

Celebrating 60 Years
(1960 - 2020)



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



FALL 2020

REGISTRATION BEGINS AUGUST 19

WWW.MONMOUTHCOUNTYPARKS.COM

Photography Call for Entries



"The Wonder of Nature" at Deep Cut Gardens & the Manasquan Reservoir

Calling all photographers!

Don't miss your opportunity to enter our annual photography exhibitions!

Locations: Deep Cut Gardens, Middletown & Manasquan Reservoir, Howell

Categories: General Photography & Wildlife Photography

Divisions: Youth (all ages up to 17), Amateur & Professional

Each location exhibition is separate from one another.

Each photographer may enter one photo for each category and location per season.

Seasonal Submissions Accepted:

Winter & Spring:
Deadline extended to August 30

Summer:
June 1-August 30, 2020

Fall:
September 1-November 29, 2020

The Deep Cut Gardens exhibit will be hung in the Horticultural Center from January 2-31, 2021.

The Manasquan Reservoir exhibit will be hung in the Environmental Center from February 1-28, 2021.

Rules and entry forms available on
the Deep Cut Gardens and Manasquan Reservoir Environmental Center pages of our website.

www.MonmouthCountyParks.com

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To register for programs starting on August 19, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.
For information about your Monmouth County parks, call 732-842-4000, ext. 4312.

Icon Key


New Program


Online Registration Unavailable

Find us on Social Media:







SEPTEMBER 2020

Wednesday, September 2

- [Awesome Autumn Amble](#) (p. 58)

Sunday, September 6

- [Felting Demonstration](#) (p. 4)

Tuesday, September 8

- [The Casual Birder](#) (p. 11)

Saturday, September 12

- [Accordion Melodies](#) (p. 4)
- [Open Shoot Archery](#) (p. 13)
- [Yarn Bee](#) (p. 4)

Sunday, September 13

- [Climb Time](#) (p. 13)
- [Open Ceramics](#) (p. 35)

Tuesday, September 15

- [The Casual Birder](#) (p. 11)

Wednesday, September 16

- [Awesome Autumn Amble](#) (p. 58)

Thursday, September 17

- [Sea Turtles of Monmouth County](#) (p. 59)

Saturday, September 19

- [Fall Plant Swap](#) (p. 55)
- [Humane Education: It's Cool to Be Kind](#) (p. 27)
- [Roving Golfzilla](#) (p. 13)
- [Smocking Demonstration](#) (p. 4)

Tuesday, September 29

- [The Casual Birder](#) (p. 11)

Wednesday, September 30

- [Awesome Autumn Amble](#) (p. 58)

OCTOBER 2020

Saturday, October 3

- [Timberbrook Triathlon](#) (p. 66)

Sunday, October 4

- [Drop-In Zipline](#) (p. 13)
- [Eek-O-Fabulous Costume Swap](#) (p. 7)
- [Open Ceramics](#) (p. 35)

Wednesday, October 7

- [Sentimental Journey Big Band](#) (p. 64)

Saturday, October 10

- [Accordion Melodies](#) (p. 4)

- [Open Shoot Archery](#) (p. 13)

- [Yarn Bee](#) (p. 4)

Sunday, October 11

- [Climb Time](#) (p. 13)
- [Spinning and Knitting Demonstration](#) (p. 4)

Monday, October 12

- [School's Out Drop-In Day](#) (p. 31)

Tuesday, October 13

- [The Casual Birder](#) (p. 11)

Thursday, October 22

- *Raccoons in Your Backyard* (p. 59)

Saturday, October 24

- *19th Century Woodworking Demonstration* (p. 4)

Sunday, October 25

- *Penny Rug Demonstration* (p. 4)
- *Seashell Sunday* (p. 11)

Tuesday, October 27

- *The Casual Birder* (p. 11)

Wednesday, October 28

- *Awesome Autumn Amble* (p. 58)

NOVEMBER 2020**Sunday, November 1**

- *Open Ceramics* (p. 35)

Wednesday, November 4

- *Awesome Autumn Amble* (p. 58)

Thursday, November 5

- *School's Out Drop-In Day* (p. 31)

Friday, November 6

- *School's Out Drop-In Day* (p. 31)

Saturday, November 7

- *Crochet/Lacemaking Demonstration* (p. 4)
- *Yarn Bee* (p. 4)

Tuesday, November 10

- *The Casual Birder* (p. 11)

Saturday, November 14

- *Accordion Melodies* (p. 4)
- *Open Shoot Archery* (p. 13)

Wednesday, November 18

- *Awesome Autumn Amble* (p. 58)

Thursday, November 19

- *Salamanders of Monmouth County* (p. 59)

Saturday, November 21

- *Wildlife Rehabilitation* (p. 9)



Historic Longstreet Farm, Holmdel, takes you back in time by recreating the sights, sounds and smells of rural Monmouth County in the 1890s. The site is maintained as a living historical farm with the purpose of interpreting the agricultural activities of Monmouth County's rural past. Interpreters in period dress portray both daily and seasonal agricultural and domestic activities. This interpretation includes the breeds of animals and crops raised at this site in the 1890s.

For your safety, as well as the safety of the animals, we ask that visitors do not touch or feed the animals.

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

Felting Demonstration

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

Sunday, September 6, 1:00-3:00 PM

Accordion Melodies of the 1890s

In the mid 19th century the accordion became a favorite of folk musicians. Enjoy the melodies during your visit.

Saturday, September 12, 1:00-3:00 PM

Saturday, October 10, 1:00-3:00 PM

Saturday, November 14, 1:00-3:00 PM

Yarn Bee

(ages 10 and up, under 18 with adult)

Whether starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be on-hand to assist those wanting to learn a new skill. Bring your own supplies, or borrow ours for the session.

Cost: \$5.00 Per Person Per Session

Saturday September 12, 12:00-2:30 PM

Saturday, October 10, 12:00-2:30 PM

Saturday, November 7, 12:00-2:30 PM

Smocking Demonstration

View the lost art of smocking, a decorative embroidery or shirring made by gathering cloth in regularly spaced round tucks which was used as decorative embroidery on children's clothing years ago.

Saturday, September 19, 1:00-3:00 PM

Spinning and Knitting Demonstration

Visit the farm and be inspired to learn an old craft. Jodey Forbes will be demonstrating the art of spinning fleece and then demonstrating various stitches in knitting.

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

19th Century Woodworking Demonstration

Take pleasure in observing the carpenter mastering 19th century woodworking and carving tools.

Saturday, October 24, 12:00-3:00 PM

Penny Rug Demonstration

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

Sunday, October 25, 1:00-3:00 PM

Crochet/Lacemaking Demonstration

Dorothy Gratton will visit Longstreet Farm and demonstrate the art of crochet and lacemaking in the Victorian era.

Saturday, November 7, 1:00-3:00 PM

More Historic Spots in Your Monmouth County Parks...

Historic Walnford, Upper Freehold, is full of fascinating history throughout the year. Any day is a great time to visit this historic site and learn about the Waln family and the evolution of Walnford - from an 18th century industrial village and family farm to an elegant country estate.

At the heart of **Crosswicks Creek Park**, the site showcases over 200 years of social, technological and environmental history through the Waln family. The historic district features a 19th century gristmill, the elegant Waln family home (1773), a carriage house, and an assortment of outbuildings.

The historic buildings are open daily year round from 9:00 AM-4:00 PM.



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

The Park System recently completed a four-year restoration of Battery Lewis which included repairs to the structure, an addition of a 16-inch gun barrel and an interpretive exhibit.

Check out our website for information on tours.



The Seabrook-Wilson House at **Bayshore Waterfront Park**, Port Monmouth, is one of the oldest surviving houses in the region, dating back to the early 1700s. Daniel Seabrook acquired 202 acres on the Bayshore from his stepfather in 1696, and he or his son built the oldest section of the home sometime before 1720. The property remained in the family for several generations. In 1842, William V. Wilson married into the Seabrook family and lived there until the turn of the century. After the Seabrook-Wilson family, several owners operated the house as an inn during the 20th century under names like the Bay Side Manor and White House Tavern. The Park System acquired the building from Middletown Township in 1998 and fully restored it. It now hosts nature and history programs throughout the year.



ARTS & CRAFTS

**Campfire and Sand Casting***(ages 5 and up, with adult)*

Create a lasting memory of your time at the shore. Everyone will take home a plaster cast of your beach treasures. Afterwards, join us around the campfire and get warm and cozy in the sand. One plaster cast per registrant. Campfire is weather permitting only.

One Session \$13.75 Per Person

Bayshore Waterfront Park

Thu, Sep 10 5:30-7:00 PM (approx) U1604A

Seven Presidents Pk North Picnic Tent

Sat, Sep 26 4:30-6:00 PM (approx) U0904A**Celebrate the Great Pumpkin!** *(ages 2-5, with adult)*

Good grief! We all know and love Charlie Brown, a classic American comic strip and cartoon. The fall season isn't complete without a celebration of the beloved Peanuts crew with family and friends. Come enjoy story time together as we read "It's the Great Pumpkin, Charlie Brown," followed by activities and a take-home craft if time allows. This program is a great way to celebrate fall with mom, dad, grandma or grandpa. Held outdoors, this program is subject to weather cancellation.

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Oct 17 10:00-11:00 AM A1304A**Pumpkin Carving in the Park***(ages 3 and up, under 18 with adult)*

Light up your front porch for the harvest season with some spooktacular pumpkin carvings. Create your own design or use one of our traditional or non-traditional designs. One large pumpkin, carving supplies, and hassle-free clean up all included! Additional pumpkins can be reserved when you register for the program.

One Session \$20.00 2-4 Per Family;**\$6.50 Each Additional Pumpkin**

Big Brook Pk Elsas Lodge

Wed, Oct 21 4:30-5:30 PM (approx) U1404X

Holmdel Pk Shelter Bldg

Fri, Oct 16 4:30-5:30 PM (approx) U1304X**The Snowy Day** *(ages 2-5, with adult)*

The Snowy Day, by Ezra Jack Keats, is an important piece of children's literature portraying diverse characters and beautiful collage-style illustrations. It is also the most checked-out book from the New York Public Library! The beloved children's tale chronicles Peter as he explores his very first snow day and the fun that comes along with it! We will begin by reading the story together and follow up with a creative art project. If time allows, we will head outside for a short walk in the park!

One Session \$15.00 Parent/Child \$8.00 Additional Sibling

Dorbrook Rec Area Prog Bldg

Sat, Nov 21 10:00-11:00 AM A5604X**Where the Wild Things Are!***(ages 2-5, with adult)*

Come take a walk on the wild side with us! As a winner of the Caldecott Medal, *Where the Wild Things Are* by Maurice Sendak is celebrated as an imaginative and colorful journey of "King Max" and the Wild Things he meets through his jungle adventure. We will read the story together, play a few games and make a take-home craft if time allows. Please Note: This program is held outdoors and is subject to weather cancellation.

One Session \$15.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Oct 10 10:00-11:00 AM A1204A

FAMILY FUN

Comedy Night *(all ages, under 18 with adult)*

Laugh with us!!! Enjoy a night of family-friendly stand-up comedy, featuring local professional entertainment! Ginger Ninja Productions puts together shows with stand-up comedians who have performed at clubs, casinos, television and film, proving every time that laughter is indeed the best medicine.

This is a free program; however, seating is limited so registration is required.

One Session FREE!

Thompson Pk Theater Barn

Wed, Sep 16 7:00-9:00 PM PA070A

Fall Beach Bonfire *(all ages, under 18 with adult)*

Get cozy and invite new energy as we welcome the cooling seasons at Seven Presidents Ocenfront Park! Dusk will be when the fire is lit, and join in on some roasted marshmallows and cocoa to warm your spirit!

One Session \$12.00 Per Person

Seven Presidents Pk Beach Campfire Area

Sat, Nov 28 4:30-6:00 PM. U1104A

Snuggies, S'mores & Halloween Hiking with Ghost and Goblins*(ages 4-7, with adult)*

Grab your Snuggy and join us with your little one around a campfire at one of your local county parks. We will get you fired up as we search for family friendly ghosts and goblins that float around the hiking trails. Then enjoy the warmth of the fire while nibbling s'mores and sipping hot chocolate. All participants have the option to bring their own Snuggy!

One Session \$15.00 Parent/Child \$9.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Fri, Oct 23 5:30-7:00 PM W2004X

Snuggies, S'mores & Science Experiments*(ages 4-7, with adult)*

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

One Session \$15.00 Parent/Child \$9.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Nov 21 5:30-7:00 PM. W3804X

Re-Spook, Re-Wear, Re-Scare Leek-O-Fabulous Costume Swap

Save the planet and your budget!

Upcycle gently used kids', adults', and even pet costumes for a spooktacular new-to-you ensemble. Costumes must be dropped off in advance at one of the locations below. For each costume you bring, receive a token entitling you to a "new" costume the day of the swap.

Costume Drop-Offs

Monday-Saturday, September 28-October 3, 10:00 AM-4:00 PM

Drop-off Locations:

Huber Woods Environmental Center, Manasquan Reservoir Environmental Center,
Thompson Park Visitor Center, Fort Monmouth Recreation Center.

Fort Monmouth Rec Center will accept costumes from 8:00 AM through closing; call for times.

Swap Date

Sunday, October 4, 12:00-1:30 PM

Location: Fort Monmouth Rec Ctr

Almost due or have a newborn? No token required for baby's costume!

Questions? Please call 848-456-4278, ext. 4#.

HORTICULTURE

Carnivorous Plant Terrarium Build

(ages 6 and up, under 18 with adult)

Carnivorous plants are a beautiful, yet deadly, marvel of nature. Using modified leaves, they catch their insect prey in a specially designed trap. You can now bring these fascinating plants into your home by creating your very own carnivorous plant terrarium. This program includes a terrarium, all planting material, and two carnivorous plants.

One Session \$39.00 Per Person

Clayton Park Act Ctr Classroom 1

Thu, Nov 5 11:00 AM-12:00 PM I0904A

Freneau Wds Pk Vis Ctr Prog Rm 2

Tue, Nov 17 2:00-3:00 PM I1004A

NATURE

Animal Hours at a Park Near You!

(all ages)

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

One Session \$2.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Sep 22 4:15-5:15 PM. IK504A

Big Brook Pk Elsas Lodge

Tue, Oct 20 4:00-5:00 PM. IKF04A

Freneau Wds Pk Vis Ctr Prog Rm 1

Tue, Nov 17 4:00-5:00 PM IKG04A

Blue Planet: Life Near a Fishing Pier

(ages 10 and up, under 18 with adult)

Get your hands wet, no really! This program provides field experience for young scientists to explore the life found in Sandy Hook Bay using the water as a living classroom. We'll set out with nets to find some awesome aquatic animals, both big and small, that live where the land meets the water. Come along and learn what it takes to be a marine scientist along Sandy Hook Bay. Please dress to get wet. Strong winds or inclement weather will cancel the program.

One Session \$9.00 Per Person

Bayshore Waterfront Park Bay House

Sat, Oct 10 11:00 AM-12:00 PM. IK804A

Critters and Jitters

(all ages, under 18 with adult)

Meet the critters that give some people jitters! Enjoy a hayride through the rolling meadows of Huber Woods. Pumpkin picking and a craft are also included for children.

One Session \$10.00 Per Child \$5.00 Per Adult

Huber Wds Env Ctr

Sun, Oct 25 10:00-11:15 AM. IK904X

Sun, Oct 25 11:30 AM-12:45 PM IKA04X

Sun, Oct 25 1:00-2:15 PM. IKB04X

Eco-Sphere: Life In a Jar

(ages 8 and up, under 18 with adult)

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

One Session \$26.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Thu, Nov 12 11:00 AM-12:00 PM I1104A

Explore a Freshwater Pond

(ages 10 and up, under 18 with adult)

SPLASH! What lives in the water? Join a Park Naturalist to find out first-hand the variety of fish, insects, and plants that make up a pond, and witness how they all live together in a wet community. We will have a fun time as we search the water to examine different small critters and observe wildlife in a natural place. This is a hands-on program. Wear old clothes and sneakers, and be ready to have fun.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Sep 19 11:00 AM-12:00 PM. IKN04A

Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the Full Hunter's Moon while we explore the darker side of Freneau Woods Park, a 200+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox. Best of all, after the walk, we will enjoy the sight of the full moon up close by looking through a spotting scope, providing there are not many clouds in the sky of course. Be sure to dress for the weather, and bring a flashlight.

One Session \$9.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Thu, Oct 1 7:00-8:00 PM IK604A

Last Chance Beach Walk



(ages 10 and up, under 18 with adult)

Head out into the last weekend of summer to enjoy the sound of seagulls and the smell of salt air while under the lazy haze of the sun. Enjoy a guided beach walk as we discover tips on finding and identifying mollusks, as well as explain how they live, eat and more. During this one-hour walk, a park naturalist will answer questions and help participants identify shells. The program will cancel due to inclement weather.

One Session \$9.00 Per Person

Bayshore Waterfront Park Bay House

Sat, Sep 19 3:00-4:00 PM IKP04A

Monarch Butterfly Tagging Demo



(ages 8 and up, under 18 with adult)

Monarch butterflies begin their epic migration to Mexico each fall. Scientists learn about this journey by attaching small tags to their wings. Come see how it's done. If you're lucky, you may get to release a monarch on its way. Releases are dependent on weather and availability of butterflies.

Please Note: This is a free program; however, due to limited space registration is required.

Questions? Call 732-751-9453.

One Session FREE!

Clayton Park Act Ctr

Sat, Sep 12 12:00-12:30 PM PI520A

Manasquan Res Env Ctr

Sat, Sep 26 12:00-12:30 PM PI530A

National Wildlife Day

(all ages)

Come join a Park System Naturalist to celebrate National Wildlife Day. Enjoy a live animal show as we meet some of our local wildlife.

One Session \$6.00 Per Person

Manasquan Res Env Ctr

Fri, Sep 4 4:00-5:00 PM I1404A

Wildlife Rehabilitation



(all ages, under 18 with adult)

Saturday, November 21, 2:00-3:00 PM

Freneau Woods Park Visitor Center

With shrinking habitats and increased human interactions, local wildlife often needs a helping hand. Learn from wildlife rehabilitator Melissa Jacobs what to do if you find orphaned or injured wildlife and what you can do to help save them. Donations of the following commonly used supplies will be collected for local wildlife rehabilitation centers:

- Old blankets
- Paper towels
- Pedialyte (clear)
- Animal cages
 - Bleach
 - Lysol spray
 - Garbage bags
- Heating pads (no auto off)/microwaved heating pads
 - Esbilac puppy formula
- Baby food (fruits or veggies, beef or chicken; no mixed flavors)
 - Pedigree dog food
- Nature's Logic cat food or high quality equivalent

Creatures of the Night Wagon Rides

(all ages, under 18 with adult)

Celebrate the fall season with an interactive, family-friendly hayride that is educational, safe, and NON SCARY FUN! Be thoroughly entertained as we put on this year's show themed "Huber Woods High School"! Light refreshments will be provided after your hayride through the fields of Huber Woods. Lap child under age 3 accompanied by paying adult rides free. All rides begin at Huber Woods Environmental Center.

Please Note: Preregistration and check-in before ride is required.

Location: Huber Woods Environmental Center

Cost: \$12.00 Per Person Per Session

Friday, October 9

5:00-6:00 PM #IM304X; 5:30-6:30 PM #IM404X

5:55-6:55 PM #IM504X; 6:20-7:20 PM #IM604X

6:45-7:45 PM #IM704X; 7:10-8:10 PM #IM804X

7:35-8:35 PM #IM904X

Saturday, October 10

4:00-5:00 PM #IMA04X; 4:30-5:30 PM #IMB04X

5:00-6:00 PM #IMC04X; 5:30-6:30 PM #IMD04X

5:55-6:55 PM #IME04X; 6:20-7:20 PM #IMF04X

6:45-7:45 PM #IMG04X; 7:10-8:10 PM #IMH04X

Friday, October 16

5:00-6:00 PM #IMJ04X 5:30-6:30 PM #IMK04X

5:55-6:55 PM #IMM04X; 6:20-7:20 PM #IMN04X

6:45-7:45 PM #IMP04X; 7:10-8:10 PM #IMQ04X

7:35-8:35 PM #IMR04X; 8:00-9:00 PM #IMS04X

Saturday, October 17

4:00-5:00 PM #IMT04X; 4:30-5:30 PM #IMU04X

5:00-6:00 PM #IMV04X; 5:30-6:30 PM #IMW04X

5:55-6:55 PM #IMX04X; 6:20-7:20 PM #IMY04X

6:45-7:45 PM #IMZ04X; 7:10-8:10 PM #IN004X

7:35-8:35 PM #IN104X

Friday, October 23

5:00-6:00 PM #IN204X; 5:30-6:30 PM #IN304X

5:55-6:55 PM #IN404X; 6:20-7:20 PM #IN504X

6:45-7:45 PM #IN604X; 7:10-8:10 PM #IN704X

7:35-8:35 PM #IN804X; 8:00-9:00 PM #IN904X

Saturday, October 24

4:00-5:00 PM #INA04X; 4:30-5:30 PM #INB04X

5:00-6:00 PM #INC04X; 5:30-6:30 PM #IND04X

5:55-6:55 PM #INE04X; 6:30-7:30 PM #INF04X

6:45-7:45 PM #ING04X; 7:10-8:10 PM #INH04X

7:35-8:35 PM #INJ04X



New Moon Nature Walk at Freneau Woods **NEW**

(ages 10 and up, under 18 with adult)

Get outdoors at night and enjoy a guided hike under the darkness of a new moon. Find out what animals are active in the park during this rare opportunity to walk Freneau Woods, a 200+ acre park of woods and wetlands, when it is normally closed. We will stop periodically for natural history moments or special readings. Since it is night time, the pace is slower to enjoy nature. Please remember to bring a flashlight and wear shoes that can get dirty or muddy. The program will cancel due to inclement weather.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Nov 15 6:00-7:00 PM IKK04A

Orionids Meteor Shower Viewing Party **NEW**

(all ages, under 18 with adult)

The Orionid Meteor Shower is one of the most popular celestial events. Each fall, these shooting stars highlight the sky in a wondrous show. Grab your fall gear and a lawn chair if you'd like. Join us as we start off in the fire-heated shelter building, sip on hot cocoa, and take a short walk to view the Meteor Shower.

One Session \$10.00 Per Person

Turkey Swamp Pk Shelter Bldg

Wed, Oct 21 8:30-9:30 PM IK304A



Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Manasquan Reservoir Environmental Center and launch into the Reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$25.00 Per Person

Manasquan Res Env Ctr

Tue, Sep 15 5:30-7:00 PM. I0704A

Wed, Sep 30 5:30-7:00 PM I0804A

The Casual Birder **Free**

(ages 8 and up, under 18 with adult)

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

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

9/8 - Manasquan Res Vis Ctr Parking Area

9/15 - Thompson Pk Marlu Lake Parking Area

9/29 - Big Brook Pk Main Parking Area

10/13 - Dorbrook Rec Area Soccer Field Parking Area

10/27 - Manasquan Res Env Ctr Parking Area

11/10 - Crosswicks Creek Pk Province Line Rd Parking Area

Seashell Sunday **Free**

(all ages, under 18 with adult)

Sunday, October 25, 1:00-2:00 PM

Bayshore Waterfront Park Activity Center

Starting a shell collection this year?

It's the best way to get to know the Jersey Shore.

Want to know where shells come from?

Can't figure out what you found on the beach?

Bring it in and we will tell you all about seashells and how to collect them without harming the environment. Plus we will feature an assortment of mollusks, crustaceans, and other cool beach finds and artifacts to view.

No registration needed, just bring your questions.

OUTDOOR ADVENTURES

Archery Golf**NEW***(ages 10 and up, families, with adult)*

Enjoy archery but want to get your legs moving? While using the premise of disc golf, we will use bows and specially soft-tipped arrows to score each goal. Rounds will be played in double, so bring your friend or family member and challenge each other to see who gets the lowest score. All equipment provided; our instructors will cover the fundamentals including equipment, proper shooting technique, and archery safety.

One Session \$25.00 Per Pair

Big Brook Pk Sunfield Pavilion

Sat, Sep 26 12:00-2:00 PM (approx) U1004A**Family Halloween Camping***(ages 5 and up, families, with adult)*

Spend a spooktacular weekend camping with your family at the Nomoco Activity Area of Turkey Swamp Park. Decorate your tent, carve a pumpkin, play Halloween games, go trick-or-treating, hike the woods at night, and even see a live animal presentation! Each family will be provided with a platform tent, dinner Saturday night and breakfast Sunday morning. Additional camping equipment can be provided upon request.

\$200.00 3-6 Per Family

Turkey Swamp Pk Nomoco Group Campground

Sat, Oct 24-25 12:00 PM-12:00 PM. . . . W1504A**National Grandparent's Day****NEW***(ages 7-9, with adult)*

Create lasting memories with Grandma and Grandpa this fall season. Grandparent(s) and grandchild will have fun as they compete against other grand-couples in a series of fun activities. At the end of the day everyone is a winner as we celebrate national grandparents day with a bring your own lunch around the campfire. Afterwards stick around for a sticky s'mores treat. All activities can be altered to meet a variety of needs.

One Session \$21.00 2 Adults & Junior

Shark River Pk Shelter Bldg

Sun, Sep 13 10:00 AM-12:00 PM W3904A

SPORTS & FITNESS

My Morning Playtime*(ages 3-4, with adult)*

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

Please Note: Parent must be present in the room at all times in order to monitor child behavior. Drop-offs will not be permitted.

Five Sessions \$60.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 16-Oct 14 11:00-11:45 AM X8404A**Wed, Oct 28-Nov 25 11:00-11:45 AM X8704A****Superhero Fun Run***(all ages)*

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 non-competitive 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. Pre-registration is required. For additional information please call Tyler Lucas at 732-542-1642, ext. 25.

One Session \$10.00 Per Person

Dorbrook Rec Area

First Wave

Sat, Oct 3 9:00-10:00 AM XAA04A

Second Wave

Sat, Oct 3 9:20-10:20 AM XAB04A

Third Wave

Sat, Oct 3 9:40-10:40 AM XAC04A

Fourth Wave

Sat, Oct 3 10:00-11:00 AM XAD04A

Outdoor Adventures Drop-In Activities

Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will get to experience the thrill of rock climbing as they make their way to the top of our 25' portable climbing wall.

You must be 42" or taller to climb.

Sunday, September 13, 12:00-4:00 PM at Clayton Park Activity Center

Sunday, October 11, 12:00-4:00 PM at Freneau Woods Park

Drop-In Zipline

(ages 8 and up, with adult)

Experience the thrill of zip-lining! Instructors will outfit you with all safety gear and get you soaring through the sky! All equipment is provided. Participants must wear closed-toe and closed-heel shoes.

For more information, call 732-834-9606, ext. 3, or email jordan.holaday@monmouthcountyparks.com.

Location: Big Brook Park Lower Pond Parking Lot

Fee: \$15 per person, cash or check only; fee includes two rides down the zip-line

October 4, 10:00 AM-2:00 PM (sign-up ends at 1:45 PM)

Open Shoot Archery

(ages 10 and up, under 18 with adult)

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

Location: Thompson Park Activity Barn

Cost: \$10 per person, cash or check only

Dates & Times:

10:00 AM-2:00 PM on Saturday, September 12; Saturday, October 10; and Saturday, November 14

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

Roving Golfzilla

(all ages)

Saturday, September 19, 10:00 AM-1:00 PM

Tatum Park Red Hill Activity Center

Shoot for a green of truly monstrous proportions this summer. Join us for a fun activity and an opportunity to take a shot at Golfzilla. Standing nearly 20 feet tall and 18 feet wide this inflatable target is intended to promote curiosity about the game of golf by using plastic SNAG clubs to hit foam or tennis golf balls.

All are welcome to see if you can hit golf balls through the hands, feet, or mouth of Golfzilla.

This is not designed as an instructional clinic; however, if needed we will teach you the very basics of the golf swing. All equipment is provided.



ARTS & CRAFTS

ART Capades*(ages 2-4, with adult)*

In this class, we're all about the process. Each week children will have a new project, medium and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments and more, little ones will love expressing their creativity! After class, stay and play with the preschool equipment in our classroom as long as you like.

Six Sessions \$65.00 Parent/Child \$50.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm B

Thu, Sep 24-Oct 29 9:30-10:30 AM. M2504X

Thu, Nov 5-Dec 17 9:30-10:30 AM. M2604X

No class 11/26

Craft 'n' Play*(ages 18 months-3 years, with adult)*

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Children will express themselves through crafts while exploring seasons and holidays together, as well as enjoy some time in our play area. We'll wrap up class with a few instructor guided activities in our "little gym", where parents and children are welcome to stay and play on their own.

Fort Monmouth Rec Ctr Prog Rm B

Four Sessions \$55.00 Parent/Child \$42.00 Additional Sibling

Wed, Sep 23-Oct 14 9:30-10:15 AM. M4704X

Wed, Oct 28-Nov 18 9:30-10:15 AM. M4804X

One Session \$19.00 Parent/Child \$15.00 Additional Sibling

Sat, Sep 26 9:30-10:15 AM. M4904X

Sat, Oct 24 9:30-10:15 AM. M5004X

Sat, Nov 21 9:30-10:15 AM. M5104X

Halloween Candy Bowl*(ages 5-10, with adult)*

Enjoy time with your child or grandchild while you paint a spooky ceramic candy bowl. Use it as a decoration or for Halloween treats. The bowl will be kiln fired and ready for pick-up the following week.

One Session \$28.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Oct 10 12:00-1:30 PM. Z1504A

Sat, Oct 17 12:00-1:30 PM. Z1604A

Messy Art Sampler - Outside Adventure!*(ages 18 months-3 yrs, with adult)*

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, squirt guns, balloons and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. Note: in the case of inclement weather, we'll move the class indoors.

Four Sessions \$45.00 Parent/Child \$35.00 Additional Sibling

Fort Monmouth Rec Ctr Prog Rm B

Wed, Sep 23-Oct 14 10:30-11:15 AM. M5404X

Wed, Oct 28-Nov 18 10:30-11:15 AM. M5504X

Sculpt a Pumpkin*(ages 4-7, with adult)*

Start your Halloween festivities by creating a clay pumpkin in our pottery studio. You and your child will learn some hand building techniques, paint and decorate your pumpkin, and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Sun, Oct 11 12:00-1:30 PM. Z1304A

Sun, Oct 11 2:00-3:30 PM. Z1404A

Sculpt a Turkey for Your Table*(ages 4-7, with adult)*

Start celebrating Thanksgiving by creating a clay turkey in our pottery studio. You and your child will learn some hand building techniques, paint and decorate your turkey, and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Sun, Nov 8 12:00-1:30 PM. Z1904A

Sun, Nov 8 2:00-3:30 PM. Z2004A

Thanksgiving Ceramic Plate*(ages 5-10, with adult)*

Have fun together creating a large ceramic plate for your Thanksgiving table. The plate will be kiln fired and ready for pick-up the following week.

One Session \$28.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Nov 7 12:00-1:30 PM. Z1704A

Sat, Nov 7 2:00-3:30 PM. Z1804A

CULINARY ARTS

Wizarding Treats

(ages 8-12, with adult)

This Halloween surprise your friends with edible creations inspired by the Wizarding World of Harry Potter! From the halls of Hogwart's, Professor Dumbledore has officially appointed Chef Stephen as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast.

Today's Menu: Butterbeer, Chocolate Dipped Nimbus 2000s, Sorting Hat Cupcake Cones and Ham & Swiss Howlers

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 24 10:30 AM-2:00 PM. M1604A

EDUCATION & ENRICHMENT

Adventures in Reading

(ages 2-5, with adult)

Reading is fun for everyone! In this series, each session will focus on a certain author, including favorites like Eric Carle and Dr. Seuss. We will read together and follow up with unique games and activities for reinforcement. Sessions taught by a NJ Certified Teacher.

Please Note: This class will take place outdoors and is subject to weather cancellation.

Six Sessions \$58.00 Parent/Child

Thompson Pk Old Orchard Parking Lot

Fri, Oct 9-Nov 13 10:00-11:00 AM A1704A

Beginner Acting

(ages 7-12, with adult)

Children will learn the beginning aspects of acting in this class. Through interactive acting games children will learn how to take direction, how to work together as an ensemble, how to recognize emotions and how to stand up and speak in front of a group. Parents are welcome to participate.

Four Sessions \$40.00 Per Pair

Freneau Wds Pk Vis Ctr Prog Rm 1

Mon, Oct 5-26 4:00-5:30 PM. A9104A

Keyboard Beginnings - Level 2

(ages 4-7, with adult)

This class is a continuation of Keyboard Beginnings Music taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play several songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive music booklet two, flash cards and a concentration game.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Oct 5-Nov 23 5:00-5:45 PM. AAE04A

No class 10/12

Keyboard Beginnings Music

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

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. It is highly recommended that your child has access to a keyboard or piano at home for short follow up assignments in order to receive the full benefits of the class. Parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive a music booklet, crayons, lesson outlines and a rhythm instrument.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Oct 5-Nov 23 4:00-4:45 PM. AAD04A

No class 10/12

Little Learners

(ages 2-4, with adult)

Join us for an introduction to literacy that is fun and engaging for your curious little ones! We will work on reading skills using play, movement, art, stories and circle time activities! It's never too early to introduce your child to literacy in an exciting way that will give them a love for learning and reading! We will be spending much of the session outdoors if the weather allows. Each session will offer a theme linked to each story and is taught by a NJ State Certified Teacher.

Six Sessions \$63.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Sep 9-Oct 14 9:30-10:15 AM A1504A

Wed, Nov 4-Dec 9 9:30-10:15 AM. A1604A

HORTICULTURE

Fall Garden Time Together

(ages 3-5, with adult)

Come discover the garden and see it's fall adornments. Explore our harvest, the colors and the aromas. Go on a walk, hear a story, and engage with a garden craft. All of that and more is awaiting you and your little one at Deep Cut Gardens.

Three Sessions \$40.00 Parent/Child

Deep Cut Gardens Horticultural Center

Mon, Sep 28-Oct 12 9:30-10:45 AM H0504A



NATURE

Frogs, Turtles and Snakes!

(ages 3 and up, under 18 with adult)

Get up close to your favorite native wildlife including live frogs, turtles and snakes. This show is a great way to have fun with the ones your love! Please note: This fee includes one adult with one child.

One Session \$8.50 Per Child

Manasquan Res Env Ctr

Sat, Oct 24 11:00-11:45 AM I1604A

Sat, Oct 24 12:30-1:15 PM I1704A

Sat, Nov 14 11:00-11:45 AM I1804A

Sat, Nov 14 12:30-1:00 PM I1904A

Magic Reindeer!

(ages 3-7, with adult)

Reindeer have special magic this time of year. So let's have some reindeer fun and get ready for the holiday season! Enjoy reindeer crafts, games and make a yummy reindeer treat.

One Session \$12.50 Per Child

Freneau Wds Pk Vis Ctr Prog Rm 1

Sat, Nov 21 11:00 AM-12:00 PM I1504A

So Where Do the Animals Go?

(ages 4 and up, under 18 with adult)

How come you never see a snake in the snow or a frozen frog? Come learn where these animals go and what amazing adaptations they use to get through the cold winter months in this hands on live animal presentation. Then stick around to make your own turtle or snake craft!

One Session \$11.00 Per Child

Huber Wds Env Ctr

Sun, Nov 22 10:00-11:00 AM IKQ04A

NATURE WATCH



In mid to late autumn, **WOOD TURTLES** head back to local streams, such as those at Clayton Park, Upper Freehold, for hibernation. It's the muddy bottoms of streams and creeks they prefer for wintering. In March, they will emerge from hibernation to bask along stream banks and breed as the stream waters begin to warm.



WHY ARE THE SHELLS OF WOOD TURTLES BUMPY?



The upper shell of the wood turtle has a grooved or sculpted appearance and each new season a new pyramid-shaped ridge is formed. As the turtle ages, the surface of the shell becomes smoother.



WHAT DO WOOD TURTLES EAT?



Wood turtles are omnivores and consume items such as leaves, moss, worms and fish.



ARE WOOD TURTLES COMMON IN OUR AREA?



Historically, wood turtles were very common to New Jersey. However, in 1979 they were listed as threatened and continue to be monitored by local biologists.

DID YOU KNOW...

WOOD TURTLE HABITATS MOST OFTEN ARE FAR FROM DEVELOPED OR POPULATED AREAS.

OUTDOOR ADVENTURES

"I Can Ride My Bike All By Myself!"

Private Lessons

(ages 5-9)

Your child's basic bicycle skills will improve as they work side by side with an expert during this private lesson. They will start to develop the essential skills needed to get off those training wheels and onto two wheels. All classes will start in a enclosed area with a hard surface floor. Parents will be asked to assist the instructor as necessary. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

One Session \$85.00 Per Person

Thompson Pk Activity Barn

Sat, Sep 12 10:30-11:30 AM W2704A

Sat, Sep 12 11:45 AM-12:45 PM. W2804A

Sat, Sep 12 1:00-2:00 PM W2904A

Sat, Sep 19 10:30-11:30 AM W3004A

Sat, Sep 19 11:45 AM-12:45 PM. W3104A

Sat, Sep 19 1:00-2:00 PM W3204A

Bicycle Basics: Throw Away Those Training Wheels

(ages 5-9)

Get your child off their training wheels and onto two wheels! Watch their confidence soar during this two day training. They will practice riding in a enclosed area with a hard surface floor. Small classes provide individual attention as the rider builds bicycle skills. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a check up. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet). Parents will be asked to assist the instructor as necessary and to practice riding in between sessions.

Instructor: Wally Tunison

Two Sessions \$45.00 Per Person

Thompson Pk Activity Barn

Sat, Sep 12-19 9:00-10:15 AM. W2504A

Geocaching & Archery Ghost Hunt

(ages 9 and up, under 18 with adult)

I ain't 'fraid of no ghost! Can your family locate all of the ghosts by using handheld GPS units? Once all of the ghost are found, your family will work on their aim as they use our compound bows to shoot the containment units closed and capture disembodied ghouls on our archery range.

One Session \$16.00 Parent/Child \$11.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Oct 25 10:00 AM-12:00 PM W1904X

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a relaxing fall morning with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary with the group's stamina. Additional children under the age of 2 are welcome to join in at no charge.

One Session \$15.00 Parent/Child \$6.00 Additional Sibling

Deep Cut Gardens Outdoor Area

Sat, Sep 19 10:00-11:30 AM W4504X

Thompson Pk Filly Run Parking Lot

Sat, Oct 17 10:00-11:30 AM W4604X

Huber Wds

Sat, Nov 14 10:00-11:30 AM W4704X

Nature Tots & Young Explorers

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young explorer will discover nature and enjoy fun craft activities and stories. Designed for tots with little legs and short attention spans, actual hiking time and distance will vary with the group's stamina. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge.

Three Sessions \$36.00 Parent/Child \$15.00

Additional Sibling

Osprey Series

9/11 - Huber Woods Env Center

9/18 - Bayshore Waterfront Pk

9/25 - Hartshorne Wds Rocky Point

Instructor: Mr. Rocky

Fri, Sep 11-25 10:00-11:30 AM W5004X

Squirrel Series

10/7 - Tatum Pk Red Hill Act Ctr

10/14 - Hartshorne Wds Buttermilk Valley

10/21 - Thompson Pk Old Orchard Lot

Instructor: Mr. Rocky & Miss Donna

Wed, Oct 7-21 10:00-11:30 AM W5104X

Geese Series

11/5 - Shark River Pk Shelter Bldg

11/12 - Holmdel Pk Hilltop Shelter Bldg

11/19 - Manasquan Res Env Ctr

Instructor: Mr. Rocky & Miss Donna

Thu, Nov 5-19 10:00-11:30 AM W5204X

PLAY GROUP

Baby Boomers

(ages 9 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.

\$60.00 Parent/Child

Henry Hudson Trail Act Ctr

Tue, Sep 8-Oct 6 11:00-11:45 AM. X7904A

Tue, Oct 20-Nov 17 11:00-11:45 AM. X8104A

Tatum Pk Holland Act Ctr

Fri, Sep 11-Oct 16 9:15-10:00 AM X9404A

Fri, Oct 23-Nov 20 9:15-10:00 AM X9704A

Growing Together

(ages 2-4, with adult)

Join us this fall as we go outside at Dorbrook Recreation Area to read stories, sing songs and engage in nature-related activities. Then come inside and make a take-home craft together! This mommy and me program is designed to promote outdoor learning through play. Please bring along your smiles and a blanket to sit on while we are outside. All outdoor activities are weather permitting. Sessions are taught by an NJ State Certified Teacher.

Six Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr Parking Lot

Wed, Sep 9-Oct 14 11:15 AM-12:00 PM. . . A1904A

Wed, Oct 28-Dec 2 11:15 AM-12:00 PM. . . A2004A

Let's Play Outside!

(ages 2-4, with adult)

Let's get outdoors in your favorite park! Time spent outside is an important part of childhood development that fosters learning skills. Our instructors will lead you through story time, nature walks or simple songs and activities to make your park visits more creative. All in an open air environment and in small groups. Participants may be asked ahead of time to bring common equipment from home like a blanket. Program may be cancelled due to inclement weather. Activities are subject to change.

Six Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr Parking Lot

Tue, Sep 15-Oct 20 10:00-10:45 AM. . . . A9504A

Wed, Sep 16-Oct 21 10:00-10:45 AM. . . . A9304A

Thu, Sep 17-Oct 22 10:00-10:45 AM. . . . A9604A

Fri, Sep 18-Oct 23 10:00-10:45 AM. . . . A9404A

Thompson Pk Old Orchard Parking Lot

Mon, Sep 14-Oct 26 10:00-10:45 AM. . . . A9204A

No class 10/12

Miss Melissa's Aardvarks*(ages 6 months-5 years, with adult)*

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

Please Note: Registration for each session will close one week prior to the starting date.

Eight Sessions \$140.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Oct 5-Nov 30 10:00-10:45 AM AAS04X
No class 10/12

Mon, Oct 5-Nov 30 4:00-4:45 PM AAT04X
No class 10/12

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Oct 6-Dec 1 9:30-10:15 AM AAU04X
No class 11/3

Tue, Oct 6-Dec 1 10:30-11:15 AM. AAV04X
No class 11/3

Morning Playtime Plus Two*(ages 11 months-3 years, with adult)*

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute.

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

\$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Sep 9-Oct 14 9:15-10:00 AM X8804A
Wed, Oct 21-Nov 18 9:15-10:00 AM X9104A

When You Wish Upon a Star*(ages 2-4, with adult)*

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

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Sep 11-Oct 9 12:30-1:15 PM X6004A

Fri, Oct 23-Nov 20 12:30-1:15 PM X6404A

SPORTS & FITNESS**Baby Boomers***(ages 9 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 Sessions \$60.00 Parent/Child

Henry Hudson Trail Act Ctr

Tue, Sep 8-Oct 6 11:00-11:45 AM. X7904A

Tue, Oct 20-Nov 17 11:00-11:45 AM. X8104A

Tatum Pk Holland Act Ctr

Fri, Sep 11-Oct 16 9:15-10:00 AM X9404A

Fri, Oct 23-Nov 20 9:15-10:00 AM X9704A

Basketball with Me & Dad/Mom*(ages 5-6, with adult)*

Parent and child will have fun while practicing the skills of passing, shooting and dribbling. Parent participation is required.

Four Sessions \$48.00 Parent/Child

Dorbrook Rec Area

Sat, Sep 12-Oct 3 9:00-9:55 AM. X2304A

Sat, Oct 17-Nov 7 9:00-9:55 AM. X6504A

Hat Trick Hockey - Mites

(age 3, with adult)

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

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Sep 26-Oct 24 11:00-11:45 AM X7704A

Sat, Oct 31-Nov 28 11:00-11:45 AM X7504A

Kidz Yoga

(ages 4-6, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared for 4-6 year old children and there are no strict expectations. Come join yoga teacher Kim Buono on the mat for a joyful class.

Eight Sessions \$80.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Sun, Oct 4-Nov 22 9:30-10:15 AM XB404A

Mommy & Me Yoga

(ages 9 months-2 years, with adult)

Mommy & Me Yoga provides moms the opportunity to regain strength and tone muscle while bonding, singing and playing with their babies. This class will allow both mom and baby to benefit from the practice of yoga while providing a comfortable, supportive environment where moms can meet other moms and create special memories with their babies. Please bring a baby blanket and your baby's favorite toy, preferably something you can hold between your toes like baby keys.

Instructor: Kimberly Buono

Eight Sessions \$81.00 Parent/Child

Freneau Wds Pk Vis Ctr Prog Rm 1

Mon, Oct 5-Nov 30 10:15-11:05 AM XB504X

No class 10/12

Morning Playtime

(ages 18 months-3 1/2 years, with adult)

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

Please Note: Parent must be present at all times. No drop-offs are permitted.

\$60.00 Parent/Child

Stage 2

(ages 18 months-2 years, with adult)

Tatum Pk Holland Act Ctr

Wed, Sep 9-Oct 14 10:00-10:45 AM X8904A

Fri, Sep 11-Oct 16 10:00-10:45 AM. X9504A

Wed, Oct 21-Nov 18 10:00-10:45 AM X9204A

Fri, Oct 23-Nov 20 10:00-10:45 AM X9804A

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 16-Oct 14 9:15-10:00 AM X8204A

Wed, Oct 28-Nov 25 9:15-10:00 AM X8504A

Stage 3

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

Dorbrook Rec Area Vis Ctr

Thu, Sep 10-Oct 8 12:00-12:45 PM. X5504A

Thu, Oct 22-Nov 19 12:00-12:45 PM. X5604A

Henry Hudson Trail Act Ctr

Tue, Sep 8-Oct 6 10:00-10:45 AM. X7804A

Tue, Oct 20-Nov 17 10:00-10:45 AM. X8004A

Tatum Pk Holland Act Ctr

Wed, Sep 9-Oct 14 11:00-11:45 AM X9004A

Fri, Sep 11-Oct 16 11:00-11:45 AM. X9604A

Wed, Oct 21-Nov 18 11:00-11:45 AM X9304A

Fri, Oct 23-Nov 20 11:00-11:45 AM X9904A

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 16-Oct 14 10:00-10:45 AM X8304A

Wed, Oct 28-Nov 25 10:00-10:45 AM X8604A

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

Four Sessions \$50.00 Parent/Child

Dorbrook Rec Area

Sat, Sep 12-Oct 3 9:00-9:55 AM. X2404A

Sun, Oct 18-Nov 8 9:00-9:55 AM X7204A

SLEEP UNDER THE STARS



TURKEY SWAMP PARK CAMPGROUNDS

200 Georgia Road
Freehold Township, NJ 07728

For more information:
732-462-7286 • www.MonmouthCountyParks.com

ARTS & CRAFTS

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.

One Session \$19.00 Per Child

Fort Monmouth Rec Ctr Prog Rm A

Art Studio

Create her easel, paintbrush, paint palette and "paint" - everything your doll needs to unleash her inner artist!

Sat, Sep 26 10:30-11:30 AM M0804A**Happy Halloween!**

Your doll will be "tricked" out in a really cool costume sure to get her lots of "treats".

Sat, Oct 24 10:30-11:30 AM M0904A**Fall Fashion**

Design couture your doll will rock on the runway!

Sat, Nov 21 10:30-11:30 AM M1004A**Beginner Sewing***(ages 10-15)*

The art of sewing is always in fashion. This class will help develop core sewing and machine skills while working on real apparel. Participants will choose their project the first day of class and a supply list will be sent home with them according to their choice. Students can bring their own sewing machine or use one of ours during class.

Instructor: Yvonne Thomas

Six Sessions \$78.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 23-Oct 28 6:00-8:00 PM ZB804A**Children's Ceramics***(ages 8-16)*

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

Instructor: Adrienne Spota

Seven Sessions \$84.00 Per Child

Thompson Pk Creative Arts Center

Sat, Sep 12-Oct 24 9:30-11:30 AM ZA304A**Sat, Oct 31-Dec 19 9:30-11:30 AM ZA504A***No class 11/28***Children's Wheel-Thrown Pottery***(ages 11-17)*

Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. Instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome.

Seven Sessions \$126.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Sep 10-Oct 22 4:00-6:00 PM. Z9204A**Thu, Oct 29-Dec 17 4:00-6:00 PM. Z9304A***No class 11/26*

Instructor: John Fossa

Sat, Sep 12-Oct 24 9:00-11:00 AM Z9404A**Sat, Oct 31-Dec 19 9:00-11:00 AM Z9504A***No class 11/28***Color Pencil Basics Workshop***(ages 13-18)*

Color pencil drawing can yield some beautiful finished works and is the perfect medium to introduce color into your drawings. This workshop will focus on how to use color pencil to its fullest potential. All participants will leave with a finished still life drawing. Basic drawing skills are suggested, however not required.

Artist/Instructor: Katie Stone

One Session \$30.00 Per Person

Thompson Pk Creative Arts Center

Mon, Nov 9 4:30-7:00 PM. Z1204A

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Come join us for an afterschool "crafternoon!" Each session will feature a new project to take home. Children will be able to socialize in a casual, art club-like atmosphere to make new friends and let their creativity flow. We will be using lots of different art supplies, so please dress for mess or bring a smock. Participants may be asked to bring simple supplies from home like crayons or scissors and a list will be provided prior to program date.

One Session \$15.00 Per Child

Dorbrook Rec Area Prog Bldg

Halloween Crafternoon

Create a spooky craft just in time for Halloween.

Tue, Oct 27 4:00-5:15 PM A7304A

Thanksgiving Crafternoon

Create a beautiful decoration for Turkey Day!

Tue, Nov 17 4:00-5:15 PM A7404A

Chilly Crafternoon

Celebrate the season with a winter-themed project.

Tue, Dec 1 4:00-5:15 PM A0611A

Entire Series

Register for the entire series and save.

Three Sessions \$40.00 Per Child

Tue, Oct 27-Dec 1 4:00-5:15 PM. A7504A

Friday Evening Pottery

(ages 11 and up)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings, 12 lbs. of clay. Instructor: Kayla Robinson

Seven Sessions \$126.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 11-Oct 23 6:30-8:30 PM Z9004A

Fri, Oct 30-Dec 18 6:30-8:30 PM Z9104A

No class 11/27

Great Impressionism for 4, 5 & 6 Year Olds™

(ages 4-6)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Young artists will paint an excerpt from famous paintings.: Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$58.00 Per Person

Thompson Pk Creative Arts Center

Pissarro's Sunset

Cross' Autumn Landscape

van Gogh's Vase with Oleanders

Pissarro's Young Woman and Child at the Well

Sat, Sep 5-26 11:00 AM-12:00 PM ZA404A

Monet's Giverny in Springtime

Pissarro's Apple Trees, Sunset

van Gogh's Pine Trees against a Red Sky with Setting Sun

Monet's Poplars on the Banks of the Epte

Sat, Oct 10-31 11:00 AM-12:00 PM. ZA204A

Cross' Landscape of Provence 1898

van Gogh's Vase with Roses

Pissarro's View of Bazincourt

Monet's The Japanese Footbridge

Sat, Nov 7-28 11:00 AM-12:00 PM ZA604A

Great Impressionism for Aspiring Young Artists™

(ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Students' paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

Four Sessions \$88.00 Per Person

Thompson Pk Creative Arts Center

Pissarro's Apple Trees, Sunset

Cross' Autumn Landscape

van Gogh's Vase with Oleanders

Pissarro's Young Woman and Child at Well (excerpt only)

Fri, Sep 4-25 4:30-6:30 PM Z9904A

Cross' Landscape of Provence 1898

Pissarro's Sunset

van Gogh's Pine Trees against a Red Sky with Setting Sun

Pissarro's View of Bazincourt

Fri, Oct 2-23 4:30-6:30 PM ZA004A

Cross' Regatta

van Gogh's Vase with Roses

Pissarro's Sunset at Eragny

Monet's The Japanese Footbridge

Fri, Oct 30-Nov 20 4:30-6:30 PM ZA104A

KidzArt Explore

(ages 6-10)

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

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 24-Oct 29 4:15-5:15 PM. ZA904A

Thu, Nov 5-Dec 17 4:15-5:15 PM. ZAA04A

No class 11/26

KidzArt Discover

(ages 3 1/2-5)

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

Six Sessions \$90.00 Per Child

Thompson Pk Vis Ctr Walnut Room

Tue, Sep 22-Oct 27 1:00-2:00 PM. Z6304A

Thompson Pk Vis Ctr Tulip Room

Tue, Nov 3-Dec 8 1:00-2:00 PM. Z6404A

Henry Hudson Trail Act Ctr Craft Room

Wed, Sep 23-Oct 28 1:00-2:00 PM. Z6504A

Wed, Nov 4-Dec 16 1:00-2:00 PM. Z6704A

No class 11/25

KidzArt Painting Workshop

(ages 7-12)

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

One Session \$24.00 Per Child

Thompson Pk Creative Arts Center

Owl on a Branch

Sat, Sep 26 1:30-3:00 PM. Z5904A

Spooky Night

Sat, Oct 24 1:30-3:00 PM. Z6004A

Scarecrow

Sat, Nov 21 1:30-3:00 PM. Z6104A

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think, and enter the creative zone in a relaxed and fun atmosphere. Supply fee of \$8 payable to instructor at first class.

Six Sessions \$90.00 Per Child

Thompson Pk Creative Arts Center

Thu, Sep 24-Oct 29 5:30-6:45 PM. ZAB04A

Thu, Nov 5-Dec 17 5:30-6:45 PM. ZAC04A

No class 11/26

CULINARY ARTS

Create Like Kids' Baking Championship*(ages 10-13)*

Whether you're a fan of the show or just love to bake, throw on your apron and get ready for some hands-on baking! Each week we'll focus on different kinds of treats, including some from the show, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe and more, all while creating a yummy treat to take home.

Four Sessions \$75.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Mon, Sep 21-Oct 19 4:30-6:30 PM M3904A*No class 10/12***Mon, Nov 2-23 4:30-6:30 PM M4004A****Tween Chefs***(ages 10-12)*

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

Four Sessions \$80.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Oct 4-25 10:30 AM-12:00 PM AA804A**Wed, Nov 4-Dec 2 4:30-6:00 PM AA904A***No class 11/11***Young Chefs***(ages 6-9)*

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

One Session \$80.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 30-Oct 21 4:30-6:00 PM AA604A**Sun, Nov 8-29 10:30 AM-12:00 PM. AA704A**

EDUCATION & ENRICHMENT

Back to School Make and Take**NEW***(ages 12 and up, with adult)*

Plants are here not only to sustain us but to provide healing, whether we are enjoying seeing their beauty or inhaling their fragrance. Instructor Amanda Mancini will teach you how to use the healing properties of essential oils to make hand sanitizers, focus and concentration blends and school anxiety blends to take home with you. A handout will be provided.

One Session \$45.00 Per Pair

Freneau Wds Pk Vis Ctr Prog Rm 2

Tue, Sep 15 4:00-5:30 PM. A6504A**Sat, Nov 7 1:30-3:00 PM A6604A****Bee Breath/Humming Breath****Meditation Class****NEW***(ages 8-12)*

In this program we will learn fun breathing techniques such as Bee Breath/Humming Breath, Elevator Breathing, Take Five Breathing and so much more. We will begin each class with a short walk on the trails to see if we can see a frog, a bird, a blooming flower or a beautiful tree. We will then move inside to play our breathing exercises and imagery meditation games. We will finish each class with beaming healing light.

Four Sessions \$40.00 Per Pair

Freneau Wds Pk Vis Ctr Prog Rm 1

Tue, Sep 29-Oct 20 4:00-5:00 PM. A7104A**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 Session \$55.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Oct 17 10:00 AM-12:00 PM. Q2004A

Thompson Pk Vis Ctr Beech Room

Sat, Sep 26 10:00 AM-12:00 PM. Q1804A**Sat, Nov 14 10:00 AM-12:00 PM Q1904A**

Humane Education: It's Cool to Be Kind



(ages 9-14, with adult)

Saturday, September 19, 11:30 AM-12:30 PM

Freneau Woods Park Visitor Center

Animals have no voice, so they need you! Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated.

You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal that you are unfamiliar with. You will also have the opportunity to interact with therapy animals. Presenter provided by the Monmouth County SPCA.

Items to assist with the care of shelter animals will be accepted at the program.

Visit the Monmouth County SPCA website to view items on their wish list.

Developing Your College List

(grades 9-12)

Developing your college list is one of the most critical tasks in the college application process. Students will learn how to identify, research and construct a list of colleges. The class will clarify how to prioritize important factors to consider when evaluating colleges: academics/major, admission requirements, student body size, location, cost, athletics, resources, Greek life, etc. We will discuss the need to identify safety, target and reach schools, and will recommend the number of schools to apply to. We will also review resources (books, websites, Naviance) that are available to assist in research activities. We will identify the differences among the various decision dates (Early Decision I and II, Early Action and Regular Decision and Rolling Admissions), and look at the pros and cons of applying for each.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Sep 17 6:00-7:30 PM A5104A

Guide to Planning for Standardized Tests

(grades 9-12)

Determining which test to take, when, and how often can offer a strategic advantage in the application process. In this class, students will learn about the different types of standardized tests required for most college admissions including PSAT, SAT, ACT, Subject Tests, and AP tests. We will discuss how colleges factor test scores into their admission decisions and how to determine which test(s) a student should take and how often. Test schedules, recommendations for when to take the tests, and the process for test registration will be reviewed. Students will also learn where to find free on-line test preparation materials and practice exams. Additionally, we will discuss strategies for improving test scores such as tracking the questions answered incorrectly on practice exams. Finally, we will recommend study schedules with mock tests.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Oct 1 6:00-7:30 PM A5204A

Meditation Practice for Teens



(grades 9-12)

It is not always possible for us to change certain stresses in our lives such as school, relationships and now social distancing. However, how we deal with stress we can change. Meditation can help redirect our emotions, bring ourselves to center and calm our whole being when we find ourselves in stressful situations. In this class, you will be given the tools you need to develop your own meditation practice so that you may fill yourself with positive energy and let the stress of the world bounce off you more quickly. In this class we will learn breathing exercises, imagery meditation exercises and beaming healing light. Please bring a notebook and pen for your journal.

Four Sessions \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Wed, Oct 14-Nov 4 6:30-8:00 PM AAA04A

The Art of Storytelling

(ages 8-11)

Sharing her own creative process of illustrated fiction writing, painting and drawing, award winning children's author Janine Kimmel will engage children with the art of storytelling and imagery. In this imaginative workshop, Janine will lead students through a magic door, followed by the creation of their own illustrated fiction story. A \$10 supply fee payable to instructor at the beginning of class.

One Session \$30.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Nov 14 1:00-3:30 PM. A5304A

OUTDOOR ADVENTURES

Big Brook Park Haunted Zipline

(ages 8-12)

Experience a family friendly, spooky themed zip line adventure. Your senses will be heightened as you zip through the dark and brave the spooky creatures of Big Brook Park. A thrill for experienced and first time adventurers.

One Session \$25.00 Per Child

Big Brook Pk Sunfield Pavilion

Wed, Oct 21 6:00-8:00 PM (approx) U0704A

Sat, Oct 24 6:00-8:00 PM (approx) U1204A

Family Paper Turkey Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect turkey for your holiday feast. Our turkey targets are not edible but, your family can locate them by using handheld GPS units. After all the turkeys have been found. Your family will work on their aim as you use our compound bows to shoot the paper turkey targets at our archery range. No turkeys are harmed during this event.

One Session \$16.00 Parent/Child \$11.00 Additional Person

Thompson Pk Activity Barn

Sat, Nov 21 10:00 AM-12:00 PM W2104X

Paint by Arrow

(ages 10 and up)

Create a spectacular piece of art in a fun and unique way! Learn the basics of archery and use your archery skills to pop balloons and create a masterpiece.

One Session \$22.75 Per Person

Big Brook Pk Sunfield Pavilion

Tue, Sep 15 4:30-6:30 PM. U0404A

Pepperoni Pizza & Archery Social

(ages 9-11)

Enjoy a slice of pepperoni pizza with new friends as you celebrate your achievements on our archery range. You will learn the basic of archery from our experienced Outdoor Adventure staff. Afterwards work on your socialization skills over a slice of delicious pizza. Take plenty of photos and post to social media using #PepperoniPizzaDay and #Archery.

One Session \$24.00 Per Child

Thompson Pk Activity Barn

Sun, Sep 20 11:00 AM-1:00 PM W5504A

Positive Encouragement, Goal Setting and Support in an Ever Changing World

(ages 12-15)

Experience the outdoors in an environment filled with support and encouragement. Set goals, ask for help and lend a hand to help others succeed on our adventure based challenge course. Climb 28' in the air and take a leap of faith as move beyond your fears and gain self-confidence. Your adventure ends with a ride down our zipline and into the support of new and old friends. Register a friend and receive a discount!

One Session \$33.00 Per Person \$27.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Sat, Nov 7 10:00 AM-2:30 PM W6304X

Take a Shot: Archery Intro Series

(ages 10-17)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this 3-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$50.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 7-21 4:30-6:30 PM W5904A

Take a Shot: Intro to Archery

(ages 10-17)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 10 4:30-6:30 PM W4904A

Youth Mountain Biking 1.0

(ages 9-11)

Hit the trails on your bike with our expert mountain bike guide! Practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending, and navigating minor obstacles on the trail. We'll also go over important communication skills, trail etiquette, falls and recoveries. And finally, we'll practice all these new skills on a beginner friendly trail ride! We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

Two Sessions \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 3-17 9:30-11:30 AM. W5404A*No class 10/10***Zombie Archery**

(ages 8-12)

Zombies are everywhere! Use your new archery skills to defeat the zombie horde. Staff will provide archery instruction and then facilitate zombie games! Disclaimer: No zombies will be harmed in this program.

One Session \$19.00 Per Person

Big Brook Pk Sunfield Pavilion

Sat, Oct 24 3:30-5:30 PM U1704A**Wed, Oct 28 4:30-6:30 PM U0604A****PERFORMING ARTS****Drama for Tots: The Puppets**

(ages 5-7)

This class will begin the creative processes of art and the performing arts for young children. We will make our very own puppet. We will have an actor's warm-up of voice, movement, imagination and the playing our favorite acting games. We will bring our puppets to life with development of stories and songs to perform in the final performance on the last day of class. Please pack lunch/snacks and water bottle.

Five Sessions \$125.00 Per Person

Tatum Pk Red Hill AC

Sun, Sep 27-Oct 25 1:00-4:00 PM. ABP04A**Sat, Oct 3-Nov 7 11:00 AM-2:00 PM ABN04A***No class 10/31***Hip Hop**

(ages 5-7)

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

Instructor: Pam Rainey Rogers

Six Sessions \$69.00 Per Child

(ages 5-7)

Fort Monmouth Rec Ctr Gym B

Thu, Sep 17-Oct 22 4:30-5:15 PM. M4304A**Thu, Sep 17-Oct 22 5:30-6:15 PM. M4504A****Thu, Oct 29-Dec 17 4:30-5:15 PM. M4404A***No class 11/5 & 11/26***Thu, Oct 29-Dec 17 5:30-6:15 PM. M4604A***No class 11/5 & 11/26***Little Dancers 1**

(ages 5-6)

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

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Sep 24-Dec 3 3:45-4:30 PM ABH04A*No class 11/26*

Little Dancers 2

(ages 6-7)

In this more advanced class, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed as well as grace and confidence. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers 1 (September through May) or teacher's recommendation.

Ten Sessions \$140.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Sep 22-Dec 1 4:00-5:00 PM ABF04A

No class 11/3

Thu, Sep 24-Dec 3 4:30-5:30 PM ABG04A

No class 11/26

Little Dancers 3

(ages 7-8)

With a good dance foundation, these preteens will continue to advance their skills and abilities. Jazz, ballet, and tap dance technique will be added with emphasis on combinations. New rhythms and styles will be introduced. Ms. Michele expects students to build ability and memorization skills. Students please wear black jazz shoes, black yoga pants, leotard and black low heel jazz style tap shoes.

Pre-requisite: Completion of Little Dancers 2 (September through May) or teacher's recommendation.

Ten Sessions \$140.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Sep 22-Dec 1 5:00-6:00 PM ABJ04A

No class 11/3

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 instructor Michele Neiberlien will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment is emphasized. Little dancers should be potty trained and wear leotard/tights and ballet shoes; no slippers please. Please also secure hair away from face.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 22-Dec 1 9:15-10:00 AM ABA04A

No class 11/3

Tue, Sep 22-Dec 1 10:00-10:45 AM. ABB04A

No class 11/3

Tue, Sep 22-Dec 1 3:15-4:00 PM ABC04A

No class 11/3

Tots in Tutus II

(ages 4-5)

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

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 22-Dec 1 10:45-11:30 AM. ABD04A

No class 11/3

Thu, Sep 24-Dec 3 3:00-3:45 PM ABE04A

No class 11/26

SPORTS & FITNESS

After School Tennis

(ages 6-11)

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. Racquets are provided if needed.

Eight Sessions \$88.00 Per Child

Dorbrook Rec Area

Mon, Wed, Sep 14-Oct 7 4:30-5:25 PM. . . .X4104A

Tue, Thu, Sep 15-Oct 8 4:30-5:25 PM. . . .X4304A

Baseball FUNDamentals

(ages 6-8)

Learn the fundamentals of baseball in this fun, noncompetitive program. Our instructors will cover batting, fielding and base running, as well as the rules of the game.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Sat, Sep 12-Oct 3 12:00-12:55 PM X2904A

Sat, Oct 17-Nov 7 12:00-12:55 PM X7004A

Basketball FUNdamentals

(ages 6-8)

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

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Sat, Sep 12-Oct 3 10:00-10:55 AM X2504A

Mon, Sep 14-Oct 5 4:00-4:55 PM X3304A

Sat, Oct 17-Nov 7 10:00-10:55 AM X6604A

Cool Runners Fitness Run for Fun

(grades K-8)

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

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

Six Sessions \$108.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Sep 15-Oct 20 5:30-6:30 PM XBB04A

Fri, Sep 18-Oct 23 5:30-6:30 PM XBC04A

Sun, Sep 20-Oct 25 9:30-10:30 AM. XBD04A

Wolf Hill Recreation Area Outdoor Area

Thu, Sep 17-Oct 22 5:30-6:30 PM. XBE04A

Five 4 One Sports:

(Formerly Known as Wee Sports)

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

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

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Fri, Sep 11-Oct 9 9:30-10:15 AM X5704A

Fri, Sep 11-Oct 9 10:30-11:15 AM X5804A

Fri, Oct 23-Nov 20 9:30-10:15 AM X6104A

Fri, Oct 23-Nov 20 10:30-11:15 AM X6204A

Flag Football

(ages 7-12)

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 Sessions \$48.00 Per Person

Dorbrook Rec Area

(ages 7-9)

Wed, Sep 16-Oct 7 4:00-4:55 PM X3704A

(ages 9-12)

Wed, Sep 16-Oct 7 5:00-5:55 PM X3804A

SCHOOL'S OUT DROP-IN DAYS

(ages 5-10, with adult)

Monday, October 12, 9:00 AM-4:00 PM

Thursday & Friday, November 5 & 6, 9:00 AM-4:00 PM

Fort Monmouth Recreation Center, Tinton Falls

You won't be bored on your day off from school!

We've got Exploration Stations, Building Fun, Brain Games and Creative Crafts, plus the Games Lobby. Activities are designed for kids ages 5-10, and you can switch between activities as often as you like.

Please Note: This is a self-guided program, so adults, please make sure one of you stays in the building.

Cost: \$5 per child (each session)

For more information, contact 848-456-4278, ext. 4#, or Ann.Sage@monmouthcountyparks.com.

Future Stars of Tomorrow

(ages 3-5)

Start 'em young! Your future stars will have fun playing familiar classics, as well as new creative games. We use music, imagination, and fun equipment to engage your child. These activities will enhance eye-hand coordination, gross motor skills, and most importantly teamwork and socialization with others. This is a great drop off experience for your child to meet and play with other children of similar age. Parents welcome at the first session. After the first session children will be on their own, however, parent must stay on site.

Five Sessions \$60.00 Per Child

Dorbrook Rec Area Vis Ctr

Fri, Sep 11-Oct 9 11:30 AM-12:15 PM X5904A

Fri, Oct 23-Nov 20 11:30 AM-12:15 PM . . .X6304A

Girls Basketball FUNdamentals

(ages 6-9)

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

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Mon, Sep 14-Oct 5 5:00-5:55 PM X3404A

Sat, Oct 17-Nov 7 11:00-11:55 AM X6804A

Hat Trick Hockey - Floor

(ages 4-6)

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

Five Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Oct 31-Nov 28 12:00-12:55 PM X7604A

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 Sessions \$48.00 Per Person

Dorbrook Rec Area

Sat, Sep 12-Oct 3 11:00-11:55 AM X2704A

Pre-Teen Tennis

(ages 10-13)

Class is open to players that have had little or no tennis experience. Participants receive expert instruction in a small class. Work on proper grip and stance while developing your stroke techniques, while leaving time for match play.

Five Sessions \$55.00 Per Person

Dorbrook Rec Area

Sat, Sep 26-Oct 24 11:00-11:45 AM X4604A

Sports FUNdamentals

(ages 3-5)

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, wiffleball, kickball, pillo polo and more.

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Sep 12-Oct 10 10:00-10:55 AM X5104A

Sat, Sep 12-Oct 10 11:00-11:55 AM X5204A

Sat, Oct 24-Nov 21 10:00-10:55 AM X5304A

Sat, Oct 24-Nov 21 11:00-11:55 AM X5404A

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 Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Sep 12-Oct 3 10:00-10:55 AM X2604A

Sat, Sep 12-Oct 3 11:00-11:55 AM X2804A

Sun, Sep 13-Oct 4 9:00-9:55 AM X3004A

Sun, Sep 13-Oct 4 10:00-10:55 AM. X3104A

Sun, Sep 13-Oct 4 11:00-11:55 AM. X3204A

Tue, Sep 15-Oct 6 4:00-4:55 PM. X3504A

Tue, Sep 15-Oct 6 5:00-5:55 PM. X3604A

Sat, Oct 17-Nov 7 10:00-10:55 AM X6704A

Sun, Oct 18-Nov 8 11:00-11:55 AM X7404A

Wolf Hill Recreation Area

Thu, Sep 17-Oct 8 4:00-4:55 PM X3904A

T-Ball 2

(ages 4-5)

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

Four Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Oct 17-Nov 7 11:00-11:55 AM X6904A

Sun, Oct 18-Nov 8 10:00-10:55 AM X7304A

Teen Yoga at the Shore

(ages 12-18)

Teenage years consist of constant physical, mental, and emotional change. Combine these changes with class work, the pressure to fit in, and a hectic schedule and you can easily find yourself feeling tired, anxious, and stressed. Tap into the combined effect of yoga and calming oceanfront to increase stability and joy through change. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center.

Instructor: Shannon Nelson

Six Sessions \$78.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Oct 5-Nov 16 5:00-6:00 PM XA604A

No class 10/12

Mon, Nov 23-Dec 28 5:00-6:00 PM XA704A



Tikes Tennis

(ages 7-9)

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

Five Sessions \$55.00 Per Person

Dorbrook Rec Area

Sat, Sep 26-Oct 24 10:00-10:50 AM X4504A



ACTIVE ADULTS 55+

Chair Yoga*(adults)*

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

Instructor: Kimberly Buono

Eight Sessions \$104.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Mon, Oct 5-Nov 30 9:00-10:00 AM XB304X*No class 10/12***Coffee & Canvas***(adults)*

Add some color to your day with a paint party! Relax and socialize as you create a guided work of art, just like those evening paint and sip classes. No art experience needed, the artist will give step-by-step instruction. Sip coffee (or tea!), nibble on a tasty treat, and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Mon, Oct 19 9:30-11:30 AM M4104A**Mon, Nov 16 9:30-11:30 AM M4204A****Sat, Oct 17 10:00 AM-12:00 PM M5804A****Sat, Nov 14 10:00 AM-12:00 PM M5904A****Fall Senior Hikers***(ages 55 and up)*

Enjoy weekly hikes at a relaxed pace on beautiful wooded trails in parks in Monmouth County. Hiking boots and walking poles are recommended. A schedule of locations and dates will be included with your receipt.

*Location Varies Week to Week***Level .75 – Tuesdays**

These hikes are at a comfortable pace and go from 1 ½ to 2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiking Program.

Sixteen Sessions \$80.00 Per Person**Tue, Sep 1-Dec 15 11:30 AM-12:30 PM . . D1504A****Level 1 – Tuesdays**

Hikes cover 3 to 3 ½ miles in 1 ½ hours. Level 1 is at a more comfortable pace than Level 2, but longer and more brisk than Level .75.

Sixteen Sessions \$80.00 Per Person**Tue, Sep 1-Dec 15 9:30-11:00 AM D1404A****Level 1 – Thursdays**

Hikes cover 3 to 3 ½ miles in 1 ½ hours. Level 1 is a slower pace and shorter distance than Level 2, but is more brisk than Level .75.

Fifteen Sessions \$75.00 Per Person*Location Varies Week to Week***Thu, Sep 3-Dec 17 9:30-11:00 AM D1704A***No hike 11/26***Level 2 – Fridays**

Hikes cover 4 ½ to 5 miles in 2 hours. Level 2 Hikes are at a more comfortable pace than Level 3 or 4, but longer and more brisk than Level 1.

Sixteen Sessions \$80.00 Per Person**Fri, Sep 4-Dec 18 9:30-11:30 AM D1804A****Level 2 – Wednesdays**

Hikes cover 4 ½ to 5 miles in 2 hours. Level 2 Hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

Sixteen Sessions \$80.00 Per Person**Wed, Sep 2-Dec 16 9:30-11:30 AM D1604A****Level 3 – Tuesdays**

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

Fifteen Sessions \$75.00 Per Person**Tue, Sep 15-Dec 22 9:30-11:30 AM D1304A****Level 4 – Mondays**

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

Fifteen Sessions \$75.00 Per Person**Mon, Sep 14-Dec 21 9:30-11:30 AM D1204A**

Gentle Aerobics

(all ages)

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

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$54.00 Per Person

Thu, Nov 12-Dec 17 10:30-11:15 AM XC404A

Seven Sessions \$63.00 Per Person

Thu, Sep 17-Oct 29 10:30-11:15 AM XC304A

Gentle Yoga

(adults)

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

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

Six Sessions \$78.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Oct 2-Nov 6 12:00-1:00 PM XAV04A

Tatum Pk Holland Act Ctr

Mon, Oct 5-Nov 16 1:00-2:00 PM XAS04A

No class 10/12

Stronger for Longer

(ages 55 and up)

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

Six Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 14-Oct 26 12:00-1:00 PM D2204A

No class 10/12

Mon, Nov 16-Dec 21 12:00-1:00 PM D2304A

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Sep 8-Oct 20 7:00-10:00 PM. Z5304A

Tue, Oct 27-Dec 15 7:00-10:00 PM Z5404A

No class 11/24

Instructor: Don Bradford

Thu, Sep 10-Oct 22 6:30-9:30 PM. Z5504A

Thu, Oct 29-Dec 17 6:30-9:30 PM. Z5604A

No class 11/26

Open Ceramics

(all ages, under 12 with adult)

Sunday, September 13, 12:30-4:30 PM

Sunday, October 4, 12:30-4:30 PM

Sunday, November 1, 12:30-4:30 PM

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 friends and let your creative juices flow.

Leave your piece with us and we will have it fired in about a week.

Cost: \$6.00 per hour, plus cost of bisque ware (cash or check only)

**For further information, contact
Christina Carlson at 732-842-4000, ext.3343, 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.

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Sep 8-Oct 20 4:00-7:00 PM. Z3304A

Tue, Oct 27-Dec 15 4:00-7:00 PM. Z3504A

No class 11/24

Instructor: Joanne Traskiewicz

Wed, Sep 9-Oct 21 9:00 AM-12:00 PM. . . .Z3404A

Wed, Oct 28-Dec 16 9:00 AM-12:00 PM. . . .Z3604A

No class 11/25

Wed, Sep 9-Oct 21 1:00-4:00 PM. Z3704A

Wed, Oct 28-Dec 16 1:00-4:00 PM. Z3804A

No class 11/25

Instructor: Mary Leather

Wed, Sep 9-Oct 21 6:30-9:30 PM. Z3904A

Wed, Oct 28-Dec 16 6:30-9:30 PM. Z4004A

No class 11/25

Instructor: Joyce Nokes

Fri, Sep 11-Oct 23 9:00 AM-12:00 PM. . . .Z4104A

Fri, Oct 30-Dec 18 9:00 AM-12:00 PM. . . .Z4204A

No class 11/27

Fri, Sep 11-Oct 23 1:00-4:00 PM. Z4304A

Fri, Oct 30-Dec 18 1:00-4:00 PM. Z4404A

No class 11/27

Instructor: John Fossa

Sat, Sep 12-Oct 24 11:30 AM-2:30 PM. . . .Z4504A

Sat, Oct 31-Dec 19 11:30 AM-2:30 PM. . . .Z4604A

No class 11/28

Instructor: Laura Copeland

Mon, Sep 14-Oct 26 9:00 AM-12:00 PM. . . .Z4704A

Mon, Nov 2-Dec 14 9:00 AM-12:00 PM. . . .Z4804A

Instructor: Helen Cole

Mon, Sep 14-Oct 26 1:00-4:00 PM. Z4904A

Mon, Nov 2-Dec 14 1:00-4:00 PM. Z5004A

Mon, Sep 14-Oct 26 6:00-9:00 PM. Z5104A

Mon, Nov 2-Dec 14 6:00-9:00 PM. Z5204A

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and 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.

Instructor: Sue Johnson

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 8-Oct 20 9:00 AM-1:00 PM. Z6204A

Tue, Oct 27-Dec 15 9:00 AM-1:00 PM. . . .Z6604A

No class 11/24

Ceramic Arts

(adults)

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

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 22 9:00 AM-12:00 PM. . . .ZA704A

Thu, Oct 29-Dec 17 9:00 AM-12:00 PM. . . .ZA804A

No class 11/26

Raku Pottery

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch.

Instructor: Christina Carlson

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 22 9:30 AM-12:30 PM. . . .Z8804A

Thu, Oct 29-Dec 17 9:30 AM-12:30 PM. . . .Z8904A

No class 11/26

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. Class includes 25 lbs. of clay, glazes and firings.

Instructor: Kathy Bennett

Seven Sessions \$175.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 9-Oct 21 1:00-4:00 PM Z2904A

Wed, Sep 9-Oct 21 6:30-9:30 PM ZBC04A

Wed, Oct 28-Dec 16 1:00-4:00 PM ZBB04A

No class 11/25

Wed, Oct 28-Dec 16 6:30-9:30 PM Z3004A

No class 11/25

DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak

One Session \$35.00 Per Person

Thompson Pk Creative Arts Center

Monet's Flowers on the Banks of Seine near Vetheuil

Sat, Sep 12 2:00-5:00 PM ZAD04A

Cross' Regatta

Sun, Sep 13 2:00-5:00 PM ZAE04A

Cross' Landscape of Provence 1898

Sat, Sep 26 2:00-5:00 PM ZAF04A

Pissarro's Apple Trees, Sunset Eragny

Sat, Oct 10 2:00-5:00 PM ZAG04A

Cezanne's Tulips in a Vase

Sun, Oct 11 2:00-5:00 PM ZAH04A

van Gogh's Vase with Oleanders and Books

Sat, Oct 24 2:00-5:00 PM ZAJ04A

van Gogh's Starry Night

Sat, Nov 7 2:00-5:00 PM ZAK04A

Monet's Meadow with Poplars

Sat, Nov 21 2:00-5:00 PM ZAM04A

van Gogh's Three Sunflowers in a Vase

Sun, Nov 22 2:00-5:00 PM ZAN04A

A Night in the Arts

(adults)

Join us for our first lecture of a series of Art History presentations offered here at the Creative Arts Center. Presenter, Jennifer Santa Maria, will walk participants through how the concepts of beauty have changed throughout history and its affect on the arts. Traveling from prehistoric times to the renaissance, become acquainted with history's most defining art masterpieces and see just how true it is; beauty really is in the eye of beholder.

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Mon, Nov 2 5:00-7:00 PM. ZBA04A

Drawing Sampler



(adults)

Nervous about committing to a 6 week drawing class, but always wanted to learn some of the basics of drawing? Come to our one day drawing workshop and explore the medium. It's the perfect opportunity to decide if a drawing class is a good fit for you. This class will address the basics of some drawing principles including drawing from observation, understanding shadow and highlights, as well as foundational concepts, such as negative space and breaking forms down into simplified shapes. All supplies including drawing papers, charcoals, and a range of pencils will be provided so you can decide if you enjoy the medium before making a more serious investment.

Artist/Instructor: Katie Stone

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 14 1:00-3:30 PM Z1004A

Evening Watercolor Studio

(adults)

Do you need a little more time to paint? This studio time is perfect for watercolor artists who wish to paint in a community atmosphere with the guidance of a professional watercolor artist. Get tips on improving composition and finding new, creative approaches to your painting. Bring your supplies, current project or references to class.

Instructor: MaryAnn Goodwin

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 8-Oct 13 7:30-9:30 PM. Z8204A

Tue, Oct 27-Dec 8 7:30-9:30 PM. Z8304A

No class 11/24

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. Instructor: Maryann Goodwin

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 8-Oct 13 5:30-7:30 PM. Z7604A

Tue, Oct 27-Dec 8 5:30-7:30 PM. Z7804A

No class 11/24

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists exclusive Interpretive Impressionism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, bring your own 11x14 canvas to class. Returning students may bring in a print of their own painting choice if they completed the painting selections.

Artist/Instructor: Debra Stasiak

Four Sessions \$94.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Vase with Oleanders and Books

Pissarro's Apple Trees, Sunset

Fri, Sep 4-25 10:00 AM-12:00 PM. Z9604A

Monet's Flowers on the Banks of Seine near Vetheuil

Cross' Landscape of Provence 1898

Fri, Oct 2-23 10:00 AM-12:00 PM. Z9704A

Pissarro's Sunset

Pissarro's Young Women and Child at the Well

Fri, Oct 30-Nov 20 10:00 AM-12:00 PM . . .Z9804A

Intermediate Drawing

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 17-Oct 22 1:00-3:00 PM. Z0504A

Thu, Nov 5-Dec 17 1:00-3:00 PM. Z0604A

No class 11/26

Intro to Drawing

(adults)

Ever wanted to learn to draw? In this beginner class, we will cover the fundamentals of drawing including shading, composition and line. No prior experience is necessary. A supply list will be provided upon registration.

Artist/Instructor: MaryAnn Goodwin

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 15 6:30-8:30 PM. Z8604A

Thu, Oct 29-Dec 10 6:30-8:30 PM. Z8704A

No class 11/26

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.

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Artist/Instructor: Katie Stone

Tue, Sep 15-Oct 20 9:00-11:00 AM. Z0104A

Tue, Nov 10-Dec 15 9:00-11:00 AM Z0204A

Artist/Instructor: TBA

Thu, Sep 17-Oct 22 6:30-8:30 PM. Z0804A

Thu, Nov 5-Dec 17 6:30-8:30 PM Z0904A

No class 11/26

Oil Painting Techniques

(adults)

Confidence is taught by proper structure of technique and application of the materials. Through this hands-on-course, students will learn diverse painting styles, as well as various master techniques. We will cover concepts such as: working lean to fat, impasto, Alla Prima and under painting specific for each image and subject within the image. Finished paintings will be 5x7 or 8 x10 in size with references provided by your instructor in the step by step structured class. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello, Professional Artist, MFA

LightScapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 18-Oct 30 10:00 AM-12:30 PM . . .Z8404A

No class 10/23

Fri, Nov 6-Dec 18 10:00 AM-12:30 PM. . . .Z8504A

No class 11/27



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 Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 15-Oct 20 11:30 AM-1:30 PM . . .Z0304A

Tue, Nov 10-Dec 15 11:30 AM-1:30 PM . . .Z2104A

Tue, Sep 15-Oct 20 2:00-4:00 PM Z2204A

Tue, Nov 10-Dec 15 2:00-4:00 PM Z0404A

Pastel Impressionism

(adults)

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

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 14-Oct 26 10:00 AM-12:30 PM . .Z6804A

No class 10/19

Mon, Nov 2-Dec 14 10:00 AM-12:30 PM . .Z6904A

No class 11/23

Perspective 101

(adults)

Proper use of perspective can take your drawing or painting to the next level, making it appear dimensional and creating a sense of space. It's a tool that can dramatically improve your work. But without the proper approach and knowledge, perspective can feel overwhelming and daunting. This one day workshop can help begin to unlock the joys and challenges of using this mathematical drawing system, with a simple approach that builds upon the levels of perspective from beginner to advanced techniques. Whether, brand new to perspective or somewhat familiar, this class is the perfect first step on your journey into the world of perspective. All that's needed is a pencil, paper and ruler.

Artist/Instructor: Katie Stone

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 14 1:00-4:00 PM Z1104A

Plein Air by the Sea

(adults)

Learn how to paint and draw from life not from a photo. The impressionists painted this way "Alla Prima" with a limited palette, dynamic compositions and dramatic lighting from the sun. See why learning to make art from nature will teach you to see true color and intern you will learn how to mix those colors first hand. Indoor and outdoor options at the Manasquan Inlet. Our indoor facility has amazing vistas so bring your own media of choice and all your supplies you will need to create your art. Lessons will be well structured with demonstrations weekly. New techniques will be introduced on composition, values, color theory and applications of media. All levels always welcomed.

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

Six Sessions \$120.00 Per Person

Fisherman's Cove Act Ctr

Thu, Sep 17-Oct 29 10:00 AM-12:30 PM . .Z8004A

No class 10/22

Thu, Nov 5-Dec 17 10:00 AM-12:30 PM . .Z8104A

No class 11/26

Renaissance Drawing

(adults)

Learn how to draw from a college professor and develop the confidence in mastery of perspective, values, proper shading techniques and proportion. Learn a simple new approach on how to correct your own artwork while exploring the media of charcoal, pencil and ink all in black and white imagery. Still lives will be set up on site in order to allow students the opportunity to practice vital drawing skills along with B/W photos that are given to you as reference to increase your success with value studies. This approach to learning is step by step adding new skills weekly: beginner, intermediate and advanced students will master and excel always with self confidence. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello, MFA professional artist,
Lightscapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Oct 28 10:00 AM-12:30 PM Z7404A

No class 10/21

Wed, Nov 4-Dec 16 10:00 AM-12:30 PM Z7504A

No class 11/25

Renaissance Painting

(adults)

Learning how to paint like the masters by using classic techniques such as under painting with strong tonal contrasts, classic light source from prepared still lives or plein air demos weather permitting. The key to success which is not commonly taught is to learn how to OBSERVE as a true artist. The subtle nuances will be taught to you along with step by step lessons. You will be a more confident artist while achieving success mastering your techniques in oil painting. Observation, is an invaluable skill for any artist; from the novice to the seasoned painter. Come explore this amazing class and see for yourself. All levels are always welcomed. A supply list is provided on your registration receipt.

Instructor: Gina Torello, MFA professional artist,
Lightscapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Oct 28 1:00-3:30 PM Z7704A

No class 10/21

Wed, Nov 4-Dec 16 1:00-3:30 PM. Z7904A

No class 11/25

Studio Time with Gina

(adults)

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

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 14-Oct 26 1:00-3:30 PM Z7004A

No class 10/19

Mon, Nov 2-Dec 14 1:00-3:30 PM. Z7104A

No class 11/23

Fri, Sep 18-Oct 30 1:00-3:30 PM Z7204A

No class 10/23

Fri, Nov 6-Dec 18 1:00-3:30 PM Z7304A

No class 11/27

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver or copper, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our certified instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will have the option of working with fine silver or copper metal clay. A materials fee of \$15 cash is payable to the instructor on the first day of class (this is for materials other than the metal clay). The cost of the Metal Clay will depend on the type of metal and project of your choosing. Please refer to the fact sheet for more pricing information.

Instructor: Pamela Williams

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Sat, Sep 12-Oct 24 11:30 AM-2:30 PM. Z2804A

No class 10/3

Tue, Sep 15-Oct 20 11:00 AM-2:00 PM Z2604A

Thu, Sep 17-Oct 22 11:00 AM-2:00 PM Z2704A

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

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

Please Note: You must be able to operate the sewing machine you bring to class.

Instructor: Janice Beeby

Six Sessions \$80.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Mon, Sep 14-Oct 19 7:00-9:30 PM Z3104A

Mon, Nov 2-Dec 7 7:00-9:30 PM Z3204A

Knit or Crochet Your Choice

(ages 15 and up)

Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose.

Instructor: Shelley Ziegler

Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 15 6:30-8:30 PM. Z5704A

Thu, Oct 29-Dec 10 6:30-8:30 PM. Z5804A

No class 11/26

Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

Six Sessions \$68.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Sep 12-Oct 24 10:30 AM-12:30 PM. . ZAP04A

No class 10/17

Sat, Oct 31-Dec 12 10:30 AM-12:30 PM. . ZAQ04A

No class 11/28

MISCELLANEOUS

Advanced Indigo Shibori: Stitch Resist

(adults)

Create unique Japanese inspired designs using only a needle and thread! Participants will hand stitch and hand dye fabric in beautiful indigo using the Japanese technique of nui shibori (stitch resist). All levels welcome - previous sewing experience not required. All materials are included. Please wear clothes that can get dirty, bring a pair of long cuffed rubber gloves, and bring a \$10.00 material fee payable to instructor Kate Eggleston.

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Oct 6 9:00 AM-1:30 PM ZAZ04A

Tue, Nov 17 9:00 AM-1:30 PM ZB004A

Basket Making Workshops

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets while still useful, have evolved into a serious art form. Fees for materials (listed below) are to be paid to the instructor the day of class.

Instructor: Martha Costain

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Williamsburg Basket

Large Williamsburg Basket with oak handle. Size: 10" x 10" x 13" tall, 14-15" in diameter. Suitable for beginners; start and stop weaving. Materials fee: \$28.

Sat, Sep 26 10:00 AM-4:00 PM Z2304A

Fall Gathering Basket

A sturdy basket for fall apple picking. Weave a solid bottom with filler strips. The sides work up quickly- color accent is optional. Finish with a 12" notched handle. Suitable for beginners. Size: 13" x 10" base, height 15" to top of handle. Materials fee: \$25.00.

Sat, Oct 10 10:00 AM-4:00 PM. Z2404A

Bread Basket

Nice sized oblong bread basket to use for the holidays or to give as a gift. Woven on a wood base with narrow weavers results in a handsome basket. Beginners welcome. Size: 15"L x 4 1/2"W x 4 1/2". Materials fee: \$15.00.

Sat, Nov 14 10:00 AM-4:00 PM Z2504A

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided by instructor for a \$40 fee payable the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Sep 12-Oct 24 1:00-3:00 PM ZAT04A

No class 9/19

Sat, Oct 31-Dec 12 1:00-3:00 PM ZAU04A

No class 11/28

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$40 materials fee (cash or check only) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Sep 15-Oct 20 10:00 AM-12:00 PM . .ZAV04A

Tue, Oct 27-Dec 1 10:00 AM-12:00 PM . .ZAW04A

Creative Card Making

(adults)

Create beautiful, 3-D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

Instructor: Jane Fawcett

Six Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Tue, Sep 8-Oct 13 4:00-5:15 PM. A2304A

Tue, Nov 3-Dec 8 4:00-5:15 PM A2404A

Framing Can be Easier and Cheaper than You Think!

(adults)

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

Instructor: Hillary Binder-Klein

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Fri, Oct 23 10:00 AM-12:00 PM ZB904A

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$40 fee payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Sep 12-Oct 24 10:00 AM-12:00 PM. . .ZAR04A

No class 9/19

Sat, Oct 31-Dec 12 10:00 AM-12:00 PM. . .ZAS04A

No class 11/28

Mixed Media - More than Paint

(adults)

Create beautiful, original art pieces to decorate your home or to give as gifts. Experiment with paint, paper, ink, fabric, modeling paste, found objects, etc. The possibilities are endless. There is a material fee of \$10.00 payable to the instructor.

Instructor: Jane Fawcett

Four Sessions \$36.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Tue, Oct 27-Nov 17 5:45-7:15 PM. A2504A

Printmaking Basics

(adults)

Create original art using multiple printmaking techniques that don't require a press. Participants will learn how to use printmaking tools to produce their own unique designs. All levels welcome! All materials are included. Please bring some drawings/photos for inspiration, wear studio clothes, and bring a \$10.00 material fee payable to instructor Kate Eggleston.

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Oct 13 9:00 AM-1:00 PM ZB604A

Tue, Oct 27 9:00 AM-1:00 PM ZB704A

To Dye For: Indigo Shibori Workshop

(adults)

Discover the beauty of shibori, a series of Japanese resist dye techniques, which creates unique patterns on fabric by folding, binding, and sewing. Students will produce an array of designs dyed in beautiful indigo. Please bring 10-15 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc) to dye. Please also bring long cuffed rubber gloves and \$10.00 material fee payable to instructor Kate Eggleston, and wear clothes that can get dirty.

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 15 9:00 AM-1:30 PM ZAX04A

Tue, Nov 10 9:00 AM-1:30 PM ZAY04A

PHOTOGRAPHY

Photography - Meet Your Digital SLR*

(adults)

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations. Please Note: This class requires a Digital SLR; point and shoot cameras are not covered.

*If you have one of the newer mirrorless cameras by Fuji, Sony, Olympus, Nikon, or the Canon EOS-M, please check with the instructor at gary@garydatesphotos.com.

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 9-Oct 14 6:30-8:30 PM ZB104A

Wed, Oct 28-Dec 9 10:30 AM-12:30 PM . . . ZB204A

No class 11/25

Photography - Digital SLR 2

(adults)

This class is specifically designed for those who have participated in the "Meet Your DSLR" class at Thompson Park or anyone with a basic understanding of the so-called "exposure Triangle": shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode. Please consult photography instructor Gary Dates for camera eligibility (gary@garydatesphotos.com.)

Four Sessions \$54.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 9-30 10:30 AM-12:30 PM ZB304A

Wed, Oct 28-Nov 18 6:30-8:30 PM ZB404A

CANINE CLASSES

Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older. Instructor: Loni Lucina

Seven Sessions \$80.50 Per Person

Thompson Pk Theater Barn

Tue, Sep 8-Oct 20 7:15-8:15 PM. Q2204A

Sat, Sep 12-Nov 7 9:00-10:00 AM Q2304A

No class 10/3 & 10/17

Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

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

Instructor: Loni Lucina

Seven Sessions \$80.50 Per Person

Thompson Pk Theater Barn

Tue, Sep 8-Oct 20 6:00-7:00 PM. Q2404A

Dog Obedience: Puppy Kindergarten*(ages 17 and up)*

This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies 8 weeks to 5 months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class.

Instructor: Loni Lucina

Seven Sessions \$80.50 Per Person

Thompson Pk Theater Barn

Sat, Sep 12-Nov 7 10:15-11:15 AM. Q2504A*No class 10/3 & 10/17***Cast Iron Skillet Cooking***(adults)*

The original non-stick pan! If you've got Grandma's hand-me-down, or have even bought your own and aren't sure how to use it, this is your opportunity to see how versatile this kitchen tool is. Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. You'll be surprised at how much this pan can do! Chef will discuss and demonstrate such dishes as Olive, Garlic & Thyme Chicken Thighs and Gingerbread Cake.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 8 6:00-8:30 PM M1104A**CULINARY ARTS****A Roman Feast***(adults)*

No, it's NOT Italian. Roman food has an attitude of simplicity and flavor. These are time-honored staples of most restaurants in Rome you'll learn. To start, I'll serve you a caprese salad - tomatoes, mozzarella and basil. Then, Cacio e Pepe, the famous must have when in Rome, made from just three ingredients of Romano cheese, black pepper and pasta. Then, the veal! Veal Saltimbocca alla Romana rolled with prosciutto and sage with a white wine butter sauce. Dessert has got to be Tiramisu which the Romans have laid claim to making the best! No Roman feast is complete with out espresso, honey cookies and conversation to end the meal. This class will be taught in the demonstration format by Chef Peter De Celie.

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Nov 17 6:00-9:30 PM AB904A**Chili: Two Ways***(adults)*

Nothing says fall like a steaming bowl of homemade chili. There are so many varieties of this iconic southwestern dish, from the Texan chili con carne (no beans, thank you very much!) to the famous five alarm chili. We'll learn the techniques to make two very different styles of chili, but don't worry, the amount of heat is up to you!

Today's Menu: Classic Beef-based Chili with a Twist and a White Chicken Chili

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 22 6:00-8:30 PM. M1704A**Group Cooking Classes**

Book a private class for your family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef, perfect for couples, girls night out, teen groups and more. This 2 ½ hour class is available for booking at the Fort Monmouth Recreation Center, Tinton Falls.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

Cost: \$325, 4-10 people, ages 13 to adult

*For more information and to schedule, contact Ann Sage, 848-456-4278, ext. 4,
or Ann.Sage@monmouthcountyparks.com.*

Colonial Cooking

(adults)

Calling all history buffs! Step back in time to the early days of colonial cooking. Though we won't be cooking over a traditional hearth, it's still possible to enjoy recipes from the 1700s in a modern kitchen. These common man's dishes incorporated native crops (such as corn), meat (usually pork), and produce from imported European crops (like apples!) Make and taste this sampling of recipes that are just as delish today as they were back then.

Menu Ideas: Corn & Potato Chowder, Welsh Rabbit, Colonial Biscuits, Colonial Stew or Pork Chops, Apple Tansey or Apple Dumplings

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 3 10:00 AM-2:00 PM M1804A

Cooking with Liquor & Spirits

(adults)

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

Today's Menu Ideas: Penne Vodka Sauce, Grilled Pork with Mango & Rum Sauce and Pears & Cranberries Poached in Red Wine

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 15 6:00-8:30 PM. M1904A

Create Like a Food Network Star

(adults)

Today's food is not only "hot", but trendy. Learn the hallmarks of current edgy meals and recreate the flavor profiles of some of your favorite star chefs.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Rachael Ray's Express Lane Meals

Learn Rachael's grocery tips and how to use her "master grocery list" to help keep your pantry stocked. Grab a few fresh items, zip through the express lane and create a tasty meal in no time!

Menu: Sicilian Spaghetti with Fennel & Onions, Taco Bowls, Spicy Black Bean Soup with Limed Up Shrimp and Provencal Vegetable Stew

Sat, Oct 17 10:00 AM-2:00 PM. M1204A

Fall Harvest Desserts

(adults)

Pies may get the press, but these treats will steal the spotlight! Transform traditional seasonal ingredients into recipes like Apple Cranberry Bread Pudding, Pumpkin Cake with Cream Cheese Icing, Warm Apple Crisp and Pumpkin Dip. Adorn your table and surprise your family with these fall harvest desserts.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 14 10:00 AM-2:00 PM M1304A

Fall Harvest Pies

(adults)

Surprise your family this holiday season with a delicious, traditional pie made from scratch. Yes, you can do it! Pumpkin and Apple are on the menu as we demystify the process and show you just how simple it is to make a crust, prepare the filling and bake it to golden perfection. Make this a holiday to remember!

Presented by: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 7 10:00 AM-2:00 PM M1404A

Food Trends: Sheet Pan Dinners

(adults)

This new food trend saves time, clean up and frustration for busy people everywhere. Imagine meat, vegetables and potatoes all cooking together happily on one pan. From pork to seafood, Mexican to Asian, these recipes make preparation and clean up a breeze!

Menu: Sheet Pan Paella and Sheet Pan Cherry Cobbler

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 24 6:00-8:30 PM M1504A

From the Recipe Box of...**NEW***(adults)*

Who doesn't enjoy watching celebrity chefs in action? Don't stop there; try your hand at creating some of the tempting dishes they present on TV. Just for fun, we are pairing up some of today's iconic chefs as we borrow from their recipe boxes for a culinary mash up made in foodie heaven.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$45.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Lidia Bastianich & Tyler Florence

We'll pair her Bucatini with Pancetta, Tomato & Onion with his Stuffed Mushrooms with Sausage for a deliziosa Mediterranean meal.

Thu, Nov 5 6:00-8:30 PM M2004A

Valerie Bertinelli & Guy Fieri

The unlikely pairing of the ultimate home chef's Crispy Un-Fried Chicken with the "culinary rock star's" Bacon Wrapped Shrimp w/Chipotle BBQ Sauce serves up a tasty surprise.

Thu, Nov 12 6:00-8:30 PM M2104A

Ina Garten & Alton Brown

The Barefoot Contessa's Shrimp Salad accompanied by Brown's Hot Spinach & Artichoke Dip definitely make "good eats"!

Thu, Nov 19 6:00-8:30 PM M2204A

Entire Series

Register for all three sessions and save!

Three Sessions \$105.00 Per Person

Thu, Nov 5-19 6:00-8:30 AM M2304A

Fun with Phyllo & Puff Pastry**NEW***(adults)*

They may seem intimidating, but knowing the tips and techniques, you can work successfully to make some outstanding pastry dishes. We'll discuss the differences between phyllo dough and puff pastry, which is the best choice for particular recipes and then get our hands on the dough while we have fun creating delicious and yummy eats for all.

Today's Menu: Spanakopita, Put the Lime in the Coconut Phyllo Tarts, Sweet Raspberry & Whipped Cream Palmiers and Savory Vol au Vents

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 10 10:00 AM-2:00 PM. M2404A

Outdoor Paella*(adults)*

Let's go outdoors and have a paella feast! You've never tried to cook paella at home? It's simple! Think rice with goodies! Tonight you will learn how to cook outside over an open fire with the special paella rice called calasparra. Heat control and knowing when to mix in "goodies" with the rice is what makes great paella. Americans commonly use chicken, chorizo, saffron and clams, and we will too. We will also use squid, smoked paprika, shrimp, bacon, tomatoes and peppers. You'll think you are in Valencia! So sit back and relax - I'll cook for you tonight in this demonstration class.

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Sep 22 6:00-9:30 PM. AB704A

Ribs - Enough Said**NEW***(adults)*

I love pork ribs and as you look around at all the BBQ joints here in Monmouth County, so do you! So learn to cook them instead of paying restaurant take-out prices! I'll show you just how easy ribs are to make in your house. Two mouth-watering tastes and three classic recipes and flavor profiles will be explained and then eaten with "sides". First - chili hoisin sticky ribs serve with sweet chili slaw. Next chipotle and agave glazed ribs and hot chocolate dipped churros. Then, the classics - dry spice rubbed with a variety of BBQ sauces - Alabama "White", North Carolina "Wet" and from South Carolina - "Carolina Gold". Your reward for this demonstration class is a pile of ribs cooked by me. Sweet Tea anyone?

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 20 6:00-9:30 PM. AB804A

Sunday Funday!

(adults)

What better way to celebrate Sunday Funday than bonding over a relaxing meal with family or friends? The traditional sit down dinner may seem a little too formal, but a simple buffet filled with good eats is a perfect setting for sharing stories and renewing connections. Chef Stephen will teach you the skills and guide you through simple, tasty recipes that will give you more time to enjoy with your loved ones at your next Sunday gathering. Today's Menu: Gumbo & Biscuits, Quesadillas, Chef's Drumsticks and Cheesecake Brownies.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Sep 26 10:00 AM-2:00 PM M5704A

What's in Your Pantry? Creative Cooking in Times of Quarantine

(adults)

Recent events presented a lot of challenges for us, not the least of which was how to cook when your food options are limited. While we hope not to see such times again, being prepared just makes good sense. Chef Stephen explains and demonstrates what items to keep stocked in your pantry, how to creatively combine ingredients to cook a variety of recipes and how to stretch supplies to last longer. Menu Ideas: since we are cooking with what is on hand, we'll surprise you!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 1 6:00-8:30 PM M5604A

EDUCATION & ENRICHMENT

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 Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 12 8:30 AM-5:00 PM Q0104A

Be a Writing Elf!

(ages 8-12)

Create a unique gift using your words, art and imagination: an original storybook! In this workshop setting, you'll choose an idea and use your imagination to decide how the story should unfold. Get your ideas down on paper and re-work them into a polished short story, before putting it all together. Finally, draw illustrations to insert into your storybook, design your cover and leave the last class with a special gift to give to your favorite person!

Four Sessions \$55.00 Per Child

Fort Monmouth Rec Ctr Atrium Room

Sat, Oct 31-Nov 21 8:45-10:00 AM M5204A

Beginner Mahjong

(adults)

Beginners~ shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. Beginners Only

Seven Sessions \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Tue, Sep 1-Oct 13 11:30 AM-1:30 PM . . . M3504A

Tue, Oct 27-Dec 8 11:30 AM-1:30 PM . . . M3604A

Thu, Sep 3-Oct 15 11:30 AM-1:30 PM . . . M3704A

Thu, Oct 29-Dec 17 11:30 AM-1:30 PM . . M3804A

No class 11/26

Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. For players who have experience.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 1-Oct 13 9:30-11:30 AM. M2704A

Tue, Oct 27-Dec 8 9:30-11:30 AM. M2804A

Wed, Sep 2-Oct 14 9:30-11:30 AM. M2904A

Wed, Oct 28-Dec 9 9:30-11:30 AM. M3004A

Thu, Sep 3-Oct 15 9:30-11:30 AM. M3104A

Thu, Oct 29-Dec 17 9:30-11:30 AM. M3204A

No session 11/26

Thu, Sep 3-Oct 15 11:45 AM-1:45 PM. . . M3304A

Thu, Oct 29-Dec 17 11:45 AM-1:45 PM. . M3404A

No session 11/26

Creative Nonfiction and the Personal Essay

(adults)

If you've ever had a story to tell, and believe that truth is stranger than fiction, than the creative nonfiction, personal essay is the genre for you. Grounded in reality and expressed with the tools of the fiction writer, this type of writing blends your personal experiences with creative flair for an engaging and entertaining piece. With some examples for guidance and a focused topic, you'll transcribe your story through description and reflection to find your voice and shape an enjoyable narrative. Please bring a laptop or notebook to class.

Four Sessions \$55.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sun, Sep 27-Oct 25 2:30-4:00 PM. M5304A

No class 10/18

Genealogy 101

(ages 14 and up)

You've gotten your DNA results back, now what? Learn basic genealogy techniques to get started in researching your family history. You will also learn how to use online resources to help you research your DNA matches and build your family tree. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Sep 19 2:00-4:00 PM. Q2704A

Genealogy: Understanding the Federal Census Records

(ages 14 and up)

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

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Oct 3 2:00-4:00 PM. Q2804A

Getting Paid to Talk

(adults)

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

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Nov 3 6:30-9:00 PM. A8104A

Investigate Your Career Path

(adults)

This course will be a discovery of yourself. Pinpoint your top skills and what you would love to gain from a new career, or rejuvenate your current path. With open and group discussions, you'll be able to talk through career paths and explore your best options. A recent participant of the program said, "Reviewing your career through the lens of pros and cons, provided a way to examine strengths in the workplace and ultimately provided a clear direction or path for each participant."

Six Sessions \$120.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Oct 7-Nov 11 6:30-8:00 PM. A6104A

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey Shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey through time. The house inside can get dark at night, feel free to bring your own flashlight or use a cell phone to light the way.

One Session \$10.00 Per Person

Bayshore Waterfront Park Act Ctr

Thu, Oct 29 8:00-9:00 PM. IKM04A

Make Your Resume Stand Out!

(adults)

Having a strong resume is the backbone of getting seen and setting up interviews which lead to jobs! In this class we'll work together on how to create a concise, honest, diversified resume that will make you stand out from the rest. Come with an existing resume or start from scratch. Either way, the goal is to leave with the tools to do it yourself with confidence! Instructor Melissa Cohen will guide you through this program to help you reach success. Of her other personal development programs, one participant said, "She promoted a casual, personable working environment that encouraged all participants to share their experience and insight. She was, in a very short time, able to tap into the strengths of each participant and showed them how to highlight what made them unique to an employer."

Four Sessions \$90.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Nov 18-Dec 9 6:30-8:00 PM. A6304A

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

(adults)

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

One Session \$68.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Sep 14 6:30-10:00 PM Q1504A

Mon, Oct 12 6:30-10:00 PM Q1604A

Mon, Nov 9 6:30-10:00 PM. Q1704A

Save a Life! CPR AED Certification

(ages 14 and up)

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

One Session \$55.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Sep 12 10:00 AM-12:30 PM. Q1204A

Sat, Nov 7 10:00 AM-12:30 PM Q1304A

Thompson Pk Vis Ctr Beech Room

Mon, Sep 28 7:00-9:30 PM Q1004A

Mon, Oct 26 7:00-9:30 PM Q1104A

Mon, Nov 23 7:00-9:30 PM. Q1404A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 19 10:00 AM-12:30 PM. Q2104A

Young Professionals: Network and Learn

(adults)

Looking for an open forum to talk about your job, get some perspective or learn about what others are doing? The goal of this course is to have open dialogue about careers, the paths they take you on, how and when to make a move and managing a transition process. This course will be lead by career specialist, Melissa Cohen, giving you the in's and out's of the process, what to say to who (and not say) all while providing direction. Of her other personal development programs, one participant said, "She promoted a casual, personable working environment that encouraged all participants to share their experience and insight. She was, in a very short time, able to tap into the strengths of each participant and showed them how to highlight what made them unique to an employer."

Six Sessions \$125.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Oct 8-Nov 12 6:30-8:00 PM A6404A

HEALTH & WELLNESS

Build Your Own Meditation Practice

NEW

(adults)

Meditation is a practice. It must be developed and strengthened. It is also unique unto you. In this class we will learn exercises in breath control, imagery meditation and basic Reiki techniques to help you develop your own daily meditation practice so you may learn to redirect your emotions, bring calm and grounding to your being and deflect the stresses of the outside world. Please bring a notebook and pen to class for your journal.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Sun, Nov 1-22 1:30-3:00 PM AAB04A

Digestion Connection

(adults)

Greek philosopher Socrates said "health begins in the gut." Discover how and why your digestive health is essential to a healthy mind and body. Learn the secrets to improving chronic health conditions, preventing illness and aging beautifully.

Presented by: Lisa Vento CHHC

One Session \$20.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Oct 8 6:00-7:30 PM AB104A

Fall Make-Up Looks

(adults)

Professional makeup artist Anna Olech will teach you how to recreate fall make up looks, from gold smoky eyes to bold burgundy lips. Bring your own makeup bag. This is a hands-on program.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Oct 4 1:00-2:30 PM AA204A

Forest Bathing

(adults)

Go to a forest. Walk slowly. Breathe. Open all your senses. This is the healing way of forest bathing, known as Shinrin-Yoku, which originated in Japan in the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. Join us for a gentle walk in the woods. We'll engage in mindfulness meditation, the practice of silence to enhance the senses and inner reflection, and share a cup of tea as we end our time together. Please wear long pants and comfortable walking shoes. Participants must be able to walk comfortably on uneven terrain.

Instructor: Gina Zalewski RN RYT

One Session \$25.00 Per Person

Manasquan Res Vis Ctr

Sat, Oct 24 10:00-11:30 AM AAG04A

Turkey Swamp Pk Shelter Bldg

Sat, Sep 26 10:00-11:30 AM AAF04A

Highlighting and Contouring

Make-Up

(adults)

Contouring and highlighting is a technique of applying make-up to enhance and sculpt the structure of the face. In this program professional make-up artist Anna Olech will teach you how to apply shadow to contour and highlighters to bring out your true glow and radiance. Bring your own make-up bag to class. This is a hands on program.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Oct 18 1:00-2:30 PM. AA404A

Tue, Nov 17 6:30-8:00 PM AA504A

Meal Planning Made Easy on a Plant Based Diet

(adults)

Certified Nutrition Coach Amanda Mancini will teach how to food shop and stock your pantry for the month on a plant based diet, how to plan plant based meals for you and your family and dining out on a plant based diet made easy. Please bring a pen and notebook.

One Session \$30.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Tue, Oct 13 6:30-8:00 PM. A6704A

Mental Wellness, Naturally

(adults)

Would like to have better memory? Clearer thinking? Better focus? Better sleep? Learn about the brain gut connection and how to improve cognitive function naturally in five steps.

Presented by: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Oct 14 6:00-7:30 PM AB204A

Narrow Your Focus

(adults)

Narrowing the focus on one subject, also known as Dharana, is a form of Trataka Meditation. NJ licensed physical therapist Swaroopa Gadgil will teach us this technique, practice with us and allow interactive time to share the experience felt. Meditation is a practice. As we practice through this four week program, our focus and our ability to stay in the present moment will strengthen. We will also learn other meditations such as Ticker Tape Meditation and Heart-Treasure Chest Meditation.

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Fri, Sep 11-Oct 2 7:00-8:00 PM A7004A

Natural Immunity

(adults)

This evening's discussion will cover immune health and microbes, germ theory vs. terrain health, factors that affect immune health and how to build a strong and resilient immune system.

Presented by: Lisa Vento, CHHC

CYTOne Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Oct 21 6:00-7:30 PM AB604A

Natural Solutions for Autoimmune Disease

(adults)

We are experiencing an epidemic of autoimmune diseases. In this class you will learn all about autoimmune disease, functional causes of immune dysfunction and how holistic nutrition and lifestyle can help you feel better.

Presented by: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Nov 5 6:00-7:30 PM AB404A

Natural Solutions to Lyme Disease

(adults)

Have you been diagnosed with Lyme Disease? I recovered from this debilitating illness and so could you. This discussion will help you to demystify this debilitating disease and minimize unnecessary fears surrounding Lyme. Discover simple and natural ways to reduce symptoms, strengthen your immune system and begin to feel better.

Presented by: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Nov 12 6:00-7:30 PM AB504A

Plant Based Nutrition for Healthier Living

(adults)

What we eat affects how we feel. When we get the right combination of vitamins and minerals through the food we eat we have more energy during the day, satisfy our appetite more quickly, have fewer cravings for foods that are not good for us and we sleep better at night. In this class, Certified Nutritionist Amanda Mancini will teach the nutritional value and healing benefits of plant foods so that you may explore the many health benefits that delicious plant foods provide for us. A handout will be distributed in class for each participant to take home.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Nov 14 1:30-3:30 AM A6804A

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series

(adults)

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

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Oct 13-Dec 8 7:00-8:00 PM. D2504A

Program meets 10/13, 11/10 & 12/8

Memory Cafe

(adults)

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

Three Sessions FREE!

Fort Monmouth Rec Ctr Atrium Room

Tue, Oct 27-Dec 22 1:00-2:30 PM. PD340A

Program meets 10/27, 11/24 & 12/22

Memory Cafe - Walks the Parks

(adults)

Discover the seasonal beauty of our county parks on the second Tuesday of every month. Each month we will visit a new park, see what's in bloom and look for the wildlife!

One Session \$5.00 Per Person

10/13 - Dorbrook Rec Area Act Ctr Parking lot

11/10 - Deep Cut Gardens Parking Lot

12/8 - Thompson Pk Three Barns Parking Lot

Tue, Oct 13-Dec 8 1:00-2:30 PM. D2604A

Program meets 10/13, 11/10 & 12/8

QUARANTINE 2020 *(adults)*

The Latin root of the word “quarantine” means “forty”. We are in the year 2020. $20 + 20 = 40$. Some theologians believe the number 40 means change. How have we changed for the better during this time of quarantine? Bring your list of 10 ways you changed during this time to class so we can collaborate on a top 10 list of ways to self preserve during quarantine. Let’s have our list help each other grow in change and mark this moment in history.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Tue, Sep 22 7:00-8:00 PM. A7804A**Sound Healing** *(adults)*

Are you feeling stressed and anxious from your everyday surroundings? Do you want to learn how to calm yourself when you feel your levels of stress heighten? Instructor Scott Bailey of the Prana Mudra Center will teach you breath control exercises and mantras that you can practice every day to strengthen your ability to lower your stress levels. At the end of each class, Scott will use the sound healing of Chakra bowls, gongs and chimes to help us pull it all together. Bring your own yoga mat and towel. Padded chairs will be available for those who prefer sitting over lying down during meditation.

Four Sessions \$80.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Tue, Oct 20-Nov 10 7:00-8:00 PM. A6904A**T'ai Chi Chih Joy Through Movement® Discipline***(adults)*

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 Sessions \$90.00 Per Person

Beginner

The simpler movements will be taught in this class.

Tatum Pk Red Hill Act Ctr Ctr

Fri, Sep 11-Oct 16 11:30 AM-12:50 PM . . AAK04A**Mon, Oct 19-Nov 23 11:30 AM-12:50 PM AAM04A****Begin or Review**

Appropriate as an introduction for beginners and as a review for returning students

Dorbrook Rec Area Act Ctr

Thu, Oct 22-Nov 12 5:15-7:15 PM AAP04A

Clayton Park Act Ctr Classroom 1

Tue, Oct 27-Nov 17 5:15-6:45 PM. AAQ04A**Ongoing**

More intermediate level instruction for returning students.

Tatum Pk Red Hill Act Ctr Ctr

Fri, Sep 11-Oct 16 10:00-11:20 AM. AAH04A**Mon, Oct 19-Nov 23 10:00-11:20 AM AAJ04A****T'ai Chi Chih® Advanced Form: Seijaku***(adults)*

Explore this advanced form of T'ai Chi Chih with trainer Daniel Pienciak. These sessions are for those students who have completed at least one session of “Ongoing/Intermediate” lessons and are ready to experience the movements on a deeper level with some meditative applications.

Three Sessions \$95.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Nov 20-Dec 11 10:00 AM-12:30 PM . . AAN04A*No class 11/27*

T'ai Chi Chih® Twilight Outdoors

(adults)

Join us on the patio with a calming view of the reservoir under the 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. Class will meet indoors during inclement weather.

Instructor: Dan Pienciak, International Teacher Trainer

Six Sessions \$118.00 Per Person

Manasquan Res Outdoor Area

Tue, Sep 8-Oct 13 5:15-7:15 PM. AAR04A

The Stress Solution Series

(adults)

Stress manifests differently in each person. The effects of chronic stress can lead to high blood pressure, heart disease, diabetes, insomnia, pain, fatigue, mental illness, anxiety, depression, digestive illness, hormonal dysfunction and many other ailments. Take control of your mental and physical well-being, learn what to eat, how to cleanse, exercise and breathe. Most importantly, cultivate a self-care practice to become calmer, happier and healthier. Small changes will make a big difference. Led by: Lisa Vento, CHHC CYT

Two Sessions \$30.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Sep 17-24 6:00-7:30 PM AB004A

Wellness Make and Take



(adults)

Plants are here not only to sustain us but to provide healing, whether we are enjoying seeing their beauty or inhaling their fragrance. Instructor Amanda Mancini will teach you how to use the healing properties of essential oils to make hand sanitizers, immune boosting blends and wellness blends to take home with you. A handout will be provided.

One Session \$35.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Oct 10 1:30-3:00 PM A6204A

What is Homeopathy?

(adults)

Do you ever hear the word "Homeopathy" and are not quite sure what it means? Come join us as we discuss what homeopathy is, its three fundamental principles and where homeopathic remedies come from. A handout will be provided but feel free to bring a notebook to take notes. There will be a question and answer period following class.

Instructor: Michele Demaree, Diploma of Homeopathy, Diploma of Veterinary Homeopathy

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Sep 12 1:00-2:30 PM A7604A

Sat, Oct 24 1:00-2:30 PM A7704A

Women's Spa Retreat Day



(adults)

Take a day to rejuvenate your spirit. Come with your friends and come and make new friends as we retreat to Freneau Woods Park. The day will begin with a morning walk with a Park System Naturalist as we learn the healing benefits of a walk in the woods. Next, we will sit down and share morning tea and a light breakfast. We then move to the Monastery and learn Trataka meditation. For lunch, an instructor will teach you how to make salad in a mason jar that you will enjoy. Your mason jar will leave with you so you may make delicious salads at home. After lunch, our professional make up artist will teach you how to apply a natural all day look (bring your makeup bag). We will close the afternoon with a DIY Aromatherapy Bracelet Workshop that you will learn the healing properties of essential oils that you may enjoy on your bracelet for many days to come.

One Session \$110.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Sat, Sep 26 9:00 AM-5:00 PM A5504A

HORTICULTURE

An Orchid Workshop

NEW

(adults)

This is a fun, informal workshop on the ecology and care of orchids. It is perfect for home and/or office orchid growers. Featuring our exclusive orchid collection we will showcase and demonstrate a special technique on mounting orchids. The class includes a "make and take" portion where participants will mount an orchid on cork bark to take home.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 3 3:00-5:00 PM H0104A

Composting Clinic

NEW

(all ages, under 18 with adult)

Composting is a great way to produce a valuable soil enhancer for your garden and a great way to reduce the amount of garbage you send to the landfill. This composting workshop will cover different methods of composting including a three-bin system, barrel system, and worm composting. Tips and techniques will be discussed to help you have composting success in your own backyard.

One Session \$7.50 Per Person

Deep Cut Gardens Horticultural Center

Wed, Sep 2 4:30-5:45 PM H1004A

Sat, Sep 12 10:00-11:15 AM H1104A

Fall Plant Swap

Free

Saturday, September 19, 8:30-11:30 AM

Tatum Park, Middletown

It's fun, free, and easy!

Bring perennials in one-quart, one-gallon or two-gallon containers and take home the same size and number of plants. Please label all plants.

Houseplants may also be exchanged, but no annuals, please. Check the website for a list of plants that will not be accepted.

Plant Intake: 8:30-10:00 AM

Selection: 10:00-11:30 AM

Admission and parking are free.

*For more information on the event,
call 732-671-6050.*

Fall Propagation

NEW

(all ages, under 18 with adult)

Fall is a great time to divide and replant many of the perennials in your garden. It is also a great time to collect seeds for the following spring. Join us at Deep Cut Garden to explore proper dividing techniques along with seed cleaning and seed treating methods to ensure successful germination in the spring.

One Session \$7.50 Per Person

Deep Cut Gardens Horticultural Center

Wed, Sep 23 4:30-5:45 PM H1204A

Sun, Sep 27 10:00-11:15 AM. H1304A

Garden Arrangement the Sustainable Way

NEW

(adults)

Learn how the staff at Deep Cut Gardens creates flower arrangements from the garden in a way that doesn't diminish but preserves overall plantings. Use our ideas in your own flower garden and pass them along to family and friends. Please bring gloves, clippers and a vase.

One Session \$21.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 19 10:00 AM-12:00 PM. H0204A

House Plants 101

NEW

(all ages, under 18 with adult)

Are you someone who has trouble keeping that gifted houseplant gifted alive? Perhaps you have a favorite houseplant that is suffering from an unknown disorder. Please join us at Deep Cut Gardens to discuss tips and techniques for growing beautiful houseplants. Proper light requirements, watering, fertilizing, transplanting, and common pest problems will be covered. If you have a favorite plant suffering from a disorder, be sure to bring multiple, clear photos illustrating the problem and we can try to identify the problem and discuss treatments. Please practice plant distancing and do not bring in diseased or infested material.

One Session \$7.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Nov 1 10:00-11:00 AM H0804A

Thu, Nov 5 4:30-5:30 PM H0904A

Garden Corner

Toad Lily

(*Tricyrtis*)

Just when you think the season for blooms has ended, the Toad Lily surprises you in autumn. Not discouraged by shade, the Toad Lily blooms around September for approximately six weeks with almost orchid-like flowers.



What's in a Name...

The captivating flowers of the Toad Lily have dark purple or burgundy spots upon their cream-colored petals that are similar to that spattering look of a speckled toad.



Easy to Grow

The Toad Lily is perfect for gardeners because they are easy to grow. Though they prefer woodland sites that are slightly moist, they will also tolerate some drought once they have been established in your garden. They can also be planted in containers, but it's important to check their moisture levels to prevent them from drying out.

How to Plant

It's recommended to sow Toad Lily seeds directly into moist garden soil in late fall up until one month before the last killing frost date. However, the seeds can also be sowed in early spring as well. If starting indoors, place seeds in the refrigerator for a month before planting.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at www.MonmouthCountyParks.com.

Introduction to Needle Felting - Botanical Pin

(adults)

Transform these vibrant colored fibers into a delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Along the way, you will make a bookmark, bracelet, coaster and a flower. This is a fun and rewarding workshop. All of your creations are yours to keep or gift to loved ones.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Nov 22 1:00-3:00 PM H0704A

Orchids in the Office

(adults)

An office environment could be an Orchid's dream or a nightmare. Let us share our success with you as we cover types of growing conditions and what you can do to optimize them so your orchids can grow and bloom. In addition to our knowledge, you will receive a single Paphiopedilum orchid to try at the office or home.

One Session \$22.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 14 11:00 AM-1:00 PM H0304A

Preparing Your Garden for Winter – The Sustainable Way

(all ages, under 18 with adult)

Soon it will be time to start putting your garden to bed for the winter. Join us to learn sustainable techniques for winter cleanup in your yard. As the leaves fall, let's take a fresh look at this valuable resource. Sustainable methods can reduce your workload and provide valuable habitat for wildlife that will get them through the winter.

One Session \$7.50 Per Person

Deep Cut Gardens Horticultural Center

Wed, Oct 14 4:30-5:30 PM H1504A

Sun, Oct 11 10:00-11:00 AM H1404A

Succulent Table Wreath

(ages 14 and up, with adult)

Create a living centerpiece! We will create a beautiful 10" wreath of living succulents for your home. Your wreath will contain small succulents, moss and other natural items as accents. All materials will be provided. No experience necessary.

One Session \$38.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 7 11:00 AM-12:30 PM H0604A

Succulents are Perfect First Plants

(adults)

Get a solid start on your house plants collection with this simple and easy-going workshop. We will teach you about plants and their needs as we introduce you to the easiest, hardiest and resilient succulents. Together we will help you find a plant that fits your home environment and your needs. If you are up to it, there will be succulents for you to plant and keep.

One Session \$11.95 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 26 11:00 AM-12:15 PM. H0404A

NATURE

Forest Eats and Wild Treats

(all ages)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$10.00 Per Person

Frenuea Wds Pk Act Ctr Parking Area

Thu, Sep 10 10:00-11:30 AM. I0404A

Huber Wds Env Ctr Parking Lot

Sat, Oct 3 10:00-11:30 PM I0504A

Thompson Pk Old Orchard Parking Lot

Sat, Oct 10 10:00-11:30 AM I0604A

Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park Naturalist on an exciting 90-minute hike, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can drive a quick three minutes down the road and join us for an optional picnic and beer tasting at Screamin' Hill Brewery (\$11 pay on your own).

One Session \$10.00 Per Person

Clayton Park

Sat, Nov 7 1:00-2:30 PM (approx) IKC04A

Autumn Birding Expedition

(ages 16 and up)

Join our search for interesting and unusual New Jersey birds: southbound hawks, elusive warblers, and rare shorebirds, among others. Autumn destinations can range from Cape May to Sussex County. Participants should bring binoculars and lunch. Transportation will be via mini-bus or mini-van.

One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 9 3:00-11:30 AM IKR04A

Wed, Sep 30 8:00 AM-4:30 PM IKS04A

Wed, Oct 7 8:00 AM-4:30 PM IKT04A

Wed, Oct 28 8:00 AM-4:30 PM. IKU04A

Wed, Nov 18 8:00 AM-4:30 PM IKV04A

Crabbing by Kayak -

Fun, Easy and Productive

(adults)

Blue Claw Crabs are arguably one of the tastiest crustaceans found along our coast. We have an easy, fun and, most importantly, productive method of catching these delicious crabs. We will provide kayaks, crab traps, bait and teach you how to provide a scrumptious dinner while enjoying yourself out on the water.

One Session \$30.00 Per Person

Swimming River Park Boat Ramp

Wed, Sep 23 11:00 AM-3:00 PM. IM004A

Wed, Oct 14 10:00 AM-2:00 PM. IM104A

Awesome Autumn Amble

(all ages, under 18 with adult)

Autumn is the time of year our parks become a kaleidoscope of color! Come explore our trails with a Park System Naturalist as we discuss all manners of plant and animal phenomenon.

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

The following Wednesdays from 10:00-11:30 AM:

9/2 - Huber Woods Env Ctr Parking Lot

9/16 - Manasquan Res Env Ctr Parking Lot

9/30 - Big Brook Pk Parking Lot

10/28 - Clayton Pk Act Ctr Parking Lot

11/4 - Freneau Wds Pk Vis Ctr Parking Area

11/18 - Hartshorne Wds Rocky Point Parking Lot

Fall Kayak Birding

(adults)

Join a Park System Naturalist for a birding trip while paddling on one of our local waterways. We will try and get an up close glimpse of local water fowl and shore birds while simultaneously enjoying the aquatic ecosystem. Non birders and novice kayakers welcome. Single and Tandem Kayaks are available on a first come basis. Wear appropriate clothing that can get wet. Pack water, sunscreen, and binoculars. Register early before it's sold out! Weight limit for kayaks for a single is 250 lbs. and 400 lbs. for a tandem.

One Session \$38.00 Per Person

Manasquan Res Env Ctr

Sun, Sep 13 9:00 AM-12:00 PM I1204A

Sun, Sep 20 9:00 AM-12:00 PM I1304A

Half Day Hike and Paddle

(adults)

Join a Park Naturalist for a challenging half-day experience full of hiking and kayaking. We will hike a mile through Huber Woods Park towards Claypit Creek. Along the way we will discuss the plants and animals that live in our park. Upon arrival at Claypit Creek, we will use "sit-on-top" kayaks and paddle into the Navesink River to observe an active bald eagle nest, osprey flying overhead and search for herons, egrets, and a host of other critters that depend on our waterways. We will return to Claypit Creek, where participants will be bussed back to the Huber Woods Environmental Center. Be sure to bring water and a snack, dress to get wet, and wear comfortable shoes!

One Session \$45.00 Per Person

Huber Wds Env Ctr Parking Lot

Sat, Sep 5 10:30 AM-2:30 PM I0304A

Hawk Mountain Sanctuary

(adults)

We will travel to Kempton, Pennsylvania to visit the world's first refuge for birds of prey established in 1934. View golden eagles, bald eagles, red-tailed hawks, goshawks and many other raptors as they soar south for the winter. Be prepared for a short hike on a well-maintained trail. Wear hiking boots, dress in layers, pack a lunch and bring water. Bring your own binoculars or use ours. An additional \$10.00 entrance fee is required at the sanctuary.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 12 8:00 AM-5:30 PM IKW04A

Sat, Oct 10 8:00 AM-5:30 PM IKX04A

Sat, Nov 14 8:00 AM-5:30 PM IKY04A

Monarch Butterfly Biology and Tagging Field Experience

(adults)

Designed for monarch butterfly lovers who want a more in depth understanding of biology and tagging in the field. "Tagging" is one method scientists use to learn about the monarchs amazing migration. Participants will have a small group experience looking for eggs, caterpillars, identifying host plants, and tagging. This program offers a personal experience to learn more about monarch conservation. Tagging is dependent on weather and availability of butterflies.

One Session \$12.00 Per Person

Big Brook Pk Parking Lot

Fri, Sep 11 10:30 AM-12:00 PM I2004A

Thompson Pk Old Orchard Picnic Shelter

Thu, Sep 17 10:30 AM-12:00 PM I2104A

Fisherman's Cove Act Ctr

Wed, Sep 23 10:30 AM-12:00 PM I2204A

Primitive Fire

(adults)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire making skills from both an anthropological as well as a wilderness survival perspective. Instructor: Randall Chalnack D.C.

One Session \$15.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, Oct 25 10:00 AM-1:00 PM I0104A

Sun, Nov 1 10:00 AM-1:00 PM. I0204A

Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and wetlands of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Sea Turtles of Monmouth County

Thursday, September 17, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Several species of adult and juvenile sea turtles really do call the Jersey Shore home, especially during the summer and early fall as they make their way in the ocean seeking food. Find out more as we discuss everything about sea turtles including threats and ways to protect this ancient aquatic reptile.

Raccoons in Your Backyard

Thursday, October 22, 7:00-8:00 PM

Freneau Wds Pk Vis Ctr

As your neighborhood gets dark, raccoons often come out to search for food. You might think you know everything about these masked bandits, but join us for an informative talk about these shadowy mammals that are smart, adaptable and very inquisitive.

Salamanders of Monmouth County

Thursday, November 19, 7:00-8:00 PM

Freneau Wds Pk Vis Ctr

Did you know that Monmouth County is home to salamanders? These amphibians lead a mysterious life, often spending much of their time in soil and mud, and returning to water to breed. Find out more about these little critters of pools, ponds, and waterways that are often living underneath your nose without anyone knowing.

www.MonmouthCountyParks.com

Saltwater Fishing Introduction

(adults)

The "Fish are Running"! Interested in saltwater fishing but don't know how to get started? Join a Park System Naturalist to discover how to reel them in. We will provide instruction, fishing equipment (or bring your own), tackle and bait. A one hour introduction to equipment selection, what fish to look for and when, what bait to use, and personal safety will be followed by two hours of fishing on the beach. Limited space is available, so don't let this one "get away". This program will take advantage of seasonal fishing conditions and fish runs. Boots or waders are helpful but not required. Parents, feel free to sign up your interested teenage son or daughter as well. All participants 18 years old and older must register prior to the program with the free NJ Saltwater Recreational Registry Program at www.nj.gov/dep/saltwaterregistry

One Session \$40.00 Per Person

Bayshore Waterfront Park Act Ctr

Sat, Sep 26 12:00-3:30 PM IM204A

Sunset Kayak Tour of Swimming River

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Swimming River. While on the water we will keep an eye out for wildlife while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$36.00 Per Person

Swimming River Park Boat Ramp

Sun, Sep 27 4:45-6:45 PM IKJ04A

Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Manasquan Reservoir Environmental Center and launch into the Reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$25.00 Per Person

Manasquan Res Env Ctr

Tue, Sep 15 5:30-7:00 PM. I0704A

Wed, Sep 30 5:30-7:00 PM I0804A

Visit the Raptor Trust and Great Swamp National Wildlife Refuge

(adults)

Head out on an exploration with our Park System Naturalists as we venture to The Raptor Trust and Great Swamp National Wildlife Refuge in northern New Jersey. For decades, The Raptor Trust has been rehabilitating injured birds of prey. We'll tour their avian exhibits and enjoy a BYO lunch. But before we do all of that, we'll first trek on foot at Great Swamp and search for birds and other wildlife. Please wear sturdy footwear as we will walk unpaved trails for part of the day.

One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Oct 22 8:00 AM-3:30 PM IK404A

Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$10 pay on your own).

One Session \$10.00 Per Person

Tasting at Cream Ridge Winery - Cream Ridge

Clayton Pk

Sun, Nov 8 1:00-2:30 PM (approx) IKE04A

Tasting at 4JG Winery - Colts Neck

Big Brook Pk Parking Lot

Sun, Nov 22 1:00-2:30 PM (approx) IKD04A

OUTDOOR ADVENTURES

ARCHERY

Take A Shot: Archery Intro Series

(adults)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this 3-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$50.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 7-21 7:00-9:00 PM W5704A

Take a Shot: Intro to Archery

(adults)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 10 7:00-9:00 PM W5604A

Tue, Nov 10 5:30-7:30 PM W6004A

BICYCLING

Duke Farms Bike Ride

(adults)

Pedal your way through the historic 2,000-acre Duke Farms as we discover the 35 fountains, 2 1/2 miles of stone walls, nine lakes, and countless pieces of sculpture. Be sure your geared bicycle is in good working order. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet). You can bring a bag lunch or buy from the cafe. Meet at Thompson Park and hop on our mini bus as your bike is transported in an enclosed cargo van.

Rating: Easy/moderate, gravel and paved paths.
Miles: 15

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Oct 27 9:00 AM-3:30 PM (approx) . . W0304A

HIKING

Early Riser Hikes

(adults)

Get your blood pumping early exploring the hiking trails at Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small day-pack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

Leader: Deb Lotosky

Ten Sessions \$100.00 Per Person

9/12, 9/19, 9/26 - Huber Woods Env Ctr Lot

10/3, 10/10, 10/17, 10/24 - Hartshorne Wds Clay Pit Lot

10/31, 11/7, 11/14 - Hartshorne Wds Pk Rocky Point Lot

Sat, Sep 12-Nov 14 7:00-9:00 AM W1304A

Fall Walking/Hiking Series

(adults)

Need some motivation to get you moving? Be inspired by getting to know your beautiful county parks with this hiking mini-series. We'll explore the trails with an easy pace hike at a different park each week. Over the course of the six weeks we will observe changes in the season as well as in ourselves. The forest is good for the soul. All that is needed is a positive attitude and a good pair of walking shoes.

Leader: Donna Riopel

Six Sessions \$65.00 Per Person

9/18 - Thompson Pk Three Barns Parking Lot

9/25 - Holmdel Pk Pond View Parking Lot

10/2 - Huber Woods Env Ctr Lot Parking Area

10/9 - Shark River, Shelter Bldg

10/16 - Tatum Pk Red Hill Rd Act Ctr Parking Area

10/23 - Hartshorne Wds Pk Rocky Point Parking Area

Fri, Sep 18-Oct 23 10:00 AM-12:00 PM (approx) . W4004A

Good Morning Hikes *(adults)*

Start your week by hitting the trails early. Keeping our legs in shape and our minds sharp, we'll explore the trails of Thompson Park. This 667-acre park provides 14 miles of trails to discover. Low boots or trail running shoes are recommended as we build the pace and distance. Make a commitment to yourself to keep moving! Be sure to bring water.

Rating: Moderate pace, rooty trail, fields, paved and dirt trails. Miles: 3+

Leader: Deb Lotosky

Seven Sessions \$56.00 Per Person

Thompson Pk 3 Barns Parking Lot

Mon, Sep 14-Oct 26 5:45-7:45 AM (approx) . W4204A

Hikes in the Highlands *(adults)*

Research suggests it's important to make time to get outdoors, since doing so is beneficial - maybe essential - for human health. We will discover the hiking opportunities at 3 different parks in our Highlands area. Relax and let our leaders guide as you get your nature fix. Hiking footwear strongly recommend, a small day pack for water/snack, rain gear.

Rating: Moderate/easy, moderate pace, some hills, sandy rocky trails. Miles: 2.5-4

Leader: Beth Gough

Six Sessions \$70.50 Per Person

9/17 & 9/24 - Henry Hudson Trail Atlantic Highlands Marina Tennis Ct Parking Lot

10/1 & 10/8 - Huber Wds Env Ctr Parking Lot

10/15 & 10/22 - Hartshorne Wds Rocky Point Parking Lot

Thu, Sep 17-Oct 22 5:45-7:30 PM. W4104A

History Hike at Big Brook Park *(adults)*

Learn the storied past of one of our county's interesting parks. Led by Park System staff, we will explore the fields and forest of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 4-5

One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Sat, Nov 14 12:00-1:30 PM. U1504A

Schunemunk Mountain Hike*(adults)*

Come and enjoy the summit of Schunemunk Mountain in the West Hudson area of NY. This challenging hike climbs about 1,500 feet to a ridge composed of unusual conglomerate rock with many viewpoints from open rock ledges dotted with pitch pine trees.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 7.5

Leader: Andrew Imperiale

One Session \$47.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 17 7:30 AM-5:00 PM (approx) . . W0504A

Section Hikes on the Appalachian Trail*(adults)*

South Bounders Wanted! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states; Maine to Georgia. Join in year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, 5-10 miles per trip. Hiking boot required, trekking poles highly suggested. Hikers age 14 and up are welcome to register with a registered adult.

Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky.

One Session \$46.00 Per Person

Thompson Pk 3 Barns Parking Lot

#1 NY/NJ State Line South - 7 miles

Sat, Sep 12 7:00 AM-5:30 PM (approx) . . W0904A

#2 Wawayanda State Park - 7 miles

Sun, Oct 25 7:00 AM-5:30 PM (approx) . . W1004A

#3 Wallkill River Nat'l Wildlife Refuge - 5+ miles

Sat, Nov 14 7:00 AM-5:30 PM (approx) . . W1104A

Two Great Parks Hike

(adults)

Enjoy expansive views from Bear Mountain and Harriman State Park in one hike as we climb West and Black Mountain.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 8

Leader: Andrew Imperiale

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 31 7:30 AM-5:00 PM (approx) . . W0604A

Two State Hike

(adults)

Hike to Bearfort Ridge with its unusual puddingstone conglomerate rock and pitch pines. The trail follows the Appalachian Trail from New Jersey into New York to the "Grand View" and passes two beautiful secluded lakes.

Please Note: Hiking boots are required.

Rating: Moderately strenuous, quick pace, steep ascents/descents, rocky terrain. Miles: 6

Leader: Andrew Imperiale

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 21 7:30 AM-4:30 PM (approx) . . W0704A

ON THE WATER

Weekday Canoe Paddles

(adults)

Have you ever wanted to try the sport of canoeing? Now's your chance! Join in this experience and 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 Sessions \$72.00 Per Person

9/16 - Thompson Pk Marlu Lake

9/23 - Swimming River Pk

9/30 - Deal Lake, Asbury Park

10/7 - Manasquan Res Vis Ctr West Dock Lot

Wed, Sep 16-Oct 7 9:30 AM-12:30 PM. . . W0404A

WOMEN'S ADVENTURES

Ladies Hiking Club

(adults)

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the program and enjoy your picnic lunch with our "club."

Rating: Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+

Ten Sessions \$120.00 Per Person

9/10 - Thompson Pk Estate Lot

9/17 - Holmdel Pk Lake

9/24 - Turkey Swamp Pk Shelter Bldg

10/1 - Huber Wds South Parking Lot

10/8 - Clayton Pk Parking Lot

10/15 - Shark River Pk Shelter Bldg

10/22 - Tatum Park Red Hill Act Ctr Parking Area

10/29 - Cheesequake State Pk Parking Lot

11/5 - Thompson Park 3 Barns Parking Lot

11/12 - Hartshorne Wds Rocky Point Parking Lot

Thu, Sep 10-Nov 12 9:30-11:30 AM W2204A

Ladies Fall "Hiking Get Away"

(adults)

Enjoy two days of hiking along the crest of the Kittatinny Mountains including sections of the Appalachian Trail. After a day on the trail we will retreat to a secluded cabin in the woods. Lodging amenities include: living room with fire place, full kitchen, bunk rooms, bathrooms and showers. Price includes lodging, one dinner, two breakfasts, snacks, beverages, transportation and Park System leaders.

Please Note: Hiking shoes required. A letter will be sent prior to program date in regards to recommended gear, food and clothing.

Rating: Moderate, rocky terrain, some steep ascents/descents. Miles: 4-7 per day

Registration Deadline: September 10 (registration will remain open if minimum number of participants is reached)

\$270.00 2 People

Thompson Pk Estate Grounds Parking Lot

Fri-Sat, Oct 2-4 6:30 PM-4:00 PM W1404A

Women's Wilderness Empowerment Experience

(adults)

Experience the outdoors in an environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self confidence and make new friends. Stick around after each adventure for coffee and dessert provided by the Monmouth County Park System. Register a friend and receive a discount!

Three Sessions \$33.00 Per Person \$27.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Leap of Faith & Vertical Ladders

Leap from a 28' tall telephone pole to a suspended trapeze then belayed to ground and supported by other women. Climb a set of vertical ladders and try to ring the bell that is suspended 30' in the air.

Wed, Sep 30 9:30 AM-12:00 PM. W6104X

Ziplining

Wed, Oct 7 9:30 AM-12:00 PM. W6204X

PERFORMING ARTS

Adult Tap

(adults)

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

One Session \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 22-Dec 1 6:15-7:00 PM ABK04A

No class 11/3

Beginner Ballroom Dance

(adults)

If you've ever wanted to learn the basics of Ballroom and Latin Dance, this 6-Week workshop is designed with you in mind! Styles will include Bachata, Salsa, Hustle and Waltz, among others as time allows. No partner or prior experience required. Please dress comfortably with shoes that won't easily slip off.

Six Sessions \$100.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 30-Nov 18 7:30-8:30 PM A1104A

No class 10/21 & 11/11

Scene Study for Non Actors

(adults)

Do you like to dream, create, write and read stories? In this class we will work with a partner to choose a scene from our favorite play, movie or TV show to bring to life. There will be no pressure as we take to the stage to read/perform our scenes. We will learn how to work together, build our confidence in public speaking and to simply have fun as we entertain each other with our scenes. Choose your own scene or ask us to choose one for you.

Three Sessions \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Fri, Oct 9-23 6:30-8:00 PM A5904A

SENTIMENTAL JOURNEY BIG BAND

Presents Big Bands on Broadway!

(all ages, under 18 with adult)

"It Don't Mean A Thing, If It Ain't Got That Swing!" Featuring vocalist Altha Morton, let our big band take you through a story of music that is truly American, from traditional jazz through the Swing Era. These are the inspiring melodies that started in the Roaring Twenties, then brought our nation through the Great Depression and austerity of the 30s. When war came in the 40s, swing and jazz lifted the country and reminded men and women of the freedoms that America stood for. Those in the Armed Services took their music wherever they went, fighting to victory on two fronts. Sentimental Journey Big Band will recreate the sounds of Glenn Miller, Benny Goodman, and Count Basie. Tunes like "Sing Sing Sing," "American Patrol," and "In the Mood" are sure to be on the program. No matter your age, there is something exhilarating about the great melodies and driving rhythms of a big band playing Swing music! Bring your lawn chairs, dinner and soft drinks and enjoy a live concert outdoors.

This is a free program; however, registration is strongly recommended.

One Session FREE!

Thompson Pk Theater Barn

Wed, Oct 7 7:00-8:30 PM PA060A

Shakespeare Monologues: First Folio Technique

(adults)

The First Folio is believed to be a collection of the original scripts that Shakespeare wrote passed down through two of his troupe members, Heminge and Condell. It is believed that Shakespeare wrote a code through his scripts to give immediate clues to his actors of how to bring his intentions to life. In this class, we will go over this First Folio Technique and learn how to decipher the code Shakespeare embedded into the scripts. Monologues will be distributed in First Folio version. Monologues will be performed on the final day of class.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Thu, Oct 29-Nov 19 7:00-8:30 PM A7904A

Square Dancing Level 1

(adults)

Find out why so many people have fun being "squares." No prior experience needed. Taught by Larry Sherwood and members of the Middletown Ramblers. There will be an Open House Barn Dance for ages 14 and up at the Thompson Park Activity Barn on September 25 from 7:00-9:30 PM to try it out. All minors must be accompanied by a parent or guardian.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Sep 29-Dec 15 7:15-9:15 PM. A0504A

SPORTS & FITNESS

BASKETBALL

Basketball at the Rec Center

Fort Monmouth Recreation Center, Tinton Falls

Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium. Questions? Contact us at 848-456-4278, ext. 2#.

Cost: \$5.00 Per Person, Per Session

Men's Basketball

Sundays, Sep 13-Dec 27, 8:00-10:00 AM

No session 11/29

Co-ed Basketball 20 & Up

(ages 20 and up)

Mondays, Sep 14-Dec 28, 8:00-10:00 PM

Open Gym

(all ages, under 16 with adult)

Schedule varies, please visit the Fort Monmouth Recreation Area page at www.monmouthcountyparks.com.

FITNESS

Aerostep

(adults)

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

Instructor: Laurie Vuksanovich

Twelve Sessions \$114.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue,Thu, Sep 1-Oct 8 5:30-6:30 PM XBM04X

Tue,Thu, Oct 13-Dec 3 5:30-6:30 PM. . . . XBQ04X

No class 11/3, 11/5 & 11/26

Belly Dancing: Fun & Fitness

(adults)

By request, this is Belly Dance for students that love Belly Dance and want to keep moving and dancing instead of repeating the beginner class! In this hour-long class, we will continue to practice our Belly Dance, work on combos, traveling, and dancing with props, such as veils and zills. Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low Pressure, friendly, supportive dance class for those that love to dance - some Belly Dance experience recommended, this is not an intro class! Instructor will take requests from students on skills they wish to improve. Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Nine Sessions \$119.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Oct 1-Dec 10 7:35-8:45 PM XBK04X

No class 11/5 & 11/26

Beyond Basic Belly Dance

(adults)

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

Instructor: Eryka Andrex

Thirteen Sessions \$234.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 22-Dec 15 7:25-8:55 PM. XBH04X

Timberbrook Triathlon

Saturday, October 3, 9:00 AM

Manasquan Reservoir, Howell

Run three miles; canoe/kayak/SUP two miles; and mountain bike five miles.

Individual and team entries welcome!

Course map and additional information about the race will be available on our website.

Please Note: There are a very limited number of canoe and kayak rentals available online. Rentals through the Park System must be accompanied by a program receipt on race day.

Cost: \$40.00 Per Solo; \$55.00 Per Team

Registration closes at 12:00 PM on Tuesday, September 29.

Division Categories

**Solo Canoe Male/Female • Solo Kayak Male/Female • Solo SUP Male/Female
Team Canoe Male/Female/Mixed/Family • Team Kayak Male/Female/Mixed/Family**

For more information, contact Jeff at 732-542-1642, ext. 27, or jeff.papcun@co.monmouth.nj.us.



Hula Hoop Dance and Fitness

(adults)

Hula hooping, for fun, fitness, and as a dance form. Each class will include basic 'how to' of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and time permitting, combos, and have fun with basic hoop dance. We plan to hoop outside, so wear weather appropriate clothes you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class and some are available for purchase. Feel free to bring hoops if you have them.

Six Sessions \$54.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Sep 2-Oct 7 5:10-5:55 PM XBT04X

Total Body Circuit Blast

(adults)

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

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Eight Sessions \$104.00 Per Person

Sat, Sep 5-Oct 24 8:00-9:00 AM. XBN04X
No class 10/3

Six Sessions \$78.00 Per Person

Sat, Nov 14-Dec 19 8:00-9:00 AM XBR04X

MARTIAL ARTS

Krav Maga - Street Defense

(adults)

Krav maga ("contact combat") is a self defense system based on simplicity, effectiveness and practicality, building upon your own natural instincts and reflexes. It is designed to be effective for everybody, regardless of size, gender, age or physical ability. The curriculum will focus on core self-defense techniques, including defenses against common attack scenarios, where there are no referees and no rules, such as strikes, grabs, chokes. Participants will have a chance to request defenses to be included in the curriculum. Athletic clothing and sneakers are required. Groin protection is recommended.

Eight Sessions \$85.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sun, Sep 20-Nov 8 10:00-11:00 AM . . . M0604A

Sun, Sep 20-Nov 8 11:30 AM-12:30 PM. . M0704A

PILATES

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Jodi Kondracki

Six Sessions \$72.00 Per Person

Fort Monmouth Recreation Center Group Fitness Room

Thu, Nov 12-Dec 17 9:30-10:30 AM XC204X

Seven Sessions \$84.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Sep 17-Oct 29 9:30-10:30 AM. . . .XC104X

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Tatum Pk Holland AC

Tue, Thu, Sep 8-Oct 15 6:30-7:30 PM. . . .XB804X

Dorbrook Rec Area Act Ctr

Wed, Mon, Sep 9-Oct 21 7:15-8:15 PM. . .XB704X

No class 10/12

Sixteen Sessions \$192.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Oct 26-Dec 16 7:15-8:15 PM. .XB904X

Tatum Pk Holland AC

Tue, Thu, Oct 27-Dec 17 6:30-7:30 PM. . .XBA04X

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Tue,Thu, Sep 15-Oct 8 5:00-5:55 PM. . . .X4904A

Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each players understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Mon,Wed, Sep 14-Oct 7 5:00-5:55 PM. . . .X4704A

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

Eight Sessions \$88.00 Per Person

Dorbrook Rec Area

Mon,Wed, Sep 14-Oct 7 5:30-6:25 PM. . . .X4204A

Tue,Thu, Sep 15-Oct 8 5:30-6:25 PM. . . .X4404A

Thompson Pk

Mon,Wed, Sep 14-Oct 7 6:00-6:55 PM. . . .X4804A

Tue,Thu, Sep 15-Oct 8 6:00-6:55 PM. . . .X5004A

VOLLEYBALL

Indoor Fall Volleyball League

(ages 17 and up)

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

Eleven Sessions \$165.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Sep 9-Nov 18 6:30-9:00 PM. XA004A

YOGA

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.

\$130.00 Per Person

Instructor: Talena Ward

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Oct 1-Nov 19 6:00-7:00 PM. XAY04X

Mon, Oct 5-Nov 30 6:00-7:00 PM. XAZ04X

No class 10/12

Instructor: Kimberly Buono

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Oct 4-Nov 22 10:30-11:30 AM. XB204X

Instructor: Lisa Mandragona

Thompson Pk Vis Ctr Tulip Room

Thu, Oct 1-Dec 17 11:00 AM-12:00 PM. . .XAQ04X

No class 11/26 & 12/10

Calm Body and Mind

(adults)

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

Instructor: Tiffany McCann

Six Sessions \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Fri, Oct 2-Nov 20 9:30-10:30 AM XB604X

No class 10/16 & 11/6

Candlelit Yoga

(adults)

Dissolve into deep relaxation and muscle relief through the use of props, bolsters and blankets. Poses will move slowly and be held for minutes at a time, to penetrate deep connective tissue and energy centers of the body (nadis). Listen to the sound of ocean waves, as we visit the poses completely supported under candlelight and allow the nervous system to unwind. Weather permitting, yoga will be held on the boardwalk or beach.

Instructor: Shannon Nelson, 200 hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

\$78.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Nov 12-Dec 17 7:45-8:45 PM XA904X

No class 11/26

Thu, Oct 1-Nov 5 7:45-8:45 PM XA804X

Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ is a yoga practice devised by Mary Jane Kasliner. Yoga classes consist of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$54.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Oct 7-Nov 11 7:00-8:15 PM XAE04X

Easy Evening Yoga

(adults)

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

Instructor: Talena Ward

Eight Sessions \$104.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Oct 5-Nov 30 7:00-8:00 PM XAW04X

No class 10/12

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Oct 1-Nov 19 9:30-10:30 AM XAX04X

First Day of Autumn Flow

(adults)

Follow nature's with rhythm a practice to honor the first day of Autumn. We will flow through 108 rounds of Sun Salutation (Surya Namaskar) to clear summer heat and begin grounding for the fall season. We end with seated poses and meditation. Bring a mat and water. All levels are welcome.

Instructor: Tiffany McCann

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 22 11:00 AM-1:30 PM XC004A

Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm, and renewed. A well balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$135.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Sep 29-Dec 15 10:00-11:00 PM XAM04X

No class 11/3 & 12/8

Tatum Pk Red Hill Act Ctr

Thu, Oct 1-Dec 17 6:45-7:45 PM XAK04X

No class 11/26 & 12/10

Meditation for Sleep

(adults)

According to the Centers for Disease Control (CDC), more than one third of American adults are not getting enough sleep leading to physical and mental health problems. Meditation can help relax the mind to prepare for restorative and restful sleep. In this class, learn and practice meditation techniques to aid an improved sleep routine.

Instructor: Tiffany McCann

Eight Sessions \$104.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Oct 5-Nov 30 7:30-8:30 PM XB004X

No class 10/12

Mindfulness Hike

(adults)

We will combine the ancient art of yoga with the healing energy of nature on this evening hike. Experience the calming effects of mindfulness and meditation in the great outdoors. Wear comfortable athletic shoes and bring water.

Instructor: Lisa Vento, CHHC CYT

Thompson Pk Estate Grounds Parking Lot

One Session \$20.00 Per Person

Wed, Sep 16 5:00-6:30 PM AAW04A

Wed, Sep 23 5:00-6:30 PM AAX04A

Wed, Sep 30 5:00-6:30 PM AAY04A

Wed, Oct 7 5:00-6:30 PM AAZ04A

Entire Series

Register for all four sessions and save.

Four Sessions \$65.00 Per Person

Wed, Sep 16-Oct 7 5:00-6:30 PM ABM04A

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.

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Oct 1-Dec 17 10:00-11:00 AM. XAP04A

No class 11/26 & 12/8

New Moon Yoga & Intention Setting

(adults)

The moon is all about reflection. After all, the moon reflects the sun's light. Following the moon and learning how to harness its energy can help you reflect on your life, your dreams, your goals and your relationships. Join Kim Buono for a moon salutation class with a special ceremony to welcome in new intentions each month with the cycle of the moon. Please bring a yoga mat & journal to write in.

Instructor: Kimberly Beuno

Tatum Pk Holland Act Ctr Field Area

One Session \$20.00 Per Series

Fri, Oct 16 6:15-7:45 PM X2104A

Fri, Nov 13 6:15-7:45 PM X2204A

Thu, Dec 17 6:15-7:45 PM X0111A

Entire Series

Sign up for the entire series and save!

Four Sessions \$56.00 Per Series

Fri, Thu, Aug 21-Dec 17 6:15-7:45 PM XFZ03A

Class meets 8/21, 10/16, 11/13 & 12/17

Ocean Oracle Yoga

(adults)

Join us on Mondays to move into your week with grace and intention. This class begins with a slow yoga flow to open up our bodies, followed by poses that intensify our yin, or reflective, energy. In the second half of class, you'll learn how to connect to your spirit guides and allow them to reveal which oracle, or message, you are most in need of hearing each particular week. Through journaling, we will delve deeper into our reading and ourselves. Class culminates with relaxing yoga nidra or guided meditation. (Please bring own journal).

Instructor: Shannon Nelson

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Oct 5-Nov 16 6:15-7:30 PM XA404A

No class 10/12

Mon, Nov 23-Dec 28 6:15-7:30 PM XA504A

Prana Flow Yoga - Activating Flow

(adults)

Wake up the core as we cultivate strength and stability in the seat of our physical, mental and spiritual self. We will strive for poses that challenge and help us break through to a new level in this fun and engaging core workout. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner. Please bring a yoga mat and water.

Instructor: Tiffany McCann, certified in Prana Flow Yoga (developed by Shiva Rea)

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Oct 6-Nov 17 9:15-10:45 AM XB104A

No class 11/3

Quiet Connection – Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Instructor Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha. Bring yoga mat and water.

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Oct 6-Nov 10 6:30-7:45 PM XAH04X

Seeking Self Yoga

(adults)

Seeking Self Yoga aims to expand our awareness of who we are in our deepest layers of self through philosophical inquiry and movement. Shannon will guide you through a breath-oriented yoga flow and meditation, beginning and ending each session with Eastern philosophy. If you are interested in deepening your connection with your body, thoughts, and heart space, this is the class for you.

Instructor: Shannon Nelson, 200 hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Six Sessions \$81.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 6-Nov 17 6:15-7:30 PM XA204X

No class 11/3

Tue, Nov 24-Dec 29 6:15-7:30 PM XA304X

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Oct 5-Nov 16 7:00-8:15 PM XAG04X

No class 10/12

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Sep 29-Dec 15 11:00 AM-12:00 PM . XAN04X

No class 10/13 & 12/8

Yin/Yang Fusion

(adults)

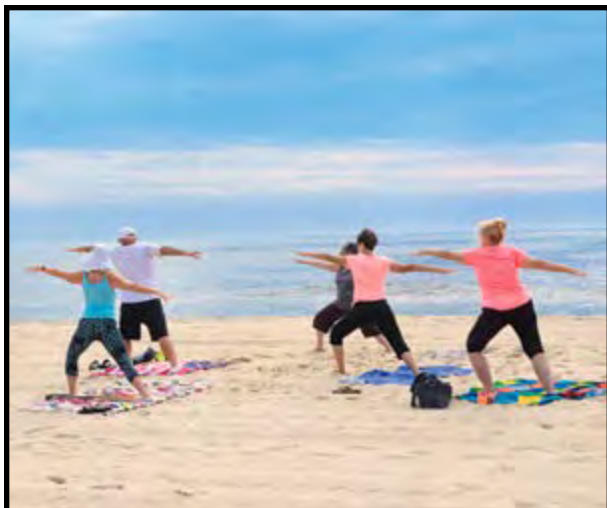
The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusara, and Lotus Flow

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Oct 7-Nov 11 9:30-10:45 AM XAJ04X



Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen. Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$162.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Oct 3-Dec 19 8:00-9:30 AM. XA104X

Yoga Flow (formerly Yoga & Abs Fusion)

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

Tatum Pk Red Hill Act Ctr

Eight Sessions \$104.00 Per Person

Sat, Sep 5-Oct 24 9:00-10:00 AM. XBP04X

No class 10/3

Six Sessions \$78.00 Per Person

Sat, Nov 14-Dec 19 9:00-10:00 AM. XBS04X

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

Six Sessions \$81.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Oct 2-Nov 6 10:00-11:30 AM. XAU04A

Tatum Pk Red Hill Act Ctr

Tue, Oct 6-Nov 17 10:30 AM-12:00 PM. . .XAT04A

No class 10/20

ZUMBA

Brand New to Zumba

(adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Sep 2-Oct 7 6:00-7:00 PM XBU04A

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Thirteen Sessions \$156.00 Per Person

Tue, Sep 22-Dec 15 6:15-7:15 PM. XBG04X

Nine Sessions \$108.00 Per Person

Thu, Oct 1-Dec 10 6:30-7:30 PM XBJ04X

No class 11/5 & 11/26

Zumba: Morning Low Impact

(adults)

Join us for a fun Sunday morning Zumba fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this one-hour, low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude! Beginners welcome!

Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Sun, Sep 20-Oct 25 10:00-11:00 AM XBF04X

Getting Fit Together

Regular fitness is an important part of your health. From benefits such as improving your overall health to reducing your risk of many chronic diseases - such as heart disease, diabetes and high blood pressure - it's amazing how much adding exercise into your schedule can do for you long-term. Having your Monmouth County parks spread out throughout the county makes it even easier to incorporate fitness into your routine. From walking/jogging the trails to signing up for a fitness class, the parks work to make sure you have some of the best sites to visit to be fit, get healthy, and have fun doing it!



Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR).

This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

Beginner Youth Horseback Riding Lessons

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same.

Eight Sessions \$450.00 Per Person

Sunnyside Rec Area

Fri, Sep 18-Nov 6 4:30-5:30 PM V0104A

Equine Psychology Behavior & Communication

(ages 14 and up)

Explore a variety of equine behaviors that will offer you a more well-rounded understanding of these amazing animals that will assist in your success in working with them.

Sunnyside Rec Area EC Prog Rm 1

Level 101

Through classroom discussion and active observation of our horses, discover the basic psychology and physiology of the horse, equine body language, and instinctive behaviors. Through the knowledge you gain from this experience, you will learn the requirements horses need to thrive mentally and physically.

One Session \$25.00 Per Person

Fri, Sep 11 5:30-7:30 PM V0204X

Level 102

Explore the individual personalities of the Sunnyside herd. Each class focuses on a specific horse's characteristics and responses to his/her environment as well as tools and tactics for working successfully with the type of horse you experience.

One Session \$25.00 Per Person

Meet the Left Brain (Confident) Horse

Fri, Sep 18 5:30-7:30 PM V0304X

Meet the Right Brain (Emotional/Reactive) Horse

Fri, Sep 25 5:30-7:30 PM V0404X

Level 103

Put your knowledge of horses to the test and work hands on with a variety of horses. Find out what each horse is trying to communicate and how different "horsenalties" interact with us as individuals. Discover your own personality type and which horse type will be the best match for you. The horses will provide instant feedback as you put into practice all you learned! Space is limited.

Prerequisite: Equine Psychology 101 and 102.

One Session \$25.00 Per Person

Fri, Oct 2 5:30-7:30 PM V0504X

Entire Seminar Series

Enjoy all four of our Equine Psychology Behavior & Communication programs at a discounted price. The Series includes: Equine Psychology 101, Equine Psychology 102 (Left Brain/Confident Horse), Equine Psychology 102 (Right Brain/Emotional Horse), and Equine Psychology 103 (see descriptions in the individual programs listed below).

Four Sessions \$80.00 Per Series

Sunnyside Rec Area EC Prog Rm 1

Fri, Sep 11-Oct 2 5:30-7:30 PM V0604X

MONMOUTH COUNTY PARK SYSTEM



TEE UP WITH US...

BECAUSE WHERE YOU PLAY MATTERS

**BEL-AIRE
GOLF COURSE**
3120 Allaire Road,
Wall, NJ

**CHARLESTON SPRINGS
GOLF COURSE**
101 Woodville Road,
Millstone Township, NJ

**HOMINY HILL
GOLF COURSE**
92 Mercer Road
Colts Neck, NJ

**HOWELL PARK
GOLF COURSE**
405 Squankum-
Yellowbrook Road,
Farmingdale, NJ

**PINE BROOK
GOLF COURSE**
1 Covered Bridge Boulevard
Manalapan, NJ

**SHARK RIVER
GOLF COURSE**
320 Old Corlies Avenue,
Neptune, NJ

MONMOUTH COUNTY GOLF
COURSES OFFER:

- LESSONS
- GROUP OUTINGS
- TOURNAMENTS
- AND MUCH MORE

CHECK US OUT ONLINE FOR FULL DETAILS:
www.MONMOUTHCOUNTYPARKS.COM

Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

Children

(ages 6-10)

Four Sessions \$75.00 Per Person

Sun, Sep 6-27 9:00-10:00 AM Y1604A

Fri, Sep 11-Oct 2 5:00-6:00 PM Y1404A

Sun, Oct 11-Nov 1 10:00-11:00 AM Y1504A

Junior

(ages 11-14)

Four Sessions \$75.00 Per Person

Wed, Sep 9-30 4:30-5:30 PM. Y1004A

Sat, Sep 12-Oct 3 10:00-11:00 AM Y1104A

Sun, Sep 13-Oct 4 9:30-10:30 AM Y3204A

Adults

(adults)

Four Sessions \$80.00 Per Person

Tue, Sep 1-22 10:00-11:00 AM Y3804A

Tue,Thu, Oct 13-22 10:00-11:00 AM Y1204A

Intermediate Golf

(all ages)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

Children

(ages 6-10)

Four Sessions \$95.00 Per Person

Bel-Aire GC

Sun, Oct 11-Nov 1 12:00-1:30 PM Y2304A

Junior

(ages 11-14)

Four Sessions \$95.00 Per Person

Bel-Aire GC

Wed, Sep 9-30 6:00-7:30 PM. Y2004A

Sat, Sep 12-Oct 3 2:00-3:30 PM. Y2204A

Sat, Oct 10-31 12:30-2:00 PM Y2104A

Adults

(adults)

Four Sessions \$120.00 Per Person

Bel-Aire GC

Tue, Sep 1-22 11:15 AM-1:15 PM. Y3504A

Sun, Sep 6-27 12:30-2:30 PM Y0504A

Women

(adults)

Fri, Sep 11-Oct 2 10:00 AM-12:00 PM Y4104A

Sat,Sun, Oct 10-18 10:00 AM-12:00 PM. . .Y3604A

Four Sessions \$120.00 Per Person

Howell Pk GC

Thu, Sep 3-24 5:00-7:00 PM J0304A



Charleston Springs North Course

Advanced Golf

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$165.00 Per Person

Charleston Springs GC Golf Center

Fri, Sep 11-Oct 2 3:00-6:00 PM T0504A

60 Minute Clinic - Chipping/Pitching

(ages 12 and up, under 18 with adult)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$25.00 Per Person

Bel-Aire GC

Fri, Sep 4 4:00-5:00 PM Y0904A

Mon, Sep 14 3:00-4:00 PM Y3904A

Sat, Oct 17 11:00 AM-12:00 PM Y3304A

60 Minute Clinic - Driver

(ages 12 and up, under 18 with adult)

Develop more consistency and power for all level of golfers and swing types in this full swing clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$25.00 Per Person

Bel-Aire GC

Thu, Sep 10 10:45-11:45 AM. Y1704A

Sat, Sep 12 12:00-1:00 PM Y1904A

Sat, Oct 24 10:00-11:00 AM Y1804A

Charleston Springs GC

Sat, Sep 12 1:30-2:30 PM T1104A

Howell Pk GC

Wed, Sep 23 4:00-5:00 PM J0504A

60 Minute Clinic - Putting

(ages 12 and up, under 18 with adult)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$25.00 Per Person

Bel-Aire GC

Thu, Sep 17 10:45-11:45 AM. Y2404A

Sat, Sep 26 12:00-1:00 PM Y2504A

Sat, Oct 10 11:00 AM-12:00 PM. Y2604A

Howell Pk GC

Wed, Sep 9 4:00-5:00 PM J0404A

60 Minute Clinic - Sand Bunkers

(ages 12 and up, under 18 with adult)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$25.00 Per Person

Bel-Aire GC

Wed, Sep 2 12:00-1:00 PM Y0804A

Fri, Sep 18 4:00-5:00 PM Y2704A

Sat, Oct 24 11:00 AM-12:00 PM. Y2804A

Breaking 100

(ages 14 and up, under 18 with adult)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

One Session \$135.00 Per Person

Charleston Springs GC

Sat, Sep 19 1:00-4:00 PM T0304A

Sat, Oct 17 1:00-4:00 PM T0404A

Full Swing Clinic

(ages 14 and up, under 18 with adult)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

One Session \$87.00 Per Person

Charleston Springs GC

Sat, Sep 19 10:00 AM-12:00 PM T0804A

Sat, Oct 10 12:00-2:00 PM T0904A

Howell Pk GC

Sat, Sep 5 12:00-2:00 PM J0104A

Sat, Oct 10 12:00-2:00 PM J0204A

Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$105.00 Parent/Child \$45.00 Additional Sibling

Bel-Aire GC

Sat, Sep 5-26 11:30 AM-12:30 PM Y3004X

Sun, Sep 13-Oct 4 11:30 AM-12:30 PM . . . Y2904X

Sat, Oct 10-31 12:00-1:00 PM Y3104X

Golf for High School Players

(entering grades 8-12)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace.

Four Sessions \$115.00 Per Person

Charleston Springs GC

Sat, Sep 5-26 3:00-6:00 PM T0604A

Sat, Oct 10-31 1:00-4:00 PM T0704A

Ladies Scramble

(adults)

This is a two-person team scramble golf event at Pine Brook Golf Course with tee times starting at 10:00 a.m. Format: Each player hits a tee shot on each hole, but everyone plays from the spot of the best shot. Mark the spot of the best tee shot with a golf tee or ball marker. Direct your playing partner to pick up their ball and hit from within one club length of the marked spot. Continue selecting the best shot until one player hits the ball in the hole and then record the score. Sign up as a group or a single (we'll pair you up). No golf card or handicap required. Gross division only. Registration fee of \$35 includes greens fees and prizes.

One Session \$35.00 Per Person

Pine Brook GC

Thu, Sep 10 10:00 AM-3:00 PM (approx) . . PB104A

Let's Play Golf

(ages 6-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

Four Sessions \$105.00 Per Person

Bel-Aire GC

(ages 6-10)

Fri, Sep 4-25 4:45-6:45 PM Y0304A

Fri, Oct 9-30 4:15-6:15 PM Y0404A

(ages 11-14)

Sun, Sep 6-27 4:00-6:00 PM Y0604A

Sun, Oct 11-Nov 1 2:00-4:00 PM Y0704A

Meditation for Golfers

(adults)

PGA/LPGA professionals such as Tiger Woods, Gary Player, Lydia Cho, Tiffany Chan and Tommy Fleetwood practice meditation. Meditation can help improve focus, block out distractions and increase patience. Are these tools what you need to help you take strokes off your score and achieve your golf goals? Come and find out. Instructor Scott Bailey of the Prana Mudra Center will lead you through meditation exercises such as breath control, sound healing and mantras to help you develop a daily meditation practice to strengthen your mind, body and game for the days to come.

Four Sessions \$80.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 1

Mon, Sep 21-Oct 12 7:00-8:00 PM A6004A

Short Game Clinic

(ages 14 and up, under 18 with adult)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$125.00 Per Person

Charleston Springs GC

Sun, Sep 13 12:00-3:00 PM. T0104A

Sun, Oct 11 12:00-3:00 PM. T0204A

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

Four Sessions \$79.00 Per Person

Bel-Aire GC

Wed, Sep 2-23 9:00 AM-12:30 PM Y0104A

Wed, Oct 7-28 9:00 AM-12:30 PM Y0204A

The First Tee of the Jersey Shore

(ages 7-12)

The First Tee programs and lessons introduce kids to the great game of golf. The First Tee will be offering two classes; PLAYer and Par. The PLAYer class introduces how to play the game of golf in a positive and non-competitive atmosphere. Our nationally trained coaches focus special emphasis on The First Tee Core Values, learning the basics of golf and appreciating the rules and etiquette of the game. PLAYer level instruction is developmentally appropriate curriculum to help new participants establish a strong foundation both in golf and life skills. PAR level builds on the PLAYer level curriculum with continued exposure to the game of golf and focuses on two general The First Tee life skills: Self-Management and Interpersonal Skills. Students will participate in a mixture of practice drills and activity-based games -- seamlessly integrating The First Tee life skills into each lesson. Prerequisite: Successful completion of PLAYer 1, 2 and 3 and the PLAYer level certification test.

Six Sessions \$125.00 Per Person

Charleston Springs GC

PLAYer/Par Level

(ages 7-11)

Perfect for beginners and advanced beginners.

Tue, Sep 15-Oct 20 4:30-5:45 PM. T1304A

Teens on the Tee: 1&2

(ages 12-17)

Teens on the Tee 1&2 is designed specifically for kids 12 to 17 who are new to golf and The First Tee. This level incorporates both our beginner PLAYer level class and intermediate PAR level class, teaching the essentials upon which The First Tee was founded upon.

Tue, Sep 15-Oct 20 4:30-5:45 PM. T1404A

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$149.00 Per Person

Bel-Aire GC

Thu, Sep 10-Oct 15 9:30 AM-1:00 PM Y3704A

Inclusion Services

It is the philosophy of the Monmouth County Park System to provide accommodations for individuals with disabilities (who meet minimum eligibility requirements - with or without an 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 contact Justin at 732-460-1167, ext. 22.

Art Club

(ages 16 and up, with special needs)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Sep 19-Oct 31 10:00 AM-12:00 PM . . D2004A

Class meets 9/19, 10/3, 10/17 & 10/31

Sat, Nov 7-Dec 19 10:00 AM-12:00 PM . . D2104A

Class meets 11/7, 11/21, 12/3 & 12/19

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Participants may be able to utilize their DDD Supports or CCP Budgets to register for the program. Please contact Justin at 732.460.1167, ext 22 for more information.

Thirteen Sessions \$156.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Sep 23-Dec 16 6:00-7:00 PM D0704A

Games Galore with Siblings

(ages 6-12)

Discover new and old games with your sibling(s). Learn creative ways to adapt and play! Sessions will start with imaginative warm up games, followed by various card, board and active games (non-electronics). All abilities are welcome. ***This is a free program; however, registration is required.***

For more information, please call 732-460-1167, ext. 23.

Six Sessions FREE!

Fort Monmouth Rec Ctr Prog Rm A

Wed, Oct 14-Nov 25 4:30-6:00 PM PD330A

No session 11/11

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being.

MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732.460.1167, extension 24 for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Eat, Putt, and Leave Room for Ice Cream!

Indulge your appetite and test your putting skills by meeting us for dinner at Juanito's II Mexican Restaurant and a round of mini golf at Swingtime Golf Center on Route 9 in Howell. Afterwards we will stop next door for dessert and pick up at Ice Cream on 9! You will need to bring at least \$40 to cover the cost of dinner, mini golf and ice cream. Limited transportation (up to 6 spots) is available from Dorbrook on a first-come, first-serve basis; please contact Justin after registering.

\$30.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Sep 25 5:00-9:30 PM D1004A

Dinner and a Movie - Eatontown

A delicious meal at Friday's in Eatontown, followed by a movie, sounds like a great night! Drop-off will be at the Friday's at the Monmouth Mall and pick-up will be from the AMC Movie Theatre. You will be contacted with specific times and movie choices at least 2 days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$40 to cover the cost of your meal and movie ticket.

\$35.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Dec 11 5:00-10:00 AM D0511A

Take Out and a Movie

Tonight we will enjoy a "night in" with friends at the Fort Monmouth Rec Center. You will be able to choose from two different movies being shown in different rooms. and ordering dinner from a local Italian restaurant. You will be contacted the week of the event with the menu and instructions for submitting and paying for your dinner order or the cost for just pizza. Drinks and snacks are included in your registration. Feel free to bring a comfortable beach or lawn chair if you would like for the movie!

\$30.00 Per Person

Fort Monmouth Rec Ctr Prog Rm D

Fri, Oct 16 6:00-9:00 PM D1904A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

Ugly Sweater Holiday Meal and Party!

Show some Christmas or Hanukkah spirit by dressing in a fun holiday sweater and joining your friends for an evening of food, music, and laughter! We will be preparing a traditional holiday meal of stuffing, turkey, mashed potatoes, cranberry sauce, pudding, and apple pie. Afterwards we will enjoy socializing to some holiday music and other tunes as well!

\$32.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Nov 20 6:00-9:00 PM D0604A

Check out the variety of amenities available in your local Monmouth County parks!

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

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

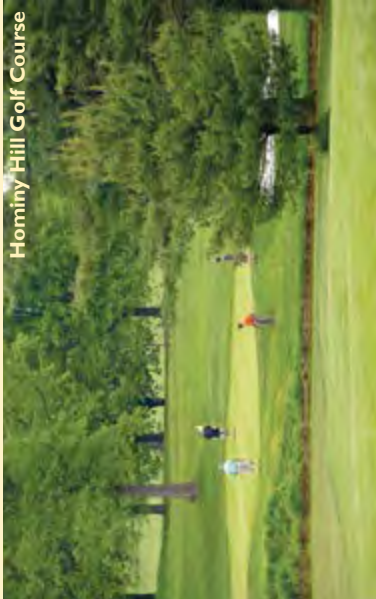
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract**[†], Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**^{*}, Route 520, Marlboro 732-834-9607
- Clayton Park**^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**^{*}, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**[†], Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**[†], Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**[†], Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**^{*}, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail**^{*}, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Park**^{*}, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**[†], Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Corlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

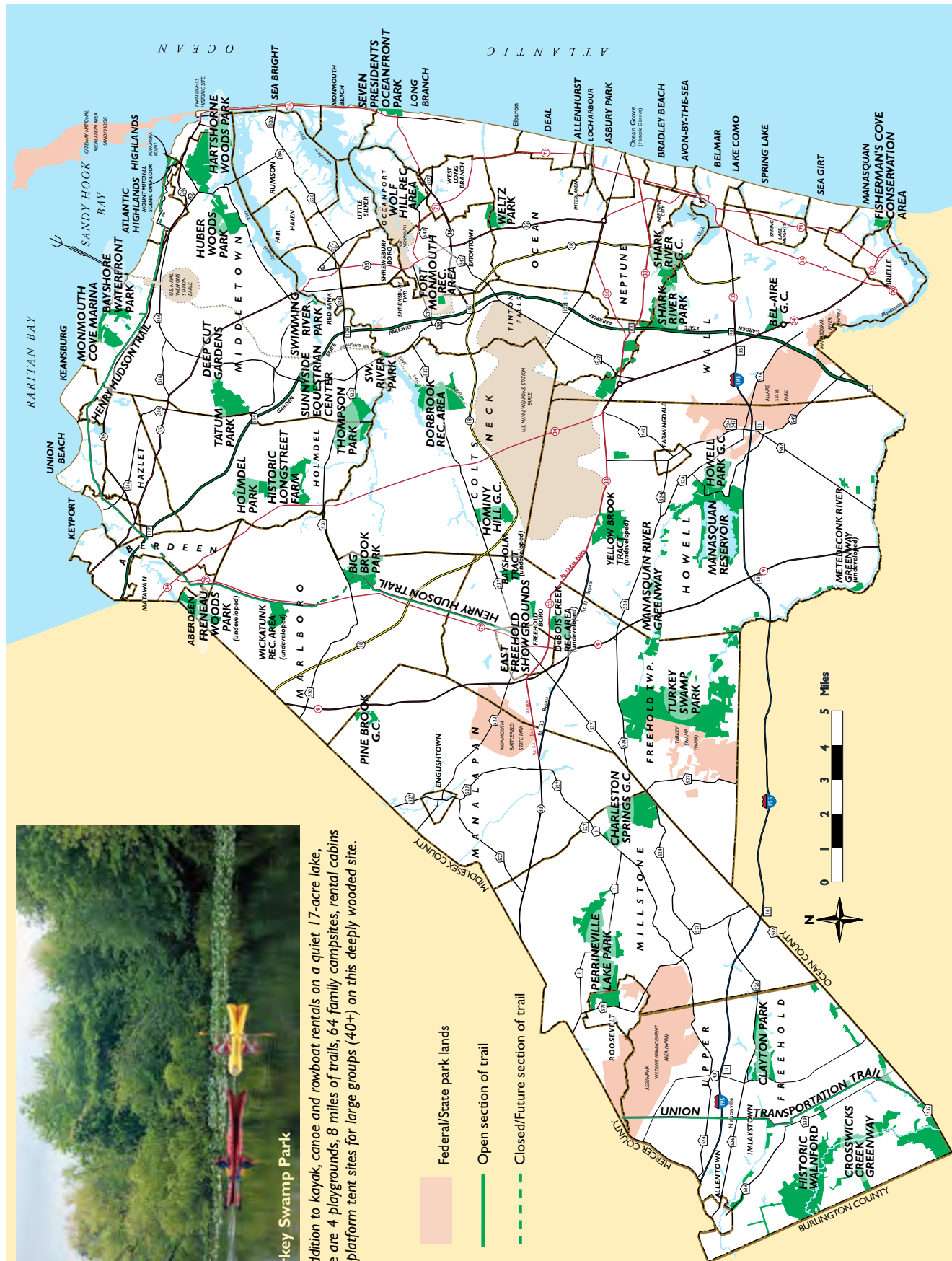
^{*} Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
[†] Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

- Federal/State park lands
- Open section of trail
- Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, 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 ½ hours prior to a program's starting time to find out whether it has been canceled due to BAD WEATHER. The message includes only programs canceled 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 any accommodations because of a disability, please contact our Therapeutic Recreation staff at 732-460-1167.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be canceled. Please provide accurate contact information when you register so that we may notify you in the event that a program is canceled.

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 canceled by the Monmouth County Park System.
 2. No refunds or credits will be given for any sessions missed by the participant.
 3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 45 days advance notice, less a \$25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

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 8:00 AM on August 19. Visit the "Program Registration" page at www.MonmouthCountyParks.com to become a registered user.
- **By Phone** beginning at 8:00 AM on August 19. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.
- **By Mail** beginning at 8:00 AM on August 19. 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 8:00 AM on August 19, Monday-Friday, 8:00 AM-4:30 PM, at Park System Headquarters in Thompson Park on Newman Springs Road, Lincroft.

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

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, AUGUST 19. SEE PAGE 86 FOR FULL DETAILS.

Reset Form

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 Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

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



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



THOMPSON PARK CREATIVE ARTS CENTER



■ Saturday & Sunday, December 5 & 6,
11:00 AM-4:00 PM
Thompson Park Creative Arts Center,
Lincroft

■ Each year we are proud to showcase
the work of our talented students and
instructors.

■ Kick off your holiday shopping or find
the perfect piece for your home made
by local artists.

■ Exhibit will remain open with limited
hours through Sunday, December 12.

The Creative Arts Center is host to a variety of fine arts and craft classes suitable for all levels in:

- | | | |
|----------------------------------|------------------|---|
| ■ Drawing | ■ Jewelry making | ■ Basket weaving |
| ■ Acrylic | ■ Knitting | ■ Photography |
| ■ Oil and watercolor
painting | ■ Sewing | ■ Hand-building, raku and
wheel-thrown pottery |



For more information contact Barbara Zarella at
bzarella@monmouthcountyparks.com or
732-842-4000, ext. 4253





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

SEPTEMBER 2020

Fall Plant Swap

Saturday, September 19
8:30-11:30 AM
Tatum Park, Middletown

OCTOBER 2020

Timberbrook Triathlon

Saturday, October 3
9:00 AM
Manasquan Reservoir, Howell

DECEMBER 2020

Student & Instructor Show & Sale

Saturday & Sunday, December 5 & 6
11:00 AM-4:00 PM
Thompson Park, Lincroft



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of Chosen Freeholders:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Lillian G. Burry • Patrick Impeveduto • Dominick “Nick” DiRocco

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Michael G. Harmon, Vice Chairman
Violeta Peters • Thomas E. Hennessy, Jr. • David W. Horsnall
Mark E. Zelina • Patricia M. Butch • Thomas Adcock
Glen Mendez • James J. Truncer, Secretary-Director

