Program Directory
www.monmouthcountyparks.com
Registration Begins February 12th
Online • By Phone • By Mail • In Person

Spring 2014
Parks, Programs and Special Events
Celebrate the Earth
Discover Our Environment through Earth Day Activities in the Parks

SATURDAY, APRIL 26
11:00 AM-5:00 PM
Manasquan Reservoir Environmental Center, Howell
Celebrate our Earth Day Extravaganza with fun for the whole family including eco-boat tours, kids games, crafts, and special Earth Day exhibitors!

Celebrate the Shore
Bayshore Waterfront Park Activity Center, Port Monmouth
Discover cool coastal animals like whales, dolphins, crabs, and even tiny plankton during this interactive show and tell program. Tours will be given of the historic Seabrook- Wilson House, which dates back to the early 1700s. Tours will begin at 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM and 4:00 PM.

Spring Plant Walks
Deep Cut Gardens, Middletown
The flowers are back in bloom. Discover the park’s floral beauty, hidden places, and native plants. Find out how to become an earth-friendly gardener and ways to compost. Walks will begin at 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM and 4:00 PM.

Nature Walks
Holmdel Park Shelter Building, Holmdel
Returning birds, emergent buds, and blooming wildflowers are just some of the sights we may enjoy while wandering with the Park System’s Roving Naturalist. Binoculars provided. Walks will begin at 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM and 4:00 PM.

Bio-Blitz 2014
Huber Woods Environmental Center, Middletown
Nature fun for all ages! Nature enthusiasts big and small can take the identification challenge and hardcore naturalists can survey their own Bio-Blitz plot. Take part in a group project to catalogue nature within our park. All equipment provided.

Snakes & Reptiles
Huber Woods Environmental Center, Middletown
This family-oriented show gives you the chance to see live snakes and reptiles found in New Jersey. There will also be freshwater pond creatures on view and a chance to identify animal scat. Shows will begin at 11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, 3:00 PM and 4:00 PM.

Eco-Fashion Fun!
Thompson Park Visitor Center, Lincroft
Need to spruce up an old outfit? Join us while we help people look fabulous this spring by creating eco-friendly fashion jewelry and accessories from recycled materials.

For more information, call 732-842-4000, ext. 4312, or visit www.monmouthcountyparks.com.
## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Category</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adults</strong> 6-38</td>
<td></td>
</tr>
<tr>
<td>Active Adults 55+</td>
<td>6-8</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>8-17</td>
</tr>
<tr>
<td>Canine Classes</td>
<td>17-18</td>
</tr>
<tr>
<td>Culinary Arts</td>
<td>18-21</td>
</tr>
<tr>
<td>Education &amp; Enrichment</td>
<td>21-23</td>
</tr>
<tr>
<td>Health &amp; Wellness</td>
<td>23-25</td>
</tr>
<tr>
<td>Horticulture</td>
<td>25-26</td>
</tr>
<tr>
<td>Nature</td>
<td>27-29</td>
</tr>
<tr>
<td>Outdoor Adventures</td>
<td>29-32</td>
</tr>
<tr>
<td>Performing Arts</td>
<td>32-33</td>
</tr>
<tr>
<td>Sports &amp; Fitness</td>
<td>33-38</td>
</tr>
<tr>
<td><strong>Equestrian</strong> 39-40</td>
<td></td>
</tr>
<tr>
<td><strong>Facility Profiles</strong> 5</td>
<td></td>
</tr>
<tr>
<td><strong>Families</strong> 41-51</td>
<td></td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>42-43</td>
</tr>
<tr>
<td>Nature</td>
<td>43-48</td>
</tr>
<tr>
<td>Outdoor Adventures</td>
<td>48-50</td>
</tr>
<tr>
<td>Sports &amp; Fitness</td>
<td>50-</td>
</tr>
<tr>
<td><strong>Golf</strong> 52-57</td>
<td></td>
</tr>
<tr>
<td><strong>Historic</strong> 57-59</td>
<td></td>
</tr>
<tr>
<td>Longstreet Farm</td>
<td>57-58</td>
</tr>
<tr>
<td>Walnford</td>
<td>58-59</td>
</tr>
<tr>
<td><strong>Kids &amp; Teens</strong> 59-79</td>
<td></td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>59-63</td>
</tr>
<tr>
<td>Culinary Arts</td>
<td>63-64</td>
</tr>
<tr>
<td>Education &amp; Enrichment</td>
<td>64-66</td>
</tr>
<tr>
<td>Nature</td>
<td>66-68</td>
</tr>
<tr>
<td>Outdoor Adventures</td>
<td>68-69</td>
</tr>
<tr>
<td>Performing Arts</td>
<td>68-69</td>
</tr>
<tr>
<td>Sports &amp; Fitness</td>
<td>69-79</td>
</tr>
<tr>
<td><strong>Parent &amp; Child</strong> 80-92</td>
<td></td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>80-82</td>
</tr>
<tr>
<td>Culinary Arts</td>
<td>82</td>
</tr>
<tr>
<td>Education &amp; Enrichment</td>
<td>83</td>
</tr>
<tr>
<td>Horticulture</td>
<td>83</td>
</tr>
<tr>
<td>Nature</td>
<td>83-86</td>
</tr>
<tr>
<td>Outdoor Adventures</td>
<td>86-87</td>
</tr>
<tr>
<td>Play Group</td>
<td>87-90</td>
</tr>
<tr>
<td>Sports &amp; Fitness</td>
<td>90-92</td>
</tr>
<tr>
<td><strong>Park Partners</strong> 97</td>
<td></td>
</tr>
<tr>
<td><strong>Park System Spotlight</strong> 2-3</td>
<td></td>
</tr>
<tr>
<td><strong>Races</strong> 4, 41</td>
<td></td>
</tr>
<tr>
<td><strong>Registration Information</strong> 98-99</td>
<td></td>
</tr>
<tr>
<td><strong>Special Events</strong> 4</td>
<td></td>
</tr>
<tr>
<td><strong>Special Needs</strong> 93-94</td>
<td></td>
</tr>
<tr>
<td><strong>Trips</strong> 94-96</td>
<td></td>
</tr>
</tbody>
</table>

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**2014 Program Theme**

This year we invite you to “Explore the World through Recreation”. Look for the icon listed below to find programs that celebrate cultural interpretations of recreation, arts and nature.

- **New Program**
- **Explore the World through Recreation**
- **Program Available at the Fort Monmouth Recreation Center**
- **Online Registration Unavailable**

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**Cover Photo:** Historic Longstreet Farm, Holmdel

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**Pre-registration is required for most of the programs listed in this directory**
Welcome Spring in the Parks!

A guide to enjoying the warmth of the season within the parks.

There's something about spring that puts a bounce in everyone's step. As the cold weather retreats and the warmth of spring sets in, there's nothing better than shedding some of those thick layers and getting out to enjoy everything this season has to offer. When you're making your list of great things to do this spring, be sure to add the Park System to your list!

Peruse the Beauty of the Gardens

If you've never visited Deep Cut Gardens in Middletown, make spring time your first opportunity! Dedicated to the home gardener, the 54 acres of gardens and greenhouses are planned as a living catalog of cultivated and native plant materials to be viewed throughout the seasons. Springtime offers an amazing chance to catch the tulips in bloom (pictured above at their peak in April). In June, visit the Rose Parterre; it features 52 varieties of gorgeous roses with over 180 bushes. Deep Cut Gardens also offers a variety of programs to assist our visitors in learning about gardening (see page 25).

Visit a Playground

Did you know? The American Heart Association recommends 60 minutes of activity each day for children. There's no better way to promote physical activity than to make it fun! The Park System offers playgrounds in nine of our parks. Using these well-designed play structures, children can increase their physical fitness through running, jumping, climbing all while enjoying the beautiful outdoors.

Take a Trip Back in Time

Being one of the original thirteen colonies, New Jersey is full of history, and the Park System makes sure visitors have an opportunity to grasp this county's interesting legacy. Many may have read about Historic Longstreet Farm, Holmdel, and Historic Walnford, Upper Freehold, in our winter issue of the Program Directory. But those aren't the only way to get in touch with history in the parks.
• Located within Bayshore Waterfront Park in Port Monmouth, the Seabrook-Wilson House is one of the oldest surviving houses in the region, dating back to the early 1700s. Open to the public April-November on Sunday’s from 1:00-4:00 PM, visitors can enjoy exhibits about the history of the house as well as the ecology of the Sandy Hook Bay.
• The original Thompson Estate, a colonial revival mansion built in 1896, was unfortunately destroyed by a fire in February 2006. The Thompson Park Visitor Center, Lincroft, was rebuilt in the same style and reopened in the summer of 2009. The first floor is open to the public Monday-Friday, 8:00 AM-4:30 PM and on weekends from 10:00 AM-4:00 PM. An informative exhibit allows visitors the chance to learn about the history of “Brookdale Farm” and the Thompson family.
• The rolling hills and open fields of Tatum Park, Middletown, make this a terrific location to view the change of seasons. But visitors should step into Red Hill Activity Center and visit the Heath Wing for a taste of our county’s African American history. This special wing was built to honor Mary and Clinton Heath. In 1885, Clinton Heath, a freed slave from North Carolina, became the first black farmer to settle in Middletown.

Let the Dogs Run Free!
Our pets love the outdoors even more than we do! The Park System offers two beautiful off-leash dog areas that give your furry friends the opportunity to run free and socialize with other dogs. Located within Thompson Park, Lincroft, and Wolf Hill Recreation Area, Oceanport, these doggie play areas offer large fenced areas for dogs of all sizes as well as one for smaller dogs of 35 lbs. or less. Please visit us online at www.monmouthcountyparks.com for rules and regulations.

Spend a Night Under the Stars
Some people may not know that the Park System is home to a beautiful family campground within Turkey Swamp Park, Freehold. Providing facilities for both tent camping and travel trailers, the campground offers 64 campsites (52 for reservation and 12 available on a first come, first serve basis) and two cabins. All sites offer water and electric hookups as well as modern restrooms with hot showers and laundry, fire rings, picnic tables, playgrounds, a lake for boating and fishing and more! Everything you need for a perfect family camping trip! Campgrounds open for the season starting April 1, so be sure to make your reservation by calling 732-462-7286.

Get Out on the Water
Whether you enjoy fishing, a relaxing paddle, or something a bit more challenging, the Park System’s rivers, lakes and beaches await.
• Fishing is available at 13 county parks. Freshwater fishing for catfish, trout, large and small mouthed bass, and more is available at locations that include the Manasquan Reservoir, Howell; Historic Walnford, Upper Freehold; Holmdel Park, Holmdel; and more. Remember, anglers ages 16-69 are required to possess a NJ State fishing license. Saltwater anglers 16 and up must register with NJ’s online saltwater fishing registry and may visit Bayshore Waterfront Park, Port Monmouth, or Seven Presidents Oceanfront Park, Long Branch, to cast from the shore for striped bass, fluke, flounder or bluefish.
• Not looking to hang out on the shore? Bring your canoe, kayak, or electric powered motor boat to parks such as Fisherman’s Cove Conservation Area, Manasquan; Perrineville Lake Park, Millstone; or Turkey Swamp Park, Freehold. Don’t have a boat of your own? Head to the Manasquan Reservoir, Howell, where you can rent a vessel and enjoy the picturesque scenery for a few hours. Plus, canoe rentals are available on select weekends at Thompson Park, Lincroft (see page 49). Visit us online at www.monmouthcountyparks.com for details and a list of parks available for boating.
**Great Spring Perennial Plant Swap**

**Saturday, April 26, 10:00 AM-2:00 PM**
Deep Cut Gardens, Middletown

Calling all gardeners! It’s time for the Great Spring Perennial Plant Swap. It’s fun, free, easy. Bring plants in one-quart, one-gallon or two-gallon containers and take home the same size and number of plants. Please label all plants. Herb and vegetable seedlings may also be exchanged. Invasive plants will not be accepted; a list of invasive plants and further information is available at www.njisst.org.

For more information, call 732-671-6050.

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**Spring Craft Show**

**Saturday, April 26, 9:00 AM-2:00 PM**
Tatum Park Red Hill Activity Center, Middletown

Just in time for Mother’s Day! Find a unique, hand-crafted gift for yourself or a special person in your life.

For more information, see page 43.

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**Walmford Day...Now in May!**

**Sunday, May 18, 11:00 AM-5:00 PM**
Historic Walmford, Upper Freehold

Experience some sights and sounds of the past with hands-on historical crafts, demonstrations, exhibits, music, milling, and horse drawn wagon rides. Formerly held in the fall, we’ve moved this annual event to May, so gather up your family and friends, pack a picnic, and head to Walmford for a (historically) fun-filled afternoon.

**Historic fun for the whole family!!!**

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**Outdoor Adventure Expo**

**Sunday, May 18, 11:00 AM-5:00 PM**
Turkey Swamp Park, Freehold

Learn about adventure opportunities in our area.
- Meet vendors for activities such as canoeing, kayaking, backpacking, climbing, skiing, and biking.
- Discover local and regional outdoor adventure and sportsmen’s clubs.
- Attend free lectures, demonstrations, mini-clinics and nature hikes.
- Test a variety of equipment: touring kayaks, white water kayaks, canoes, paddle boats, 25-foot climbing wall, and much more.
- Children’s fishing derby.

Bring the whole family for this adventure filled day. Event will run rain or shine.

**Free Admission • Free Parking**

For more information, call 732-842-4000, ext. 4240.

Camping is available inside the park; visit us online for additional information.

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**UPCOMING RACES**

**2014 E. Murray Todd Half Marathon**

**Sunday, March 2 at 9am**
Brookdale Community College Collins Arena, Newman Springs Road, Lincroft

Run 13.1 miles through rural and residential areas of Lincroft, Holmdel and Colts Neck. Thirty-four years of racing tradition on one of New Jersey’s most attractive courses.

Pre-registration: $30 due by February 25
Online registration available (#X0242X).

Post registration: $40 accepted on race day beginning at 7:15am

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**Glo-in-the-Park Fun Run**

**Saturday, June 7, 7:30-10:30 PM**
Dorbrook Recreation Area, Colts Neck

On your mark-get set-Glow! Our first evening race will be an experience you won’t want to miss. Racers are invited to wear their own glow in the dark accessories as they race around our paved trail. The approximately 3K course will be glowing and ready for seasoned runners or first time racers.

Pre-registration: $25 due by May 30.
Online registration available (#X1243X).

Post registration: $35 accepted on race day beginning at 7:00 PM

For more information call 732-542-1642, ext. 23, or email agibney@monmouthcountyparks.com.

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Upcoming family races can be found on page 41.
**Fort Monmouth Recreation Center**

2566 Guam Lane, Tinton Falls  
848-456-4278

This 21,000 square foot recreation center was acquired from the Fort Monmouth Economic Revitalization Authority (FMERA) in 2013. As the Park System’s first ever indoor recreation facility it has become the perfect location for your round programs including arts & crafts, sports, exercise, and special events. The facility is offering more than 50 programs this spring including *Beginner Sewing and Beyond* (p. 13), *Coffee Club* (p. 22), *Snack Attack* (p. 64), and so much more! Keep an eye out for old favorites and new fun available at our brand new recreation center!

**Facility Amenities**
- Full sized gymnasium for indoor sports programs
- Kid friendly classrooms each with its own restroom
- Game room with tables for air hockey, bumper pool, foosball, and more
- Group fitness room for exercise and yoga programs

*For programs at this beautiful, new Park System facility, look for this icon.*

The Fort Monmouth Recreation Center is offering a variety of drop-in programs this spring, including *Focus on Fitness & Fun, Baby Story Time, Gym Jam, Trash to Treasure, Family Game Night,* and more!

For a full listing of upcoming drop-ins at this facility, see page 51.

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**Thompson Park Creative Arts Center**

805 Newman Springs Road, Lincroft  
732-842-4000

At just under 12,000 square feet, the Creative Arts Center features pottery & ceramics studios as well as classrooms for other craft activities. Understanding the variety of interests of our visitors, the Creative Arts Center offers an array of classes for both children and adults that include drawing, painting, knitting, jewelry-making, basket-making, and more! Upcoming spring programs include *Adult Ceramics* (p. 8), *Basket Making Workshops* (p. 14), *Intro to Traditional Painting* (p. 11), *Family Time Pottery* (p. 43), *Sculpt a Clay Bunny for Your Basket* (p. 82), and more!

**Facility Amenities**
- Four open studio spaces (handicap accessible)
- Talented, highly trained instructors
- 20 pottery wheels
- 12 electric kilns and two Raku kilns
- Glaze mixing facility
- Greenware room and slip casting facility
- 2,000-3,000 ceramic molds

The Creative Arts Center offers Open Ceramics sessions once a month for visitors to stop in at their convenience, choose a bisque fired pottery piece, and glaze it to make it something special.

Full details and upcoming dates for Open Ceramics can be found on pages 8 (adults only) and 42.
Active Adults 55+

Balanced Fitness for Senior Adults
(ages 55 and up)
The four building blocks of fitness will be used to build a new and 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!
Eight 1-Hr Sessions $52.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
Fri, Mar 7-Apr 25 9:15-10:15 AM ...............M8942A

Birthdays ‘n’ Bingo
(ages 55 and up)
Join us for weekly bingo and socializing, including prizes for the winners. On the first meeting of the month, enjoy a continental breakfast as we celebrate upcoming birthdays.
Four 1-Hr & 30-Min Sessions $25.00 Per Person
Fort Monmouth Rec Ctr Prog Rm D (121)
Tue, Mar 4-25 9:30-11:00 AM ............... MAU42A
Tue, Apr 8-29 9:30-11:00 AM ................ MAV42A
Tue, May 6-27 9:30-11:00 AM ...............MAW42A

Senior Beginner Tennis
(ages 55 and up)
For active adults who have had little or no prior experience. This is a great chance to learn more about tennis. Class size is limited.
Four 55-Min Sessions $37.00 Per Person
Dorbrook Rec Area
Sat, Apr 26-May 17 11:00-11:55 AM ....... XH442A

Senior Intermediate Tennis
(ages 55 and up)
For active adults looking to improve your stroke and polish other parts of your game. Class size is limited.
Four 55-Min Sessions $37.00 Per Person
Dorbrook Rec Area
Sat, Apr 26-May 17 12:00-12:55 PM ....... XH542A

Discover Geocaching
(ages 55 and up)
Give your mind and legs a healthy workout using the sport of geocaching. The basic idea is to locate hidden containers, called geocaches, using GPS (global positioning system) navigation devices. Through instruction and practice we will cover basic operation, key functions and navigation options. All geocaching equipment is provided. Be prepared for a 90 minute hike with proper clothing, footwear, water and snacks.
Senior Geocache
$20.00 Per Person
Shark River Pk Shelter Bldg
Wed, May 28 9:30 AM-12:00 PM .......... W6342A

Fall Prevention Workshop
(ages 60 and up)
Offered in conjunction with The Center for Healthy Aging at Kimball Medical Center (KMC), this program offers caregivers and adults over 60 years old a preventative health program designed to help elders reduce falls and fall related injuries. Health Coaches from KMC will present their program “Stopping Accidental Falls in Elders” which has successfully reduced admissions to hospitals from fractures by 53% and admittance to nursing homes from fractures by 63%. They will also demonstrate how to get up from a fall. The Health Coaches also provide balance screenings on site. The program is free of charge but pre-registration is required.
One 1-Hr & 30-Min Session FREE!
Manasquan Res Env Ctr
Tue, Apr 8 10:00-11:30 AM ............... D1442A

Senior Canoe Club
(ages 55 and up)
Have you ever wanted to try the sport of canoeing? Now’s your chance! Join us in a relaxed club experience to learn or refresh basic paddling skills while enjoying the beauty of our local waterways. Canoeing is great exercise and a perfect way to socialize and meet new friends. Leaders and all equipment provided.
Four 2-Hr & 30-Min Sessions $85.00 Per Person
5/13 - Thompson Park Marl Lake, Lincroft
5/20 - Deal Lake, Asbury Park
5/27 - Chris’s River Plaza Marina, Red Bank
6/3 - Shrewsbury River, Tocci Ave. Monmouth Beach
Tue, May 13-Jun 3 9:00-11:30 AM .......... W2042A
Silver SPURs Horseback Riding -
Private Lessons
(ages 55 and up)
Whether you are riding for the first time or want to brush up on your riding skills, this class is designed with the senior in mind. A PATH Int. certified therapeutic riding instructor will teach riding and horse handling skills with a focus on safety, balance and strength. Each class will be tailored to the goals and abilities of the participants. Mounting blocks of varying sizes are available to get on and off the horse. The first two weeks will focus on non-mounted learning and practical skills. Physician’s approval is required. Please Note: For the safety of the horses, participants wishing to ride must weigh 200 pounds or less. For those who do not wish to ride or may be unable to do so, a variety of horse handling skills will be taught.
Eight 1-Hr Sessions $460.00 Per Person
Sunnyside Rec Area
Mon, Apr 28-Jun 16 10:00-11:00 AM .... V2642A
Mon, Apr 28-Jun 16 11:30 AM-12:30 PM . . . . . V2442A

Spring Senior Hikers
(ages 55 and up)
Enjoy weekly hikes through our cherished Monmouth County parks. Due to terrain, hiking boots and walking sticks are recommended. Dress for the weather and bring plenty of water. A schedule of locations and dates will be provided upon registration.

Monday Hikers
These hikes are for regular hikers and are slightly faster than the Wednesday hikes. The hikes are approximately five to five and a half miles long.
Thirteen 2-Hr Sessions $39.00 Per Person
Location Varies Week to Week
Mon, Mar 31-Jun 30 9:30-11:30 AM . . . . . D0442A

Wednesday Hikers
These hikes are held at a steady pace and are slightly slower than the Monday hikes. Hikes are approximately four and a half to five miles long.
Twelve 2-Hr Sessions $36.00 Per Person
Location Varies Week to Week
Wed, Apr 2-Jun 25 9:30-11:30 AM . . . . . . . . . D0542A

Thursday Hikers
Hikes take place on wooded trails. These hikes are less vigorous than Monday, Wednesday or Friday hikes.
Twelve 1-Hr & 30-Min Sessions $36.00 Per Person
Location Varies Week to Week
Thu, Apr 3-Jun 26 9:30-11:00 AM .... D0642A

Friday Hikers
These hikes are held at a steady pace and are slightly slower than the Monday hikes. Hikes are approximately four and a half to five miles long.
Twelve 2-Hr Sessions $36.00 Per Person
Location Varies Week to Week
Fri, Apr 4-Jun 27 9:30-11:30 AM . . . . . . D0742A

Special Hike to Great Swamp
Join us as we hike through the woodlands and swamps in The Great Swamp National Wildlife Refuge in Morris County. The mostly flat trails and boardwalks offer different plants, habitats and animals to observe along the way. Pack a lunch and we will eat in a picnic area. Hiking boots are strongly recommended.
One 8-Hr & 30-Min Session $30.00 Per Person
Dorbrook Rec Area Activity Center Parking Lot
Thu, Apr 24 8:30 AM-5:00 PM (approx) . . . . D0942A
Tue, Apr 29 8:30 AM-5:00 PM (approx) . . . . D1042A

Special Hike to High Point State Park
High Point State Park in Sussex County has a natural landscape of unusual beauty including lakes, bogs and remarkable vistas. Our trails include a boardwalk through a large swamp of Atlantic White Cedar trees and interesting mosses. We will visit the hilltop monument where there is a spectacular 360 degree view of the surrounding Kittatinny Mountains and nearby villages. Hiking boots and a walking stick are strongly recommended. You should bring water and pack a lunch. Robust hikers will enjoy the longer distance hike on Friday, May 16 and a more moderate hike will be held on Wednesday, May 21.
One 10-Hr Session $35.00 Per Person
Dorbrook Rec Area Activity Center Parking Lot
Fri, May 16 8:00 AM-6:00 PM . . . . . . . . . . . . . D1142A
Wed, May 21 8:00 AM-6:00 PM . . . . . . . . . . . . D1242A

(continued...)
**ADULTS**

**Stronger for Longer**
*(ages 55 and up)*
Join us in a light strength training class designed to improve muscle tone, flexibility, and coordination while having fun in a social environment with other active adults. The class will utilize a variety of equipment such as dumbbells and rubber resistance. No prior weight training experience is necessary.

Instructor: Stephanie Krawiec  
*Six 1-Hr Sessions $45.00 Per Person*  
Sunnyside Rec Area EC Program Room 2  
Mon, Mar 3-Apr 7 12:15-1:15 PM........... D1942A  
Mon, Apr 14-May 19 12:15-1:15 PM........ D2042A

**Tai Chi Chih® Discipline - Joy Through Movement**
*(ages 55 and up)*
The Chih method teaches the ancient art of “moving meditation” in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Instructor: Dan Pienciak, International Teacher Trainer  
*Six 1-Hr & 20-Min Sessions $89.00 Per Person*  
Beginner  
The simpler movements will be taught in this class.  
Tatum Pk Red Hill Act Ctr  
Fri, Mar 14-Apr 25 11:15 AM-12:35 PM ...... AAY42A  
No class 4/18  
Thompson Pk VC Tulip Room Vis Ctr  
Mon, May 5-Jun 23 11:15 AM-12:35 PM ........ AAZ42A  
No class 5/19 & 5/26

Ongoing  
This program is for students who have completed the beginner level class for at least one session.  
Tatum Pk Red Hill Act Ctr  
Fri, Mar 14-Apr 25 9:45-11:05 AM .......... AB042A  
No class 4/18  
Thompson Pk VC Tulip Room Vis Ctr  
Mon, May 5-Jun 23 9:45-11:05 AM .......... AB142A  
No class 5/19 & 5/26

**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.

*Eight 1-Hr Sessions $64.00 Per Person*  
Fort Monmouth Rec Ctr Gym B  
Wed, Mar 12-Apr 30 11:00 AM-12:00 PM.... XG142A  
Wed, May 7-Jun 25 11:00 AM-12:00 PM.... XG242A

**Arts & Crafts**

**Ceramics & Pottery**

**Adult Ceramics**
*(adults)*
Learn techniques and skills for decorating and glazing slip cast items. Beginners will gain knowledge about greenware, bisque, underglazes and glaze. Freehand and stencil decorating will be explored. Advanced students can work independently at their own pace. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes firings, glazes, underglazes and instruction.

Instructor: Janet Wollman  
*Six 3-Hr Sessions $72.00 Per Person*  
Thompson Pk Creative Arts Center  
Thu, Mar 6-Apr 10 9:00 AM-12:00 PM ....... Z1742A  
Thu, Mar 6-Apr 10 12:30-3:30 PM .......... Z1942A  
Thu, Apr 24-May 29 9:00 AM-12:00 PM .... Z1842A  
Thu, Apr 24-May 29 12:30-3:30 PM .......... Z2042A

**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.

Instructor: Don Bradford  
*Seven 3-Hr Sessions $140.00 Per Person*  
Thompson Pk Creative Arts Center  
Thu, Mar 6-Apr 17 6:30-9:30 PM .......... Z8342A  
Thu, May 1-Jun 12 6:30-9:30 PM .......... Z8442A

**NEW Adult Open Ceramics**
Fridays, March 7 & April 4 from 6:30-9:30 PM  
Thompson Park Creative Arts Center, Lincroft

This Open Ceramics is for adults only - sorry kids. A perfect way to start your date or spend time with friends. Choose from a large selection of bisque fired pottery pieces to give your own personal style. No pre-registration required. Leave your piece with us and we will have it fired in about a week.

Cost: $6 per hour plus the cost of bisque-ware; cash or check only please

For further information please contact Christina Carlson at 732-842-4000, ext. 4343, or ccarlson@monmouthcountyparks.com.
All Level Pottery Classes
(adults)
Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal 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.

Thompson Pk Creative Arts Center
Seven 3-Hr Sessions $140.00 Per Person
Instructor: John Fossa
Sat, Mar 1-Apr 12 11:30 AM-2:30 PM ....... Z6342A
Sat, Apr 26-Jun 14 11:30 AM-2:30 PM ....... Z6442A
No class 5/24
Instructor: Don Bradford
Mon, Mar 3-Apr 14 9:00 AM-12:00 PM ....... Z6542A
Mon, Apr 28-Jun 16 9:00 AM-12:00 PM ....... Z6642A
No class 5/26
Instructor: Pete MacConnell
Mon, Mar 3-Apr 14 6:30-9:30 PM ........... Z6842A
Mon, Apr 28-Jun 16 6:30-9:30 PM ........... Z6942A
No class 5/26
Instructor: Christina Carlson
Tue, Mar 4-Apr 15 9:00 AM-1:00 PM ......... Z7042A
Tue, Apr 29-Jun 10 9:00 AM-1:00 PM ......... Z8042A
Wed, Mar 5-Apr 16 9:00 AM-1:00 PM ......... Z7242A
Wed, Apr 30-Jun 11 9:00 AM-1:00 PM ......... Z8242A
Instructor: Kathy Bennett
Thu, Mar 6-Apr 17 9:00 AM-12:00 PM ....... Z7942A
Thu, May 1-Jun 12 9:00 AM-12:00 PM ....... Z7842A
Instructor: Sue Johnson
Seven 4-Hr Sessions $180.00 Per Person
Tue, Mar 4-Apr 15 9:00 AM-1:00 PM ....... Z8042A
Tue, Apr 29-Jun 10 9:00 AM-1:00 PM ....... Z8142A

Glaze Intensive Workshop
(adults)
Looking for better results from your glazing? Join us for this workshop to investigate techniques that will help you to master the process. Instructor Don Bradford will demonstrate various applications and methods to enhance your pottery. Please bring a variety of bisqued forms for use with cone 6 glazes.

Three 2-Hr & 30-Min Sessions $70.00 Per Person
Thompson Pk Creative Arts Center
Sun, Mar 23-Apr 6 1:30-4:00 PM ........... ZA742A

Raku and More!
(adults)
This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. An opportunity to participate in one or more alternative firing methods such as saggar or barrel will also be offered. Students must be proficient enough to work at their own pace. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of $0.10 per cubic inch.
Instructor: Christina Carlson
Thompson Pk Creative Arts Center
Six 3-Hr Sessions $120.00 Per Person
Fri, Mar 7-Apr 11 10:00 AM-1:00 PM ....... Z8842A
Seven 3-Hr Sessions $140.00 Per Person
Tue, Apr 29-Jun 10 7:00-10:00 PM ........... Z9142A
Fri, May 2-Jun 13 10:00 AM-1:00 PM ........ Z9042A

Sculpture Class
(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. Pottery wheels will be available for students who wish to work independently. Class includes 25 lbs. of clay, glazes and firings.
Instructor: Katie Stone
Seven 3-Hr Sessions $140.00 Per Person
Thompson Pk Creative Arts Center
Wed, Mar 5-Apr 16 1:00-4:00 PM ........... Z2842A
Wed, Mar 5-Apr 16 6:30-9:30 PM ........... Z3042A
Wed, Apr 30-Jun 11 1:00-4:00 PM ........... Z3142A
Wed, Apr 30-Jun 11 6:30-9:30 PM ........... Z3242A
**Intermediate Drawing**  
*(adults)*  
This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that will focus on line, value, and shadow to bring your drawings to the next level. A supply list will be provided upon registration.  
Instructor: Emile Talarico  
**Six 1-Hr & 30-Min Sessions $65.00 Per Person**  
Thompson Pk Creative Arts Center  
**Thu, Mar 6-Apr 10 1:00-2:30 PM . . . . . . . . . ZA442A**  
**Thu, Apr 24-May 29 1:00-2:30 PM . . . . . . . . . ZA542A**

**Decorative Painting Made Easy – All Levels**  
*(adults)*  
Quick and easy decorative painting techniques – fun and simple! You’ll start with Donna Dewberry’s One Stroke technique. As you become familiar with the basics, learn how to quickly incorporate other decorative painting styles into your work. New students will start with a One Stroke project. Returning students will work independently and receive instruction and guidance on a project of their choice. No painting experience necessary! A supply list for new students will be provided upon registration.  
Instructor: Lena Pfeffer  
**Six 3-Hr Sessions $96.00 Per Person**  
Thompson Pk Creative Arts Center  
**Mon, Mar 10-Apr 21 9:00 AM-12:00 PM . . . . . . . . . . . . . . Z0142A**  
**Mon, Apr 24-May 16 9:00 AM-12:00 PM . . . . . . . . . . . . . . . . . . . Z0242A**  
**No class 5/26**

**Evening Watercolor Workshop**  
*(adults)*  
Watercolor is a relaxing and attractive medium. This evening class is a great way to unwind after a busy day. Beginner and advanced students will enjoy learning new techniques as well as traditional watercolor methods. A supply list will be sent upon registration.  
**Six 2-Hr Sessions $78.00 Per Person**  
Thompson Pk Creative Arts Center  
**Wed, Mar 12-Apr 16 6:30-8:30 PM . . . . . . . . . . . . . . . . Z2142A**  
**Wed, Apr 30-Jun 4 6:30-8:30 PM . . . . . . . . . . . . . . . . . . . . . . Z2242A**
Great Impressionism™© Workshop
(adults)
No painting experience necessary to take this step-by-step approach to Impressionism. Instructor/Artist Debra Stasiak will guide you through the steps to recreate your own versions of famous Impressionistic masterpieces using Aspiring Artists™ exclusive Interpretive Impressionism™ method. You will learn the specific brushstrokes, layering techniques, color theories, and unique styles of these painters. Each painting will take two classes to complete. All supplies are included. Acrylic paints stain, so please wear “painting clothes” to class.
Four 2-Hr Sessions $88.00 Per Person
Thompson Pk Creative Arts Center

Session 1
Monet’s Regatta at Argenteuil
Monet’s Artist’s Garden at Vetheuil
Fri, Mar 7-28 10:00 AM-12:00 PM ........... Z5542A

Session 2
Matisse’s Gulf of Saint-Tropez
Pissarro’s Woman Drinking Her Coffee
Fri, Apr 4-May 2 10:00 AM-12:00 PM .......... Z5642A
No class 4/18

Session 3
Monet’s Spring
Cezanne’s Sea at L’Estaque
Fri, May 9-30 10:00 AM-12:00 PM .......... Z5742A

Intro to Traditional Painting
(adults)
Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line, and medium, as well as painting from observation. A supply list will be provided upon registration.
Artist/Instructor: Katie Stone
Six 2-Hr Sessions $75.00 Per Person
Thompson Pk Creative Arts Center
Mon, Mar 3-Apr 7 9:00-11:00 AM ........... Z1342A
Mon, Apr 14-May 19 9:00-11:00 AM ........ Z1442A

Painting
(adults)
Haven’t painted in years? At our convenient Bayshore location, you can complete a painting in six weeks. We will discuss composition, proportion and mixing colors. All levels of experience are welcome.
Instructor: Shari Epstein
Six 2-Hr Sessions $70.00 Per Person
Henry Hudson Trail Act Ctr
Mon, Mar 3-Apr 7 12:00-2:00 PM ............ ABB42A
Mon, Apr 28-Jun 9 12:00-2:00 PM .......... ABC42A
No class 5/26

Painting Workshop
(adults)
Students will be taught the use of paints (both oil or acrylic), color, form and space - the basics - as well as the subtlety and nuances of what makes a good work of art. For all levels including professional artists and art teachers who can come for further feedback.
Artist/Instructor: Grace Graupe-Pillard
Eight 2-Hr Sessions $100.00 Per Person
Thompson Pk Creative Arts Center
Tue, Mar 11-Apr 29 9:30-11:30 AM .......... ZAW42A
Tue, Mar 11-Apr 29 12:00-2:00 PM ......... ZAX42A
Tue, Mar 11-Apr 29 2:30-4:30 PM .......... ZAY42A
Tue, Mar 11-Apr 29 7:30-9:30 PM ........... ZAZ42A
Tue, May 6-Jun 24 9:30-11:30 AM .......... ZBO42A
Tue, May 6-Jun 24 12:00-2:00 PM .......... ZB142A
Tue, May 6-Jun 24 2:30-4:30 PM .......... ZB242A
Tue, May 6-Jun 24 7:30-9:30 PM .......... ZB342A

Painting: All-Level
(adults)
If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with some experience, the focus of this class will be fine-tuning and developing technique. Come ready with ideas the first day to start painting.
Artist/Instructor: Katie Stone
Six 2-Hr Sessions $75.00 Per Person
Thompson Pk Creative Arts Center
Mon, Mar 3-Apr 7 10:00 AM-12:00 PM ..... Z1542A
Mon, Apr 14-May 19 10:00 AM-12:00 PM . . Z1642A

Have a friend or family member who you know will LOVE our programs and events?
Have them call 732-842-4000, ext. 4312, to start receiving our Program Directory.
**Pastel Landscapes** *(adults)*
Learn step-by-step techniques to create a pastel painting. Various types of pastel supplies and papers will be explored. Bring your favorite landscape pictures. Please be prepared with all items on the supply list, which will be provided at the bottom of your registration confirmation.

**Artist/Instructor:** Lorna Weber  
**Six 2-Hr Sessions $72.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Wed, Mar 5-Apr 9 11:30 AM-1:30 PM . . . ZAH42A**  
**Wed, Apr 23-May 28 11:30 AM-1:30 PM . . . ZAJ42A**

**Studio Time with Gina** *(adults)*
Calling all serious artists! This is a class designed to sharpen and improve your artistic abilities. Lessons will be given at the start of every class on how to improve your painting, drawing, composition and most importantly color theory. Please join us to work side by side with local exhibiting artists to advance in skill and proficiency in all media and at all levels. Personalized constructive critiques and one on one attention is the key to personal success.

**Artist/Instructor:** Gina Torello, MFA  
**Six 2-Hr & 30-Min Sessions $105.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Fri, Mar 7-Apr 11 1:00-3:30 PM . . . . . ZAT42A**  
**Fri, Apr 25-May 30 1:00-3:30 PM . . . . ZAU42A**

**Watercolor Adventures** *(adults)*
If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A list of supplies (not included) will be provided upon registration.

**Instructor:** Jane Lux  
**Ten 2-Hr & 30-Min Sessions $160.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Fri, Apr 11-Jun 13 10:00 AM-12:30 PM . . . ZB642A**  
**Fri, Apr 11-Jun 13 1:00-3:30 PM . . . . . ZB742A**

**Etching Metal for Jewelry Design** *(adults)*
Expand your jewelry design possibilities by adding depth and texture to base metals. By etching copper, you can achieve deeper levels of design and patterns that really help your metal jewelry stand out. Supply fee of $15.00 payable the first day of class to instructor Lena Pfeffer.

**One 3-Hr Session $35.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Sun, May 18 1:00-4:00 PM . . . . . . . . . ZAV42A**

**Jewelry Fundamentals** *(adults)*
Ideal for the beginner or intermediate craftsperson, explore the basics of metal fabrication, covering techniques such as soldering, forging, etching and more while creating earrings, necklaces, bracelets, etc. A supply list will be sent upon registration.

**Instructor:** Lena Pfeffer  
**Six 2-Hr & 30-Min Sessions $120.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Sun, Mar 2-Apr 6 1:30-4:00 PM . . . . . . . ZAS42A**

**PMC for Mother’s Day** *(adults)*
Precious Metal Clay (PMC) is pure silver particles suspended in an organic binder. The binder is burned away in a jeweler's kiln and only the silver remains. Make a very special gift for Mother’s Day or any special person using this exciting jewelry technique. You will create a unique pure silver necklace with your loved ones initial on it. A material fee of $30.00 (cash only please) is payable to the instructor Jeong Eun Kim. No experience necessary.

**One 1-Hr Session $30.00 Per Person**  
**Thompson Pk Creative Arts Center**  
**Sat, May 3 1:00-2:00 PM . . . . . . . . . ZAE42A**
Precious Metal Clay Basics
(adults)
Precious Metal Clay (PMC) is fine silver particles suspended in a clay binder. It is so easy to work with, anyone can create beautiful fine silver jewelry! Our certified instructor will teach beginners the basics of this up and coming art and assist more advanced students with their independent projects. A materials fee of approximately $40 (cash only) is payable to instructor for Precious Metal Clay (depending on fair market value). Tools are supplied for class use. An optional supply list will be provided at the first session.
Instructor: Jeong Eun Kim
Six 3-Hr Sessions $138.00 Per Person
Thompson Pk Creative Arts Center
Wed, Apr 2-May 14 9:30 AM-12:30 PM .... Z1142A
No class 4/16
Mon, Apr 7-May 19 6:30-9:30 PM ........ Z1242A
No class 4/14
Wed, May 21-Jun 25 9:30 AM-12:30 PM .... Z6742A

Knit or Crochet Your Choice
(ages 15 and up)
This class gives the student an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor Charlene Jackson will also be available to assist individuals with any project they may choose.
Six 2-Hr Sessions $66.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Wed, Mar 12-Apr 23 6:30-8:30 PM ........ ZAN42A
No class 4/16
Wed, Apr 30-Jun 4 6:30-8:30 PM .......... ZAP42A

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 with the assistance of instructor Charlene Jackson.
Six 2-Hr Sessions $66.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Sat, Mar 29-Apr 12 10:30 AM-12:30 PM .... A7342A
No class 4/5

Learn to Quilt
(adults)
Interested in learning a unique pattern that doesn’t use blocks? Then check out the braid technique using jelly rolls. We’ll create a gorgeous lap quilt from the Jelly Rolls Quilt book. Requires intermediate quilting experience, a book and a sewing machine to class.
Instructor: Linda Corder
Two 4-Hr Sessions $65.00 Per Person
Dorbrook Rec Area Vis Ctr
Sat, Mar 29-Apr 12 10:30 AM-2:30 PM .... A7342A
No class 4/5

Sewing Machine Workshop 101
(adults)
Do you have a sewing machine in your closet? Bring it to the Creative Arts Center and learn the basics (machine must be no more than 30 years old). Please also have 1/2 yard of cotton fabric, bobbin and thread.
Instructor: Roza Timpanaro
One 2-Hr Session $20.00 Per Person
Thompson Pk Creative Arts Center
Mon, Mar 24 6:30-8:30 PM ................. Z6142A
Fri, Apr 11 6:30-8:30 PM ................. Z6242A
**Triangle Trio Runner**  
*(adults)*  
Learn to piece an attractive table runner using three different quilt blocks. We'll simplify the process with easy construction methods. Requires intermediate quilting experience and a sewing machine for class. 
Instructor: Linda Corder  
**Two 4-Hr Sessions $65.00 Per Person**  
Dorbrook Rec Area Vis Ctr  
**Sat, Mar 8-22 10:30 AM-2:30 PM .......... A7242A**  
No class 3/15

**ADULTS**

**Basket Making Workshops**  
*(adults)*  
Learn weaving styles and techniques as well as the interesting historical significance of the particular basket we will make. Students will need to bring some basic tools from home (a list will be sent upon registration). Fees for materials (listed below) are to be paid to the instructor. 
Instructor: Martha Costain  
**One 6-Hr Session $38.00 Per Person**  
Thompson Pk Creative Arts Center  
**Wall Basket**  
A wood base basket 9 1/2” long, 8” high, 6” wide; suitable for the door or to catch the mail. Woven in reed with color accent and 10” plain leather handle for hanging. Materials fee payable to instructor: $18. Suitable for beginners.  
**Sat, Mar 15 10:00 AM-4:00 PM .......... Z7442A**

**Classic Easter Basket**  
Dimensions: 8 1/2” long, 8” wide, 5” high, excluding handle. Woven on an oval wood base with a wrapped handle with spring colors available. Materials fee payable to instructor: $18. Beginners welcome.  
**Sat, Apr 12 10:00 AM-4:00 PM .......... Z8242A**

**Blueberry Gathering**  
Dimensions: 9” high, 7” wide, 4 1/2” deep. Perfect for gathering this summer’s berries. A pouch shaped basket finished with a blue shaker tape strap to hang around the neck to free both hands for picking! Materials fee payable to instructor: $16. Beginners welcome.  
**Sat, May 10 10:00 AM-4:00 PM .......... Z8542A**

**A Journey Into Fused Glass**  
*(adults)*  
This workshop provides a hands-on introduction to glass fusing and its many possibilities. Each session explores a different fusing technique while teaching you to cut, grind, layer and slump different types of glass. From tiles to dishes to jewelry, the possibilities are endless. A materials fee of approximately $60 is payable to instructor Yvonne Yaar on the first day of class.  
**Six 2-Hr Sessions $88.00 Per Person**  
Thompson Pk Creative Arts Center  
**Tue, Mar 4-Apr 8 10:00 AM-12:00 PM ....... ZA842A**  
**Tue, Apr 22-May 27 6:30-8:30 PM .......... ZA942A**

**Beyond Basic Beading**  
*(adults)*  
Learn many advanced beginner techniques including peyote, herringbone, right angle weave, brick stitch, etc. This is a project oriented class but very flexible. A different project and supply list will be presented for the coming week. Students have the option to do the projects provided, bring their own, or continue with the previous week’s project. A supply list for the first class will be provided upon registration. A materials fee of $5 is payable to the instructor Lena Pfeffer.  
**Six 2-Hr Sessions $66.00 Per Person**  
Thompson Pk Creative Arts Center  
**Mon, Mar 10-Apr 21 12:30-2:30 PM ......... ZA842A**  
No class 4/14  
**Mon, May 5-Jun 16 12:30-2:30 PM .......... ZA424A**  
No class 5/26

**Creative Card Making**  
*(adults)*  
Assemble beautiful handmade cards using a variety of paper-crafting techniques such as stamping, embossing, folding and more. Make cards worth sending! 
Instructor: Jane Fawcett  
**Six 1-Hr Sessions $42.00 Per Person**  
Fort Monmouth Rec Ctr Prog Rm C (120)  
**Wed, Mar 5-Apr 9 12:15-1:15 PM .......... MAK41A**  
**Wed, Apr 30-Jun 4 12:15-1:15 PM .......... M8842A**
DIY the Pinterest Way  
(ages 12 and up, under 18 with adult)  
Always pinning things to your DIY boards but just can’t  
seem to find the time to work on those projects? Set  
aside some time and join us as we get crafty making  
those projects a reality. You can bring materials for a  
certain project you’ve been meaning to do, or use our  
supplies to create a pin worthy craft! We will have a  
variety of craft materials and project samples to share  
with you.  
One 1-Hr & 30-Min Session $9.00 Per Person  
Manasquan Res Program Room 1 Vis Ctr  
Sat, Mar 22 10:30 AM-12:00 PM ............... INV42A  
Thompson Pk VC Tulip Room Vis Ctr  
Tue, Apr 1 6:00-7:30 PM ...................... INW42A  
Deep Cut Gardens Horticultural Center  
Thu, May 22 9:30-11:00 AM ................. INX42A  

Fish Printed Apron  
(adults)  
Originally, printing fish helped fishermen identify  
different fish species. Using acrylic paints and one large  
fish, participants will learn the process of printing with  
a fish as a craft project. Adults will print onto a fabric  
apron and then embellish the print with extra details  
and flourishes to make a wearable work of art! A $15  
materials fee is payable the first day of class to Instructor  
Sandy Taylor.  
One 2-Hr Session $30.00 Per Person  
Thompson Pk Creative Arts Center  
Sat, Apr 12 1:00-3:00 PM .................. ZBB42A  

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 to be worked on. All materials  
provided by instructor for a $15 material fee payable  
during the first class.  
Instructor: Harry Belkowicz  
Six 2-Hr Sessions $84.00 Per Person  
Thompson Pk Creative Arts Center  
Sat, Mar 1-Apr 5 1:00-3:00 PM ........... ZBP42A  
Sat, Apr 12-May 17 1:00-3:00 PM ........ ZBQ42A  

Lamp-working: Beads and More!  
(adults)  
Lamp-working is the ancient art of manipulating glass  
in front of a Hot Head torch. Basic skills will be taught  
along with terminology. Discover how to make a bead,  
glass cane and, if you dare, a fish! Instruction can be  
adjusted for those who may already have rudimentary  
skills. A materials fee of $30 is payable to instructor  
Yvonne Yaar.  
One 2-Hr Session $35.00 Per Person  
Thompson Pk Creative Arts Center  
Tue, Apr 29 10:00 AM-12:00 PM .......... ZBD42A  

Mosaic Art  
(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 $15 materials fee payable the first day of  
class to instructor Harry Belkowitz.  
Six 2-Hr Sessions $84.00 Per Person  
Thompson Pk Creative Arts Center  
Sat, Mar 1-Apr 5 10:00 AM-12:00 PM ....... ZBB42A  
Sat, Apr 12-May 17 10:00 AM-12:00 PM ... ZB942A  

Nuno Felted Scarf Class  
(adults)  
Wear your artwork! This workshop will focus on the  
exquisite nuno felting method. During the felting  
process wool fibers are entangled with silk to create  
a stunning work of original wearable art. Please wear  
long sleeves, comfortable shoes and old clothes as you  
will get wet. A materials fee of $40.00 cash is payable to  
instructor Jeannette Riviere.  
One 4-Hr Session $32.00 Per Person  
Thompson Pk Creative Arts Center  
Sat, May 3 1:00-5:00 PM ................... ZAA42A  

The Art of Pysanky  
(adults)  
The ancient art of Ukrainian egg decorating also know  
as Pysanky is a process of layering beeswax and natural  
dyes to create stunning patterns. Explore the world  
through recreation while discovering this exciting and  
addictive art form. A $10.00 materials fee is payable to  
the instructor. Please bring an apron.  
One 3-Hr Session $25.00 Per Person  
Thompson Pk Creative Arts Center  
Sat, Apr 5 2:30-5:30 PM .................... ZBN42A  

Pre-registration is required for most of the programs listed in this directory.
The Creative Arts Experience
(adults)
There is an artist in all of us. Come discover your creative niche. From pottery to painting, explore a new medium each week. This creative adventure will introduce you to several different art programs offered at the Creative Arts Center. All supplies are provided.
Six 2-Hr Sessions $92.00 Per Person
Thompson Pk Creative Arts Center
Mon, Mar 10-Apr 14 1:00-3:00 PM ........ Z9642A

Adobe Lightroom
(adults)
Are you new to Lightroom or already own a copy but are wondering why everyone is raving about it? This class will give you an in-depth look of Lightroom, from image-management to editing to final output; the main concentration will be image editing. Once you get to know Lightroom a little better, you’ll find yourself raving about it too! You must bring a laptop with Adobe Lightroom 5 or above installed; earlier versions are not supported.
Instructor: Gary Dates
Six 2-Hr Sessions $75.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Tue, Apr 22-May 27 9:30-11:30 AM ........... ZA142A

Meet Your Digital SLR
(adults)
Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in “manual” mode with confidence in real-world shooting situations. Some experience is required. Please Note: This class requires a Digital SLR; point and shoot cameras are not covered.
Instructor: Gary Dates
Six 2-Hr Sessions $68.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Tue, Mar 4-Apr 8 9:30-11:30 AM ........... Z9742A
Wed, Mar 5-Apr 9 7:00-9:00 PM ........... Z9842A
Tue, Apr 22-May 27 7:00-9:00 PM ........... Z9942A

Photography Exploration in Our Parks
(adults)
Find your creative eye this spring at one of your county parks. Join professional photographer and long-time Park System volunteer Michael S. Miller as he guides you through techniques of composition and exposure and helps you to develop your creative vision. These explorations are for photographers with knowledge of their camera who would like to fine tune their creative skills.
One 3-Hr Session $30.00 Per Person

Introducing Photoshop Elements
(adults)
Photoshop Elements is considered to be “Photoshop for the rest of us.” If you are a casual photographer and don’t want to take on the expense required for Photoshop, then Photoshop Elements is for you! Elements contains many of Photoshop’s most popular and powerful features, namely Selections, Layers and Layer Masks. We cover Photoshop Elements 9 and above for both Mac and PC. Laptops with Photoshop Elements already installed are required as well as a basic understanding of your computer.
Instructor: Gary Dates
Six 2-Hr Sessions $68.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Tue, Mar 4-Apr 8 7:00-9:00 PM ........... ZA042A

Rocky Point Exploration
Capture the views of the Navesink and Shrewsbury River from Battery Loop.
Hartshorne Wds Rocky Point Parking Lot
Sat, Apr 5 5:00-8:00 PM ............ W8442A

Bald Eagle Exploration at the Manasquan Reservoir
Capture unique images from our tour boat of the shore line and, if we are lucky, the bald eagle and eaglets at the Manasquan Reservoir.
Manasquan Res Env Ctr
Sat, May 3 7:30-10:30 AM ............ W8342A
Photoshop Elements - The Next Step (adults)
Would you like to realize the full potential of Photoshop Elements? If so, this class is for you. Discover how to unleash the power of Layers and Layer Masks, use Adjustment Layers to enhance your images, and explore those mysterious Blending Modes. Additionally, you will learn how to extract complex elements from a photograph “even hair” thanks to the much-improved Refine Edge function introduced in PSE 11. This is not an introductory class; this class is for those who have taken Intro to Elements or those who have a good basic understanding of PSE. You must bring a laptop with Photoshop Elements 11 or later installed.
Instructor: Gary Dates
Six 2-Hr Sessions $68.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Wed, Apr 23-May 28 7:00-9:00 PM ........... ZA242A

Restoring Photographs (adults)
Do you have old family photos that are stained, torn, or otherwise damaged? Discover some techniques for restoring or repairing those priceless images. Whether it's a photograph taken years ago, or a newer image that has been damaged, today's retouching tools can improve the quality of just about any image. This workshop will cover techniques using Photoshop. However, many of the techniques are also doable in Photoshop Elements, so the class is open to both Photoshop and Photoshop Elements* users! You must bring a laptop with either Photoshop Elements 11 or above, or any recent version of Photoshop. You are welcome to bring digital scans of a photo you'd like to repair as well. *There will be a very small number of techniques presented that cannot be accomplished in Elements.
Instructor: Gary Dates
One 5-Hr Session $50.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Sat, May 3 9:30 AM-2:30 PM ............... ZA342A

Canine Classes

Dog Obedience: Basic Obedience (ages 14 and up)
Do you enjoy entertaining, having visitors in your home, and including your dog in your family gatherings and activities? This class covers the basic foundation skills necessary for your dog to become a well mannered canine companion. Open to dogs 6 months and older. Week 1 is orientation; dogs are welcome beginning week 2.
Instructor: Jeannie Seuffert, CPDT-KA
Seven 1-Hr Sessions $70.00 Per Person
Thompson Pk
Tue, Mar 18-Apr 29 6:00-7:00 PM ............. XG42A
Orientation: 3/18, 7:00-8:30PM
Thu, Mar 20-May 1 6:00-7:00 PM ........... XJ342A
Orientation: 3/20, 6:00-7:30 PM
Sat, Mar 22-May 3 9:00-10:00 AM ........... XJ442A
Orientation: 3/22, 9:00-10:30 AM

Dog Obedience: Fun with Agility (ages 14 and up, under 18 with adult)
Dog agility is a fast-growing sport that offers fun and excitement for both dogs and their owners. This class is an introduction to dog agility in which you'll learn how to teach your dog to properly negotiate jumps, run through open tunnels and other miscellaneous obstacles in a fun and non competitive environment. Agility is an excellent way to provide mental stimulation, build confidence, and to enhance the relationship between dog and owner. Completion of basic obedience class required. Week 1 orientation; dogs are welcome beginning week 2.
Six 1-Hr Sessions $72.00 Per Person
Thompson Pk
Sat, Mar 22-Apr 26 2:00-3:00 PM .......... XJR42A

Give your pooh some time to run, play and be social!
Visit one of the Park System’s Off-Leash Dog Areas!

Thompson Park, Lincroft & Wolf Hill Recreation Area, Oceanport

Please Note: Dogs must be up to date with vaccinations and wear a collar with license.
For a full list guidelines, visit us at www.monmouthcountyparks.com.
**Dog Obedience: Loose Leash Walking**  
*(ages 14 and up)*  
Are you tired of your dog pulling on the leash, spinning and jumping with uncontrollable excitement? This class is designed to provide focused instruction for you and your dog specifically on the loose leash walking skill. Open to dogs that have successfully completed the Basic Obedience class.  
***Six 1-Hr Sessions $66.00 Per Person***  
Thompson Pk  
**Mon, Mar 17-Apr 21 6:00-7:00 PM** .......... XGX42A  
Orientation: 3/17, 6:00-7:00 PM  
**Wed, Mar 19-Apr 23 6:00-7:00 PM** .......... XJ742A  
Orientation: 3/19, 6:00-7:00 PM

**Dog Obedience: Pint-Sized Pooches**  
**(ages 17 and up)**  
Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well mannered canine companion. Open to small dogs 6 months and older and weighing 25 lbs. or less. Week 1 is orientation; dogs are welcome beginning week 2.  
Instructor: Jeannie Seuffert, CPDT-KA  
***Seven 1-Hr Sessions $70.00 Per Person***  
Thompson Pk  
**Tue, Mar 18-Apr 29 7:15-8:15 PM** .......... XGW42A  
Orientation: 3/18, 7-8:30pm  
**Thu, Mar 20-May 1 7:15-8:15 PM** .......... XJ542A  
Orientation: 3/20, 6-7:30pm  
**Sat, Mar 22-May 3 10:30-11:30 AM** .......... XJ642A  
Orientation: 3/22, 9-10:30am

**Culinary Arts**  
**NEW** [A Not so Humble Sandwich](#)  
*(adults)*  
In 1762, when the 4th Earl of Sandwich was hungry and didn’t want to stop gambling, he ordered some beef between two slices of bread. And so it began, the sandwich! Let’s make the Earl’s classic as well as Lobster Rolls, Cheese Steaks, Jersey Subs, Roll-ups, Paninis and the humble Grilled Cheese. We’ll use a variety of breads, meats and cheeses adding the goodies like L, T & O, cucumber, sprouts and roasted vegetables. And don’t forget the spreads: Roasted Red Pepper, Basil & Black Pepper Mayonnaise, and English, Ballpark and Gator Mustards. Bring your knife and apron to this hands-on class.  
Instructor: Chef Peter DeCelie  
***One 3-Hr Session $42.00 Per Person***  
Dorbrook Rec Area Vis Ctr  
**Tue, Mar 4 6:00-9:00 PM** .................. ABV42A

**NEW** [An Introduction to Ayurvedic Cuisine](#)  
*(adults)*  
This approach is based on Ayurveda, the 5,000-year-old tradition of holistic medicine that comes from India. In this course, you will be introduced to the art of delicious, easy-to-make vegetarian meals. You will also learn a variety of recipes, flavors, utensils, smells, textures and colors to make your life better. You will gain tips on how to apply Ayurvedic principles to any type of cuisine. This course will be taught in demonstration format.  
***One 3-Hr Session $42.00 Per Person***  
Dorbrook Rec Area Vis Ctr  
**Tue, Apr 29 6:00-9:00 PM** .................. ACH42A

**NEW** [Beyond Broccoli](#)  
*(adults)*  
Broccoli’s impressive nutritional profile puts it high on the list of must eat foods. You’ll learn versatile and delicious recipes using broccoli and broccoli rabe including a must taste dessert!  
Conducted by Merrall Freund, HHC, AADP  
***One 2-Hr Session $40.00 Per Person***  
Dorbrook Rec Area Vis Ctr  
**Mon, Mar 17 6:00-8:00 PM** .................. AA942A
**Breakfast in a Snap** *(adults)*

Can’t go out for breakfast because of food allergies? Want to host a lovely brunch that will be safe for your food-allergic guest? This class will teach you how to make delicious waffles, comforting muffins and elegant yogurt parfaits without dairy, eggs and nuts.

*One 2-Hr Session $40.00 Per Person*

Dorbrook Rec Area Vis Ctr

Wed, Mar 26 10:00 AM-12:00 PM ............ ABE42A

**Brunch for All Occasions** *(adults)*

Learn how to create a warm and inviting brunch with these memorable brunch recipes such as strata, upside down apple pancakes, crumb cake, streudel and more. Many of these do-ahead recipes are sure to please. Bring an apron to this participatory class.

*One 2-Hr Session $40.00 Per Person*

Dorbrook Rec Area Vis Ctr

Mon, May 19 10:00 AM-12:00 PM .......... AF334A

Mon, May 19 6:00-8:00 PM ............... A7142A

**Comfort Foods** *(adults)*

Learn how to create comfort dishes for the whole family to enjoy. From homemade chicken soup to potato pancakes to macaroni and cheese and more. We’ll even make fresh mozzarella. You’ll find “comfort” in these traditional favorites. Class is participatory.

*One 2-Hr Session $40.00 Per Person*

Dorbrook Rec Area Vis Ctr

Mon, Mar 24 10:00 AM-12:00 PM ........... A6742A

Mon, Mar 24 6:00-8:00 PM ............... A6842A

**Cooking Italian Made Simple & Light** *(adults)*

Mange Italiano! Come hungry and feast on delicious Italian cuisine. Immerse yourself in the Italian language while learning how to make simple chicken and seafood dishes in this hands-on course. Register for individual sessions or take the whole series.

*One 3-Hr Session $40.00 Per Person*

Dorbrook Rec Area Vis Ctr

- **Chicken Piccata & Chicken Francaise**  
  Thu, May 1 6:00-9:00 PM ............... ABQ42A

- **Chicken Principessa & Risotto**  
  Thu, May 8 6:00-9:00 PM ............... ABR42A

- **Chicken Genovese & Pasta Primavera**  
  Thu, May 15 6:00-9:00 PM .......... ABS42A

- **Chicken Florentine & Stuffed Artichoke**  
  Thu, May 22 6:00-9:00 PM ............ ABT42A

- **Sea Bass with Italian Pasta Salad**  
  Thu, May 29 6:00-9:00 PM ........... ABU42A

**Entire Series**

Register for the series and save!

*Five 3-Hr Sessions $125.00 Per Person*

Thu, May 1-29 6:00-9:00 PM .............. ABP42A

**NEW Dairy-Free Italian** *(adults)*

If you have a dairy allergy in your family and love Italian food, this class is for you. Taught by a mom from a large Italian family with a dairy-allergic child, you’ll learn how simple it is to make delicious, dairy-free pizza and pasta. You will see how you don’t have to give up the good stuff!

*One 2-Hr Session $40.00 Per Person*

Dorbrook Rec Area Vis Ctr

Wed, Apr 30 10:00 AM-12:00 PM ........... ABG42A
Lettuce Do Lunch!  
(adults)  
Skip the Iceberg Lettuce. Let’s prepare easy meals that are nutritious and healthy using a variety of lettuces each with distinctive tastes. Savory salads, wonderful wraps and enticing ensalada dressed to perfection are the menu. Class taught in participatory and demonstration formats. 
Instructor: Merrall Freund, HHC, AADP  
One 2-Hr Session $40.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Mon, May 12 6:00-8:00 PM ............... A6442A

Spring Desserts & More  
(adults)  
Bring your sweet tooth to this hands-on class. Create tasty and beautiful desserts for your spring celebrations. We’ll use fresh fruit, nuts, chocolate and more. We’ll even create some recipes that can be given as hostess gifts.  
One 2-Hr Session $40.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Mon, Apr 28 10:00 AM-12:00 PM .......... A6942A  
Mon, Apr 28 6:00-8:00 PM ............... A7042A

Pie in the Sky  
(adults)  
Pies are one of the simplest desserts to accommodate those with food allergies. If you’re afraid that homemade pie dough is too time-consuming or difficult, this class is for you. Learn how simple and fun it is to make your own dairy, egg and nut free pies for any season. 
One 2-Hr Session $40.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Wed, May 21 10:00 AM-12:00 PM .......... ABH42A

Vegetables & Grains  
(adults)  
Experience the value of delicious vegetables and greens with satiating grains for your health and well being. Energize and excite the palate when pairing these two important food groups together. We’ll prepare scrumptious and vibrant salads. Class taught in demonstration and participation format. 
Conducted by: Merrall Freund, H.H.C., AADP  
One 2-Hr Session $40.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Mon, Apr 21 6:00-8:00 PM ............... A6342A

Southwest Style BBQ  
(adults)  
Sit back and relax tonight while Chef Peter Decelie grills for you. You’ll go outside and grill up some clams with a Veracruz-style sauce and Chorizo Bruschetta. Then, a Grilled Romaine Caesar Salad followed by a great taco bar featuring Lime & Cilantro Shrimp and Carne Asada for fillings. Corn cooked in the husk and grilled vegetables featuring Nopals to accompany the entree - Ancho Chili Pork Tenderloin. Tequila ices and grilled pineapple will finish you off! This class is taught in demonstration format. 
One 3-Hr Session $42.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Tue, May 6 6:00-9:00 PM ............... ABX42A

NEW The Diet for Hypertension  
(adults)  
Reduce your salt and you’ll reduce your blood pressure. You will make flavorful and nutritious recipes in this hands-on class. First the salads: Crunchy Broccoli & Walnut, Spicy Carrot and Spinach Hot Potato Dressing. Then the entrees: Cedar Roasted Salmon, Blackened Catfish, Grilled Tuna with Pico de Gallo, Sweet & Sour Pork Stir-Fry, and a very Italian Vegetarian Lasagna. All entrees will come with a vegetable. Lastly, the desserts: Apple Crisp, Orange Sorbet, and Crustless Pumpkin Pie. Bring your knife and apron. 
Instructor: Chef Peter DeCelie  
One 3-Hr Session $42.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Tue, Apr 1 6:00-9:00 PM ............... ABW42A

NEW Cooking classes are available for our younger visitors too!  
Check out culinary programs geared toward:  
Kids & Teens - Pages 63-64  
Parent & Child - Page 82
**Which Wine?**  
*(adults)*  
Not sure whether white or red is appropriate? Learn how to develop your palate in order to select your personal wine cellar. This presentation will help you become a full fledged oenophile. Followed by light refreshments and socializing time.

**Wine & Cheese**  
A classic combination, learn to marry the various wines and cheeses for a heavenly union.  
**One 1-Hr & 30-Min Session $20.00 Per Person**  
Thompson Pk VC Oak Room Vis Ctr  
Sun, May 4 2:30-4:00 PM ................. AA342A

**Education & Enrichment**

**NEW! Aviation Ground School**  
**Private Pilot - Learn to Fly**  
*(adults)*  
This is an introductory course for non-pilots and student pilots who plan to take the FAA written test for private pilot training. Areas include theory of flight and airplane performance, navigation, interpretation of weather, flight planning, and practical aspects of cross-country flying. Don't miss this excellent preparation tool for your written exam.  
Instructor: Thomas Flieger  
**Ten 3-Hr Sessions $150.00 Per Person**  
Fort Monmouth Rec Ctr Prog Rm C (120)  
**Tue, Mar 18-May 20 6:30-9:30 PM ........ MAH41A**

**NEW! About Boating Safely**  
*(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. Taught by the US Coast Guard Auxiliary Flotilla 16-07. Please bring lunch and snacks.  
**One 8-Hr & 30-Min Session $65.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
Sat, Mar 22 8:30 AM-5:00 PM ............... XGS42A  
Sat, Apr 26 8:30 AM-5:00 PM ............... XGT42A

**NEW! Boating Safety: Recreational Paddlesports**  
*(ages 10 and up)*  
Are you ready to head out in your canoe or kayak? Don't take to the water without basic safety awareness! Designed for all experience levels, this introductory course will have you ready for a safe, enjoyable, and rewarding paddlecraft experience. Participants will learn how to select the appropriate equipment, the rules and regulations of the waterway, general safety and maintenance, and how to get in and out of your craft safely. Taught in a fun and relaxed atmosphere, our certified instructors will ensure that you are comfortable and prepared for your time on the water. Instructed by the US Coast Guard Auxiliary Flotilla 16-07.  
**One 4-Hr Session $35.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
Sat, May 10 9:00 AM-1:00 PM ............... XGV42A

**Book Swap Drop In**  
*(adults)*  
Fort Monmouth Recreation Center, Tinton Falls  
Sip, swap and connect. Enjoy reading? Looking for something different to read and to connect with people with similar interests? Stop by the park and bring an unwanted book(s) and swap it for something new. Don't have a book to swap? That's okay, there will be a stash for you to peruse. Light refreshments will be served.  
**FREE!**  
Sunday, March 2, 1:00-3:00 PM  
Thursday, March 6, 6:00-8:00 PM  
Sunday, April 6, 1:00-3:00 PM  
Thursday, April 10, 6:00-8:00 PM  
Sunday, May 4, 1:00-3:00 PM  
Thursday, May 8, 6:00-8:00 PM

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**Pre-registration is required for most of the programs listed in this directory**
Coffee Club
(adults)
Join us 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, Apr 1-May 6 9:30-11:30 AM .......... M3742A
Tue, May 13-Jun 17 9:30-11:30 AM .......... M4042A

Coffee & Games
Name your game! Choose from our large selection and come to play in our great facility with bottomless coffee urn. All you need is the desire to make new friends!
Wed, Apr 2-May 7 9:30-11:30 AM .......... M3842A
Wed, May 14-Jun 18 9:30-11:30 AM .......... M4142A

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, Apr 3-May 8 9:30-11:30 AM .......... M3942A
Thu, May 15-Jun 19 9:30-11:30 AM .......... M4242A

Italian Talk
(adults)
This intense, student directed conversational Italian course is the perfect introduction to this beautiful language. Basics will be taught through immersion from a native Italian speaker in a relaxing setting. Students will practice their speaking, reading and writing skills. Small groups are encouraged for personalized instruction and one on one coaching.
Eight 1-Hr & 30-Min Sessions $120.00 Per Person
Dorbrook Rec Area Vis Ctr
Wed, Mar 19-May 26 6:00-7:30 PM ....... ACE42A
No class 4/16 & 4/23

Let’s Explore the Common Core
(adults)
A workshop for parents who want to know more about how the new expectations will impact their children in school. The Common Core was adopted in NJ in 2010. This year will be a big year of transition for students in terms of how they are taught, tested and evaluated.
One 2-Hr Session $28.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Thu, May 15 6:30-8:30 PM ................. AB842A

Pets and Their Owners
(adults)
Ever wonder why you and your pet look alike, have similar personality traits, or why they may have the health conditions as you? Understand the reasons why in this fun and informative workshop.
One 1-Hr & 45-Min Session $25.00 Per Person
Dorbrook Rec Area Vis Ctr
Sat, May 10 1:30-3:15 PM ................. AAA42A

Rejuvenate Your Retirement
(adults)
This unique and comprehensive course focuses on the financial challenges and goals of retirees. In straightforward language, the certified instructor will explain strategies related to tax-efficient income planning, lifestyle preservation, inflation protection, and providing a “legacy”. This course will help you develop a plan that will make your money last through retirement. Class is designed for current retirees. Fee includes workbook. Participants may also bring one guest for free.
Two 2-Hr Sessions $39.00 Per Person
Thompson Pk VC Beech Room Vis Ctr
Thu, May 8-15 9:30-11:30 AM ............ XCE42A
Tue, May 13-20 1:00-3:00 PM ........... XCF42A
**Save a Life! Basic First Aid**  
*(ages 14 and up)*
Attention all parents, coaches, teachers, and caretakers, this course is for you! Come and learn the critical First Aid skills needed to respond to and manage an emergency when it arises. Participants will learn techniques such as how to treat bleeding, sprains, broken bones, shock, and other First Aid emergencies. You will feel confident as you master these life-saving techniques in this hands-on course taught by certified instructors from the American Safety and Health Institute. Upon completion, participants will receive an ASHI Basic First Aid Completion Card that is valid for two years.  
**One 2-Hr & 30-Min Session $65.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
- Thu, Mar 6 7:00-9:30 PM .......................... X0642A  
- Thu, May 1 7:00-9:30 PM .......................... X0742A

**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 3-Hr & 30-Min Session $70.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
- Thu, Mar 27 6:00-9:30 PM ...................... XC142A  
- Thu, Apr 24 6:00-9:30 PM ...................... XC342A  
- Thu, May 29 6:00-9:30 PM ...................... XC442A

**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! Come and learn life-saving CPR and AED use, as well as how to relieve choking in adults, children, and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.  
**One 2-Hr & 30-Min Session $65.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
- Thu, Mar 13 7:00-9:30 PM .......................... X0342A  
- Thu, Apr 10 7:00-9:30 PM .......................... X0442A  
- Thu, May 8 7:00-9:30 PM .......................... X0542A

**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 credentialled 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 2-Hr Session $65.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
- Thu, Apr 3 7:00-9:00 PM .......................... XC542A

**Health & Wellness**

**Celebrating the Equinox**  
*(adults)*
Welcome spring with a new understanding. This workshop will explain what the Vernal Equinox really is, its meaning, the traditions, what happens and more. Presented by Barbara Restuccio, RN, HNBC, HTPA  
**One 1-Hr & 30-Min Session $18.00 Per Person**  
Thompson Pk VC Tulip Room Vis Ctr  
- Thu, Mar 20 7:00-8:30 PM .......................... AA142A
How to Bounce Back
(adults)
Resilience is the ability to bounce back. You will learn practical coping skills and different perspectives to help you respond more gracefully to life’s ups and downs, release stress, and to feel more peaceful and empowered. Presented by Carol Palmer, BA
One 1-Hr & 30-Min Session $18.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Thu, Mar 27 7:00-8:30 PM ....................... AA742A

Lunchtime Qi Gong
(adults)
Looking to find some balance in your day? Qi Gong is a practice of aligning breath, movement, and awareness for exercise, meditation, and healing. With roots in Chinese medicine, martial arts, and philosophy, Qi Gong is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as “intrinsic life energy”. Qi Gong practice involves rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization of guiding qi through the body.
Six 1-Hr Sessions $75.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Wed, Mar 5-Apr 9 12:30-1:30 PM .......... XCW42X
Wed, Apr 23-May 28 12:30-1:30 PM ....... XCX42X

Massage Techniques
(adults)
Massage is a great way to soothe, relax and relieve stress. This hands-on class will show you how to give TLC to those tensed body parts such as the neck, shoulders, hands and feet. Bring two hand towels, a bottle of rubbing alcohol and massage or baby oil to class.
Instructor: Lindra Staub
One 1-Hr & 45-Min Session $30.00 Per Person
Dorbrook Rec Area Vis Ctr
Sat, Apr 5 3:30-5:15 PM ...................... A6142A

Meditation Workshop
(adults)
Meditation helps calm the body, quiet the mind and restore harmony and peace to our busy and sometimes chaotic lives. Meditation is very helpful for stress challenges, sleep problems, health issues, and releasing anger and negative emotions. Regain control of your life and how to live it, inside and out!
Instructor: Lindra Staub
One 1-Hr & 45-Min Session $30.00 Per Person
Dorbrook Rec Area Vis Ctr
Sat, Apr 5 1:15-3:00 PM ..................... A6042A

Overcoming Stress & Anxiety
(adults)
Uncover your natural ability of focus to stop the constant distractions to help guide you to your own inner peace instead of chaos and stress. Changing your mindset to a positive attitude will free you of negative thinking. These methods will help you with both your home and work life.
One 3-Hr Session $35.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Thu, Mar 13 6:00-9:00 PM .................... AB942A
Thu, May 29 6:00-9:00 PM ................... ABA42A

Tai Chi Chih® Discipline - Joy Through Movement™
(adults)
Experience this ancient art of “moving meditation” in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.
Instructor: Dan Pienciak, International Teacher Trainer
Six 2-Hr Sessions $115.00 Per Person
Dorbrook Rec Area Act Ctr
Thu, Mar 13-Apr 24 5:45-7:45 PM .......... AAW42A
No class 4/17

Twilight Tai Chi Chih® Discipline Joy Through Movement™
(adults)
Join us out on the patio with a calming view of the reservoir under the spring evening sky. We will experience this ancient art of “moving meditation” in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.
Instructor: Dan Pienciak
Six 2-Hr Sessions $115.00 Per Person
Manasquan Res Vis Ctr
Tue, May 6-Jun 17 5:30-7:30 PM ........ AAX42A
No class 5/20

The Art of Creating a Mandala
(adults)
You will learn about the ancient art form of creating Mandalas, which promote calm, joy and creativity. The word “Mandala”, coming from the language of Sanskrit, means circle. They are rich in symbolism, color and imagery. Please bring your colored pencils, markers or crayons and your creativity to express your individuality within a unified circle.
Presented by: Barbara Restuccio, RN, HNBC, HTPA
One 1-Hr & 30-Min Session $18.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Thu, May 22 7:00-8:30 PM ................... AA842A
The Power of Journaling (adults)
Journaling allows you to take thoughts and feeling that are stirring in your mind and gives you some distance from them by writing them down. Different forms of journals and journaling techniques will be explored as well as the benefits of this powerful tool.
Presented by Barbara Restuccio, RN, HNBC, HTPA
One 1-Hr & 30-Min Session $18.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Thu, Apr 17 7:00-8:30 PM .......................... AA042A

Horticulture

Early Spring Containers (adults)
Why wait until May to plant up those containers? Enjoy some tea and Irish soda bread while you learn tips and techniques for designing and planting containers that will brighten your doorstep through the spring holidays and well beyond. Class is taught in lecture/demonstration format.
One 1-Hr & 30-Min Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 22 10:30 AM-12:00 PM .................. IP242A

Edible Landscaping: Permaculture, Forest Gardens & Beyond (adults)
Permaculture is a holistic system of ecological design. Ecosystem Mimicry is the imitation of relationships and processes of natural ecosystems to enhance productivity and resilience. Forest Gardening is the application of ecosystem mimicry to create consciously designed edible ecosystems. We will apply these ideas and more to your home for a beautiful landscape that you can eat. Although geared for adults, mature teens are welcome to register.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 15 1:00-3:00 PM .......................... IPF42A

Floral Design in the Oriental Manner (adults)
Dating back 700 years and influenced by the masters of various schools, Ikebana designs can take many forms. A relaxing and enjoyable way to bring nature into your home, arrangements using these styles allow for freedom of expression and use of natural materials. Bring your skills of observation and creativity together with your willingness to have fun in this hands-on class taught by West Jersey Rose Society members Ilana Okum and Cora Williams. All materials supplied, but please bring pruning shears or clippers.
One 2-Hr Session $40.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 22 1:00-3:00 PM .......................... IPZ42A

Herbs & Their Uses (adults)
What is more delightful than the aroma of fresh herbs? Learn how to select, plant, grow and harvest herbs, the folklore surrounding them, their current uses, and how to preserve them. Enjoy some herbed refreshments and take home recipes and an herb plant for your windowsill or garden.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 29 1:00-3:00 PM .......................... IP342A

Great Spring Perennial Plant Swap
Saturday, April 26, 10:00 AM-2:00 PM
Deep Cut Gardens, Middletown

Calling all gardeners! It’s time for the Great Spring Perennial Plant Swap. It’s fun, free, easy. Bring plants in one-quart, one-gallon or two-gallon containers and take home the same size and number of plants. Please label all plants. Herb and vegetable seedlings may also be exchanged. Invasive plants will not be accepted; a list of invasive plants is available at www.njissit.org.
For information, call 732-671-6050.
Hypertufa Workshop (adults)
Constructed from peat moss, perlite, and portland cement, a hypertufa planter resembles stone, but is lightweight and porous, increasing in beauty as it weathers and eventually attracts lichen and moss. In this hands-on class we’ll provide the materials and know-how for you to make a beautiful hypertufa planter to enhance your garden or deck. Wear old clothes and shoes and bring a garden trowel. We supply everything else, including latex gloves, but you may wish to bring sturdy, waterproof rubber gloves. Class meets May 17 from 1:00-2:30 PM to learn the technique and make your container and May 31 from 1:00-1:45 PM to unmold, finish and plant your container.
Two 1-Hr & 30-Min Sessions $40.00 Per Person
Deep Cut Gardens
Sat, May 17-31 1:00-2:30 PM ............... IPH42A
Class meets 5/17 from 1-2:30PM and 5/31 from 1-1:45PM

Introduction to Regenerative Landscapes (adults)
Discover how to move beyond sustainability towards regeneration: the healing and building of capacity for our landscapes and social structures to support us. Think of it as investing in your ecosystem, where profits accrue and compound continually. By doing so we can create a system that thrives in the face of future challenges. In this course we will build an understanding of how regenerative landscapes function and explore building regenerative capacity into your land management. Although geared for adults, mature teens are welcome to register.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 15 10:00 AM-12:00 PM ............. IPE42A

Mushroom Cultivation Workshop (adults)
Edible mushrooms make a great addition to any home garden and can easily be cultivated in small spaces and locations too marginal for other crops. This hands-on workshop will explore several techniques for cultivating a wide array of gourmet mushroom species. We will work with several species, and participants can take inoculated material home to begin their own cultivation practices. Please dress appropriately for working. Bring your lunch; we will supply beverages and dessert.
One 6-Hr Session $45.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, May 3 10:00 AM-4:00 PM .............. IPG42A

Shade Gardening (adults)
Turn shade to your advantage. Learn about the types of shade and how to address the challenges they present. We will cover the vast array of plant materials that thrive in full and partial shade, adding beauty and interest to your landscape.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 29 10:00 AM-12:00 PM ............. IPX42A

Success with Orchids (adults)
With over 25,000 species, the orchid family is one of the largest, oldest and most diverse, occurring worldwide and in almost every habitat. The key to success with these often glamorous and sometimes modest plants is understanding their specialized life-cycles. Join Larry Desiano, President of the Deep Cut Orchid Society, for a presentation on the selection and care of orchids, as well as a look at their unique biology and diversity.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Mar 1 10:00 AM-12:00 PM ............. IPJ42A

Vegetable Gardening 101 - Spring (adults)
For quality and value, homegrown produce is hard to beat. Whether you have a deck or an acre, join us for seasonally appropriate classes that guide the new gardener through the season with environmentally responsible techniques and some take-homes to get you started. This session will focus on selection, planting and maintenance. Weather and time permitting, we will visit the Display Garden.
One 2-Hr Session $15.00 Per Person
Deep Cut Gardens Horticultural Center
Sat, Apr 5 10:00 AM-12:00 PM .............. IP442A
Nature

**Attracting Birds to Your Yard in Spring and Summer**
*(adults)*

Backyard birds provide an added element of color and movement to your yard. Learn about the seasonal and year-round birds you can find in your backyard this spring, as well as ways to attract them. We will discuss feeders, houses and bird baths, as well as native plants that help to create a backyard wildlife habitat, and you will receive a native plant to take home. Weather permitting, we will take a walk through the park to identify various habitat elements. This class is geared for an adult audience, but mature children are welcome to register with an adult.

**Instructor:** David Saidnawey, Owner, Wild Birds Unlimited, Middletown

**One 2-Hr Session $10.00 Per Person**
Deep Cut Gardens Horticultural Center
Sat, Apr 26 1:00-3:00 PM ....................... IKW42A

**NEW Birding for “Chicks”**
*(ages 12 and up, under 18 with adult)*

Sorry fellas, this program is for the ladies only! Grab those binoculars and join us for a hike as we search our parks to see what kinds of bird species we can find. This program is for all levels of bird watchers. Binoculars will be available to borrow if you don’t have your own. Be prepared to walk about 2 miles. Dress for the weather, wear appropriate footwear, and let’s go see what’s out there!

**One 1-Hr & 30-Min Session $8.00 Per Person**
Manasquan Res Env Ctr
Sun, Mar 23 10:00-11:30 AM .................. INQ42A
Thompson Pk Marlup Lake
Wed, Apr 16 5:00-6:30 PM ..................... INS42A
Turkey Swamp Pk Shelter Bldg
Fri, May 23 8:00-9:30 AM ..................... INT42A

**Blackfish Cove Kayak Adventure**
*(adults)*

Join Park System Naturalists as we venture by kayak from Blackfish Cove in Hartshorne Woods. We will enjoy the wildlife and the views at the confluence of the Navesink and Shrewsbury Rivers. This leisurely tour will be scenic and relaxing. Meet at the Rocky Point parking lot and we will bus down to the Cove. Dress for the weather and wear clothes that can get wet.

**One 2-Hr Session $30.00 Per Person**
Hartshorne Wds Rocky Point Parking Lot

**Solo Kayaks**
Sat, May 3 10:00 AM-12:00 PM .............. IMA42A
Sat, May 17 10:00 AM-12:00 PM ............ IMB42A
Sat, May 31 10:00 AM-12:00 PM .......... IMC42A

**Tandem Kayaks**
Sat, May 3 10:00 AM-12:00 PM .......... IMD42A
Sat, May 17 10:00 AM-12:00 PM .......... IME42A
Sat, May 31 10:00 AM-12:00 PM .......... IMF42A

**Cabin Fever Walk**
*(adults)*

Been cooped up all winter? Celebrate the approaching spring equinox with an afternoon hike guided by a Park System Naturalist. Join us as we discover early signs of spring, including budding leaves and emerging plants. Best of all, we will make our way through the trails to a hidden cabin in the woods where we will have time to sit and listen to a nature story while roasting s’mores over a fire. The program will include a moderate 4 mile walk with some steep grades.

**One 2-Hr Session $8.00 Per Person**
Hartshorne Wds Claypit Creek Parking Lot
Sun, Mar 9 3:00-5:00 PM (approx) ........... INE42A

**Open House of the Historic Seabrook-Wilson House**

Sundays, April 27-October 26, 1:00-4:00 PM
Bayshore Waterfront Park, Port Monmouth

The historic Seabrook-Wilson House, informally known as the “Spy House”, will open its doors for self-guided tours. The house is located on Sandy Hook Bay in the Port Monmouth section of Middletown Township. Come inside with your family and friends to visit the Seabrook-Wilson house, which dates back to the early 1700s. The house includes displays on the ecology of the bay and local history including the American Revolution. Enjoy views of New York City and the beauty of the bay while visiting this well-known historic house.
“Early Bird” Walks  
(ages 12 and up, under 18 with adult)
Grab your binoculars and join us for a morning bird watching walk. No need to be an expert at identifying birds to enjoy the sights and sounds of these leisurely adventures. Be sure to dress for the weather and wear appropriate footwear.

**One 1-Hr & 30-Min Session $8.00 Per Person**
- Big Brook Pk Parking Lot  
  Mon, Apr 7 8:00-9:30 AM.................. IND42A
- Dorbrook Rec Area Visitor Center Parking Lot  
  Tue, Apr 22 8:00-9:30 AM.................. ING42A
- Weltz Pk West Park Avenue Parking Lot  
  Wed, May 7 8:00-9:30 AM.................. INC42A
- Huber Wds EC Parking Lot  
  Thu, May 15 8:00-9:30 AM.................. INJ42A

**New** Full Moon Club  
(all ages, under 18 with adult)
Join us on this year long adventure as we explore the trails in the full moon light. Bring your family, friends, or just yourself to a different park each full moon to see what our parks have to offer. Can’t make it every full moon? No problem! You're sure to have a great time no matter when you come! Plan to walk at least a mile each night and dress for the weather.

**One 1-Hr Session $6.00 Per Person**
- Huber Wds EC Parking Lot  
  Sun, Mar 16 7:00-8:00 PM.................. IN842A
- Big Brook Pk Parking Lot  
  Tue, Apr 15 7:30-8:30 PM.................. INA42A
- Shark River Pk Gully Road Parking Lot  
  Wed, May 14 8:00-9:00 PM.................. INB42A

Eco-Kayak Tour of the Navesink River  
(adults)
On this popular kayak tour, enjoy the Navesink River’s scenic tidal landscape while paddling on calm waters! We will launch from Claypit Creek, an area of the river that has rich abundance of wildlife including Ospreys, herons, and egrets. With the help of Park System Naturalists as guides, you will identify and observe a wide variety of wildlife while enjoying a safe, fun tour with environmental and historic interpretation along the way. Single and tandem kayaks are available, along with all necessary equipment. Novice paddlers welcome. Wear appropriate clothing that can get wet. Pack a snack, water, sunscreen, binoculars, and a waterproof camera. Register early, before it’s sold out!

*Please Note: The kayak launch system is off a bulkhead. Participants will need to bend down and rotate their body to get in and out of a kayak (not recommended for those with recent back, hip, or wrist injuries). Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double.*

**One 1-Hr & 30-Min Session $25.00 Per Person w/rental**
- Hartshorne Wds Claypit Creek Parking Lot  
  Sun, May 4 12:15-1:45 PM (approx)........ IMY42A
  Sat, May 10 5:15-6:45 PM (approx)........ IMZ42A
  Sun, May 18 11:15 AM-12:45 PM (approx). IN042A

Natural Spa for Ladies  
(adults)
Learn the basics about your skin, how to protect it from the elements, and how to make it glow. During this program, participants will make various “spa treatments” from ingredients commonly found in a kitchen! It will be a more natural way to take care of your body without harsh chemicals. The program will blend ancient wisdom and cleansing techniques with specialized treatments.

**One 1-Hr Session $7.50 Per Person**
- Holmdel Pk Act Ctr  
  Sun, May 25 3:30-4:30 PM.................. IP142A

Saltwater Fishing Clinic  
(adults)
The “Fish are Running”! Join our Park System Naturalist on the beach to discover how to reel them in. We will provide instruction, fishing equipment (or bring your own), tackle and bait. One hour of indoor presentation and three hours of fishing on the beach. An introduction to: equipment selection, knot tying, what fish to look for and when, what bait to use and personal safety. Limited space is available, so don’t let this one “get away”! All participants 16 Years old and older must register with the free NJ Saltwater Recreational Registry Program (www.nj.gov/dep/saltwaterregistry/).

**One 4-Hr Session $25.00 Per Person**
- Bayshore Waterfront Park Bay House  
  Thu, Apr 24 2:30-6:30 PM.................. IMN42A
  Sun, May 4 10:00 AM-2:00 PM............. IMP42A
  Fri, May 9 2:30-6:30 PM.................. IMQ42A

Final Winter Walk  
(adults)
It’s the last weekend of winter and what better way to spend it than taking a hike along the beautiful Cove Trail. Wish the winter farewell while we observe the signs that signify seasonal changes are a’coming! Must be able to walk 2 miles.

**One 1-Hr & 30-Min Session $8.00 Per Person**
- Manasquan Res Env Ctr  
  Sun, Mar 16 1:30-3:00 PM.................. I1042A
Spring Migration Bird Watching Hikes
(ages 12 and up, under 18 with adult)
Lace up your hiking boots, grab your binoculars, and
join us for a hike as we discover the excitement of
bird watching in our parks. No need to be an expert at
identifying birds. Spring migration is fun for all levels of
bird watchers! Dress for the weather, wear appropriate
footwear, and be prepared to walk at least 2 miles.
One 2-Hr Session $8.50 Per Person
Manasquan Res Env Ctr
Wed, Apr 30 4:30-6:30 PM .................. IMS42A
Clayton Park
Sun, May 4 9:00-11:00 AM .................. IMT42A
Holmdel Pk Shelter Bldg
Mon, May 12 4:30-6:30 PM .................. IMU42A

Wondrous Ways of the Woodcock
(ages 14 and up)
Be wowed by the dazzling aerial displays of the
male American woodcock, an interesting shorebird
who prefers forests over the coast. We will walk into
the woods and wait for this perfectly camouflaged
crepuscule bird to make its grand debut in effort to
attract nearby females.
One 1-Hr & 30-Min Session $6.00 Per Person
Thompson Pk Marlu Ctr
Sat, Apr 5 5:00-6:30 PM .................... I1242A
Turkey Swamp Pk Shelter Bldg
Sat, Mar 15 5:00-6:30 PM .................. I1142A

Outdoor Adventures
Archery
(adults)
Come shoot the bull’s-eye with the Monmouth County
Park System. All skill levels welcome at this introductory
session on the sport of archery. All equipment provided.
One 2-Hr Session $18.00 Per Person
Thompson Park Activity Barn
Thu, Mar 27 6:00-8:00 PM .................. W3842A

Thompson Park Ladies Morning Cycle
(adults)
Don’t miss this bicycle ramble around Thompson Park.
The morning cycle will take us on both paved and dirt
trails while exploring this 650+ acre park. A basic review
on shifting gears and bicycle etiquette included. All
riders must provide their own bicycle in good working
order and have a bicycle helmet that complies with U.S.
CPSC Safety Standard for Bicycle Helmets (CPSC label
inside helmet).
Rating: Easy. Miles: 5-7
One 2-Hr & 30-Min Session $18.50 Per Person
Thompson Pk Activity Barn
Fri, May 16 10:00 AM-12:30 PM ........... W2442A

Climbing
Flying Squirrel and Trapeze Leap for
Ladies Only
(adults)
Accept the challenge and push yourself beyond
previously set mental and physical limitations. Your
challenge involves climbing a 25’ telephone pole and
being a “flying squirrel”. As you move beyond your
fears, you’ll gain self-awareness, confidence and the
joy of receiving and giving support to your fellow
womankind.
One 2-Hr & 30-Min Session $18.50 Per Person
Thompson Pk Old Orchard Parking Lot
Thu, May 1 9:30 AM-12:00 PM ............ W2542A

Ladies High Challenge
(adults)
Challenge yourself by climbing up the cargo tube,
clipping into a pulley system and walking on cables at
35’, and then head down the 200’ zip-line. Experience
personal growth as you move beyond your fears and
limitations using courage and the support of the group.
If your schedule allows, be sure to pack a picnic to enjoy
before or after the program.
One 3-Hr Session $28.00 Per Person
Thompson Pk
Sat, Apr 12 9:00 AM-12:00 PM ............ W0642A
Sat, Apr 12 1:00-4:00 PM .................. W0742A
ADULTS

**Zip-line Challenge**  
(ages 12 and up, under 18 with adult)  
Discover something new within yourself as you move beyond personal fears and limitations. With the support of your friends and family you will climb up a tubular cargo net and walk 35 feet up in the air on a series of cables while clipped into a pulley system to access our zip-line. All safety equipment, harnesses and helmets are provided.  
**One 3-Hr Session $28.00 Per Person**  
Thompson Pk Old Orchard Parking Lot  
Mon, May 19 5:00-8:00 PM .................. W3942A

**Discover Geocaching**  
(adults)  
Give your mind and legs a healthy workout using the sport of geocaching. The basic idea is to locate hidden containers, called geocaches, using GPS (global positioning system) navigation devices. Thru instruction and practice we will cover basic operation, key functions and navigation options. All geocaching equipment is provided. Be prepared for a 90 minute hike with proper clothing, footwear, water and snacks.  
**Full Moon Geocache**  
$20.00 Per Adult  
Thompson Pk VC Beech Room Vis Ctr  
Tue, May 13 6:00-8:30 PM .................. W7742A

**Hiking**

**NEW**  
**Big Muckshaw Preserve Trek**  
(adults)  
Head up to Sussex County for this one of a kind hike, rich in history, geology, and fragile plant communities. In addition to the unusual geology of sinking streams, ponds and caves, this preserve protects some of the most unusual plant species in New Jersey. One of the sink holes was said to be a hide out for a revolutionary spy!  
**Rating: Moderate, rocky trails, wet, overlooks. Miles: 5.2**  
**One 9-Hr Session $35.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
Sat, Apr 5 8:00 AM-5:00 PM (approx) ........ W8542A

**Buttermilk Falls, Crater Lake and Hemlock Pond Hike**  
(adults)  
This challenging hike climbs steeply up the Buttermilk Falls (highest falls in New Jersey) trail to the Appalachian Trail, scenic Crater Lake and Hemlock Pond. HIKING BOOTS ARE REQUIRED.  
**Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6.5**  
**One 9-Hr & 30-Min Session $35.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
Sat, Apr 12 7:30 AM-5:00 PM (approx) ....... W6142A

**Carris Hill & Wyanokie High Point Hike**  
(adults)  
This hike in Norvin Green State Forest climbs to panoramic viewpoints on Carris Hill and Wyanokie High Point. HIKING BOOTS ARE REQUIRED.  
**Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 6**  
**One 8-Hr & 30-Min Session $35.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
Sun, Mar 30 7:30 AM-4:00 PM (approx) ..... W5842A

**Jockey Hollow Encampment Hike**  
(adults)  
Experience the natural beauty of this national historical park within Morristown while discovering the challenges endured by General Washington and the Continental Army in the winter of 1780.  
**Rating: Easy/moderate, rolling hills, dirt trails. Miles: 5**  
**One 8-Hr Session $31.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
Sun, May 4 8:00 AM-4:00 PM (approx) ...... W8742A

**Jenny Jump Hike**  
(adults)  
Discover the rolling terrain of this scenic trail along the Jenny Jump Mountain Range that offers something for both the seasoned and beginner hiker. Young hikers age 12 and up are welcome with a paying adult. We will stop at “The After-Charbroil & Ice Cream Parlor”, for a late lunch or nice treat (pay your own).  
**Rating: Easy/moderate, rocky trails, views. Miles: 4**  
**One 9-Hr Session $32.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
Sun, Apr 6 8:00 AM-5:00 PM (approx) ...... W8642A

**Full Moon Hike, Music and S’more**  
(adults)  
Celebrate the full worm moon, also known as the sap moon. We’ll enjoy a hike and then settle down with music around the campfire while savoring s’mores. Younger hikers age 10 and up are welcome with a participating adult. Please dress for the weather.  
**Rating: Easy, with some seasonal trail conditions. Miles: Approximately 2+**  
**One 3-Hr Session $18.00 1 Person $5.00 Additional Person**  
Thompson Pk Ski Hut  
Sat, Mar 15 7:00-10:00 PM .................. W2642X

**Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.**
ADULTS

Ladies Hiking Club
(adults)
Women of all ages and levels of hiking experience are encouraged to join us for fun, fellowship, and fitness as we explore the great outdoors. Almost anyone who enjoys walking is a good candidate for hiking. Take advantage of learning about a different county park each week and enjoy your picnic lunch to finish out the day. A list of locations will be sent upon registration.
Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy. Miles: 2-4+
Ten 2-Hr Sessions $100.00 Per Person
3/26 Meets at Thompson Park Estate Lot
Thompson Pk Estate Grounds Parking Lot
Wed, Mar 26-May 28 9:30-11:30 AM ............W0242A

Monday “After Work” Hikes
(adults)
Add outdoor exercise into your weekly routine by hiking in Tatum Park. Both men and women are encouraged to join us in this leader-led “after work” program. We hope this will motivate you and make you comfortable enough to re-visit the park trails on your own. Tatum is easily accessible from the Parkway and only 15 minutes from the ferry! Choose the session that works best for your schedule. No excuses commuters!
Rating: Moderate pace, dirt trails, slight hills. Miles: 2-4
Seven 1-Hr & 30-Min Sessions $65.00 Per Person
Tatum Pk Holland Act Ctr
Mon, Mar 17-Apr 28 5:30-7:00 PM ............W7142A
Mon, Mar 17-Apr 28 7:30-9:00 PM ............W7242A

New York’s AT Trail
(adults)
The Appalachian Trail is one of the oldest footpaths in the country, roughly 2,180 miles through 14 states from Springer Mountain, Georgia to Katahdin, Maine. Join in our next challenge to complete the 88 miles of the NY section of the “AT”. You can plan on hiking approximately 6-9 miles per trip at a moderate pace on rocky trails. Hiking boots/trail shoes required. Experienced trail hikers only please.
Rating: Moderate/strenuous, ascents/descents, icy rocky trails, stream crossings, views.
One 10-Hr Session $40.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Sun, Mar 23 7:30 AM-5:30 PM (approx) ...W0842A
Sat, Apr 26 7:30 AM-5:30 PM (approx) ...W0942A
Sat, May 17 7:30 AM-5:30 PM (approx) ...W1042A

NJ Peak Baggers Unite
(adults)
What is a mountain? An elevation higher than a hill; and a hill is an elevation lower than (you guessed it) a mountain. Therefore, there are mountains in New Jersey! Hit the trails as we visit the three highest peaks in New Jersey. Sign up for just one or join us for all three. Be sure to remember your camera!
Rating: Moderate, rocky trails, ascents/descents, stream crossings, views. Miles: 5-7
One 9-Hr & 30-Min Session $35.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Mount Tammany: 1,549’
Sat, Mar 15 8:00 AM-5:30 PM ...............W1442A
Sunrise Mountain: 1,653’
Sun, Apr 13 8:00 AM-5:30 PM ...............W1542A
High Point: 1,803’
Sun, May 11 8:00 AM-5:30 PM ...............W1642A

NEW Outdoor Adventures with Your Smartphone
(adults)
Discover recreational activities in your Monmouth County parks through the use of some of smartphone apps. Learn about apps related to hiking, biking, paddling, skiing and geocaching. We’ll begin each class by downloading and discussing some free apps before heading outdoors to put them to work. Please Note: Fully charged iPhone or Android capable of downloading applications required.
One 2-Hr & 30-Min Session $28.00 Per Person
Thompson Pk VC Walnut Room Vis Ctr
Sat, Mar 22 9:30 AM-12:00 PM ............W8042A
Wed, Apr 23 5:30-8:00 PM .................W8142A

Reveal a Healthier You
(adults)
Couch potato? Recovering from surgery? Stuck behind a desk? Tired of being tired? Overweight? Shed the old and reveal the new YOU! Researchers have proven that increasing your movement and cutting calories can result in a healthier you – both mind and body. We’ll head outdoors to hike a combination of paved and dirt trails. Choose to make time for YOU! Those legs are made for walking! Be sure to get your doctors permission prior to start of program.
Sixteen 1-Hr & 30-Min Sessions $80.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Tue,Thu, Apr 1-May 22 6:00-7:30 PM (approx) ...W3142A

PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY
Schunemunk Mountain Hike
(adults)
Come and enjoy the summit of Schunemunk Mountain in the West Hudson area of New York. This challenging hike climbs about 1,500 feet to a ridge composed of unusual conglomerate rock with many viewpoints from open rock ledges dotted with pitch pine trees. Hiking boots are required.
Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 7.5
One 10-Hr Session $35.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Sun, Apr 27 7:30 AM-5:30 PM (approx) .... W6242A

Women’s Canoe Clinic and River Trip
(adults)
Discover the terrific paddling opportunities here in Monmouth County. Our orientation session will be on the waters of Thompson Park’s Marlu Lake, providing time to learn basic paddling strokes and safety techniques. During our second session we will take our skills to the next level on a local waterway. All equipment will be provided.
Two 3-Hr Sessions $45.00 Per Person
Thompson Pk Marlu Lake
Mon, Apr 28-May 5 10:00 AM-1:00 PM (approx) W1242A

On the Water

Entry Level Kayak Touring
(adults)
This program is a great starting point to get on the water this summer with the essential skills needed for kayak touring. This session includes both dry land instruction and practice time on the Manasquan Reservoir. We cover the basics of safety, gear, entry and exit methods, paddle strokes and navigation. Build your skills and confidence on our local waters. All gear and 15 foot touring kayaks provided.
One 3-Hr Session $44.00 Per Person
Manasquan Res West Dock
Sat, May 10 9:00 AM-12:00 PM .......... W4142A
Sat, May 24 9:00 AM-12:00 PM .......... W4242A

Cross-Country Ski and Snowshoe Trips
(adults)
Cross Country Touring Centers offer groomed trails for both the novice and experienced skier along with trails for snowshoers to explore. They also provide a cozy retreat from the weather and an opportunity to grab a bite to eat. This is a cross-country ski/snowshoe on your own. Park System skis/snowshoes can be provided; please give shoe size and height at registration. Ski center destination will be determined by snow conditions.
Please Note: Skier/Snowshoer must bring trail fee ($10-$20 refer to fact sheet on registration receipt). Ages 8 and up are welcome with a participating adult.
One 11-Hr Session $42.00 Per Person
Thompson Pk 3 Barns Parking Lot
Sun, Mar 9 7:00 AM-6:00 PM (approx) .... W3642A

Meet the Kayakers
(adults)
Thinking about becoming a kayaker, but not sure how to get started? Join us for a two part program that will guide you to a better understanding of this exciting sport. The first session will cover trends, styles and associated gear of modern kayaking. Through presentation, lecture and demonstration our seasoned kayak staff will explain stand up paddleboarding (SUP) as well as recreational, whitewater and touring kayaking. Bring your questions. Our second session will send us out, by Park System mini bus, to the Paddlesport 2014 - The East Coast’s largest canoe, kayak and stand up paddling show. See the exhibits and meet company representatives, clubs, authors and athletes covering the entire spectrum of putting paddle to water. Please bring $10.00 for admission to Paddlesport 2014.
One 1-Hr & 30-Min Session $31.00 Per Person
Thompson Pk VC Tulip Room Vis Ctr
Tue, Mar 25 7:00-8:30 PM
Thompson Pk Estate Grounds Parking Lot
Sat, Mar 29 12:00-6:00 PM ................. W2142A

Performing Arts

Ballroom Latin Dancing
(adults)
Feel the beat as you learn the Cuban Motion, Rumba, Cha Cha Cha, Salsa, Bachata and, time permitting, the Disco Hustle.
Six 1-Hr & 30-Min Sessions $62.00 Per Couple
Tatum Pk Red Hill Act Ctr
Tue, Apr 22-May 27 7:30-9:00 PM .......... A5742A

Ballroom Smooth Dancing
(adults)
This program will provide the techniques to allow you to enjoy an evening of dancing. Includes the Foxtrot basic and alternate rhythms, the Waltz both in a box and traveling around a room, and the Tango. Time permitting, we may also work on the Merengue.
Six 1-Hr & 30-Min Sessions $62.00 Per Couple
Tatum Pk Red Hill Act Ctr
Wed, Apr 23-May 28 7:00-8:30 PM .......... A5842A
Square Dancing - Level 3  
(adults)
Find out why so many people have so much fun being “squares”. Must have taken Square Dancing - Level 2 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.  
Twelve 2-Hr Sessions $50.00 Per Person  
Henry Hudson Trail Act Ctr  
Tue, Apr 8-Jun 24 7:30-9:30 PM ........... A0142A

Adult Beginner Tennis  
(adults)
For adults who have had little or no prior instruction. Class size is limited to allow for individual attention.  
Eight 55-Min Sessions $64.00 Per Person  
Dorbrook Rec Area  
Mon,Wed, Mar 31-Apr 23 10:00-10:55 AM . XH942A  
Mon,Wed, Mar 31-Apr 23 5:00-5:55 PM . . . XEB42A  
Tue,Thu, Apr 29-May 22 5:30-6:25 PM . . . XHA42A  
Thompson Pk  
Mon,Wed, Mar 31-Apr 23 5:00-5:55 PM . . . XEB42A  
Mon,Wed, Apr 28-May 21 10:00-10:55 AM . XED42A  
Mon,Wed, Apr 28-May 21 5:30-6:25 PM . . . XEC42A  
Tue,Thu, Apr 29-May 22 10:00-10:55 AM . . XED42A

Adult Intermediate Tennis  
(adults)
For adults who have learned the basics of the game and can maintain a volley for a short period of time. If you need to improve your stroke and polish other skills, this class is for you. Class size is limited to allow for individual attention.  
Eight 55-Min Sessions $64.00 Per Person  
Dorbrook Rec Area  
Mon,Wed, Mar 31-Apr 23 11:00-11:55 AM . XHF42A  
Mon,Wed, Mar 31-Apr 23 12:00-12:55 PM . XEG42A  
Mon,Wed, Mar 31-Apr 23 6:00-6:55 PM . . . XEH42A  
Mon,Wed, Apr 28-May 21 5:30-6:25 PM . . . XED42A  
Mon,Wed, Apr 28-May 21 6:30-7:25 PM . . . XEC42A  
Tue,Thu, Apr 29-May 22 6:30-7:25 PM . . . XED42A  
Thompson Pk  
Mon,Wed, Apr 28-May 21 11:00-11:55 AM XHM42A  
Mon,Wed, Apr 28-May 21 12:00-12:55 PM .XEN42A  
Tue,Thu, Apr 29-May 22 11:00-11:55 AM . . XEN42A  
Tue,Thu, Apr 29-May 22 11:00-11:55 PM . XEN42A  
Mon,Wed, Apr 28-May 21 6:00-6:55 PM . . . XHR42A  
Mon,Wed, Apr 28-May 21 6:30-7:25 PM . . . XHS42A  
Tue,Thu, Apr 29-May 22 5:30-6:25 PM . . . XHT42A  
Tue,Thu, Apr 29-May 22 6:30-7:25 PM . . . XHU42A

Private Tennis  
(all ages)
Benefit from intense one-on-one instruction from qualified instructors. Lessons can be geared toward all ages and abilities.  
One 1-Hr Session $48.00 Per Person  
Dorbrook Rec Area  
Sat, May 3 1:00-2:00 PM . . . . . XGY42A  
Sat, May 3 2:00-3:00 PM . . . . . XGZ42A  
Sat, May 10 1:00-2:00 PM . . . . . XHO42A  
Sat, May 10 2:00-3:00 PM . . . . . XH142A  
Sat, May 17 1:00-2:00 PM . . . . . XH242A  
Sat, May 17 2:00-3:00 PM . . . . . XH342A

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.  
Twelve 1-Hr Sessions $60.00 Per Person  
Tatum Pk Red Hill Act Ctr  
Tue,Thu, Apr 15-May 22 5:30-6:30 PM . . . XDT42X

Belly Dancing  
(adults)
Shimmy into shape as we dance for fun and fitness! Learn the fluid movements of Middle Eastern dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be taught as we enjoy exciting styles of belly dance including Egyptian, Cabaret, Gypsy, Turkish, and more! Improve flexibility, coordination, 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.  
Eight 1-Hr Sessions $64.00 Per Person  
Dorbrook Rec Area Act Ctr  
Thu, Apr 17-Jun 5 7:30-8:30 PM . . . . . . . XE842X
**Body Sculpt**  
*(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 andfirming program that uses balls, bands and light weights. Please bring a water bottle; wear comfortable clothing and cross training sneakers.  
Twenty 1-Hr Sessions $100.00 Per Person  
Dorbrook Rec Area Act Ctr  
Mon, Wed, Apr 7-Jun 16 9:30-10:30 AM . . . . . . . XDX42A  
No class 5/26

**Bokwa Fitness**  
*(adults)*  
Experience a workout unlike any other! Bokwa is an energizing andaddictive cardio routine that will tone your body and boost your metabolism. Participants will draw letters and numbers with their feet while moving together to music in free form rhythm. Easy to learn and impossible not to love, simply feel the music and freely move with the beat. You will have a blast as our certified Bokwa instructor keeps you moving and motivated!  
Ten 1-Hr Sessions $50.00 Per Person  
Dorbrook Rec Area Act Ctr  
Thu, Apr 10-Jun 12 10:30-11:30 AM . . . . . . . XGQ42A

**Brand New to Yoga Series!**  
*(adults)*  
Think yoga isn’t for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat and a towel or blanket.  
Ten 1-Hr Sessions $115.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
Mon, Apr 7-Jun 16 6:00-7:00 PM . . . . . . . . . . XFH42A  
No class 5/26  
Dorbrook Rec Area Act Ctr  
Tue, Apr 8-Jun 10 11:00 AM-12:00 PM . . . . . . . XFJ42A  
Tatum Pk Red Hill Act Ctr  
Thu, Apr 10-Jun 12 10:00-11:00 AM . . . . . . . XFK42A

**Chair Yoga**  
*(adults)*  
You’ve probably heard the benefits of yoga: elongated muscles through 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 Group Fitness Room  
Mon, Apr 21-Jun 16 1:00-2:00 PM . . . . . . . . . . . . . M2942A  
No class 5/26

**Cool Runners Fitness for Women: Training for Your First 5k**  
*(adults)*  
Have you always wanted to start running but don’t know where to begin? Maybe it’s been a couple of years since you have laced up your running shoes? Or maybe you haven’t run since middle school gym class? No sweat, we have the program for you! Designed for beginners, this easy to follow women’s only program is taught in a relaxed, positive and supportive environment. Over the course of six weeks, participants will learn proper running fundamentals including technique, form and nutrition, all while building up to a 5k. Our experienced running coach will guide you through the scenic trails as we explore the beautiful and extensive terrain. Please be sure to bring comfortable running sneakers and water. Please Note: Participants will be running over varied surfaces including grass, wooded areas, gravel and dirt.  
Six 1-Hr Sessions $72.00 Per Person  
Thompson Pk Old Orchard Parking Lot  
Instructor: Laura Embry, RTC Training Coach  
Mon, Apr 21-Jun 2 5:30-6:30 PM . . . . . . . . . . . . XCE41A  
No class 5/26  
Instructor: Colleen Prior, RTC Training Coach  
Thu, Apr 24-May 29 9:30-10:30 AM . . . . . . . . . . . . XCH42A
Classical T’ai Chi (adults)
Come join our instructor, Kit Lau, as she teaches you this ancient Chinese exercise system which draws on the interdependence of the body and the mind. This tranquil, relaxed exercise will enhance your well being.
Fort Monmouth Rec Ctr Group Fitness Room

T’ai Chi Sample Lesson
Heard about T’ai Chi but not sure what it’s all about? Come and try it out!
One 1-Hr & 30-Min Session $12.00 Per Person
Tue, Feb 25 8:45-10:15 AM .................MAJ41A

Series
Five 1-Hr & 30-Min Sessions $75.00 Per Person
Tue, Mar 4-Apr 1 8:45-10:15 AM ..........M7742A

Easy Morning Yoga (ages 16 and up)
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 1-Hr Sessions $95.00 Per Person
Sunnyside Rec Area EC Program Room 2
Thu, May 1-Jun 19 10:00-11:00 AM ..........V2942A

Fat Loss Boot Camp (adults)
The only thing that gets the boot is body fat! A mix of body-weight and band exercises will assist to increase your ability to burn fat, strengthen muscles and improve flexibility, mobility, conditioning and overall fitness levels. Join us in a non-intimidating, fun and motivating atmosphere where everyone supports each other to succeed.
Six 1-Hr Sessions $66.00 Per Person
Fort Monmouth Rec Ctr Gym B
Tue, Mar 18-Apr 22 2:00-3:00 PM ...........MBN42A
Tue, Apr 29-Jun 3 2:00-3:00 PM ..........MBQ42A

Intro to Meditation (adults)
Take a break out of your hectic schedule to relax and rejuvenate in peaceful meditation. Designed to enhance health and well-being, this program will connect mind, body and spirit. Awaken your inner spirit and discover all the benefits of meditation including reduced stress, mental clarity, enhanced concentration, and freedom from harmful patterns of thought and emotion. Please bring a yoga mat and a towel or blanket.
Ten 1-Hr Sessions $115.00 Per Person
Tatum Pk Red Hill Act Ctr
Thu, Apr 10-Jun 12 11:00 AM-12:00 PM ....XFN42A

Mama Wants Her Body Back (adults)
Body Back is a results-based workout designed for moms who are looking to get their Body Back! Most importantly, it will help moms unlock their personal possibilities in an inspiring and powerful environment. We use High Intensity Interval Training (HIIT) to help you drop pounds and lean out fast! The six week session includes two workouts per week in a small group format, Mama Wants Her Body Back Meal Plan and Food Diary, before and after fitness assessments, and measurements. All fitness levels welcome.
Twelve 1-Hr Sessions $180.00 Per Person
Dorbrook Rec Area Act Ctr
Tue,Thu, Mar 4-Apr 10 7:00-8:00 PM ....XCJ42A

Morning Stretch (adults)
Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.
Ten 1-Hr Sessions $115.00 Per Person
Dorbrook Rec Area Act Ctr
Tue, Apr 8-Jun 10 10:00-11:00 AM ........XFP42A

Men’s Open Gym - Basketball (adults)
No spring rain outs in our facility! Join us on Sunday mornings for two hours of shooting hoops on our full court gymnasium.
Six 2-Hr Sessions $30.00 Per Person
Fort Monmouth Rec Ctr Gym A
Sun, Mar 2-Apr 6 9:00-11:00 AM ..........M5042A
Sun, Apr 13-May 25 9:00-11:00 AM ..........M9042A
No class 4/20
Discover a whole new way to condition your body while dancing, smiling and experiencing the joy of movement. The NIA technique is a holistic movement class for every age and everyBODY that not only offers cardiovascular benefits, but also encourages emotional expression to nourish the mind, body and soul. NIA is a barefoot technique that is based on the principles of dance arts, martial arts and healing arts and offers three levels of intensity for participants. We will explore many eclectic styles of dance such as Latin, African, Jazz, Bollywood and much more. Step into your own joyful journey with NIA, and positively shape the way you feel, look, think and live.

Eight 1-Hr Sessions $64.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
Thu, Mar 13-May 1 7:00-8:00 PM .......... X3042A
Thu, May 15-Jul 3 7:00-8:00 PM ........... X3342A

Pilates Fusion
(adults)
Pilates Fusion is a combination of Pilates and body conditioning. Strengthen your core muscles while improving posture, toning your arms and legs, and increasing flexibility. You will use your own body weight as your resistance and small hand weights to build muscle.

Twenty 1-Hr Sessions $100.00 Per Person
Dorbrook Rec Area Act Ctr
Mon,Wed, Apr 7-Jun 16 10:30-11:30 AM . . . . XE942A
No class 5/26

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.

Ten 1-Hr Sessions $50.00 Per Person
Dorbrook Rec Area Act Ctr
Thu, Apr 10-Jun 12 9:30-10:30 AM . . . . . XEH42X
Tatum Pk Red Hill Act Ctr
Fri, Apr 11-Jun 13 8:15-9:15 AM . . . . . . . XEJ42X
Twelve 1-Hr Sessions $60.00 Per Person
Dorbrook Rec Area Act Ctr
Mon,Wed, Mar 3-Apr 9 7:15-8:15 PM . . . . . X0142X
Mon,Wed, Apr 21-Jun 2 7:15-8:15 PM . . . . . XEF42X
No class 5/26
Sunyside Rec Area EC Program Room 1
Tue,Thu, Apr 22-May 29 6:30-7:30 PM . . . . . XEG42X

Yoga to the core! Each week you will cultivate your core strength to help achieve the unachievable. Do a full push-up or crow pose, or simply enjoy a fun and challenging core exercise class. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner, so allow yourself to be open to the process with the goal of having fun. Bring a mat and water.

Instructor: Tiffany McCann, certified in Prana Flow (developed by Shiva Rea)
Six 1-Hr & 30-Min Sessions $69.00 Per Person
Sunyside Rec Area Sunnyside Room Sunnyside Act Ctr
Tue, Apr 1-May 6 9:15-10:45 AM ........... XFF42A
Tue, May 13-Jun 17 9:15-10:45 AM ........ XFG42A

Treat yourself to the luxurious practice of Restorative Yoga and experience the ease that underlies a more active yoga practice. Gentle, calming and therapeutic, Restorative Yoga uses supportive props and emphasizes “surrendering to gravity” to allow for total relaxation in every pose. All are welcome to participate in this rejuvenating yoga style. It is a favorite for those with injuries or high stress, or during major life transitions. Bring a yoga mat and a blanket or towel.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor
Eight 1-Hr Sessions $95.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
Wed, Apr 30-Jun 18 5:30-6:30 PM .......... V2842X
Sunnyside Rec Area EC Program Room 2
Thu, May 1-Jun 19 11:30 AM-12:30 PM .... V3042X

Shake up your workout and get ready to sweat! This dynamic program fuses dance technique and world music for a fat burning cardio blast. Build strength and endurance as we combine Belly Dance, Latin, Samba, Hip Hop, and Bollywood for an hour of non-stop fun! The workout is divided into four segments of increasing challenge as we dance our way to better health. Please wear comfortable sneakers or dance shoes.

Eight 1-Hr Sessions $64.00 Per Person
Fort Monmouth Rec Ctr Gym A
Tue, Apr 15-Jun 3 6:00-7:00 PM ........... XFE42X
Spring Volleyball League-Recreational  
(ages 17 and up)  
Come join the fun as teams exercise and compete in an oceanfront volleyball league. Teams must have at least one woman on the court at all times. No previous volleyball league experience necessary. Must have at least six people on roster. Top two teams will receive awards. Captains should sign up for the team. Pre-registration is required.  
Eight 1-Hr & 30-Min Sessions $108.00 Per Team  
Seven Presidents Pk  
Tue, Apr 8-May 27 6:00-7:30 PM .......... XAH42A  
Wed, Apr 9-May 28 6:00-7:30 PM .......... XAJ42A  
Thu, Apr 10-May 29 6:00-7:30 PM .......... XAK42A

**NEW**  
Tabata Training  
(adults)  
High Intensity Interval Training has been found to have more of an impact on the aerobic systems of the human body. Tabata Training, which began in Japan, not only provides these benefits but also increases anaerobic capacity. Come experience this exhilarating workout.  
Instructor: Stephanie Krawiec  
Six 1-Hr Sessions $54.00 Per Person  
Sunnyside Rec Area EC Program Room 2  
Mon, Mar 3-Apr 7 1:15-2:15 PM .......... D2242A

Vinyasa Flow Yoga  
(adults)  
Vinyasa Yoga is known for its dynamic, meditative and creative sequences, and links breathing with movement to uncover the true self. Quiet your mind, progress into flowing movements, and end with the relaxation of all body systems. Please bring a yoga mat, towel and water. Nationally certified Hatha Yoga instructor Mary Jane Kasliner will guide you through this practice that builds strength, stamina and focus.  
Six 1-Hr & 30-Min Sessions $69.00 Per Person  
Thompson Pk VC Tulip Room Vis Ctr  
Mon, Mar 31-May 5 7:00-8:30 PM ............ XFQ42A  
Sat, Apr 5-May 10 8:00-9:30 AM ............ XFS42A  
Mon, May 12-Jul 7 7:00-8:30 PM ............ XFR42A  
No class 5/26, 5/2/6/9  
Sat, May 17-Jul 5 8:00-9:30 AM ............ XFT42A  
No class 6/7 & 6/14

**NEW**  
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 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: Mary Jane Kasliner, AAS, BS, ACFSI, CP E-RYT200  
Six 1-Hr & 30-Min Sessions $69.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
Wed, Apr 2-May 7 8:30-10:00 AM .......... M3342A  
Wed, May 14-Jun 18 8:30-10:00 AM .......... M3442A

**NEW**  
Yin Yang Care for Kids  
(ages 2-5)  
Designed for parents registered for Yin Yang Fusion Yoga who want to bring their child or children with them to the Rec Center. Our staff will provide games, crafts and play time for the little ones while the adults enjoy some “grown up time”.  
Please Note: Staff cannot change diapers, so if necessary, the parent will be asked to attend to it.  
Six 1-Hr & 30-Min Sessions $30.00 Per Child  
Fort Monmouth Rec Ctr Prog Rm B (119)  
Wed, Apr 2-May 7 8:30-10:00 AM .......... MAY42A  
Wed, May 14-Jun 18 8:30-10:00 AM .......... MAZ42A

**NEW**  
Yin Yang Care for Kids  
(ages 17 and up)  
Meditation, posture, breathing and relaxation improve the health and function of body and mind. Yoga allows you to enhance creativity, create energy and reduce stress. Please bring a yoga mat, towel or blanket.  
Twelve 1-Hr & 30-Min Sessions $135.00 Per Person  
Tatum Pk Red Hill Act Ctr  
Mon, Mar 17-Jun 9 6:45-8:15 PM .......... XEK42A  
No class 5/26
**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 Group Fitness Room
*Tue, Apr 22-Jun 10 10:30 AM-12:00 PM...M3042A*

**Yoga at the Shore**
*(adults)*
Discover a whole new system of yoga built on three main structures: exercise, breathing and meditation. The introduction of yoga will help increase breath control to improve the health and function of the body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Please bring a yoga mat and blanket or towel.
Twelve 1-Hr & 30-Min Sessions $135.00 Per Person
Seven Presidents Pk Act Ctr
*Sat, Mar 22-Jun 14 8:00-9:30 AM.........XEN42A
No class 5/24*

**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 everyBODY. Join in a class of your peers set at a pace that is geared for 50's, 60's and up, or for those looking for a slower paced class for individual health reasons. Yoga 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. Also, yoga creates an overall state of well-being. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket or large beach towel and bottled water for hydration.
Instructor: Sonya Burke, Yoga Alliance Certified Instructor, RYT
Eight 1-Hr & 15-Min Sessions $96.00 Per Person
Henry Hudson Trail Act Ctr
*Fri, Mar 14-May 9 10:00-11:15 AM.........XDC42A
No class 4/18
Fri, May 23-Jul 18 10:00-11:15 AM.........XDD42A
No class 7/4*

**Yoga for Limited Mobility**
*(adults)*
This class is specifically designed for individuals experiencing limited mobility due to neurological and musculoskeletal disorders such as Multiple Sclerosis, rheumatic disorders, stroke, Fibromyalgia, Osteoarthritis, and Scoliosis. The class will open with 10 to 15 minutes of breathing exercises and continue with range of motion to establish and maintain mobility in the joints. Yoga-based stretching exercises will be performed in a chair and may progress to yoga postures performed on the floor or standing. Individuals must be able to transfer independently.
Sunnyside Rec Area EC Program Room 1
Twelve 1-Hr Sessions $138.00 Per Person
*Mon, Mar 31-Jun 23 12:00-1:00 PM ........D2342A
No class 5/26
Thirteen 1-Hr Sessions $150.00 Per Person
*Wed, Apr 2-Jun 25 12:00-1:00 PM ........D2442A*

**Zumba Fitness**
*(adults)*
Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories, and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude!
Eight 1-Hr Sessions $64.00 Per Person
**Morning Sessions**
Fort Monmouth Rec Ctr Gym B
*Mon, Mar 10-Apr 28 9:30-10:30 AM ..........X2442A
Wed, Mar 12-Apr 30 9:30-10:30 AM ..........X2542A
Mon, May 5-Jun 30 9:30-10:30 AM ..........X2642A
No class 5/26
*Wed, May 7-Jun 25 9:30-10:30 AM ..........X2742A
Tatum Pk Red Hill Act Ctr
*Sat, Apr 12-Jun 7 10:30-11:30 AM ..........XF642A
No class 4/26*

**Evening Sessions**
Sunnyside Rec Area EC Program Room 2
*Tue, Mar 11-Apr 29 7:00-8:00 PM ..........X2842A
Tue, May 13-Jul 1 7:00-8:00 PM ..........X2942A*
SPUR Horseback Riding Lessons for Individuals with Disabilities
(ages 4 and up)
Offered in affiliation with Special People United to Ride (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. Horses for Heroes is specially tailored for active or veteran military members who are suffering from the psychological impacts of service or sustained physical injury. Scholarships are available for those in financial need. For more information visit www.spuronline.org or call 732-224-1367.

Fun with Horses
(ages 4-6, with adult)
Are you crazy about horses? Want to learn more about them? Explore the world of horses and horseback riding at Sunnyside Equestrian Center.
One 1-Hr Session $30.00 Per Person $12.00 2nd Child
Sunnyside Rec Area EC Program Room 1
Sat, Mar 8 2:00-3:00 PM .................. V1142X

Horse Rider
(ages 8-11)
Come to Sunnyside and learn about horses and riding! This hands-on program will have you preparing a horse for a riding lesson using the proper care and equipment necessary for both you and the horse. A group ride to demonstrate basic safe riding skills culminates this activity. Girl Scout participants can fulfill the requirements for the Horse Rider badge.
One 2-Hr Session $52.00 Per Person
Sunnyside Rec Area EC Program Room 1
Wed, Apr 16 4:00-6:00 PM .................. V4642A
Fri, Apr 25 4:00-6:00 PM .................. V2042A

Horse and Crafts
(ages 2-3, with adult)
Enjoy a pony ride and create your own keepsake. Children will create a craft project and go for a short ride with the assistance of a parent. Snap a picture and capture the fun! Kids will have the opportunity to get their photo taken with their pony at the end of the ride. Parents bring your cameras!
One 1-Hr Session $25.00 Parent/Child $10.00 2nd Child
Sunnyside Rec Area EC Program Room 1
Tue, Apr 15 10:00-11:00 AM .............. V4742X
Tue, Apr 22 10:00-11:00 AM .............. V1742X
Sat, May 3 1:30-2:30 PM .................. V3142X

Natural Horsemanship Demonstration
Friday, April 25, 3:00-4:00 PM
Sunnyside Recreation Area, Middletown
Curious to find out what Natural Horsemanship is all about? Come watch as members of the Sunnyside staff play with the therapy horses on the ground and in the saddle. Q&A time will be provided. Free!
Meet the Mustangs!
(all ages)
Have you dreamed about what it might be like to meet an American Mustang? Now is your chance. Meet RU Shy Anne who lived in a wild herd in Wyoming and her daughter RU Skylark who was born on a farm in New Jersey. Both mom and daughter are registered American Mustangs! Join us for an informal informational session about mares, foals, mustangs and more! Pre-registration appreciated but not required.
One 1-Hr Session $5.00 Per Person
Sunnyside Rec Area Outdoor Area
Wed, Apr 23 5:30-6:30 PM .................. V0742A

MORE Fun with Horses!
(ages 4-9, with adult)
Return to Sunnyside to have MORE fun with horses. Learn how to make a horse's dinner and how to keep his stall neat and clean. Take a mini riding lesson with the assistance of a parent to learn how to steer, stop and go so you can ride through an obstacle course.
Sunnyside Rec Area EC Program Room 1
(ages 7-9, with adult)
One 1-Hr & 30-Min Session $33.00 Per Person $15.00
2nd Child
Sat, Mar 15 1:30-3:00 PM ................. V1242X
Sat, Apr 19 1:30-3:00 PM ................. V1542X
(ages 4-6, with adult)
One 1-Hr Session $30.00 Per Person $12.00
2nd Child
Sat, Apr 5 2:00-3:00 PM .................. V0542X

Natural Hoof Care Demonstration
(all ages)
Discover the “Natural Trim!” A member of the Association for the Advancement of Natural Horse Care Practices will demonstrate a barefoot trim method that mimics the hoof wear patterns of U.S. Great Basin wild horses. Combined with a holistic lifestyle of healthy diet and maximized movement, the natural trim is an effective and beneficial alternative to shoeing domestic horses. Questions will be answered throughout the demonstration and a discussion will follow. Pre-registration is appreciated but not required.
One 1-Hr Session FREE!
Sunnyside Rec Area
Thu, Apr 17 3:00-4:00 PM .................. V0642A
Mon, Apr 21 5:00-6:00 PM .................. V1042A

Private Horseback Riding Lessons
(ages 4 and up)
Enjoy safe, private, natural horsemanship lessons taught by a PATH Intl. certified instructor. All levels of participants are welcome! Lessons are completely tailored to each individual's interests, skill level, and ability.

Please Note: For the safety of the horses, participants wishing to ride must weigh 200 pounds or under. For those who do not wish to ride or may be unable to do so, a variety of horse handling skills will be taught.
Eight 1-Hr Sessions $460.00 Per Person
Sunnyside Rec Area
Mon, Apr 28-Jun 16 10:00-11:00 AM .... V2142A
Mon, Apr 28-Jun 16 11:30 AM-12:30 PM . . . . V2342A
Wed, Apr 30-Jun 18 10:00-11:00 AM .... V2542A
Wed, Apr 30-Jun 18 11:00-12:00 AM .... V4542A
Wed, Apr 30-Jun 18 11:30 AM-12:30 PM . . . V4342A
Wed, Apr 30-Jun 18 11:30 AM-12:30 PM . . . V4442A

Sunnyside Equestrian Center Barn Tour
(all ages)
Whether you have visited Sunnyside before or have always wondered what we are all about, join us for a tour of the Equestrian Center. Find out more about our programs, meet our special horses, and enjoy our facility. This program is free, but pre-registration is recommended.
One 1-Hr Session FREE!
Sunnyside Rec Area
Thu, Apr 17 2:00-3:00 PM (approx) ........ V0942A
Wed, Apr 23 4:00-5:00 PM (approx) ........ V1842A
Sat, May 10 2:00-3:00 PM (approx) ........ V3242A

Wide World of Horses
(ages 7 and up)
There are over 300 breeds of horses. They come in a number of different sizes, colors and skill sets. This program will cover many breeds as well as colors, characteristics and markings of the horse family in all its diversity. We will conclude with a barn tour to observe our herd's colors and breeds.
Sunnyside Rec Area EC Program Room 1
One 1-Hr & 30-Min Session $20.00 Parent/Child $8.00
2nd Child
(ages 7-12, with adult)
Sat, Mar 22 1:30-3:00 PM ................. V1342X
Wed, Apr 23 5:00-6:30 PM .................. V1642A

EQUESTRIAN

REGISTER ONLINE AT WWW.MONMOUTHCOUNTYPARKS.COM, CALL 732-842-4000, EXT. 1, OR BY MAIL SEE PAGES 98-99.
FAMILY RACES
Families join together for fun and excitement during these fantastic events!

**Family Funtathlon**
Saturday, May 3, 9:00 AM
Thompson Park, Lincroft

This exciting event offers teams of families or friends the opportunity to compete in a variety of outdoor adventure challenges including kayaking, archery, athletics, problem solving and more! Teams comprised of two to six members, with any combination of adults and children, will race against the clock and each other as they traverse beautiful Thompson Park solving problems and completing challenges.

- Teams can be up to six members. Teams will have opportunities to switch the team members competing in different challenges.
- Each challenge will require one adult and one child (between the ages of 6-14). Those two team members must stay together while traveling to and from challenges.
- Bikes are necessary to complete the course. Your team will need at least one adult bike and one child's bike. Helmets must be worn.
- All racers will get an award medal. Trophies will also be given out to the top three teams.
- We will award one Team Spirit trophy. Teams are encouraged to dress in costumes, uniforms or carry signs displaying their team spirit.
- Waivers will need to be signed for all participants. They will be available at race day check-in.

**Cost:** $50.00 Per Team; Program #Q0142A

Questions? Call 732-542-1642, ext. 27.

**Superhero Fun Run**
Saturday, May 31
Dorbrook Recreation Area, Colts Neck

Grab your cape and assemble your superhero squad for a thrilling adventure through the park! This one-mile fun run is anything but ordinary as we put your bravery, brainpower, and superhero abilities on the line. Friendly, fun, and noncompetitive obstacles will have the whole family working together to save the day! All participants are encouraged to come dressed as their favorite or very own superhero. Strollers and wagons are permitted for this race.

Children ages 2 and under are FREE but must be registered for the event.

**First Wave:** 9:00-10:00 AM #XGR42A
**Second Wave:** 9:20-10:20 AM #XJ042A
**Third Wave:** 9:40-10:40 AM #XJ142A
**Fourth Wave:** 10:00-11:00 AM #XJ242A

**Cost:** $15.00 Per Person

Questions? Call 732-542-1642, ext. 23, or e-mail agibney@monmouthcountyparks.com.

Registration for races can be done online at www.monmouthcountyparks.com, by phone at 732-842-4000, ext. 1, Monday-Friday, 8:00 AM-4:30 PM, or by mail using the form at the back of this Program Directory.
Arts & Crafts

2014 Craft Quest - Cultural Edition
(all ages)

Explore the world through recreation! When you visit the new Fort Monmouth Recreation Center, you'll discover the Craft Quest Box. Each month will highlight a different country and you'll create a craft representing each country. Upon pre-registration or dropping in, you will receive a secret code to access the box to collect your craft kit and passport. Once your project is completed, email a picture of it to rcohen@monmouthcountyparks.com and you’ll receive a sticker to place in your passport. When you fill up your passport by completing all 12 crafts, you will be sent a Park System drawstring pouch and a certificate of achievement. For more information, contact Rachel Cohen at 732-524-1642, ext. 29.

$10.00 Per Family
Fort Monmouth Rec Ctr Lobby

March - Ireland
Mon-Sun, Mar 3-28 ...................... A0842A

April - Ukraine
Wed-Tue, Apr 2-28 ...................... A0942A

May - Mexico
Fri-Thu, May 2-29 ...................... A1042A

Egg Dyeing in the Parks
(all ages, under 18 with adult)

We will be hopping around the parks to provide egg dyeing stations. All the supplies to color and create unique eggs will be provided. Enjoy dyeing six eggs each to take home.

One 2-Hr Session $6.00 Per Person
Fort Monmouth Rec Ctr Prog Rm A (118)
Sat, Apr 12 1:30-3:30 PM .............. U2542A

Henry Hudson Trail Craft Room Act Ctr
Sun, Apr 13 10:00 AM-12:00 PM ........ U2642A

Manasquan Res Vis Ctr
Sat, Apr 12 9:30-11:30 AM ............ U2442A

Thompson Pk Creative Arts Center
Sun, Apr 13 2:00-4:00 AM ............ U2742A

Eggpril Eggstravaganza
(all ages, under 18 with adult)

Who knew eggs could be so much fun?! Join us as we shake, splatter, catapult, and create art with eggs! This program will include traditional favorites such as egg toss, egg and spoon race, and an egg hunt along with exciting eggperiments. Children should wear play clothes.

One 1-Hr & 30-Min Session $7.00 Per Person
Dorbrook Rec Area Act Ctr
Sat, Apr 5 2:00-3:30 PM .............. XGA42A

Open Ceramics

12:30-4:30 PM on Sunday, March 2; Sunday, April 6; and Sunday, May 4
Thompson Park Creative Arts Center, Lincroft

Choose from a large selection of bisque fired pottery pieces to glaze and make your own. Come for an hour or two, alone or with a friend, and let your creative juices flow. No pre-registration required. Children 12 and under are welcome, but must be accompanied by an adult. Leave your piece with us and we will have it fired in about a week.

Cost: $6 per hour plus the cost of bisque-ware; cash or check only please

Pottery Open House

Thursday, April 24, 4:00-8:00 PM
Thompson Park Creative Arts Center, Lincroft

Stop by and check out what’s going on in our pottery studio. Sample some hand building techniques and try your luck at the potter’s wheel. This is your chance to see if a pottery class is right for you. Dress for a mess as there is a lot of mud flinging going on around here. You won’t make anything you can take home, but the experience will last a lifetime. Ages 18 and younger are welcome but must be accompanied by an adult.

For further information, contact Christina Carlson at 732-842-4000, ext. 4343, or ccarlson@monmouthcountyparks.com.
Family Time Pottery
(ages 10-17, with adult)
Parents and children will be up to their elbows in fun at the potter’s wheel. Together we will learn the basics of throwing while creating works of art. Fee includes glazes, firings, 25 lbs. of clay per family and use of tools. Thompson Pk Creative Arts Center
Seven 2-Hr Sessions $168.00 Parent/Child $64.00 Additional Sibling
Fri, Mar 7-Apr 25 6:30-8:30 PM ............ Z4242X
No class 4/18
Six 2-Hr Sessions $144.00 Parent/Child $62.00 Additional Sibling
Fri, May 2-Jun 13 6:30-8:30 PM ............ Z4342X
No class 5/23

Papermaking & Origami
(ages 8 and up, under 18 with paying adult)
Join us for this hands-on class to discover how to make your own paper and paper creations, including the ancient art of paper folding. We will utilize a number of materials, including recycled paper, to produce unique, handmade paper. Flowers, coffee grounds, glitter, ribbon and many other materials can be mixed in the paper to add texture and color. This is a fun and easy way to be creative this spring and make handmade cards for family and friends.
One 1-Hr Session $7.25 Per Person
Holmdel Pk Act Ctr
Sun, May 18 3:30-4:30 PM ...............IP042A

Nature

All Things Nature Series
(ages 3 and up, under 18 with adult)
We believe each child should have an opportunity to discover nature and enjoy its beauty and fascination. Our goal is to reconnect children with the natural world and create a future generation that values and preserves our natural environment. This year give your child the gift of seeing and experiencing nature first hand. Join us as we explore the lives of turtles, insects, fish, snakes, plants, mammals and birds. Each session will have a different focus, so come to one or all. You pick!
One 1-Hr Session $6.50 Per Child
Huber Wds Env Ctr
All Things Turtles
Sat, Mar 1 10:30-11:30 AM ...............IK542A
All Things Snakes
Sat, Apr 5 10:30-11:30 AM ...............IK642A
All Things Frogs
Sat, May 10 10:30-11:30 AM .............IK742A

Garden Safari Backpacks
Daily 10:00 AM-4:00 PM
Deep Cut Gardens, Middletown
Set out on an exploration of the gardens!
Each backpack contains all you need to help you and your family discover new ways of seeing living and non-living features of the gardens. Available daily at the Horticultural Center, on a first-come, first-serve basis. There is no fee, but you must leave your valid NJ driver’s license with the docent.
For more information, call 732-671-6050.

Rockin’ the Trails 2014
Join us for our Scavenger Hunt Program that introduces you to the world of nature, literally.
Former President Jimmy Carter said, “Like music and art, love of nature is a common language that can transcend political or social boundaries.” Enjoy our Monmouth County Park System trails as you search for foreign words about nature. Get your “Rockin’ the Trails” brochure and visit each of the parks listed. Return your completed brochure to be entered in the Grand Prize Drawing.
For more information call 732-872-2670 or visit www.monmouthcountyparks.com.
Bald Eagles at the Manasquan Reservoir
(ages 7 and up, under 18 with adult)
Spring is an excellent time to view the Bald Eagle nesting pair at the Manasquan Reservoir. Learn all about these magnificent birds and their history here at the Manasquan Reservoir. Weather permitting, program will include a walk.
**One 1-Hr Session $5.00 Per Person**
Manasquan Res Env Ctr
Sun, Mar 9 3:00-4:00 PM .......................... I0842A
Sun, Apr 13 10:00-11:00 AM .................... I0942A
Fri, May 16 4:00-5:00 PM .......................... I1342A

Bring on Spring!
(ages 5 and up, with adult)
Summer time is not the only time to enjoy the beach!
Bring on spring by visiting our beautiful Seven Presidents Oceanfront Park! Celebrate the days getting warmer and the sun shining longer by playing games on the sand, searching for seashells, and creating a fun ocean inspired craft. Meet inside the Activity Center.
**One 1-Hr Session $6.00 Per Child**
Seven Presidents Pk Act Ctr
Sat, Mar 15 1:00-2:00 PM .......................... I0142A
Sun, Apr 20 1:00-2:00 PM .......................... I0242A

Candle Making Made Easy
(ages 8 and up, under 18 with paying adult)
Try your hand at creating beautiful candles to take home and enjoy. Candles are fun and relatively easy to make. They also make great gifts. Join a Park System Naturalist for this enlightening class. We’ll walk the beach in hopes of finding cool things to add to the jar candle we make and take home! All supplies provided.
**One 1-Hr Session $7.50 Per Person**
Bayshore Waterfront Park Act Ctr
Sat, Apr 26 5:30-6:30 PM .......................... INN42A

Castles in the Sand
(all ages)
Calling all Sand Engineers! We want you to meet the challenge of building the tallest sand castle... Or maybe the widest sand castle is your specialty... Or perhaps even the wackiest sculpture is what you prefer! Work together with your family to construct a sand masterpiece while learning a little bit about this non-traditional building material. Some sand facts just might help you with your sand architecture. Bring your pails, shovels and sand molds and show off what you can do.
**One 1-Hr Session $5.00 Per Person**
Seven Presidents Pk
Sun, May 18 4:00-5:00 PM .......................... IKU42A

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**Boat Tours at the Manasquan Reservoir**
Manasquan Reservoir Visitor Center, Windeler Road, Howell

Enjoy a 45-minute boat tour on the beautiful Manasquan Reservoir. Tours are narrated by Park System Naturalists and include opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a Bald Eagle!

**Life-jackets required (provided).**

**Please Note: Tours are both weather and water level dependent.**

**WEEKEND & HOLIDAY TOURS**
May 3-October 13
(Includes Memorial Day, 4th of July, Labor Day, and Columbus Day)
2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM

**WEDNESDAY TOURS**
July 9-August 27
2:00 PM, 3:00 PM & 4:00 PM

**FIRST FRIDAY EVENING TOURS**
May 2 at 6:30 PM & 7:30 PM
June 6 at 6:30 PM & 7:30 PM
July 4 at 6:30 PM & 7:30 PM
August 1 at 6:30 PM & 7:30 PM
September 5 at 5:30 PM & 6:30 PM

Cost: Adults $5.61; Children 12 & under $3.50 (tax not included)
Celebrate World Turtle Day  
(all ages, under 18 with adult)  
World Turtle Day is all about increasing public awareness of this amazing group of reptiles, the many threats to their survival, and what you can do to help them. We will meet a few species of turtles, learn about them, and make a small turtle craft.  
One 1-Hr Session $5.50 Per Person  
Manasquan Res Env Ctr  
Fri, May 23 10:00-11:00 AM .................. I2342A  
Fri, May 23 1:00-2:00 PM .................. I2442A  
Fri, May 23 7:00-8:00 PM .................. I2542A

Earth Day Together!  
(ages 4-10, with adult)  
Let’s celebrate Earth Day together! We’ll meet some special animal friends, make an Earth Day craft, even learn how to help a lost baby bird and much more.  
One 1-Hr & 30-Min Session $8.50 Per Child  
Manasquan Res Env Ctr  
Sat, Apr 12 2:30-4:00 PM .................. I1442A

Earth Hour Under the Night Sky of Thompson Park  
(all ages)  
Do you remember the great fun you had playing games in the dark as a kid? Introduce your children to the wonders of an electricity-free spring night, as we enjoy games, art, star gazing, rock climbing and treasure hunts under the stars. At 8:30 PM the Visitor Center Mansion will go dark in observance of Earth Hour. So turn off your lights and bring the family for an unforgettable nighttime experience! For more information, please call 732-872-2670, ext. 222. Curious about Earth Hour? Visit www.earthhour.org. Pre-registration is encouraged.  
One 1-Hr & 30-Min Session $10.00 2-4 Per Family  
Thompson Pk VC Side Deck Vis Ctr  
Sat, Mar 29 8:00-9:30 PM .................. IKV42A

Egg Hunt  
(all ages, under 18 with adult)  
Eggs aren’t just for the birds. Check out the different types of animals that lay eggs and where they make their nests. Then help hunt down the missing eggs and return them to the correct nest.  
One 1-Hr Session $5.00 Per Person  
Huber Wds Outdoor Area  
Sun, Apr 13 1:00-2:00 PM .................. IKP42A

Fantastic Frog Encounter  
(ages 6-9, with adult)  
Frogs and toads are an amazing group of animals and we will encounter several during this program. A short walk and craft are also included. If you wish to be more daring, sign up for our nocturnal Spring Peepers frog hunt!  
One 1-Hr Session $9.00 Per Child  
Manasquan Res Env Ctr  
Sat, Apr 5 3:00-4:00 PM .................. I3242A  
Sat, May 10 10:00-11:00 AM .................. I3342A

Follow that Star!  
(ages 8 and up, under 18 with adult)  
Do you love the night? Join a Park System Naturalist as we learn to navigate the night sky while hearing fun stories about the constellations. Best of all, bring your smartphone with The Night Sky app or a paper star chart and we will show you how to look at the constellations like a pro while enjoying a warm beverage and tasty treats! Leave your flashlights at home and let us know if you have any food allergies. Bring your own blankets as star gazing is best enjoyed lying down on the grass. Be sure to dress warmly.  
One 1-Hr Session $7.00 Per Person  
Big Brook Pk Parking Lot  
Wed, May 28 8:00-9:00 PM .................. IP642A

Full Moon Meander  
(ages 9 and up, under 18 with adult)  
Come outside and spend a quiet evening watching the full moon rise over the ocean. Leave your flashlights at home as we let our eyes naturally adjust to the darkness while taking a peaceful stroll guided by the moonlight. We will observe the night sky through a telescope while enjoying beautiful views of the surrounding landscape at nightfall. Be sure to dress for the cooler weather, as it can get chilly by the open water.  
One 1-Hr Session $7.00 Per Person  
Mt. Mitchill  
Sat, Mar 15 7:30-8:30 PM ................. INF42A

PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY
New Girl Power Environmental Stewardship Program
(all ages)
Mothers, daughters, sisters, aunts, grandmothers, bffs - you are the leaders of today and tomorrow. This stewardship program is designed to strengthen the bond between you and your daughter, sister, mother, grandmother, or female friend, with Mother Nature, while building up your natural leadership ability. Each time we meet, we will undertake a different environmental project or activity, visit with guest speakers or take a field trip. As we learn, we encourage you to share your experience with the future leaders of our community and promote positive change. Create everlasting memories as you inspire the young generation to follow in your footsteps of restoring and preserving the balance in nature. Be an environmental role model to young and old, as you grow and learn together throughout this year round program.
Three 1-Hr & 30-Min Sessions $60.00 Per Couple
Deep Cut Gardens Horticultural Center
Sat, Mar 8-May 17 1:00-2:30 PM ............ IP942A
Spring session meeting dates: 3/8, 4/26 & 5/17

How did the Earth Form?
(ages 9 and up, under 18 with adult)
Join a Park System Naturalist as we discover the amazing way that Planet Earth was formed over 4 billion years ago. We will explore how plate tectonics, volcanoes, earthquakes, rivers and glaciers played an important part to form the Earth as it appears to us right now. We will also take a short walk to show evidence that Earth is a dynamic planet that is still changing, as well as right here in Monmouth County.
One 1-Hr Session $7.00 Per Person
Holmdel Pk Act Ctr
Sun, Mar 30 3:30-4:30 PM ............... INK42A

Know Your Seashells 101
(ages 9 and up, under 18 with adult)
Do you know seashells? Find out the names and natural history of common Jersey Shore shells and other beach finds! This is a fun and interesting program devoted to answering all your questions, no matter how silly, about seashells, beachcombing, cleaning seashells, identifying your shells and more! Stroll along a low tide bay beach with a Park System Naturalist as we look for clams, crabs, shells, egg cases, and other signs of marine life. Afterwards, we will go inside to identify and learn how to preserve what we discovered. Please dress for the weather, wear shoes that can get wet, and bring an old cloth bag or a small pail to collect shells.
One 1-Hr & 30-Min Session $7.00 Per Person
Bayshore Waterfront Park Act Ctr
Fri, Apr 11 6:00-7:30 PM .................. IN342A
Fri, May 16 6:00-7:30 PM .................. IN442A

Lenape Life
(ages 8-12, with adult)
The Lenape people had a unique and fascinating culture and many of their place names are with us still - Manasquan, Matawan, and Passaic to list a few. We will experience how the Lenape grew and gathered food, had fun, and built their homes.
One 1-Hr Session $6.50 Per Person
Manasquan Res Env Ctr
Sat, Apr 5 1:00-2:00 PM .................. I3442A
Sun, May 11 1:00-2:00 PM ................ I3542A

Lyrids Meteor Shower
(ages 9 and up, under 18 with adult)
Join a Park System Naturalist late into the night for a spectacular natural event. The Lyrids meteor shower is produced by dust particles left behind by an old comet, producing 10 to 20 meteors per hour at its peak. Although Lyrids is an average shower, it can sometimes produce bright dust trails that last for several seconds. Some shooting stars will be visible each night from April 19-25, but the best show will be expected on or around April 22. Please bring a blanket or beach chair to sit on and dress for the weather. It will be chilly near the water.
One 1-Hr Session $7.00 Per Person
Fisherman's Cove Waterfront
Tue, Apr 22 10:55-11:55 PM ............ INM42A

Nature Cruise
(all ages, under 18 with adult)
Relax and enjoy nature during the best times of the day on a Nature Cruise at the Manasquan Reservoir. A Park System Naturalist will be on board to narrate your tour. We might even see our resident Bald Eagles! Please meet at the Environmental Center boat dock.
Please Note: Life-jackets are provided and must be worn by all passengers.
One 1-Hr Session $6.00 Per Person
Manasquan Res Env Ctr
Fri, May 30 6:30-7:30 PM ............... I2242A

Rocks Rock!
(ages 8 and up, under 18 with adult)
Got rocks? Have fun this spring discovering the fascinating formations of Earth’s geologic creations and discovering what the planet is made of, what rocks are made of, how crystals are formed, and watching rocks glow in the dark! Best of all, you will be able to hold items that are millions of years old. This program promises to be rock-n-roll fun!
One 1-Hr Session $7.00 Per Person
Huber Wds South Farm
Sun, Mar 16 3:30-4:30 PM ............... INH42A
PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY

**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**  
Fort Monmouth Rec Ctr Prog Rm B (119)  
Sun, Mar 23 2:00-3:00 PM .................. IPA42A  
Thompson Pk VC Beech Room Vis Ctr  
Sun, Apr 6 2:00-3:00 PM .................. IPB42A

**Scout Fossil Day Adventure**  
(all ages)  
Are you a scout leader looking for a fun and educational activity to do with your troop? Come to Shark River and spend the day fossiling with us. Become paleontologists for the day as you learn about the ancient history of the river. We will show you lots of fossils, rocks, minerals and artifacts, some of which you may discover during your fossil expedition. Give us a call and let us host your next unforgettable outing.  
**One 1-Hr & 30-Min Session $110.00 Per Group of 15**  
Shark River Pk Shelter Bldg  
Sat, Apr 26 1:00-2:30 PM .................. IK142A  
Sat, May 3 1:00-2:30 PM .................. IK242A  
Sat, May 17 1:00-2:30 PM .................. IK342A

**Something Fishy & Fun!**  
(ages 6-9, with adult)  
Fish don’t leave footprints, but you can make a fish print to help identify fun saltwater critters like flounders, skates, and even sea stars. Bring the kids and your artistic talent (or lack of) for an hour of fun. We will highlight some of the different animals that call Sandy Hook Bay home and handle some fun beach stuff, like clam and crab shells. Best of all, you can finally make your own fish print to take home! Special art paper is provided for the print, but you are welcome to bring a t-shirt or pillowcase. This project is great for kids and adults. Each participant can make one print.  
**One 1-Hr Session $7.00 Per Person**  
Bayshore Waterfront Park Act Ctr  
Fri, Mar 21 5:00-6:00 PM .................. IN142A  
Sun, Mar 23 2:00-3:00 PM .................. IN242A

**Spring Peepers**  
(ages 5 and up, with adult)  
Have you ever wondered what was making all that racket as the sun sets? Peep, peep, peeeep! Tiny little frogs called Spring Peepers are calling in the warmer weather and longer days. Join us for an evening of learning, listening, and looking for frogs and toads! We will not only catch frogs with nets but also see tadpoles swimming along the shoreline! Boots encouraged but not required.  
**One 1-Hr & 15-Min Session $6.00 Per Person**  
Turkey Swamp Pk Shelter Bldg  
Fri, Mar 28 7:45-9:00 PM .................. I0642A  
Fri, Apr 18 7:45-9:00 PM .................. I0742A

**Stargazing at the Seashore**  
(ages 8 and up, under 18 with adult)  
Wow, what’s that? Learn to navigate around the night sky and hear ancient stories about the constellations. We will also talk about meteors and other visitors from outer space. We’ll even let you hold the oldest thing you will ever touch! Looking up at the sky during the day at clouds can be good fun, but looking up at the sky at night can be really thrilling! Bring your favorite blanket and leave your flashlights at home!  
**One 1-Hr Session $7.00 Per Person**  
Bayshore Waterfront Park  
Sat, Apr 26 8:00-9:00 PM .................. INP42A

**Sunset Wetland Walk**  
(ages 10 and up, families, with adult)  
This walk is a great opportunity to explore an easy and intriguing path and view some of the surprises, wildlife and beautiful scenes of grasslands, wetlands, and adjacent small waterways near Bayshore Waterfront Park. You will have a chance to see birds, fish, plants and other critters of the marsh. Binoculars will be provided or bring your own. A Park System Naturalist will also have nets on hand to explore the water for local fish and crabs. We will meet inside the park’s Activity Center then head over to the wetlands to explore the area as the sun sets over Sandy Hook Bay.  
**One 1-Hr Session $6.50 Per Person**  
Bayshore Waterfront Park Bay House  
Fri, Apr 25 7:00-8:00 PM .................. IN642A
FAMILIES

Super Silly Sneaky Snakes
*(all ages)*
Come meet some of our super silly sneaky snakes. Find out how our indigenous snakes are beneficial, sometimes considered silly and usually pretty sneaky. This is a golden opportunity for snakes to prove they can be as charming as other reptiles. A single touch could change your whole outlook on these wonderful creatures.

**One 1-Hr Session $6.00 Per Person**
Henry Hudson Trail Act Ctr
*Sat, Mar 22 2:00-3:00 PM* ................. IPC42A
*Fort Monmouth Rec Ctr Prog Rm A (118)*
*Sun, May 4 10:00-11:00 AM* ............... IPD42A

Terrapins in Sandy Hook Bay
*(ages 8 and up, under 18 with adult)*
Gather inside at the Bayshore Waterfront Park Activity Center for an indoor presentation on the amazing life of the Northern Diamondback Terrapin, the only turtle that can survive in brackish waters. Sandy Hook Bay, the Navesink River and surrounding waters are prime habitat for the Terrapin, yet few people see one or even know they exist. Discover the many fun facts about these amazing reptiles. Best of all, we will see a live Diamondback Terrapin in person!

**One 1-Hr Session $7.00 Per Person**
Bayshore Waterfront Park Act Ctr
*Sat, Mar 22 2:00-3:00 PM* ................. IN742A
*Sat, Apr 26 3:00-4:00 PM* ................. IN942A

The Big Picture
*(all ages)*
Let picture clues be your guide on this picture perfect family nature walk adventure. Put your observation skills to the test as you search for secret locations in each photo. Allow the pictures to lead the way to your final destination where a prize will be waiting for you. Don’t forget to take in the interesting sights along the way!

**One 1-Hr Session $6.00 Per Person**
Huber Wds Outdoor Area
*Sun, Apr 13 3:00-4:00 PM* ................. IKS42A
*Holmdel Pk Act Ctr*
*Sat, May 17 6:00-7:00 PM* ................. IKT42A

Twilight Treats
*(all ages)*
Enjoy your after dinner treat paired with a brief nature activity. Afterwards, take a stroll through the twilight fields and trails of Huber Woods (weather permitting).

**One 1-Hr Session $7.00 Per Person**
Huber Wds Env Ctr

Apple Pie & Nature Hide-N-Seek
**Brownies & Night Sounds**
**Cupcakes & April Fool’s Fun**
**Cookies & Twilight Animals**
**Chocolate Layer Cake & Wildflowers**

**Archery**
*(ages 8 and up, under 18 with paying adult)*
Come shoot the bull’s-eye with the Monmouth County Park System. All skill levels welcome at this introductory session on the sport of archery. All equipment provided.

**One 2-Hr Session $18.00 Per Person**
Thompson Park Activity Barn

Family
*Fri, Mar 14 6:00-8:00 PM* ................. W1742A
*Sun, Apr 6 10:00 AM-12:00 PM* ............ W2742A
*Sun, Apr 6 12:30-2:30 PM* ................. W2842A
*Sun, May 4 10:00 AM-12:00 PM* .......... W3042A
*Sun, May 4 12:30-2:30 PM* ................. W3242A

CAN U CANOE?
*(ages 8 and up, with adult)*
Get your feet wet learning the basic skills of canoeing. You’ll learn basic water safety and various paddling strokes while enjoying one of our county lakes. These clinics are designed to introduce you to the lifetime sport of canoeing. All equipment included (you’re welcome to bring your own boat).

**One 2-Hr & 30-Min Session $20.00 Per Adult $12.00 Per Child**
Thompson Pk Marlu Lake
*Sat, Apr 26 9:00-11:30 AM* ............... W1842X
*Thu, May 22 5:00-7:30 PM* ................. W1942X
FAMILIES

OUTDOOR ADVENTURE DROP-INS
Get outside for some fun this spring! Stop by for one of these wonderful activities.

**Bike Maintenance Drop-In - FREE!**
Saturday, May 31, 10:00 AM-2:00 PM
Thompson Park, Lincroft

Have questions about fixing a flat tire, tightening a chain, adjusting gears and shifters? Stop by the Bike Maintenance Tent, just off the trail near Three Barns Parking Lot and stay for an informative demonstration or get advice from our riders and maintenance crew who can help you to ride safely and comfortably in our parks.

**Climb Time - FREE!**
When you need a little more than a walk in the park, try climbing. Our 25’ climbing wall is a great opportunity to experience the sport of rock climbing close to home, and free of charge. Climbers must be 42” or taller.

- **Saturday, April 12, 12:00-3:00 PM at**
  - Dorbrook Recreation Area, Colts Neck
- **Sunday, April 27, 2:00-5:00 PM at**
  - Thompson Park, Lincroft
- **Sunday, May 18, 11:00 AM-5:00 PM at**
  - Turkey Swamp Park, Freehold

**Drop-In Geocaching - FREE!**
(ages 10 and up, families, with adult)
Thompson Park Visitor Center, Lincroft

Get in on this increasingly popular high-tech treasure hunt. This self-guided program will help you explore the outdoors in a whole new way. GPS units and basic instructional packet provided. Feel free to bring along some trinkets to trade in the geocaches you find.

**Weekdays 9:00 AM-2:00 PM; Weekends 10:00 AM-2:00 PM**

**Open Shoot**
(ages 8 and up, under 18 with adult)
Thompson Park Activity Barn, Lincroft

If you are looking to try your hand at archery, join us for an open shoot. All equipment will be provided. No outside equipment permitted. Limited instruction. Program will run rain or shine. Please dress for the weather as the Activity Barn is not heated or air conditioned. No registration necessary.

**Dates & Times:**
10:00 AM-1:00 PM on Saturday, March 8; Saturday, April 5; and Saturday, May 31

**Cost:** $7 per person, cash or check only

**Thompson Park Weekend Canoe Rentals**
(age 3, with adult)
Thompson Park, Lincroft

Canoes will be available for rent at Marlu Lake. All equipment provided; limited number of canoes available.

**Dates & Times: 10:00 AM-3:00 PM on**
- May 10 & 11, May 24 & 25, June 14 & 15, June 28 & 29, July 12 & 13, July 26 & 27, August 9 & 10, August 23 & 24, and September 13 & 14

**Cost:** $15.00 per boat (tax included) for 1-3 people for 2 hours; cash or check only please

For more information on the above drop-in programs, please call 732-842-4000, ext. 4312, or visit us online at www.monmouthcountyparks.com.
Discover Geocaching
(ages 8 and up, with adult)
Give your mind and legs a healthy workout using the sport of geocaching. The basic idea is to locate hidden containers, called geocaches, using GPS (global positioning system) navigation devices. Thru instruction and practice we will cover basic operation, key functions and navigation options. All geocaching equipment is provided. Be prepared for a 90 minute hike with proper clothing, footwear, water and snacks.

**Family Geocaching**
One 2-Hr & 30-Min Session $29.00 Parent/Child $5.00 Additional Person
Shark River Pk Shelter Bldg
Sun, Apr 27 9:30 AM-12:00 PM ............ W7042X
Thompson Pk VC Beech Room Vis Ctr
Sat, May 17 9:30 AM-12:00 PM ............ W7642X

Great American Family BBQ & Camp Out
(ages 5 and up, families, with adult)
Kick off Memorial Day weekend early with this overnight event ideal for the entire family. Learn basic camping skills and play some traditional games all in the backyard of the Nomoco Activity Area Campground. Then enjoy a BBQ with your family and newly acquired friends. Each family will be provided with a platform tent, dinner for Saturday night, and breakfast Sunday morning. Additional camping equipment available upon request. For 3-6 persons per family.
One 22-Hr Session $145.00 Per Family
Turkey Swamp Pk
Sat-Sun, May 17-18 1:00 PM-11:00 AM ....... U0442A

Spring into Spring Family Camping
(ages 5 and up, families, with adult)
Join us for two fun-filled days of family camping at the Nomoco Activity Area of Turkey Swamp Park, Freehold. Camp setup, canoeing, climbing wall, games and more will keep you busy while learning camping skills. Each family will be provided a tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request.
PLATFORM TENTS: 3-6 persons per family
One 24-Hr Session $160.00 Per Family
Turkey Swamp Pk
Sat-Sun, Apr 26-27 12:00 PM-12:00 PM ..... W1342A

**Sports & Fitness**

**Family Bean Bag Challenge!**
(all ages)
Do you believe your family has what it takes to participate in this year’s Bean Bag Challenge? Prove it by squaring off against other families in this fun and friendly event. There are six twisted and whacky bean bag activities that will leave your family in stitches! Teams are encouraged to dress in athletic attire showing off their team spirit. Sneakers are required.
One 1-Hr & 30-Min Session $14.00 Parent/Child $7.00 Additional Person
Thompson Pk Activity Barn
Sun, Mar 16 1:30-3:00 PM ............... U1442A

**Outdoor Adventure Expo**
Sunday, May 18, 11:00 AM-5:00 PM
Turkey Swamp Park, Freehold

Learn about adventure opportunities in our area.
- Meet vendors for activities such as canoeing, kayaking, backpacking, climbing, skiing, and biking.
- Discover local and regional outdoor adventure and sportsmen’s clubs.
- Attend free lectures, demonstrations, mini-clinics and nature hikes.
- Test a variety of equipment: touring kayaks, white water kayaks, canoes, paddle boats, 25-foot climbing wall, and much more.
  - Children’s fishing derby.

Bring the whole family for this adventure filled day. Event will run rain or shine.

Free Admission • Free Parking
For more information, call 732-842-4000, ext. 4240.
Camping is available inside the park; visit us online for additional information.
Pre-registration is required for most of the programs listed in this directory.

NEW Armed Forces “Thank You” Day
Saturday, May 17, 9:00 AM-3:00 PM
Drop-in to create a thank you card for members of our armed forces. Make a patriotic sundae and join in a sing-along or other activities celebrating those who have served our country.
Cost: $5 per person; cash or check only; veterans attend for free

NEW Armed Forces Week:
Adult Open Gym Basketball
Join us as we honor our heroes, both active and retired - drop-in to shoot some hoops on our full court gym.
Dates & Times:
Monday, May 19, 7-8:30 PM
Tuesday, May 20, 1:00-2:30 PM
Wednesday, May 21, 8:00-9:30 PM
Saturday, May 24, 6:30-8:30 PM
Cost: $5 per person; cash or check only
Servicemen and women, past and present, FREE with a valid military ID

NEW Armed Forces Week:
Family Gym Time
(all ages, under 18 with adult)
Join us as we honor our heroes, both active and retired. Drop-in, enjoy playtime with other families and make friends in a roomy, indoor space for active play and socialization. We’ll have tunnels, gym mats, trampolines, scooters and other play equipment set up for your entertainment. This is an open play format with no instruction provided. Parent supervision is required and Rec Center staff is present if you have questions or need assistance.
Dates & Times:
Sunday, May 18, 11:00 AM-12:30 PM
Thursday, May 22, 1:00-2:30 PM
Friday, May 23, 1:00-2:30 PM
Sunday, May 25, 11:00 AM-12:30 PM
Cost: $5 per military family (with a valid military ID); $10 per non-military family

Drop-in Tuesdays at the Rec Center!
(ages 6-10)
Join Rec Center staff after school for games and activities! Choose from gym games, foosball, air hockey, ping pong and bumper pool. Each week we’ll switch up an extra activity such as arts & crafts, science experiments or board games.
Dates:
4:00-5:30 PM on Tuesdays from March 11-June 3
Cost: FREE!

NEW Family Game Night
Come with the family and play some games! Board games, table games, and gym games will be available for some good old family interaction. Play something familiar or learn something new. Come try your hand at R/C drifting.
Cost: $15.00 2-4 Per Family, $5.00 Additional Person; cash or check only
Dates & Times:
6:00-8:30 PM on the following Fridays:
March 14, March 28, April 11, April 25, May 9 & May 23

NEW Family Gym Time
(all ages, under 18 with adult)
Enjoy playtime with other families and make friends in a roomy, warm, indoor space for active play and socialization. We’ll have tunnels, gym mats, trampolines, scooters and other play equipment set up for your entertainment. This is an open play format with no instruction provided. Parent supervision is required and Rec Center staff will be present if you have questions or need assistance.
Dates & Times:
12:30-2:30 PM on Mondays & Wednesdays from March 10-May 28 (closed May 26)
Cost: $10 per family per day; cash or check only

Monday Night Open Teen Basketball
(ages 13-18)
Whether you’re on the team and looking for a place to practice or just love the game and want a place to play, drop-in and enjoy our courts.
Dates & Times:
7:00-8:30 PM on the following Mondays:
March 17, March 24, March 31, April 7, April 14, April 21, April 28, May 5 & May 12
Cost: $5 per person per night; cash or check only
BEGINNER GOLF (ages 6 and up)
Group clinics for beginners introduce the fundamentals of grip, stance, balance, and swing. Wear golf shoes or sneakers; clubs are available if needed.

BEGINNER GOLF FOR CHILDREN (ages 6-10)
Four 1-Hr Sessions $72.00 Per Person
Bel-Aire GC
Sat, Apr 19-May 10 10:00-11:00 AM ........ B0742A
Sat, Apr 19-May 10 10:00-11:00 AM ........ B0842A
Mon, May 19-Jun 9 5:00-6:00 PM .......... B0942A
Sat, May 24-Jun 14 10:00-11:00 AM ....... B1042A
Sat, Jun 28-Jul 19 12:00-1:00 PM ........ B0543A
Sat, Jun 28-Jul 19 12:30-1:30 PM ......... B0643A
Tue-Fri, Jul 8-11 1:00-2:00 PM ............. B0743A
Mon-Thu, Jul 14-17 1:00-2:00 PM ......... B0843A
Sat, Aug 2-23 11:30 AM-12:30 PM ......... B0943A
Bel-Aire GC
Sun, Aug 3-24 12:30-1:30 PM .......... B1043A
Charleston Springs GC
Sun, May 25-Jun 15 10:00-11:00 AM ....... T0142A

BEGINNER GOLF FOR GIRLS (ages 6-10)
Four 1-Hr Sessions $72.00 Per Person
Bel-Aire GC
Sat, Apr 19-May 10 11:30 AM-12:30 PM . . . . B1142A
Sat, May 24-Jun 14 9:00-10:00 AM ........ B1242A
Sun, Jun 29-Jul 20 1:00-2:00 PM .......... B1143A
Bel-Aire GC
Tue, Apr 15-May 6 10:00-11:00 AM ......... B1642A
Thu, Apr 17-May 8 10:00-11:00 AM ......... B1742A
Tue, May 20-Jun 10 10:00-11:00 AM ....... B1842A
Fri, May 23-Jun 13 9:30-10:30 AM .......... B1942A
Tue, Jun 24-Jul 15 11:00 AM-12:00 PM .... B1543A
Thu, Jun 26-Jul 17 9:30-10:30 AM ......... B1643A
Tue, Jul 29-Aug 19 11:00 AM-12:00 PM .... B1743A
Thu, Jul 31-Aug 21 9:00-10:00 AM ......... B1843A

BEGINNER GOLF FOR JUNIORS (ages 11-14)
Four 1-Hr Sessions $74.00 Per Person
Bel-Aire GC
Sat, Apr 19-May 10 11:00 AM-12:00 PM .. . . B1342A
Wed, May 21-Jun 11 4:30-5:30 PM .......... B1442A
Sat, May 24-Jun 14 2:00-3:00 PM .......... B1542A
Sat, Jun 28-Jul 19 11:30 AM-12:30 PM .... B1243A
Sun, Jun 29-Jul 20 2:00-3:00 PM .......... B1343A
Mon, Jul 28-Aug 18 5:30-6:30 PM .......... B1443A
Charleston Springs GC
Wed, Jun 25-Jul 16 6:30-7:30 PM .......... T0143A

BEGINNER GOLF FOR WOMEN (adults)
Four 1-Hr Sessions $78.00 Per Person
Bel-Aire GC
Tue, Apr 15-May 6 10:00-11:00 AM ......... B1642A
Thu, Apr 17-May 8 10:00-11:00 AM ......... B1742A
Tue, May 20-Jun 10 10:00-11:00 AM ....... B1842A
Fri, May 23-Jun 13 9:30-10:30 AM .......... B1942A
Tue, Jun 24-Jul 15 11:00 AM-12:00 PM .... B1543A
Thu, Jun 26-Jul 17 9:30-10:30 AM ......... B1643A
Tue, Jul 29-Aug 19 11:00 AM-12:00 PM .... B1743A
Thu, Jul 31-Aug 21 9:00-10:00 AM ......... B1843A

BEGINNER GOLF FOR ADULTS (adults)
Four 1-Hr Sessions $76.00 Per Person
Bel-Aire GC
Sun, Apr 13-May 11 1:00-2:00 PM .......... B0142A
Wed, Apr 16-May 7 5:30-6:30 PM .......... B0242A
Sat, Apr 19-May 10 9:00-10:00 AM ........ B0342A
Mon, May 19-Jun 9 6:00-7:00 PM .......... B0442A
Sat, May 24-Jun 14 9:00-10:00 AM ....... B0542A
Sun, May 25-Jun 15 12:30-1:30 PM ....... B0642A
Sat, Jun 28-Jul 19 9:00-10:00 AM ....... B0143A
Wed, Jul 30-Aug 20 5:00-6:00 PM .......... B0243A
Sat, Aug 2-23 10:00-11:00 AM .......... B0343A
Charleston Springs GC
Wed, Jun 25-Jul 16 6:30-7:30 PM .......... T0143A

INTERMEDIATE GOLF (ages 6 and up)
Clinics for intermediate-level players continue the development and refinement of skills learned in the beginner program. Topics such as: scoring, etiquette, and rules are also discussed. Wear golf shoes or sneakers, clubs available if needed.

INTERMEDIATE GOLF FOR CHILDREN (ages 6-10)
Four 1-Hr & 30-Min Sessions $92.00 Per Person
Bel-Aire GC
Sun, Apr 13-May 11 10:00-11:30 AM ......... B2242A
Fri, Apr 18-May 9 4:30-6:00 PM .......... B2342A
Fri, May 23-Jun 13 4:00-5:30 PM .......... B2442A
Sun, May 25-Jun 15 2:00-3:30 PM .......... B2542A
Fri, Jun 27-Jul 25 4:00-5:30 PM .......... B2043A
Sat, Jun 28-Jul 19 2:00-3:30 PM .......... B2143A
Mon-Thu, Jun 30-Jul 3 3:00-4:30 PM ....... B2243A
Mon, Jul 28-Aug 18 4:00-5:30 PM .......... B2343A
Fri, Aug 1-22 2:00-3:30 PM .......... B2443A
Charleston Springs GC
Sat, Jun 28-Jul 19 12:00-1:30 PM .......... T0343A

INTERMEDIATE GOLF FOR GIRLS (ages 6-10)
Four 1-Hr & 30-Min Sessions $92.00 Per Person
Bel-Aire GC
Sat, May 24-Jun 14 12:00-1:30 PM ....... B2642A
Sat, Jun 28-Jul 19 1:30-3:00 PM .......... B2543A
(continued on next page...)
Intermediate Golf for Juniors
(ages 11-14)
Four 2-Hr Sessions $110.00 Per Person
Bel-Aire GC
Sun, Apr 13-May 11 2:00-4:00 PM ........... B2742A
Wed, May 21-Jun 15 5:30-7:30 PM ........... B2842A
Sun, May 25-Jun 15 2:00-4:00 PM ........... B2942A
Sun, Jun 29-Jul 15 3:00-5:00 PM ........... B2743A
Sun, Aug 3-24 3:00-5:00 PM ........... B2843A
Charleston Springs GC
Sat, May 24-Jun 14 2:00-4:00 PM .......... T0242A
Wed, Jun 25-Jul 16 4:30-6:30 PM .......... T0443A
Sat, Aug 2-23 9:00-11:00 AM ........... T0543A

Intermediate Golf for Junior Girls
(ages 11-14)
Four 2-Hr Sessions $110.00 Per Person
Bel-Aire GC
Mon-Thu, Jul 14-17 2:00-4:00 PM ......... B2643A

Intermediate Golf for Women
(adults)
Four 2-Hr Sessions $115.00 Per Person
Bel-Aire GC
Tue, Apr 15-May 6 11:00 AM-1:00 PM ...... B3042A
Thu, Apr 17-May 8 11:00 AM-1:00 PM ...... B3142A
Fri, Apr 18-May 9 6:00-8:00 PM .......... B3242A
Tue, May 20-Jun 10 11:00 AM-1:00 PM ...... B3342A
Fri, May 23-Jun 13 10:30 AM-12:30 PM .... B3442A
Tue, Jun 24-Jul 15 9:00-11:00 AM .......... B2943A
Thu, Jun 26-Jul 17 10:30 AM-12:30 PM .... B3043A
Tue, Jul 29-Aug 19 9:00-11:00 AM .......... B3143A
Thu, Jul 31-Aug 21 10:00 AM-12:00 PM .... B3243A
Charleston Springs GC
Mon, May 19-Jun 9 5:30-7:30 PM .......... T0342A

Intermediate Golf for Adults
(adults)
Four 2-Hr Sessions $113.00 Per Person
Bel-Aire GC
Sun, Apr 13-May 11 11:30 AM-1:30 PM .... B2042A
Sat, May 24-Jun 14 3:00-5:00 PM .......... B2142A
Wed, Jul 30-Aug 20 6:00-8:00 PM .......... B1943A
Charleston Springs GC
Sat, Aug 2-23 11:00 AM-1:00 PM .......... T0243A
Howell Pk GC Practice Range
Mon, Apr 14-May 5 5:30-7:30 PM .......... J0142A
Thu, May 22-Jun 12 5:00-7:00 PM .......... J0242A
Mon, Jun 23-Jul 14 5:30-7:30 PM .......... J0143A

Advanced Golf
(ages 6 and up)
Advanced clinics provide a third level of instruction for those who have successfully completed our beginner and intermediate program (or equivalent). Instruction at this level focuses on the continued refinement and mastery of skills, and combines group instruction on practice facilities with on-course coaching and play.

Advanced Golf for Children
(ages 6-10)
Four 2-Hr Sessions $108.00 Per Person
Bel-Aire GC
Fri, Apr 18-May 9 4:30-6:30 PM .......... B3542A

Advanced Golf for Juniors
(ages 11-14)
Four 2-Hr & 30-Min Sessions $115.00 Per Person
Charleston Springs GC
Sun, Apr 13-May 11 4:00-6:30 PM .......... B3642A
No class 4/20

Advanced Golf for Women
(adults)
Four 3-Hr Sessions $181.00 Per Person
Hominy Hill GC Practice Range
Tue, May 20-Jun 10 5:00-8:00 PM .......... HH142A
Tue, Jun 24-Jul 15 5:00-8:00 PM .......... HH143A
Thu, Jul 31-Aug 21 5:00-8:00 PM .......... HH243A

Advanced Golf for Adults
(adults)
Four 3-Hr Sessions $181.00 Per Person
Charleston Springs GC
Fri, May 23-Jun 13 5:00-8:00 PM .......... T0442A
Howell Pk GC Practice Range
Wed, May 21-Jun 11 5:00-8:00 PM .......... J0342A
Thu, Jun 26-Jul 17 5:00-8:00 PM .......... J0243A
Wed, Jul 30-Aug 20 5:00-8:00 PM .......... J0343A

Custom Clinics Available
Do you have a group of friends or business associates who would like to attend one of our golf clinics as a group? It would be our pleasure to work with you to schedule a clinic and tailor the content and formats to your needs. Minimum of 6 participants. For more information, call 732-842-4000, ext. 4354.

Golf Lesson Gift Certificates
Don’t know what to get the golf fanatic in your life? Stop by any Monmouth County Park System golf center and purchase a gift certificate for golf lessons with one of our PGA/LPGA professionals or Teaching Professional. Lessons are available in half hour, hour, and five session packages. For pricing, stop in any golf center or check out www.monmouthcountyparks.com.
Children’s Players Club & Clinic  
(ages 6-10)
A unique opportunity for young golfers to participate in organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in topics such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, scoring, and prizes. Participants must have the ability to play 9-holes at the appropriate pace of play, the maturity to handle themselves on the golf course, and be capable of keeping accurate scores.
Four 3-Hr Sessions $82.00 Per Person
Bel-Aire GC
Fri, May 23-Jun 13 5:00-8:00 PM ............ B3742A
Fri, Jun 27-Jul 25 5:00-8:00 PM ............ B3343A
Fri, Aug 1-22 5:00-8:00 PM ............... B3443A

Full Swing Clinic  
(adults)
Unable to attend weekly clinic sessions? Need to focus on improving specific aspects of your game? Want to learn and practice at one of Monmouth County’s premier teaching facilities? Our one day game improvement clinics at Charleston Springs Golf Course may be just what you need to get your game in shape! The Full Swing Clinic focuses on driving the ball from the tee with greater accuracy and power. Clinics are conducted by PGA/LPGA Professional instructors and limited to six participants. Please Note: These programs are targeted towards experienced players. Beginner golfers may find them to be too advanced and not well suited to their needs.
One 2-Hr Session $87.00 Per Person
Charleston Springs GC
Sat, May 3 2:00-4:00 PM .................. T0542A
Sat, May 31 2:00-4:00 PM .................. T0642A
Sat, Jun 28 2:00-4:00 PM .................. T0643A

Golf for High School Players  
(ages 14-18)
This clinic is intended for high school students who play on their high school golf team or are looking to try out. We’ll cover skill refinement, course management, risk vs. reward, and rules. Let our instructors help you have the best season yet!
Four 3-Hr Sessions $119.00 Per Person
Charleston Springs GC
Sat, Apr 19-May 10 4:00-7:00 PM .......... T0842A
Sat, May 24-Jun 14 4:00-7:00 PM .......... T0942A
Sat, Jun 28-Jul 19 4:00-7:00 PM .......... T0743A
Sat, Aug 2-23 4:00-7:00 PM ............... T0843A

Golf Handicapping (GHIN) Demystified  
(all ages, under 18 with adult)
Looking to better understand the topic of handicapping? Have you heard about the Mobile GHIN app? Did you know that having an active GHIN handicap at a Monmouth County golf course makes you a New Jersey State Golf Association member with full access to tournaments, events, and other member benefits? Get all the needed behind-the-scenes, all-access information from the Director of Handicapping and Member Services at the New Jersey State Golf Association on the intricacies of the USGA Handicap System™. Helpful hints for all golfers (not just tournament players) on how to get and maintain a handicap, what course slope and course rating mean, how to determine how many strokes to get when playing against another golfer, course handicap vs. GHIN index, and more.
One 1-Hr & 30-Min Session $5.00 Per Person
Fort Monmouth Rec Ctr Lobby
Sat, Mar 1 11:30 AM-1:00 PM ............. M0232A

Golf Course Management 101  
(adults)
Are you great on the driving range and when you get on the course your game takes a turn for the worse? Don’t know what kind of shot to hit out of a deep fairway bunker? Let our PGA/LPGA staff help you work on your course management skills so you can be unstoppable on the links. Student to instructor ratio is 4:1. Space is limited, so sign up today!
Three 2-Hr Sessions $165.00 Per Person
Charleston Springs GC
Fri, Apr 25-May 9 5:30-7:30 PM .......... T0742A
Howell Pk GC
Sun, Aug 3-17 5:30-7:30 PM ............ J0443A
Junior Players Club and Clinic  
(ages 11-14)
The Junior Players Club provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace.
Four 3-Hr Sessions $82.00 Per Person  
Bel-Aire GC  
Sun, May 25-Jun 15 4:00-7:00 PM .......... B3842A  
Sun, Jun 29-Jul 20 4:00-7:00 PM .......... B3643A  
Sun, Aug 3-24 4:00-7:00 PM ............. B3543A

Ladies Player’s Club  
(adults)
Are you interested in playing golf in a fun, friendly, and “ladies only” environment? The Ladies Player’s Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 AM each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Card.
$26.00 Per Person  
Pine Brook GC Golf Center  
Thu, May 1-Oct 2 8:00 AM-1:00 PM .......... PB143A

MCPS PGA Junior Golf Academy  
(ages 9-12)
This is an exciting and interactive approach to growing junior golf participation by emphasizing play, fun, fitness and nutrition. The main focus of this program is developing core golfers who will continue to play golf socially or competitively based on each individual’s desire. The program consists of three levels: Sport, Player, and Champion (participants must complete each level before progressing). Students will be given appropriate guidebooks at the beginning of each new session and asked to complete various assignments.
Bel-Aire GC Golf Center  
Level 1: Sport  
Four 2-Hr Sessions $125.00 Per Person  
Sat, Jun 28-Jul 19 4:00-6:00 PM .......... B4543A  
Level 2: Player  
Prerequisite: Must have completed Sport Level.  
Six 2-Hr & 30-Min Sessions $150.00 Per Person  
Mon,Wed, Aug 4-20 5:00-7:30 PM .......... B4643A  
Tue,Thu, Aug 5-21 5:00-7:30 PM .......... B4743A  
Level 3: Champion  
Prerequisite: Must have completed Player Level.  
Four 3-Hr Sessions $225.00 Per Person  
Sat, Sep 6-27 4:00-7:00 PM .......... B3144A

MCPS Junior Players Tour  
(ages 14-18)
Are you a junior golfer looking to compete on a weekly basis? The Junior Players Tour is for talented junior golfers to compete weekly under the tutelage of a PGA professional. Golfers will participate weekly in tournaments at varying golf courses. Participants must have an active junior golf card.
Four 4-Hr Sessions $95.00 Per Person  
Week 1: Charleston Springs Golf Course; Week 2: Howell Park Golf Course; Week 3: Shark River Golf Course; Week 4: Charleston Springs Golf Course  
Thu, Jun 26-Jul 17 3:00-7:00 PM .......... T0943A  
Thu, Jul 31-Aug 21 3:00-7:00 PM .......... T1043A

MCPS Weekend Golf School  
(adults)
Get golf ready over the weekend! Join us for eight hours of expert instruction over two days at our premier practice facility, Charleston Springs Learning Center. Get a better understanding of the golf swing, learn drills to help improve your technique, feel more comfortable around the greens, and lower your scores almost immediately! Weekend golf school includes a box lunch both days. Let our qualified instructor bring your game to the next level!
Two 4-Hr Sessions $275.00 Per Person  
Charleston Springs GC  
Sat-Sun, Apr 12-13 9:00 AM-1:00 PM .......... T1342A  
Sat-Sun, Aug 30-31 9:00 AM-1:00 PM .......... T1443A
Mother-Daughter Beginner Golf  
(ages 6-10, with adult)  
This all-female program provides the opportunity for Mother’s and Daughter’s to learn to play golf together in a fun and friendly environment. The classes will cover the fundamentals, such as: grip, stance, balance, and swing. Clinic will meet for four weeks, one hour per week. Wear golf shoes or sneakers; clubs are available if needed.

Four 1-Hr Sessions $85.00 Parent/Child $55.00  
Additional Sibling  
Bel-Aire GC  
Sat, Apr 19-May 10 9:00-10:00 AM ........ B3942X  
Sat, May 24-Jun 14 10:00-11:00 AM ........ B4042X

Parent-Child Beginner Golf  
(ages 6-10, with adult)  
Make this the year you and your child learn a new lifelong activity together! Classes will cover the fundamentals of golf, such as grip, stance, balance, and swing. Wear golf shoes or sneakers; clubs are available if needed.

Four 1-Hr Sessions $85.00 Parent/Child $55.00  
Additional Sibling  
Bel-Aire GC  
Sun, Apr 13-May 11 9:00-10:00 AM ........ B4242X  
Sat, May 24-Jun 14 11:30 AM-12:30 PM .... B4342X  
Mon-Thu, Jun 30-Jul 3 5:00-6:00 PM .... B3743X  
Sat, Aug 3-24 9:00-10:00 AM ............. B3843X  
Sun, Aug 3-24 1:30-2:30 PM ............. B3943X  
Charleston Springs GC  
Sun, May 25-Jun 15 9:00-10:00 AM .......... T1042X

Parent-Junior Beginner Golf  
(ages 11-14)  
Looking to spend some quality time with your junior and learn a new skill? Classes will cover the fundamentals of golf, such as grip, stance, balance, and swing. Wear golf shoes or sneakers; clubs are available if needed.

Four 1-Hr Sessions $85.00 Parent/Child $55.00  
Additional Sibling  
Bel-Aire GC  
Sun, Aug 3-24 2:30-3:30 PM ............ B4043X  
Charleston Springs GC  
Sat, Jun 28-Jul 19 3:00-4:00 PM ........ T1143X

Parent-Teen Beginner Golf  
(ages 14-18)  
It’s never too late to learn a new skill! This clinic is intended to help teens and their parents learn the fundamentals of golf. Classes will cover the fundamentals of golf, such as grip, stance, balance, and swing. Wear golf shoes or sneakers; clubs are available if needed.

Four 1-Hr Sessions $85.00 Parent/Child $55.00  
Additional Sibling  
Bel-Aire GC  
Sat, Apr 19-May 10 12:30-1:30 PM .... B4442X  
Sun, Jun 29-Jul 20 2:30-3:30 PM .... B4143X  
Charleston Springs GC  
Sun, May 25-Jun 15 11:30 AM-12:30 PM ... T1142X  
Sat, Aug 2-23 3:00-4:00 PM ............. T1243X

Short Game Clinic  
(adults)  
Unable to attend weekly clinic sessions? Need to focus on improving specific aspects of your game? Want to learn and practice at one of Monmouth County’s premier teaching facilities? Our one-day game improvement clinics at the Charleston Springs Golf Course may be just what you need to get your game in shape! The Short Game Clinic addresses elements of the game played on and around the greens, including putting, chipping, pitching, and sand play. Clinics are conducted by PGA/LPGA Professional instructors and limited to six participants.

Please Note: These programs are targeted towards experienced players. Beginner golfers may find them to be too advanced and not well suited to their needs.  
One 3-Hr Session $125.00 Per Person  
Charleston Springs GC  
Sat, May 10 1:00-4:00 PM ..................... T1442A  
Sat, May 24 2:00-5:00 PM ..................... T1542A  
Sat, Jul 19 1:00-4:00 PM ..................... T1543A

StrokeSaver Golf for Seniors  
(ages 55 and up)  
Want to improve your skills, lower your scores, and enjoy a round of golf with friends and new acquaintances? Join us for StrokeSaver Golf for Seniors. This program combines a one-hour instructional clinic with organized recreational play on Bel-Aire’s Par 3 course. Program fee includes the clinic, reserved starting times, greens fees, hand carts, on course observation/coaching, and prizes.

Four 3-Hr & 30-Min Sessions $79.00 Per Person  
Bel-Aire GC  
Wed, Apr 16-May 7 8:00-11:30 AM ........ B4642A  
Wed, May 21-Jun 11 8:00-11:30 AM ........ B4542A  
Wed, Jun 25-Jul 16 8:00-11:30 AM ........ B4243A  
Wed, Jul 30-Aug 20 8:00-11:30 AM ........ B4343A
Women’s Players Club & Clinic
(all ages)
A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition, and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes instructional clinic, reserved starting times, hand carts, on-course observations/coaching, scoring, and prizes.
Six 3-Hr & 25-Min Sessions $149.00 Per Person
Bel-Aire GC Golf Center
Thu, May 8-Jun 12 9:30 AM-12:55 PM .... B4742A

Private Golf Instruction
(ages 6 and up)
Looking to break 100? 90? 80? Private lessons provide an opportunity for you and a member of our teaching staff to tailor individual instruction to your specific needs and goals. Individual half- and full-hour sessions, five lesson packages, and discounted rates for children and juniors are all available. Private lesson gift certificates may be purchased at any Monmouth County Park System golf course. Call one of our instructors directly to make an appointment.

PGA/LPGA Professionals
Dave Laudien: 732-845-3700
Lloyd Monroe: 732-449-7977
Kathy Ricci: 908-907-1961
Cory Turkel: 848-482-0050

Teaching Professional
Stan Bryck: 732-370-0478
Private Golf Lesson with PGA/LPGA Golf Professional
Adults
(ages 19 & up)
One 1/2-hour session: $54 • Five 1/2-hour sessions: $239
One 1-hour session: $89 • Five 1-hour sessions: $399
Juniors
(ages 18 & under)
One 1/2-hour session: $49 • Five 1/2-hour sessions: $227
One 1-hour session: $80 • Five 1-hour sessions: $379

Longstreet Farm
Rug Hooking Gathering
(all ages)
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 5-Hr Sessions $40.00 Per Person
Longstreet Farm Vis Ctr
Tue, Mar 18-May 20 10:00 AM-3:00 PM ..... F0142A

Yoga for Golfers
(adults)
NEW! Looking to prepare for the golf season when you will hit longer drives, stay focused on the course, and lower your score? This is where you get started! Flexibility, core strength and focus are the keywords. Come join us!
Eight 1-Hr & 30-Min Sessions $96.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
Thu, Mar 6-Apr 24 1:00-2:30 PM ......... .M7542A
Thu, May 1-Jun 19 1:00-2:30 PM ............ .M7642A

Private Golf Lesson with Teaching Professional
Adults
(ages 19 & up)
One 1/2-hour session: $43 • Five 1/2-hour sessions: $194
One 1-hour session: $74 • Five 1-hour sessions: $333
Juniors
(ages 18 & under)
One 1/2-hour session: $39 • Five 1/2-hour sessions: $184
One 1-hour session: $67 • Five 1-hour sessions: $316

Longstreet Farm
**FREE PROGRAMS AT HISTORIC LONGSTREET FARM, HOLMDEL**

**Music Man**
Visit the Longstreet farmhouse and enjoy music from the 1890s played by Rich Marzec on the piano.
- **Sunday, March 2**, 1:00–3:00 PM
- **Sunday, April 13**, 1:00–3:00 PM
- **Sunday, May 11**, 1:00–3:00 PM

**Rug Hooking and Braiding Demonstration**
Saturday, March 8, 1:00–3:00 PM

**Blacksmith Demonstration**
See what the Blacksmith is making in his workshop.
- **Sunday, March 9**, 1:00–3:00 PM
- **Sunday, April 13**, 1:00–3:00 PM
- **Sunday, May 11**, 1:00–3:00 PM

**19th Century Woodworking Demonstration**
See how handtools were used in 19th century woodworking.
- **Saturday, March 22**, 1:00–3:00 PM

**Kite Making**
Saturday, March 29, 12:30–2:30 PM

**Wool Days/Sheep Shearing**
This weekend our sheep will be sheared. Gene Sheninger will return with his collies to show their herding skills. The Monmouth County Historical Association’s Holmes Hendrickson house staff will demonstrate the way wool was used in Colonial America with spinning and weaving activities. Longstreet Farm will provide wagon rides between the two living history sites.
- **Saturday & Sunday, April 26 & 27**, 12:00–3:00 PM

**Embroidery Demonstration**
Step back in time to see this delicate craft in action.
- **Saturday, May 3**, 1:00–3:00 PM

**Quilting Demonstration**
Stop by to see how quilting was done during the Victorian era.
- **Saturday, May 10**, 1:00–3:00 PM

**Decoration Day Celebration**
This family holiday originated soon after the Civil War when women decided to decorate the graves of fallen soldiers. Today we call this special holiday Memorial Day. It was a time for family reunions and fun-filled visits. Join in the celebration as the staff of Longstreet Farm enjoys an old-fashioned Decoration Day.
- **Monday, May 26**, 12:00–3:00 PM

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**FREE PROGRAMS AT HISTORIC WALNFORD, UPPER FREEHOLD**

**An Invitation to Artists**
Walnford's buildings and landscape offer a variety of subjects for plein air painters and photographers. We invite you to capture the beauty of the park in any season, and then participate in an exhibit, artists’ reception, and sale of work inspired by Walnford on Sunday, October 5.

**Read All About It**
This is your annual opportunity to pull up a chair and peruse the news - from long ago. Newspapers and magazines from the 1800s saved by the Walns, will be brought out for your reading pleasure. This is a wonderful way to see how much and how little our world has changed.
- **Saturday & Sunday, March 15 & 16**, 1:00–4:00 PM

**From Pink Brandywine to Stowell’s Evergreen**
Drop-in to explore the amazing array of heirloom vegetables, flowers, and other garden plants still available today. Enjoy looking through seed catalogs and garden plans from the past as we celebrate spring and a new growing season.
- **Sunday, March 23**, 1:00–4:00 PM

**Swoosh and Rumble, the Mill Comes Alive**
Milling demonstrations begin on Saturday & Sunday, April 5 & 6 from 1:00-4:00 PM and continue on weekend afternoons through November. Listen to the swoosh of corn sliding down spouts, hear the rumbling millstones, and feel the building come alive as this marvelous 19th century mill turns corn in to cornmeal right before your eyes.

**Walnford in Bloom**
The majestic redbud tree, rows of daffodils, and a variety of wildflowers offer a burst of color. Weather permitting, admire nature's fresh attire this weekend while you picnic or fish by the creek, explore the historic buildings, and watch the mill in operation; Walnford offers something to delight all ages.
- **Saturday & Sunday, April 19 & 20**, 1:00–4:00 PM

**Spring Cleaning! Hands-On History**
Have some good clean fun beating rugs, scrubbing clothes, and learning how elbow grease produced a clean house. Enjoy some hands-on history and gain more appreciation for today’s technology.
- **Saturday & Sunday, May 3 & 4**, 1:00–4:00 PM
**Free Programs at Historic Walnford, Upper Freehold**

**Threads of Time**
Watch beautiful patterns appear as threads intertwine on our looms. From utilitarian rag rugs to intricate coverlets, learn more about the fibers, tools and techniques used to produce household textiles and clothing in the 18th century. Enjoy this free family activity this Mother’s Day!

**Walnford Day...Now in May!**
Experience some sights and sounds of the past with hands-on historical crafts, demonstrations, exhibits, music, milling, and horse drawn wagon rides. Formerly held in the fall, we’ve moved this annual event to May, so gather up your family and friends, pack a picnic, and head to Walnford for a (historically) fun-filled afternoon.

**Current Exhibit**
*From Outhouse to In House,*
an Historical Peek at Personal Hygiene
Our new exhibit opens March 1 on the 2nd floor of the main house. Find answers to often unspoken questions as we share information and artifacts on bathrooms, bathing, and other aspects of personal hygiene from the 18th to early 20th centuries at Walnford.

**Arts & Crafts**

**Ceramics & Pottery**

**Children's Ceramics**
(ages 6-14)
Pre-cast ceramic items (purchased separately at the center) will be decorated. Learn about greenware, bisque, underglaze and glaze. Class fee includes instruction, tools, firings, underglaze and glaze.

*Six 2-Hr Sessions $69.00 Per Child*
Thompson Pk Creative Arts Center
Sat, Mar 1-Apr 5 9:30-11:30 AM . . . . . . . . . Z3742A
Sat, Apr 12-May 17 9:30-11:30 AM . . . . . . . . Z3842A

**Children’s Handbuilding**
(ages 7-10)
Use your imagination to create functional or decorative works of art. Clay projects will be formed by using hand tools, slab roller, extruder and a variety of other forms. Class includes 10 lbs. of clay, glazes and firings.

*Six 2-Hr Sessions $97.00 Per Person*
Thompson Pk Creative Arts Center
Mon, Mar 24-Apr 28 4:00-6:00 PM . . . . . . . . . ZA642A
Thu, Mar 6-Apr 17 4:00-6:00 PM . . . . . . . . . Z9442A
Thu, May 1-Jun 12 4:00-6:00 PM . . . . . . . . . Z9542A

**Children's Wheel-Thrown Pottery**
(ages 10-17)
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.

*Seven 2-Hr Sessions $112.00 Per Child*
Thompson Pk Creative Arts Center
Instructor: John Fossa
Sat, Mar 1-Apr 12 9:00-11:00 AM . . . . . . . . Z9242A
Sat, Apr 26-Jun 14 9:00-11:00 AM . . . . . . . . Z9342A
*No class 5/24*
Instructor: Joyce Nokes
Thu, Mar 6-Apr 17 4:00-6:00 PM . . . . . . . . Z9442A
Thu, May 1-Jun 12 4:00-6:00 PM . . . . . . . . Z9542A
**Animals Animals - New KidzArt Curriculum**

(ages 6-11)

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 art mediums from oil pastels to acrylic 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, Mar 4-Apr 8 4:00-5:15 PM .......... Z0542A
Tue, Apr 22-May 27 4:00-5:15 PM ......... Z0642A
Thompson Pk Creative Arts Center
Thu, Mar 6-Apr 10 4:00-5:15 PM .......... Z0742A
Thu, Apr 24-May 29 4:00-5:15 PM .......... Z0842A

**Animals Animals: For ages 4 & 5**

(ages 4-5)

If your child likes art and loves animals, this experience will be sure to delight! Through individual guidance and encouragement, your child will complete art projects that enhance fine motor and drawing skills. They will explore different art mediums like clay, marker, and watercolor while learning to draw some favorite animals. Students develop Kindergarten readiness through learning to follow direction, focus, interact socially, build confidence and learn problem-solving skills.

Instructor: KidzArt Certified Instructor
Six 1-Hr Sessions $84.00 Per Person
Fort Monmouth Rec Ctr Prog Rm A (118)
Tue, Mar 4-Apr 8 11:00 AM-12:00 PM .... ZBT42A
Tue, Mar 4-Apr 8 1:00-2:00 PM .......... ZBU42A
Tue, Apr 22-May 27 11:00 AM-12:00 PM .. ZBV42A
Tue, Apr 22-May 27 1:00-2:00 PM .......... ZBW42A
Thompson Pk VC Tulip Room Vis Ctr
Fri, Mar 7-Apr 11 11:00 AM-12:00 PM .... Z0942A
Fri, Mar 7-Apr 11 1:00-2:00 PM .......... Z1042A
Fri, Apr 25-May 30 11:00 AM-12:00 PM .... ZBVR42A
Fri, Apr 25-May 30 1:00-2:00 PM .......... ZBS42A

**Drawing in Nature**

(ages 9-15)

Refine your drawing skills and learn some new techniques as we explore the nature that surrounds us. All that is needed is a sketch pad, pencil, and the desire to learn and have some fun.

Instructor: Joyce Nokes

Six 1-Hr & 30-Min Sessions $60.00 Per Person
Thompson Pk Creative Arts Center
Fri, Apr 25-Jun 6 4:30-6:00 PM .......... ZBE42A
No class 5/23

**Great Impressionism for Aspiring Young Artists™**

(ages 6-12)

Debra Stasiak, artist and founder of Aspiring Artists, LLC, will teach students the specific brushstrokes, layering techniques, color theories, and unique style of Impressionism using Aspiring Artists™ exclusive Interpretive Impressionism™ method, so their paintings resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so “painting clothes” are recommended for class.

Four 2-Hr Sessions $88.00 Per Person

**Session 1**

Seurat The Seine at Le Grande Jatte (NEW)
Van Gogh’s Sunflowers
Pissarro’s Morning Sunlight on the Snow (NEW)
Matisse’s Gulf of Saint-Tropez (NEW)
Thompson Pk Creative Arts Center
Fri, Mar 7-28 4:00-6:00 PM .......... Z4142A
Fort Monmouth Rec Ctr Prog Rm A (118)
Mon, Mar 10-31 4:15-6:15 PM .......... Z4942A

**Session 2**

Seurat’s A man with a hoe
Monet’s The Artist’s Garden at Vetheuil (detail) NEW!
Van Gogh’s First Steps (detail) NEW!
Cezanne’s Apples and Oranges
Thompson Pk Creative Arts Center
Fri, Apr 4-May 2 4:00-6:00 PM .......... Z4442A
No class 4/18

**Session 3**

Matisse’s Goldfish
Pissarro’s Springtime in Eragny (NEW)
Degas’ Blue Dancers
Renoir’s A Book of Images
Fort Monmouth Rec Ctr Prog Rm A (118)
Mon, May 5-Jun 2 4:15-6:15 PM .......... Z5142A
No class 5/26

**Drawing Basics**

(ages 9-15)

In this fun filled class, students will learn new techniques and different drawing mediums in order to enhance their ability. Designed for the child who enjoys drawing, the class will cover everything needed to sharpen skills and enhance ability. All that’s required to join us is some creativity and a pencil.

Instructor: Joyce Nokes
Six 1-Hr & 30-Min Sessions $60.00 Per Person
Thompson Pk Creative Arts Center
Fri, Mar 7-Apr 11 4:00-5:30 PM .......... Z5242A
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
Thompson Pk Creative Arts Center

Session 1
Renoir’s Duck Pond
Van Gogh’s First Steps (detail of mother and toddler)
Van Gogh’s First Steps (detail of father)
Monet’s Water Lily Pond
Thu, Mar 6-27 10:30-11:30 AM ............ Z2342A
Thu, Mar 6-27 1:00-2:00 PM .............. Z2442A

Session 2
Monet’s Grainstacks
Potthast’s A Holiday
Pissarro’s Woman Hanging out the Wash
Cezanne’s Mont St. Victoire
Thu, Apr 3-24 10:30-11:30 AM ............ Z2542A
Thu, Apr 3-24 1:00-2:00 PM ............... Z2642A

Session 3
Cezanne’s Apples and Oranges
Pissarro’s Woman in the Orchard
Monet’s Morning on the Seine
Van Gogh’s Three Sunflowers in a Vase
Thu, May 1-22 10:30-11:30 AM .......... Z2742A
Thu, May 1-22 1:00-2:00 PM .............. Z2942A

Session 4
Renoir’s Picking Flowers
Monet’s Regatta at Argenteuil
Van Gogh’s Field with Flowers near Argenteuil
Monet’s Poplars on the Banks of the Epte
Thu, May 29-Jun 19 10:30-11:30 AM ....... Z3342A
Thu, May 29-Jun 19 1:00-2:00 PM .......... Z3442A

I am an Artist!
(ages 6-9)
From start to finish, have fun with art the artist’s way. Bring your favorite toy and paint a picture of it. Learn how to draw, see value and mix color. Bring home a masterpiece on a real canvas that you will always treasure. A supply fee of $5 is payable at the first class.
Artist/Instructor: Michelle Chen
Six 1-Hr & 30-Min Sessions $66.00 Per Child
Thompson Pk Creative Arts Center
Wed, May 7-Jun 11 4:00-5:30 PM .......... ZBY42A

NEW Kids on Canvas Series
(ages 6-10)
Come explore different artists and movements in history through exciting studio activities and discussion sessions. Each week a new piece of art inspired by discussion themes will be created. Attend all four sessions and receive a Creative Arts Center tee shirt! Being creative can be messy so please dress accordingly.
One 1-Hr & 30-Min Session $20.00 Per Person
Thompson Pk Creative Arts Center

Matisse Madness
Thu, Mar 13 4:30-6:00 PM ............... ZBF42A
Cubism for Kids
Thu, Mar 27 4:30-6:00 PM ............... ZBG42A
Dali Day
Thu, Apr 10 4:30-6:00 PM ............... ZBJ42A
Manet Mania
Thu, May 1 4:30-6:00 PM ............... ZBK42A

ROYGBIV
(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: Indigo and Week 7: Violet.
Seven 45-Min Sessions $56.00 Per Person
Fort Monmouth Rec Ctr Prog Rm D (121)
Thu, Apr 10-Jun 5 9:30-10:15 AM ......... ACC42A
No class 4/17 & 4/24

American Girl® Doll Design
(ages 7-10)
Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or other 18” doll and bring her to class each week.
Four 1-Hr Sessions $45.00 Per Child
Fort Monmouth Rec Ctr Prog Rm D (121)
Sat, Apr 26-May 17 10:30-11:30 AM ...... MAX42A

NEW Celebrate Mother’s Day Workshop
(ages 6-11)
Join KidzArt for a fun and creative art workshop and create a personalized, laminated 11x17 place-mat to serve Mom breakfast on Mother’s Day!
One 1-Hr & 30-Min Session $25.00 Per Person
Fort Monmouth Rec Ctr Prog Rm A (118)
Sat, May 3 1:00-2:30 PM ................. ZC042A
KIDS & TEENS

**New Developing Artists**  
*(ages 7-14)*  
Want to give your young artist a chance to explore new skills and have fun creating? In this series, your child will discover a new technique and medium each week to let their inner artist grow. All they need to bring is excitement to create.

Four 1-Hr & 30-Min Sessions $58.00 Per Person  
Thompson Pk Creative Arts Center  
*(ages 7-10)*  
**Mon, Mar 3-24 4:30-6:00 PM** .......... **ZAK42A**  
*(ages 11-14)*  
**Mon, Apr 21-May 12 4:30-6:00 PM** ........... **ZAM42A**

**New Fish Printed Tee**  
*(ages 8-12)*  
Originally, printing fish helped fishermen identify different fish species. Using acrylic paints and one large fish, participants will learn the process of printing with a fish as a craft project. Kids will print onto a t-shirt, and then embellish the print with extra details and flourishes to make a wearable work of art!  
A $15 materials fee is payable to instructor Sandy Taylor.  
One 2-Hr Session $30.00 Per Person  
Thompson Pk Creative Arts Center  
**Sat, Apr 12 3:30-5:30 PM** ............... **ZBC42A**

**New Spring Is Coming!**  
*(ages 6-11)*  
Join KidzArt for a fun and creative workshop and create a personalized, laminated 11x17 placemat to celebrate Spring.  
One 1-Hr & 30-Min Session $25.00 Per Person  
Thompson Pk Creative Arts Center  
**Sat, Apr 5 1:00-2:30 PM** .............. **ZBX42A**

**New Ukranian Eggs**  
*(ages 10-14)*  
Ukranian Eggs, or ‘Pysanky’, are decorated using beeswax and dyes that are applied in layers. Each week students will learn new techniques, designs, and historical significance of this process and go home with a beautiful egg. No experience is necessary. $20 fee payable to instructor. Please bring an apron.  
Four 2-Hr Sessions $48.00 Per Person  
Fort Monmouth Rec Ctr Prog Rm A (118)  
**Thu, Mar 20-Apr 10 4:15-6:15 PM** ........ **ZBM42A**

**New Sewing**

**New Monster Dolls**  
*(ages 8-12)*  
Create your own cuddly, ugly, minion to do your bidding. We will sew, glue, embroider and embellish until they are just right. All you will need is 1 1/2 yards of fleece fabric and some fiber fill and we will provide the rest.  
One 3-Hr Session $23.00 Per Person  
Thompson Pk Creative Arts Center  
**Sun, Apr 27 1:00-4:00 PM** ............... **ZBA42A**

**New Phonics Fun**  
*(ages 4-6)*  
Who says letters can’t be fun? Activities including games, scavenger hunts, interactive stories, and songs combine exercises for minds and muscles. Each class focuses on a single letter sound, while each unit covers a different group of letters. Units do not need to be taken in order.  
Eight 2-Hr Sessions $170.00 Per Person  
Unit 1  
Fort Monmouth Rec Ctr Gym A  
**Thu, Apr 10-May 29 12:30-2:30 PM** .......... **XHZ42A**

**New Spring Is Coming!**  
*(ages 6-11)*  
Join KidzArt for a fun and creative workshop and create a personalized, laminated 11x17 placemat to celebrate Spring.  
One 1-Hr & 30-Min Session $25.00 Per Person  
Thompson Pk Creative Arts Center  
**Sat, Apr 5 1:00-2:30 PM** .............. **ZBX42A**

**New Glitzy Girlz Glamore Party Hour**  
*(ages 6-12)*  
Come hang out with some Glitzy Girlz and have a night of pampering fun! Dress in your favorite outfits. We will enjoy straightening and curling our hair, pedicures, manicures, and light make-up. Come with your singing voices as we will have our karaoke machine set up for open singing.  
One 2-Hr Session $25.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
**Fri, May 16 7:00-9:00 PM** ............ **M1242A**

**New May the Fourth Be With You!**  
*(ages 5-9)*  
Calling all Jedi, rebels, their friends and maybe a Sith or two: we need YOU to celebrate Intergalactic Star Wars Day! Build your own light saber and use the force to navigate Chewbacca’s Challenge, Pod Races, Empire vs. Rebellion and more. Once the evil empire has been vanquished, relax and enjoy a cup of Darth Malt and Wookie Cookies.  
One 1-Hr & 30-Min Session $16.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
**Sun, May 4 1:00-2:30 PM** .............. **M6042A**  
**Sun, May 4 3:00-4:30 PM** .............. **M6142A**

Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.
PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY

**Sewing from a Pattern**  
(*ages 10-15*)

Learn the basic sewing skills to sew from a pattern. We will learn how to read a pattern, cut out, and assemble a garment. Instructor will pre-select patterns for the students to choose from. Pick one pattern and bring it to the first class where we will develop the remaining supply list. Some prior sewing experience is required for this program. Please bring a sewing machine to class. Pattern list will be supplied upon registration.

Instructor: Charlotte Griggs  
Six 2-Hr Sessions $75.00 Per Child  
Thompson Pk Creative Arts Center  
Thu, Apr 17-May 22 6:30-8:30 PM .......... ZBZ42A

**Books & Cooks**  
(*ages 3-6*)

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 hear some food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered.  
*Please Note: Children must be fully potty trained.*  
Dorbrook Rec Area Vis Ctr  
(*ages 3-5*)  
Six 45-Min Sessions $52.00 Per Person $25.00 Additional Sibling  
Thu, Mar 4-Apr 8 10:30-11:15 AM .......... AAH42X  
Thu, Mar 4-Apr 8 11:30 AM-12:15 PM .......... AAQ42X  
Thu, Mar 4-Apr 8 12:30-1:15 PM .......... AB242X  
Thu, Mar 6-Apr 10 10:30-11:15 AM .......... AAK42X  
Thu, Mar 6-Apr 10 11:30 AM-12:15 PM .......... AAS42X  
Thu, Mar 6-Apr 10 12:30-1:15 PM .......... AB442X  
Fri, Mar 7-Apr 11 10:30-11:15 AM .......... AAN42X  
Fri, Mar 7-Apr 11 11:30 AM-12:15 PM .......... AAU42X  
Fri, Mar 7-Apr 11 12:30-1:15 PM .......... AB642X  
Tue, Apr 29-Jun 3 10:30-11:15 AM .......... AAJ42X  
Tue, Apr 29-Jun 3 11:30 AM-12:15 PM .......... AAR42X  
Tue, Apr 29-Jun 3 12:30-1:15 PM .......... AB342X  
Thu, May 1-Jun 5 10:30-11:15 AM .......... AAM42X  
Thu, May 1-Jun 5 11:30 AM-12:15 PM .......... AAT42X  
Thu, May 1-Jun 5 12:30-1:15 PM .......... AB542X  
Fri, May 2-Jun 6 10:30-11:15 AM .......... AAP42X  
Fri, May 2-Jun 6 11:30 AM-12:15 PM .......... AAV42X  
Fri, May 2-Jun 6 12:30-1:15 PM .......... AB742X  

**Culinary Arts**  

**Around the World with Food**  
(*ages 9-11*)

Travel the globe without leaving the kitchen. Prepare and enjoy food from other cultures such as pasta fagioli, burritos and stir fry.

Three 3-Hr Sessions $60.00 Per Child  
Dorbrook Rec Area Vis Ctr  
Fri, May 2-16 4:00-7:00 PM .......... AF634A

**Basic Cake Decorating**  
(*ages 8-12*)

Using decorating tools, icing and premade cakes, students will be introduced to the basic techniques of cake decorating. Step-by-step instructions and hands-on practice leads to the “icing” on the cake - your own custom decorated masterpiece. A materials fee of $23 for cake decorating supplies is payable to instructor first day of class.

Three 1-Hr & 30-Min Sessions $50.00 Per Person  
Dorbrook Rec Area Vis Ctr  
Wed, Apr 23-May 7 5:00-6:30 PM .......... A7742A

**Cake Pops Workshop**  
(*ages 8-12*)

Learn step by step how to make, decorate and arrange cute little cakes on a stick for the holidays. A materials and supplies fee of $8 is payable to the instructor in class.

One 2-Hr Session $30.00 Per Child  
Dorbrook Rec Area Vis Ctr  
Sat, Mar 15 10:00 AM-12:00 PM .......... A8142A
**Cookie Bouquet**  
*(ages 8-12)*  
Have fun while learning how to decorate cookies with a variety of icings and how to assemble the cookies into a cookie bouquet. A yummy gift for a special occasion, a special someone or simply enjoy it yourself. A materials and supplies fee of $8 is payable to the instructor in class.  
**One 2-Hr Session $30.00 Per Child**  
Dorbrook Rec Area Vis Ctr  
Sat, Apr 5 10:00 AM-12:00 PM .......... A7942A  
Sat, May 3 10:00 AM-12:00 PM .......... A8042A

**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 D (121)  
**Wed, May 7-Jun 11 10:30-11:30 AM .......... A9342A**

**From Farm to Table**  
*(ages 9-11)*  
Understanding where your food comes from will help you appreciate and enjoy fresh, healthy foods. Experience the fun journey fresh foods take to get from the farm to your plate. Yum!!  
**Three 1-Hr & 30-Min Sessions $60.00 Per Child**  
Dorbrook Rec Area Vis Ctr  
**Fri, Mar 14-28 4:00-5:30 PM ............. ACG42A**

**Mardi Gras Mélange!**  
*(ages 10-12)*  
Let the good times roll into the carnival season as we cook up some down home Jambalaya, corn bread and a traditional King Cake! While everything is cookin’, we’ll create festive masks and necklaces. We’ll even rock to Zydeco music! Laissez les bon temps rouler!  
**One 4-Hr Session $50.00 Per Child**  
Dorbrook Rec Area Vis Ctr  
**Sat, Mar 1 10:00 AM-2:00 PM .......... ABD42A**

**Rainbow Plates**  
*(ages 4-5)*  
How many colors of the rainbow can you find on your plate? From veggies, fruits and sweets, make tasty, colorful plates and taste the rainbow!  
**Three 1-Hr Sessions $60.00 Per Child**  
Dorbrook Rec Area Vis Ctr  
**Fri, Apr 4-25 4:30-5:30 PM ............. ACJ42A  
No class 4/18**

**Snack Attack**  
*(ages 7-9)*  
Does your child get the munchies after school? We’ll show them how they can create simple, no bake snacks that satisfy both of you.  
**Four 1-Hr Sessions $47.00 Per Child**  
Fort Monmouth Rec Ctr Prog Rm C (120)  
**Thu, Apr 3-24 4:30-5:30 PM ............. M6542A  
Thu, May 8-29 4:30-5:30 PM ............. M6642A**

**Young Chefs**  
*(ages 6-9)*  
A cooking class for older kids! We’ll make a simple three course meal each week. Starting with an appetizer or salad, then a main course, and ending with a yummy dessert. We’ll also discuss kitchen safety and healthy eating habits. Maybe they’ll make you dinner for a change! Bring an apron to class, if you have one. Due to the complexity of this class, special dietary requests cannot be accommodated.  
**Four 1-Hr & 30-Min Sessions $68.00 Per Person**  
Dorbrook Rec Area Vis Ctr  
**Wed, Mar 12-Apr 2 4:00-5:30 PM .......... A7442A  
Wed, May 14-Jun 4 4:00-5:30 PM .......... A7542A**

**Education & Enrichment**

**Child and Babysitting Safety**  
*(ages 10 and up)*  
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 2-Hr Session $55.00 Per Person**  
Thompson Pk VC Beech Room Vis Ctr  
**Sat, Mar 1 10:00 AM-12:00 PM .......... XC642A  
Thu, May 22 6:00-8:00 PM .......... XC742A**
Early Discoveries
(ages 3-5)
Children will have their first “school” experience in our warm and friendly setting. They will enjoy themselves through trying activities that may include art, music, science, movement and more! Children will remember this among their favorite academic experiences. All participants must be toilet-trained and bring a snack and drink each day. Classes will vary each session.
Ten 2-Hr Sessions $125.00 Per Child
Dorbrook Rec Area Prog Bldg
Mon, Wed, Mar 10-Apr 9 9:30-11:30 AM . . . ABM42A
Mon, Wed, Apr 28-Jun 2 9:30-11:30 AM . . . . ABN42A
Henry Hudson Trail Craft Room Act Ctr
Mon, Wed, Mar 10-Apr 9 9:30-11:30 AM . . . ABJ42A
Mon, Wed, Apr 28-Jun 2 9:30-11:30 AM . . . . ABK42A

Let's Discover
(ages 3 1/2-6)
Take the hands-on Let's Explore experience to the next level! Using project stations, your child will immerse themselves in activities that may include painting, pouring, mixing, measuring and more. Children should wear play clothes and bring a smock if desired. As always, the mess stays here!
Six 45-Min Sessions $51.00 Per Child $25.00 Additional Sibling
Dorbrook Rec Area Act Ctr
Tue, Mar 5-Apr 9 1:30-2:15 PM . . . . . . . . . . . A5642X
Wed, Mar 5-Apr 9 1:30-2:15 PM . . . . . . . . . . . A5042X

Model Aviation
(ages 10 and up)
Experience flight without ever leaving the ground! Learn about the principals of flight and how they apply to flying radio controlled (R/C) model aircraft. Emphasis will be on hands-on training, with model aircraft and radio control specific flight simulators used for instruction. In addition to four classroom sessions, there will also be two outdoor sessions at the flying field at Dorbrook Recreation Area where, with the aid of an instructor, students will be able to put to use what they learned in the classroom by flying actual R/C trainer aircraft. Instruction and trainer aircraft provided by the Jersey Coast Sport Fliers.
Six 2-Hr Sessions $21.00 Per Person
Dorbrook Rec Area VC Living Room Vis Ctr
Thu, Apr 10 7:00 PM-9:00 PM
Thu, Apr 17 7:00 PM-9:00 PM
Thu, Apr 24 7:00 PM-9:00 PM
Thu, May 1 7:00 PM-9:00 PM . . . . . . . . . . . . . . . XAG42A
Sat 4/28 & 5/3 at Model Aviation Area 10AM-12PM

Mind Your Manners
(ages 8-10)
This class focuses on how you can respect others and yourself. Skills taught: cell phone etiquette, texting, dressing with respect, table setting and manners, being a welcomed guest, thank you notes, and being considerate.
One 1-Hr & 30-Min Session $18.00 Per Person
Tatum Pk Red Hill Act Ctr
Wed, Apr 30 7:00-8:30 PM . . . . . . . . . . . . . . . A8442A
Wed, May 28 7:00-8:30 PM . . . . . . . . . . . . . . . A8542A

Legos®, Lincoln Logs® and more!
(ages 4-6)
Explore and build using Legos®, Lincoln Logs®, blocks and more! Through cooperation and experimentation, children will learn to problem solve while creating their own unique structures.
Four 45-Min Sessions $39.00 Per Child
Fort Monmouth Rec Ctr Prog Rm C (120)
Sat, Apr 26-May 17 10:00-10:45 AM . . . . . . M5942A

Let's Discover
(ages 3 1/2-6)
Take the hands-on Let's Explore experience to the next level! Using project stations, your child will immerse themselves in activities that may include painting, pouring, mixing, measuring and more. Children should wear play clothes and bring a smock if desired. As always, the mess stays here!
Six 45-Min Sessions $51.00 Per Child $25.00 Additional Sibling
Dorbrook Rec Area Act Ctr
Tue, Mar 5-Apr 9 1:30-2:15 PM . . . . . . . . . . . A5642X
Wed, Mar 5-Apr 9 1:30-2:15 PM . . . . . . . . . . . A5042X

Mind Your Manners
(ages 8-10)
This class focuses on how you can respect others and yourself. Skills taught: cell phone etiquette, texting, dressing with respect, table setting and manners, being a welcomed guest, thank you notes, and being considerate.
One 1-Hr & 30-Min Session $18.00 Per Person
Tatum Pk Red Hill Act Ctr
Wed, Apr 30 7:00-8:30 PM . . . . . . . . . . . . . . . A8442A
Wed, May 28 7:00-8:30 PM . . . . . . . . . . . . . . . A8542A

Model Aviation
(ages 10 and up)
Experience flight without ever leaving the ground! Learn about the principals of flight and how they apply to flying radio controlled (R/C) model aircraft. Emphasis will be on hands-on training, with model aircraft and radio control specific flight simulators used for instruction. In addition to four classroom sessions, there will also be two outdoor sessions at the flying field at Dorbrook Recreation Area where, with the aid of an instructor, students will be able to put to use what they learned in the classroom by flying actual R/C trainer aircraft. Instruction and trainer aircraft provided by the Jersey Coast Sport Fliers.
Six 2-Hr Sessions $21.00 Per Person
Dorbrook Rec Area VC Living Room Vis Ctr
Thu, Apr 10 7:00 PM-9:00 PM
Thu, Apr 17 7:00 PM-9:00 PM
Thu, Apr 24 7:00 PM-9:00 PM
Thu, May 1 7:00 PM-9:00 PM . . . . . . . . . . . . . . . XAG42A
Sat 4/28 & 5/3 at Model Aviation Area 10AM-12PM

Privyet! A Language Trip through Russia
(ages 7-10)
Want your child to explore a rich language rarely taught in schools? Do you want to give them an extra edge by learning a language spoken in the world's largest country? Introduce your child to the cultural beauty of the Russian language through basic words and important phrases. Unravel the mystery of the Cyrillic alphabet and learn about the culture of this colorful nation in a fun and supportive environment.
Six 1-Hr Sessions $60.00 Per Child
Dorbrook Rec Area Vis Ctr
Wed, Mar 5-Apr 9 4:00-5:00 PM . . . . . . . . . . . A7642A

The Poet’s Corner
(ages 10-12)
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 C (120)
Mon, Mar 3-24 4:30-6:00 PM . . . . . . . . . . . . A9042A
Yes, Please & Thank You
(ages 6-7)
These three “magic words” will teach young children about being kind and respectful to themselves and others. Manners reviewed: behaving properly in social settings, politeness, table manners, and gift giving and receiving.
One 1-Hr & 30-Min Session $18.00 Per Person
Tatum Pk Red Hill Act Ctr
Wed, Apr 30 5:00-6:30 PM .................. A8242A
Wed, May 28 5:00-6:30 PM .................. A8342A

Nature

Celebrate “Learn about Butterflies Day”!
(ages 4 and up, under 18 with adult)
That’s right, March 14 is “Learn about Butterflies Day”! What better way to spend this special day than visiting a park and learning about butterflies. Come discover what makes this insect special just in time to welcome their arrival in the spring. We’ll even make a butterfly treat good enough to eat!
One 1-Hr Session $7.50 Per Person
Manasquan Res Env Ctr
Fri, Mar 14 4:00-5:00 PM .................. IMR42A

Fairy Houses
(ages 5 and up)
Do you believe in fairies or just like the idea of their existence? Would you like to build a beautiful fairy house made of natural materials you’ve found? Explore the woods with a Park System Naturalist and learn about the environment (and the fairies that may live there, too!). Come prepared to walk and gather building materials to construct a home fit for a fairy. Please wear sturdy shoes for the walk and bring a container for your finds; fairy wings are optional, but highly encouraged!
One 2-Hr Session $8.00 Per Person
Shark River Pk Shelter Bldg
Sat, May 17 10:00 AM-12:00 PM .......... IPP42A
Huber Wds Env Ctr
Sat, May 17 1:00-3:00 PM .................. IPQ42A

Mammoths, Monsters and more
(ages 6-9, with adult)
In the distant past monsters roamed New Jersey with names like Terror Bird, Dryptosaurs, and Megalodon to name a few. As we search for the truth behind these monsters we will learn about the amazing wildlife with us still.
One 1-Hr Session $7.00 Per Child
Manasquan Res Env Ctr
Sat, Mar 1 10:00-11:00 AM ................. I3042A
Sun, Mar 2 3:00-4:00 PM ................. I3142A

NEW Nature Brick by Brick
(ages 6-12)
Set out on our trail as we search high and low for hidden LEGO blocks. After we’ve collected all those tricky little blocks the real challenge begins as we use our imaginations to build nature themed creations. Can you build a LEGO tree, or a bird? How about a critter and its habitat? Bring your creativity and sense of adventure and show off your LEGO building skills!
One 1-Hr & 30-Min Session $10.00 Per Child
Huber Wds Env Ctr
Sat, Apr 12 6:30-8:00 PM ................. IKM42A
Holmdel Pk Act Ctr
Sat, May 17 1:00-2:30 PM ................. IKN42A

NEW Nature Comes Alive Spring Break Camp
(ages 6-9)
Join us for this three-day camp as we take a look at how the Earth changes in the spring. Everything seems to come alive. Your child will sprout seeds, explore the life in a wetland, visit wild animals and see how they prepare for the many changes ahead. Spring is the time to investigate amphibians, squish in the mud, observe wildlife and watch the plants grow.
Three 4-Hr & 30-Min Sessions $115.00 Per Child
Huber Wds South Farm
Mon-Wed, Apr 14-16 9:30 AM-2:00 PM ..... IK442A

NEW Nature Princess
(ages 6-12)
Attention all princesses! Come dressed in your best princess attire as we transform into a beautiful nature princess. Create your own nature tiara and magic wand using special materials designed by Mother Nature herself. Then we’ll explore our new kingdom on a short walk while showing off our nature princess accessories.
One 1-Hr Session $8.00 Per Child
Woodland Princess
Huber Wds Env Ctr
Sat, Apr 12 2:00-3:00 PM ................. IKQ42A
Seaside Princess
Seven Presidents Pk Act Ctr
Sun, May 18 2:00-3:00 PM ................. IKR42A
The Environmental Summit is a time for students and teachers from school environmental clubs to come together to share ideas towards local action and discover ways to create a better, greener, and bluer coast.

Open to Middle School & High School Environmental Clubs & Organizations (grades 7-12)

HANDS-ON WORKSHOPS INCLUDE: How to make your school more sustainable, creating your own public clean-ups and local water monitoring programs, restoring coastal habitat, and much more! Some activities will take place at Seven Presidents Oceanfront Park, Long Branch. Free transportation will be available from Fort Monmouth to all participants.

Giveaways for a free boat ride on the Manasquan Reservoir and a free kayak trip on the Navesink River!

Teachers receive six hours of NJ Continuing Education credit. The Monmouth County Park System is a registered Professional Development Provider with the NJ Department of Education, #4642

Cost: $15 per person or $70 per group of 5-10 people (students plus teacher/adviser). The cost of admission includes a light breakfast and lunch. (A free t-shirt for the first 50 students who register.)

To register, visit us online at www.monmouthcountyparks.com or call 732-842-4000, ext. 1, Monday-Friday, 8:00 AM-4:30 PM.

For more information, please call 732-787-3033, ext. 2#.
Show Off Your Butterflies
(ages 7-12)
“Learn about Butterflies Day” is almost here so let’s investigate the fascinating world of butterflies while we create a work of art. Bring an old wreath from home or pretty paper that you would like to reuse. If you don’t have any of your own, then we will provide them. There will be supplies to make many different butterflies and transform your wreath into a one of a kind creation that you can show off to your friends and family. Don’t forget to impress them with your new butterfly knowledge too!
One 1-Hr & 30-Min Session $8.50 Per Person
Manasquan Res Vis Ctr
Wed, Mar 12 5:00-6:30 PM ................... IMX42A

X-Ray Animals
(ages 4 and up, under 18 with adult)
Have you ever wondered what the skeleton of a snake looks like? How does a bird in flight look when seen through an x-ray? Come to our live animal show and meet some of our reptiles and also look at many real life x-rays of other living creatures including a rabbit, lizard and kangaroo!
One 1-Hr Session $6.00 Per Child
Fort Monmouth Rec Ctr Prog Rm B (119)
Fri, May 16 4:00-5:00 PM .................... I1842A
Manasquan Res Env Ctr
Mon, Mar 31 4:00-5:00 PM .................. I1942A

Outdoor Adventures

Archery
(ages 8-17)
Come shoot the bull’s-eye with the Monmouth County Park System. All skill levels welcome at this introductory session on the sport of archery. All equipment provided.
One 2-Hr Session $18.00 Per Person
Thompson Pk Activity Barn

Teen Adventurers Unite!
(ages 14-17)
Join in the fun of getting outdoors with like-minded teens on some grand adventures! Come for one program or sign up for all of them! Glide through the air like a flying squirrel on our challenge course; shoot a bull’s-eye as you learn archery skills; “get a bird’s eye view while hiking” and so much more! Park System leaders will be your guides for these fun activities; all of the equipment is supplied.
Archery
Find your inner Katniss and shoot a bull’s-eye.
One 2-Hr Session $18.00 Per Person
Thompson Pk Activity Barn
Tue, Mar 11 5:30-7:30 PM (approx) .......... W9042A
High Challenge Course - Zip Line
One 3-Hr Session $28.00 Per Person
Thompson Pk Old Orchard Parking Lot
Tue, Apr 15 5:00-8:00 PM (approx) ........ W8842A
Mt. Tammany Hike
Overlook the Delaware River and water falls with a hike on the Appalachian Trail.
One 8-Hr Session $30.00 Per Person
Thompson Pk Old Orchard Parking Lot
Sun, May 4 9:00 AM-5:00 PM (approx) .... W8942A

Performing Arts

Act It Out
(ages 4-6)
Children will embark on a new adventure each week. Using improvisation theatre games we’ll act 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, Mar 20-May 8 9:30-10:30 AM .......... M5542A

Preschool Players
(ages 4-6)
Join this fun, imaginative romp through the world of improvisation. Young actors will explore imagination, responsibility and most importantly, socialization.
Four 45-Min Sessions $35.00 Per Person
Tatum Pk Red Hill Act Ctr
Sat, Mar 22-Apr 12 11:15 AM-12:00 PM .... A8842A
Sat, May 3-31 11:15 AM-12:00 PM .......... A8942A
No class 5/24
Sprouting Songwriters
(ages 8-11)
Young aspiring songwriters will learn proper microphone technique, self expression, song structure and composition. Students will perform for family and friends at the end of the session.
Ten 1-Hr & 30-Min Sessions $120.00 Per Child
Fort Monmouth Rec Ctr Prog Rm C (120)
Wed, Apr 9-Jun 25 4:00-5:30 PM .......... ACF42A
No class 4/16 & 4/23

Tots in Tutus I
(ages 3-5)
Your child will discover her inner ballerina as she explores the simple exercises of this graceful dance form. Professional instructors present a dance studio curriculum in a beautiful park setting. Little dancers should be potty trained and wear a leotard/tights and ballet or gymnastics shoes – no slippers please.
Six 45-Min Sessions $55.00 Per Person
Tatum Pk Red Hill Act Ctr
Mon, Apr 7-May 26 9:15-10:00 AM .......... AC042A
No class 4/15 & 4/22
Mon, Apr 7-May 26 10:00-10:45 AM .......... AC142A
No class 4/15 & 4/22
Mon, Apr 7-May 26 10:45-11:30 AM .......... AC242A
No class 4/15 & 4/22
Wed, Apr 9-May 28 9:15-10:00 AM .......... AC342A
No class 4/15 & 4/22
Wed, Apr 9-May 28 10:00-10:45 AM .......... AC442A
No class 4/15 & 4/22
Wed, Apr 9-May 28 10:45-11:30 AM .......... AC542A
No class 4/15 & 4/22
Thu, Apr 10-May 29 9:15-10:00 AM .......... AC642A
No class 4/15 & 4/22
Thu, Apr 10-May 29 10:00-10:45 AM .......... AC742A
No class 4/15 & 4/22
Thu, Apr 10-May 29 10:45-11:30 AM .......... AC842A
No class 4/15 & 4/22

Tots in Tutus II
(ages 4-6)
Your little ballerina pirouetted her way through her first year of ballet and is eager for more! Now we’ll focus on ballet terms, the ballet barre, and even learn some tap moves. Little dancers should be potty trained and bring tap shoes in addition to ballet attire – no slippers please. Instructor approval is required.
Six 45-Min Sessions $55.00 Per Person
Tatum Pk Red Hill Act Ctr
Tue, Apr 8-May 27 9:15-10:00 AM .......... AC942A
No class 4/15 & 4/22
Tue, Apr 8-May 27 10:00-10:45 AM .......... ACA42A
No class 4/15 & 4/22
Tue, Apr 8-May 27 10:45-11:30 AM .......... ACB42A
No class 4/15 & 4/22

Sports & Fitness

Afterschool Tennis
(ages 6-15)
This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Balls and racquets are provided if needed. Please Note: Most rained out classes will be made up on Fridays.
Four 55-Min Sessions $36.00 Per Person
Dorbrook Rec Area
Mon,Wed, Apr 1-10 4:00-4:55 PM .......... XG842A
Mon,Wed, Apr 14-23 4:00-4:55 PM .......... XG742A
Mon,Wed, Apr 28-May 7 4:00-4:55 PM .......... XG642A
Mon,Wed, May 12-21 4:00-4:55 PM .......... XG542A
Mon,Wed, May 26-Jun 4 4:00-4:55 PM .......... XG442A
Mon,Wed, Jun 9-18 4:00-4:55 PM .......... XG342A
Mon,Wed, Jun 23-Jul 2 4:00-4:55 PM .......... XG242A
Mon,Wed, Jul 7-16 4:00-4:55 PM .......... XG142A
Thompson Pk
Mon,Wed, Apr 1-10 4:00-4:55 PM .......... XG842A
Mon,Wed, Apr 14-23 4:00-4:55 PM .......... XG742A
Mon,Wed, Apr 28-May 7 4:00-4:55 PM .......... XG642A
Mon,Wed, May 12-21 4:00-4:55 PM .......... XG542A
Mon,Wed, May 26-Jun 4 4:00-4:55 PM .......... XG442A
Mon,Wed, Jun 9-18 4:00-4:55 PM .......... XG342A
Mon,Wed, Jun 23-Jul 2 4:00-4:55 PM .......... XG242A
Mon,Wed, Jul 7-16 4:00-4:55 PM .......... XG142A

PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY
Baseball FUNdamentals  
(ages 6-8)
Learn the fundamentals of baseball in this fun, noncompetitive program. Our instructors will cover batting, fielding, and base running, as well as the rules of the game.
Four 55-Min Sessions $48.00 Per Person
Dorbrook Rec Area
Sat, Apr 5-May 3 12:00-12:55 PM ............ X5942A
Mon, Apr 14-May 5 6:00-6:55 PM ............ X6242A
Sat, May 17-Jun 14 12:00-12:55 PM ........ X6442A

No class 4/19

Basketball FUNdamentals  
(ages 6-8)
Swish! Children will have fun while learning the fundamentals of basketball on our indoor 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 $48.00 Per Person
Fort Monmouth Rec Ctr Gym A
Sat, Mar 15-Apr 12 9:00-9:55 AM .......... X9642A

No class 4/5

Mon, Mar 24-Apr 14 4:00-4:55 PM .......... X9742A
Mon, Apr 21-May 12 4:00-4:55 PM .......... X9842A
Sat, Apr 26-May 17 10:00-10:55 AM ....... X9942A
Mon, May 19-Jun 16 4:00-4:55 PM ........ XA042A

No class 5/26

Sat, May 31-Jun 21 10:00-10:55 AM ....... XA142A

Circus Aerial Classes  
(ages 8-17)
Ever wonder what it would be like to fly? Now you can, as you learn the techniques, tricks, and sequences in both aerial fabric and static trapeze. Focus will be on technique and safety as you learn ways of climbing, poses, wraps, transitions, and more! Classes are fitness based for improved strength, flexibility, and endurance, exploring performance and an appreciation for the circus arts. No experience necessary, just a willingness to try something different!
Six 1-Hr Sessions $90.00 Per Person
Fort Monmouth Rec Ctr Gym A  
(ages 8-12)
Wed, Mar 5-Apr 9 5:00-6:00 PM .......... M7842A
Wed, Mar 5-Apr 9 6:15-7:15 PM .......... M7942A

Cool Runners Fitness Camp  
(grades K-8)
Build your child’s self-confidence and stamina as we hit the trails and run for fun! Designed to meet every skill level, this action-packed program is taught in a relaxed, positive, and supportive environment. Participants will build a foundation for healthy living as they learn proper running fundamentals including technique, form, and nutrition. Exciting games, races, and training activities will keep your child moving and motivated to reach all of their goals!
Instructor: Robert Cavanaugh, Road Runners Club of America Certified Coach
Six 1-Hr Sessions $105.00 Per Person
Thompson Pk Old Orchard Parking Lot
Tue, Apr 22-May 27 5:30-6:30 PM ........ XCG42A

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 $46.00 Per Person
Dorbrook Rec Area
Thu, May 1-22 4:00-4:55 PM .......... XC842A
Flag Football
(ages 7-11)
Ready! Set! Hike! Enjoy the fun of playing football without the tackling. Participants will learn fundamental skills including passing, receiving, positions, and rules of the game, in a fun and safe environment. Parents have the opportunity to gauge their child’s interest in football before signing up for a Pop Warner league. Each session will end with a non-contact game of flag football.

Four 55-Min Sessions $48.00 Per Person
Dorbrook Rec Area
(ages 7-8)
Wed, Apr 16-May 7 4:00-4:55 PM ........ XAM42A
Wed, May 21-Jun 11 4:00-4:55 PM ........ XAP42A
(ages 9-11)
Wed, Apr 16-May 7 5:00-5:55 PM ..........XAN42A
Wed, May 21-Jun 11 5:00-5:55 PM ........ XAQ42A

FREE Intro to Rollerblading
(ages 5-13)
Did you make a New Year’s resolution to spend more time outdoors with your family? Then join us for our free introductory inline skating program. Experienced instructors will provide demonstrations and lessons that focus on equipment, safety, and basic skating techniques, including falling and stopping. Wear your skates or learn what to look for when buying skates. Please see our Safe Skating section (above) for equipment you need to bring or borrow from us. For more information please email jbutler@monmouthcountyparks.com.

One 55-Min Session FREE!
Dorbrook Rec Area
(ages 5-7)
Sat, Apr 12 10:00-10:55 AM. ............... PX014A
(ages 8-13)
Sat, Apr 12 11:00-11:55 AM. ............... PX024A

Safe Skating
Try it before you buy it! Don’t have the safety equipment you need? Are you unsure what equipment is right for your child? The Park System can provide most protective equipment for use during our skating programs.

Required equipment that participant must provide:
Roller Kids - Inline Skates
Roller Hockey - Inline Skates
Skateboarding - Skateboard

Required equipment that participant can borrow:
• Hockey helmet with face mask
• Kneepads with shin guards
• Elbow pads
• Chest protector
• Hockey gloves
• Hockey stick

Skateboarding programs require:
• Helmet with chin strap
• Elbow & knee pads
• Wrist guards

For more information, please contact the Sports & Fitness Division at 732-542-1642, ext. 27.
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 55-Min Sessions $48.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
Mon, Mar 24-Apr 14 5:00-5:55 PM ........ XA842A  
Sat, Apr 26-May 17 11:00-11:55 AM ...... XA942A  
Mon, May 19-Jun 16 5:00-5:55 PM ...... XAA42A  

Global Games  
(ages 7-10)  
Come play games enjoyed by children around the world! Bet you didn't know that some of our favorite games are played all over the globe. From Ethiopia to England, Chile to China, see how much we have in common when we play.  
Four 1-Hr Sessions $45.00 Per Child  
Fort Monmouth Rec Ctr Gym B  
Wed, Apr 2-30 4:00-5:00 PM ............ M4942A  
No class 4/23  
Wed, May 7-28 4:00-5:00 PM ............ M9142A  

Glow in the Park  
(ages 8-11)  
Using glow sticks, flashlights, solar lights and a few other things, we will have a scavenger hunt, play volley-balloon, conduct experiments, try something artistic and have edible sparklers! Family fun for everyone.  
One 1-Hr & 30-Min Session $10.00 Per Person  
Fort Monmouth Rec Ctr Gym B  
Fri, May 16 7:30-9:00 PM .................. U1842A  
Thompson Pk Activity Barn  
Sat, May 31 8:00-9:30 PM .................. U1942A  

Golf Fundamentals for Kids  
(ages 5-10)  
Come learn how to play golf, using SNAG™ (Starting New at Golf) equipment! Learn all the basic elements of golf in a modified form. Falling somewhere between regulation and miniature golf, participants will learn the basic skills necessary to eventually transition to a golf course. Full shots, chipping, pitching and putting will be covered.  
Fort Monmouth Rec Ctr Gym A  
Six 50-Min Sessions $42.00 Per Person  
Thu, Mar 6-Apr 10 4:00-4:50 PM ........ M8042A  
Thu, May 1-Jun 5 4:00-4:50 PM ......... M8142A  
(aages 5-7)  
Six 1-Hr Sessions $42.00 Per Person  
Thu, Mar 6-Apr 10 5:00-6:00 PM ....... M8242A  
Thu, May 1-Jun 5 5:00-6:00 PM ......... M8342A  

Goofyfoot Skateboarding  
(ages 5-12)  
Learn basic skateboarding skills including balance, turning, pushing off, dropping in, pumping on ramps, ollies, and simple land tricks. Find the class that fits your child’s ability. Please see our Safe Skating section (page 71) for equipment needed for this program.  
Four 55-Min Sessions $48.00 Per Person  
Juniors  
Brand new skateboarders will be introduced to skateboarding in a fun four step process.  
Seven Presidents Pk Skateplex  
(ages 5-6)  
Sat, Apr 5-May 3 12:00-12:55 PM .......... XJA42A  
No class 4/26  
Mon, Apr 7-28 4:00-4:55 PM .......... JJA842A  
Wed, Apr 9-30 5:00-5:55 PM .......... JJA942A  
Wed, May 14-Jun 4 4:00-4:55 PM ........ JJB42A  
Sat, May 17-Jun 14 12:00-12:55 PM ...... JJC42A  
No class 5/24  
(ages 7-9)  
Wed, Apr 9-30 4:00-4:55 PM .......... JJD42A  
Wed, May 14-Jun 4 5:00-5:55 PM .......... JJE42A  
Hawks  
Children with some skateboard experience will refine skills including turning, riding manuals, and performing some basic flat land tricks.  
(ages 6-8)  
Sat, Apr 5-May 3 11:00-11:55 AM ....... XJG42A  
No class 4/26  
Mon, Apr 7-28 5:00-5:55 PM .......... XJF42A  
Wed, May 14-Jun 4 6:00-6:55 PM .......... XJH42A  
No class 4/26  
Sat, May 17-Jun 14 11:00-11:55 AM .... XJJ42A  
No class 5/24  
(ages 9-12)  
Sat, Apr 5-May 3 10:00-10:55 AM ....... XJK42A  
No class 4/26  
Sat, May 17-Jun 14 10:00-10:55 AM .... XJM42A  
No class 5/24  
Bams  
Ready for the ramps? Skaters must be able to push with their back foot, turn without difficulty, and easily balance on their board.  
(ages 6-8)  
Mon, Apr 7-28 6:00-6:55 PM .......... XJN42A  
(aages 9-12)  
Sat, May 17-Jun 14 1:00-1:55 PM .......... XJP42A  
No class 5/24
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
Indoor Season
(ages 4-6)
Fort Monmouth Rec Ctr Gym B
Fri, Mar 7-28 5:00-5:55 PM .......... XES42A
April-May Season
Dorbrook Rec Area
(ages 4-6)
Mon, Apr 14-May 5 5:00-5:55 PM .......... XET42A
Sat, Apr 26-May 17 11:00-11:55 AM ......... XEU42A
(ages 7-9)
Mon, Apr 14-May 5 6:00-6:55 PM .......... XEW42A
May-June Season
(ages 4-6)
Mon, May 19-Jun 16 5:00-5:55 PM .......... XEV42A
No class 5/26

Hat Trick Hockey - Roller
(ages 6-12)
Sample the fast-paced sport of inline hockey without the contact, cost or commitment of a league. Stickhandling, shooting, and passing will be taught through demonstrations, drills, and games. Please see our Safe Skating section (page 71) for information on equipment needed for this program.
Four 55-Min Sessions $48.00 Per Person
Dorbrook Rec Area
Mon, May 19-Jun 16 6:00-6:55 PM ......... XEX42A
No class 5/26

Hip Hop Tumble
(ages 3-7)
Combining gymnastics and dance, your child will be moving and grooving as they learn hip hop dance moves as well as some jazz. We will begin with stretching and then kicking and turning across the floor. The first half of the class will be dance and the second half will include tumbling and flipping with a certified gymnastics coach.
$48.00 Per Person
All American Gymnastics Cindy Lane, Ocean
(ages 3-4)
Sat, Mar 29-Apr 26 ......................... M2742A
No class 4/19
Sat, May 3-24 ......................... M2842A
(ages 5-7)
Thu, Mar 27-Apr 24 ......................... M2542A
No class 4/17
Thu, May 1-22 ......................... M2642A

Homeschool Fitness, Fun, and Friends
(ages 5-9)
This program enables homeschooled children to participate in a physical fitness program on a weekly basis. Each class will focus on the skills and play of a different sport including soccer, basketball, baseball, and more. The Fort Monmouth Recreation Center lobby will be open during and after each class. Please feel free to bring lunch or enjoy table games including table tennis, billiards, and foosball.
Four 1-Hr Sessions $40.00 Per Person
Fort Monmouth Rec Ctr Gym A
Wed, Mar 19-Apr 9 11:00 AM-12:00 PM .... X3742A
Wed, Apr 23-May 14 11:00 AM-12:00 PM .. X3842A
**Introduction to Gymnastics**  
(ages 3-10)
For children who have never had prior gymnastic instruction, students will be introduced to the basic gymnastics events plus the trampoline. Parents will be notified in advance with the class time. Participants are separated by age. Weekday sessions may be offered as an alternative. Morning classes are available. Participants will be contacted with exact class time.  
$48.00 Per Person  
All American Gymnastics Cindy Lane, Ocean  
(ages 3-5)  
Sat, Mar 1-22 .................................. M0642A  
Sat, Mar 29-Apr 26 ............................ M2142A  
No class 4/19  
Sat, May 3-24.................................. M2342A  
(ages 6-10)  
Sat, Mar 1-22.................................. M0742A  
Sat, Mar 29-Apr 26 ............................ M2242A  
No class 4/19  
Sat, May 3-24.................................. M2442A  
Shrewsbury Gymnastics School Broad Street,  
Shrewsbury  
(ages 3-5)  
Sat, Mar 1-22.................................. M0242A  
Sat, Mar 29-Apr 26 ............................ M2142A  
No class 4/19  
Sat, May 3-24.................................. M2342A  
(ages 6-10)  
Sat, Mar 1-22.................................. M0142A  
Sat, Mar 29-Apr 26 ............................ M1842A  
No class 4/19  
Sat, May 3-24.................................. M2042A

**Jedi Training Academy**  
(ages 5-7)
Young Padawans will learn the skills of the Masters. We’ll run, jump and fly our way through games and activities to build Jedi traits of respect, confidence, team work and problem solving. Lightsaber making and training will round out our “course” as we battle to protect the Republic. Slip on your sneakers and engage your imagination with us!  
Five 45-Min Sessions $60.00 Per Child  
Fort Monmouth Rec Ctr Group Fitness Room  
Sat, Mar 1-29 11:15 AM-12:00 PM .......... M5142A  
Sat, Apr 26-May 24 11:15 AM-12:00 PM ... M5242A

**Junior Hoopsters**  
(ages 8-11)
Develop fundamental basketball skills in this fun introduction to the sport. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense.  
Four 55-Min Sessions $48.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
Sat, Mar 15-Apr 12 10:00-10:55 AM ....... XAD42A  
No class 4/5  
Mon, Apr 21-May 12 5:00-5:55 PM ....... XAE42A  
Sat, May 31-Jun 21 11:00-11:55 AM ....... XAF42A

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The Fort Monmouth Recreation Center is the perfect location for indoor fun!  
Check out upcoming drop-in programs listed on page 51.

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74 Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.
Kids Kixx Soccer
(ages 4-7)
Soccer made simple! Skills including dribbling, passing, and shooting will be taught by experienced instructors using age appropriate games, demonstrations, and drills to teach the basics of soccer.
Four 55-Min Sessions $48.00 Per Person

Indoor Season
Dorbrook Rec Area Act Ctr
(ages 4-5)
Sat, Mar 15-Apr 5 9:00-9:55 AM ........... XB542A
Sat, Mar 15-Apr 5 10:00-10:55 AM ........ XB742A
(ages 6-7)
Sat, Mar 15-Apr 5 12:00-12:55 PM ........ XB942A

Spring Season 1
(ages 4-5)
Fort Monmouth Rec Center Outdoor Area
Sat, Apr 26-May 17 4:00-4:55 PM ........... XBP42A
Bayshore Waterfront Park
Wed, Apr 23-May 14 5:00-5:55 PM ........... XBC42A
Dorbrook Rec Area
Wed, Apr 23-May 14 3:30-4:25 PM ........... XBE42A
Thu, Apr 24-May 15 3:30-4:25 PM .......... XBF42A
Sat, Apr 26-May 17 10:00-10:55 AM ....... XBH42A
Sat, Apr 26-May 17 11:00-11:55 AM ....... XBJ42A
Holmdel Pk Forest Field Edge
Fri, Apr 25-May 16 4:00-4:55 PM .......... XBM42A
Sat, Apr 26-May 17 9:00-9:55 AM .......... XBQ42A

Spring Season 2
(ages 4-5)
Fort Monmouth Rec Center Outdoor Area
Sat, May 31-Jun 21 4:00-4:55 PM .......... XBZ42A
Dorbrook Rec Area
Wed, May 28-Jun 18 3:30-4:25 PM .......... XBT42A
Thu, May 29-Jun 19 4:00-4:55 AM .......... XBU42A
Sat, May 31-Jun 21 9:00-9:55 AM .......... XBV42A
Sat, May 31-Jun 21 10:00-10:55 AM ....... XBW42A
Sun, Jun 1-22 9:00-9:55 AM ............ X0943A
Holmdel Pk Forest Field Edge
Fri, May 30-Jun 20 4:00-4:55 PM .......... XBX42A
Sat, May 31-Jun 21 11:00-11:55 AM ....... XBY42A
Turkey Swamp Pk
Tue, May 27-Jun 17 5:00-5:55 PM .......... XBR42A
Wolf Hill Recreation Area
Wed, May 28-Jun 18 4:00-4:55 PM .......... XBS42A
(ages 6-7)
Dorbrook Rec Area
Sun, Jun 1-22 11:00-11:55 AM .......... X1043A
(continued...)
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
Dorbrook Rec Area Act Ctr
Fri, Mar 14-Apr 11 10:30-11:15 AM .......... XBD42A

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 $46.00 Per Person
Dorbrook Rec Area
Thu, May 1-22 5:15-6:10 PM ................. XC942A

Roller Kids
(ages 4-12)
Get rolling! Join the exciting sport of inline skating with an emphasis on fun. Please see our Safe Skating section (page 71) for equipment needed for this program.
Four 55-Min Sessions $48.00 Per Person

Wobblers
Introduce inline skating and teach safety, falling down and getting up, stance, push-offs, and T-stops.
Dorbrook Rec Area
(ages 4-6)
Tue, Apr 15-May 6 5:00-5:55 PM .......... XF042A
Sat, Apr 26-May 17 10:00-10:55 AM ....... XF142A
Tue, May 20-Jun 10 5:00-5:55 PM .......... XF242A
(ages 7-12)
Sat, Apr 26-May 17 1:00-1:55 PM .......... XF342A

Rollers
(ages 5-9)
Designed for intermediate skater comfortable with beginner skills and ready to learn transitions, crossovers, and backwards skating.
Tue, May 20-Jun 10 6:00-6:55 PM .......... XF442A

Rompin’ & Stompin’
(ages 3-5)
Youngsters will have fun and develop balance, listening skills and basic motor skills while exercising and moving to music. Aerobic activities include stretching, dances and games that children are sure to love. 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
Dorbrook Rec Area Act Ctr
Fri, Apr 25-May 23 10:30-11:15 AM .......... XBA42A

Rhythmic Gymnastics
(ages 7-12)
Welcome to rhythmic gymnastics, only one of two Olympic sports that is designed exclusively for girls and women. Your child will learn the basics of working with apparatus such as the ribbon, hoop, ball, clubs or rope, as well as the fundamentals of the dance technique associated with the sport. We’ll also explore the Eastern European cultural background of the sport and be introduced to some of the French and Russian ballet terminology built around the dance skills. Rhythmic gymnastics is a sport of poise, elegance, and grace that brings a whole new level of confidence to all who participate!
Ten 50-Min Sessions $125.00 Per Child
Fort Monmouth Rec Ctr Gym A
(ages 7-9)
Fri, Mar 7-May 16 4:00-4:50 PM .......... A6542A
(ages 10-12)
Fri, Mar 7-May 9 5:00-5:50 PM .......... A6642A

Skate Into Roller Hockey
(ages 6-12)
Skate to score! Learn to play roller hockey step-by-step. Early classes develop basic hockey skating skills including skating backwards, crossovers and hockey stops. Classes will then progress to hockey skills including stickhandling, passing and shooting. Please see our Safe Skating section (page 71) for equipment needed for this program.
Four 55-Min Sessions $44.00 Per Person
Dorbrook Rec Area
Tue, Apr 15-May 6 6:00-6:55 PM .......... XEZ42A

Skateplex 101
(ages 5-12)
Many beginner skateboarders are intimidated by the ramps and jumps of the Skateplex. We have reserved the area for new skateboarders to learn about the Skateplex including safety, skating the different elements, dropping-in, and interacting with other skaters. Skateboarders must provide their own skateboard and helmet. Pre-registration is requested.
One 1-Hr Session FREE
Seven Presidents Pk Skateplex
Sat, Mar 29 9:00-10:00 AM .......... PX034A
Sat, Mar 29 10:00-11:00 AM .......... PX044A
Soccer Dribbling Clinic  
(ages 6-12)  
This clinic will concentrate on dribbling techniques including fakes, control, and shielding. Players will be grouped according to age for more individualized instruction. An exceptional opportunity to gain better ball control and succeed in one-on-one situations.  
One 1-Hr & 30-Min Session $17.00 Per Person  
Dorbrook Rec Area  
Sat, Apr 12 1:30-3:00 PM ................. XHX42A

Soccer Goalie Clinic  
(ages 6-12)  
This clinic will focus on goalie techniques including saves, stance, angles, diving, and punts. Players will be grouped according to age for more individualized instruction. An excellent opportunity to improve for experienced goalies or players new to the position.  
One 1-Hr & 30-Min Session $17.00 Per Person  
Dorbrook Rec Area  
Sat, Apr 5 1:30-3:00 PM ................. XHW42A

Soccer Shooting Clinic  
(ages 6-12)  
This clinic will focus on shooting techniques including control, footwork, and volleys. Players will be grouped according to age for more individualized instruction. An excellent opportunity to increase shooting power and accuracy with the help of experienced instructors.  
One 1-Hr & 30-Min Session $17.00 Per Person  
Dorbrook Rec Area  
Sat, Apr 26 1:30-3:00 PM ................. XHY42A

Softball FUNdamentals  
(ages 5-7)  
Learn the fundamentals of softball in a fun, non-competitive environment. Our instructors will cover the basics of catching, throwing, and hitting, along with teaching the rules of the game.  
Four 55-Min Sessions $48.00 Per Person  
Dorbrook Rec Area  
Tue, Apr 15-May 6 5:30-6:25 PM .......... X6942A

Speed & Agility for Young Athletes  
(ages 9-15)  
The fundamentals of speed and agility, two important components of athletic skill, will be introduced through first step quickness, proper acceleration technique and body positioning. Body-weight and band resistance exercise will improve core strength, conditioning, speed and agility.  
Six 1-Hr Sessions $66.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
Sat, Mar 22-May 10 9:00-10:00 AM ....... MBK42A  
No class 4/5 & 4/19  
Sat, May 17-Jun 21 9:00-10:00 AM ....... MBM42A

Don’t let your child’s next birthday party be a bore!  
Party with the Monmouth County Park System!  
The Park System offers more than 25 birthday party packages to suit all different interests!  
Here are just a few:  

<table>
<thead>
<tr>
<th>Archery</th>
<th>Fun with Horses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ceramics</td>
<td>Jammin’ in the Gym</td>
</tr>
<tr>
<td>Eco-Adventure Parties</td>
<td>Kids Cooking</td>
</tr>
<tr>
<td>Fishing Fun</td>
<td>Nature Adventures</td>
</tr>
<tr>
<td>Rhythmic Gymnastics</td>
<td>Seaside Campfire</td>
</tr>
<tr>
<td>Young Artists</td>
<td>And Many More!!!</td>
</tr>
</tbody>
</table>

Park System parties are affordable, well-run and tons of fun!  
Let us help you plan a celebration you and your children will enjoy!  
For more information, please call 732-842-4000, ext. 4312, or visit us online at www.monmouthcountyparks.com.  

Please Note:  
All refreshments and party goods must be supplied by the parent/party-giver.
**Spirit Cheerleading**
*(ages 5-7)*
Give me a “C”! Cheerleading combines fun, dance and fitness. Your child will focus on learning basic skills while receiving instruction in hello cheers, sideline chants, dance routines, and jumps. Parents, please attend first session. Parents will be contacted directly by All American Gymnastics with the exact class time prior to the start of the program.

* $50.00 Per Person
All American Gymnastics Cindy Lane, Ocean
Fri, Mar 14-Apr 11

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**Sports FUNdamentals**
*(ages 5-7)*
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, whiffleball, kickball, pillo polo and more.

*Four 55-Min Sessions $44.00 Per Person*
Dorbrook Rec Area Act Ctr
Sat, Apr 12-May 10 11:00-11:55 AM ....... XED42A
No class 4/19
Sat, May 17-Jun 14 11:00-11:55 AM ....... XEE42A
No class 5/24

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**Spring Break Camp at the Rec Center**
*(ages 5-8)*
A good old-fashioned summer camp...in the spring! Learn new sports skills, create arts & crafts, play games, and visit another park on our camp trip. Campers will be grouped by age for more individualized activities. For more details please call 848-456-4278, ext 4#, or email asage@monmouthcountyparks.com.

*Four 7-Hr & 30-Min Sessions $180.00 Per Child*
Mon-Thru, Apr 14-17 8:30 AM-4:00 PM .... MB842A

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**Daily Camp Option**
A full week doesn't fit into your schedule? Parents can choose the specific day or days their child will attend. Space is very limited.

*One 7-Hr & 30-Min Session $50.00 Per Person*
Mon, Apr 14 8:30 AM-4:00 PM ............... Q0242A
Tue, Apr 15 8:30 AM-4:00 PM ............... Q0342A
Wed, Apr 16 8:30 AM-4:00 PM ............... Q0442A
Thu, Apr 17 8:30 AM-4:00 PM ............... Q0542A

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**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
Sat, Mar 15-Apr 12 11:00-11:55 AM ....... X0842A
No class 4/5
Sat, Mar 15-Apr 12 12:00-12:55 PM ....... X0942A
No class 4/5

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**Wolf Hill Recreation Area**
Thu, Apr 17-May 8 3:30-4:25 PM ............ X3442A
Thu, Apr 17-May 8 4:30-5:25 PM ............ X3542A
Thu, May 22-Jun 12 4:00-4:55 PM ......... X3642A
**PRE-REGISTRATION IS REQUIRED FOR MOST OF THE PROGRAMS LISTED IN THIS DIRECTORY**

**T-Ball 2**
*ages 4-5*
Do you love t-ball and want to improve your skills? You’ve found the perfect program! Ball players will continue developing their fielding, throwing, and hitting skills in a fun and encouraging environment. Prior participation in our “T-Ball” or “T-Ball with Me & Dad/Mom” program is suggested.

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

Bradley Beach Rec Center Field
Sun, May 18-Jun 15 10:30-11:25 AM ....... X4342A
No class 5/25

Dorbrook Rec Area
Sat, May 17-Jun 14 11:00-11:55 AM ...... X4442A
No class 5/24
Sun, May 18-Jun 15 11:00-11:55 AM ...... X4542A
No class 5/25
Mon, May 19-Jun 16 6:00-6:55 PM ......... X4642A
No class 5/26
Tue, May 20-Jun 17 10:30-6:25 PM ......... X4742A
Wolf Hill Recreation Area
Thu, May 22-Jun 12 5:00-5:55 PM ......... X4842A

**Tikes Tennis**
*ages 4-5*
An active alternative to team sports! Volley between fun and instruction while learning to play tennis. Sessions will include hitting and footwork drills, volleys, and skill building exercises.

**Four 45-Min Sessions $45.00 Per Person**

Dorbrook Rec Area
Tue, Apr 1-22 5:00-5:45 PM ............ XH642A
Tue, Apr 1-22 6:00-6:45 PM ............ XH742A

**Tournament Time**
*ages 8-12*
Foosball, Air Hockey and Nok Hockey! One goal wins, double elimination tournaments. Just for the fun of it, no skill required! When you register for this program you will automatically be entered in each tournament.

**One 1-Hr & 30-Min Session $8.00 Per Person**

Fort Monmouth Rec Ctr Lobby
Fri, Mar 7 6:30-8:00 PM ................. U2142A

**Yoga for Teens**
*ages 13-17*
Yoga is a fun, exciting and adventurous way of learning strength, balance, flexibility and healthy coping skills needed to navigate through life. Designed for teens of all ability levels, this program will emphasize fitness, stress reduction and self-esteem. Please bring a yoga mat and a towel or blanket.

**Ten 1-Hr Sessions $115.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room
Mon, Apr 7-Jun 16 4:45-5:45 PM .......... XFM42A
No class 5/26

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**7 Prez SK8 Jam**

**Saturday, May 10, 8:00 AM-3:00 PM**
*(Rain Date: Sunday, May 11)*

Seven Presidents Oceanfront Park Skateplex, Long Branch

Calling all skateboarders! It’s time for our first amateur skateboard contest! Competitors will have the chance to compete against other skaters on our street course for awards in different age categories for Beginner, Intermediate and Advanced skill groups. There will even be a Bowl contest for skaters looking to show off their skills. Trophies will be awarded to the top three skaters in each category. Local skateboard and food vendors will be on hand. Space is limited! *Please Note: Helmets must be worn by all competitors.*

**BEGINNERS**
*9:00-10:00 AM*
Ages 12 & under - #XF742A
Ages 13-16 - #XF942A

**INTERMEDIATE**
*10:00-11:00 AM*
Ages 12 & under - #XFA42A
Ages 13-15 - #XFC42A
Ages 17 & up - #XF42A

**ADVANCED**
*11:30 AM-12:30 PM*
Ages 12 & under - #XFW42A
Ages 13-16 - #FX42A
Ages 17 & up - #FY42A

**BOWL CONTEST**
*1:00-2:00 PM*
Ages 16 & under - #FZ42A
Ages 17 & up - #GO42A

**Cost: $15 Per Person**

To register, call 732-842-4000, ext. 1, Monday-Friday, 8:30 AM-4:30 PM, or visit us online at www.monmouthcountyparks.com.

For more information, please call 732-542-1642, ext. 27, or email jbutler@monmouthcountyparks.com.
Arts & Crafts

Craft Center Kids
(ages 3-6, with adult)
Come explore all the Craft Center has to offer. Youngsters will learn about ceramics, mixed media, painting and more. Every week we create a new project in a different medium.
Instructor: Roza Timpanaro
Four 45-Min Sessions $40.00 Per Child
Thompson Pk Creative Arts Center
Tue, Apr 15-May 6 9:15-10:00 AM ........... Z5442A

Creative Clay Time
(ages 4-6, with adult)
Have fun learning about ceramic arts while creating real pottery. Each week you will help your child make a new work of art from clay. Class fee includes instruction, clay and kiln firings.
Instructor: Janet Wollman
Four 45-Min Sessions $50.00 Parent/Child
Thompson Pk Creative Arts Center
Tue, Mar 11-Apr 1 1:30-2:15 PM .......... Z3942A
Tue, Apr 29-May 20 1:30-2:15 PM ........... Z4042A

Earth Day Birdhouses
(ages 5-8, with adult)
In celebration of Earth Day, come to the Creative Arts Center and make your own unique clay birdhouse. In this fun workshop, you and your child will learn different hand building techniques and design and decorate your house. Project will be kiln fired and ready for pick up 2 weeks after workshop, just in time for Earth Day!
One 1-Hr & 30-Min Session $28.00 Parent/Child
Thompson Pk Creative Arts Center
Thu, Apr 3 4:00-5:30 PM ...................... Z4642A
Sat, Apr 5 12:30-2:00 PM ...................... Z4542A

Glitter & Glue
(ages 3-5, with adult)
One of our most popular drop-ins has expanded! Enjoy a series of four classes exploring all the designs you can make with just glitter and glue.
Four 1-Hr Sessions $43.00 Parent/Child
Fort Monmouth Rec Ctr Prog Rm B (119)
Tue, Mar 4-25 11:00 AM-12:00 PM .......... M5642A
Tue, Apr 8-29 11:00 AM-12:00 PM .......... M5742A
Tue, May 6-27 11:00 AM-12:00 PM .......... M5842A

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
Dorbrook Rec Area Act Ctr
Fri, Mar 7-Apr 11 9:30-10:15 AM .......... A1942X
Fri, Mar 7-Apr 11 10:30-11:15 AM .......... A2042X
Fri, May 2-Jun 6 9:30-10:15 AM .......... A2142X
Fri, May 2-Jun 6 10:30-11:15 AM .......... A2242X

Helping Hands Flower Pot
(ages 3-6, with adult)
Just in time for Mother’s Day! A terracotta pot decorated with felt hands and more. Children will then plant a flower to complete this creative project.
Instructor: Roza Timpanaro
One 45-Min Session $18.00 Per Child
Thompson Pk Creative Arts Center
Sat, May 3 9:30-10:15 AM ..................... Z5842A
Mon, May 5 10:15-11:00 AM .................. Z5942A

Knights & Princesses Tea Party
(ages 4-6, with adult)
Calling all handsome shining knights and pretty princesses! Join us for a royal hour of crafts and games followed by a delicious cup of tea with a sticky snack. All knights and princesses are encouraged to dress in their royal best for this indoor hour of fun and excitement. Parents are required to assist their children during activities.
One 1-Hr Session $8.00 Per Child
Manasquan Res Vis Ctr
Sat, Mar 15 3:30-4:30 PM ..................... U1642A

Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.
Let’s Explore!  
(ages 2-4, with adult)
Let your child play, create and get messy! This hands-on, fun class will stimulate your child’s senses, motor skills and creativity. Each class offers a variety of tactile media such as sand, water, playdough, shaving cream, coffee grinds, etc. Circle time activities will round out each class. Children should wear play clothes and bring a smock if desired. Sessions will vary from those previously offered.
Six 45-Min Sessions $52.00 Parent/Child $26.00 Additional Sibling
Dorbrook Rec Area Act Ctr
Tue, Mar 4-Apr 8 11:30 AM-12:15 PM . . . . . . . A3742X
Wed, Mar 5-Apr 9 9:30-10:15 AM . . . . . . . . . A4142X
Wed, Mar 5-Apr 9 10:30-11:15 AM . . . . . . . . . A4242X
Thu, Mar 6-Apr 10 9:30-10:15 AM . . . . . . . . . A4542X
Thu, Mar 6-Apr 10 10:30-11:15 AM . . . . . . . . . A4642X
Sun, Mar 9-Apr 13 11:15 AM-12:00 PM . . . A2942X
Mon, Mar 10-Apr 14 9:30-10:15 AM . . . . . . . A5142X
Mon, Mar 10-Apr 14 10:30-11:15 AM . . . . . . . A5442X
Tue, Apr 22-May 27 11:30 AM-12:15 PM . . . A4042X
Wed, Apr 23-May 28 9:30-10:15 AM . . . . . . . . A4342X
Wed, Apr 23-May 28 10:30-11:15 AM . . . . . . . . A4442X
Thu, Apr 24-May 29 9:30-10:15 AM . . . . . . . . A4742X
Thu, Apr 24-May 29 10:30-11:15 AM . . . . . . . . A4842X
Sun, May 4-Jun 8 11:15 AM-12:00 PM . . . A3442X
Henry Hudson Trail Act Ctr
Mon, Mar 10-Apr 14 9:30-10:15 AM . . . . . . . A5242X
Mon, Mar 10-Apr 14 10:30-11:15 AM . . . . . . . . A5342X
Manasquan Res Program Room 1 Vis Ctr
Tue, Mar 4-Apr 8 9:30-10:15 AM . . . . . . . . . . . A3542X
Tue, Mar 4-Apr 8 10:30-11:15 AM . . . . . . . . . . A3642X
Manasquan Res Vis Ctr
Tue, Apr 22-May 27 9:30-10:15 AM . . . . . . . . A3842X
Tue, Apr 22-May 27 10:30-11:15 AM . . . . . . . . . A3942X

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, Mar 19-Apr 9 1:30-2:15 PM . . . . . M6242A
Wed, Apr 23-May 14 1:30-2:15 PM . . . . . M6342A
Wed, May 21-Jun 11 1:30-2:15 PM . . . . . . M6442A

Mother’s Day Ceramic Herb Pots  
(ages 5-8, with adult)
Mom will enjoy cooking with fresh herbs all year long with this lovely triple pot herb garden and tray. You can personalize it any way you like with ceramic glazes. Class includes three ceramic herb pots that fit into one tray, glazes, firing and instruction. Pieces will be ready to pick up before Mother’s Day.
One 1-Hr & 30-Min Session $25.00 Parent/Child
Thompson Pk Creative Arts Center
Sun, Apr 27 12:30-2:00 PM . . . . . . . . . . . . . . . Z6042A

Mother’s Day Plate  
(ages 4-8, with adult)
Create a gift that mom will truly cherish! With the help of an adult, make a very special portrait plate of your mom out of clay. Pieces will be kiln fired and ready for pick up in two weeks.
One 1-Hr & 30-Min Session $23.00 Per Person
Thompson Pk Creative Arts Center
Thu, Apr 24 4:00-5:30 PM . . . . . . . . . . . . . . . . . . . . . . ZAC42A
Sat, Apr 26 1:00-2:30 PM . . . . . . . . . . . . . . . . . . . . . ZAD42A

Make Your Medium  
(ages 3-5, with adult)
Mix, experiment and create art mediums and then use them to express your inner artist. We’ll make recipes for paints, clay, sand and more. Join us for an art adventure!
Four 1-Hr Sessions $48.00 Parent/Child
Fort Monmouth Rec Ctr Prog Rm B (119)
Wed, Mar 19-Apr 9 11:30 AM-12:30 PM . . . . . . . M8442A
Wed, Apr 23-May 14 11:30 AM-12:30 PM . . . . . . . M8542A
Wed, May 21-Jun 11 11:30 AM-12:30 PM . . . . . . . . . M8642A

Pint-size Picassos  
(ages 3 1/2-6, with adult)
Painting enhances eye-hand coordination, color recognition, creativity and is lots of fun too! Children will try painting and color mixing with various tools, found objects and more to express their artistic talent. Class projects change with each four-session program. Please wear play clothes.
Instructor: Roza Timpanaro
Four 45-Min Sessions $39.00 Per Child
Thompson Pk Creative Arts Center
Wed, Apr 30-May 21 9:15-10:00 AM . . . . . Z4842A
**Sculpt a Clay Bunny for Your Basket**  
*(ages 4-7, with adult)*  
Welcome the spring season and come create a clay bunny at the Creative Arts Center. You and your child will learn some hand building techniques, paint and decorate your bunny and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.  
**One 1-Hr Session $20.00 Parent/Child**  
Thompson Pk Creative Arts Center  
Sat, Mar 8 2:30-3:30 PM ................. Z3542A  
Tue, Mar 11 4:00-5:00 PM ................. Z3642A

**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. Now expanded to four weeks of fun!  
**Four 1-Hr Sessions $43.00 Parent/Child**  
Fort Monmouth Rec Ctr Prog Rm D (121)  
Wed, Mar 19-Apr 9 10:00-11:00 AM .......... M6742A  
Fort Monmouth Rec Ctr Prog Rm C (120)  
Wed, Apr 23-May 14 10:00-11:00 AM .......... M6842A  
Wed, May 21-Jun 11 10:00-11:00 AM .......... M8742A

**St. Patty’s Day Shamrock Pocket**  
*(ages 4-7, with adult)*  
Get ready for some St. Patty’s Day fun! Join us to make a clay pocket to plant some shamrocks in. This project will be kiln fired and ready for pick up within two weeks. Just in time for your St. Patrick’s Day.  
**One 1-Hr Session $20.00 Parent/Child**  
Thompson Pk Creative Arts Center  
Sat, Mar 1 1:00-2:00 PM ................. ZAB42A

**Vincent Van Dough**  
*(ages 2-3, with parent)*  
Create and play with an almost endless variety of playdoughs. Budding artists will mix, knead, shape and sculpt to their heart’s content as they experience new “recipes” each week.  
**Four 1-Hr Sessions $45.00 Parent/Child**  
Fort Monmouth Rec Ctr Prog Rm B (119)  
Mon, Mar 17-Apr 7 9:30-10:30 AM .......... M6942A  
Mon, Apr 21-May 12 9:30-10:30 AM .......... M7042A  
Mon, May 19-Jun 16 9:30-10:30 AM .......... M7142A  
No class 5/26

**Twinkle Twinkle Little Stars**  
*(ages 2 1/2-5, with adult)*  
You and your little angel will cut out, decorate, bake and share these multi-layered and colorful cookie treats.  
**One 45-Min Session $15.00 Parent/Child $10.00 Additional Sibling**  
Dorbrook Rec Area Vis Ctr  
Thu, Apr 10 4:00-4:45 PM ................. ACM42X  
Thu, May 8 4:00-4:45 PM ................. ACN42X

**Wee Can Cook**  
*(ages 2 1/2-3 1/2, 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.  
**Please Note: Children must be fully potty trained.**  
Dorbrook Rec Area Vis Ctr  
Six 45-Min Sessions $52.00 Parent/Child $25.00 Additional Sibling  
Tue, Mar 4-Apr 8 9:30-10:15 AM .......... AAD42X  
Thu, Mar 6-Apr 10 9:30-10:15 AM .......... AAF42X  
Fri, Mar 7-Apr 11 9:30-10:15 AM .......... AAB42X  
Tue, Apr 29-Jun 3 9:30-10:15 AM .......... AAE42X  
Thu, May 1-Jun 5 9:30-10:15 AM .......... AAG42X  
Fri, May 2-Jun 6 9:30-10:15 AM .......... AAC42X  
**Weekend Edition**  
*(ages 3-5, with adult)*  
Four 1-Hr Sessions $44.00 Parent/Child $20.00 Additional Sibling  
Sun, Apr 27-May 18 11:00 AM-12:00 PM ........ A8742X
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.
Dorbrook Rec Area Act Ctr
Four 45-Min Sessions $38.00 Per Child
Sun, Mar 9-30 10:00-10:45 AM ............ A2742A
Sun, May 4-25 10:00-10:45 AM ............. A2842A
Six 45-Min Sessions $52.00 Per Child
Mon, Mar 10-Apr 14 11:30 AM-12:15 PM .. A5542A
Fri, Mar 14-May 2 1:30-2:15 PM ........... A1342A
No class 4/11 & 4/25
Fri, May 9-Jun 13 1:30-2:15 PM ........... A1442A

Horticulture

Garden Together - Spring
(ages 3-5, with adult)
Spring is in the air! Explore the world of plants, bugs and more. Seed-starting, butterflies, herbs, pond life, and composting are some of the topics we will cover through stories and crafts.
Deep Cut Gardens Horticultural Center
Five 1-Hr Sessions $45.00 Parent/Child
Thu, Mar 20-Apr 17 11:00 AM-12:00 PM . . . INY42A
Discover More!
Thu, May 1-Jun 5 11:00 AM-12:00 PM ..... INZ42A
No class 5/22

Drop-in Surprise Story Time
(ages 3 up, under 18 with adult)
Deep Cut Gardens, Middletown
On the first Saturday of each month, join us for a reading from a nature- or garden-related book. If it's cold or rainy we'll be inside the Horticultural Center, but if it's fair we will be out in the garden. A clue at the entrance will lead you to the secret spot!
11:00-11:45 AM on the following Saturdays:
March 1, April 5 & May 3
FREE!

Nature

After School Parent-Child Kayak
(ages 7 and up)
Paddle away the stresses of sitting inside behind desks during the beautiful weather of May! We will see frogs jumping in the water, great blue heron stalking prey, and enjoy spending time together on the water. Please wear waterproof shoes or old sneakers.
Huber Wds South Farm
One 1-Hr & 30-Min Session $35.00 Parent/Child
Thu, May 29 4:00-5:30 PM ................... I1642A
Fri, May 30 5:00-6:30 PM ................... I1742A

April Fool's Day Animal Tricks
(ages 3-5, with adult)
Did you think only humans could play tricks? Believe it or not, many creatures in the animal world do too! Learn how birds, snakes, insects and other animals fool those around them. We will also make an April Fool's Day inspired craft and take a nature walk (weather permitting).
Seven Presidents Pk Act Ctr
One 1-Hr Session $10.00 Parent/Child $5.00 Additional Person
Huber Wds South Farm
Tue, Apr 1 10:00-11:00 AM ................. IPN42X

Big Fish, Little Fish
(ages 3-6, with adult)
Imagine being a fish swimming in the deep blue sea! Come hear a lively tale about a school of small fish living among the big fish. Through story, activities and a craft, children will experience life in the big ocean.
Seven Presidents Pk Act Ctr
One 1-Hr Session $8.00 Per Child
Huber Wds South Farm
Tue, Apr 1 1:00-2:00 PM ..................... IM242A
Tue, Apr 29 10:00-11:00 AM ............... IM142A

Baby Raccoon's Spring Adventure
(ages 3-5, with adult)
Smile and the whole forest smiles with you. Join Little Raccoon as he learns how a simple smile can change a situation for the better. Discover all about raccoons and other forest animals through story, interactive play, and crafts.
Huber Wds South Farm
One 1-Hr Session $8.00 Per Child
Thu, Mar 27 10:00-11:00 AM .............. I.KZ42A
Tue, Apr 29 1:00-2:00 PM ................... IM042A

No class 5/22
Bunnies, Bunnies Everywhere!
(ages 3-5, with adult)
Do you love bunnies, so soft, fuzzy and cuddly? Preschoolers will learn fun facts about the habits and habitats of rabbits. We’ll have stories, games and a fun bunny craft.
One 1-Hr Session $8.00 Per Child
Huber Wds South Farm
Thu, Mar 27 1:00-2:00 PM ................. I KX42A
Shark River Pk Shelter Bldg
Mon, Apr 28 10:00-11:00 AM ............. I K Y42A

Dino Playtime
(ages 3-5, with adult)
Do you love dinosaurs? Join other fans of all things dino-rifically fun at Huber Woods Park. There will be stories, games, puzzles and more. If the weather is fine, we may even take a short walk.
Four 1-Hr Sessions $40.00 Per Child
Huber Wds Env Ctr
Thu, Mar 6-27 10:00-11:00 AM ........ I P T42A

Don’t Give Up Duck
(ages 18 months-3 years, with adult)
Your toddler will love this sweet story about Duck and all her friends. The fun includes song, a fun game and a craft.
One 45-Min Session $8.50 Per Child
Manasquan Res Env Ctr
Mon, Mar 3 10:00-10:45 AM .............. I 0342A
Sat, Mar 8 1:00-1:45 PM .................. I 0442A
Sun, Apr 13 1:00-1:45 PM ............... I 0542A

Ducks, Trees and Ponds - Hurray!
(ages 3-5, with adult)
Spring is a marvelous time of the year! Preschoolers will enjoy learning about ducks and what happens around the pond in spring. We will read a story, make a craft, and play games, all while learning about nature!
One 1-Hr Session $8.00 Per Child
Seven Presidents Pk Act Ctr
Tue, Apr 1 10:00-11:00 AM ............. I M342A
Shark River Pk Shelter Bldg
Mon, Apr 28 1:00-2:00 PM ............. I M442A

Father & Son Saltwater Fishing Clinic
(ages 10 and up, under 18 with adult)
The “Fish are Running”! Join a Park System Naturalist on the beach to discover how to reel them in. We will provide instruction, fishing equipment (or bring your own), tackle and bait. One hour of indoor presentation and three hours of fishing on the beach. An introduction to equipment selection, knot tying, what fish to look for and when, what bait to use, and personal safety. Limited space is available, so don’t let this one “get away”. All participants 16 years old and older must register with the free NJ Saltwater Recreational Registry Program.
One 4-Hr Session $30.00 Parent/Child
Bayshore Waterfront Park Bay House
Sat, Apr 19 9:00 AM-1:00 PM .......... I PK42A
Sat, May 3 9:00 AM-1:00 PM .......... I PM42A

Froggie Good Times
(ages 3-6, with adult)
We’ll have a hoppin’ good time with froggy songs and rhymes your child will love. A craft and game adds to the fun. Plus, we’ll meet a special friend!
One 45-Min Session $8.00 Parent/Child
Manasquan Res Env Ctr
Sat, May 17 3:00-3:45 PM .............. I 1542A
Sun, May 18 11:00-11:45 AM ............ I 2042A
Mon, May 26 9:00-9:45 AM .......... I 2142A

Happy Birthday Dr. Seuss!
(ages 2-5, with adult)
Join us as we celebrate Theodor Geisel’s (Dr. Seuss) birthday in a nature friendly way. We will read some of our favorite Dr. Seuss books and use their fun ideas to inspire a nature craft. Also included will be a short walk on a trail.
One 1-Hr Session $12.00 Parent/Child $6.00 Additional Person
Huber Wds South Farm
Sun, Mar 2 1:00-2:00 PM .......... IPV42X
Sun, Mar 2 2:30-3:30 PM .......... IPY42X
Junior Ranger
(ages 7-12, with adult)
You can be a Junior Ranger! Join us as we have fun discovering the natural world, while learning about why we need to protect the special treasures found in each of our parks.
One 2-Hr Session $25.00 Per Child
Huber Wds Env Ctr
Sun, Mar 16 10:00 AM-12:00 PM ...............IK942A
Manasquan Res Env Ctr
Sun, Apr 6 10:00 AM-12:00 PM ............... IKA42A
Bayshore Waterfront Park Act Ctr
Sun, May 18 10:00 AM-12:00 PM ............. IKD42A
Entire Series
Register for the series and save!
Three 2-Hr Sessions $65.00 Per Child
3/16 - Huber Wds Env Ctr
4/6 - Manasquan Res Env Ctr
5/18 - Bayshore Waterfront Park Act Ctr
Sun, Mar 16-May 18 10:00 AM-12:00 PM .......IKE42A

My First Fish
(ages 6-12, with adult)
Have you seen the look on the face of children when they catch that first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch and release program. Bait, fishing poles and instruction are provided.
One 1-Hr & 30-Min Session $15.00 Per Child
Turkey Swamp Pk
Sat, May 3 10:30 AM-12:00 PM ................ IMG42A
Sat, May 17 10:30 AM-12:00 PM ............. IMH42A
Sat, May 31 10:30 AM-12:00 PM ............. IMJ42A

Pond Discovery
(ages 6-12, with adult)
Put on your boots and come have some fun in our ponds. Join one of our Park System Naturalists and help catch frogs, fish and all kinds of squiggly, amazing critters that live in a freshwater pond.
One 1-Hr & 30-Min Session $13.00 Per Person
Huber Wds Outdoor Area
Sat, Mar 29 10:30 AM-12:00 PM ...............IP742A
Sat, Apr 26 10:30 AM-12:00 PM ...............IP842A
Entire Series
Register for the series and save!
Three 1-Hr & 30-Min Sessions $40.00 Per Child
3/29 - Huber Wds Outdoor Area
4/26 - Huber Wds Outdoor Area
5/31 - Huber Wds Outdoor Area
Sat, Mar 29-May 31 10:30 AM-12:00 PM .......IP842A

Sweet Tweet Bird Nests
(ages 4-8, with adult)
This time of year, birds are busy building nests, but do you know all the things birds might use to build their nests? Discover things you may have never known about birds, their nests, and their new babies. We’ll even make an edible nest so you can take home a sweet tweet!
One 1-Hr Session $8.50 Parent/Child $5.00 2nd Child
Holmdel Pk Act Ctr
Thu, Apr 17 1:00-2:00 PM .................... IMV42X
Manasquan Res Env Ctr
Sun, Apr 27 10:00-11:00 AM ..................IMW42X

Terrific Turtles
(ages 4-9, with adult)
Everybody loves turtles and everybody wants to see one in the wild, but encounters are often hit or miss. The trick to seeing them is knowing when and where to look. You’ll get to meet several during this program and see first hand what makes them so awesome.
One 1-Hr Session $6.50 Per Child
Manasquan Res Env Ctr
Sat, Apr 5 10:00-11:00 AM .................... I2642A
Sun, Apr 6 3:00-4:00 PM ..................... I2742A

Wake Up!
(ages 2-4, with adult)
It’s the first day of spring and the plants and animals are waking up from their long winter break! We will learn how nature changes in the spring and make a craft in our activity room. Then we’ll look for signs of spring on a walk outside.
One 1-Hr Session $14.00 Parent/Child $7.00
Additional Person
Huber Wds Env Ctr
Thu, Mar 20 11:30 AM-12:30 PM .............. IPW42X

Wildlife Wednesday Drop-In
(ages 5 and up, with adult)
Manasquan Reservoir Environmental Center, Howell
Are you wild about New Jersey’s wild animals? If so, explore new ways to enjoy nature with Wildlife Wednesdays, held on the first Wednesday of each month.
3:00-3:45 PM on the following Wednesdays:
March 5, April 2 & May 7
Cost: $5.00 (cash or check only)
Who’s Home at Huber Woods?
(ages 3-5, with adult)
Lions, tigers, bears? No! Those animals don’t live at Huber Woods, but let’s find out who does! Each week we will learn all about a different local animal, read some stories, make a craft and take a nature walk. Please, no younger siblings.
Five 1-Hr Sessions $50.00 Parent/Child $25.00
Additional Person
Huber Wds South Farm
Thu, Apr 10-May 15 10:00-11:00 AM .......... IPS42X
No class 4/17

Wildflower Walk
(all ages, under 18 with adult)
Enjoy the beauty of spring on this moderate hike through the Ramanesson section of Holmdel Park with a Park System Naturalist as our guide. We will meet in the parking lot and then ramble through the woods, meadows and along the brook looking for flowers and other spring sights. Please come dressed for the weather and wear sturdy walking shoes.
One 1-Hr Session $5.00 Per Person
Holmdel Pk Ramanessin Parking Area
Wed, Mar 26 11:00 AM-12:00 PM ............... IPU42A

Outdoor Adventures

Egg Quest for Kids
(ages 3-8, with adult)
Let your kids embark on a mission to search for ‘The Lucky Egg’ in our egg field. The candy-filled eggs are yours to keep. Before then, we will have a live bunny viewing and games that will have you hopping around! Please bring your own egg basket or egg bag. A special guest appearance will be made by the Easter Bunny for you and your child to take pictures with! Egg hunt will be broken up into two groups: 3-5 & 6-8 years old.
One 1-Hr & 30-Min Session $15.00 Per Child
Thompson Pk Old Orchard Parking Lot
Sat, Apr 19 1:30-3:00 PM ............... U0342A

Hiking Adventures - A Toddler’s Perspective
(ages 1-5, with adult)
Enjoy some fresh air with your toddler. Wander the quiet, peaceful trails of your county parks. These short hikes are intended for little legs and short attention spans. We recommend front or back carriers for non-walkers or those who tire easily. Bring a healthy snack and beverage. Each hike will have fun activities included, as well as a great park keepsake. Actual hiking time and distance will vary with the group’s stamina.
One 1-Hr & 30-Min Session $12.50 Parent/Child $3.75
Additional Sibling

Sunday Morning at the Reservoir
Manasquan Res Env Ctr
Sun, Mar 9 10:00-11:30 AM ............... W7342X
Spring Turkey Trot
Turkey Swamp Pk Shelter Bldg
Mon, Mar 10 10:00-11:30 AM ............... W4442X
Deep Cut Gardens Ramble
Deep Cut Gardens
Mon, Mar 24 10:00-11:30 AM ............... W4542X
Sunday Morning Ramble at Holmdel Park
Holmdel Pk Shelter Bldg
Sun, Apr 6 10:00-11:30 AM ............... W7442X
Tatum Trek
Tatum Pk Outdoor Area
Mon, Apr 7 10:00-11:30 AM ............... W4642X

Outdoor Adventure Expo
Sunday, May 18, 11:00 AM-5:00 PM
Turkey Swamp Park, Freehold
Learn about adventure opportunities in our area. Fun includes a children's fishing derby, testing a variety of equipment such as canoes, paddle boats, 25-foot climbing wall, and so much more.
Bring the whole family for this adventure filled day.
For more information, see page 4.
Leprechaun’s Pot O’ Gold Hunt
(ages 9 and up, under 18 with adult)
Leprechauns spend all their time busily making shoes and storing away their coins in a hidden pot at the end of the rainbow. Through the use of handheld GPS units, we will follow the rainbow to the end. Then use compound and re-curved bows to take a shot at capturing their gold-filled pots on our archery range.
One 2-Hr Session $10.00 Per Person
Thompson Pk Ski Hut
Sun, Mar 16 10:00 AM-12:00 PM ............ U1342A

Mother-Daughter Hunger Games Overnight
(ages 12 and up, with adult)
The Reaping has arrived and Effie Trinket has called your name. This year, Tributes will be comprised of mother-daughter teams who will train together in archery, canoeing, route finding and the high challenge course with zip-line. Teams will then set up camp and enjoy outdoor grilled meals with an evening campfire. We finish on day two with an archery competition. Are you up for the challenge?
One 24-Hr Session $150.00 2 People
Thompson Pk 3 Barns Parking Lot
Sat-Sun, May 10-11 12:00 PM-12:00 PM . . . . W4042A

Toddler Hiking Series
(ages 1-5, with adult)
Discover something new this spring! Take in some fresh air and enjoy the beauty of nature with your toddler. Designed for little legs and short attentions. Toddler and infant front or back carriers recommended for non-walkers or youngsters who tire easily. Bring a healthy snack and beverage. Actual hiking time and distance will vary with the group's stamina. Includes fun craft activities or stories as well as a park keepsake.
Three 1-Hr & 30-Min Sessions $34.00 Parent/Child
$10.00 Additional Sibling
Spring Hiking Series #1
3/6 - Dorbrook Rec Area Visitor Center Parking Lot
3/13 - Huber Woods Environmental Center
3/20 - Hartshorne Woods Buttermilk Valley Parking Lot
Thu, Mar 6-20 10:00-11:30 AM ............ W5042X

Spring Hiking Series #2
4/2 - Sunnyside Recreation Area
4/9 - Thompson Park
4/16 - Shark River Park Shelter Building
Wed, Apr 2-16 10:00-11:30 AM ............ W5142X

Spring Hiking Series #3
5/9 - Bayshore Waterfront Activity Center
5/16 - Henry Hudson Trail Popamora Point Parking Area
5/23 - Hartshorne Woods Claypit Creek Parking Area
Fri, May 9-23 10:00-11:30 AM ............ W5242X

Play Group
All Together Now!
(ages 1-5, with adult)
Have a great time as you work together with your children to create a hands-on craft project and then join in some silly games using music and movement.
Six 45-Min Sessions $48.00 Mom & 2 children $24.00
Additional Sibling
Dorbrook Rec Area Prog Bldg
Thu, Mar 6-Apr 10 10:00-10:45 AM .... A1542X
Thu, Mar 6-Apr 10 11:00-11:45 AM ..... A1642X
Thu, Apr 17-May 22 10:00-10:45 AM .... A1742X
Thu, Apr 17-May 22 11:00-11:45 AM .... A1842X

Baby Boomers
(ages 6 months-18 months, with adult)
Babies develop socialization skills and togetherness with Mom or Dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or Dad will meet new people and have fun in a program designed for babies that are not yet walking.
Five 45-Min Sessions $50.00 Parent/Child
Tatum Pk Red Hill Act Ctr

Baby Boomers
(ages 6 months-18 months, with adult)
Babies develop socialization skills and togetherness with Mom or Dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or Dad will meet new people and have fun in a program designed for babies that are not yet walking.
Five 45-Min Sessions $50.00 Parent/Child
Tatum Pk Red Hill Act Ctr

Dancing Bears Music
(ages 2 months-4 years, with adult)
Dancing Bears Music is an early childhood music and movement program your child will love. Each class is a world of discovery and adventure within a nurturing environment full of energy, imagination, music, dancing and playful delight. A materials fee of $25 is payable to instructor on first day of class.
Eight 45-Min Sessions $96.00 Parent/Child $70.00
Additional Sibling
Dorbrook Rec Area Vis Ctr
Wed, Mar 5-Apr 23 9:30-10:15 AM ........ ABZ42X
Wed, Mar 5-Apr 23 10:30-11:15 AM .... ABY42X
Sat, Mar 8-May 3 10:00-10:45 AM .... A0542X
No class 4/19
Tatum Pk Red Hill Act Ctr
Fri, Mar 7-May 2 9:30-10:15 AM .... A0642X
No class 4/18
Fri, Mar 7-May 2 10:30-11:15 AM .... A0742X
No class 4/18
**Fun in our PJs!**
(ages 5-7, with adult)
Join us for a fun-filled night of playing games, making crafts, storytelling and roasting s'mores all in the comfort of your pajamas. Bring your little ones in and we will tire them out! Sneakers must be worn at all times.

**One 1-Hr & 30-Min Session $12.00 Per Child**
Fort Monmouth Rec Ctr Gym A
Sat, Apr 12 6:00-7:30 PM ................. U1742A
Manasquan Res Program Room 1 Vis Ctr
Sun, Mar 16 6:00-7:30 PM ................. U1542A

**Heroines in Training**
(ages 3-4)
Let your little girl shine as we work together to save the day! Our heroines will have a royally fun time as we jump, run, tumble, and take flight! 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 storybook heroine every week. All heroines are encouraged to dress comfortably and wear sneakers.

**Five 45-Min Sessions $60.00 Per Person**
Fort Monmouth Rec Ctr Gym A
Tue, Apr 1-29 11:30 AM-12:15 PM .......... XGC42A
Tue, May 13-Jun 10 11:30 AM-12:15 PM . . . . XGD42A

**Moms Plus Two**
(ages 1 months-5 years, with adult; one age 2 & under, one age 3 & up)
Bring both children to a class everyone will love! We’ll enjoy story time as a group, then moms will get the opportunity to bond with their younger child through unstructured play and have time to socialize with other moms and their children. The older child will be creating an art project with an instructor. Everyone will be brought together at the end for circle time activities.

**Six 45-Min Sessions $49.00 Mom & 2 children $25.00 Additional Sibling**
Dorbrook Rec Area Prog Bldg
Tue, Mar 4-Apr 8 10:00-10:45 AM ........ A2342X
Tue, Mar 4-Apr 8 11:00-11:45 AM .......... A2442X
Fri, Mar 7-Apr 11 10:00-10:45 AM ......... A3042X
Fri, Mar 7-Apr 11 11:00-11:45 AM .......... A3142X
Tue, Apr 22-May 27 10:00-10:45 AM. . . . A2542X
Tue, Apr 22-May 27 11:00-11:45 AM ........ A2642X
Thu, Apr 24-May 29 1:30-2:15 PM .......... A4942X
Fri, May 2-Jun 6 10:00-10:45 AM .......... A3242X
Fri, May 2-Jun 6 11:00-11:45 AM .......... A3342X

**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)

**April-May Session**
Fort Monmouth Rec Ctr Group Fitness Room
Fri, Apr 4-May 9 10:00-10:45 AM .......... XD742A
No class 4/18
Tatum Pk Red Hill Act Ctr
Fri, Apr 4-May 9 10:00-10:45 AM .......... XD842A
No class 4/18
Thompson Pk VC Tulip Room Vis Ctr
Wed, Apr 2-30 9:30-10:15 AM ............. XD642A

**May-June Session**
Fort Monmouth Rec Ctr Group Fitness Room
Fri, May 16-Jun 13 10:00-10:45 AM .......... XDA42A
Tatum Pk Red Hill Act Ctr
Fri, May 16-Jun 13 10:00-10:45 AM .......... XDB42A
Thompson Pk VC Tulip Room Vis Ctr
Wed, May 14-Jun 11 9:30-10:15 AM .......... XD942A

(continued on next page...)
**STAGE 2**
(ages 18 months-2 years, with adult)

**April-May Session**
Fort Monmouth Rec Ctr Group Fitness Room
Fri, Apr 4-May 9 11:00-11:45 AM ............ XDK42A
No class 4/18
Dorbrook Rec Area Vis Ctr
Tue, Apr 1-29 10:00-10:45 AM ............ XDF42A
Henry Hudson Trail Act Ctr
Tue, Apr 1-29 9:30-10:15 AM ............ XDG42A
Manasquan Res Program Room 1 Vis Ctr
Wed, Apr 2-30 9:30-10:15 AM ............ XDJ42A
Tatum Pk Red Hill Act Ctr
Mon, Mar 31-Apr 28 10:00-10:45 AM .... XDE42A
Wed, Apr 2-30 9:15-10:00 AM ............ XDH42A

**May-June Session**
Fort Monmouth Rec Ctr Group Fitness Room
Fri, May 16-Jun 13 11:00-11:45 AM .... XDS42A
Dorbrook Rec Area Vis Ctr
Tue, May 13-Jun 10 10:00-10:45 AM .... XDN42A
Henry Hudson Trail Act Ctr
Tue, May 13-Jun 10 9:30-10:15 AM .... XDP42A
Manasquan Res Program Room 1 Vis Ctr
Wed, May 14-Jun 11 9:30-10:15 AM .... XDR42A
Tatum Pk Red Hill Act Ctr
Mon, May 12-Jun 16 10:00-10:45 AM ... XDM42A
No class 5/26
Wed, May 14-Jun 11 9:15-10:00 AM .... XDQ42A

**STAGE 3**
(ages 2-3 years, with adult)

**April-May Session**
Fort Monmouth Rec Ctr Group Fitness Room
Thu, Apr 3-May 1 10:15-11:00 AM .... XE142A
Dorbrook Rec Area Vis Ctr
Thu, Apr 3-29 11:00-11:45 AM .... XDV42A
Henry Hudson Trail Act Ctr
Thu, Apr 3-29 10:30-11:15 AM .... XDW42A
Manasquan Res Program Room 1 Vis Ctr
Wed, Apr 2-30 10:30-11:15 AM .... XEO24A
Tatum Pk Red Hill Act Ctr
Mon, Mar 31-Apr 28 11:00-11:45 AM .... XDU42A
Wed, Apr 2-30 10:00-10:45 AM .... XDY42A
Fri, Apr 4-May 9 11:00-11:45 AM .... XE242A
No class 4/18
Thompson Pk VC Tulip Room Vis Ctr
Wed, Apr 2-30 10:30-11:15 AM .... XEZ42A

**May-June Session**
Fort Monmouth Rec Ctr Group Fitness Room
Thu, May 15-Jun 12 10:15-11:00 AM .... XEA42A
Dorbrook Rec Area Vis Ctr
Tue, May 13-Jun 10 11:00-11:45 AM .... XE42A
Henry Hudson Trail Act Ctr
Tue, May 13-Jun 10 10:30-11:15 AM .... XE542A
Manasquan Res Program Room 1 Vis Ctr
Wed, May 14-Jun 11 10:30-11:15 AM .... XE742A

**Morning Song - Saturday**
(ages 9 months-2 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.*
Five 45-Min Sessions $50.00 Parent/Child
Tatum Pk Red Hill Act Ctr
Sat, May 17-Jun 14 9:30-10:15 AM .... XEC42A

**Morning Song On My Own**
(ages 3-4)
Our most active Morning Song 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 sing-a-long and movement activities for the children in the class.
Five 45-Min Sessions $50.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room

**Morning Song Plus Two**
(ages 11 months-3 years, with adult)
Now you can bring children of different ages to Morning Song. Classes will alternate between full group activities and independent play.
Five 45-Min Sessions $60.00 Mom & 2 children
Morning Song with Dad (ages 9 months-2 years, with adult)
After a brief parent/child free-play time with our tunnels, trampolines, and other specialized play equipment, class will progress to together time movement activities for father and child.
Five 45-Min Sessions $50.00 Parent/Child
Tatum Pk Red Hill Act Ctr
Sat, May 17-Jun 14 10:30-11:15 AM .......... XD542A

Pajama Family Fun Jam (ages 6 months-5 years, with adult)
Come in your PJs and bond with your child. This pre-bedtime class will include playing songs and rhythms on the world's largest gathering drum, playing with puppets, dancing with scarves, and singing. A $20 materials fee is payable to the instructor on the first day of class.
Instructor: Miss Sherri of Honey Child Music Academy
Ten 1-Hr Sessions $125.00 Parent/Child $50.00
Additional Sibling
Fort Monmouth Rec Ctr Prog Rm C (120)
Wed, Apr 9-Jun 25 6:00-7:00 PM ............. A9142X
No class 4/16 & 4/23

PM Playtime (ages 18 months-3 years, with adult)
Enjoy social playtime with your child. Activities include songs, exercise, free-play, and the use of specialized play equipment such as tunnels, mini-trampoline, tumbling mats and parachute.
Five 45-Min Sessions $50.00 Parent/Child
Dorbrook Rec Area Vis Ctr
Tue, May 13-Jun 10 4:00-4:45 PM .......... XCN42A
Tue, May 13-Jun 10 5:00-5:45 PM .......... XCP42A

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
Tue, Apr 1-29 9:30-10:15 AM .......... XD142A
Tue, Apr 1-29 10:30-11:15 AM .......... XD242A
Tue, May 13-Jun 10 9:30-10:15 AM .......... XD342A
Tue, May 13-Jun 10 10:30-11:15 AM .......... XD442A

Wahoo Walkabout (all ages)
Meet the Unofficial Official Park System Cryptozoologist for an exploration of Australian folk lore in a simulated “walk about” including games and activities.
One 45-Min Session $15.00 Parent/Child $10.00
Additional Sibling
Dorbrook Rec Area Vis Ctr
Fri, Apr 11 4:00-4:45 PM .................. A1142X
Sat, Apr 12 1:00-1:45 PM .................. A1242X

Sports & Fitness
Basketball with Me & Dad/Mom (ages 5-6, with adult)
Learn the basics of basketball on our outdoor courts. Parent and child will have fun while practicing the skills of passing, shooting, and dribbling. Parent participation is required.
Four 55-Min Sessions $48.00 Parent/Child
Fort Monmouth Rec Ctr Gym A
Sat, Apr 26-May 17 9:00-9:55 AM .......... X9442A
Sat, May 31-Jun 21 9:00-9:55 AM .......... X9542A

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
Indoor Season
Fort Monmouth Rec Ctr Gym B
Fri, Mar 7-28 4:00-4:45 PM ................ XEM42A
April-May Season
Dorbrook Rec Area
Mon, Apr 14-May 5 4:00-4:45 PM .......... XEP42A
Sat, Apr 26-May 17 9:00-9:45 AM .......... XEQ42A
May-June Season
Dorbrook Rec Area
Mon, May 19-Jun 16 4:00-4:45 PM .......... XER42A
No class 5/26
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

Indoor Season
Fort Monmouth Rec Ctr Gym B
Sat, Mar 15-Apr 12 9:00-9:45 AM ............ X5242A
No class 4/5
Sat, Mar 15-Apr 12 10:00-10:45 AM ....... X5342A
No class 4/5
Sat, Mar 15-Apr 12 11:00-11:45 AM ....... X5442A
No class 4/5
Dorbrook Rec Area Act Ctr
Sun, Mar 16-Apr 6 9:00-9:45 AM ........... X5542A
Sun, Mar 16-Apr 6 10:00-10:45 AM ...... X5642A
Sun, Mar 16-Apr 6 11:00-11:45 AM ...... X5742A
Sun, Mar 16-Apr 6 12:00-12:45 PM ....... X5842A
Wed, Mar 26-Apr 16 3:30-4:15 PM ........ X5142A

Spring Season 1
Fort Monmouth Rec Center Outdoor Area
Sat, Apr 26-May 17 2:00-2:45 PM ........... X8342A
Sat, Apr 26-May 17 3:00-3:45 PM .......... X8442A
Bayshore Waterfront Park
Wed, Apr 23-May 14 4:00-4:45 PM .......... X6542A
Dorbrook Rec Area
Thu, Apr 24-May 15 11:30 AM-12:15 PM ... X6842A
Thu, Apr 24-May 15 9:30-10:15 PM ....... X6642A
Thu, Apr 24-May 15 10:30-11:15 PM ....... X6742A
Sat, Apr 26-May 17 9:30-10:15 AM ....... X7042A
Sat, Apr 26-May 17 10:30-11:15 AM ....... X7142A
Sat, Apr 26-May 17 11:30 AM-12:15 PM ... X7242A
Sat, Apr 26-May 17 12:30-1:15 PM ...... X7342A
Sun, Apr 27-May 18 9:00-9:45 AM ......... X7442A
Sun, Apr 27-May 18 10:00-10:45 AM ....... X7542A
Sun, Apr 27-May 18 10:30-11:15 AM ...... X7842A
Sun, Apr 27-May 18 11:00-11:45 AM ...... X7642A
Sun, Apr 27-May 18 11:30 AM-12:15 PM ... X7942A
Dorbrook Rec Area Act Ctr
Sun, Mar 16-Apr 6 12:00-12:45 PM ....... X5842A

Spring Season 2
Fort Monmouth Rec Center Outdoor Area
Sat, May 31-Jun 21 3:00-3:45 PM .......... XAB42A
Dorbrook Rec Area
Thu, May 29-Jun 19 9:30-10:15 AM ....... XA242A
Thu, May 29-Jun 19 10:30-11:15 AM ...... XA342A
Sat, May 31-Jun 21 9:30-10:15 AM ....... XA442A
Sat, May 31-Jun 21 10:30-11:15 AM ...... XA542A
Sat, May 31-Jun 21 11:30 AM-12:15 PM ... XA642A
Sat, May 31-Jun 21 12:30-1:15 PM ...... XA742A
Sun, Jun 1-22 9:30-10:15 AM .......... X0343A
Sun, Jun 1-22 10:30-11:15 AM .......... X0443A
Sun, Jun 1-22 11:30 AM-12:15 PM ....... X0543A
Sun, Jun 1-22 12:30-1:15 PM .......... X0643A
Holmdel Pk Forest Field Edge
Wed, May 28-Jun 18 9:30-10:15 AM ....... X8642A
Wed, May 28-Jun 18 10:30-11:15 AM ....... X8742A
Fri, May 30-Jun 20 3:00-3:45 PM .......... X8842A
Sat, May 31-Jun 21 9:00-9:45 AM ......... X8942A
Sat, May 31-Jun 21 10:00-10:45 AM ....... X9042A
Tatum Pk Field Area Holland Act Ctr
Sat, May 31-Jun 21 10:00-10:45 AM ....... X9242A
Sat, May 31-Jun 21 11:00-11:45 AM ....... X9342A

Parent and Child Gymnastics
(ages 2-3, with adult)
Spend time with your children away from home; come work together in gymnastics! You will assist your children on the apparatus in basic gymnastics training. You will be notified prior to the start of the class with the exact time. Morning classes are available.
$48.00 Parent/Child

Parent & Child
All American Gymnastics Cindy Lane, Ocean
Sat, Mar 1-22 ............................... M0542A
Sat, Mar 29-Apr 26 ....................... M1342A
No class 4/19
Sat, May 3-24 ............................. M1442A
Shrewsbury Gymnastics School Broad Street, Shrewsbury
Fri, Mar 28-Apr 25 ....................... M1542A
No class 4/18
Fri, May 2-23 ............................. M1642A
Roller Kids with Adult  
(ages 3-5, with adult)  
Get your child rolling; enjoy the sport of inline skating. Parent and child will have fun while practicing the exercises, stance, push-offs and T-stops. Learn about safety and rules of the road. Please see our Safe Skating section for equipment needed for this program. Parent participation required. Parents can wear skates or sneakers.  
**Four 55-Min Sessions $48.00 Parent/Child**  
Dorbrook Rec Area  
Sat, Apr 26-May 17 12:00-12:55 PM ...... XEY42A

Sports FUNdamentals with Parent  
(ages 3-5, with adult)  
Parent and child will have fun learning the basic skills and rules of various sports including soccer, whiffleball, kickball, pillo polo and more. Children will build a foundation for success in team sports. Parent participation is required.  
**Four 45-Min Sessions $44.00 Parent/Child**  
Dorbrook Rec Area Act Ctr  
Fri, Mar 14-Apr 11 10:00-10:45 AM ...... XBG42A  
Sat, Apr 12-May 10 9:00-9:45 AM .......... XCA42A  
No class 4/19  
Sat, Apr 12-May 10 10:00-10:45 AM ...... XCB42A  
No class 4/19  
Sat, May 17-Jun 14 9:00-9:45 AM .......... XCC42A  
No class 5/24  
Sat, May 17-Jun 14 10:00-10:45 AM ...... XCD42A  
No class 5/24

Stroller Barre  
(ages 1 months-4 years, with parent)  
Break through to a new level of fitness with a unique blend of ballet, Pilates, barre, yoga, and stroller-based exercises. This total body workout is designed to help moms build strength, increase stamina and improve posture. Each class will incorporate prenatal and post-natal training, focusing on strengthening and lengthening the muscles. Experience amazing results in a fun and exciting environment while entertaining your baby in the stroller at the same time. All fitness levels welcome. Children between the ages of 6 weeks to 4 years are welcome. Please bring water, sunscreen and a mat or towel for ab work. Any type of stroller may be used except umbrella strollers.  
**Six 1-Hr Sessions $88.00 Per Person**  
Fort Monmouth Rec Ctr Gym A  
Fri, Mar 7-Apr 11 10:00-11:00 AM .......... XCK42A  
Thompson Pk Old Orchard Picnic Shelter  
Fri, Apr 25-May 30 10:00-11:00 AM ...... XCM42A

Stroller Strides  
(ages 1 months-4 years, with parent)  
A total fitness program for moms and their babies. This class includes power walking and body toning by using resistance tubing, the environment and a stroller. Each hour long class includes a warm-up, 40 minutes of power walking/body toning, 10 minutes of abdominal workout and a cool down. Moms keep babies entertained during the workout using songs, motion, and counting games. All fitness levels welcome. Children between the ages of 6 weeks to 4 years are welcome. Please bring water, sunscreen and a mat or towel for ab work. Any type of stroller may be used except umbrella strollers.  
**Ten 1-Hr Sessions $100.00 Parent/Child**  
Holmdel Pk Shelter Bldg  
Tue, Thu, Apr 22-May 22 9:45-10:45 AM .... XCQ42A

T-Ball with Me & Dad/Mom  
(ages 4-5, with adult)  
Parent and child will have fun while learning the fundamental skills of America's pastime in this noncompetitive program. Our instructors will teach the rules of the game as well as cover the basics of catching, throwing, and hitting using the tee. Parent participation is required.  
**Four 55-Min Sessions $48.00 Parent/Child**  
Dorbrook Rec Area  
Sat, Apr 5-May 3 9:00-9:55 AM .......... XA942A  
No class 4/19  
Sat, May 17-Jun 14 9:00-9:55 AM .......... XA042A  
No class 5/24

Wee Sports  
(ages 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 challenges. General skills covered include throwing, catching and kicking. Parent participation is required.  
**Five 45-Min Sessions $50.00 Parent/Child**  
Dorbrook Rec Area Act Ctr  
Fri, Mar 14-Apr 11 11:30 AM-12:15 PM .... XA342A  
Fri, Apr 25-May 23 9:30-10:15 AM .......... XB642A  
Fri, Apr 25-May 23 11:30 AM-12:15 PM ... XA442A  
Fri, Apr 25-May 23 11:30 AM-12:15 PM ... XA442A

**Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.**
**Inclusion Services**

It is the philosophy of the Monmouth County Park System to provide reasonable accommodations for individuals with disabilities (who meet minimum eligibility requirements - with or without accommodation - documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful, and enjoyable experience for all. For more information, please contact Lauren at 732-460-1167, ext. 24.

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**Monmouth County Recreation Activity Center**

(ages 22 and up, w/cognitive & neurological impairments)

Our affectionately nicknamed “MCRAC” program for adults with developmental disabilities continues this spring starting on March 31. We will be busy forming friendships, working on arts & crafts, taking mini trips/tours, and getting some physical activity. Some paperwork is required for new participants prior to attending. Please call Justin at 732-460-1167, ext. 22, for pricing information.

**Art Club**

(ages 16 and up, with special needs)

Participants can move beyond their challenges through avenues of artistic expression. This club offers time for socialization, creative stimulation, and self-confidence building through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

**Four 2-Hr Sessions $65.00 Per Person**

Sunyside Rec Area EC Program Room 1

- **Sat, Mar 22-May 3 10:00 AM-12:00 PM .... V0442A**
- **Sat, May 17-Jun 28 10:00 AM-12:00 PM .... V3342A**

**Night Out**

(ages 16 and up, with special needs)

Night Out is an evening social program for adults with special needs. Drop-offs and pick-ups will be at Dorbrook Activity Center, unless otherwise noted. Questions? Please call Justin at 732-460-1167, ext. 22.

**Dinner & a Movie**

(adults, 18 and up, with special needs)

Join us for a fun night out with your friends! We will be meeting at Chilii’s in the Monmouth Mall parking lot; pick up will be at the AMC Movie Theatre across the parking lot. Please bring $30 for meal and movie ticket. You will be notified of the movie selection the week of the event.

**One 4-Hr & 30-Min Session $17.00 Per Person**

Fri, Apr 5 5:30-10:00 PM ............... D1642A

**Lakewood BlueClaws Game**

(ages 16 and up, with special needs)

Let’s cheer on our local minor league team the BlueClaws! Price includes transportation, admission, meal and Park System leaders.

**One 5-Hr & 30-Min Session $33.00 Per Person**

Dorbrook Rec Area Activity Center Parking Lot

Fri, May 30 5:00-10:30 PM ............... D0842A

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**Art Therapy**

(ages 8-12, with special needs)

Express yourself! Our art therapist will take you on a creative adventure. Dress to get messy. Participants must be able to function in a 1:3 staff to student ratio.

**Four 1-Hr Sessions $40.00 Per Person**

Dorbrook Rec Area Act Ctr

**Tue, Apr 1-22 4:15-5:15 PM ............... D2642A**

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**Battle Card Swap and Game Night**

(ages 13 and up, with special needs)

Come on out to battle your friends with your Magic the Gathering, Pokemon, Yu-Gi-Oh or other card sets. Missing that one card or interested in trading? See what the other participants have and see if you can work out a trade! Light refreshments will be served. Registration is not required, but recommended.

**One 1-Hr & 30-Min Session $7.00 Per Person**

Dorbrook Rec Area Act Ctr

**Thu, Mar 13 6:00-7:30 PM ............... D1742A**

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**Camp Options for Children with Special Needs**

Tuesday, March 4 from 6:30-8:00 PM

Thompson Park Visitor Center, Lincroft

With camp registration just around the corner, what are the options available for your child with special needs? Meet with Camp Directors from Therapeutic Recreation, Odyssey Adventure Camps, Sports and Fitness, Fort Monmouth, Cultural Services, and Nature Camps to find out what best fits your child’s needs and interests. Learn what supports are available and how our inclusion process works. This will be a lecture format with plenty of time for questions. Program is free and no pre-registration is required, but recommended.

*For more information, please call 732-460-1167.*
**Park Explorers Walking Club**  
(ages 16 and up, with special needs)
Join us to get some exercise and explore different Monmouth County parks, as we meet every other week for a walk. We will be walking between 1-2 miles each session on the trails. Please dress appropriately and bring water.

**Three 1-Hr & 30-Min Sessions $24.00 Per Person**
- 4/24 - Dorbrook Recreation Area  
- 5/8 - Thompson Park  
- 5/22 - Holmdel Park

**Thu, Apr 24-May 22 5:30-7:00 PM .......... D1542A**  
Program meets 4/24, 5/8 & 5/22

**Teen Scene**  
(ages 13 and up, with special needs)
Looking for something to do on the weekend? Want to spend more time with your friends? Come join us! A 1:3 staff to participant ratio is provided. Contact Justin Dunn at 732-460-1167, ext. 22, for more information.

**Saint Patrick’s Day Celebration**
Help us “Explore a World of Recreation” as we celebrate Irish culture and heritage just in time for Saint Patrick’s Day! We will be making Irish Soda Bread and snacks, learning about Irish customs and culture, and making a craft. A full meal will not be served, so please eat before arrival.

**One 2-Hr Session $17.00 Per Person**
Dorbrook Rec Area Vis Ctr  
**Fri, Mar 14 7:00-9:00 PM .................. D1842A**

**Trip to Juanito's!**
Come and help us celebrate Cinco De Mayo by going out for a delicious meal to Juanito’s Authentic Mexican Restaurant in Howell. Please bring $25 to cover the cost of your meal. If you would prefer to meet directly at the restaurant instead of Dorbrook, please contact Justin Dunn ahead of time to make arrangements.

**One 2-Hr & 45-Min Session $17.00 Per Person**
Dorbrook Rec Area Activity Center Parking Lot  
**Fri, May 2 6:15-9:00 PM .............. D2142A**

**Vases of Love**  
(ages 5-9, with Autism)
Homemade gifts are from the heart! Just in time for Mother’s Day we will make a one of a kind decoupage vase for you to give to your mother, grandmother or aunt. Bring dad or grandpa to help you and dress to get messy!

**One 1-Hr Session $11.00 Parent/Child**
Dorbrook Rec Area Act Ctr  
**Sat, May 3 10:00-11:00 AM .......... D2542A**

**Trips**

**2014 Philadelphia Flower Show - “ARTiculture”**  
(all ages, under 18 with adult)
Experience the combination of art and horticulture with Michelangelo to Monet, Picasso to Pollack and da Vinci to Dali. Fee includes admission to the flower show, bus transportation and volunteer Park System leader.

**$55.00 Per Person**
Thompson Pk Estate Grounds Parking Lot  
**Sun, Mar 2 ............................... A0242A**  
Board: 9:00 AM ........ Return: 4:30 PM (approx)  
**Mon, Mar 3 .............................. A0342A**  
Board: 12:30 PM .......... Return: 8:00 PM (approx)  
**Sun, Mar 9 ............................. A0442A**  
Board: 9:00 AM ........ Return: 4:30 PM (approx)

**Spring Birding Expeditions**  
(ages 16 and up)
Explore New Jersey’s most scenic habitats in search of interesting and unusual birds. “Target” species include colorful warblers, orioles, tanagers, and shorebirds among many others. On some spring day-long excursions we often tally more than 100 species. Participants should bring binoculars and lunch. Transportation via mini bus.

**One 9-Hr & 30-Min Session $39.00 Per Person**
Thompson Pk Estate Grounds Parking Lot  
**Wed, Mar 12 8:00 AM-5:30 PM ........ IM542A**  
**Wed, Apr 9 8:00 AM-5:30 PM .......... IM642A**  
**Wed, Apr 30 8:00 AM-5:30 PM ........ IM742A**  
**Wed, May 14 8:00 AM-5:30 PM .......... IM842A**  
**Wed, May 28 8:00 AM-5:30 PM .......... IM942A**
**NEW** The Adventure Aquarium in Camden, NJ  
(ages 4 and up, under 18 with adult)  
Visit “America's Most Touchable Aquarium!” The Adventure Aquarium features almost 200,000 square feet and over 2 million gallons of marine and wildlife. With five hands-on “touch” exhibits including rays, jellies and sharks, you and your children will learn through up-close and personal experiences! Some of the exhibits include: Shark Realm, which has the largest collection of sharks on the East Coast, Jules Verne Gallery, West African River Experience, Rainforest Rendezvous, Touch-A-Shark, Penguin Island, and more! Price includes aquarium admission and travel by Park System mini-bus. Guests may bring a bagged lunch or purchase food inside the aquarium.

One 6-Hr Session $35.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sat, Apr 26 .............................. XFB42A  
Board: 9:30 AM ........ Return: 3:30 PM (approx)  

**Shofuso Japanese House & Garden**  
(adults)  
Experience the tranquility and harmony of a traditional 17th century style Japanese garden surrounding an authentic shoin-style Japanese house in Fairmount Park, Philadelphia. Fee includes 1-hour tour of the house and garden and 1-hour tea tasting, transportation in Park System mini-bus and leader. Following Shofuso, we will stop at the renowned Fairmount Waterworks for lunch (on your own) and a visit to their Interpretive Center.

$45.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Wed, Apr 30 ............................. IQ042A  
Board: 8:30 AM ........ Return: 5:00 PM (approx)  

**Dolphin Watching Trip to Cape May**  
(ages 11 and up, under 18 with adult)  
Join us as we travel to Cape May to enjoy watching dolphins in their natural marine habitat. In the past, we have seen 100 or more Bottlenose Dolphins, among other species, and occasionally a whale. Bring a friend or just yourself as we enjoy a 3-hour cruise designed for a discreet, up close viewing of marine mammals, which makes an ideal setting for great photography and videos. Hurry, the trip is only open to 12 people. Please bring a bag lunch and money for a boat ticket ($40 for adults and $25 for children ages 7-12). Detailed information via email will precede the trip. Guaranteed sightings of marine mammals. In the unlikely event that dolphins or whales are not spotted, a free return boat ticket will be given.

One 10-Hr Session $41.00 Per Person  
Thompson Pk Old Orchard Parking Lot  
Sat, May 3 9:00 AM-7:00 PM (approx)  ...... IN542A  

**Strawberry Festival-Peddlers Village**  
(all ages, under 18 with adult)  
Spend a spring day at Peddler’s Village in Lahaska, Pennsylvania. Enjoy strawberry treats, musicians and scores of craft people. Rain or shine.

$36.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sat, May 3 ................................. AA442A  
Board: 8:45 AM ........ Return: 5:45 PM (approx)
Lighthouses of New Jersey  
*(all ages, under 18 with adult)*
Join us in our own version of the annual Lighthouse Challenge! Each season we will visit two different New Jersey lighthouses, beginning this spring with Barnegat and Sea Girt Lighthouses. We will be stopping at a local seafood restaurant for lunch (on your own). Both lighthouses are free of charge; however, donations are welcome.

$33.00 Per Person  
**Dorbrook Rec Area Visitor Center Parking Lot**  
Sun, May 4 .................................. AA242A  
Board: 9:30 AM ............ Return: 4:30 PM (approx)

Metropolitan Museum of Art  
*(all ages, under 18 with adult)*
Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. Fee includes bus transportation and Park System leader only; suggested donation for admission is payable at the entrance.

$34.00 Per Person  
**Thompson Pk Estate Grounds Parking Lot**  
Sat, May 10 ......................... AA642A  
Board: 8:15 AM ............ Return: 5:30 PM (approx)

Exploring the Morris Canal - Part 3  
*(adults)*
Eroded by time, the remains of this 19th century engineering marvel can be hard to find, but not if you know where to look! Part 3 of this series features a visit to the inclined plane site in Ledgewood and the restored canal section in Wharton. Although we will be traveling by mini-bus to various locations, this trip involves an appreciable amount of walking, sometimes rustic terrain.

*Please Note: Hiking shoes are highly recommended. Pack a bag lunch.*

$30.00 Per Person  
**Dorbrook Rec Area Visitor Center Parking Lot**  
Sat, May 10 ......................... AA542A  
Board: 8:00 AM ............ Return: 5:00 PM (approx)

Hortulus Farm Garden & Nursery  
*(adults)*
Explore 20 distinct formal gardens and an historic homestead set amidst 100 acres of natural beauty in the rolling hills of Bucks County, Pennsylvania. Following our 2-hour tour, enjoy a delicious boxed lunch on the terrace, then have time on your own to explore the gardens, nursery, or, for an additional $8, the Farm Museum. Wear sensible shoes and be prepared for a good walk in these rolling hills. Fee includes boxed lunch (menu available), Park System leader, mini-bus transportation and 2-hour tour of the gardens including lavish perennial and summer borders, pool and lake gardens, woodland walks, pine and birch allees, and peony, herb and kitchen gardens created and owned by garden designer Renny Reynolds and author Jack Staub.

$70.00 Per Person  
**Thompson Pk Estate Grounds Parking Lot**  
Thu, May 22 ......................... IQ142A  
Board: 8:30 AM ............ Return: 5:00 PM (approx)

Historic Philadelphia  
*(all ages, under 18 with adult)*
Visit the sites of Philadelphia such as the National Constitution Center, Independence Hall, the Liberty Bell, City Tavern, Congress Hall, the Betsy Ross House, and much more. You will be on your own for the day to explore the area including the homes of Elfreth’s Alley (the nation’s oldest continuously occupied residential street). A map will be supplied on the bus. Fee includes transportation and Park System leader. Rain or shine.

$35.00 Per Person  
**Thompson Pk Estate Grounds Parking Lot**  
Sat, Jun 7 ......................... A0643A  
Board: 8:30 AM ............ Return: 5:30 PM (approx)

Baltimore’s Inner Harbor  
*(all ages, under 18 with adult)*
The Inner Harbor has so much to offer! Try the Discovery Channel/Ducks Land and Sea Tours or spend time at the National Aquarium, the Maritime Museum, the Maryland Science Center and the Inner Harbor. For the shopper and sightseer you can visit the Harborplace shops, local art museums, and take a trolley ride. Fee includes bus transportation and Park System leader only. Rain or shine.

$48.00 Per Person  
**Thompson Pk Estate Grounds Parking Lot**  
Sun, Jun 22 ......................... A0443A  
Board: 7:00 AM ............ Return: 7:45 PM (approx)
**SPUR**

Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

**FRIENDS of the Monmouth County Park System, Inc.**

Formed in 1991, the Friends of the Parks is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park system. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The Friends realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, Friends meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed.

The Friends can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the Friends support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Directory and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.

**MCF MONOUTH CONSERVATION FOUNDATION**

Over 200 years ago Monmouth County was a farm community whose entire population could be seated in the present day PNC Arts Center. Now, the county sits in the hearts of the eastern “megalopolis” containing one-fourth of the nation’s population. To the citizens of 1778 there would always be enough land, water, and air. Today we know these resources are finite and delicate.

Thirty years ago, eleven members of the organization’s steering committee signed a certificate on August 1977 naming the Monmouth Conservation Foundation (MCF) as a tax-exempt corporation in the state of New Jersey. Then, as now, the Foundation’s mission was to acquire, hold, preserve and protect the open lands in Monmouth County.

Since its beginning, the Foundation has conveyed to the County of Monmouth and its communities over 4,500 acres of land dedicated to open space preservation. These tracts range in size from one acre to 416 acres.

The rapid changes occurring in the country - from agrarian to residential and industrial - are even more obvious today than they were at the time of the Foundation’s first meeting. Hence, its mission is more important now than ever. The Monmouth Conservation Foundation’s strength in coping with these changes is its ability to act swiftly and impartially, free from bureaucratic and political restraints. In addition, it can commit itself to smaller ancillary projects that may be overlooked by larger organizations.

For more information contact the Monmouth Conservation Foundation at PO Box 4150, Middletown, NJ 07748-4150; call 732-671-7000, email chorrigan@monmouthconservation.org; or visit www.monmouthconservation.org.
Important Notice
Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. Anyone who needs or anticipates a need for special assistance must check with the program organizer prior to registration or the Park System reserves the right to refuse registration.

Participants, Please Note
Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellation Number
The Monmouth County Park System has a phone number which you may call 1 1/2 hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

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. Joseph Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, 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 special accommodations or use a wheelchair, indicate that need at time of registration.

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. Refunds minus a $5 processing fee per program will only be issued for camps or ticketed events if the vacancy can be filled by another participant.
4. For all other programs, a refund minus a $5 processing fee and any non-recoverable expenses (e.g. pre-paid meals, tickets, etc.) will be given with the following advance notice from the registrant:
   • Program or one-day trip: 10 days
   • Multi-day van trip: 30 days
   • Multi-day bus trip: 60 days
5. Refund Payment: If the program/trip fee has been paid with VISA, MasterCard, or Discover, a credit will be issued to that account. If payment has been made by check, money order, or cash, a refund check will be issued.

Vacation Insurance
Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information
Unless otherwise stated, all programs require pre-registration. Registrations are on a first come, first served basis.

Fees
Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to “Board of Recreation Commissioners”.

Registration
You may register:
• Online 24/7 beginning at 8am on February 12. Visit the “Program Registration” page at www.monmouthcountyparks.com to become a registered user.
• By Phone beginning at 8am on February 12. Call 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm. Persons with hearing/speech impairment: TTY/TDD# is 711.
• By Mail beginning at 8am on February 12. Send the Registration Form (next page) with payment to:

Registrations
Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738-1695

Mail registrations are processed as received.
• In Person beginning at 8am on February 12, Monday-Friday, 8am-4:30pm, at Park System Headquarters in Thompson Park on Newman Springs Road, Lincroft.
# Registration Form

**Patron Name**

**Address**

**City/State/Zip**

**Day Phone**  
**Evening Phone**

**Payment Method:**  
- [ ] Check  
- [ ] Visa  
- [ ] MasterCard  
- [ ] Discover

**Card Number**

**Expiration Date**

**CVV (last 3 digits in signature strip on back of card)**

Do you require any special accommodations to participate in this program/activity?  
- [ ] Yes  
- [ ] No

If yes, please specify

<table>
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<tr>
<th>PROGRAM</th>
<th>PROGRAM TITLE</th>
<th>FEE/PERSON</th>
<th>PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)</th>
<th>DATE OF BIRTH (UNDER 18)</th>
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Park Facilities
1. Bayshore Waterfront Park, Port Monmouth
2. Bel-Aire Golf Course, Wall
3. Big Brook Park, Marlboro
4. Charleston Springs Golf Course, Millstone
5. Clayton Park, Upper Freehold
6. Coastal Activity Center, Asbury Park
7. Crosswicks Creek Greenway, Upper Freehold
8. Deep Cut Gardens, Middletown
8. Dorbrook Recreation Area, Colts Neck
10. Fisherman’s Cove Conservation Area, Manasquan
11. Fort Monmouth Recreation Center, Tinton Falls
12. Freehold Boro to Aberdeen to Atlantic Highlands
13. Hartshorne Woods Park, Middletown
14. Henry Hudson Trail, Freehold Boro to Aberdeen to Atlantic Highlands
15. Holmdel Park, Holmdel
16. Historic Longstreet Farm, Holmdel
17. Huber Woods Park, Middletown
18. Historic Monmouth, Upper Freehold
19. Manasquan River Greenway, Freehold to Howell
20. Manasquan River Greenway, Freehold to Howell
21. Manasquan Reservoir, Howell
22. Manasquan Reservoir, Howell
23. Mount Mitchell Scenic Overlook, Atlantic Highlands
24. Middletown
25. Perrineville Lake Park, Millstone
26. Pine Brook Golf Course, Manalapan
27. Seven Presidents Oceanfront Park, Long Branch
28. Southport Park, Freehold Twp.
29. Sunnyside Recreation Area, Middletown
30. Shark River Golf Course, Wall
31. Tatum Park, Middletown
32. Thompson Park, Linocraft
33. Turkey Swamp Park, Freehold Twp.
34. Atlantic Highlands
35. Wetz Park, Ocean Twp.
36. Wetz Park, Ocean Twp.
37. White Oak Park, Wall
38. Wolf Hill Recreation Area, Oceanport
39. Yellow Brook Tract, Howell

Special Use Areas
6. Coastal Activity Center, Asbury Park
8. Deep Cut Gardens, Middletown
11. East Freehold Showgrounds, Freehold Twp.
12. Fisherman’s Cove Conservation Area, Manasquan
14. Henry Hudson Trail, Freehold Boro to Aberdeen to Atlantic Highlands
22. Manasquan River Greenway, Freehold to Howell
23. Monmouth Cove Marina, Port Monmouth
24. Mount Mitchell Scenic Overlook, Atlantic Highlands
30. Sunnyside Recreation Area, Middletown
40. Union Transportation Trail, Upper Freehold

Historic Sites
15. Historic Longstreet Farm, Holmdel
16. Historic Wallingford, Upper Freehold

Undeveloped Sites
37. De Bois Creek Recreation Area, Freehold Twp.
41. Deep Run Recreation Area, Marlboro
38. Metedeconk River Greenway, Freehold to Howell
42. Swimming River Greenway, Tinton Falls
39. Yellow Brook Tract, Howell

Register online at www.monmouthcountyparks.com, call 732-842-4000, ext. 1, or by mail see pages 98-99.
Start planning a summer filled with fun! The Park System’s Children’s Summer Camp Program Directory and complete Summer Program Directory are coming your way soon!

2014 Summer Camp Directory
Release Date: Friday, February 28
Registration Opens: Sunday, March 9

Filled to the brim with more than 300 summer camps and swim lessons, this is your go-to guide to offer a summer filled with memories and new friends for your children. This year’s summer camps include:

• Fashion Camp
• Hunger Games Camp
• Life on the Farm
• Sailing Odyssey
• Star Wars Camp
• And many, many more!

2014 Summer Directory
Release Date: Friday, May 2
Registration Opens: Wednesday, May 7

There’s fun for the whole family this summer with a wide variety of programs for adults and children! From arts & crafts to golf, horticulture to outdoor adventures, sports & fitness to culinary arts, and so much more, there’s something for everyone!
APRIL 2014
Earth Day Weekend
Saturday, April 26
11:00 AM-5:00 PM
Manasquan Reservoir Environmental Center, Howell

Sunday, April 27
11:00 AM-5:00 PM
Various Park System Locations

Great Spring Perennial Plant Swap
Saturday, April 26
10:00 AM-2:00 PM
Deep Cut Gardens, Middletown

Spring Craft Show
Saturday, April 26
9:00 AM-2:00 PM
Tatum Park Red Hill Activity Center, Middletown

Wool Days/Sheep Shearing
Saturday & Sunday, April 26 & 27
12:00-3:00 PM
Historic Longstreet Farm, Holmdel

MAY 2014
Outdoor Adventure Expo
Sunday, May 18
11:00 AM-5:00 PM
Turkey Swamp Park, Freehold

Walnford Day
Sunday, May 18
11:00 AM-5:00 PM
Historic Walnford, Upper Freehold