will take us through deciduous forests, past meadows, scenic waterfalls, panoramic views, which are just some of the amazing winter sights. Rating: Moderate, moderate pace, views, sandy, rooty, rocky-icy-snowy trails possible. Miles: 4.5-6+

One Session \$60.00 Per Session

Thompson Pk 3 Barns Parking Lot

Kittatinny Valley

Sun, Jan 28 7:00 AM-4:00 PM (approx) . . . W7041X

Wharton State Forest

Sat, Feb 24 7:00 AM-4:00 PM (approx) . . . W6741X

Diamond Mountain Stony Brook Loop Hike NEW

(adults)

Hike in a picturesque section of southern Harriman State Park during a quiet time of the year. Trekking poles as well as Tracker/Crampons are also suggested (to aid on icy trails). In cases of snowfall, snowshoes may be provided.

Please Note: Hiking boots are required.

Rating: Moderate to strenuous, quick pace, steep

ascents and descents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale One Session \$60.00 Per Person Thompson Pk 3 Barns Parking Lot

Sat, Feb 3 7:00 AM-3:00 PM (approx) W6941X

Full Moon Hikes

(adults)

No need to be afraid of the dark as the brightness of the full moon will provide the light as we discover the peacefulness of a winter hike at Thompson Park. After our hike, we will enjoy time around the campfire ring with a cup of chili and s'mores. Dress in warm layers, as this is an outside program. Snowshoes will be provided if we have snow.

Please Note: Hiking boots are required; headlamps and flashlights are encouraged.

Rating: Easy; Icy, snowy, muddy trails, flat. Miles: 2-4 One Session \$30.00 Per Person

Thompson Pk Ski Hut

Thu, Jan 25 5:30-8:00 PM (approx). W2441X

Hartshorne Woods County Park Hike



Discover the beauty, challenge, and history of Hartshorne Woods as we hike the entire park - through mountain laurel over rolling hills, enjoy river and ocean views, and check out military bunkers from WWII. Hiking shoes or boots are required. Meet at Hartshorne Claypit Creek parking lot at 8:30 AM or hop on the minibus leaving from Thompson Park at 8:00 AM. Hikers age 14 and up welcome to register with a paying adult.

Rating: Moderate to strenuous, moderate pace, ascents and descents, 1,000 ft elevation gain. Miles: 9.5

Instructor: Andrew Imperiale

One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 9 8:00 AM-1:30 PM (approx) W0141X



An excellent hike as usual! I always recommend the Park System's hikes, as well as many other programs, to my friends.



Just the Ladies

Enjoy the outdoors this winter with other women who have the same adventurous interests!

Ladies Adventure in the Catskill Mountains

(adults)

Head to the Mountains! The plan is to snowshoe hike for two days: on the hiking menu is summiting Slide Mountain (4,134'), Giants Ledge (3,214'), and/or Red Hill Firetower (2,990'). If we are lucky, we will be snowshoeing. Otherwise, micro spikes and trekking poles are required. EVERYTHING depends on the weather; it will be great to get to the mountains and breathe in the cool crisp air. Fee includes heated lodge (bunk rooms/bathrooms), 2 breakfasts, 1 dinner, snowshoes, transportation, and guides.

Registration Deadline: December 23 (registration will remain open until March 18 if the minimum is met by December 23).

Please Note: A required pre-trip meeting will take place on Monday, March 18, from 6:30-8:00 PM at the Thompson Park Ski Hut.

Rating: Strenuous/difficult, snow, icy, muddy, cold temps, views. Miles: 2-6

\$490.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Mar 22-24 3:00 PM-3:00 PM . . W0242X

Ladies Weekend of Adventure and Relaxation

(adults)

Join "just the ladies" hiking during the daylight and a warm cabin to relax in the evening. We stay at the AMC's Mohican Outdoor Center, surrounded by the beautiful Kittatinny Mountains. Lodging amenities include bunk rooms, private baths, full kitchen, and fireplace. Price includes one dinner, two breakfasts, snacks, warm drinks, snowshoes, transportation, and Park System leaders.

Registration Deadline: December 10 (registration will remain open until January 3 if the minimum is met by December 10).

Please Note: A required pre-trip meeting will take place on Wednesday, January 3, from 6:30-8:30 PM at the Thompson Park Ski Hut.

Rating: Moderate, rocky terrain, icy, views, waterfall, some steep ascents and descents. Miles: 3-6 per day

\$360.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Jan 12-14 7:00 PM-3:00 PM . . . W7741X

Ladies Winter Hiking Club

(adults)

Don't let the cold temperatures of winter keep you indoors! Join us as we tackle the trails during one of the most beautiful seasons outdoors. We will meet you at a different park each week for this winter adventure. Please Note: Hiking boots are required; trekking poles and yak tracks recommended.

Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2-4

Nine Sessions \$117.00 Per Person

1/2 - Thompson Park 3 Barns Lot

1/9 - Freneau Woods Park

1/16 - Holmdel Park Lake

1/23 - Shark River Park, Schoolhouse Rd

1/30 - Huber Woods Env Ctr Lot

2/6 - Tatum Park, Holland Parking Area

2/13 - Turkey Swamp Park, Campground Office Lot

2/20 - Thompson Park Estate Lot

2/27 - Hartshorne Woods Rocky Point Lot

Tue, Jan 2-Feb 27 10:00 AM-12:00 PM . W6441X Tue, Jan 2-Feb 27 12:30-2:30 PM W7141X

Women on the Trail

(adults)

Enjoy the crisp winter air with a hike in the parks. Join like-minded women as you discover the winter beauty in your parks and yourselves. If mother nature provides snow, we will provide snowshoes. Boots are required, trekking poles and shoe stabilizers highly recommended for icy trails (limited amount of yak tracks/micro spikes to borrow). Be sure to dress in noncotton layers and carry a day pack large enough to put your layers in as you warm up.

Rating: Moderate/easy. Miles: 2-5 (pending trail conditions)

Six Sessions \$78.00 Per Person

1/10 - Thompson Pk 3 Barns Lot

1/17 - Freneau Wds Pk Visitor Ctr

1/24 - Perrineville Lake Pk Witches Hollow Rd Lot

1/31 - Manasquan Res Env Ctr Lot

2/7 - Shark River Shelter Bldg School House Rd Lot

2/14 - Hartshorne Wds Pk Rocky Point Lot

Wed, Jan 10-Feb 14 11:00 AM-1:00 PM . W2241X



Hike the Back 9

(adults)

The green is gone and tees are put away, but do you want to explore our golf courses anyway? Once a month we will meet at a different Monmouth County golf course and hike the peaceful fairways that are closed for the winter season.

Three Sessions \$33.00 Per Person

1/5 - Hominy Hill Golf Course

1/26 - Pine Brook Golf Course

2/16 - Howell Park Golf Course

Fri, Jan 5-Feb 16 10:00 AM-12:00 PM W6141X

SOLO Wilderness First Aid Course

(ages 16 and up)

This 16-hour, two-day, entry-level course is the ideal certification for outdoor enthusiasts and trip leaders seeking knowledge on how to handle backcountry emergencies. Taught by SOLO Wilderness Medical School, this course will teach you how to employ proper prevention through trip planning, equipment selection, and preparation. You will also learn how to perform wilderness emergency care when needed. Indoor and outdoor sessions are included.

Two Sessions \$200.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sunrise Hikes at Seven Presidents



(adults)

Winter is one of the best times to experience the sunrise. It's a beautiful, serene time as the sky lightens as the sun rises. Let's finish off the year and/or start the new year walking the uncrowded beach and learning the fascinating history of why Long Branch was the nation's vacation capital. The hike will take place on the beach and the boardwalk covering 3-4 miles. Dress in layers, have a wind jacket, hat, gloves, and camera.

Rating: Easy/moderate, sandy, boardwalk. Miles: 3-4

One Session \$19.00 Per Person

Seven Presidents Pk

Weekday Travel Hikes

(adults)

Travel each month this winter to a new and different out-of-county park, where we enjoy the solitude of a weekday winter hike. If mother nature provides us with snow, snowshoes will be provided. Be sure to dress in non-cotton layers and carry a day back large enough for clothes you may shed while warming up. Be sure to pack your lunch, extra layers, and water. Trekking poles are highly encouraged and hiking boots are required.

Rating: Moderate, hills, views, rocky trails, icy, muddy. Miles: 4-6 pending trail conditions

One Session \$58.00 Per Person Thompson Pk 3 Barns Parking Lot

Wells Mills, NJ

Hike the Pine Barrens.

Thu, Jan 4 8:30 AM-3:30 PM (approx) W2041X

Baldpate Mountain, NJ

Views of the Delaware River.

Mon, Feb 5 8:30 AM-3:30 PM (approx) . . . W2141X

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Beginner Acting

(adults)

Acting is a healthy way for us to create and recreate human emotions and life experiences. The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of the Body and the Center of the Stage is a way for us to explore and build upon not only as actors but also as human beings in our everyday life. Each of the following are different avenues of acting in which we can explore and build upon together. Both new and past participants are welcome as each experience is new with new scene partners and scripts.

Intro II

In this program we will delve deeper into The Four Centers technique and incorporate it into preparing a monologue and a scene.

Six Sessions \$120.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 25-Feb 29 3:30-5:00 PM. Q1441X

Open Mic Poetry Pree

(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 via rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Seasons

Sun, Jan 21 3:00-4:30 PM.	•	•	•	•	•	•	•		•	PE024A
Love										
Wed, Feb 21 7:00-8:30 PM										PE034A

The Freneau Woods Players: Frost Delay

(adults)

Find out what happens with a group of golfers at Gidden Hill Golf Course when the Superintendent calls "Frost Delay" in this original play. We will work together to bring this story to life in a performance on Friday, March 22. Roles and scripts will be distributed by the instructor on the first date of class. Actors will be responsible for creating their own costume and getting off book.

Instructor: Michele Demaree
Eight Sessions \$150.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Feb 2-Mar 22 6:30-8:30 PM Q1141X

Voicing You

(adults)

Our voice is an expression of our inner self. It connects us to the world around us. Dr. Carly York, College Music Professor, Certified Yoga teacher, and five-season professional member of the National Chorale in Lincoln Center, NYC is bringing her "Voicing You" program to the Park System. You will learn how to love the sound of your voice; how to strengthen your voice through yoga breathing and vocal exercises; and to gain increased self-confidence by expressing your true self through your unique voice. Please bring a yoga mat and water bottle.

Five Sessions \$200.00 Per Person Thompson Pk Vis Ctr Tulip Room

Thu, Jan 25-Feb 22 7:00-8:30 PM. Q0741X

Scene Showcase 🕬

Friday, December 15, 7:00 PM

Freneau Woods Park Visitor Center

Enjoy an evening of live theatre during our Scene Showcase! Admission is free!

For more information, please contact Michele Demaree at 732-842-4000, ext. 4239.

DANCE

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine in the 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended. Pre-requisite: Complete 2-3 sessions of Adult Tap Beginner Level 1 or similar experience.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Mar 12 3:00-3:45 PM A4641X

MUSIC

Rock to Bach - Guitar

(adults)

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

Eight Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

SPORTS & FITNESS

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class. Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Three Sessions \$45.00 Per Person

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Tue, Dec 5-19 5:30-6:30 PM		 	X014	1 X
Six Sessions \$90.00 Per Person				
Thu, Jan 4-Feb 8 5:30-6:30 PM		 	X814	1 X
Tue, Jan 9-Feb 13 5:30-6:30 PM		 	X794	1 X
Tue, Feb 20-Mar 26 5:30-6:30 PM		 	X804	1 X
Five Sessions \$75.00 Per Person				
Thu, Feb 22-Mar 21 5:30-6:30 PM		 	X824	1 X

Balanced Fitness

(adults)

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

Instructor: Jodi Kondracki

Seven Sessions \$98.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Kim Cugini

Twelve Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fort Monmouth Rec Ctr Group Fitness Room

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

Five Sessions \$65.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 18-Feb 15 6:15-7:10 PM...... X4641X Thu, Feb 29-Mar 28 6:15-7:10 PM..... X4741X

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
Six Sessions \$78.00 Per Person
Dorbrook Rec Area Act Ctr

Sat, Jan 20-Feb 24 11:00-11:55 AM X5341X

Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning 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! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance and strength as we engage the arms, legs, hips and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Instructor: Eryka Andrex

Ten Sessions \$130.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 10-Mar 13 5:00-5:55 PM X5541X

Beyond Basic Belly Dance

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Twelve Sessions \$216.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 9-Mar 26 7:25-8:55 PM X4141X

Core to the Max!

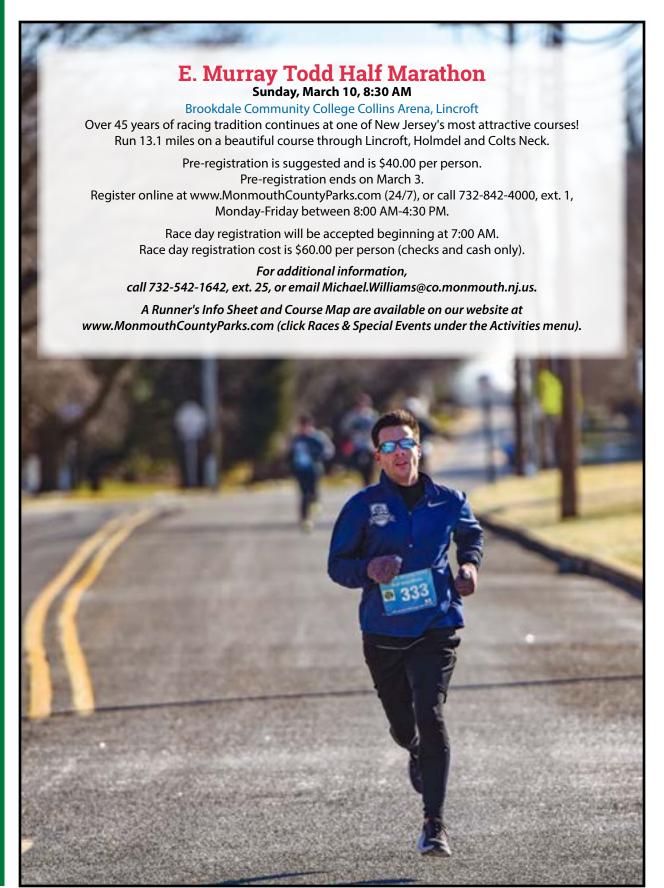
(adults)

Get ready to challenge your total core from the inside out! Join us for a quick and effective workout to strengthen and stretch your abdominals and lower back. Since your core is constantly working, you have to change up the exercises to challenge your muscles. Improve your balance and posture and strengthen your back as we work towards enhanced health and vitality. All levels are welcome.

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Three Sessions \$30.00 Per Person



Dance Tone Stretch

(adults)

This one-hour class is a fun mix of cardio dance, light toning, and a stretching session. Each class will open 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

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 26-Mar 15 5:30-6:25 PM X5041X

Foundation Training

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that teach your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the floor (or beach) to standing. All you need is an exercise mat (indoors) or beach towel (outdoors).

Instructor: Janice Volk

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Jan 12-Feb 16 9:45-10:30 AM. X5441X

Gentle Aerobics

(adults)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Instructor: Jodi Kondracki

Seven Sessions \$98.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 4-Feb 29 10:30-11:15 AM M8241X

No class 1/18 & 1/25



Eryka is an excellent instructor! I never thought I'd be taking belly dancing through the Park System, but Eryka's class has exceeded my expectations in every way.



Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Instructor: Eryka Andrex

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 18-Mar 7 7:15-8:10 PM X4841X

Juggling Fun

(ages 12 and up)

Are you looking to learn how to juggle, or improve your juggling skills? Look no further! Learn how to juggle from an Ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand/eye coordination. This program is designed for people with little or no juggling experience. Learn basic juggling skills, including the 3-ball cascade. 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 \$24.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 2 6:00-7:30 PM. Q3141A

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines or off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Twelve Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 9-Mar 26 10:30-11:15 AM. M9841X

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger and revitalized body. Improve your fitness level as we increase flexibility, strength and self-esteem. This motivating class will incorporate a warm-up, stretch and cool down into a toning and firming program that uses balls, bands and hand weights. Please bring a water bottle; wear comfortable clothing and crosstraining sneakers.

Instructor: Jodi Kondracki

Thirteen Sessions \$182.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed,Mon, Jan 3-Feb 28 8:00-9:00 AM. M7841X No class 1/15, 1/17, 1/22 & 1/24

Wed, Mon, Jan 3-Feb 28 9:15-10:15 AM... M7941X No class 1/15, 1/17, 1/22 & 1/24

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich
Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 6-Feb 10 8:00-9:00 AM X8741X Sat, Feb 17-Mar 23 8:00-9:00 AM X8841X

PILATES

Pilates & Stretch for Beginners

(adults)

Take your fitness to the next level with Pilates & Stretch! Our beginner-friendly program is designed to help you strengthen and develop your "powerhouse" - the abdominals, lower back, hips, and thighs. Feel the benefits of improved posture and flexibility, work on your deep abdominals, and get in shape with our safe and effective Pilates exercises. Classes will also focus on proper stretching to maximize your workouts and reduce injuries. Plus, don't forget to bring a water bottle; wear comfortable clothing, and cross-training sneakers so you can get the most out of your workout.

Seven Sessions \$98.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

Thirteen Sessions \$182.00 Per PersonFort Monmouth Rec Ctr Group Fitness Room

Wed,Mon, Jan 3-Feb 28 10:30-11:30 AM . .M8041X No class 1/15, 1/17, 1/22 & 1/24



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

Wed,Mon, Jan 3-Feb 14 7:15-8:15 PM. . . . X3341X No class 1/15

Mon, Wed, Feb 26-Apr 3 7:15-8:15 PM. . . . X3441X Tatum Pk Holland Act Ctr

Tue,Thu, Jan 2-Feb 8 6:30-7:30 PM. X3541X Tue,Thu, Feb 27-Apr 4 6:30-7:30 PM. X3641X

Pilates Mat Workout- Fort Monmouth

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing, and cross-training sneakers.

Instructor: Jodi Kondracki

Seven Sessions \$98.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

No class 1/19

VOLLEYBALL

Indoor Winter Volleyball League

(ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top team will receive t-shirts. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of the league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 3-Mar 13 6:30-9:00 PM X9241X

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

Five Sessions \$75.00 Per Person

Sun, Dec 10-Jan 21 9:00-10:00 AM. X2441X No class 12/24 & 12/31

Sun, Jan 28-Feb 25 9:00-10:00 AM X2541X

Afternoon Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy- this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 4-Mar 7 1:00-2:00 PM X6441X



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

Five Sessions \$75.00 Per Person

Sun, Dec 10-Jan 21 10:15-11:15 AM X2641X No class 12/24 & 12/31

Sun, Jan 28-Feb 25 10:15-11:15 AM X2741X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Talena Ward
Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 8-Feb 26 6:00-7:00 PM X6141X No class 2/19

Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

Ten Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Tulip Room
Fri, Jan 5-Mar 8 9:30-10:30 AM X7041X
Fri, Jan 5-Mar 8 11:00 AM-12:00 PM X7141X



Chair Yoga

(adults)

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

Instructor: Eryka Andrex
Dorbrook Rec Area Act Ctr

Ten Sessions \$130.00 Per Person

Wed, Jan 10-Mar 13 4:00-4:55 PM X3841X Five Sessions \$65.00 Per Person

Mon, Jan 22-Feb 26 5:00-5:55 PM X3741X No class 2/19

Fort Monmouth Rec Ctr Program Room D
Five Sessions \$65.00 Per Person

Wed, Jan 10-Mar 13 10:30-11:25 AM XAG41X

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.

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 20-Feb 24 9:00-9:55 AM X5241X

Codes of Creation in Movement™

(adults)

Invented by Mary Jane Kasliner, Codes of Creation in Movement® is a unique practice that explores the Yoganometry© sequence that energetically has a way to invoke the geometric codes of creation. This powerful set sequence propels the student into electromagnetic streams of higher dimensional consciousness. Here, the yogi can explore the vibrational relationship between yoga, heaven and earth while being inspired by their own divine consciousness. As MJ puts it: Everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body. Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Sixteen Sessions \$272.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 6-Mar 27 7:00-8:15 PM. X7741X No class 2/21

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 8-Feb 26 7:00-8:00 PM X6241X No class 2/19

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, Jan 11-Feb 29 9:30-10:30 AM X6341X

44

Instructor Talena Ward makes yoga accessible to everyone! A wonderful teacher!

77

Gentle Yoga

(adults)

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

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Five Sessions \$75.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 12-Feb 9 11:00 AM-12:00 PM X6041X Tatum Pk Holland Act Ctr

Mon, Jan 8-Feb 5 12:00-1:00 PM X5741X

Gentle Yoga Plus

(adults)

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

Please Note: You must be able to come down to the floor in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Five Sessions \$75.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 12-Feb 9 9:30-10:30 AM X5941X

Monday Moon Yoga

(adults)

Monday is Moon Day. Join this class to end the first day of week feeling calm and focused. This class will also prepare your body for restorative sleep. We will begin with Chandra Namaskar (moon salutations) then move through a series of cooling, calming poses. We will end with nadi shodhana (balancing breath). Bring a mat and water.

Instructor: Tiffany McCann

Eight Sessions \$120.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 8-Mar 4 7:00-8:00 PM. X7341X No class 2/19

Healing Sounds Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. The combination of specific sequenced postures also stimulates the meridians (energy channels) in the body to improve organ functionality. The healing sounds of Koshi chime, Hapi drum, and gentle music improves function to the energy body by increasing your overall vibration frequency. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. MJ encourages the yogi to fully surrender to self-awareness during this practice to clear the mind and ease the body.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Dec 5-Mar 26 7:00-8:15 PM X7541X No class 12/26, 1/2 & 2/20

Restorative/Yoga Nidra

(adults)

Restore Renew Refresh. Take this hour to remind yourself that you are the most important thing. This all-levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness. Practice involves restorative movements followed by a guided meditation/Yoga Nidra. Props are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Dec 6-Jan 17 6:00-7:00 PM X3041X No class 12/27 & 1/3

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Jan 31-Feb 28 6:00-7:00 PM X3141X

Saturday Morning Breath and Yoga

(adults)

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility and calm. Appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Sat, Jan 6-Mar 9 7:30-8:30 AM X7241X

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Seventeen Sessions \$289.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Fri, Dec 1-Mar 29 9:30-10:45 AM X7841X No class 2/23

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 4-Mar 25 7:00-8:15 PM. X7441X

No classes 12/25, 1/1 & 2/19

Winter Yoga

(adults)

Yoga is a practice of balance. In Winter Yoga, we will balance the dark, cold, heavy days of winter with a practice that ignites the body and mood. We begin the class with sun salutations, then move to poses to build strength and ignite digestive fire. This is an active class but appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Ten Sessions \$170.00 Per Person Thompson Pk Vis Ctr Tulip Room

Tue, Jan 2-Mar 5 9:15-10:30 AM X6841X

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. 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.

Sixteen Sessions \$272.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Dec 6-Mar 27 9:30-10:45 AM.... X7641X No class 2/21

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 4-Mar 7 2:00-3:00 PM X6541X

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.

Please Note: Our winter session will temporarily be held at Fort Monmouth Recreation Center.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Thirteen Sessions \$195.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Jan 6-Mar 30 8:00-9:00 AM. X2341A

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 6-Feb 10 9:00-10:00 AM X8941X Sat, Feb 17-Mar 23 9:00-10:00 AM X9041X

Yoga for the Winter Solstice



(adults)

Winter solstice energy is cause for a special kind of celebration. We will surrender to the shortest and darkest day with a deep and meaningful practice. 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

Manasquan Res Vis Ctr Waterview Room

Thu, Dec 21 7:00-8:00 PM X3241X

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

Five Sessions \$100.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 9-Feb 6 10:30 AM-12:00 PM X5841X

Yoga Pop

(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann
Ten Sessions \$150.00 Per Person
Thompson Pk Vis Ctr Tulip Room

Thu, Jan 4-Mar 7 9:15-10:00 AM X6941X

ZUMBA

Brand New to Zumba

(adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Five Sessions \$65.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 22-Feb 26 6:00-6:55 PM X3941X



Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and reenergize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex Dorbrook Rec Area Act Ctr

Twelve Sessions \$156.00 Per Person

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
Ten Sessions \$130.00 Per Person

Wed, Jan 10-Mar 13 6:00-6:55 PM X4241X Eight Sessions \$104.00 Per Person

Fri, Jan 26-Mar 15 6:30-7:25 PM X5141X



EQUESTRIAN

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory 4 week program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear a helmet while riding.

Four Sessions \$225.00 Per Person

Sunnyside Rec Area

Fri, Nov 17-Dec 15 4:00-5:00 PM V0	434X
No lessons 11/24	
Fri, Jan 5-26 4:00-5:00 PM V0	141X
Fri, Feb 16-Mar 8 4:00-5:00 PM V0	241X

SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext. 1#.

THERAPEUTIC RECREATION

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self-confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Six Sessions \$54.00 Per Person

Dorbrook Rec Area Act Ctr

Class meets 1/13, 1/27, 2/10, 2/24, 3/9 & 3/23

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Please contact Justin at 732-460-1167, ext. 22, for more information.

Twelve Sessions \$228.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 10-Mar 27 6:00-7:00 PM D1141A

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments) Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being.

MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

Italian Feast!

Join your friends as we prepare a delicious meal consisting of some of classics. Our meal will include chicken parmigiana, penne pasta, garlic bread, salad, and more! Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Jan 12 6:00-8:30 PM D1241A

Have a question about your Monmouth County Park System parks or facilities?
Our information staff is here to help!
Call 732-842-4000, ext. 4312.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$40.00 Per Person

Dorbrook Rec Area Act Ctr

Take Out and a Holiday Movie!

Tonight, we will enjoy a "night in" with friends at the Dorbrook Recreation Area Activity Center. You will be able to choose from two different movies (with a Christmas or holiday theme!) being shown in different rooms, and ordering dinner from a local Italian restaurant. You will be contacted the week of the event with the menu and instructions for submitting and paying for your dinner order or the cost for just pizza. Drinks and snacks are included in your registration. Feel free to bring a comfortable beach or lawn chair if you would like for the movie!

Fri, Dec 1 6:00-9:00 PM D0141X Monster Mini Golf and Pizza!

Tonight, we will be meeting at Dorbrook for dinner including pizza, drinks, and snacks. Afterward, we are heading over to Monster Mini Golf in Eatontown for more fun! Please bring \$40.00 to cover the cost of a round of mini golf, game tokens, and pizza. If you prefer to order another meal besides pizza, please contact Justin Dunn at 732-460-1167, ext. 22, at least 48 hours prior to the event. Pick-up will be from Monster Mini Golf.

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$45.00 to cover the cost of your meal and movie ticket.

Fri, Feb 9 5:00-9:30 PM D1441A

TRIPS

2024 Philadelphia Flower Show

(all ages, under 18 with adult)

The Philadelphia Flower continues at the Pennsylvania Convention Center in 2024! This year's show will celebrate the flourishing community and deep connections that plants can create. Join us for breathtaking gardens and floral installations by award-winning designers and the joyous, flower-filled moments that unite us all. Your visit will showcase acres of unmatched floral, garden and landscape displays, competitive entries of unique plants and artistic pieces, great shopping, live music, education and roaming entertainers.. Price includes admission to the flower show, bus transportation and volunteer Park System leader.

\$97.00 Per Person

Thompson Pk Estate Grounds Parking Lot

American Museum of Natural History

(all ages, under 18 with adult)

Travel with us to the Museum of Natural History to discover the world of Sharks! This special, interactive exhibit features life-sized models of ancient animals - including a megalodon! Make sure to stop by the Rose Center for Earth and Space, four floors of exhibits, the IMAX theater, and gift shop. There is something for everyone! For ticket information and pricing, visit www.amnh.org. Timed ticket entry must be purchased prior to arrival, as per museum policy. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Board: 8:30 AM Return: 5:30 PM (approx)

Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-akind celebration for family, friends, and loved ones. The radiant Radio City Music Hall is decked out for the season and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker, and the unforgettable Living Nativity. Price includes reserved orchestra seating, round-trip bus transportation and a volunteer Park System leader. There will be time for dinner and sightseeing after the performance.

\$175.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Orchestra Seating – 4:00 PM Show

Board: 1:45 PM Return: 10:45 PM (approx)

> The trip volunteer was very nice and informative. And it was great to have time after the show for dinner and a visit to the tree. Convenient and a great value.



Special People United to Ride (SPUR) is a nonorganization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve selfesteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the Friends of the Parks is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The Friends realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, Friends meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed. The Friends can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the Friends support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, FOUNDATION protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



Monmouth County Park Locations

PARKS/HISTORIC SITES

Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033 Baysholm Tract[†], Burlington Road, Freehold 732-431-4664 Big Brook Park*, Route 520, Marlboro 732-834-9607

Clayton Park*, Emley's Hill Road, Upper Freehold 609-259-5794

DeBois Creek Recreation Area^T, Highway 33, Freehold 732-842-4000 Crosswicks Creek Park*, Upper Freehold 609-259-5794

Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643 Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050

Fisherman's Cove Conservation Area*, Third Avenue, Manasquan 732-922-4080 or 3868 East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664 Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278

Freneau Woods Park[†], Marlboro & Aberdeen 732-842-4000

Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670

Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033 Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336 Holmdel Park, Longstreet Road, Holmdel 732-946-9562

Manasquan River Greenway*, Freehold to Howell 732-462-7286 or 732-919-0996 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996 Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265 Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758

Mount Mitchill Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670 Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440 Perrineville Lake Park*, Sweetmans Lane, Millstone 609-259-5794

Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025 Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868

Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367 Swimming River Park, West Front Street, Middletown 732-741-9676

Thompson Park, Newman Springs Road, Lincroft 732-842-4000 Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987

Weltz Conservation Area*, West Park Avenue, Ocean 732-229-7025 Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265 Historic Walnford, Walnford Road, Upper Freehold 609-259-6275 Union Transportation Trail*, Upper Freehold 609-259-5794

Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025 **Cellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996 Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562

GOLF COURSES

Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272 Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227 Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141 Howell Park Golf Course, Preventorium Road, Howell 732-938-4771 Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222 Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024

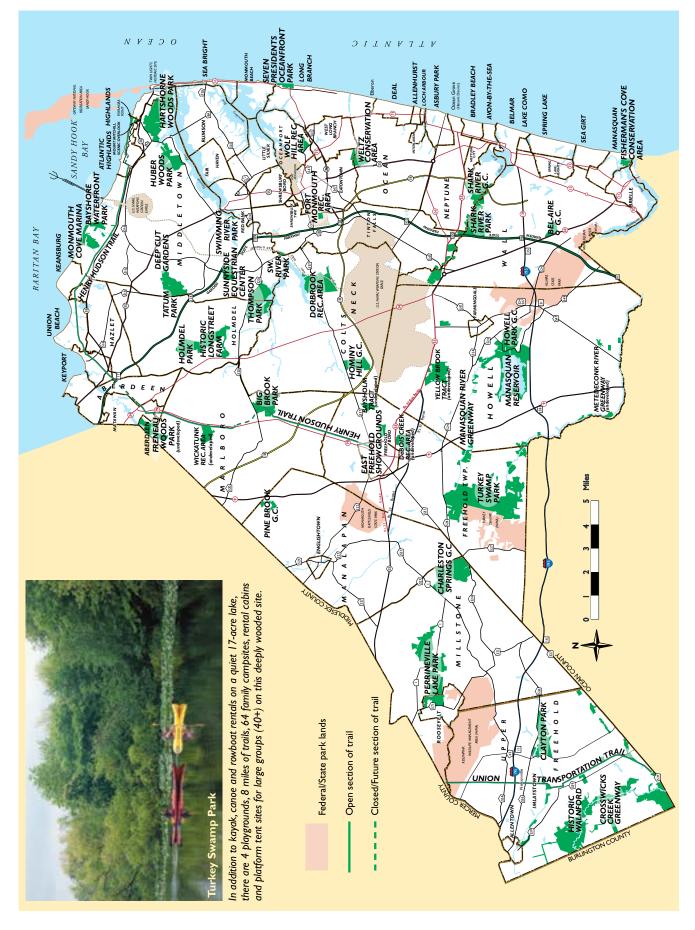


Tee up with us! Private club conditions at public course prices make Mon-mouth County's 8 golf courses one of the best values around.



* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

Thomouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



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 November 8. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 8.

Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

In Person beginning at 8:00 AM on November 8 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday-Friday between 8:00 AM-4:30 PM.

THOMPSON PARK CREATIVE ARTS CENTER



- Saturday, December 2-Friday, December 8 from 11:00 AM-4:00 PM Thompson Park Creative Arts Center, Lincroft
- Featuring the work of our talented students and instructors.
- Kick off your holiday shopping with some original artwork.
- Each year we are proud to showcase the work of our talented students and instructors.

The Creative Arts Center is host to a variety of fine art and craft classes taught by some of the finest instructors in the area, suitable for students of all levels in:

- Drawing
- Acrylic
- Oil and Watercolor Painting
- Jewelry Making
- Knitting

- Sewing
- Basket Weaving
- Photography
- Handbuilt, Raku& Wheel-ThrownPottery







DECEMBER

The Creative Arts Center Exhibit & Sale

Saturday, December 2-Friday December 8 11:00 AM-4:00 PM Thompson Park Creative Arts Center, Lincroft

The Sounds of Christmas

Sunday, December 10 1:00-3:00 PM Historic Longstreet Farm, Holmdel

JANUARY

National Seed Swap Day

Saturday, January 27 10:00-11:00 AM Freneau Woods Park, Aberdeen

Seashore Open House

Sunday, January 28 1:00-4:00 PM Seven Presidents Oceanfront Park, Long Branch

FEBRUARY

Photography Exhibit

February 1-29 10:00 AM-4:00 PM Manasquan Reservoir Environmental Center, Howell

Historical Valentines

Sunday, February 12 1:00-3:00 PM Historic Walnford, Upper Freehold

Info: 732-842-4000, ext. 4312 • MonmouthCountyParks.com







Board of County Commissioners:

Thomas A. Arnone, Director • Dominick "Nick" DiRocco, Deputy Director Lillian G. Burry • Susan M. Kiley • Ross F. Licitra

Board of Recreation Commissioners: 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

