



# Fort Monmouth Recreation Center Fall Programs

Check out these wonderful programs that will be available at the brand new Fort Monmouth Recreation Center, Tinton Falls, this fall.

Registration begins Wednesday, August 7 at 8am.

## Adult Programs

### Arts & Crafts

#### 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 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. You must bring a sewing machine to class. A supply list will be mailed upon registration. For those who have previously taken the beginner sewing class or have had some sewing experience, please choose a simple pattern. Instructor Janice Beeby will assist you.

Six 2-Hr & 30-Min Sessions \$80.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Sep 23-Nov 4 7:00-9:30 PM..... Z9434A

No class 10/14

### Education & Enrichment

#### Coffee Club

(adults)

Join us at the Fort Monmouth Recreation Center as we socialize while enjoying your favorite card and board games. Make new friends as you sip fresh brewed coffee. Plan your best strategies as you choose between mahjong, cards, and Scrabble.

Six 2-Hr Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Lobby

#### Coffee & Mahjong

Shuffle your tiles and build your walls as you play this ancient, fast-paced Chinese game. All levels welcome.

Tue, Sep 17-Oct 22 9:30-11:30 AM ..... M8834A

Tue, Oct 29-Dec 10 9:30-11:30 AM ..... M8934A

No meeting 11/26

#### Coffee & Cards

Bridge, Pinochle, Gin Rummy: name your game! Come to play in our great facility with bottomless coffee urn. All levels welcome.

Wed, Sep 18-Oct 23 9:30-11:30 AM..... M9034A

Wed, Oct 30-Dec 11 9:30-11:30 AM ..... M9134A

No meeting 11/27

#### Coffee & Scrabble

Sharpen your vocabulary and get out your thinking caps! This game has transcended generations and remains one of the most popular ever. All levels welcome.

Thu, Sep 19-Oct 24 9:30-11:30 AM ..... M9234A

Thu, Oct 31-Dec 12 9:30-11:30 AM ..... M9334A

No meeting 11/28

## Outdoor Adventures

### Fix a Flat and More Workshop

(ages 16 and up)

Nervous about that dreaded day when you get a flat while riding your bicycle? This workshop will get your hands dirty fixing a simulated flat tire on your bicycle and other quick fixes. Designed for those with little or no bicycle maintenance experience. Required Equipment: Any type of bicycle, preferred quick release hubs.

One 2-Hr Session \$32.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Sep 25 6:30-8:30 PM..... W5534A

Wed, Oct 16 6:30-8:30 PM ..... W5634A

## Sports & Fitness

### 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!

Eight 1-Hr Sessions \$64.00 Per Person

Fort Monmouth Rec Ctr Gym B

Mon, Sep 9-Oct 28 9:30-10:30 AM..... XF034A

Wed, Sep 11-Oct 30 9:30-10:30 AM..... XF134A

Mon, Nov 11-Dec 30 9:30-10:30 AM..... XF234A

### Chair Yoga

(adults)

You've probably heard the benefits of yoga: elongated muscles through gentle stretching which takes pressure off of joints and increases range of motion. Gentle forms of yoga are often recommended by the medical community for arthritis as well. Don't be intimidated by images of more advanced, athletic yoga classes. Chair yoga allows for a gentler form of yoga for any age and many conditions. Poses can be done in the chair, as well as utilizing the chair for balance during standing poses. Finish with relaxation and breathe control and leave feeling more open, relaxed and refreshed.

Eight 1-Hr Sessions \$84.00 Per Person

Fort Monmouth Rec Ctr Room 100A

Mon, Sep 9-Nov 4 1:00-2:00 PM..... M4134A

No class 10/14

Pre-registration is required for most of the programs listed in this brochure.

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

## Fluid Yoga

(adults)

Fluid Yoga builds strength and fluidity in the body and mind. While we cultivate core strength for grounding, we will build fluidity throughout the body as a practice for riding the waves of life. We work in levels, so beginners and experienced practitioners are welcome; however, it is an active practice. Prana Flow certified instructor Tiffany McCann will teach the class. Please bring yoga mat and blanket if you have one.

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Thu, Sep 19-Oct 24 9:30-11:00 AM ..... M3934A

Thu, Nov 14-Dec 19 9:30-11:00 AM ..... M4034A

## Luna Flow Yoga

(adults)

Luna Flow practice is perfect for the after lunch low energy feeling. The pace will be slow and fluid to allow your body space for proper digestion, while building the energy to tackle your afternoon projects. Build strength, open muscles and bring fluidity to joints. We will practice asana (poses) as well as pranayama (breathing) meditations. Please bring a yoga mat and blanket if you have one.

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Wed, Sep 18-Oct 23 1:00-2:30 PM ..... M1034A

Wed, Nov 6-Dec 18 1:00-2:30 PM ..... M1134A

No class 11/27

## Yoga Practice for the Fire Element

(adults)

This yoga practice develops the fire element for better focus, mental clarity and energy. The inhalation method will be used to take the energy in from the essential oils used for the poses to stimulate circulation and decrease inflammation as you oxygenate the cells. Students will need to be familiar with sun salutation. This is a vigorous moving class. Essential oils will be provided.

**Twelve 1-Hr & 30-Min Sessions \$135.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Mon, Sep 23-Dec 23 9:30-11:00 AM ..... M8334A

No class 10/14 & 11/11

## Yoga Practice for Cleansing the Body

(adults)

This yoga class will focus on creating an environment that supports physical, mental and emotional cleansing with the use of essential oils and yoga poses that aid in detoxifying and purifying the body. Students will need to be familiar with sun salutation and alternate nostril breathing. The essential oils will be inhaled before doing each of the poses which bring the students a feeling of opening and clearing of their mind and body. Essential oils will be provided.

**Twelve 1-Hr & 30-Min Sessions \$135.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Fri, Sep 27-Dec 20 12:00-1:30 PM ..... M8234A

No class 11/29

## Yin Yang Fusion Yoga

(adults)

This class is designed to train both your active and receptive modes of being. More rajasic or "type a" people will be met where they are while also beginning to develop techniques for slowing down and introspection. More tamasic or "mellow" people will also be met where they are while beginning to develop techniques for enlivening their energy system. The practice offers people of both constitutions a more sattvic, or balanced practice leaving them in a state of energized clarity and centeredness. Every class will end with a Metta meditation to endow the four universal wishes (to live happy, and to be free from hostility, affliction and distress).

Instructor: MaryJane Kasliner, AAS, BS, ACFSI, CP E-RYT200

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Wed, Sep 4-Oct 9 8:30-10:00 AM ..... M0834A

Wed, Oct 16-Nov 20 8:30-10:00 AM ..... M0934A

## Yoga 101

(adults)

Join in as a beginner or for a fundamentals refresher Learn about proper alignment and transitioning between poses at your own pace. Class is structured to allow for various levels and body types, utilizing props to modify poses for a safer practice. Focus on breath and relaxation at the end to finish your yoga practice feeling more open, relaxed and refreshed. Bring a yoga mat, blanket or large beach towel and water for hydration.

Instructor: Sonya Burke, Yoga Alliance Certified Instructor, RYT

**Eight 1-Hr & 30-Min Sessions \$96.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Tue, Sep 10-Oct 29 10:00-11:30 AM ..... M4234A

## Adult Floor Hockey League

(adults)

The league will consist of five regular season games and two weeks of playoffs. Each game will run for two 20-minute halves with a five minute break in between. No experience necessary. Teams must have a minimum of six players on its roster and a minimum of two women on the court at all times. Top two teams at the end of the season will be recognized. Pre-registration is required. A rules meeting will be held at 6:00 PM on the first night of the league.

**Seven 3-Hr Sessions \$115.00 Per Team**

Fort Monmouth Rec Ctr Gym B

Tue, Oct 22-Dec 10 6:00-9:00 PM ..... U3234A

No league 11/5

### Registration can be done:

- Online 24/7 at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)
- By phone at 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm.
- In person Monday-Friday, 8am-4:30pm at Park System Headquarters, Thompson Park, 805 Newman Springs Road, Lincroft.
- By mail using the Registration Form at the back of the fall Program Directory.

Pre-registration is required for most of the programs listed in this brochure.

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

## Fort Monmouth Dodgeball League/Recreation

(adults)

Can your team dodge, duck, dip, and dive its way through the season to become dodgeball champions? Each team will play one match per night. Each match consists of best of 13 games and no single game can exceed five minutes. Each team will play a minimum of seven matches including playoffs. Program includes six weeks of regular season and two weeks of playoffs. No experience necessary. Team must have a minimum of six players on its roster and a minimum of two women on the court at all times. Top two teams at the end of the season will be recognized. Pre-registration is required. A rules meeting will be held at 6:00 PM on the first night of the league.

**Eight 3-Hr & 30-Min Sessions \$115.00 Per Team**

Fort Monmouth Rec Ctr Gym A

Sun, Oct 27-Dec 15 9:00 AM-12:30 PM ..... U2634A

## Seated Volleyball

(ages 16 and up)

Come out and experience a different form of volleyball! The program is designed for individuals with limited mobility in the lower extremities, but is open to everyone who is looking for a new challenge. Participants are seated at all times and play on a modified court with the net one meter off of the ground. No prior experience is necessary.

**Three 1-Hr Sessions \$21.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Thu, Sep 5-19 7:00-8:00 PM ..... D2234A

Thu, Nov 7-21 7:00-8:00 PM..... D2334A

## Family Programs

### Arts & Crafts

## Pumpkin Carving & Painting Station

(all ages, under 18 with adult)

Decorate your front porch for the harvest season with a variety of traditional and non-traditional spooktacular pumpkin designs. Carve your own design or use the templates provided. Or maybe you would like to encourage your youngster's creativity and allow them to paint their own pumpkin. Your choice, paint or carve and we will take care of the mess. No experience needed! Small pumpkins are for painting only.

**One 2-Hr Session \$10.00 Pumpkin (Large),**

**\$6.00 Pumpkin (Small)**

Fort Monmouth Rec Ctr Prog Rm A (118)

Sun, Oct 13 10:00 AM-12:00 PM..... U2434X

### Fall Craft Show

Fort Monmouth Recreation Center, Tinton Falls

Saturday, November 9, 9:00 AM-2:00 PM

Shop for the holidays during the Fall Craft Show at the all new Fort Monmouth Recreation Center. For more information or to receive a crafter application, contact Al Weaver at 732-452-1642, ext. 31, or email aweaver@monmouthcountyparks.com.

## Nature

## Scooter and Her Turtle-Riffic Friends

(all ages)

Turtles are especially curious animals. Come meet Scooter, an Eastern Box Turtle, and several other turtle species that live in Monmouth County. If you are inclined, our turtles don't mind a little loving touch.

**One 1-Hr Session \$6.00 Per Person**

Thompson Pk Vis Ctr Beech Room

Fri, Sep 20 7:00-8:00 PM ..... IPS34A

Fort Monmouth Rec Ctr Prog Rm D (121)

Wed, Nov 20 7:00-8:00 PM ..... IPT34A

## Kids & Teens Programs

### Arts & Crafts

## Great Impressionism™© for 4 & 5 year olds

(ages 4-5)

Young artists will learn how to paint like a famous Impressionist using Aspiring Artists™ exclusive Interpretive Impressionism™ method. Students will study and paint a small excerpt of a famous masterpiece while learning the specific brushstrokes and layering techniques of Impressionism. Acrylic paints can stain clothes, so "painting clothes" are recommended for class. Artist/Instructor: Debra Stasiak



**Four 1-Hr Sessions \$52.00 Per Child**

### Session 1

NEW! Van Gogh's View of Vessenots near Auvers

NEW! Van Gogh's Cypresses with Star and Moon

Monet's Red Boats

Cassatt's Two Children at the Seashore

Fort Monmouth Rec Ctr Prog Rm A (118)

Tue, Sep 10-Oct 1 10:30-11:30 AM ..... ZB534A

Tue, Sep 10-Oct 1 1:00-2:00 PM ..... ZB634A

### Session 2 ALL NEW PAINTINGS!

Monet's Yellow Irises

Van Gogh's Branches with Almond Blossom

Monet's Apples and Grapes

Monet's The Saint-Lazare Station

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Oct 21-Nov 18 10:30-11:30 AM ..... ZB934A

Mon, Oct 21-Nov 18 1:00-2:00 PM ..... ZB834A

No class 11/11

### Session 3

NEW! Van Gogh's Field with Poppies

NEW! Van Gogh's Starry Night over the Rhone

Monet's Poppy Field near Vetheuil

Monet's The Japanese Footbridge

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Nov 25-Dec 16 10:30-11:30 AM ..... ZBA34A

Mon, Nov 25-Dec 16 1:00-2:00 PM ..... ZBC34A

Pre-registration is required for most of the programs listed in this brochure.

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## iColor

(ages 4-5)

The work is bursting with color! Join in a whirlwind of art activities featuring all the colors of the rainbow. Each week will highlight a different color. Have your child wear the color of the week to class. Week 1: Red; Week 2: Orange; Week 3: Yellow; Week 4: Green; Week 5: Blue; Week 6: Purple; Week 7: Brown; and Week 8: Black.

**Eight 45-Min Sessions \$60.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm B (119)

Thu, Sep 19-Nov 7 9:30-10:15 AM .....AC334A

## KidzArt Discover: For ages 4 & 5

(ages 4-5)

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

Instructor: Tresse DeLorenzo

**Six 1-Hr Sessions \$84.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Sep 19-Oct 24 11:00 AM-12:00 PM .....ZAY34A

Thu, Sep 19-Oct 24 1:00-2:00 PM .....ZAZ34A

Thu, Oct 31-Dec 12 11:00 AM-12:00 PM .....ZB034A

Thu, Oct 31-Dec 12 1:00-2:00 PM .....ZB134A

No class 11/28

## Shrink Art Fun

(ages 6-8)

Create a colorful design and watch it shrink to create a custom pendant or key chain. Pre-registration is suggested but not required.

**One 1-Hr & 30-Min Session \$5.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Oct 21 3:30-5:00 PM .....M7434A

## A Craft For All Seasons

(ages 4-5)

Explore the change of seasons through your inner artist's eye. Each session will feature new projects as we experience the diversity of the seasons.

**Four 45-Min Sessions \$40.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Sep 17-Oct 8 9:30-10:15 AM .....AEX34A

Tue, Oct 22-Nov 12 9:30-10:15 AM .....AEY34A

Tue, Nov 26-Dec 17 9:30-10:15 AM .....AEZ34A

## Animals Animals - New KidzArt Curriculum

(ages 7-11)

If your child likes art and loves animals, this experience will be sure to delight! We'll draw, paint, sculpt and get messy! Your child will explore different art mediums such as oil pastels, tempera paint, clay, collage, chalk pastels and more while learning to draw some favorite animals. Supply fee of \$8 per student payable to instructor Tresse DeLorenzo.

**Six 1-Hr & 15-Min Sessions \$82.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm A (118)

Tue, Sep 17-Oct 22 4:00-5:15 PM .....ZA834A

Tue, Oct 29-Dec 10 4:00-5:15 PM .....ZA934A

No class 11/5

## Mixed Media Explorations

(ages 12-15)

Want to learn some new art making techniques? Join us for this exciting, new class! In this workshop, you will have fun exercising your creative energy and exploring a new medium every week. From drawing to sculpture, students will use their imagination to create unique works.

Instructor: Jennifer Santa Maria

**Eight 2-Hr Sessions \$98.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Sep 26-Nov 21 4:30-6:30 PM .....Z9334A

No class 10/31

## Culinary Arts

### Eat the Alphabet

(ages 4-5)

A fun and delicious way to learn the ABC's. Create a healthy snack with ingredients that begin with that week's letters. While we nosh, we'll engage in activities that help us to learn and write them. Due to the nature of this program, special dietary requests cannot be accommodated.

**Six 1-Hr Sessions \$52.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Thu, Sep 19-Oct 24 10:30-11:30 AM .....AEV34A

Thu, Nov 7-Dec 19 10:30-11:30 AM .....AEW34A

No class 11/28

## Education & Enrichment

### Bricks 4 Kidz®

(ages 9-12)

Build, design, and explore educational models constructed out of Lego® bricks. Each week students will build and program robots using LEGO® Mindstorms® NXT® 2.0 components. Instructors and all camp supplies provided by Bricks 4 Kidz®.

**Six 1-Hr & 30-Min Sessions \$185.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C (120)

Tue, Sep 17-Oct 22 4:30-6:00 PM .....XF934A



## Catch Fire – A Hunger Games Celebration

(ages 12-16)

Come as your favorite tribute or character! Take Beetee's Challenge, try your hand at the Morphling's Camouflage, test your skills with Finnick's Nets & Knots, then see if you can "survive" The Clock. Have your photo snapped, then nosh on a Capitol snack as we vote on the best impersonation.

**One 2-Hr & 30-Min Session \$35.00 Per Person**

Fort Monmouth Rec. Ctr Prog Rm C (120)

Fri, Nov 15 6:00-8:30 PM..... M9634A

## Fun & Active Spanish

(ages 4-6)

Immerse your niño in the language, mind and body through active games and art activities. Chicos y chicas will also experience some of la cultura española. A great program for all types of learners!

**Six 1-Hr Sessions \$59.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Sep 17-Oct 22 1:30-2:30 PM ..... M4634A

Tue, Nov 5-Dec 10 1:30-2:30 PM ..... M4734A

## Kids Great Escape

(ages 3-5)

Children will engage in a variety of activities including gym games, stories, crafts, circle time and socialization skills through free play. We'll start your child on the road to a healthy mind and body. Snack is provided and children must be potty trained.

**Twelve 2-Hr Sessions \$145.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Mon,Wed,Fri, Sep 23-Oct 18 9:30-11:30 AM..... M0734A

Mon,Wed,Fri, Oct 21-Nov 15 9:30-11:30 AM ..... M8534A

Mon,Wed,Fri, Nov 18-Dec 16 9:30-11:30 AM..... M8634A

No class 11/29

## Teen Leadership Council

(ages 14-17)

Honors societies, colleges, employers – do you feel like everyone is looking for leaders but no one is teaching you how to lead? How will you get experience if no one will give you a chance? Teen Leadership Council can help! Learn leadership skills through hands-on projects, such as community event planning. You'll see your experiences evolve into marketable job skills and propel you onto the radar of college recruiters. So, meet new friends, share your ideas for teen programs and events, have a snack and earn community service hours, too!

**Four 1-Hr Sessions \$25.00 Per Person**

Fort Monmouth Rec Ctr Lobby

Thu, Sep 19-Dec 5 7:30-8:30 PM ..... A5134X

Program meets 9/19, 10/3, 11/7 & 12/5

## Mad Science Workshops

(ages 5-8)

Mad Science fuses experiments, take-home projects and hands-on learning. Classes are taught by instructors from Mad Science of West NJ. Science themes covered will include: Matter of Fact, Magnetic Magic, Optical Illusions, Tantalizing Taste, Watts Up, Lights, Color, Action, and more!

**Six 1-Hr Sessions \$119.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D (121)

Mon, Oct 14-Nov 18 4:30-5:30 PM.....XAM34A

## R.E.A.D. - Read and Experience Art with Dogs

(ages 3-5)

Read aloud to a therapy dog and continue the activity with a related art project. Children's confidence and reading skills will grow in a relaxing, non-judgmental environment.

**Six 1-Hr & 15-Min Sessions \$48.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Tue, Sep 24-Oct 29 9:15-10:30 AM ..... M7734A

Thu, Sep 26-Oct 31 9:45-11:00 AM..... M7834A

## The Poet's Corner

(ages 12-14)

Ever wanted to write an original poem? This workshop will guide you through the creative process with writing exercises, readings and discussions. You will write and revise original poems. You will also have the opportunity to practice reading your poems aloud. At the end of the session, a poetry reading will be held for family and friends. Light refreshments will be served.

**Four 1-Hr & 30-Min Sessions \$60.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D (121)

Thu, Oct 3-24 4:30-6:00 PM..... ADP34A

## Horticulture

### Grow Lab

(ages 7-9)

Grow a salad, design an acid rain experiment, discover plant mysteries and more. From seed to fruit and back again, we'll observe life cycles, taste our efforts, and even grow some holiday gifts.

**Seven 1-Hr Sessions \$67.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Wed, Sep 18-Oct 30 4:00-5:00 PM ..... M9434A

Wed, Nov 6-Dec 18 4:00-5:00 PM..... M9534A

## Nature

### Square Foot Field Trip

(ages 6-9)

Explore the amazing world beneath our feet! Collect, dig, examine and record the incredible tiny universe we walk over every day. Pre-registration is suggested but not required.

**One 1-Hr Session \$15.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Oct 7 3:30-4:30 PM ..... M7334A

Pre-registration is required for most of the programs listed in this brochure.

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

## Family Dance Party!

(all ages, under 18 with adult)

Fort Monmouth Recreation Center, Tinton Falls

Saturday, September 28, 6:00-8:00 PM

Bring the entire family out for an evening of fun, games, and non-stop dancing! Show off your moves like Jagger as we shake, shimmy, boogie, and be-bop to all of today's number one hits! A DJ will be sure to keep you on your feet as we learn both classic and new dance moves that can be enjoyed by everyone. Seasonal refreshments will be served.

Cost: \$10.00 Per Person  
Program #XDD34A  
Pre-registration required.

## Performing Arts

### Act It Out

(ages 4-6)

Children will embark on a new adventure each week. Using improvisation theatre games we'll act it out a story using props and accessories. Children will learn about respect, truth, character and more, and present their favorite story to parents on the last day of the session.

Eight 1-Hr Sessions \$75.00 Per Child

Fort Monmouth Rec Ctr Prog Rm C (120)

Thu, Sep 26-Nov 14 9:30-10:30 AM ..... M6134A

### Making Magic!

(ages 6-8)

Students become practicing magicians and learn to perform both stunning stage feats and dazzling close-up innovations! Each trick is tailored to suit a young magician's unique talents, because their abilities are as vast as their imaginations. All the tricks they learn are theirs to keep. A materials fee of \$25 is payable to the instructor at first class. Taught by instructors from Hobby Quest of NJ.

Four 1-Hr Sessions \$47.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Oct 2-23 4:00-5:00 PM..... AD734A

Wed, Nov 6-27 4:00-5:00 PM..... AD834A

## Sports & Fitness

### Are You Ready? - Girls Pre-Season Basketball Skills Clinic with Joe Roman

(ages 14-18)

Looking to get ready for your basketball season? Join former St. Rose Coach Joe Roman to work on individual and team skills and drills to get you ready for your upcoming middle school or high school season. Coach Roman brings over 17 years of high school coaching experience and has coached numerous players went on to play at the college level. If you want to be ready, this is the clinic for you.

Eight 2-Hr Sessions \$80.00 Per Person

Fort Monmouth Rec Ctr Gym A

Mon, Sep 16-Nov 18 7:00-9:00 PM ..... M8434A

No class 10/14 & 11/11

## Basketball FUNdamentals

(ages 6-8)

Swish! Children will have fun while learning the fundamentals of basketball on our outdoor courts. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing, and defense, along with the rules of the game.

Four 55-Min Sessions \$46.00 Per Person

Fort Monmouth Rec Ctr Gym A

Mon, Oct 21-Nov 11 5:30-6:25 PM..... XC734A

Sat, Nov 16-Dec 7 9:00-9:55 AM..... XC834A

## Field Hockey Fun

(ages 8-12)

Are you interested in learning the fundamentals of field hockey in a fun and friendly environment? You've found the right program! Our experienced instructors will use drills and games to teach basic rules and skills such as dribbling, passing, and shooting techniques. Shin guards and mouth guards are required. All other equipment is provided.

Four 55-Min Sessions \$44.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Nov 7-Dec 5 4:00-4:55 PM ..... XCB34A

No class 11/28

## Focus on Fitness & Fun!

(ages 6-10)

Students can have fun, get help with their homework and hang out with friends. We begin in the gym with exercise and fitness activities to help children focus and retain information. Then we break to work on homework and art activities. Pre-registration is suggested but not required.

One 2-Hr Session \$25.00 Per Child

Fort Monmouth Rec Ctr Prog Rm D (121)

Tue, Sep 24 3:30-5:30 PM ..... M5034A

Tue, Oct 1 3:30-5:30 PM ..... M5134A

Tue, Oct 8 3:30-5:30 PM ..... M5234A

Tue, Oct 15 3:30-5:30 PM..... M5334A

Tue, Oct 22 3:30-5:30 PM..... M5434A

Tue, Oct 29 3:30-5:30 PM..... M5534A

Tue, Nov 5 3:30-5:30 PM ..... M5634A

Tue, Nov 12 3:30-5:30 PM..... M5734A

Tue, Nov 19 3:30-5:30 PM..... M5834A

Tue, Nov 26 3:30-5:30 PM..... M5934A

## Entire Series

Enjoy the entire series and save!

Ten 2-Hr Sessions \$195.00 Per Child

Tue, Sep 24-Nov 26 3:30-5:30 PM ..... M9734A

## Gym Jam

(ages 12-16)

Drop in for open gym! Shoot some hoops, play a pick up game, or even floor hockey. Looking for something a bit more low key? Play bumper pool, air hockey, and more. Pre-registration is not required.

One 2-Hr Session \$5.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Sep 26 7:00-9:00 PM..... D2934A

Thu, Oct 17 7:00-9:00 PM ..... D3034A

Pre-registration is required for most of the programs listed in this brochure.

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

## Hat Trick Hockey - Floor

(ages 4-9)

Hockey-unplugged. No skates, pads, or experience necessary. Wear sneakers while you learn to shoot, pass, and control the puck.

**Four 55-Min Sessions \$48.00 Per Person**

(ages 4-6)

Fort Monmouth Rec Ctr Gym B

Tue, Sep 17-Oct 8 6:00-6:55 PM .....XG034A

Tue, Oct 22-Nov 12 5:00-5:55 PM.....XG334A

Sat, Oct 26-Nov 23 12:00-12:55 PM.....XG434A

No class 11/9

## Kids' Day Off Club

(ages 6-10)

Turn a day off from school into a day filled with fun! We'll play gym games, create art projects, assemble our own snack and even explore outside if it's nice. Bring your lunch and dress for the weather.

**One 7-Hr Session \$52.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Oct 14 9:00 AM-4:00 PM..... M4334A

Thu, Nov 7 9:00 AM-4:00 PM..... M4434A

Fri, Nov 8 9:00 AM-4:00 PM..... M4534A

## Kids Kixx Soccer - Ladybugs

(ages 4-6)

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

**Four 55-Min Sessions \$48.00 Per Person**

**Sep-Oct Season**

Fort Monmouth Rec Ctr Gym B

Fri, Sep 27-Oct 18 3:30-4:25 PM ..... XFC34A

**Indoor Season**

Fort Monmouth Rec Ctr Gym B

Fri, Nov 1-22 3:30-4:25 PM .....XFH34A

## Let's Party

(ages 3-5)

Your child's imagination will run wild as they use their fitness skills to experience five fun and exciting themed adventures.

**Five 45-Min Sessions \$45.00 Per Person**

Fort Monmouth Rec Ctr Gym B

Fri, Sep 20-Oct 18 10:30-11:15 AM .....XD434A

Fri, Oct 25-Nov 22 10:30-11:15 AM.....XD534A

## Powder Puff Sports

(ages 7-10)

Are you looking to learn and play a variety of sports in a fun, friendly environment? Look no further! This girls-only program will teach the basic skills of several sports, including basketball, soccer, softball, and field hockey!

**Four 55-Min Sessions \$44.00 Per Person**

Fort Monmouth Rec Ctr Gym B

Thu, Nov 7-Dec 5 5:00-5:55 PM ..... XCC34A

No class 11/28

## Rompin' & Stompin'

(ages 3-5)

Come play with us! Children will have fun playing some familiar classics, as well as new creative games. We will use music, imagination, and fun equipment to engage your child. Activities will enhance eye-hand coordination, gross motor skills, and teamwork. This is a great drop off experience for your child to meet and play with other children of similar age. Parents are welcome at the first session. After the first session children will be on their own.



**Five 45-Min Sessions \$45.00 Per Person**

Fort Monmouth Rec Ctr Gym B

Fri, Sep 20-Oct 18 11:30 AM-12:15 PM .....XD034A

Fri, Oct 25-Nov 22 11:30 AM-12:15 PM.....XD134A

## T-Ball

(ages 4-5)

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

**Four 55-Min Sessions \$48.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Mon, Oct 21-Nov 11 3:30-4:25 PM.....XBZ34A

Mon, Oct 21-Nov 11 4:30-5:25 PM.....XC034A

Sat, Nov 16-Dec 7 10:00-10:55 AM .....XC134A

Sat, Nov 16-Dec 7 11:00-11:55 AM .....XC234A

Sat, Nov 16-Dec 7 12:00-12:55 PM.....XC334A

Mon, Nov 25-Dec 16 3:30-4:25 PM .....XC434A

Mon, Nov 25-Dec 16 4:30-5:25 PM .....XC534A

## T-Ball 2

(ages 4-5)

Do you love t-ball and want to improve your skills? You've found the perfect program! Ball players will continue developing their fielding, throwing, and hitting skills in a fun and encouraging environment. Prior participation in "T-Ball" or "T-Ball with Me & Dad/Mom" is suggested.

**Four 55-Min Sessions \$48.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Mon, Nov 25-Dec 16 4:30-5:25 PM .....XC634A

## Parent & Child Programs

### Arts & Crafts

#### Creative Play

(ages 18 months-2 years, with adult)

Part art, part play, all fun! Parents and their little ones will engage in simple hands-on art activities. Weekly ideas help you to continue the learning at home.

**One 45-Min Session \$45.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Fri, Sep 20-Oct 25 2:00-2:45 PM ..... M7534A

Fri, Nov 8-Dec 20 2:00-2:45 PM ..... M7634A

No class 11/29

#### Get Batty with Your Daddy

(ages 4-8, with adult)

No "mummies" allowed. Bring Dad for some ghoulish games, creepy crafts and spooky snacks. You'll have a howling good time!

**One 1-Hr Session \$20.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Fri, Oct 18 5:30-6:30 PM ..... M6034A

#### Glitter & Glue

(ages 2-5, with adult)

Explore all the designs you can make with just glitter and glue! Pre-registration not required.

**One 1-Hr Session \$15.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Oct 15 11:00 AM-12:00 PM ..... M6734A

#### Hands-On Art

(ages 2-4, with adult)

Little hands will transform into stamps, stencils, toys and more as we explore all the possibilities of handprint art. Enjoy time with your tot as you investigate your creative side together. Sessions will vary from those previously offered.

**Six 45-Min Sessions \$52.00 Parent/Child \$26.00 Additional**

**Sibling**

Fort Monmouth Rec Ctr Prog Rm B (119)

Mon, Sep 16-Oct 21 1:30-2:15 PM ..... AD934X

Mon, Nov 4-Dec 9 1:30-2:15 PM ..... ADB34X

#### Messes & Masterpieces

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Experience seasons and holidays together through stories, music and art. Please wear old clothes or bring a smock.

**Four 45-Min Sessions \$45.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Wed, Sep 18-Oct 9 1:30-2:15 PM ..... M6834A

Wed, Oct 23-Nov 13 1:30-2:15 PM ..... M6934A

Wed, Nov 27-Dec 18 1:30-2:15 PM ..... M7034A

#### Punch Out Collages

(all ages, under 18 with adult)

Don't own a Cricut™ or Sizzix®? Come have fun with our version of these wildly popular paper cutters and create a unique collage. Pre-registration suggested but not required.

**One 1-Hr & 30-Min Session \$5.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Wed, Sep 25 3:30-5:00 PM ..... M6234A

Wed, Oct 30 3:30-5:00 PM ..... M6334A

Wed, Nov 27 3:30-5:00 PM ..... M6434A

#### Saturday Morning Craft Time

(ages 4-7, with adult)

Start your morning off with some cute craft projects to make with your little ones. Pre-registration is suggested but not required.

**One 1-Hr & 30-Min Session \$5.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm A (118)

#### Grandparents Day

Create a lovely die cut greeting card and flowers for Grandma and Grandpa.

Sat, Sep 7 9:30-11:00 AM ..... M8034A

#### Peter Pan Hats

Do you believe in fairies? Don your hat and clap your hands!

Sat, Sep 21 9:30-11:00 AM ..... M7934A

#### Sidewalk Chalk

Science and art meet in this fun project.

Sat, Oct 5 9:30-11:00 AM ..... M8134A

#### Splatter!

(ages 2-5, with adult)

Our brushes will never touch the paper! Enjoy some messy art fun as we flick, fling and drip paint to create our masterpieces. Dress in play clothes or bring a smock. Pre-registration is suggested but not required.

**One 1-Hr Session \$15.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm A (118)

Wed, Nov 13 10:00-11:00 AM ..... M7234A

#### Trash to Treasure

(all ages, under 18 with adult)

Create a work of art using recycled materials and craft supplies. Pre-registration is suggested but not required.

**One 1-Hr & 30-Min Session \$5.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C (120)

Thu, Oct 3 1:30-3:00 PM ..... M6534A

Thu, Nov 14 1:30-3:00 PM ..... M6634A

Pre-registration is required for most of the programs listed in this brochure.

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

## Education & Enrichment

### Super Science

(ages 4-6, with adult)

Curiosity makes great scientists and preschoolers are bursting with it! Children will explore various science topics such as plants, magnets, buoyancy, and chemical reactions through hands-on experiments, stories, and activities.

Six 45-Min Sessions \$52.00 Parent/Child

Fort Monmouth Rec Ctr Prog Rm B (119)

Thu, Sep 19-Oct 24 1:30-2:15 PM..... ADC34A

Thu, Nov 7-Dec 19 1:30-2:15 PM.....ADD34A

No class 11/28

### Violin for Kidz

(ages 4-6, with adult)

An introduction to the basics of playing the violin using games and songs. Children will master the fundamentals of the instrument in a fun-filled group setting.

Instructor: Donna Granda

Eight 45-Min Sessions \$140.00 Parent/Child

Fort Monmouth Rec Ctr Prog Rm C (120)

Tue, Sep 10-Oct 29 10:00-10:45 AM .....AAE34A

Tue, Sep 10-Oct 29 3:30-4:15 PM .....AAD34A

## Nature

### Dinosaurs Here, Dinosaurs There, Dinosaurs Everywhere

(ages 5 and up, with adult)

This hands-on session is designed to enhance you and your child's dinosaur knowledge while having fun exploring and re-creating dino habitats. We will build prehistoric habitats then place mini-dinosaurs in them; and to top it all off we will do a volcano demonstration. All habitats are yours to keep. Dino snacks and refreshments provided.

One 1-Hr & 30-Min Session \$12.00 Parent/Child \$6.00 2nd Child

Build Your Own Dinosaur Volcanic Island

Fort Monmouth Rec Ctr Prog Rm B (119)

Sat, Nov 9 1:30-3:00 PM.....IP834X

### Live Animal Road Show

(ages 3-10, with adult)

Meet some of the stars of the Park System Environmental Centers' live animal collection as they leave the comforts of their home and set out off the beaten path to tour other parks. Enjoy the live animal show at the park closest to you or become a "groupie" and follow them to a new park. Create a special animal craft after each show.

One 1-Hr Session \$11.00 Parent/Child \$5.50 2nd Child

Fort Monmouth Rec Ctr Prog Rm B (119)

Sun, Oct 6 2:00-3:00 PM.....IR934X

Sat, Oct 26 2:15-3:15 PM .....IPD34X

Sat, Nov 23 2:00-3:00 PM.....IRA34X

### We Love Box Turtles!

(ages 3-6, with adult)

We'll have fun learning all about our favorite turtle with a story, simple craft and of course we'll meet a special guest!

One 45-Min Session \$8.00 Per Child

Fort Monmouth Rec Ctr Prog Rm C (120)

Thu, Oct 3 2:00-2:45 PM.....I6934A



## Play Groups

### Baby Story Time

(ages 11 months-18 months, with adult)

Share the fun of nursery rhymes, songs and short stories with your little one. Create a joyful experience as your child explores the sounds and patterns of language. Pre-registration not required.

One 45-Min Session \$15.00 Parent/Child

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Sep 24 10:45-11:30 AM ..... M4834A

Tue, Oct 29 10:45-11:30 AM..... M4934A

### Miss Melissa's Aardvarks

(ages 6 months-5 years)

Music for Aardvark classes were developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show! As the teacher plays guitar, the children sing and dance with parent's participation to the coolest children's musical experience ever. A \$40 materials fee is due to the instructor on the first day of class.

Ten 45-Min Sessions \$160.00 Parent/Child \$105.00 2nd Child \$85.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Sep 11-Nov 13 1:30-2:15 PM..... AAJ34X

Fort Monmouth Rec Ctr Room 100A

Wed, Sep 11-Nov 13 10:30-11:15 AM..... AAH34X

### Registration can be done:

- Online 24/7 at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)
- By phone at 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm.
- In person Monday-Friday, 8am-4:30pm at Park System Headquarters, Thompson Park, 805 Newman Springs Road, Lincroft.
- By mail using the Registration Form at the back of the fall Program Directory.

## Morning Song

(ages 9 months-3 years, with adult)

What better way to start your day than by sharing some special time with your child? Through music, exercise, and use of specialized play equipment such as tunnels, mini-trampoline, ribbon sticks, lummi sticks, bells, and parachute, your child benefits from improved coordination and fitness. Please Note: Children must be walking to take this class. Please see Baby Boomers for non-walkers.

Five 45-Min Sessions \$50.00 Parent/Child

### STAGE 1

(ages 9 months-18 months, with adult)

#### Sep-Oct Session

Fort Monmouth Rec Ctr Room 100A

Fri, Sep 27-Oct 25 9:00-9:45 AM.....XBA34A

#### Nov-Dec Session

Fort Monmouth Rec Ctr Room 100A

Fri, Nov 8-Dec 13 9:00-9:45 AM.....XB934A

No class 11/29

### STAGE 2

(ages 18 months-2 years, with adult)

#### Sep-Oct Session

Fort Monmouth Rec Ctr Room 100A

Fri, Sep 27-Oct 25 10:00-10:45 AM.....XBF34A

#### Nov-Dec Session

Fort Monmouth Rec Ctr Room 100A

Fri, Nov 8-Dec 13 10:00-10:45 AM.....XBP34A

No class 11/29

### STAGE 3

(ages 2-3, with adult)

#### Sep-Oct Session

Fort Monmouth Rec Ctr Room 100A

Fri, Sep 27-Oct 25 11:00-11:45 AM.....XCG34A

#### Nov-Dec Session

Fort Monmouth Rec Ctr Prog Rm A (118)

Fri, Nov 8-Dec 13 11:00-11:45 AM.....XCU34A

No class 11/29

## Superheroes in Training

(ages 3-4)

Let your child's imagination run wild as they unleash their inner superhero! They 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 45-Min Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Sep 14-Oct 12 2:00-2:45 PM.....XAJ34A

Tue, Sep 17-Oct 15 10:30-11:15 AM.....XAE34A

Tue, Sep 17-Oct 15 11:30 AM-12:15 PM.....XAF34A

Sat, Oct 26-Nov 30 2:00-2:45 PM.....XAK34A

No class 11/9

Tue, Oct 29-Nov 26 10:30-11:15 AM.....XAG34A

Tue, Oct 29-Nov 26 11:30 AM-12:15 PM.....XAH34A

## Sports & Fitness

### 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. Parent assistance during classes is required. The only equipment you should bring is a camera.

Four 45-Min Sessions \$48.00 Parent/Child

#### Sep-Oct Season

Fort Monmouth Rec Ctr Gym B

Tue, Sep 17-Oct 8 5:00-5:45 PM.....XD234A

#### Oct-Nov Season

Fort Monmouth Rec Ctr Gym B

Tue, Oct 22-Nov 12 4:00-4:45 PM.....XD634A

Sat, Oct 26-Nov 23 11:00-11:45 AM.....XD734A

No class 11/9

### Kids Kixx Soccer- 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. Parent assistance is required.

Four 45-Min Sessions \$48.00 Parent/Child

#### Fall Season

Fort Monmouth Rec Ctr Gym B

Sat, Sep 21-Oct 12 9:30-10:15 AM.....XDS34A

Sat, Sep 21-Oct 12 10:30-11:15 AM.....XDT34A

Sat, Sep 21-Oct 12 11:30 AM-12:15 PM.....XDU34A

Sat, Sep 21-Oct 12 12:30-1:15 PM.....XDV34A

Fri, Sep 27-Oct 18 2:30-3:15 PM.....XDR34A

#### Indoor Season

Fort Monmouth Rec Ctr Gym B

Sat, Oct 26-Nov 23 9:00-9:45 AM.....XEX34A

No class 11/9

Sat, Oct 26-Nov 23 10:00-10:45 AM.....XEY34A

No class 11/9

Fri, Nov 1-22 2:30-3:15 PM.....XEZ34A

### Wee Sports

(ages 2 1/2-3, 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 activities. General skills covered include throwing, catching, and kicking. Parent participation is required.

Five 45-Min Sessions \$50.00 Parent/Child

Fort Monmouth Rec Ctr Gym B

Fri, Sep 20-Oct 18 9:30-10:15 AM.....XCW34A

Fri, Sep 20-Oct 18 12:30-1:15 PM.....XCX34A

Fri, Oct 25-Nov 22 9:30-10:15 AM.....XCY34A

Fri, Oct 25-Nov 22 12:30-1:15 PM.....XCZ34A