



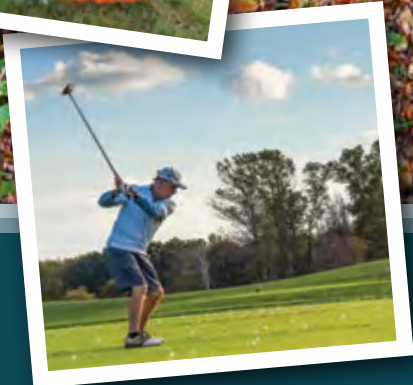
MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



FALL 2022

REGISTRATION BEGINS AUGUST 10

WWW.MONMOUTHCOUNTYPARKS.COM



Saturday, September 17,

11:00 AM - 5:00 PM

BAYSHORE WATERFRONT PARK, PORT MONMOUTH

Enjoy a day of coastal activities in this celebration of all things water!
Get full details in our centerfold ad.

THOMPSON PARK DAY

SUNDAY, OCTOBER 16, 11:00 AM - 5:00 PM
THOMPSON PARK, LINCROFT

An autumn day of *fun*
for the entire family!



Get full details in our centerfold ad!

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To register for programs starting Wednesday, August 10, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

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

Find us on Social Media:



Icon Key



New Program



Free Program



Tee Up With Us!

Each year, over 200,000 rounds of golf are played on Monmouth County Park System golf courses. Offering five championship 18-hole courses, two 18-hole executive courses, a 9-hole par 3 course, and three warm up ranges, our facilities accommodate golfers of all skill levels.

Value

Our golf courses, along with more than 30 other Park System sites, meet our area's growing need for recreation while also permanently preserving open space. Responsible maintenance enhances natural resources and helps to establish some of the region's best playing conditions. It is this combination of private club conditions with public course pricing that makes the Park System's golf courses such an exceptional value. Discounts for county residents, seniors and juniors along with matinee rates, off-season pricing, golf outing packages, and promotional incentives are available at select courses.

Improve Your Game

Whether you are a beginner, intermediate or advanced golfer, the Park System offers a large variety of classes, clinics and private lessons to suit your needs. A full list of upcoming fall golf programs can be found on pages 100-103. Custom clinics are available to groups and may be customized based on the playing level of your participants. For information on custom clinics or any of the golf programs listed in this Parks & Programs Guide, please call 732-462-9224.

Golf Passes

Purchasing a Park System Golf Pass is the best way to assure you have the greatest golfing experience possible. Golf Passes grant you access to our online Tee Time Reservation System, allowing you to reserve your tee time up to one week in advance. The Golf Pass also entitles:

- A resident Monmouth County golfer to resident greens fee rates.
- A junior golfer to reduced junior greens fee rates all day, seven days a week.
- A non-resident golfer access to the tee time reservation system and the ability to reserve a time seven days in advance.

For a full list of all golf fees and rates, visit us online at www.MonmouthCountyParks.com.

Loyalty Points

Golf Pass holders are eligible for a 4% accrual rate of loyalty points based on resident greens fees paid for by resident golf pass holders. Loyalty points are awarded at a rate of 1 point per dollar spent on resident greens fees only. Loyalty points are redeemable at a rate of \$4.00 for every 100 points earned. The accrued loyalty points are redeemable at any day/time of the week at any Park System golf course as long as the golf pass holder has a sufficient balance to pay the full greens fee amount on the day and time of play.

Get more details on our Loyalty Points program at www.MonmouthCountyParks.com.

BEL-AIRE GOLF COURSE

3120 Allaire Road, Wall Township
732-449-6024

Open year round, Bel-Aire is a 27-hole facility that features an 18-hole executive par 60 course, a 9-hole par 3 course, and a well-stocked golf center. This fun and relaxed setting makes it a wonderful place to learn the game of golf. Also available is a 9-Hole FootGolf course, combining golf with soccer that offers fun for the entire family.

CHARLESTON SPRINGS GOLF COURSE

101 Woodville Road, Millstone
732-409-7227

Designed by noted golf course architect Mark Mungeam, Charleston Springs North and South offer 36 holes of championship caliber golf. The par 72 links style North Course boasts expansive undulating fairways defined by native grasses and wildflowers. It features extensive bunkering, multiple water hazards, and large immaculately maintained greens. The par 72 South Course is designed in classic parkland style, similar to the golden age courses of the early 20th century. The existing terrain and natural features of this course define each hole.

HOMINY HILL GOLF COURSE

92 Mercer Road, Colts Neck
732-462-9222

This classic Robert Trent Jones designed course is often rated as New Jersey's #1 public golf course and has been the host of two USGA National Amateur Public Links championships and numerous regional championship tournaments. This 7,049 yard course (from the blue tees) has 138 bunkers and water coming into play at four holes. The newly refurbished Golf Center features enhanced amenities such as ADA compliant restrooms/locker rooms, a lounge/grill room, and pro-shop, as well as a larger parking lot.

HOWELL PARK GOLF COURSE

405 Squankum-Yellowbrook Road, Farmingdale
732-938-4771

With its rustic setting, manicured bentgrass fairways, and fast-sloping greens, this par 72 course provides an experience often associated with private clubs. This par 72 course has repeatedly been ranked among the top 50 public golf courses in America by national golf publications.

PINE BROOK GOLF COURSE

1 Covered Bridge Boulevard, Manalapan
732-536-7272

The Park System's first "junior-friendly" course, Pine Brook is an 18-hole, par 61 executive-length golf course. Measuring 4,168 yards from the white tees, it includes one par 5 hole, five par 4 holes, and twelve par 3 holes.

SHARK RIVER GOLF COURSE

320 Old Corlies, Neptune
732-922-4141

Designed by Scottish golf pro Joseph "Scotty" l'Anson in the early 1900s, Shark River features tight, narrow fairways; deep-faced bunkers; and the challenge of small, well protected greens. The holes vary from a short, drivable par 4 to a long, risky par 5, with some strong par 3 holes mixed in.

Want to learn more about the Monmouth County Park System's golf courses? Call any of our courses directly or visit us online at www.MonmouthCountyParks.com.



Hominy Hill Golf Course

SEPTEMBER 2022

SATURDAY, SEPTEMBER 3

Canoe Rentals at Thompson Park (p. 18)
Piano Ballads from the Turn of the Century (p. 6)

SUNDAY, SEPTEMBER 4

Canoe Rentals at Thompson Park (p. 18)

TUESDAY, SEPTEMBER 6

The Casual Birder (p. 77)

SATURDAY, SEPTEMBER 10

Accordion Melodies of the 1890s (p. 6)
Cookstove Demonstration (p. 6)
Open Shoot Archery (p. 18)

SUNDAY, SEPTEMBER 11

Bonsai Day (p. 75)
Nature on the Move (p. 13)

TUESDAY, SEPTEMBER 13

Climb Time (p. 18)
The Casual Birder (p. 77)

WEDNESDAY, SEPTEMBER 14

Open Mic Poetry (p. 87)

THURSDAY, SEPTEMBER 15

Knobbed Whelks of New Jersey (p. 80)

SATURDAY, SEPTEMBER 17

Fall Plant Swap (p. 75)
Preserving the Harvest (p. 6)
Wind & Sea Festival (centerfold ad)

SUNDAY, SEPTEMBER 18

Annual Cornbread Contest (p. 8)

TUESDAY, SEPTEMBER 20

The Casual Birder (p. 77)

FRIDAY, SEPTEMBER 23

Open House Barn Dance (p. 89)

SUNDAY, SEPTEMBER 25

Harvest Home Festival (p. 7)

FRIDAY, SEPTEMBER 30

A Night of Jazz and Blues (p. 12)

OCTOBER 2022

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Fairy Day Fest (p. 13)

SUNDAY, OCTOBER 2

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Eek-O-Fabulous Costume Swap (p. 12)
Open Mic Poetry (p. 87)

TUESDAY, OCTOBER 4

The Casual Birder (p. 77)

SATURDAY, OCTOBER 8

Cookstove Demonstration (p. 6)
Corn Harvest (p. 6)
Open Shoot Archery (p. 18)

SUNDAY, OCTOBER 9

Corn Harvest (p. 6)

TUESDAY, OCTOBER 11

The Casual Birder (p. 77)

WEDNESDAY, OCTOBER 12

Awesome Autumn Amble (p. 78)

SATURDAY, OCTOBER 15

Accordion Melodies of the 1890s (p. 6)

SUNDAY, OCTOBER 16

Thompson Park Day (centerfold ad)

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Cookstove Demonstration (p. 6)
Piano Ballads from the Turn of the Century (p. 6)

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WEDNESDAY, OCTOBER 26

Awesome Autumn Amble (p. 78)

THURSDAY, OCTOBER 27

The Real Story of the Jersey Devil (p. 80)

SATURDAY, OCTOBER 29

19th Century Woodworking Demonstration (p. 6)

SUNDAY, OCTOBER 30

Trick-or-Treat in the Park (p. 8)

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The American Eel in New Jersey (p. 80)

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Cookstove Demonstration (p. 6)

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The Casual Birder (p. 77)

WEDNESDAY, NOVEMBER 9

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Cider Making Demonstration (p. 6)

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Awesome Autumn Amble (p. 78)

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Accordion Melodies of the 1890s (p. 6)
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TUESDAY, NOVEMBER 25

The Casual Birder (p. 77)

SUNDAY, NOVEMBER 27

No More Grist for the Mill (p. 8)

WEDNESDAY, NOVEMBER 30

Awesome Autumn Amble (p. 78)

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

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



Piano Ballads from the Turn of the Century

(adults)

Tap your feet, dance a one-step, or sing-along to popular turn-of-the-19th-century ballads as they are played on our farmhouse piano.

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

Saturday, October 22, 1:00-3:00 PM

Saturday, November 12, 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 as you visit the farm.

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

Saturday, October 15, 1:00-3:00 PM

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

Cookstove Demonstration

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

Saturday, September 10, 11:00 AM-3:00 PM

Saturday, October 8, 11:00 AM-3:00 PM

Saturday, October 22, 11:00 AM-3:00 PM

Sunday, November 6, 11:00 AM-3:00 PM

Saturday, November 19, 11:00 AM-3:00 PM

Preserving the Harvest

(adults)

Fall's cooler weather means the end of the growing season - it's time to prepare for the coming winter. We'll be featuring some 19th century techniques for food preservation such as salting, pickling, drying and jelling.

Saturday, September 17, 11:00 AM-3:00 PM

Corn Harvest

Gain an understanding of how feed corn is harvested and stored as we harvest our field. Weather permitting.

Saturday & Sunday, October 8 & 9, 12:00-2:00 PM

19th Century Woodworking Demonstration

Woodworking is more than carpentry. See how a woodworker studies his materials, plies his tools, and crafts beautiful and functional items.

Saturday, October 29, 12:00-3:00 PM

Cider Making Demonstration

Autumn is here, the leaves are changing color, and the cool crisp air is upon us. Help the farm staff press this year's apple harvest into cider. Sample some fresh cider and talk about other uses for cider on the farm.

Sunday, November 13, 12:00-2:00 PM

How's it Growing 

(adults)

What's planted? What's ready for harvest? Come out for a walk around the Longstreet Farm fields and garden to learn how we prepare our land for planting and how we cultivate our crops. Pre-registration for this tour is encouraged; but not required. Individuals and families only. Groups can contact Longstreet Farm at 732-946-3758 to discuss tour options.

One Session FREE!

Longstreet Farm

Sun, Sep 11 11:00 AM-12:00 PM F0524A

Morning Farm Chores

(ages 4 and up, under 14 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Participants will experience lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Please wear closed-toe shoes and dress for the weather.

Please Note: Due to the popularity of this program, participants may only sign up for ONE Morning Farm Chores session per season. The Park System reserves the right to remove those scheduled in multiple sessions to provide an opportunity for someone on the waiting list.

One Session \$15.00 Per Person

Longstreet Farm

- Sat, Sep 10 8:00-9:30 AM F0624A**
- Sun, Sep 18 8:00-9:30 AM F0724A**
- Sun, Oct 2 8:00-9:30 AM F0824A**
- Sat, Oct 22 8:00-9:30 AM F0924A**
- Sun, Nov 6 8:00-9:30 AM F1024A**
- Sat, Nov 19 8:00-9:30 AM F1124A**

Rug Hooking Gathering

(adults)

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

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Sep 13-Nov 15 10:00 AM-3:00 PM ... F0124A

Traditional Rug Hooking Class for Beginners 

(adults)

Learn the basics of traditional rug hooking. Students will learn the proper form and technique of "pulling wool." There will be discussion of color planning, styles, designs and care and history of hooked rugs. A kit fee of \$75.00 is payable to the instructor; kit includes a pattern, wool and a primitive hook. Students need to bring a 12" embroidery hoop, scissors and lunch.

Instructor: Joan Thalheimer

One Session \$90.00 Per Person

Longstreet Farm Vis Ctr

Sat, Sep 3 10:00 AM-2:00 PM F0224A



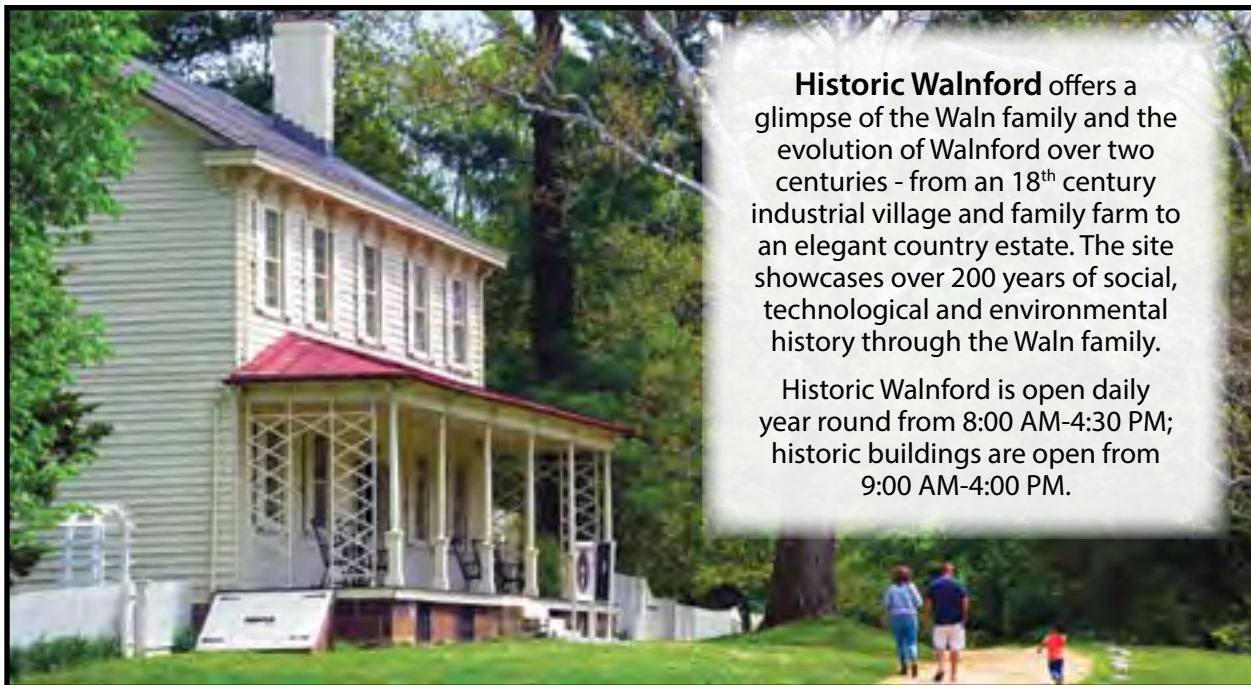
Harvest Home Festival 

Sunday, September 25, 11:00 AM-5:00 PM

Historic Longstreet Farm, Holmdel

Harvest Home Festival is an old-fashioned country fair reminiscent of the 1890s. It takes visitors back in time to when neighbors gathered to help with the harvest, spend time socializing and enjoying each other's company. These festivals showcased the best produce grown and craftwork done in the community; music, games and athletic contests provided entertainment for all who attended. Experience fun from 130 years ago with wagon rides, games and live entertainment. On-going craft demonstrations may inspire you to start a new hobby! Enter competitions ranging from needlework, to baked goods to home-canned produce. Each person entering a competition will have a chance to win a prize ribbon.

For more information, visit www.MonmouthCountyParks.com.



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

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

Annual Cornbread Contest *Free*

Bring your favorite homemade cornbread in a 9"x13" pan and a typed copy of the recipe to Historic Walnford between 12:30-1:00 PM. Peer tasting and voting will take place from 1:30-2:30 PM and ribbons will be awarded at 3:00 PM by our panel of judges and the popular vote. All ages are welcome!

Sunday, September 18, 12:30-3:00 PM

Trick-or-Treat in the Park *Free*

Discover the history of this annual tradition while touring the historical buildings and beautiful fall landscape of Historic Walnford. Walk from building to building where staff will provide facts about Walnford and the family who lived here, as well as a treat to fill your basket!

Sunday, October 30, 10:00 AM-12:00 PM

No More Grist for the Mill! *Free*

Celebrate the end of the milling season and the start of the holidays as our mill grinds the last of 2022's corn! Decorate a paper stocking, take a selfie in a sleigh, and sip on a cup of hot cocoa in our early 20th century Cow Barn. Then explore our 18th century house and see the gristmill in action!

Sunday, November 27, 11:00 AM-3:00 PM

Lantern Tours

(adults)

Friday nights in October, celebrate the spookiest time of the year with tasty autumnal refreshments and a lantern tour of Historic Walnford. Sign up for one session or all three!

[Historic Walnford](#)

One Session \$10.00 Per Adult

Fri, Oct 7 6:30-8:30 PM RG082A

Fri, Oct 14 6:30-8:30 PM RG092A

Fri, Oct 21 6:30-8:30 PM RG102A

Entire Series

Register for all three lantern tours and save!

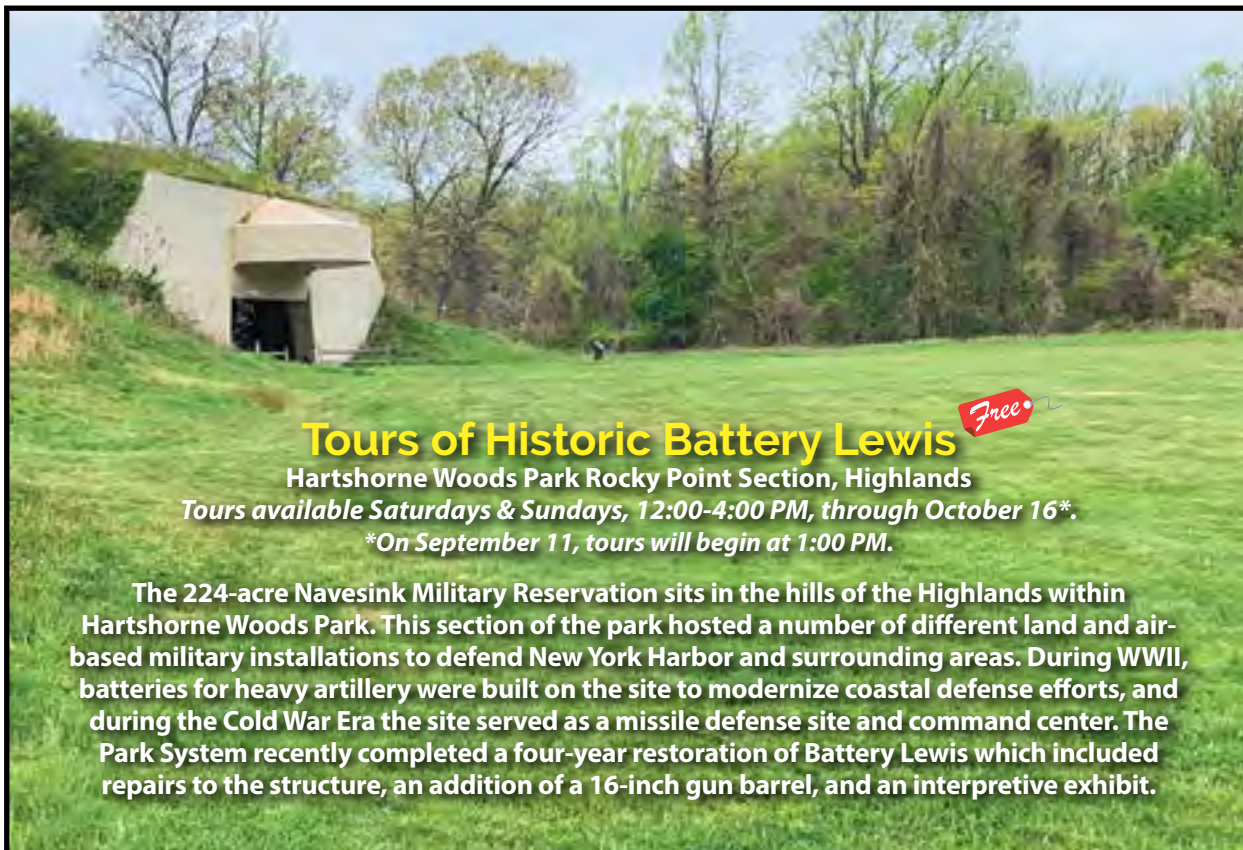
Three Sessions \$25.00 Per Adult

Fri, Oct 7-21 6:30-8:30 PM RG212A





HISTORIC SEABROOK-^{Free} WILSON HOUSE TOURS
Sundays Through October 30, 1:00-4:00 PM
 Bayshore Waterfront Park, Port Monmouth
 Ever wondered what it looks like inside that mysterious white building by the bay? Now is your chance to find out. Come inside with family and friends to visit Seabrook-Wilson House, which dates back to the early 1700s and is one of the oldest homes along the Jersey shore and the oldest home along Sandy Hook Bay. The house includes displays on the ecology of the bay and local history. Enjoy views of New York City and the beauty of Sandy Hook Bay while visiting this celebrated house listed on the National Register of Historic Places.
 For more information visit www.MonmouthCountyParks.com.



Tours of Historic Battery Lewis^{Free}
 Hartshorne Woods Park Rocky Point Section, Highlands
 Tours available Saturdays & Sundays, 12:00-4:00 PM, through October 16*.
 *On September 11, tours will begin at 1:00 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.

ARTS & CRAFTS

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. Enjoy story time together as we read *It's the Great Pumpkin, Charlie Brown*, followed by a themed take-home craft and more! If time allows, we may take a walk together to see if we can find the famous Great Pumpkin! This program is a great way to celebrate the fall season with mom, dad, grandma or grandpa. The program will take place outdoors if the weather allows.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Oct 22 10:00-11:00 AM..... A3124A

SUNDAY CERAMICS

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

Looking for a relaxing and creative way to spend your Sunday? Come try your hand at ceramic arts! Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week. Pre-registration is required and space is limited, please see schedule for times and codes. Your registration pays for your studio time, bisqueware is separate. Bisqueware is to be purchased on site the day of the program.

One Session \$8.00 Per Person
Thompson Pk Creative Arts Center

SUNDAY, SEPTEMBER 11

11:00 AM-12:00 PM #ZBV24A
12:30-1:30 PM #ZBW24A
2:00-3:00 PM #ZBX24A

SUNDAY, OCTOBER 2

11:00 AM-12:00 PM #ZBY24A
12:30-1:30 PM #ZBZ24A
2:00-3:00 PM #ZC024A

SUNDAY, NOVEMBER 6

11:00 AM-12:00 PM #ZC124A
12:30-1:30 PM #ZC224A
2:00-3:00 PM #ZC324A

*For further information please contact
Christina Carlson at 732-842-4000, ext. 3343, or
ccarlson@monmouthcountyparks.com.*

Chicka Chicka Boom Boom

(ages 2-5, with adult)

Let's learn the alphabet! *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault is a vibrant children's classic that enforces the ABC's in a silly rhyme that's sure to make your little one laugh. Learn some literacy skills with us as we read the book together and finish with a themed art project. We're excited to "meet you at the top of the coconut tree!"

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Nov 3 1:30-2:30 PM A2724A

Friday Evening Pottery

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

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must register with an adult. Fee includes glazes, firings and 12 lbs. of clay. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Kayla Robinson

Seven Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 9-Oct 21 6:30-8:30 PM Z7024A

Fri, Oct 28-Dec 16 6:30-8:30 PM Z7124A

No class 11/25

Goodnight Moon

(ages 2-5, with adult)

"Goodnight stars. Goodnight air. Goodnight noises everywhere." The acclaimed children's book *Goodnight Moon* by Margaret Wise Brown is a classic bedtime story, taking young readers through the goodnight routine of a fuzzy bunny through gentle poetry. We will read the story aloud together, create a take-home craft and more! If weather allows, the program will take place outdoors.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Oct 27 1:30-2:30 PM A2624A

Mouse Paint

(ages 2-5, with adult)

Mouse Paint by Ellen Stoll Walsh is a beloved children's book that tells the story of three adventurous mice that dip their feet in paint and learn how to mix colors (by accident!). Join us at Dorbrook with your little one to read the story together, learn a little bit about color theory and create a unique art project together. We can't wait to see the colors you create! If weather allows, the program will take place outdoors.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Oct 20 1:30-2:30 PM..... A2524A

Pete the Cat: I Love My White Shoes

(ages 2-5, with adult)

"Keep on walkin' along and singin' your song." In *Pete the Cat: I Love My White Shoes*, author Eric Litwin brings us along with Pete as he steps in all kinds of things, changing the color of his beloved white shoes and teaching little ones how to cope with change. Read the story with us and follow up with a themed art project. If weather allows, the program will take place outdoors.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Oct 13 1:30-2:30 PM..... A2424A

Stellaluna

(ages 2-5, with adult)

"How can we feel so different and be so much alike?" The story of *Stellaluna* by Janell Cannon reminds us that even in the most unlikely places, we are able to find friends. Join us at Dorbrook to read the famous children's book and create a themed art project together! Maybe you will find a new friend, too!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Oct 6 1:30-2:30 PM..... A2324A

We're Going on a Leaf Hunt

(ages 2-4, with adult)

Join us at Freneau for a fun-filled fall adventure! *We're Going On A Leaf Hunt* by Steven Metzger is a story about friends who are searching for some beautiful Fall leaves. We will see where their walk takes them and then embark on our own journey. We will explore the shapes, textures, size and color of the treasures we find. We will finish up with music and a take home craft made of what we found.

One Session \$20.00 Parent/Child

Freneau Wds Pk Vis Ctr Art Room

Sat, Oct 22 10:00-11:00 AM..... A3224A

We're Going on a Pumpkin Hunt

(ages 5-7, with adult)

Do you love searching for the perfect Halloween pumpkin? Join this group of funny animals on their spooky adventure to find the biggest pumpkin in *We're Going on a Pumpkin Hunt* by Mary Hogan Wilcox. Will they find a pumpkin? Or maybe a special surprise? Come find out what happens in the story and see the special surprise yourself! We will end with music and a take home craft project.

One Session \$20.00 Parent/Child

Freneau Wds Pk Vis Ctr Art Room

Sat, Oct 22 11:30 AM-12:30 PM A3324A

Where the Wild Things Are!

(ages 2-5, with adult)

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, make a take-home craft and more! If time allows, we will go for a walk to find some Wild Things of our own! If weather allows, the program will take place outdoors.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Oct 1 10:00-11:00 AM..... A3024A

FAMILY FUN

Fort Monmouth Flashlight Fun

(ages 4-10, with adult)

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

One Session \$18.00 Per Child

Fort Monmouth Recreation Center

Dino-mite!

Tonight it's back to the Jurassic Period as we go on a dinosaur hunt - in the dark.

Fri, Sep 30 7:00-8:00 PM.....M5224A

Halloween Hijinks

Come in costume if you like, just don't forget your flashlight!

Fri, Oct 21 7:00-8:00 PM.....M5324A

Under Construction

If you like building - or breaking down - this is your night!

Fri, Nov 18 7:00-8:00 PMM5424A

Snuggies, S'mores & Halloween Hiking with Ghost and Goblins

(ages 4-7, with adult)

Grab your Snuggly 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 Snuggly!

One Session \$26.00 Adult & Junior \$17.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Fri, Oct 21 5:30-7:00 PM.....W1024X

**Concert in the Park:
A Night of Jazz and Blues**

Friday, September 30, 7:00-8:30 PM

Thompson Park

The roots of blues and jazz music run deep at the Jersey shore. Join us as we explore and listen to some of the talents from our own backyard. Bring chairs or blankets, food and soft drinks. The concert will be held outdoors; if the weather is inclement, we will move indoors to the Theatre Barn.

*All ages welcome,
under 18 must be accompanied by an adult.*

Free

**RE-SPOOK, RE-WEAR, RE-SCARE
EEK-O-FABULOUS COSTUME SWAP**

Save the planet and your budget!
Up-cycle gently used kids', adults', and even pet costumes for a spooktacular new-to-you ensemble.

HOW IT WORKS

- 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.
- Please, no dirty, stained or torn costumes.

DROP OFF DATES
Monday-Saturday, September 26-October 1,
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

SWAP DAY
Sunday, October 2, 12:00-1:30 PM
Freneau Woods Park Visitor Center

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

Please Note: Costumes are only available during the swap date and time. Unused tokens may be used at the next year's swap.

Questions?
Please call 732-872-2670.

Free

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 \$42.00 Per Person

Clayton Pk Act Ctr Classroom 1

Sat, Nov 5 11:00 AM-12:00 PM.....I4024A

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Nov 23 11:00 AM-12:00 PM.....I4124A

NATURE

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

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 \$8.00 Parent/Child \$4.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Sep 8 4:00-5:00 PM.....IK324X

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 and a live animal presentation. A sugar pumpkin and a fun craft are included for children. This event takes place outdoors so dress for the brisk fall weather. All participants must be registered. A lap child under the age of 2 may ride free with a paying adult.

One Session \$20.00 Parent/Child \$10.00 Additional Person

Huber Wds Pk Outdoor Area

Sun, Oct 9 10:00-11:15 AMIN Y24X

Sun, Oct 9 11:30 AM-12:45 PM.....IN Z24X

Sun, Oct 9 1:00-2:15 PM.....IP024X

Sun, Oct 23 10:00-11:15 AMIP124X

Sun, Oct 23 11:30 AM-12:45 PM.....IP224X

Sun, Oct 23 1:00-2:15 PM.....IP424X

Free

Deep Cut Gardens Fairy Day Fest

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

Deep Cut Gardens

Spend quality time building a fairy house for the garden fairies to live in this winter.

All fairies, gnomes and elves are welcome!



Nature on the Move - Autumn Days

Free

Our Nature on the Move van, filled with hands-on nature activities, is coming to a park near you this fall! Just look for our colorful van and one of our Park System Naturalists will present a free 30-45-minute hands-on, interactive nature program. We look forward to seeing you!

Sunday, September 11, 3:00 PM
Clayton Park Activity Center

Sunday, October 23, 3:00 PM
Manasquan River Greenway Winter Run Activity Center

Sunday, November 20, 3:00 PM
Huber Woods Environmental Center

For more information, please call 732-751-9453.



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 "Misunderstood Creatures"!

After your guided hayride through Huber Woods, enjoy some light refreshments.

Each participant, adults and children, must be preregistered in order to ride.

Lap child aged 2 and under may ride free when accompanied with a paying adult.

Cost: One Session \$14.00 Per Person

Location: Huber Woods Park Environmental Center

FRIDAY, OCTOBER 14

4:30-5:30 PM #IMB24X • 5:00-6:00 PM #IMC24X
 5:30-6:30 PM #IMD24X • 6:00-7:00 PM #IME24X
 6:30-7:30 PM #IMF24X • 7:00-8:00 PM #IMG24X

SATURDAY, OCTOBER 15

4:00-5:00 PM #IMH24X • 4:30-5:30 PM #IMJ24X
 5:00-6:00 PM #IMK24X • 5:30-6:30 PM #IMM24X
 6:00-7:00 PM #IMN24X • 6:30-7:30 PM #IMP24X
 7:00-8:00 PM #IMQ24X • 7:30-8:30 PM #IMR24X

FRIDAY, OCTOBER 21

4:30-5:30 PM #IMS24X • 5:00-6:00 PM #IMT24X
 5:30-6:30 PM #IMU24X • 6:00-7:00 PM #IMV24X
 6:30-7:30 PM #IMW24X • 7:00-8:00 PM #IMX24X

SATURDAY, OCTOBER 22

4:00-5:00 PM #IMY24X • 4:30-5:30 PM #IMZ24X
 5:00-6:00 PM #IN024X • 5:30-6:30 PM #IN124X
 6:00-7:00 PM #IN224X • 6:30-7:30 PM #IN324X
 7:00-8:00 PM #IN424X • 7:30-8:30 PM #IN524X

FRIDAY, OCTOBER 28

4:30-5:30 PM #IN624X • 5:00-6:00 PM #IN724X
 5:30-6:30 PM #IN824X • 6:00-7:00 PM #IN924X
 6:30-7:30 PM #INA24X • 7:00-8:00 PM #INB24X

SATURDAY, OCTOBER 29

4:00-5:00 PM #INC24X • 4:30-5:30 PM #IND24X
 5:00-6:00 PM #INE24X • 5:30-6:30 PM #INF24X
 6:00-7:00 PM #ING24X • 6:30-7:30 PM #INH24X
 7:00-8:00 PM #INJ24X • 7:30-8:30 PM #INK24X



www.MonmouthCountyParks.com

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 Program Room 2

Sun, Nov 6 11:00 AM-12:00 PMI3924A

Clayton Pk Act Ctr Classroom 1

Tue, Nov 15 11:00 AM-12:00 PMI3824A

Evening Hike & Campfire at Shark River Park NEW

(ages 8 and up, under 18 with adult)

Take to the trails for a cozy evening walk in the woods! Explore a moderate hiking trail, then relax and unwind by the campfire. S'mores ingredients and roasting sticks will be provided. Dress for the weather and wear sturdy hiking shoes. Meet at the Schoolhouse Rd. parking lot.

Rating: Moderate, dirt hiking trails. Miles: 2+

One Session \$11.00 Per Person

Shark River Pk Shelter Bldg

Wed, Sep 14 6:00-7:30 PM U1724A

Tue, Nov 1 5:00-6:30 PM U1824A

Eye Spy Autumn NEW

(ages 5-8, with adult)

Head out on a nature scavenger hunt with a Park System Naturalist. Search for natural items such as pine cones, insects and flowers, while learning fun facts along the way. Bring water and wear comfortable walking shoes.

One Session \$8.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sun, Nov 6 10:00-11:00 AM (approx)IKK24A

Freneau Wds Pk Vis Ctr Parking Area

Sun, Nov 20 10:00-11:00 AM (approx)INJ22A

Fantastic Fall Adaptations NEW

(ages 6-10, with adult)

Learn about where animals go in the fall and how they survive the colder weather through their amazing adaptations! During this program you will test your knowledge about New Jersey's native animals and meet some of the resident animals of our Reptile House.

One Session \$10.00 Per Child

Huber Wds Pk Env Ctr

Sat, Oct 1 1:00-2:00 PM IM624A

Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the full moon while exploring 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, or the flapping of a bat's wings. Best of all, after the walk, we will enjoy the sight of the full moon up over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather, wear shoes that can get dirty, and bring a flashlight.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Oct 9 7:00-8:00 PM IKM24A

Lenape Nature Walk NEW

(ages 8 and up, under 18 with adult)

Explore what life was like a thousand years ago as a prehistoric native person. It is commonly thought that ancient Lenape people used plants, animal products and other natural resources from local forests to survive. With a Park System Naturalist as your guide, discover how native people made use of these gifts from the gods on this nature walk around Freneau Woods Park. Please dress for the weather and wear shoes that can get muddy.

One Session \$8.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Oct 9 2:00-3:00 PM IM324A

Orionids Meteor Shower Viewing Party

(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 sip on some hot cocoa and watch the magic in the sky.

One Session \$10.00 Per Person

Turkey Swamp Pk Outdoor Area

Thu, Oct 20 8:30-9:30 PMIK124A



NATURE WATCH



GROUNDHOGS are mammals spoken about mostly in February when everyone wonders how soon spring will arrive. Throughout spring and summer you'll likely see them scurrying about many parks, but in late fall groundhogs begin preparing for winter by moving to dry, wooded areas to build a den for their hibernation.

TIME TO EAT!

Groundhogs are herbivores, which means they only eat plant matter. They often dine on grasses, plants, fruits and even tree bark. In spring, summer and fall they are known to eat up to a pound of food at a time.



LIVING QUARTERS

Groundhog burrows are quite extensive and can range in size with the largest being over 60 feet long. They can have more than one entrance and various rooms, even bathrooms.

DISTANT COUSINS

Groundhogs are considered within the rodent family and belong to a group called marmots, which are large ground squirrels.

HIBERNATION

In winter, groundhogs hibernate in their burrows. Their heartbeats lower from 80 beats per minute to 5, and their body temperature will lower from approximately 99 degrees to 37.

DID YOU KNOW...

Baby groundhogs are blind and hairless until reaching maturity at about three months.

Pond Life in the Fall at Freneau Woods

(ages 8 and up, under 18 with adult)

The ponds and waterways at Freneau Woods are still alive late into the year as leaves are changing and cold north winds start to blow! You might ask where the pond creatures are such as fish, frogs and turtles? The answer provides a unique lesson in adaptation. With a Park System Naturalist as our guide, we'll look beneath the water and hook up a microscope to a large screen monitor inside our Visitor Center to show you how different freshwater creatures are surviving, thriving and making amazing transformations to live in a chillier world. The program will cancel due to inclement weather.

One Session \$8.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Nov 26 11:00 AM-12:00 PM..... IM724A

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

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

One Session \$8.00 Parent/Child \$4.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Sat, Nov 12 3:30-5:00 PM.....IK624X

Mon, Nov 14 3:30-5:00 PM.....IKJ24X

OUTDOOR ADVENTURES

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, and take a hike in the woods at night! Each family will be provided with a platform tent, dinner for Saturday night and breakfast for Sunday morning. Additional camping equipment can be provided upon request.

\$210.00 Per Family (3-6 persons per family)

Turkey Swamp Pk Nomoco Group Campground

Sat-Sun, Oct 29-30 12:00 PM-12:00 PM...W1924A

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 will enjoy using our handheld GPS units to locate them. After all your turkeys have been found, your family will work on their aim as you use our compound bows to shoot paper turkey targets at our archery range. No turkeys are harmed during this event.

One Session \$26.00 Adult & Junior \$19.00 Additional Person

Thompson Pk Activity Barn

Sat, Nov 19 1:00-3:00 PM.....W0724X

Sun, Nov 20 12:30-2:30 PM.....W0824X

Haunted Night Hike at Big Brook Park

(ages 8-12, with adult)

Dare to trek the trails of this daunting forest? Listen to some spooky stories and travel by headlamp as we brave the fields and forest of Big Brook Park at night. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 2-4

One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Fri, Oct 21 6:00-7:30 PM.....U1024A

Fri, Oct 28 6:00-7:30 PM.....U1124A

Paint by Arrow

(ages 9 and up, under 18 with adult)

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

One Session \$28.00 Per Person

Big Brook Pk Bird Pavilion

Tue, Sep 27 4:30-6:30 PM (approx).....U0424A

Fri, Nov 4 4:30-6:30 PM (approx).....U0524A

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggly® and gather with your little one around an indoor campfire in one of our cozy shelter buildings. We will get you fired up with fun, hands-on science experiments such as creating elephant tooth paste and Mentos® soda rockets. Afterwards, enjoy the warmth of the fire while nibbling s'mores. Participants are responsible for bringing their own s'mores supplies; roasting sticks will be provided. Snuggies are optional.

One Session \$22.00 Adult & Junior \$14.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Nov 19 5:30-7:00 PM.....W0924X

Sun, Nov 20 4:00-5:30 PM.....W7424X

EXPERIENCE OUTDOOR ADVENTURES THIS AUTUMN

Canoe Rentals at Thompson Park

(all ages, under 18 with adult)

Rent a canoe on Marlu Lake and enjoy paddling locally.

All equipment is provided. Rental season runs from Memorial Day weekend through Labor Day weekend.

[Thompson Park Marlu Lake](#)

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

10:00 AM-3:00 PM on the following weekends:

August 6 & 7, August 20 & 21, September 3 & 4

All rentals must be returned by 3:00 PM.

Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county 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.

Tuesday, September 13, 3:00-6:00 PM

[Seven Presidents Oceanfront Park](#)

Sunday, October 2, 12:00-3:00 PM

[Clayton Park Activity Center](#)

Saturday, November 5, 12:00-3:00 PM

[Freneau Woods Park](#)

Thursday, November 10, 12:00-3:00 PM

[Shark River Park](#)

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn.

This is NOT a beginner instructional program.

If you are new to archery, register for one of our instructional classes prior to attending.

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

[Thompson Park Activity Barn](#)

Cost: \$10.00 Per Person (cash or check only)

Saturday, August 13, 10:00 AM-2:00 PM

Saturday, September 10, 10:00 AM-2:00 PM

Saturday, October 8, 10:00 AM-2:00 PM

Saturday, November 12, 10:00 AM-2:00 PM

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



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!

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

Fort Monmouth Rec Ctr Program Room B

Thu, Sep 22-Oct 27 9:30-10:15 AMM0924X

Thu, Nov 3-Dec 15 9:30-10:15 AMM1024X

No class 11/24

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.

Fort Monmouth Rec Ctr Program Room B

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

Wed, Sep 21-Oct 12 9:30-10:15 AMM1924X

Wed, Oct 19-Nov 9 9:30-10:15 AMM2124X

Wed, Nov 23-Dec 14 9:30-10:15 AMM2324X

Six Sessions \$75.00 Parent/Child \$56.00 Additional Sibling

Thu, Sep 22-Oct 27 10:30-11:15 AMM2024X

Thu, Nov 3-Dec 15 10:30-11:15 AMM2224X

No class 11/24



Let's Create!

(ages 2-4, with adult)

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning or afternoon with our experienced instructors working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home. Groups will remain small and class space is limited.

Six Sessions \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Oct 31-Dec 5 10:00-10:45 AM A1224A

Tue, Nov 1-Dec 6 10:00-10:45 AM A1324A

Wed, Nov 2-Dec 7 11:00-11:45 AM A1424A

Thu, Nov 3-Dec 15 10:00-10:45 AM A1524A

No class 11/24

Fri, Nov 4-Dec 16 10:00-10:45 AM A1624A

No class 11/25

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 12-Oct 17 1:00-1:45 PM A0924A

Mon, Oct 31-Dec 5 11:15 AM-12:00 PM . . . A1024A

Mon, Oct 31-Dec 5 1:00-1:45 PM A1124A

Messy Art Sampler - Fun Outdoors in the Fall!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue, glitter 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.

Please 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 Program Room B

Tue, Sep 20-Oct 11 10:30-11:15 AMM3824X

Wed, Oct 19-Nov 9 10:30-11:15 AMM3924X

Winter Fun Indoors

This is an indoor class for the winter season.

Wed, Nov 23-Dec 14 10:30-11:15 AMM4024X

CULINARY ARTS

Halloween Cat Cut-Up Cake

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 15 10:00 AM-1:30 PMM5924A

Nailed It! The Recreation Challenge

(ages 10-13, with adult)

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

One Session \$59.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Zoo You Think You Can Nail It?

Fri, Sep 30 5:30-7:30 PM.....M3124A

Fright Night

Fri, Oct 14 5:30-7:30 PM.....M3224A

Fri, Oct 28 5:30-7:30 PM.....M3324A

It's a Cake, Turkey!

Fri, Nov 4 5:30-7:30 PM.....M3424A

Fri, Nov 18 5:30-7:30 PM.....M3524A

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 Lisa as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast.

Menu: Butterbeer, Ollivander's Wizarding Wands and Sorting Hat Cupcakes or Slytherin Snakes

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 29 10:00 AM-1:00 PMM6224A

Wee Can Cook

(ages 2 ½-3 ½, with adult)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Sep 13-Oct 4 10:00-11:00 AM A3724A

Wed, Sep 14-Oct 5 1:30-2:30 PM A3824A

Thu, Sep 15-Oct 6 1:30-2:30 PM..... A3924A

Fri, Sep 16-Oct 7 11:30 AM-12:30 PM..... A4024A

Tue, Oct 11-Nov 1 10:00-11:00 AM A4124A

Wed, Oct 12-Nov 2 1:30-2:30 PM A4224A

Thu, Oct 13-Nov 3 1:30-2:30 PM..... A4324A

Fri, Oct 14-Nov 4 11:30 AM-12:30 PM..... A4424A

Tue, Nov 8-Dec 6 10:00-11:00 AM A4524A

No class 11/22

Wed, Nov 9-Dec 7 1:30-2:30 PM A4624A

No class 11/23

Thu, Nov 10-Dec 8 1:30-2:30 PM A4724A

No class 11/24

Fri, Nov 11-Dec 9 11:30 AM-12:30 PM A4824A

No class 11/25

EDUCATION & ENRICHMENT

Adventures in Reading

(ages 2-5, with adult)

Reading is fun for everyone! In this hands-on series, each session will focus on a specific author, including favorites like Eric Carle and Dr. Seuss. We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. Sessions taught by a NJ Certified Teacher. This is a great follow-up program to Little Learners (p. 22)!

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Sep 9-Oct 14 11:15 AM-12:15 PM A2124A

Fri, Oct 21-Dec 2 11:15 AM-12:15 PM A2224A

No class 11/25

Discovering Authors NEW

(ages 5-7, with adult)

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

One Session \$20.00 Parent/Child

Philemon Sturges

Pirates, hen, and an array of desert animals are sure to bring a smile to your face.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Sep 24 12:00-1:00 PM A7624A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Sep 25 12:00-1:00 PM A7724A

Kevin Henkes

Meet Kevin Henkes’ wonderful mouse characters.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Oct 29 12:00-1:00 PM A7824A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Oct 30 12:00-1:00 PM A7924A

Gianna Marino

We will explore the world of nighttime animals as well as working together to create something amazing.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Nov 19 12:00-1:00 PM A8024A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Nov 20 12:00-1:00 PM A8124A

Fall Reading Fun! NEW

(ages 2-4, with adult)

Join us for some fun as we read and sing some of our favorite children’s songs through stories! Whether the author changes all the words or adds silly new verses, these song stories are sure to bring laughter and smiles. We will read, sing, move and play. A take home craft will finish up our story adventure.

One Session \$20.00 Per Person

Fun with Numbers!

Sing and explore numbers with these silly adaptations of two fun songs.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Sep 24 10:00-11:00 AM A7024A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Sep 25 10:00-11:00 AM A7124A

Halloween Adventure

Pretend to be silly monsters and adventurous spiders as we read these two books.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Oct 29 10:00-11:00 AM A7224A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Oct 30 10:00-11:00 AM A7324A

Down on the Farm

These two stories are fun variations on two classic children’s songs with the added silliness of farm animals.

[Dorbrook Rec Area Prog Bldg](#)

Sat, Nov 19 10:00-11:00 AM A7424A

[Freneau Wds Pk Vis Ctr Art Room](#)

Sun, Nov 20 10:00-11:00 AM A7524A



Keyboard Beginnings - Level 1 Beginners

(ages 4 ½-6, 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 play short songs on keyboards provided in the classroom. To receive the full benefits of the class, it is highly recommended your child has access to a keyboard or piano at home for short follow-up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of \$20.00 is due to the instructor on the first day of class.

Seven Sessions \$150.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 19-Nov 7 4:00-4:45 PM..... AAT24A

No class 9/26

Keyboard Beginnings - Level 2

Intermediate

(ages 5-7)

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

Seven Sessions \$150.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 19-Nov 7 5:00-5:45 PM.....AAU24A

Little Learners

(ages 2-4, with adult)

This introduction to literacy 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 \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Sep 14-Oct 19 9:30-10:15 AM..... A1724A

Wed, Nov 2-Dec 7 9:30-10:15 AM A1824A

Science Explorers

(ages 3-5, with adult)

Let's roll up our sleeves and start experimenting! In this engaging, hands-on class, children will explore various STEAM topics through creative experiments, stories and activities, encouragement and understanding of different topics. Classes will incorporate lots of different art supplies and materials, so please dress for mess or bring a smock.

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Sep 15-Oct 20 3:00-4:00 PM..... A3424A

Thu, Nov 3-Dec 15 3:00-4:00 PM A3524A

No class 11/24

Snapology®: Fall STEM Engineers

(ages 3-5, with adult)

Let's learn about fall with Snapology® through STEM building! Caregivers and children will work together to build a moving scarecrow out of LEGO® bricks, make pumpkins, and design a fall scene by stamping with bricks that they get to take home. Let's get building!

One Session \$32.00 Parent/Child \$20.00 Additional Sibling

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Oct 1 10:00-11:30 AM..... Q6824X

Sat, Oct 1 12:00-1:30 PM Q6924X

Thompson Pk Vis Ctr Beech Room

Sat, Oct 8 10:00-11:30 AM..... Q7124X

Sat, Oct 8 12:00-1:30 PM Q7224X

NATURE

Autumn Adventures 

(ages 3-5, with adult)

The warm weather is winding down, but that doesn't mean we can't enjoy spending time outside. Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games, and crafts suited for young children.

Four Sessions \$40.00 Per Person

Huber Wds Pk Env Ctr

Tue, Sep 13-Oct 4 3:00-4:15 PM (approx) . .IK924A

Mon, Nov 7-28 10:00-11:15 AM (approx) . IKA24A

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! Program is held outside beneath the trees. Please note: Fee is per person. Children are to be accompanied by a preregistered adult. Program may be held inside due to weather conditions.

One Session \$6.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Sat, Sep 24 11:00-11:45 AMI0724A

Sat, Sep 24 1:00-1:45 PMI0824A

Sun, Oct 2 11:00-11:45 AMI0924A

Sun, Oct 2 1:00-1:45 PMI1024A

Happy Trails for Baby and You 

(ages 1 months-12 months, with parent)

Head outside with your baby and explore some of Monmouth County's best stroller friendly parks with other babies and their adults. We will meet at a different park each week. Each session will include an easy to moderate 30 to 45 minute nature walk followed by socialization time. Please feel free to bring your own snack/lunch and beverage. Come prepared to walk with your baby in a stroller or baby carrier.

Four Sessions \$30.00 Parent/Child

9/12 - Thompson Pk Filly Run Parking Lot

9/19 - Dorbrook Rec Area Vis Ctr Parking Lot

9/26 - Holmdel Pk Shelter Bldg

10/3 - Manasquan Res Env Ctr Parking Lot

Mon, Sep 12-Oct 3 11:00 AM-12:00 PMINS24A

It's Raining Bats and Frogs 

(ages 4-6, with adult)

What is a young witch to do when the weather threatens her town's annual parade? Join us for this not so spooky tale as we ready ourselves for Halloween. This session will also include a creature meet and greet, wand making, and short nature walk.

One Session \$12.00 Parent/Child

Manasquan Res Env Ctr

Sun, Oct 23 10:30-11:30 AMIKQ24A

Sun, Oct 23 1:30-2:30 PMIKS24A

Leaf Creatures 

(ages 4-7, with adult)

Leaf creatures are friendly and shy. They live everywhere in the forest and are good at hiding. To find them we have to know how to see them and where to look. Together we will discover more about these hidden friends and go on a discovery walk to find them. Then will use our imaginations an make some of our own very special leaf friends to take home.

One Session \$11.50 Per Child

Manasquan Res Env Ctr

Sat, Oct 1 11:00 AM-12:00 PMI1124A

Sat, Oct 22 11:00 AM-12:00 PMI1224A

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 \$14.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Nov 19 11:00 AM-12:00 PMI0124A

Sat, Nov 19 1:00-2:00 PMI0224A

Manasquan Res Env Ctr

Sat, Dec 10 11:00 AM-12:00 PMI0131A

Sat, Dec 10 1:00-2:00 PMI0231A

My First Fish

(ages 6-12, with adult)

Have you seen the look on the face of children when they catch their first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch and release program. Bait, fishing poles and instruction are provided.

One Session \$15.00 Per Child

Turkey Swamp Pk

Sat, Sep 10 10:00-11:30 AMI3424A

Sun, Oct 2 10:00-11:30 AMI3524A

My First Nature Box NEW

(ages 2 ½-5, with adult)

Your child will have fun making their first nature box to keep all those special items they love to collect. Then we'll go on a short walk to fill them up with natural treasures.

One Session \$10.50 Per Child

Manasquan River Greenway Winter Run Act Ctr

Wed, Oct 19 11:00-11:45 AM.....I5994A

Nature & Me

(ages 2-5, with adult)

Enjoy nature with your toddler in our parks! You and your child will explore nature through guided walks, crafts, stories, and/or games. Walking time will vary due to the group's stamina, and no two weeks will be the same. Please dress according to the weather, and bring a drink and snack. Additional children under the age of two are welcome at no charge.

One Session \$14.00 Parent/Child

Huber Wds Pk Env Ctr

Tue, Sep 6 3:00-4:00 PMIKB24A

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 12 3:00-4:00 PMIKC24A

Tue, Oct 4 3:00-4:00 PMIKD24A

Huber Wds Pk Env Ctr

Thu, Nov 10 10:00-11:00 AM.....IKE24A

Thu, Nov 10 2:00-3:00 PMIKF24A

Tue, Nov 15 10:00-11:00 AM.....IKG24A

Tue, Nov 15 2:00-3:00 PMIKH24A

Sharing at the Seashore

(ages 2-5, with adult)

Who do we share the seashore with? There are so many creatures that call the seashore home. Let's learn about some of them. We will do crafts, sing songs, and of course, take nature walks along the beach (weather permitting).

Four Sessions \$44.00 Parent/Child \$20.00 Additional Sibling

Seven Presidents Pk Act Ctr

Thu, Sep 8-29 2:00-3:00 PM.....INQ24X

Thu, Sep 8-29 4:00-5:00 PM.....INR24X



Still Hooked On Fishing NEW

(ages 6-12, with adult)

Still trying to land a couple more fish before winter? Join us at Shark River Park for some end of summer fishing fun! We will provide worms, fishing equipment, and instruction.

One Session \$20.00 Per Child

Shark River Pk Lake

Sun, Sep 18 8:00-10:00 AMU1624A

Teddy Bears Picnic

(ages 2-5, with adult)

Friendly surprises await you and your little one in the woods. We will make felt teddy bears to join us on our discovery walk and our simple picnic of cookies and juice. We will learn about what real bears and other woodland creatures do in the fall and even sing a song or two.

One Session \$16.00 Parent/Child \$8.00 2nd Child

Huber Wds Pk Env Ctr

Wed, Sep 14 10:00-11:15 AMINT24X

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Sep 21 10:00-11:15 AMINU24X

Turkey Tales NEW

(ages 4-6, with adult)

Gobble, gobble! Join us as we read a story about a mischievous turkey. We will then embark on a search through the park for these fine feathered friends. This session will also include crafting our own take home turkey!

One Session \$10.00 Parent/Child

Turkey Swamp Pk Shelter Bldg

Sat, Nov 19 10:30-11:30 AMIM924A

Sat, Nov 19 1:30-2:30 PM.....IMA24A

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 \$95.00 Per Person

Thompson Pk Activity Barn

Sat, Sep 17 9:00-10:00 AM.....W2424A

Sat, Sep 17 10:15-11:15 AMW2524A

Sat, Sep 17 11:30 AM-12:30 PMW2624A

Sat, Sep 17 12:45-1:45 PM.....W2724A

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a refreshing 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 \$16.00 Parent/Child \$6.50 Additional Sibling

Tatum Pk Red Hill Act Ctr Parking Area

Sat, Sep 10 10:00-11:30 AMW3424X

Sat, Sep 10 12:00-1:30 PM.....W6624X

Sunnyside Rec Area Sunnyside Road Parking Lot

Sat, Oct 15 10:00-11:30 AM.....W3524X

Sat, Oct 15 12:00-1:30 PMW6724X

Deep Cut Gardens Outdoor Area

Sat, Nov 19 10:00-11:30 AMW3624X

Sat, Nov 19 12:00-1:30 PM.....W6824X

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.

Instructor: Mr. Rocky

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

Squirrel Series

9/7 - Bayshore Waterfront Pk

9/14 - Huber Wds Pk Env Ctr

9/21 - Hartshorne Wds Pk Rocky Point Lot

Wed, Sep 7-21 10:00-11:30 AMW1324X

Goose Series

10/6 - Tatum Pk Red Hill Parking Area

10/13 - Turkey Swamp Pk Shelter Bldg

10/20 - Thompson Pk Old Orchard Shelter

Thu, Oct 6-20 10:00-11:30 AMW1424X

Duck Series

11/4 - Holmdel Park Hilltop Area

11/11 - Manasquan Res Env Ctr Lot

11/18 - Shark River Pk Shelter Bldg

Fri, Nov 4-18 10:00-11:30 AMW1524X

Toddlers and Teddy Bears

(ages 2-5, with adult)

Celebrate Teddy Bear Day with your toddler while they discover the joy of exploring nature. This short hike is intended for little legs and will include frequent breaks. Actual hiking time and distance will vary with the group's stamina. Children are encouraged to bring their favorite Teddy Bear along as a hiking buddy. Additional children under the age of 2 are welcome to join in at no charge.

One Session \$16.00 Parent/Child \$6.50 Additional Sibling

Holmdel Pk Shelter Bldg

Fri, Sep 9 10:00-11:30 AMW6924X

PLAY GROUPS



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.

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Fri, Sep 16-Oct 21 9:15-10:00 AM XC624A

Fri, Oct 28-Dec 9 9:15-10:00 AM. XCC24A

No class 11/25

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. 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.

Six Sessions \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Sep 14-Oct 19 11:15 AM-12:00 PM. . A1924A

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fall Season 1

Tue, Sep 13-Oct 4 10:30-11:15 AM MBD24A

Fall Season 2

Tue, Oct 18-Nov 8 10:30-11:15 AM MBE24A

Indoor Season

Tue, Nov 22-Dec 13 10:30-11:15 AM. MBF24A

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 move indoors in the case of inclement weather. Activities are subject to change.

Six Sessions \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Sep 12-Oct 17 10:00-10:45 AM A0324A

Mon, Sep 12-Oct 17 11:15 AM-12:00 PM. . A0424A

Tue, Sep 13-Oct 18 10:00-10:45 AM A0524A

Wed, Sep 14-Oct 19 10:00-10:45 AM A0624A

Thu, Sep 15-Oct 20 10:00-10:45 AM A0724A

Fri, Sep 16-Oct 21 10:00-10:45 AM A0824A

Math Olympics 

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Sep 16-Oct 14 10:15-11:00 AM XC124A

Fri, Oct 28-Dec 2 10:15-11:00 AM XC224A

No class 11/25

Morning Playtime

(ages 18 months-3 ½ 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 stay present in the room; drop-offs are not permitted.**

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 15-Oct 13 9:15-10:00 AM XAJ24A

Thu, Oct 27-Dec 1 9:15-10:00 AM XAR24A

No class 11/24

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 14-Oct 12 9:15-10:00 AM. XAF24A

Wed, Oct 26-Nov 30 9:15-10:00 AM XAN24A

No class 11/23

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Sep 14-Oct 19 10:15-11:00 AM XC424A

Fri, Sep 16-Oct 21 10:15-11:00 AM XC724A

Wed, Oct 26-Dec 7 10:15-11:00 AM. XCA24A

No class 11/23

Fri, Oct 28-Dec 9 10:15-11:00 AM XCD24A

No class 11/25

Stage 3

(ages 2-3 ½, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 15-Oct 13 10:15-11:00 AM XAK24A

Thu, Oct 27-Dec 1 10:15-11:00 AM XAS24A

No class 11/24

Tatum Pk Holland Act Ctr

Tue, Sep 13-Oct 11 10:00-10:45 AM X4124A

Tue, Oct 25-Nov 29 10:00-10:45 AM X4824A

No class 11/22

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 14-Oct 12 10:15-11:00 AM XAG24A

Wed, Oct 26-Nov 30 10:15-11:00 AM XAP24A

No class 11/23

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Sep 14-Oct 19 11:00-11:45 AM XC524A

Fri, Sep 16-Oct 21 11:00-11:45 AM XC824A

Wed, Oct 26-Dec 7 11:00-11:45 AM. XCB24A

No class 11/23

Fri, Oct 28-Dec 9 11:00-11:45 AM XCE24A

No class 11/25



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 stay present in the room; drop-offs are not permitted.**

Six Sessions \$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Sep 14-Oct 19 9:15-10:00 AM. XC324A

Wed, Oct 26-Dec 7 9:15-10:00 AM. XC924A

No class 11/23

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: Parents/guardians may not be actively participating, but will be asked to monitor child behavior.**

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 15-Oct 13 11:15 AM-12:00 PM . XAM24A

Thu, Oct 27-Dec 1 11:15 AM-12:00 PM. XAT24A

No class 11/24

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 14-Oct 12 11:15 AM-12:00 PM. . XAH24A

Wed, Oct 26-Nov 30 11:15 AM-12:00 PM. . XAQ24A

No class 11/23

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

Eight Sessions \$180.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Sep 19-Nov 14 10:30-11:15 AM AAV24X

No class 9/26

Mon, Sep 19-Nov 14 11:30 AM-12:15 PM .. AAW24X

No class 9/26

Mon, Sep 19-Nov 14 4:00-4:45 PM AAX24X

No class 9/26

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Sep 20-Nov 8 9:30-10:15 AM AAD24X

Tue, Sep 20-Nov 8 10:30-11:15 AM AAE24X

Instructor: Ms. Elisabeth

Dorbrook Rec Area Vis Ctr

Fri, Sep 23-Nov 11 9:30-10:15 AM AAF24X

Fri, Sep 23-Nov 11 10:30-11:15 AM AAG24X

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

Big Brook Pk Elsas Lodge

Fri, Sep 16-Oct 14 1:15-2:00 PM X4724A

Fri, Oct 28-Dec 2 1:15-2:00 PM X5324A

No class 11/25

Tatum Pk Holland Act Ctr

Tue, Sep 13-Oct 11 11:00-11:45 AM X4224A

Tue, Sep 13-Oct 11 12:00-12:45 PM X4324A

Tue, Oct 25-Nov 29 11:00-11:45 AM X4924A

No class 11/22

Tue, Oct 25-Nov 29 12:00-12:45 PM X5024A

No class 11/22

SPORTS & FITNESS

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 10-Oct 1 9:00-9:55 AM X7924A

Sat, Oct 15-Nov 5 9:00-9:55 AM XA324A

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Five Sessions \$60.00 Parent/Child

Big Brook Pk Elsas Lodge

Fri, Sep 16-Oct 14 11:15 AM-12:00 PM X4424A

Fri, Oct 28-Dec 2 11:15 AM-12:00 PM X5124A

No class 11/25

Future Stars of Tomorrow

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Fri, Sep 16-Oct 14 12:15-1:00 PM X4624A

Fri, Oct 28-Dec 2 12:15-1:00 PM X5224A

No class 11/25

Gymnastics- Parent and Child

(ages 2-3, with adult)

Help your child improve their balance, listening skills, and so much more while learning gymnastics! Assist your child on a variety of apparatus in basic gymnastics training while we help develop coordination, flexibility, and fine and gross motor skills.

Four Sessions \$56.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Sep 10-Oct 1 9:00-9:45 AM MA724A

Sat, Sep 10-Oct 1 11:00-11:45 AM..... MA824A

Sat, Oct 8-29 9:00-9:45 AM MA924A

Sat, Oct 8-29 11:00-11:45 AM..... MAA24A

Sat, Nov 5-26 9:00-9:45 AM..... MAB24A

Sat, Nov 5-26 11:00-11:45 AM MAC24A

Twelve Sessions \$168.00 Per Pair

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Tue, Sep 6-Nov 22 9:00-9:45 AMM7624A

Tue, Sep 6-Nov 22 10:00-10:45 AM.....M7724A

Tue, Sep 6-Nov 22 11:00-11:45 AM.....M7824A

Thu, Sep 8-Dec 1 9:00-9:45 AMM7924A

No class 11/24

Thu, Sep 8-Dec 1 10:00-10:45 AMM8024A

No class 11/24

Thu, Sep 8-Dec 1 11:00-11:45 AMM8124A

No class 11/24

Sat, Sep 10-Nov 26 9:00-9:45 AMM8224A

Sat, Sep 10-Nov 26 11:00-11:45 AMM8324A

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.

Dorbrook Rec Area

Four Sessions \$48.00 Parent/Child

Thu, Sep 8-29 4:30-5:15 PM.....XBA24A

Thu, Oct 6-27 4:30-5:15 PM.....XBB24A

Five Sessions \$60.00 Parent/Child

Sat, Oct 29-Nov 26 11:00-11:45 AMXAD24A

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

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

Four Sessions \$56.00 Per Child

Fall Season 1

Dorbrook Rec Area

Wed, Sep 14-Oct 5 4:00-4:45 PM MAE24A

Thu, Sep 15-Oct 6 9:30-10:15 AM MAH24A

Thu, Sep 15-Oct 6 10:30-11:15 AMMAJ24A

Thu, Sep 15-Oct 6 4:30-5:15 PM..... MAK24A

Sun, Sep 18-Oct 9 8:30-9:15 AM.....MAT24A

Sun, Sep 18-Oct 9 9:30-10:15 AM MAU24A

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 13-Oct 4 9:30-10:15 AM..... MAD24A

Sun, Sep 18-Oct 9 9:00-9:45 AM..... MAV24A

Sun, Sep 18-Oct 9 10:00-10:45 AMMAW24A

Holmdel Pk Hilltop Area

Wed, Sep 14-Oct 5 9:30-10:15 AM..... MAF24A

Wed, Sep 14-Oct 5 10:30-11:15 AM..... MAG24A

Fri, Sep 16-Oct 7 9:30-10:15 AMMAM24A

Fri, Sep 16-Oct 7 10:30-11:15 AM MAN24A

Fri, Sep 16-Oct 7 4:00-4:45 PM..... MAP24A

Sat, Sep 17-Oct 15 9:00-9:45 AM..... MAQ24A

No class 10/1

Sat, Sep 17-Oct 15 10:00-10:45 AM..... MAR24A

No class 10/1

Sat, Sep 17-Oct 15 11:00-11:45 AM..... MAS24A

No class 10/1

Fall Season 2

Dorbrook Rec Area

Sat, Oct 22-Nov 12 9:00-9:45 AM..... MB024A

Sun, Oct 23-Nov 13 8:30-9:15 AM MB124A

Fort Monmouth Rec Ctr Outdoor Area

Tue, Oct 18-Nov 8 9:30-10:15 AM MAX24A

Thu, Oct 20-Nov 10 9:30-10:15 AM..... MAY24A

Thu, Oct 20-Nov 10 10:30-11:15 AM..... MAZ24A

Sun, Oct 23-Nov 13 9:00-9:45 AM MB224A

Sun, Oct 23-Nov 13 10:00-10:45 AM..... MB324A

Indoor Season

Fort Monmouth Rec Ctr Gym A

Mon, Nov 21-Dec 12 4:30-5:15 PM MB424A

Tue, Nov 22-Dec 13 9:30-10:15 AM..... MB524A

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. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your kids favorite stuffed animal.

Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation instructor

Eight Sessions \$128.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Oct 9-Dec 11 11:30 AM-12:00 PM.... X5824A

No class 10/30 & 11/20

Sun, Oct 9-Dec 11 12:10-12:40 PM X5924A

No class 10/30 & 11/20

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 10-Oct 1 9:00-9:55 AM X8024A

Sun, Oct 16-Nov 6 9:00-9:55 AM XA924A



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 \$22.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Back to School

Leave with everything she needs to achieve!

Sat, Sep 24 10:30-11:30 AMM4124A

Sat, Sep 24 12:00-1:00 PM.....M4224A

Sat, Sep 24 1:30-2:30 PMM4324A

Happy Halloween!

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

Sat, Oct 22 10:30-11:30 AM.....M4424A

Sat, Oct 22 12:00-1:00 PMM4524A

Sat, Oct 22 1:30-2:30 PMM4624A

Fall Baking

Delicious autumn "treats" she can share with her doll-friends.

Sat, Nov 19 10:30-11:30 AMM4724A

Sat, Nov 19 12:00-1:00 PM.....M4824A

Sat, Nov 19 1:30-2:30 PM.....M4924A

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.

Seven Sessions \$93.00 Per Child

Thompson Pk Creative Arts Center

Sat, Sep 10-Oct 22 9:30-11:30 AM..... Z3224A

Sat, Oct 29-Dec 17 9:30-11:30 AM..... Z3324A

No class 11/26

Children's Handbuilding with Clay

(ages 7-10)

Use your imagination to create functional or decorative works of art. Clay projects will be formed by using traditional hand-building techniques such as slab and coil construction. Class includes 10 lbs. of clay, glazes and firings.

Six Sessions \$98.00 Per Child

Thompson Pk Creative Arts Center

Fri, Sep 16-Oct 21 4:30-6:00 PM..... Z3824A

Fri, Nov 4-Dec 16 4:30-6:00 PM Z3924A

No class 11/25

Children's Wheel-Thrown Pottery

(ages 11-17)

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

Seven Sessions \$135.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Sep 8-Oct 20 4:00-6:00 PM..... Z3424A

Thu, Oct 27-Dec 15 4:00-6:00 PM..... Z3524A

No class 11/24

Instructor: John Fossa

Sat, Sep 10-Oct 22 9:00-11:00 AM..... Z3624A

Sat, Oct 29-Dec 17 9:00-11:00 AM..... Z3724A

No class 11/26

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.

One Session \$80.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Sep 13-Oct 18 4:00-5:15 PM..... A2024A

Fall Leaf Printing

(ages 7-11)

Let's combine fall foliage and a craft project! First, we will go for a short walk together and gather our supplies (leaves!). Next, we will head back inside to mix our own custom paint colors and create our printings. Children will go home with a fall-themed craft project using their fresh printings. Please dress for mess or bring a smock and wear closed-toe, sturdy shoes. This is a drop-off program.

One Session \$15.00 Per Child

Dorbrook Rec Area Prog Bldg

Mon, Oct 17 4:00-5:15 PM A2824A

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Four Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Olive Trees with Yellow Sky

Monet's Maggiore at Sunset

Cezanne's Still Life with Apples

Monet's Poppies at Argenteuil

Sat, Sep 10-Oct 1 9:30-10:30 AM ZB224A

Sat, Sep 10-Oct 1 11:00 AM-12:00 PM ZB324A

van Gogh's Starry Night

van Gogh's Three Sunflowers in a Vase

Cezanne's Tulips in a Vase

Pissarro's An Apple Tree at Eragny

Sat, Oct 8-29 9:30-10:30 AM ZB424A

Sat, Oct 8-29 11:00 AM-12:00 PM ZB524A

Monet's Water Lilies

Monet's Japanese Footbridge

Monet's Poplars on the Banks of the Epte

Matisse's Goldfish

Sat, Nov 5-26 9:30-10:30 AM ZB624A

Sat, Nov 5-26 11:00 AM-12:00 PM..... ZB724A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions \$96.00 Per Person

van Gogh’s Olive Trees with Yellow Sky

Monet’s Bouquet of Sunflowers

van Gogh’s Wheatfield with Cypresses

Monet’s Poppies at Argenteuil

[Fort Monmouth Rec Ctr Program Room A](#)

Wed, Sep 7-28 4:00-6:00 PMZAG24A

[Thompson Pk Creative Arts Center](#)

Fri, Sep 9-30 4:00-6:00 PMZAH24A

van Gogh’s Starry Night

van Gogh’s Vase with 12 Sunflowers

Cezanne’s Tulips in a Vase

Monet’s Poppy Field in a Hollow near Giverny

[Fort Monmouth Rec Ctr Program Room A](#)

Wed, Oct 5-26 4:00-6:00 PM ZAJ24A

[Thompson Pk Creative Arts Center](#)

Fri, Oct 7-28 4:00-6:00 PMZAK24A

Monet’s Water Lilies

Monet’s Japanese Footbridge

Monet’s Poplars on the Banks of the Epte

Matisse’s Goldfish

[Fort Monmouth Rec Ctr Program Room A](#)

Wed, Nov 2-23 4:00-6:00 PM ZAM24A

[Thompson Pk Creative Arts Center](#)

Fri, Nov 4-25 4:00-6:00 PMZAN24A

Great Impressionism for Home Schoolers

(ages 6-12)

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

Four Sessions \$88.00 Per Child

[Fort Monmouth Rec Ctr Program Room A](#)

van Gogh’s Olive Trees with Yellow Sky

Monet’s Bouquet of Sunflowers

van Gogh’s Wheatfield with Cypresses

Monet’s Poppies at Argenteuil

Wed, Sep 7-28 1:00-2:30 PM ZBB24A

van Gogh’s Starry Night

van Gogh’s Three Sunflowers in a Vase

Cezanne’s Tulips in a Vase

Monet’s Poppy Field in a Hollow near Giverny

Wed, Oct 5-26 1:00-2:30 PM ZBC24A

Monet’s Water Lilies

Monet’s Japanese Footbridge

Monet’s Poplars on the Banks of the Epte

Matisse’s Goldfish

Wed, Nov 2-23 1:00-2:30 PMZBD24A

Halloween Candy Bowl

(ages 7-12)

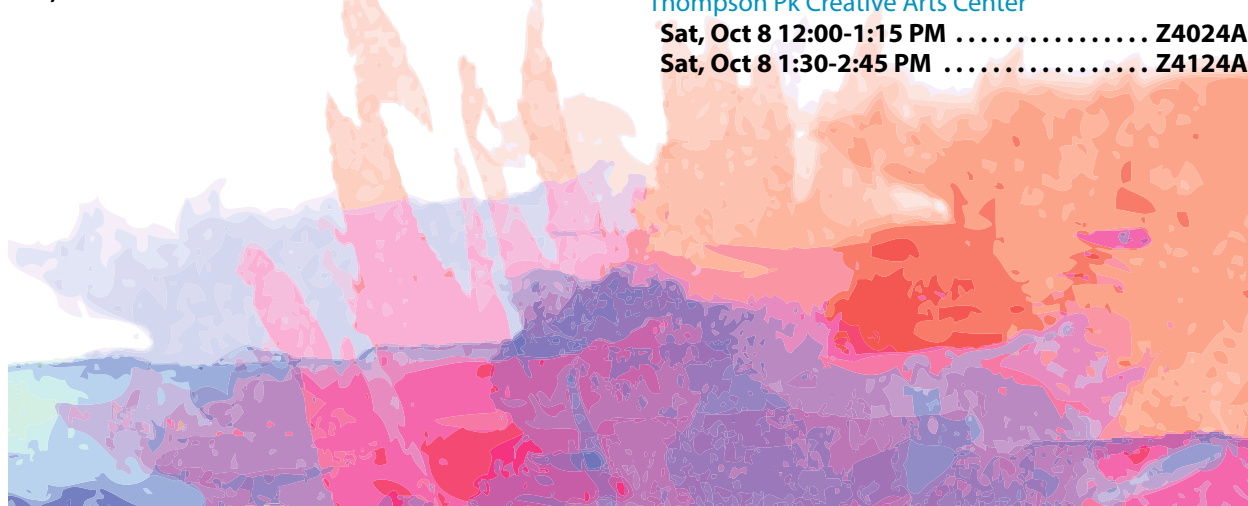
Paint your very own spooky ceramic candy bowl. Use it as a decoration or for all your Halloween treats. The candy bowl will be kiln fired and ready for pick-up the following week.

One Session \$30.00 Per Child

[Thompson Pk Creative Arts Center](#)

Sat, Oct 8 12:00-1:15 PM Z4024A

Sat, Oct 8 1:30-2:45 PM Z4124A



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 materials fee of \$8.00 is payable to the instructor at first class.

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr Craft Room

Mon, Sep 19-Oct 24 4:00-5:00 PM..... Z4824A

Mon, Nov 7-Dec 12 4:00-5:00 PM..... Z4924A

Fort Monmouth Rec Ctr Program Room C

Wed, Sep 21-Oct 26 4:00-5:00 PM..... Z5024A

Wed, Nov 2-Dec 7 4:00-5:00 PM..... Z5124A

Thompson Pk Creative Arts Center

Thu, Sep 22-Oct 27 4:15-5:15 PM..... Z5224A

Thu, Nov 3-Dec 15 4:15-5:15 PM..... Z5324A

No class 11/24

KidzArt Discover

(ages 3 ½-5)

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 Tulip Room

Tue, Sep 20-Oct 25 1:00-2:00 PM..... Z1624A

Tue, Nov 1-Dec 6 1:00-2:00 PM..... Z1724A

Henry Hudson Trail Act Ctr

Wed, Sep 21-Oct 26 1:00-2:00 PM..... Z1824A

Wed, Nov 2-Dec 7 1:00-2:00 PM..... Z1924A



Join, Volunteer or Start a 4-H Club in Monmouth County Today!

4-H programs offer a fun way for youth to make friends while learning about their community and a chosen project area. As a 4-H member or volunteer, youth and adults can be proud to know that they are involved in a program which focuses on "learning by doing."

Monmouth County 4-H, a part of Rutgers University, partners with the Monmouth County Park System to provide youth a safe environment to learn and grow.

Activities include:

- Animal Science Clubs
- Art Clubs
- Engineering and Technology Clubs
- Environmental Science Clubs
- Service and Leadership Clubs
- Sports and Fitness Clubs

Learn more:

<https://monmouth.njaes.rutgers.edu/4h/clubs.html>

732-431-7260, ext. 7264

4H@co.monmouth.nj.us

4-H WE R HERE



KidzArt Painting Workshop

(ages 6-11)

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

One Session \$26.00 Per Child

Spooky Night

Henry Hudson Trail Act Ctr Craft Room

Sat, Oct 15 10:30 AM-12:00 PM Z5424A

Thompson Pk Creative Arts Center

Sat, Oct 15 1:30-3:00 PM Z5524A

Fall Colors

Henry Hudson Trail Act Ctr Craft Room

Sat, Nov 19 10:30 AM-12:00 PM..... Z5624A

Thompson Pk Creative Arts Center

Sat, Nov 19 1:30-3:00 PM..... Z5724A

Pumpkin Painting at Dorbrook

(ages 7-11)

Pumpkin painting – a fall favorite! Celebrate the season, get creative and learn about color theory. Children will learn to mix their own custom colors to decorate a pumpkin to take home. The best part – the mess stays here! All supplies included. Dress for mess or bring a smock as we will be using supplies that will stain clothes. This is a drop-off program.

One Session \$20.00 Per Child

Dorbrook Rec Area Prog Bldg

Mon, Oct 24 4:00-5:15 PM A2924A

Sculpt a Pumpkin

(ages 6-10)

Its the time to start the Halloween festivities by creating a clay pumpkin in our pottery studio. In this workshop children will learn some hand building techniques, paint and decorate their pumpkin, and have lots of fun. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sun, Oct 9 12:00-1:30 PM..... Z4224A

Sun, Oct 9 2:00-3:30 PM Z4324A

Sculpt a Turkey for Your Table

(ages 6-10)

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

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 5 12:00-1:30 PM..... Z4424A

Sat, Nov 5 2:00-3:30 PM Z4524A

TeenzArt Studio

(ages 11-17)

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

Six Sessions \$96.00 Per Child

Henry Hudson Trail Act Ctr Craft Room

Mon, Sep 19-Oct 24 5:15-6:30 PM Z5824A

Mon, Nov 7-Dec 12 5:15-6:30 PM..... Z5924A

Fort Monmouth Rec Ctr Program Room C

Wed, Sep 21-Oct 26 5:15-6:30 PM Z6024A

Wed, Nov 2-Dec 7 5:15-6:30 PM Z6124A

Thompson Pk Creative Arts Center

Thu, Sep 22-Oct 27 5:30-6:45 PM..... Z6224A

Thu, Nov 3-Dec 15 5:30-6:45 PM Z6324A

No class 11/24

Thanksgiving Ceramic Plate

(ages 7-12)

Make your Thanksgiving day table extra special this year with a hand painted ceramic plate. Children will learn some ceramic painting techniques while creating a commemorative holiday plate. The plate will be kiln fired and ready for pick-up the following week.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 12 12:00-1:15 PM..... Z4624A

Sat, Nov 12 1:30-2:45 PM..... Z4724A

Tween Crafternoons at Dorbrook NEW

(ages 11-14)

Afternoons for creative expression await! Come join us for more complex, multi-day arts and crafts projects using a variety of supplies. Bring your smiles, meet new friends, and get ready to have some fun crafting in an art-club like environment where creativity flows. Possible materials include paint, clay, yarn, wood, string and other natural materials, so please dress for mess or bring a smock. This is a great follow-up class for children ready to advance from the younger Crafternoons class.

One Session \$110.00 Per Person

Dorbrook Rec Area Prog Bldg

Wed, Sep 14-Oct 19 4:00-5:30 PM A3624A

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, 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 19-Oct 10 4:30-6:30 PM M2524A

Wed, Sep 21-Oct 12 4:30-6:30 PM M2624A

Mon, Oct 17-Nov 14 4:30-6:30 PM M2724A

No class 10/31

Wed, Oct 19-Nov 9 4:30-6:30 PM M2824A

Mon, Nov 21-Dec 12 4:30-6:30 PM M2924A

Wed, Nov 23-Dec 14 4:30-6:30 PM M3024A

CULINARY ARTS

Books & Cooks

(ages 3-5)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 14-Oct 5 3:00-4:00 PM A5324A

Thu, Sep 15-Oct 6 3:00-4:00 PM A5424A

Wed, Oct 12-Nov 2 3:00-4:00 PM A5524A

Thu, Oct 13-Nov 3 3:00-4:00 PM A5624A

Wed, Nov 9-Dec 7 3:00-4:00 PM A5724A

No class 11/24

Thu, Nov 10-Dec 8 3:00-4:00 PM A5824A

No class 11/25



Let's Decorate Cookies with Fondant NEW

(ages 11-13)

In this fun, hands-on beginner cookie decorating class students will turn blank cookie canvases into beautiful works of art. Learn all of the secrets of decorating with fondant! Learn how to create depth, texture, and sculpt simple shapes to build on your cookie. Each student will be provided with pre-baked cookies and all of the necessary tools and supplies needed to decorate with their own hands. Students will also be taught how to use wafer paper and even learn to make simple little sugar flowers that you can use for embellishments! Students will go home with eight beautifully decorated cookies.

Instructor: Jessica of Sweet Maria Custom Cookies

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

"Fall" in Love with Fondant

Fall-themed cookies - apples, sunflowers, fuzzy sweaters and more!

Sat, Sep 24 2:00-5:00 PM ABH24A

"Boo"-tiful and Spooky!

Halloween-themed cookies - ghosts, mummies, witches and more!

Sat, Oct 22 2:00-5:00 PM ABJ24A

Giving Thanks

Thanksgiving-themed cookies - turkeys, fall leaves, pumpkins, owls and more!

Sat, Nov 5 2:00-5:00 PM ABK24A



Let's Decorate Cupcakes!

(ages 9-12)

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

Instructor: Kimberly Megill

One Session \$50.00 Per Child

[Dorbrook Rec Area Vis Ctr](#)

Mon, Sep 19 5:00-7:00 PM AA924A

Sat, Oct 1 10:00 AM-12:00 PM AAA24A

Let's Make Buttercream Flowers

(ages 13-15)

Create roses, daisies, primroses and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers and flower nails. This detail-oriented class is a little more advanced and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session \$60.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Mon, Nov 7 5:00-7:00 PM AAC24A

The Baking Lab

(ages 9-12)

Where food and science collide with delicious results! You know baking is chemistry, but do you know why and how the ingredients work? What if you use all-purpose flour instead of cake flour in your cupcakes? What happens if you substitute shortening for the butter in your cookies? Find out the answers to these and other questions as we go hands-on to experiment and bake test batches. Science never tasted so good!

One Session \$39.00 Per Child

[Fort Monmouth Rec Ctr Kitchen](#)

Lemon Bars

This time we'll tinker with that summertime fave with silky sweet-tart lemon on a buttery shortbread crust. What could go wrong?

Sat, Sep 24 10:00 AM-12:00 PM M1124A

Orange Chocolate Chip Muffins

Everyone loves a breakfast muffin, but change a few things and you might go from meh to great.

Sat, Oct 22 10:00 AM-12:00 PM M1224A

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, Sep 11-Oct 2 10:30 AM-12:00 PM. . . . A6424A

Wed, Oct 12-Nov 2 4:30-6:00 PM A6524A

Thu, Oct 13-Nov 3 4:30-6:00 PM. A6624A

Sun, Nov 6-Dec 4 10:30 AM-12:00 PM A6724A

No class 11/27

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 14-Oct 5 4:30-6:00 PM A5924A

Thu, Sep 15-Oct 6 4:30-6:00 PM. A6024A

Sun, Oct 9-30 10:30 AM-12:00 PM. A6124A

Wed, Nov 9-Dec 7 4:30-6:00 PM A6224A

No class 11/23

Thu, Nov 10-Dec 8 4:30-6:00 PM A6324A

No class 11/24

EDUCATION & ENRICHMENT

Child and Babysitting Safety

(ages 10-17)

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

One Session \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Oct 15 10:00 AM-12:00 PM Q4824A

Thompson Pk Vis Ctr Beech Room

Sat, Sep 24 10:00 AM-12:00 PM Q4624A

Sat, Nov 12 10:00 AM-12:00 PM Q4724A

Humane Education: It's Cool to Be Kind

(ages 9-14, with adult)

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 (www.monmouthcountyspca.org) to view items on their wish list. This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Sep 24 11:00 AM-12:00 PM PQ022A

Snapology®: Discovering Dinosaurs

(ages 6-9)

Do you have a dinosaur fan? Snapology® will dig deep into the world of prehistoric creatures in this exciting STEM class involving building, discovery and of course dinosaurs. Each week, students will discover more about dinosaurs, fossils, and ancient ruins as they learn what it takes to be a paleontologist and an archaeologist. Join us for some Jurassic-sized fun as we discover the world of dinosaurs and beyond!

Seven Sessions \$126.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Sep 15-Oct 27 4:30-5:30 PM Q8324A

Snapology®: Holiday Robotics

(ages 6-9)

It's the holiday season and we are celebrating with Snapology's® Holiday Robotics and Coding Class! Let's bring LEGO® bricks to life as we build a robotic Rudolph, a dreidel that spins with a motor, a Kwanzaa drummer bot, a holiday train, and even Santa popping out of a chimney. Let's celebrate the season STEM-style!

Five Sessions \$90.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Nov 17-Dec 22 4:30-5:30 PM Q8424A

No class 11/24

Snapology®: Incredible Inventions Robotics

(ages 5-12)

Is your child an inventor? If he or she loves coming up with new creations, then this is the perfect program for your young innovator. Students will learn about the process real inventors go through, as they design, build, and program robotic models to solve real world problems. It's amazing what a student can create with robotics, coding, and LEGO® bricks! Build moving robots and use coding to make them move, all while experimenting and problem solving with friends!

Three Sessions \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

(ages 5-8)

Sat, Oct 15-29 10:30 AM-12:00 PM Q8524A

(ages 9-12)

Sat, Oct 15-29 12:30-2:00 PM Q8824A

Snapology®: KinderBots Robotics

(ages 5-8)

Kids will explore the world of robotics as they build simple models that teach the fundamentals of robotic design and coding. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have an amazing time bringing their creations to life. Children love robots and this class allows them to build, program, and make the bots themselves!

Seven Sessions \$126.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Sep 13-Oct 25 4:30-5:30 PM Q7024A

Snapology®: Machines & Cool Contraptions

(ages 6-9)

Is your child a problem-solver, a LEGO® lover, or a budding engineer? If so, they're the perfect fit for Snapology's® Machines & Cool Contraptions engineering program! This weekly class will give students the tools they need to understand mechanical movement through the foundations of LEGO® machines, physics and engineering design. They will see moving parts up-close as they follow instructions to build various machines using motors, test out physics concepts, and have a blast building!

Six Sessions \$108.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Nov 14-Dec 19 4:30-5:30 PM Q6724A

Snapology®: Monster Mania Workshop

(ages 6-11)

Get your scare on with Snapology's® Monster Mania Workshop! Use LEGO® bricks to build a haunted house, make a monster with teeth, claws, and eyes, and have a spook-tackular time! Kids will also receive a brick building treat of their own to take home! Join us, if you dare!

One Session \$32.00 Per Person

Thompson Pk Vis Ctr Beech Room

(ages 6-9)

Sat, Nov 5 9:00-10:30 AM..... Q7324A

Sat, Nov 5 11:00 AM-12:30 PM..... Q7424A

(ages 9-11)

Sat, Nov 5 1:00-2:30 PM Q7524A

Snapology®: Pokémania

(ages 6-9)

Pokemon® fanatics will love Snapology's® Pokémania class! Students will build and explore the world of Pokémon® as they create their own pokéballs, training gyms, and even their very own generation of Pokémon®. Kids will learn about real world science as they create habitats for Pokémon®, architecture by building homes and gyms for their characters, and of course creativity, socialization, and fun. Bring your cards and we'll bring ours for some extra fun! Your child will have a blast becoming the best Pokémon® trainer ever!

Six Sessions \$108.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Nov 16-Dec 21 4:30-5:30 PM Q8124A



Snapology®: Science of Superpowers

(ages 6-9)

Kids learn about the science behind their favorite heroes' powers. Students study STEM subjects such as gravity, aerodynamics, forces and motion, as they learn about flight, superhero vehicles, super villain strength, and why these characters fascinate us all. Build with LEGO® bricks, learn about science, and interact with new friends in this awesome hands-on program that is all about superheroes and all about fun!

Six Sessions \$108.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Nov 15-Dec 20 4:30-5:30 PM Q7924A

Snapology®: Thanksbuilding Workshop

(ages 6-11)

It's Thanks-Building time with Snapology®! Together we will learn to build LEGO® turkeys and partake in some STEM-thanksgiving challenges, and even build a moving parade float for the Thanksgiving Day parade! Each child will also work on a thanksgiving-themed craft to take home as well.

One Session \$32.00 Per Person

Thompson Pk Vis Ctr Beech Room

(ages 6-9)

Sat, Nov 19 9:00-10:30 AM Q7624A

Sat, Nov 19 11:00 AM-12:30 PM Q7724A

(ages 9-11)

Sat, Nov 19 1:00-2:30 PM Q7824A

Snapology®: Mining & Building

(ages 6-9)

Travel to the Nether with Snapology®, as we bring Minecraft® to life using LEGO® bricks and creativity. Students will work on awesome activities that will allow them to create their own Minecraft® world, including animals, creepers, houses, and more. Lessons involve critical thinking, architecture, socialization, and a whole lot of imagination. Let's bond over the game we love and become master Minecraft® makers together!

Five Sessions \$90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Sep 12-Oct 24 4:30-5:30 PM Q6624A

No class 9/26 & 10/10

STEM Scientists

(ages 6-9)

Allow your child to cultivate their love of science by becoming a super scientist in this interactive Snapology® STEM program! Students engage in building concepts from astronomy, earth science, biology, chemistry, and physics using LEGO® bricks and other interactive learning tools. Construct a tower to withstand a natural disaster on our earthquake board, create and build a constellation, learn about science behind your favorite sports, and explore animal habitats and the worlds around them. These hands-on scientific projects get kids excited about science and make it fun through building!

Six Sessions \$108.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Sep 14-Oct 26 4:30-5:30 PM Q8024A

No class 10/5

The Gift of Story

(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 unfolds. 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! Please bring a notebook and pen/pencil to each class.

Four Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Atrium Room

Sat, Oct 29-Dec 3 8:45-10:00 AM M7324A

No class 11/12 & 11/26

TOASTMASTERS™ YLP

(ages 13-17)

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

Eight Sessions \$86.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Oct 6-Dec 1 6:30-8:00 PM Q3924A

No class 11/24

True Story! Creative Nonfiction Writing

(ages 11-15)

In this introduction to creative nonfiction writing class we'll use fun prompts to craft essays about moments and experiences in your life- a big win, an embarrassing mishap, a family adventure, a hilarious moment! This reflective, creative writing about familiar subjects will foster creativity and writing skills, while offering an opportunity to record snapshots of life. Please bring a notebook and pen or laptop to each class.

Four Sessions \$69.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sat, Sep 17-Oct 8 9:00-10:30 AMM7224A

NATURE

Fall Nature Science Lab Series 

(ages 9-12)

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

Weekly meeting topics are:

9/13 - Discover the hidden colors in plants through chromatography.

9/20 - Freshwater Studies: Use pH to determine the health of a pond.

9/27 - Explore the microscopic world.

Three Sessions \$60.00 Per Child

Huber Wds Pk Env Ctr

Tue, Sep 13-27 10:30 AM-12:00 PM INV24A

Tue, Sep 13-27 5:00-6:30 PM. INW24A

OUTDOOR ADVENTURES

Archery & Pepperoni Pizza Social

(ages 9-11)

Deliver yourself to our archery range as we shoot our target faces into eight non-edible pieces on National Pepperoni Pizza Day. Learn the basic of archery from our experienced Outdoor Adventure staff and afterwards stick around for a slice of pizza with newly acquired friends. Take plenty of photos and post to social media using #PepperoniPizzaDayArchery.

One Session \$26.00 Per Child

Thompson Pk Activity Barn

Mon, Sep 19 5:30-7:30 PM.W7024A

Big Brook Park's Haunted Zipline

(ages 8-12)

Experience a family friendly, spooky themed zipline 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 \$28.00 Per Child

Big Brook Pk Low Zipline

Sat, Oct 8 5:30-7:30 PM (approx) U0924A

Geocaching & Archery Ghost Hunt

(ages 9 and up)

I ain't 'fraid of no ghost! Can your family locate all of the ghostly targets by using our hand held 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 \$26.00 Adult & Junior \$19.00 Additional Sibling

Thompson Pk Activity Barn

Sun, Oct 23 10:00 AM-12:00 PM.W1124X

S'more Zipline!

(ages 12 and up, under 18 with adult)

Soar through the sky and experience a thrilling ride on Big Brook Park's zipline! Afterwards wrap up a fun day by enjoying some s'mores by the fire. Participants must wear closed-toed and closed-heeled shoes. Equipment and s'more supplies will be provided.

One Session \$35.00 Per Person

Big Brook Pk Low Zipline

Fri, Nov 18 4:30-6:30 PM U0824A

Take a Shot: Archery Intro Series

(ages 9-17)

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 three-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$55.50 Per Person

Thompson Pk Activity Barn

Wed, Oct 5-19 4:30-6:30 PMW6024A

Take a Shot: Intro to Archery

(ages 9-17)

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

One Session \$22.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 1 4:30-6:30 PM.....W5124A

Fri, Oct 7 4:30-6:30 PMW5324A

Tue, Nov 1 4:30-6:30 PM.....W5524A

Wed, Nov 16 4:30-6:30 PM.....W7224A



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 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 \$46.00 Per Person

Thompson Pk Old Orchard Picnic Shelter

Sat, Oct 22-29 10:00 AM-12:00 PMW3324A

Youth Mountain Biking: Hitting the Trails

(ages 10-13)

Hop into the saddle and hit the adventurous trails of Monmouth County. Learn shifting techniques to help you traverse a variety of terrains and obstacles that are found on the trails. With practice and coaching we will progress from the flats to wooded trails to moderate hills. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standards for Bicycle Helmets and a mountain bike in good working condition.

Three Sessions \$42.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 15-29 5:30-7:00 PMW0624A

Zippping into the Moonlight

(ages 8 and up)

Experience a zipline adventure where your senses are heightened, the line seems faster, and your eyes adjust to the night. Adventurers will get multiple opportunities to zip down a 175 foot line!

One Session \$28.00 Per Person

Big Brook Pk Low Zipline

Fri, Sep 23 5:30-7:30 PM..... U1224A

Zombie Archery

(ages 9 and up, under 18 with adult)

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 \$22.00 Per Person

Big Brook Pk Sunfield Pavilion

Thu, Oct 13 4:30-6:30 PM..... U1324A

Tue, Oct 25 4:30-6:30 PM..... U1424A

Thu, Oct 27 4:30-6:30 PM..... U1524A

PERFORMING ARTS

Beginner Acting

(ages 8-13)

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

Four Sessions \$60.00 Per Person**The Performers**

(ages 8-10)

Clayton Pk Act Ctr Classroom 1

Tue, Oct 25-Nov 22 4:00-5:30 PM..... Q3124A

No class 11/8

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 26-Oct 24 4:30-6:00 PM..... Q2524A

No class 10/10

Mon, Nov 7-28 4:30-6:00 PM..... Q2624A**The Elves**

(ages 8-10)

Clayton Pk Act Ctr Classroom 1

Tue, Nov 29-Dec 20 4:00-5:30 PM Q3424A

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Nov 30-Dec 21 4:30-6:00 PM Q2924A**The Players**

(ages 11-13)

Clayton Pk Act Ctr Classroom 1

Tue, Oct 25-Nov 22 6:30-8:00 PM..... Q3324A

No class 11/8

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Sep 28-Oct 19 4:30-6:00 PM Q2724A**Wed, Oct 26-Nov 16 4:30-6:00 PM..... Q2824A****Drama Games Workshop** 

(ages 8-13)

Get energized and have fun with drama! This workshop will build teamwork, creativity and healthy competitiveness among actors and performers. Spend an evening on the stage playing drama games such as Party Quirks, Taxi Cab, Mime It Down the Alley and skits. For the beginner or seasoned theatre student.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Theater Barn

(ages 8-10)

Wed, Sep 28 5:30-7:30 PM..... ABB24A

(ages 11-13)

Wed, Sep 21 5:30-7:30 PM..... ABC24A**Elementary Dance 1**

(ages 6-7)

A step up from the basics, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed along with learning several short dance routines. Ballet, tap, jazz and acro will be covered. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers (September through May) or teacher recommendation.**Ten Sessions \$140.00 Per Person**

Tatum Pk Red Hill Act Ctr

Tue, Sep 13-Nov 15 4:30-5:30 PM A9224A**Extemporaneous Speaking -****Teen Edition** 

(ages 12-14)

Want to build your confidence with public speaking in school? Want to learn how to become fearless about speaking in front of your peers and teachers? Dive right into this interactive workshop to get tips and tricks on how to become more comfortable with speaking to an audience. Participants will be given a topic and will have five minutes to prepare and present a speech on the topic. Participants may use up to two minutes to prep and three minutes to present. Feedback will be given by the instructor and participants in this encouraging and safe environment. If time permits, participants will be paired to give a joint speech with another participant.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Oct 20 5:30-7:30 PM..... AB324A**Freestyle Dance**

(ages 6-9)

As a dancer, most just learn dance moves from choreography or from watching another person. That's okay, but if you want to master that move, you need to learn the history and original form of how that move came to be. You also need to learn how to not just move to the music, but let the music MOVE you. This class teaches you to master those basic grooves, and rhythmic movement to make those moves your own.

Fort Monmouth Rec Ctr Program Room C

Eight Sessions \$79.00 Per Child**Mon, Sep 12-Oct 31 4:30-5:30 PM..... M5024A****Seven Sessions \$69.00 Per Child****Mon, Nov 7-Dec 19 4:30-5:30 PM..... M5124A**

Hip Hop Dance

(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: Julie Asfendis

Six Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Gym A

Tue, Sep 20-Oct 25 4:30-5:15 PM.....M3624A

Tue, Nov 8-Dec 13 4:30-5:15 PMM3724A

Intro to Forensic: Speech & Debate

(ages 11-13)

Students get to practice their public speaking and debate skills in this engaging workshop while also boosting confidence and self-esteem. Learn techniques on how to improve presentation skills in a challenging, safe and secure environment. Bring a 3-5 minute selection of prose from literature (book, short story, etc.), a poem or selection of poems, or a serious or humorous monologue from a published play. Some pieces will be provided as needed.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Nov 2 5:30-7:30 PM.....ABD24A

Little Dancers

(ages 5-6)

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

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Sep 15-Nov 17 4:30-5:15 PM A9324A

Thu, Sep 15-Nov 17 5:15-6:00 PM A9424A

Musical Theatre Essentials Workshop

(ages 13-17)

Eager performers get a chance to develop their craft and take their talent to next level! In this workshop-style class, each actor is required to bring a 16-bar cut of a song or a monologue of their choice. The fundamentals of musical theatre are explored as well as what it takes to be a professional working actor. Topics discussed include auditioning, being cast in a show, improv, acting and vocal techniques.

Instructor: Marina Colonna

Two Sessions \$100.00 Per Person

Thompson Pk Theater Barn

Sat, Sep 17-24 11:00 AM-2:00 PM AA124A

Standup for Teens

(ages 15-18)

Throughout this class you will learn how to mine for humor and craft a joke. By the end of the term, you will have enough material to take to any live mic. The final class will be an "open mic" night for family and friends.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Theater Barn

Thu, Sep 15-Oct 6 6:00-8:00 PM..... AA224A

Stop Motion Animation Creation

(ages 8-12)

Bring your ideas, stories, objects and figurines to this class as we collaborate to create your very own stop motion animation video to share with family and friends. We will be using the Stop Motion Animation free app. iPad, stand and lighting will be provided.

Four Sessions \$60.00 Per Person

Bayshore Waterfront Park Act Ctr

Fri, Sep 30-Oct 21 4:00-5:30 PM..... Q1324A

Tell Me a Story

(ages 12-14)

Do you have a great story to tell? Do you know how to tell it? In this workshop, you will learn how to write your own story. How to create characters, plot, write dialogue and tell a story that will entertain any audience. Please bring a notebook and a pen or pencil to class.

Instructor: Sami DeSocio

One Session \$100.00 Per Person

Thompson Pk Theater Barn

Sat, Oct 1 12:00-5:00 PM AAJ24A

The Afternoon Puppet Show

(ages 5-7)

It's The Afternoon Puppet Show starring you and your puppet! We will make our very own puppet and play our favorite acting games. We'll then bring our puppets to life and perform our favorite stories in our Afternoon Puppet Show, including a performance for our families on the last day of class. Please bring your favorite story books and a water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$55.00 Per Child

Bayshore Waterfront Pk Act Ctr

Tue, Sep 27-Oct 18 4:00-5:30 PM..... Q3824A

Tots in Tutus I

(ages 3-5)

Your child will discover their inner ballerina/danseur as they explore the simple exercises of this graceful dance form. A professional instructor will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment 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 13-Nov 15 10:00-10:45 AM..... A8424A

Tue, Sep 13-Nov 15 10:45-11:30 AM..... A8524A

Tots in Tutus II

(ages 4-5)

Your little ballerina/dancer pirouetted their way through their first year of ballet and is eager for more! Now, your teacher will focus on ballet terms, tap skills and even explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire; no slippers please. Please also secure hair away from face. **Pre-requisite: Completion of Tots in Tutus I (September through May) or teacher's recommendation.**

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 13-Nov 15 11:30 AM-12:15 PM .. A8624A

Thu, Sep 15-Nov 17 3:00-3:45 PM A8724A

Thu, Sep 15-Nov 17 3:45-4:30 PM A8824A

Who's "Tweet" is it Anyway?

(ages 11-14)

This improv class will teach the student to mine for humor and to embrace their spontaneity. This class will culminate in a "Who's Line is it Anyway?" style show for family and friends.

Instructor: Trish Tyler

One Session \$120.00 Per Person

Thompson Pk Theater Barn

Sun, Sep 18-Oct 9 12:00-2:00 PM.....AAH24A

SPORTS & FITNESS

BASEBALL

Baseball FUNdamentals

(ages 6-8)

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

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Sat, Sep 10-Oct 1 12:00-12:55 PM..... X8524A

Sat, Oct 15-Nov 5 12:00-12:55 PM..... XA824A

T-Ball

(ages 4-5)

Children have fun while learning the fundamental skills of America's pastime in this noncompetitive program. There's no better introduction to the sports of baseball or softball! Our instructors will utilize fun games and activities as players learn the skills of hitting, throwing, base running and fielding. At the end of the program participants may apply these skills into realistic mini game situations.

Four Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Sep 10-Oct 1 10:00-10:55 AM..... X8224A

Sat, Sep 10-Oct 1 11:00-11:55 AM..... X8424A

Sun, Sep 11-Oct 2 10:00-10:55 AM X8624A

Sun, Sep 11-Oct 2 11:00-11:55 AM X8724A

Tue, Sep 13-Oct 4 4:00-4:55 PM X9124A

Tue, Sep 13-Oct 4 5:00-5:55 PM X9324A

Sat, Oct 15-Nov 5 10:00-10:55 AM..... XA524A

Sun, Oct 16-Nov 6 11:00-11:55 AM..... XAB24A

T-Ball 2

(ages 4-5)

Do you love t ball and want to improve your skills? You've found the perfect program! Ball players will continue developing their fielding, throwing and hitting skills in a fun and encouraging environment. Prior participation in "T-Ball" (above) or "T-Ball with Me & Dad/Mom" (p. 30) is suggested.

Four Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Oct 15-Nov 5 11:00-11:55 AM..... XA724A

Sun, Oct 16-Nov 6 10:00-10:55 AM..... XAA24A

BASKETBALL

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 10-Oct 1 10:00-10:55 AM..... X8124A

Mon, Sep 12-Oct 3 4:00-4:55 PM X8824A

Thu, Sep 15-Oct 6 4:00-4:55 PM..... XA124A

Sat, Oct 15-Nov 5 10:00-10:55 AM..... XA424A

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 12-Oct 3 5:00-5:55 PM X9024A

Sat, Oct 15-Nov 5 11:00-11:55 AM..... XA624A

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 10-Oct 1 11:00-11:55 AM..... X8324A

Thu, Sep 15-Oct 6 5:00-5:55 PM..... XA224A



FITNESS

Cool Runners Fitness Run for Fun

(entering grades K-8)

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

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

Six Sessions \$115.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Sep 13-Oct 18 5:30-6:30 PM..... X5424A

Fri, Sep 16-Oct 21 5:30-6:30 PM..... X5524A

FOOTBALL

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 14-Oct 5 4:00-4:55 PM X9524A

(ages 9-12)

Wed, Sep 14-Oct 5 5:00-5:55 PM X9624A

GYMNASTICS

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$56.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Sep 10-Oct 1 9:00-9:45 AMM9224A

Sat, Sep 10-Oct 1 11:00-11:45 AMM9324A

Sat, Oct 8-29 9:00-9:45 AMM9424A

Sat, Oct 8-29 11:00-11:45 AMM9524A

Sat, Nov 5-26 9:00-9:45 AMM9624A

Sat, Nov 5-26 11:00-11:45 AMM9724A

(ages 5-7)

Sat, Sep 10-Oct 1 9:00-9:45 AMM9824A

Sat, Sep 10-Oct 1 11:00-11:45 AMM9924A

Sat, Oct 8-29 9:00-9:45 AMMA024A

Sat, Oct 8-29 11:00-11:45 AMMA124A

Sat, Nov 5-26 9:00-9:45 AMMA224A

Sat, Nov 5-26 11:00-11:45 AMMA324A

(ages 8-10)

Sat, Sep 10-Oct 1 11:00-11:45 AMMA424A

Sat, Oct 8-29 11:00-11:45 AMMA524A

Sat, Nov 5-26 11:00-11:45 AMMA624A

Twelve Sessions \$168.00 Per Person

Shrewsbury Gymnastics School Broad Street, Shrewsbury

(ages 3-5)

Tue, Sep 6-Nov 22 10:00-10:45 AMM8424A

Tue, Sep 6-Nov 22 11:00-11:45 AMM8524A

Thu, Sep 8-Dec 1 10:00-10:45 AMM8624A

No class 11/24

Thu, Sep 8-Dec 1 11:00-11:45 AMM8724A

No class 11/24

Sat, Sep 10-Nov 26 9:00-9:45 AMM8824A

Sat, Sep 10-Nov 26 11:00-11:45 AMM8924A

(ages 6-10)

Sat, Sep 10-Nov 26 9:00-9:45 AMM9024A

Sat, Sep 10-Nov 26 11:00-11:45 AMM9124A

HOCKEY

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.

Dorbrook Rec Area

Four Sessions \$48.00 Parent/Child

Thu, Sep 8-29 5:30-6:25 PMXBC24A

Thu, Oct 6-27 5:30-6:25 PMXBD24A

Five Sessions \$60.00 Per Person

Sat, Oct 29-Nov 26 10:00-10:55 AMXAC24A

Sat, Oct 29-Nov 26 12:00-12:55 PMXAE24A

Intro to Roller Hockey

(ages 6-12)

Skate to score! Learn to play roller hockey step-by-step. Stickhandling, shooting and passing will be taught through demonstrations, drills and games. The following equipment is required in order to participate: in-line skates, hockey helmet with facemask, kneepads with shinguards, elbow pads, chest protector, hockey gloves, hockey stick, protective cup (optional), and a water bottle. Please see our Safe Skating section (page 47) for more information regarding this program.

Please Note: This program is designed for children with prior knowledge of rollerblading, including basic skating techniques, falling and stopping.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

(ages 6-9)

Fri, Sep 9-30 4:30-5:25 PMXBE24A

Fri, Oct 7-28 4:30-5:25 PMXBG24A

(ages 10-12)

Fri, Sep 9-30 5:30-6:25 PMXBF24A

Fri, Oct 7-28 5:30-6:25 PMXBH24A

SKATEBOARDING/SKATING

Fall Skateboarding

(ages 9-15)

Come on down and practice skateboarding at our Beautiful Seven Presidents Oceanfront Park! Fall Skateboarding is designed to teach the techniques, tricks, and tips that skaters need. Fall Skateboarding is designed for children with prior knowledge including pushing, steering, and drop-in techniques. For more information about this program, please see the Safe Skating section (*below*).

The following equipment is required to participate: skateboard, helmet, knee and elbow pads, wristguards, and a water bottle.

Four Sessions \$52.00 Per Person

Seven Presidents Pk Skateplex

Sat, Sep 10-Oct 1 10:00-10:45 AM.....	XCN24A
Sat, Sep 10-Oct 1 11:00-11:45 AM.....	XCP24A
Sat, Sep 10-Oct 1 12:00-12:45 PM.....	XCQ24A
Sun, Sep 11-Oct 2 10:00-10:45 AM.....	XCR24A
Sun, Sep 11-Oct 2 11:00-11:45 AM.....	XCS24A
Sun, Sep 11-Oct 2 12:00-12:45 PM.....	XCT24A
Sat, Oct 15-Nov 5 10:00-10:45 AM.....	XCU24A
Sat, Oct 15-Nov 5 11:00-11:45 AM.....	XCV24A
Sat, Oct 15-Nov 5 12:00-12:45 PM.....	XCW24A
Sun, Oct 16-Nov 6 10:00-10:45 AM.....	XCX24A
Sun, Oct 16-Nov 6 11:00-11:45 AM.....	XCY24A
Sun, Oct 16-Nov 6 12:00-12:45 PM.....	XCZ24A

Rollerblading 101

(ages 4-14)

Do you want to learn how to rollerblade? Have some fun and join us for our introductory rollerblading program. Rollerblading 101 will teach you how to have a fun and safe time while skating on Dorbrook's in-line skating rink. Our experienced instructor will provide demonstrations and lessons that focus on equipment, safety and basic skating techniques, including falling and stopping. The following equipment is required: in line skates, helmet, knee and elbow pads, wrist guards, and a water bottle. Please see our Safe Skating section (*below*) for more information regarding this program. For additional questions, please call 732-542-1642, ext. 26, or email Daniel.O'Connor@co.monmouth.nj.us.

One Session \$25.00 Per Person

Dorbrook Rec Area

Sat, Sep 17 9:00-9:45 AM.....	XBJ24A
Sat, Sep 17 10:00-10:45 AM.....	XBK24A
Sat, Sep 17 11:00-11:45 AM.....	XBM24A
Sat, Oct 1 9:00-9:45 AM.....	XBN24A
Sat, Oct 1 10:00-10:45 AM.....	XBP24A
Sat, Oct 1 11:00-11:45 AM.....	XBQ24A
Sun, Oct 16 9:00-9:45 AM.....	XBR24A
Sun, Oct 16 10:00-10:45 AM.....	XBS24A
Sun, Oct 16 11:00-11:45 AM.....	XBT24A
Sat, Oct 29 9:00-9:45 AM.....	XBU24A
Sat, Oct 29 10:00-10:45 AM.....	XBV24A
Sat, Oct 29 11:00-11:45 AM.....	XBW24A

SAFE SKATING: CHOOSING THE RIGHT PROGRAM FOR YOU!

The Monmouth County Park System offers a variety of rollerblading and skateboarding opportunities that vary in difficulty levels. Please read the following before registering for such programs:

- Read program descriptions carefully and choose which is best suited for your child's experience level.
- Realistically match your child's ability to the program descriptions. For summer skateboarding programs, we'd like all participants to have some prior knowledge/experience skateboarding. This means the instructor will expect participants to have the knowledge and skill of pushing, steering and drop-ins prior to the first session.
- Some experience is also required for the Intro to Roller Hockey programs. Participants should have some prior knowledge/experience rollerblading. This means the instructor will expect each participant to have the knowledge of some basic skating techniques, falling and stopping techniques prior to the first session.
- If you are looking to learn how to rollerblade, we recommend signing up for Rollerblading 101 (*above*). This program is geared towards beginners.
- Safety is our primary concern; please know that falling is likely during these programs. Our instructors will do their best to ensure a safe and fun time while skating or boarding, but understand that there is risk involved. All safety equipment listed in the program description is **mandatory** and required to help prevent injury.

If you have any additional questions, contact Daniel O'Connor at 732-542-1642, ext. 26.

SOCCER

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Four Sessions \$56.00 Per Person

Fall Season 1

Dorbrook Rec Area

Sat, Sep 17-Oct 8 11:00-11:55 AM..... MB624A

Sun, Sep 18-Oct 9 10:30-11:25 AM MB724A

Fall Season 2

Dorbrook Rec Area

Wed, Oct 19-Nov 9 5:00-5:55 PM MB824A

Sat, Oct 22-Nov 12 11:00-11:55 AM MB924A

Fort Monmouth Rec Ctr Outdoor Area

Sun, Oct 23-Nov 13 11:00-11:55 AM..... MBA24A

Indoor Season

Dorbrook Rec Area Act Ctr

Thu, Nov 17-Dec 15 5:00-5:55 PM MBB24A

No class 11/24

Fort Monmouth Rec Ctr Gym A

Sun, Nov 20-Dec 18 12:30-1:25 PM..... MBC24A

No class 11/27

SURFING

Lucky Dog Surf Clinic



(ages 8-14)

Participants will learn surf fundamentals taught by Lucky Dog Surf! From board anatomy, wave selection, proper paddle technique, how to pop-up, understanding the tides, proper surf stance, and much more! Of course all of our programs are focused on safety as well. Participants will learn how to handle different surf conditions, proper surf etiquette, and how to handle and take care of their board in and out of the water. Each day will include 15-30 minutes of on-land instruction followed by an hours of in the water instruction. All equipment, including boards and wet suits, are provided. See you in the water!

Lucky Dog Surf provides top notch, trained, CPR and First Aid Certified, professional surf instructors.

Seven Presidents Pk

One Session \$75.00 Per Person

Sat, Sep 10 1:00-2:30 PM XCH24A

Sun, Sep 11 1:00-2:30 PM XCJ24A

Sat, Sep 17 7:30-9:00 AM..... XCK24A

Sun, Sep 18 7:30-9:00 AM XCM24A

Two Sessions \$150.00 Per Person

Sat-Sun, Sep 10-11 1:00-2:30 PM..... XCF24A

Sat-Sun, Sep 17-18 7:30-9:00 AM XCG24A



ACTIVE ADULTS 55+

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. Enjoy our coffee or tea and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Mon, Oct 17 9:30-11:30 AM.....M1524A

Sat, Oct 15 10:00 AM-12:00 PMM1624A

Mon, Nov 7 9:30-11:30 AMM1724A

Sat, Nov 5 10:00 AM-12:00 PM.....M1824A

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

Looking to start out or slow down with hiking? These hikes are at a comfortable pace and go from 1 ½-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1.

Fourteen Sessions \$56.00 Per Person

Tue, Sep 6-Dec 13 11:30 AM-12:30 PM.... D1024A

Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 walks at a more comfortable pace than level 2, but longer and brisker than Level .75.

Fourteen Sessions \$84.00 Per Person

Tue, Sep 6-Dec 13 9:30-11:00 AM D1124A

Thu, Sep 8-Dec 15 9:30-11:00 AM D1224A

Level 2

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

Thirteen Sessions \$104.00 Per Person

Wed, Sep 7-Dec 14 9:30-11:30 AM..... D1324A

Thu, Sep 8-Dec 15 9:30-11:30 AM D1424A

Fri, Sep 9-Dec 16 9:30-11:30 AM D1524A

(continued...)

Fall Senior Hikers continued...

Level 3

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

Fourteen Sessions \$112.00 Per Person

Tue, Sep 6-Dec 13 9:30-11:30 AM D1624A

Level 4

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

Thirteen Sessions \$104.00 Per Person

Mon, Sep 12-Dec 12 9:30-11:30 AM D1724A

National Grandparent's Day Archery Classic

(ages 9-12, with adult)

Create lasting memories with Grandma and Grandpa this fall season. Grandparent(s) and grandchild will have fun as they learn the basic of archery from our experienced Outdoor Adventure Staff. Team up with your grandchild as you engage in friendly competition against other grand-couples as you put your newly acquired skills to the test. All activities can be altered to meet a variety of needs. Take plenty of photos and post to social media using #NationalGrandparentsDayArchery.

One Session \$39.00 Adult & Junior \$22.00 Additional Person

Thompson Pk Activity Barn

Sun, Sep 11 1:00-3:00 PMW3724X

Zumba Gold

(ages 55 and up)

An easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water and a ready-to-move attitude.

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Sep 28-Nov 2 9:30-10:30 AM X2724A

Seven Sessions \$91.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Oct 7-Nov 18 4:00-5:00 PM..... X3724A

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

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

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Sep 6-Oct 18 7:00-10:00 PM ZAC24A**Tue, Oct 25-Dec 13 7:00-10:00 PM ZAD24A***No class 11/22*

Instructor: Don Bradford

Thu, Sep 8-Oct 20 6:30-9:30 PM ZAE24A**Thu, Oct 27-Dec 15 6:30-9:30 PM ZAF24A***No class 11/24*

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Instructor: Sue Johnson

Seven Sessions \$229.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 6-Oct 18 9:00 AM-1:00 PM Z7224A**Tue, Oct 25-Dec 13 9:00 AM-1:00 PM Z7324A***No class 11/22*

All Level Pottery Classes

(adults)

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. Class includes 25 lbs. of stoneware clay, glazes, and firings. Tools may be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Sep 6-Oct 18 4:00-7:00 PM Z7424A**Tue, Oct 25-Dec 13 4:00-7:00 PM Z7524A***No class 11/22*

Instructor: Joanne Traskiewicz

Wed, Sep 7-Oct 19 9:00 AM-12:00 PM Z7624A**Wed, Oct 26-Dec 14 9:00 AM-12:00 PM Z7724A***No class 11/23***Wed, Sep 7-Oct 19 1:00-4:00 PM Z7824A****Wed, Oct 26-Dec 14 1:00-4:00 PM Z7924A***No class 11/23*

Instructor: Laura Copeland

Wed, Sep 7-Oct 19 6:30-9:30 PM Z8024A**Wed, Oct 26-Dec 14 6:30-9:30 PM Z8124A***No class 11/23*

Instructor: Joyce Nokes

Fri, Sep 9-Oct 21 9:00 AM-12:00 PM Z8224A**Fri, Oct 28-Dec 16 9:00 AM-12:00 PM Z8324A***No class 11/25***Fri, Sep 9-Oct 21 1:00-4:00 PM Z8424A****Fri, Oct 28-Dec 16 1:00-4:00 PM Z8524A***No class 11/25*

Instructor: John Fossa

Sat, Sep 10-Oct 22 11:30 AM-2:30 PM Z8624A**Sat, Oct 29-Dec 17 11:30 AM-2:30 PM Z8724A***No class 11/26*

Instructor: Laura Copeland

Mon, Sep 12-Oct 24 9:00 AM-12:00 PM Z8824A**Mon, Oct 31-Dec 12 9:00 AM-12:00 PM Z8924A**

Instructor: Helen Cole

Mon, Sep 12-Oct 24 1:00-4:00 PM Z9024A**Mon, Oct 31-Dec 12 1:00-4:00 PM Z9124A**

Instructor: Brian Farro

Mon, Sep 12-Oct 24 6:00-9:00 PM Z9224A**Mon, Oct 31-Dec 12 6:00-9:00 PM Z9324A**

MONMOUTH COUNTY PARK SYSTEM

Fall Craft Show

Saturday, November 12
9 a.m. - 2 p.m.

Fort Monmouth Recreation Center
2566 Guam Lane, Tinton Falls

FREE
ADMISSION

Shop for that special gift from
50+ unique, quality craft vendors
just in time for the holidays!



For more information, please call 848-456-4268, ext. 3#,
or email James.Butler@monmouthcountyparks.com.

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 8-Oct 20 9:00 AM-12:00 PM ZCJ24A

Thu, Oct 27-Dec 15 9:00 AM-12:00 PM ZCK24A

No class 11/24

Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own hand-built creations. Class includes 25 lbs. of clay, glazes and firings.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Sep 7-Oct 19 1:00-4:00 PM Z6524A

Wed, Oct 26-Dec 14 1:00-4:00 PM Z6724A

No class 11/23

Instructor: TBA

Wed, Sep 7-Oct 19 6:30-9:30 PM Z6824A

Wed, Oct 26-Dec 14 6:30-9:30 PM Z6924A

No class 11/23

Raku Pottery

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Instructor: Christina Carlson

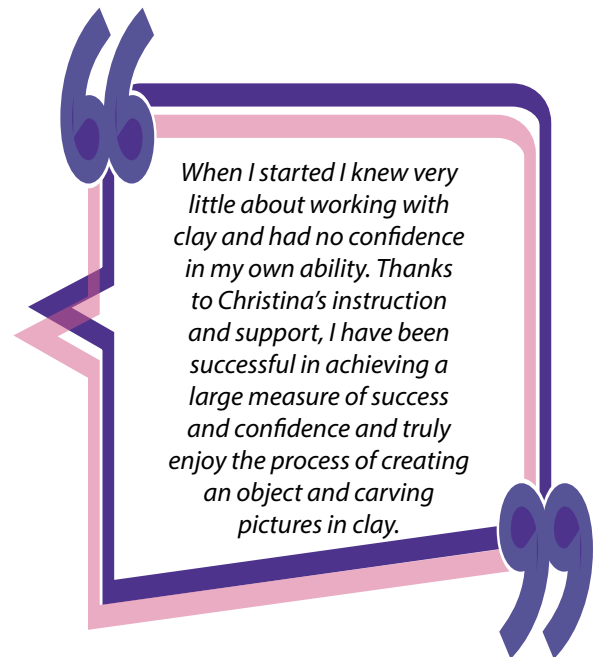
Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 8-Oct 20 9:30 AM-12:30 PM Z6424A

Thu, Oct 27-Dec 15 9:30 AM-12:30 PM Z6624A

No class 11/24



DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Olive Trees with Yellow Sky

Sat, Sep 10 2:00-5:00 PM Z9524A

Monet's Bouquet of Sunflowers

Sat, Sep 17 2:00-5:00 PM Z9724A

van Gogh's Wheatfield with Cypresses

Sat, Sep 24 2:00-5:00 PM Z9924A

Monet's Poppies at Argenteuil

Sat, Oct 1 2:00-5:00 PM ZA524A

van Gogh's Starry Night

Sat, Oct 8 2:00-5:00 PM ZA124A

van Gogh's Vase with 12 Sunflowers

Sat, Oct 15 2:00-5:00 PM ZA324A

Cezanne's Tulips in a Vase

Sat, Oct 22 2:00-5:00 PM ZA624A

Monet's Poppy Field in a Hollow near Giverny

Sat, Oct 29 2:00-5:00 PM ZA724A

Monet's Water Lilies

Sat, Nov 5 2:00-5:00 PM ZA824A

Monet's Japanese Footbridge

Sat, Nov 12 2:00-5:00 PM ZA924A

Monet's Poplars on the Banks of the Epte

Sat, Nov 19 2:00-5:00 PM ZAA24A

Matisse's Goldfish

Sat, Nov 26 2:00-5:00 PM ZAB24A



A Journey in Botanical Illustration

(adults)

Learn all about botanical illustration while enjoying the natural beauty of our Park System. This three-day series takes an in depth look at creating your own botanical illustrations. We'll start our journey onto the trails with a park system naturalist to learn about native plants: including their medicinal properties, uses and unique features. From there, we'll come indoors to have the opportunity to learn the basics of how to capture likenesses of plants. Each class will look at this art form from a different angle, examining different mediums and concepts. Hikes will offer a new grouping of plant species as the focus of each week.

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

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

Three Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 28-Oct 12 10:00 AM-1:00 PM ... ZAT24A

All About Mushrooms!

Hike and Illustration Workshop

(adults)

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

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

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 21 10:00 AM-1:00 PM ZAU24A

Wed, Oct 19 10:00 AM-1:00 PM ZAV24A

Contemporary Watercolor Painting

(adults)

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

Instructor: MaryAnn Goodwin

Six Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 13-Oct 18 6:30-8:30 PM..... Z9424A

Tue, Nov 1-Dec 13 6:30-8:30 PM Z9624A

No class 11/22

Thu, Sep 15-Oct 20 6:30-8:30 PM..... Z9824A

Thu, Nov 3-Dec 15 6:30-8:30 PM ZA024A

No class 11/24

Fri, Sep 16-Oct 21 10:00 AM-12:00 PM. . . . ZA224A

Fri, Nov 4-Dec 16 10:00 AM-12:00 PM ZA424A

No class 11/25

Drawing Wildflowers

(adults)

Join us in this new specialty workshop that highlights techniques and tips to the art of rendering florals. Participants will begin with a hands-on learning experience led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. After we will come inside with our live samples and begin the drawing process. The instructor will guide the class through how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

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

Naturalist: Jason Goldman; Artist/Instructor: Katie Stone

One Session \$38.00 Per Person

Huber Wds Pk Env Ctr

Fri, Sep 16 10:00 AM-1:00 PM..... Z0124A

Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary. All art supplies are provided.

Artist/Instructor: Tresse DeLorenzo

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Sep 22-Oct 27 11:30 AM-1:00 PM.... ZBR24A

Thu, Nov 3-Dec 15 11:30 AM-1:00 PM ZBS24A

No class 11/24

Exploring Oil Pastels

(adults)

Oil pastels are a unique drawing/painting medium for creating color art. Explore oil pastel techniques with step-by-step guidance and encouragement. We will learn wet and dry blending and resist techniques to create beautiful art works. All art supplies are provided.

Artist/Instructor: Tresse DeLorenzo

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Sep 19-Oct 24 12:45-2:15 PM..... ZBP24A

Mon, Nov 7-Dec 12 12:45-2:15 PM ZBQ24A

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists Interpretive Impressionism and/or Fauvism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, please bring your own 11"x14" canvas to class. Students will have the opportunity to create original impressionistic masterpieces as well.

Artist/Instructor: Debra Stasiak

Four Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Monet's Bouquet of Sunflowers

Renoir's Child Reading

Fri, Sep 9-30 10:00 AM-12:00 PM..... ZB824A

van Gogh's Vase with 12 Sunflowers

Monet's Poppy Field in a Hollow near Giverny

Fri, Oct 7-28 10:00 AM-12:00 PM ZB924A

Pissarro's An Apple Tree in Eragny

Monet's Poplars on the Banks of the Epte

Fri, Nov 4-25 10:00 AM-12:00 PM ZBA24A



Wind & Sea

FESTIVAL

SATURDAY

SEPTEMBER 17

11:00 AM - 5:00 PM

BAYSHORE WATERFRONT PARK, PORT MONMOUTH

FREE ADMISSION • FREE PARKING

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



ACTIVITIES LIST:

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

• AND MUCH MORE!

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

WWW.MONMOUTHCOUNTYPARKS.COM



MONMOUTH COUNTY PARK SYSTEM

THOMPSON PARK DAY



SUNDAY **OCTOBER 16**
11:00 AM-5:00 PM
Thompson Park, Lincroft

ACTIVITIES INCLUDE:

- SCARECROW CONTEST
- PUMPKIN PAINTING
- EXPLORE YOUR NATURAL WORLD & GARDENS
- WAGON RIDES
- ENTERTAINMENT
- RIDES
- KIDS' RACES
- FOOD VENDORS
- POTTERY DEMONSTRATIONS
- CERAMICS
- ARCHERY
- CANOEING
- CLIMBING WALL

AND SO MUCH MORE!

FOR ADDITIONAL INFORMATION, VISIT US ONLINE AT
WWW.MONMOUTHCOUNTYPARKS.COM.



WWW.MONMOUTHCOUNTYPARKS.COM

MONMOUTH COUNTY PARK SYSTEM



Hominy Hill Golf Course

Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Fisherman's Cove Conservation Area

Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

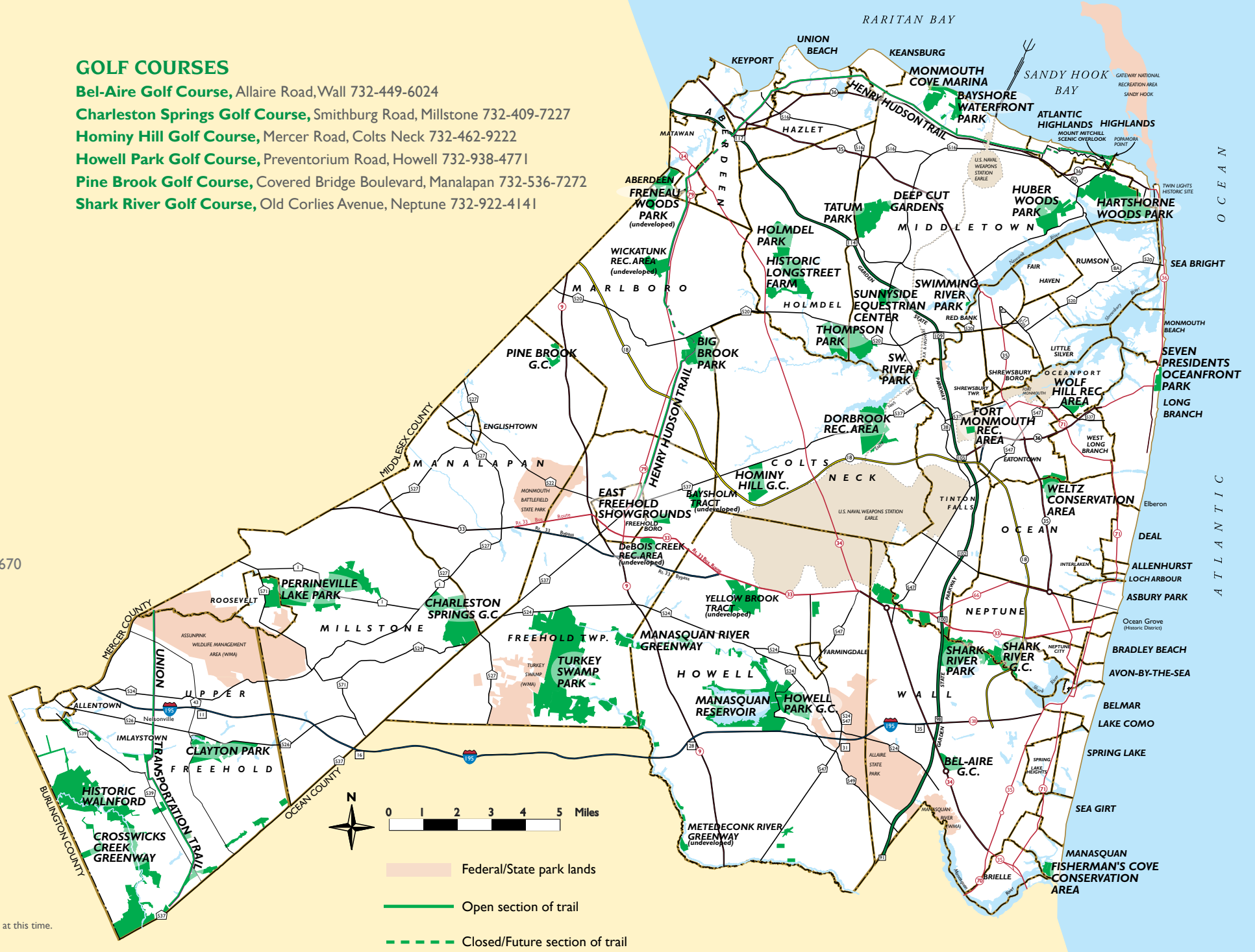
Monmouth County Park Locations

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
- Dorbroom 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**†, Monastery Lane, Aberdeen 732-264-7277
- 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 Walnford**, Walnford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area***, 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



* 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.

Illustrating Birds: Fall Migrations

(adults)

This workshop takes an in depth look at creating your own bird illustrations. First, we'll spend some time learning from a park naturalist about our native bird species, looking for them in their natural habitats. After the hike we come indoors to venture into the art of ornithological (bird) illustration. Participants will learn how to draw birds including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and more. Our focus for this session will be raptors. Some drawing experience is a plus, but not a necessity.

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

Naturalist: Paul Mandala; Artist/Instructor: Katie Stone

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 22 8:00-11:00 AM ZAW24A

Thu, Oct 20 8:00-11:00 AM ZAX24A

Inspired Painting

(adults)

This fall, join instructor Shari Epstein for a four-week painting class. Working independently, complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcomed. Work in either acrylics or oils. To the first class, bring images you love preferably as a print rather than on your cell phone. Supply lists will be sent upon registration. Class limited to 10.

Four Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Oct 25-Nov 15 11:30 AM-2:30 PM.... AB824A

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 \$95.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 15-Oct 20 1:00-3:00 PM..... Z2624A

Thu, Nov 3-Dec 15 1:00-3:00 PM Z2724A

No class 11/24

Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 13-Oct 18 9:00-11:00 AM Z2024A

Tue, Oct 25-Dec 13 9:00-11:00 AM Z2124A

No class 11/8 & 11/22

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 5"x7" 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

Wed, Sep 14-Oct 19 2:00-4:30 PM Z0924A

Wed, Nov 2-Dec 14 2:00-4:30 PM..... Z1024A

No class 11/23

Painting: All-Level

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 13-Oct 18 11:30 AM-1:30 PM.... Z2224A

Tue, Sep 13-Oct 18 2:00-4:00 PM..... Z2424A

Tue, Oct 25-Dec 13 11:30 AM-1:30 PM.... Z2324A

No class 11/8 & 11/22

Tue, Oct 25-Dec 13 2:00-4:00 PM..... Z2524A

No class 11/8 & 11/22

Painting En Plein Air

(adults)

The feeling of painting outdoors is exhilarating. There is no better way to capture natural light, shade and color. Join us at historic Portland Place and discover and capture the stunning landscapes it has to offer. This program is open to intermediate and advanced students. All artists are to bring their own supplies; oils are preferred.

Instructor: TBA

Ones Session \$60.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Fri, Sep 23 11:00 AM-2:00 PM..... ZCG24A

Fri, Oct 14 11:00 AM-2:00 PM..... ZCH24A

Plein Air Oil Painting at the Cove

(adults)

Instructor Gina Torello has redesigned this plein air class down by the Manasquan Inlet. She will Demonstrate each session as everyone follows along painting the exact subject matter as she instructs from inception to completion. Each week a new part of the Inlet will be your subject matter following along with a master plein air artist. This is a one of a kind experience all local artist do not want to pass up. You will be supplied with a New Wave Pochade Easel to use during your exclusive lessons down by this quaint seashore town. Each week you will begin and finish an 8"x10" oil painting. This unique experience to follow and paint alongside a seasoned artist is worth the trip to the shores of Manasquan. During your seven-week class you will learn how to paint the inlet including the fishing boats, then move to the shoreline on the beach front down by the jetty and of course we cannot forget the marshes hidden within Fisherman's Cove. This pleasurable and rewarding class will cover compositional structure, color theory, application of materials and most of all the process of capturing the light in the open air like the Impressionists. Intermediate to experienced oil painting artists are welcome. Must be able to move about outside with all supplies. A supply list will be attached to your receipt.

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

Seven Sessions \$168.00 Per Person

Fisherman's Cove Act Ctr

Tue, Sep 6-Oct 18 1:30-4:30 PM..... Z1324A

Portrait Painting Workshop

(adults)

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

Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 5-Nov 9 9:30-11:30 AM..... ZB024A

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

Mon, Sep 12-Oct 17 2:00-4:30 PM..... Z0724A

Mon, Oct 31-Dec 12 2:00-4:30 PM..... Z0824A

No class 11/21

Still Life Oil Painting for Beginners

(adults)

Creating beautiful still life paintings can be a challenge without the appropriate techniques and approach. In this class, students will learn the basics of this art form; covering fundamentals, such as preparing a canvas, planning composition, color mixing and application. This is the perfect class to begin your journey into this timeless artistic tradition. A supply list will be provided upon registration.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 14-Oct 19 6:30-8:30 PM Z3024A

Wed, Nov 2-Dec 14 6:30-8:30 PM Z3124A

No class 11/23

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 are always welcome.

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 16-Oct 21 2:00-4:30 PM Z1124A

Fri, Nov 4-Dec 16 2:00-4:30 PM Z1224A

No class 11/25

The Foundations of Oil Painting

(adults)

This class is dedicated to learning the art of oil painting. Students will acquire a strong understanding of the skills needed to begin their journey into the world of oils. Class will start with an introduction to the basics such as color theory, drawing and composition, and graduate into more complex painting techniques, learning techniques to better handling of the medium as well as developing the artist eye of painting from life. Supply list will be provided upon registration.

Artist/Instructor: Melissa Bronwen Pyle

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 12-Oct 17 9:00 AM-12:00 PM . . . Z2824A

Mon, Oct 31-Dec 12 9:00 AM-12:00 PM . . . Z2924A

No class 11/21

The Foundations of Oil Painting 2

(adults)

This class is a continuation of Foundations of Oil Painting. Students will continue to develop the skills and techniques needed to paint more complex compositions from life through color, line and form. Prerequisite: Foundations of Oil Painting. Supply list will be provided upon registration.

Artist/Instructor: Melissa Bronwen Pyle

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 16-Oct 21 9:00 AM-12:00 PM ZBJ24A

Fri, Nov 4-Dec 16 9:00 AM-12:00 PM ZBK24A

No class 11/25

Watercolor Adventures

(adults)

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

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Sep 23-Dec 2 10:00 AM-12:30 PM Z0424A

Fri, Sep 23-Dec 2 1:00-3:30 PM Z0524A

No class 11/25

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the Metal Clay will depend on market value. Please refer to the fact sheet for more pricing information.

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 13-Oct 18 10:00 AM-1:00 PM ZC424A

Tue, Oct 25-Dec 6 10:00 AM-1:00 PM ZC524A

No class 11/22

Thu, Sep 15-Oct 20 6:30-9:30 PM ZC624A

Thu, Nov 3-Dec 15 6:30-9:30 PM ZC724A

No class 11/24

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 \$84.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 13-Oct 18 7:00-9:30 PM..... Z0224A

Tue, Nov 1-Dec 6 7:00-9:30 PM..... Z0324A

Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Join the Deep Cut Gardens "Hooks and Needles" club. Every Thursday afternoon, knitters, hookers, and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

Five Sessions \$6.25 Per Person

Deep Cut Gardens Horticultural Center

Thu, Sep 1-29 1:00-3:00 PM..... H0624A

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. If you are just learning, bring a skein of light-colored yarn and size 8 or 10 needles.

Instructor: Sari Infield

Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 22-Oct 27 6:30-8:30 PM..... ZC824A

Thu, Nov 3-Dec 15 6:30-8:30 PM ZC924A

No class 11/24

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 Walnut Room

Sat, Sep 17-Oct 29 10:30 AM-12:30 PM ... Z1424A

No class 10/15

Sat, Nov 5-Dec 17 10:30 AM-12:30 PM.... Z1524A

No class 11/26

THE GALLERY

at Thompson Park Creative Arts Center



The Gallery at the Thompson Park Creative Arts Center, Lincroft, offers a variety of fine art exhibits from talented local artists throughout the year. Details on upcoming exhibits are available on our website.

www.MonmouthCountyParks.com

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

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

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Oct 5-26 7:00-9:00 PM A4924A

Wed, Nov 2-30 7:00-9:00 PM ABT24A

No class 11/23

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

Two Sessions \$38.00 Per Person

Thompson Pk Creative Arts Center

Harvest Bowl

A 4 ½" tall round basket woven on a 9" wood base, perfect to fill with gourds for your fall centerpiece. Accents of fall colors and maple "curls" will be available. A materials fee of \$25.00 is payable to the instructor.

Thu, Sep 29-Oct 6 10:00 AM-4:00 PM ZCA24A

Shaker "Cat Head" Basket

In the style of the Shaker weavers, the base of this basket (when turned upside down) resembles the shape of a cat's head. Woven in ¼" reed with a notched handle. Measures 9"x12". A materials fee of \$25.00 is payable to the instructor.

Thu, Oct 27-Nov 3 10:00 AM-4:00 PM ZCB24A

Beginner Soapmaking

(adults)

Roll up your sleeves and begin making cute, artistic and novelty soap with natural melt and pour soap base. Techniques taught include mosaic soap bar (a stained-glass effect), and your choice of loofah soap or a botanical soap bar. Unleash your creativity by customizing your soaps with color, fragrance and other additives such as herbs. This hands-on class is a great start to the world of soapmaking. Please bring an 8oz-16oz Pyrex measuring cup and a shirt to protect your clothing. A supply fee of \$20.00 is to be paid to instructor upon arrival.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 26 11:00 AM-12:30 PM A6824A

Sun, Oct 30 1:30-3:00 PM A6924A

Dyeing Fabric In and Out

(adults)

In this workshop you will learn about the various products and processes that can be used to create beautiful permanently dyed fabric. Participants will be given firsthand experience in this brand-new technique of removing color from fabric as a design element. This technique is the perfect way to enhance any creation, whether you frame your works or incorporate them into a quilt, pillow or even wearable art! This class is great for beginners and advanced artists of all types. A supply fee of \$17.00 (cash) will be due to the instructor the first day of class.

Artist/Instructor: Lauren Rosenblum

Two Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Thu, Oct 6-13 10:00 AM-1:00 PM ZAY24A

Thu, Nov 10-17 10:00 AM-1:00 PM ZAZ24A

Fall Needle Felting Medley

(adults)

Create a hanging globe filled with a variety of mini heritage pumpkins, acorns, mushrooms and perhaps a little fall animal friend for this unique autumn home décor. No needle felting experience needed; we will go step-by-step throughout the felting process together.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 22 10:30-11:45 AM H1124A

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

Wed, Oct 19 10:00 AM-12:00 PM Z0624A

Historic Peyote Stitch Bead Weaving

(adults)

Historical examples of peyote can be found in Ancient Egypt, all over Europe, Malaysia, and even from our Native Americans. Connect with history while learning how to stitch even, odd, and tubular peyote as well as using other beads as carriers to decorate your peyote stitched designs. This course will feature a weekly project. Imagine your beading needle moving through beads in the exact same fashion as our early predecessors. Supply list will be provided upon registration.

Instructor: Mary Louise Doner

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Mon, Oct 24-Nov 28 9:00 AM-12:00 PM . . . ZAS24A

Holiday Pysanky

(adults)

Join us for this holiday themed twist on the art of pysanky. Pysanky, the ancient art of Ukrainian egg decorating, is a process of layering beeswax and natural dyes to create stunning patterns. In this one-day class, you will learn this fun, intricate technique and have the chance to create your very own eggs, decorated with designs that reflect the season. A materials fee of \$10.00 is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$31.00 Per Person

Thompson Pk Creative Arts Center

Wed, Nov 30 5:00-7:30 PM ZB124A

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind and solder a stained-glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$85.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Sep 13-Oct 25 1:00-3:00 PM ZBG24A

No class 9/27

Tue, Nov 8-Dec 13 1:00-3:00 PM ZBH24A

Printmaking: Cyanotype

(adults)

Participants will learn how to harness the power of the sun to create gorgeous blue cyanotype prints on paper and fabric. Bring small, flat objects that have interesting silhouettes. Optional: Bring your own paper and/or 100% natural fiber piece of fabric/clothing to print on. Wear studio clothes and bring a materials fee of \$10.00 (cash) payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 13 10:00 AM-1:00 PM ZCC24A

Printmaking: Relief/Block Printing

(adults)

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

One Session \$32.00 Per Person

Thompson Pk Creative Arts Center

Tue, Oct 18 10:00 AM-1:00 PM ZCD24A

Stained Glass Garden Ornament

(adults)

Create a delightful piece of stained glass and copper garden and lawn ornament mounted on a metal rod suitable for indoor and outdoor use. This ornament can also be displayed as a window sun catcher. All materials provided by instructor. A materials fee of \$85.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Sep 14-Oct 19 10:00 AM-12:00 PM . . ZBE24A

Wed, Nov 2-Dec 7 10:00 AM-12:00 PM . . . ZBF24A

MOSAICS

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 for a \$70.00 fee (cash or check) payable the first day of class to instructor Beth DeMartino.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Sep 10-Oct 15 1:00-3:00 PMZAP24A

Sat, Oct 29-Dec 10 1:00-3:00 PMZAQ24A

No class 11/26

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 materials fee of \$70.00 (cash or check) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Sep 13-Oct 25 10:00 AM-12:00 PM... ZCE24A

No class 9/27

Tue, Nov 8-Dec 13 10:00 AM-12:00 PM ... ZCF24A



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 \$70.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Sep 10-Oct 15 10:00 AM-12:00 PM .. ZBM24A

Sat, Oct 29-Dec 10 10:00 AM-12:00 PM ... ZAR24A

No class 11/26

PHOTOGRAPHY

Mobile Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. Either an iOS or Android device is required. A digital camera with WiFi, in addition to your mobile device, is optional.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 6-20 6:30-8:30 PMZBU24A

Photography - Meet Your Digital SLR*

(adults)

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

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 28-Nov 2 10:00 AM-12:00 PM... ZBT24A

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. Classes will be held in a shelter building and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

[Big Brook Pk Elsa's Lodge Shelter Building](#)

Tue, Sep 6-Oct 18 6:45-7:45 PM Q4124A

Sat, Sep 10-Oct 22 8:30-9:30 AM Q4224A

Dog Obedience: Canine Good Citizen Class (CGC)

(ages 17 and up)

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

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Person

[Big Brook Pk Elsa's Lodge Shelter Building](#)

Sat, Sep 10-Oct 22 11:00 AM-12:00 PM . . . Q4424A

Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

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

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

[Big Brook Pk Elsa's Lodge Shelter Building](#)

Tue, Sep 6-Oct 18 5:30-6:30 PM Q4024A

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. Classes will be held under outdoor tent cover and may be cancelled due to severe weather.

Instructor: Loni Favorito

Seven Sessions \$84.00 Per Dog

[Big Brook Pk Elsa's Lodge Shelter Building](#)

Sat, Sep 10-Oct 22 9:45-10:45 AM Q4324A



CULINARY ARTS

American Home Cook Classics

(adults)

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

Menu: Chef Stephen's Sloppy Joes and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Nov 8 6:00-8:30 PM.....M6624A

Autumn Root Vegetables

(adults)

Go beyond carrots and potatoes, and experiment with the variety of edible roots that abound in fall. These versatile vegetables can be roasted, broiled, mashed, used in soups and of course, star in your Thanksgiving dinner. Dig in with Chef Stephen, as you transform this earthy produce into surprisingly delicious dishes. You'll get to the root of preparing and choosing these hearty vegetables to delight your fall harvest palate!

Menu: Winter White Soup and Roasted Vegetable Gratin

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 10 6:00-8:30 PMM7124A

Buttercream Flowers

(adults)

Create roses, daisies, primroses and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers and flower nails. This detail-oriented class is a little more advanced and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 17 6:00-8:00 PMAAB24A

Cast Iron Skillet Cooking: The Cowboy Kent Rollins Edition

(adults)

If you have this original non-stick pan and are looking for tips on how to use it or just some new recipes, this is your opportunity to see how versatile this kitchen tool is. Tonight, Chef Stephen will introduce the class to the culinary style of YouTube sensation and real-life, Oklahoma born Cowboy Cook, Kent Rollins. Cowboy Kent has a big following, and we'll see why as we try our hand at two of his many fantastic cast-iron skillet recipes.

Menu from the Chuckwagon: Beef and Bell Pepper Frito Pie and Mexican Tres Corn Bake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Sep 27 6:00-8:30 PM.....M7024A

Private Group Cooking Classes

Book a private class for family or friends!

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

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

Location: Fort Monmouth Recreation Center, Tinton Falls

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

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



Catch of the Day

(adults)

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

Menu: Salmon with Mango Citrus Salsa and Panko Parmesan Crusted Cod with Bruschetta

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 6 6:00-8:30 PMM5724A

Chinese Restaurant Classics Revealed

(adults)

You've seen all of these on many menus. But what is in those common Chinese menu items and how can you make them at home? Let's peek behind the curtain tonight revealing the ingredients and techniques to make these Chinese restaurant classics! What is sweet and spicy in Kung Pao chicken and honey walnut shrimp? Are those little black beans in the beef and broccoli? Does orange chicken have to be deep-fried? How do I get the umami flavor in shiitake chicken and shrimp fried rice? Let's cook these dishes and find out. Please bring a knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$55.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 11 6:00-9:30 PMABR24A

Cinco de Octubre

(adults)

Why not? Let's celebrate fall by cooking and adding some great Mexican-American food to your repertoire. Dips and chips first - pico de gallo, mango salsa with blue tortilla chips; 7-layer dip and guacamole with white corn chips then shrimp quesadilla. Next chicken tortilla soup will take the chill out of your bones with its lime and cilantro flavors. Entrées tonight are grilled ancho skirt steak fajitas and chipotle salmon and smoky corn pancakes. Lastly, for dessert hot gluten-free churros with dulce de leche. Tonight's supper will have you looking for the mariachi band! Please bring your chef's knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$55.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 4 6:00-9:30 PMABQ24A

Cooking with Liquor & Spirits

(adults)

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

Menu: Beef Burgundy, Stephen's Bananas Foster and Poached Pears

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 17 6:00-8:30 PMM6724A

Custom Cookie Decorating with Fondant

(adults)

In this fun, hands-on beginner cookie decorating class students will turn blank cookie canvases into beautiful works of art. Learn all of the secrets of decorating with fondant! Learn how to create depth, texture, and sculpt simple shapes to build on your cookie. Each student will be provided with pre-baked cookies and all of the necessary tools and supplies needed to decorate with their own hands. Students will also be taught how to use wafer paper and even learn to make simple little sugar flowers that you can use for embellishments! Students will go home with 8 beautifully decorated cookies.

Instructor: Jessica of Sweet Maria Custom Cookies

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

"Fall" in Love with Fondant

Fall-themed cookies - apples, sunflowers, fuzzy sweaters and more!

Tue, Sep 20 6:00-9:00 PM ABE24A

"Boo"-tiful and Spooky!

Halloween-themed cookies - Ghosts, mummies, witches and more!

Tue, Oct 18 6:00-9:00 PM ABF24A

Giving Thanks

Thanksgiving-themed cookies - turkeys, fall leaves, pumpkins, owls and more!

Tue, Nov 1 6:00-9:00 PMABG24A

Empanadas Gone Wild!

(adults)

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 20 6:00-8:30 PM.....M6024A

Everyday Cooking for Digestive Health

(adults)

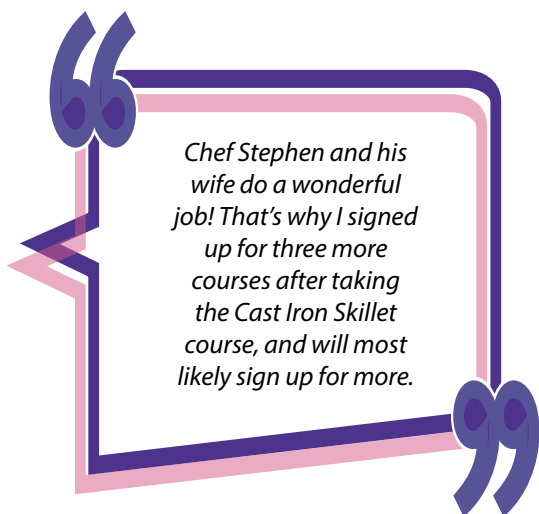
This class complements my "Digestion Connection" lecture. I'll demonstrate some easy, weekday, healthy and delicious digestion dishes and drinks. Gain knowledge on how to shop, select and prepare foods best for digestive and liver support. Bring a friend to this healthy and tasty night out!

Presented by: Lisa Vento, CFHC

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 24 6:00-8:00 PM AAM24A



Fall Harvest Desserts

(adults)

Pies may get the press, but these treats will steal the spotlight! Transform traditional seasonal ingredients into recipes everyone will love. Mrs. Chef will show you how to adorn your table and surprise your family with these fall harvest desserts.

Menu: Apple Cider Donut Cake, Cranberry Orange Loaf, and Easy Pumpkin Dip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 19 10:00 AM-12:30 PM.....M6824A

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!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 5 10:00 AM-2:00 PMM6524A

Flavors of the Orient

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japan and Sushi, Thai or Southeast Asia. In today's class, we will focus on Southeast Asia, where the flavors are more tropical – think lemongrass, pineapple, coconut, sweet and spicy sauces – and our focus will be on FRESHNESS!

Menu: Chicken & Ginger Dumplings with Sweet Chili and Soy Dipping Sauces and Quick & Easy Stir Fry

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Oct 11 6:00-8:30 PMM5824A

Hearty Stews

(adults)

Stick to your ribs goodness for the busy family! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make ahead prep, using seasoning and healthy ingredients as well as adding some international flair. Add some warmth to those crisp autumn nights with this time honored one pot meal.

Menu: Dutch Oven Guinness Irish Stew and Moroccan Chicken Tagine

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 3 6:00-8:30 PMM6424A

Oktoberfest

(adults)

Nothing says fall like this German inspired festival. Skip the travel plans though, because you can create some of these traditional foods for your very own Oktoberfest. Along the way learn how to handle raw meat, techniques for pan frying, knife skills and more. Soon you'll be ready to add some Oom-Pah-Pah to your next celebration!

Menu: Pork Schnitzel with Dill Sauce, Red Cabbage and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Oct 25 6:00-8:30 PMM6124A

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. The combinations 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 as the chef cooks for you in this demonstration class.

Instructor: Chef Peter De Celie

One Session \$55.00 Per Person

Dorbrook Rec Area Act Ctr Barnview Shelter Bldg

Tue, Sep 20 6:00-9:30 PMABP24A

Pastéis de Nata ~ Portuguese Custard

Tarts 

(adults)

Traveling in Europe you'll find these little delights. Poking around New Jersey you'll find them too. Tonight, will be devoted to one recipe: Pastéis de Nata. We will spread out the flour and butter on the table and you will create the dough and learn the technique to make the flakiest and crunchiest dough. Then we'll make the simple custard filling hinted with vanilla and cinnamon. We'll have coffee and tea so we can taste one or two and take the rest home to share. Please bring your knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$55.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 25 6:00-9:30 PMABS24A

San Gennaro Festival!

(adults)

This iconic New York City festival goes back to September 1926, when immigrants from Naples lined Mulberry Street in Little Italy to celebrate the feast of their patron, St. Januarius. Tonight we'll celebrate this "Feast of all Feasts" by preparing some unexpected recipes that celebrate the Italian culinary spirit of this festival. Roll up your sleeves and get ready to cook - Mangia Divertiti!

Menu: Grilled Pizza on a Stick, San Gennaro Sausage & Pepper Burgers and Grandmom Consiglio's Homemade Zeppoles (Italian "Donuts")

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 29 6:00-8:30 PMM6924A

Soup's On!

(adults)

The iconic cool weather comfort food is also easy to throw together on a busy night. Learn all you need to know about adding flavor and nutrition to those crisp autumn days and nights, as well as techniques for adding international restaurant flair. Grab some crackers and warm up with this fall favorite!

Menu: Butternut Squash with Apples and Korean Asian Beef Soup

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Nov 1 6:00-8:30 PMM6324A

EDUCATION & ENRICHMENT



Beginner Mahjong

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. American rules will be followed. Beginners only.

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 6-Oct 18 11:30 AM-1:30 PMM1324A

Tue, Nov 1-Dec 13 11:30 AM-1:30 PM.M1424A

Boat America

(ages 13 and up)

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

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 10 8:30 AM-5:00 PM Q1724A

Canasta Open Play

(adults)

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

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Sep 12-Oct 24 10:00 AM-12:00 PM. .M5524A

Mon, Oct 31-Dec 12 10:00 AM-12:00 PM. .M5624A

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

Beginners Only

Players must have knowledge of how to play Mahjong. Please see our Beginner Mahjong (*this page*) description for instructional classes.

Fort Monmouth Rec Ctr Program Room C

Mon, Sep 12-Oct 24 10:00 AM-12:00 PM. .M0124A

Wed, Sep 7-Oct 19 10:00 AM-12:00 PM. . .M7424A

Mon, Oct 31-Dec 12 10:00 AM-12:00 PM. .M0224A

Wed, Nov 2-Dec 14 10:00 AM-12:00 PM. . .M7524A

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 6-Oct 18 9:30-11:30 AM.M0324A

Wed, Sep 7-Oct 19 9:30-11:30 AM.M0424A

Thu, Sep 8-Oct 20 9:30-11:30 AMM0524A

Tue, Nov 1-Dec 13 9:30-11:30 AMM0624A

Wed, Nov 2-Dec 14 9:30-11:30 AMM0724A

Thu, Nov 3-Dec 22 9:30-11:30 AM.M0824A

No class 11/24

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

Thompson Pk Vis Ctr Beech Room

Sat, Nov 12 2:00-4:00 PM. Q4524A

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 Beech Room

Mon, Nov 14 6:30-9:00 PM. A5024A

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 very dark at night, please bring your own flashlight or use a cell phone to light the way.

One Session \$10.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sun, Oct 30 7:00-8:00 PM. IKP24A

Sun, Oct 30 8:30-9:30 PM. IKR24A

Monmouth County SPCA...More than an Animal Shelter!

(adults)

Explore the MCSPCA through a presentation that will take you "behind the scenes" to show you areas not normally open to the public. The Humane Law Enforcement Division of the Monmouth County SPCA is granted Law Enforcement authority by Monmouth County Prosecutor's Office and is charged with the responsibility of enforcing the State of New Jersey Animal Cruelty Laws in Monmouth County. We discuss all the MCSPCA provides for the benefit of our communities' animals, as well as various volunteer opportunities. Participants 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. **Please Note: This is a free program; however, pre-registration is required.**

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Oct 22 11:00 AM-12:00 PM PQ042A

Re-Discovering Reading

(adults)

Do you wish you could call yourself a reader? Did you once love reading, but somehow lost touch with that part of your life? In this workshop, we'll absolve you of your book guilt, swap books and help you find your "reading wheelhouse" for those books you can't put down.

Presented by: Christina Held

Four Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Sep 17-Oct 8 2:00-4:00 PM ABA24A



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 \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Sep 12 6:30-10:00 PM Q5424A

Wed, Oct 12 6:30-10:00 PM Q5524A

Wed, Nov 16 6:30-10:00 PM Q5624A

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 \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Sep 10 10:00 AM-12:30 PM Q4924A

Sat, Nov 5 10:00 AM-12:30 PM Q5024A

Thompson Pk Vis Ctr Beech Room

Mon, Sep 26 7:00-9:30 PM Q5124A

Wed, Oct 26 7:00-9:30 PM Q5224A

Mon, Nov 28 7:00-9:30 PM Q5324A

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 \$70.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 17 10:00 AM-12:30 PM Q5724A

Write Out Loud for Women: Writing Your Memoir

(adults)

Writing a memoir is an act of self-love and healing – and only you can tell your rich, complicated, beautiful, painful, crazy stories. In this six-week workshop, we will relax with guided meditations to open our hearts and minds during a series of thought-provoking and introspective writing exercises. Those who wish to can read their stories out loud to a group of open, compassionate, and enthusiastic women writers, and get their feedback about what they loved about it. This workshop is about safety, empowerment, encouragement, trust and heart. If you're already in the process of writing your memoir, or have been looking for an opportunity to stop procrastinating and get started, or if you love to write your stories but don't necessarily want to commit to writing an entire memoir this workshop is a supportive and fun place to do it! Bring a notebook and writing utensil or laptop to class. Presented by: Kate Cauley

Six Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Nov 1-Dec 6 7:00-9:00 PM ABN24A

Writing Poetry from the Soul

(adults)

Learn how to open your mind to writing poetry that comes from within. You will use daily inspiration and nature to get in touch with your inner muse to write poetry that is a stream of consciousness and free verse. Bring a notebook and a writing utensil to class.

Instructor: Nicole Becktel

One Session \$35.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Sat, Sep 24 2:00-4:00 PM A9624A

Writing Poetry from the Soul Part 2

(adults)

This class is a continuation of Writing Poetry from the Soul with Nicole Becktel. We will discover more ways to release barriers in the mind to access the creativity to write the poetry you want to write. This writing process will use music, meditation, images and props to allow the voices within to flow freely. Please bring a journal and writing utensil.

One Session \$35.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Sat, Oct 22 2:00-4:00 PM A9724A

HEALTH & WELLNESS

A Handmade Holiday: DIY Aromatherapy Gifts

(adults)

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

One Session \$35.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Thu, Nov 17 10:00-11:15 AM. A9924A

A Whole-Body Approach to Eye Care

(adults)

What does the health of your eyes indicate about your overall health? Do you have diabetes and are concerned about its effect on your eye health? Are you concerned about macular degeneration? Dr. Neda Goia, OD CNS, founder of Integrative Vision in Shrewsbury is a pioneer in whole-body health and has integrated it with her optometry practice of 20 years. With her extensive background in Functional Medicine offers a whole-body approach to improving your eye health with nutrition and lifestyle medicine. Learn how food, supplements and self-care for eye care can improve the health of your eyes. Dr. Goia will be joined by Lisa Vento, CFHC.

One Session \$20.00 Per Person

[Thompson Pk Vis Ctr Beech Room](#)

Tue, Sep 27 6:00-7:30 PM. AAN24A

Build Your Own Meditation Practice

(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 Program Room 1](#)

Sat, Nov 12-Dec 10 1:30-3:00 PM. Q1624A

No class 11/26

Chakra Bowls Meditation

(adults)

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

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

Four Sessions \$45.00 Per Person

[Freneau Wds Pk Vis Ctr Program Room 1](#)

Thu, Sep 29-Oct 20 7:00-8:00 PM. Q2324A

Thu, Oct 27-Nov 17 7:00-8:00 PM Q2424A

Detoxification to Improve Your Health

(adults)

The liver can hold the secret to optimal health! Learn all about this organ and its many functions that support overall well-being. Learn 10 ways you can upregulate your liver function to improve chronic health conditions such as high blood pressure, high cholesterol, diabetes, autoimmune conditions, eczema, psoriasis and many more.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Oct 25 6:00-7:30 PMAAQ24A

Digestion Connection

(adults)

Hippocrates said "Health begins in the gut." Discover how and why healthy digestive health is essential to a healthy mind and body. Learn how to eat, cleanse and de-stress to improve gut function thereby improving overall well-being. You CAN improve chronic health conditions, prevent disease and age beautifully.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Oct 17 6:00-7:30 PMAAK24A

Essential Oils Playshop: Natural Hair Care

(adults)

Essential oils have been used for centuries to promote healthy hair! Join Gina Zalewski for a fun and educational event focused on crafting essential-oil infused products to support natural hair care. During this hands-on workshop you will make and take home a hot oil conditioning serum, a balancing hair tonic rinse and a "mermaid mist" hair mist. There will also be a short educational talk about using essential oils for different hair care needs. All supplies and recipes will be provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Oct 13 10:00-11:15 AM A9824A

Programs for Caregivers and Individuals with Memory Loss

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie and support with others on a similar journey. Program is free, but registration is requested. Program will meet 9/13, 10/11, 11/8 and 12/13.

Four Sessions FREE! Dorbrook Rec Area Act Ctr

Tue, Sep 13-Dec 13 7:00-8:00 PM. D0924A

Memory Café

(adults, with age related memory loss)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information 732-460-1167, ext. 24. Program will meet 9/27, 10/25, 11/22 and 12/27.

Four Sessions FREE! Dorbrook Rec Area Act Ctr

Tue, Sep 27-Dec 27 6:00-7:30 PM. PD182A

Memory Café - Walks in the Parks

(adults, with age related memory loss)

Discover the seasonal beauty of our county parks. Each month we will visit a new park, look for wildlife and enjoy the sights and sounds of nature. We'll gather the second Tuesday of the month, except in November when we'll meet on the third Tuesday.

Four Sessions \$10.00 Per Couple

9/13 - Holmdel Pk Lot • 10/11 - Tatum Pk Holland Act Ctr Lot

11/15 - Thompson Pk Old Orchard Lot • 12/13 - Dorbrook Act Ctr Lot

Tue, Sep 13-Dec 13 3:30-4:30 PM. D2024A

Family Wellness *(adults)*

From preconception to prenatal to everyday meals for families, nutrition is foundational for raising children with healthy minds and bodies. Proper nutrition for families can promote the well-being of children, prevent illness, build robust immunity and decrease risks of food and environmental allergies, asthma, anxiety, ADHD and many other chronic conditions that have been increasingly affecting children. We'll discuss how nutrition supports overall mental and physical well-being, how to plan and prepare easy, healthy meals and getting to the root cause of children's health issues by applying the principles of functional medicine.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Nov 15 6:00-7:30 PM AAS24A**Functional Medicine***(adults)*

Are you looking for a more natural way to feel better mentally and physically? Prevent illness and infection? Improve chronic conditions? Let's talk about Functional Medicine - a new old approach to health. Using functional medicine principles, you can learn more about your body and understand how lifestyle choices either support good health or create disease. Learn how to nourish properly, how to support cleansing, sleep better, improve hygiene as well as simple stress reduction tips.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Oct 11 6:00-7:30 PM AAP24A**Healing Reiki Circle & Reiju***(adults)*

Calling all Reiki practitioners to this sacred Reiki circle where each practitioner will receive hands-on Reiki from several practitioners at once for Reiki healing. A Reiki-Reiju, a blessing and attunement, will be received from the Reiki master to each of you so the experience will continue to enfold you well beyond this time together. This sacred circle time will offer students the exploration of the elements of Reiki: precepts, meditations, mantras and symbols. This time together will also afford everyone a path to inner peace, harmony and balance.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Sep 12 6:00-8:00 PM ABM24A**Morning Meditation***(adults)*

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will consist of exercises in breath control, focus, imagery and basic Reiki techniques. We will finish our class with a gentle walk outside where we will make our connection to the earth. Please feel free to bring a light breakfast to enjoy in the park after class.

Four Sessions \$55.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Sep 27-Oct 18 9:00-10:30 AM Q6124A

Bayshore Waterfront Pk Act Ctr

Sat, Nov 12-Dec 10 8:00-9:30 AM Q6224A*No class 11/26***Post Covid Syndromes** *(adults)*

The past two years and this novel Coronavirus have brought a new level of fear, anxiety and confusion about health information. New diagnoses and syndromes continue to surface. If you are experiencing extreme anxiety, have been diagnosed with long haul Covid, post-viral syndrome, Postural Orthostatic Tachycardia Syndrome or Autonomic Nervous System dysfunction, this informational workshop is for you. You will learn how to apply the principles of Functional Medicine to give you a better understanding of the causes of these syndromes, natural solutions, and the mental and physical effects of stress. Three main topics will include how to build resilient immunity naturally, what gut health has to do with it and understanding adrenal health and its role in your mental and physical health.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Sep 13 6:00-7:30 PM AB924A**Practicing Forgiveness** *(adults)*

Want to live in peace? Learn how through a multitude of resources of contemporary music, art, poetry, sacred texts, meditation, reflection and guided visualization. Accept your vulnerabilities and your magnificence as gateways to experience mercy and demonstrate compassion towards self and others.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Nov 14 6:00-8:00 PM AA824A

Stress Reduction with Essential Oils

(adults)

In this fun and educational hands-on workshop, led by Gina Zalewski, you will learn about which essential oils have relaxing effects on our central nervous system and the easy ways we can use them throughout the day to calm our nerves. Then, you will make and take home three essential oil products that will help keep you "zenned out!" All recipes and supplies are provided.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 15 10:00-11:15 AM A5124A

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose, which are solidly based on long-existing Asian principles of Chi cultivation. This enjoyable and easy to learn, evidence-based and unique practice is user-friendly for Western culture. The movements active, balance and circulate the vital life force energy, so that regular practice can result in significantly favorable effects on stress, body function, balance and ease of movement, mind clarity and general health. Instructed by 10+ year International Teacher Trainer Daniel Pienciak.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Beginner

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

Fri, Sep 9-Oct 14 11:30 AM-12:50 PM AB024A

Mon, Oct 17-Nov 21 11:30 AM-12:50 PM. . AB124A

Intermediate

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

Fri, Sep 9-Oct 14 10:00-11:20 AM AAY24A

Mon, Oct 17-Nov 21 10:00-11:20 AMAAZ24A

Begin or Review!

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

Dorbrook Rec Area Act Ctr

Sat, Sep 17-Oct 8 10:30 AM-12:00 PM AB524A

Clayton Pk Act Ctr Classroom 1

Wed, Oct 19-Nov 9 11:00 AM-12:30 PM . . . AB624A

Dorbrook Rec Area Act Ctr

Thu, Oct 20-Nov 10 4:30-6:00 PM AB724A

T'ai Chi Chih® Twilight Outdoors

(adults)

The Chih method teaches the QiGong art of "meditation in motion" in a series of 19 simple moves that are uplifting and easy to learn. Discover the wonders of this beneficial and evidence-based practice for a healthier and less stressful life. The class will meet indoors during inclement weather.

Instructor: Daniel Pienciak

Six Sessions \$118.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Sep 6-Oct 11 5:15-7:00 PM AB424A

The 32 Chakras on the Spine

(adults)

This two-hour presentation will focus on the functions of the 32 back chakras. We will open each one, identify blocks and bring balance to each one. We will recirculate our heart energy throughout the chakra system and demonstrate a practice of trust by working with a partner in class.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Oct 24 6:00-8:00 PM AA724A

The Enneagram; A Personality Tool

(adults)

Curious about how you can understand yourself and others? Explore this and more in this two-part series to help you understand your inner state and how human nature expresses itself. This soul map fosters the development necessary to gain contentment in your remarkable human and divine natures. Part one focuses on personality strengths and growing edges, while Part two focuses on the "wing" number traits that affect personality and invites full integration.

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

Two Sessions \$70.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Sep 19-26 6:00-8:00 PM. AA524A

The Four Sacred Looks for Self-Exploration

(adults)

LOOK within to find your true self in order to LOOK back to bless the past, to LOOK around with ease enabling you to LOOK forward joyfully. Discover tools in-depth towards greater wholeness with Grace Conte, M.A., educator and certified Reiki Master.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Oct 6 6:00-8:00 PM AA624A

The Healing Power of Sound

(adults)

Sound and music forms can enhance pulsations and vibrations in our bodies. All forms of vocalizations - chanting, singing, humming, reciting positive affirmations and practicing compassionate communication skills - will be experienced during class. We will also review the three elements at the heart of chanting to create a relaxation response and bring healing to our bodies and minds.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Nov 7 6:00-8:00 PM AA424A

What Are You Hungry For?

(adults)

Do you struggle with constant cravings especially for "feel good" foods? Do you eat when you are bored, nervous, excited or sad? Do you habitually overeat? In this workshop, we'll talk about the physiological, mental and spiritual causes of emotional eating and learn five steps to break the cycle.

Presented by: Lisa Vento, CFHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Nov 1 6:00-7:30 PM AAR24A

HORTICULTURE

Brighten Your Winter Garden

(adults)

Attend this classroom session to learn about amazing plants that you can incorporate into your landscape to brighten up the winter appearance of your garden. We will showcase our favorites and will share a list of plants suitable to our growing zone for you to reference and utilize while shopping and researching plants for your landscape next spring.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 5 10:00 AM-12:00 PM H0824A

Classic American Centerpiece

(adults)

Are you getting married or hosting a special event? Perhaps you are looking for a creative outlet after work? Flowers are powerful and cheery media to play with and we will teach you how to make your own amazing centerpiece. Join us as we demonstrate and teach you a step-by-step technique for designing a Classical American Centerpiece. All materials are provided and your arrangement is yours to keep and show off.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Sep 16 4:30-5:45 PM H0424A

Discover Shrubs - A Soft Drink

(adults)

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

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 10 2:00-3:30 PM H0324A

Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful and rewarding art. Each month we will feature a different design that you will master. All supplies are provided and the arrangement is yours to keep and enjoy. Sign up for fun, share it with friends and family.

Three Sessions \$99.00 Per Series

Deep Cut Gardens Horticultural Center

Fri, Sep 2-Nov 4 4:00-5:15 PM..... H0724A

Program Meets 9/2, 10/7 & 11/4

Four Seasons of Colorful Shrubs in Your Landscape

(adults)

Participants will learn about specific shrubs suited for our zone that provide interesting colors throughout the year. We will have a list of recommendations that work well with our soil and climate for you to reference while shopping and designing your new and amazing landscape.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 12 10:00 AM-12:00 PM..... H0924A

Fall Horticultural Events

Bonsai Day

Free

Sunday, September 11, 12:00-4:00 PM

Deep Cut Gardens

The Monmouth County Park System and the Deep Cut Bonsai Society present Bonsai Day. Experience this intricate and ancient art through demonstrations and displays, with experts on hand to answer your questions.

Fall Plant Swap

Free

Saturday, September 17, 8:30 AM-11:00 AM

Tatum Pk Red Hill Act Ctr Lot

Bring well established 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. No invasive plants, check the Deep Cut Gardens website for a list of plants that will not be accepted.

Plant Intake: 8:30-10:00 AM

Swap: Starts at 10:00 AM

For more information, call 732-671-6050.

Deep Cut Gardens 2023 Photography Exhibit Call for Entries

This year we are challenging all photographers to discover and capture the amazing colors of our garden.

Exhibit Theme: Under the Rainbow, A Kaleidoscope of Colors!

Categories: General Photography or Under the Rainbow, A Kaleidoscope of Colors

Each photographer must choose to enter into one of the two divisions.

Entry Deadline: November 30, 2022

The exhibit will be on display at the Horticultural Center from January 3-31, 2023.

For more information and entry forms please visit the Deep Cut Gardens page at

www.MonmouthCountyParks.com.

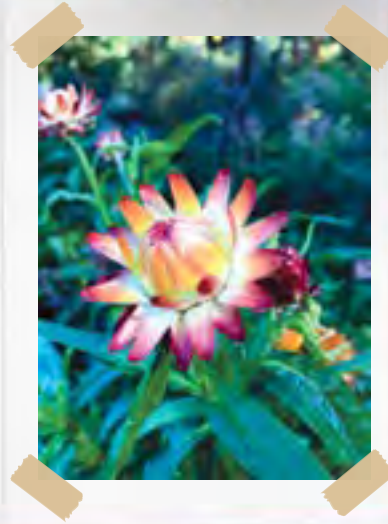


Garden Corner

Strawflower

(*Xerochrysum bracteatum*)

Originally natives of Australia, this deer-resistant annual grows well through the heat of summer and can bloom in both summer and early autumn. Its colorful combinations make it a gardening favorite.



Planting

Strawflowers are often started from seed indoors around 6-8 weeks before planting. They should then be transplanted to the garden after all threats of frost have passed. They prefer full sun and should be deadheaded through the season to keep them blooming into autumn.

Dried Bouquets

Many gardeners love using strawflowers for dried bouquets. To dry, harvest when just the first few bract layers of the bulbs have unfurled and when they're not damp from rain or dew. Remove any leaves and hang the bundle upside down and away from sunlight for at least 2-3 weeks. Wrapped in newspaper, they can be stored for up to one year.



Pollinators

With their brightly colored flowers, various pollinators love stopping at strawflowers.

Container Planting

When planting strawflower in containers, be sure to fertilize occasionally to encourage blooms and be sure not to over water as it could lead to rot.

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.

Gardening Book Club

(adults)

Join us in reading and discussing works of fiction or non-fiction having to do with gardening, plants, nature and/or the land. Green thumb not required. Fall's First Pick: In his first book, Doug Tallamy explains clearly, convincingly and entertainingly the benefits of using native plants in the home landscape.

Thirteen Sessions \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Sep 7-Nov 30 10:00 AM-12:00 PM... H1224A

Mobsters and Mayhem

(adults)

Join a local historian on a tour of our garden and learn about its rich history. Enjoy a fun-filled and entertaining evening touring the estate, including a special signature mocktail while we share our prohibition-era stories with you.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Sep 9 4:00-6:00 PM..... H0224A

Native Plants that Thrive in NJ

(adults)

Are you looking for ways to support the environment, help save the pollinators and save money on maintenance costs at the same time? This session is going to provide you with specific native plant examples that you can incorporate in your home garden and start to build the biodiversity in your yard while saving cost on plant maintenance, feeding and replacement. We are here to help guide you on your native plant's selection, care, and transition.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 19 10:00 AM-12:00 PM..... H1024A

Opt Outside

(adults)

If the hustle and bustle of the crowded stores is not your "cup of tea," join us as we get our nature fill on. Fresh air, open vistas and magnificent trees await your arrival. We will start by embarking on a slow stroll throughout the garden paths discovering the whimsical nature of the season.

One Session \$1.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Nov 25 11:00 AM-12:00 PM..... PH052A

Savvy Succulents Arrangement

(adults)

Join us in this original workshop as we share tips and innovative techniques in using succulents such as Echeveria and Haworthia, into sensational bouquets and centerpieces. Step-by-step demonstration with Q&A as you create your masterpiece of floral goodness. Everything is yours to keep and grow. Lessons you learn will unleash your designer creativity for future events, holidays and special occasion arrangements made by you. Wow your guests or wow yourself!

One Session \$29.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Oct 21 4:00-5:30 PM..... H0524A

NATURE

A Fabulous Fern Walk

(ages 8 and up, under 18 with adult)

What has a fiddlehead, fronds, and are flowerless? FERNS, naturally!!! It's a new season for our ferns to unfurl their fiddleheads and welcome you to Freneau Woods. As we deliberately take time to examine different kinds of ferns and identify their "form and function." Special emphasis will be paid to the *Osmunda cinnamomea*, the cinnamon fern, which is plentiful along the trails. The fun of ferns awaits at Freneau Woods Park. Please wear footwear that works in muddy terrain.

One Session \$7.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Oct 8 11:00 AM-12:00 PM..... INX24A

The Casual Birder

(ages 10 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 a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

Tuesday mornings at 9:00 AM:

September 6 at Fisherman's Cove Conservation Area

September 13 at Manasquan Res Vis Ctr

September 20 at Holmdel Pk Pond View Shelter Bldg

October 4 at Turkey Swamp Pk Oak Point Shelter Bldg

October 11 at Manasquan Res Env Ctr

November 8 at Crosswicks Creek Province Line Road Parking Area

November 25 at Perrineville Lake Pk Agress Rd Parking Area

Autumn After Work Bird Walk

(ages 14 and up, under 18 with adult)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks for an hour 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.

One Session \$6.00 Per Person

Manasquan Res Env Ctr Parking Lot

Thu, Sep 8 5:30-6:30 PM I2624A

Huber Wds Pk Env Ctr Parking Lot

Thu, Sep 15 5:30-6:30 PM I2724A

Thompson Pk Marlu Lake

Thu, Sep 22 5:30-6:30 PM I2824A

Autumn Birding Expeditions

(ages 14 and up, under 18 with adult)

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. A limited number of binoculars will be available to borrow if needed. Transportation will be via mini-bus or mini-van. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 14 8:00 AM-5:30 PM I1624A

Wed, Sep 28 8:00 AM-5:30 PM I1724A

Wed, Oct 12 8:00 AM-5:30 PM I1824A

Wed, Oct 26 8:00 AM-5:30 PM I1924A

Wed, Nov 16 8:00 AM-5:30 PM I2024A

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.

Wednesdays at 10:00-11:30 AM:

October 12 at [Huber Woods Env Ctr Courtyard](#)

October 26 at [Manasquan Res Env Ctr Parking Lot](#)

November 9 at [Clayton Pk Emley's Hill Lot](#)

November 16 at [Big Brook Pk Lower Pond Lot](#)

November 30 at [Freneau Wds Pk Vis Ctr Parking Lot](#)

Autumn Wake Up Bird Walks

(ages 14 and up, under 18 with adult)

Listen to the sounds of nature on these wake-up bird walks. Start your day right, in the morning hours when wildlife is most active. Take a casual walk with us as we meander our local county parks in search of a variety of bird species. Please dress for the weather and wear comfortable waterproof walking shoes. Bring binoculars if you have them, a limited number of binoculars will be available to borrow if needed. All levels of birders are welcome. Participants should be able to walk 2-4 miles over various terrain.

One Session \$5.00 Per Person

Manasquan Res Vis Ctr

Wed, Sep 21 7:00-9:00 AM I2224A

Big Brook Pk Pond

Wed, Oct 5 7:00-9:00 AM I2324A

Thompson Pk Marlu Lake

Wed, Oct 19 7:15-9:15 AM I2424A

Manasquan Res Env Ctr Outdoor Area

Wed, Nov 2 7:30-9:30 AM I2524A

Crabbing by Kayak - Fun, Easy and Productive

(adults)

Blue claw crabs are arguably one of the tastiest crustaceans found along our coast. We will have an easy, fun and, most importantly, productive method of catching these delicious crabs. Join our experienced fishing staff in the Park System as we fish from sit-on-top kayaks in the Navesink River using hand lines and scoop nets. We will provide kayaks, bait and teach you how to provide a scrumptious dinner while enjoying yourself out on the water. Please dress to get at least the bottom half of your body wet. Please wear closed-toe shoes.

One Session \$30.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Tue, Sep 27 8:00 AM-12:00 PM IKX24A

Wed, Sep 28 9:00 AM-1:00 PM IKY24A

Fri, Sep 30 10:00 AM-2:00 PM IKZ24A

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

Spend the day with a naturalist on a fall excursion to birding hotspots around New Jersey. We will be on the lookout for fall birds and migrants such as warblers, hawks and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. A limited number of binoculars will be available to borrow if needed. Transport via minibus will be provided from Thompson Park Visitor Center Parking Lot. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Cape May**Sun, Sep 11 7:00 AM-4:30 PM.....I3224A****Edwin B. Forsythe National Wildlife Refuge,
Wildlife Drive****Sun, Sep 18 7:00 AM-4:30 PM.....I3324A****Fall Equinox Walk** *(all ages)*

Celebrate the first day of fall with us! Enjoy the changing colors of the forest and the crisp autumn air on a guided walk with one of our Park System Naturalists. Please bring water, wear comfortable walking shoes, and bug repellent is encouraged.

One Session \$8.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Thu, Sep 22 4:30-5:30 PM (approx)..... IM424A**Fall Flowers, Ferns and Fruits** *(adults)*

Take advantage of the beautiful fall days seeking out the late season native flowers, ferns and fruits found in the parks. Trails taken are unpaved and uneven. Sturdy shoes are recommended.

One Session \$6.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Wed, Sep 21 10:00-11:30 AM I5024A

Clayton Pk Emley's Hill Lot

Wed, Sep 28 10:00-11:30 AM I5124A

Manasquan Res Env Ctr Parking Lot

Wed, Oct 5 10:00-11:30 AM..... I5224A**Manasquan Reservoir 2023 Photography Exhibit Call for Entries**

Calling all photographers! Don't miss your opportunity to enter our exhibition!
The exhibit will be on display at the Environmental Center from February 1-28, 2023.

Exhibit Theme: Treasures of Nature**Divisions:** Youth or Adult**Categories:** General Photography or Wildlife Photography*Each photographer may enter one photo for each category per season.***Entry Fee:** \$5.00 per photo (*youth submissions are free to enter*)**Seasonal Entry Deadlines:** Summer - September 25 • Fall - December 4

*For entry rules and forms, visit the Manasquan Reservoir Environmental Center page at
www.MonmouthCountyParks.com.*





Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$12.00 Per Person

[Huber Wds Pk Env Ctr Parking Lot](#)

Tue, Sep 13 10:00-11:30 AMI4224A

[Freneau Wds Pk Act Ctr Parking Area](#)

Tue, Sep 27 10:00-11:30 AMI4324A

[Big Brook Pk Parking Lot](#)

Sat, Oct 15 10:00-11:30 AM.....I4424A

[Thompson Pk Old Orchard Parking Lot](#)

Tue, Oct 18 10:00-11:30 AMI4524A

Fungi Findings

(adults)

The world of fungi and mushrooms is endlessly fascinating but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

One Session \$12.00 Per Person

[Shark River Pk Outdoor Area](#)

Sat, Sep 10 10:00-11:30 AMI4624A

Sun, Oct 2 10:00-11:30 AMI4724A

Gentle Walks for Gentle Souls

(adults)

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky, or sandy. Please wear sturdy shoes.

One Session \$6.00 Per Person

[Huber Wds Pk Env Ctr Parking Lot](#)

Tue, Sep 13 10:00-11:15 AM (approx) INM24A

[Holmdel Pk Shelter Bldg](#)

Tue, Oct 18 10:00-11:15 AM (approx)..... INN24A

[Tatum Pk Holland Act Ctr Parking Area](#)

Tue, Nov 15 10:00-11:15 AM (approx) INP24A

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. Presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Knobbed Whelks of New Jersey

Thursday, September 15, 7:00-8:00 PM at [Bayshore Waterfront Pk Act Ctr](#)

Did you know the knobbed whelk is the state shell of New Jersey and that whelks have been in existence for more than 30 million years. Discover more about whelks, seashells, and other mysterious marine life during this fun talk.

The Real Story of the Jersey Devil

Thursday, October 27, 7:00-8:00 PM at [Bayshore Waterfront Pk Act Ctr](#)

We will have some fun right before Halloween by discovering the ecology of the Pine Barrens, which gave rise to the folklore of the Jersey Devil. For more than 250 years this mysterious creature is said to prowl through the marshes of New Jersey and emerge periodically to rampage through towns and cities. So famous is this devil that it became New Jersey's "official demon" in the 1930s.

The American Eel in New Jersey

Thursday, November 3, 7:00-8:00 PM at [Bayshore Waterfront Pk Act Ctr](#)

The American eel makes an annual journey from fresh and brackish waters along the Jersey shore to the salty Sargasso Sea. How are creatures that spend most of their lives in estuaries and freshwater able to adapt to the rough waters of the Atlantic Ocean? Find out and more as we discuss everything about this truly fascinating fish.

Half Day Hike and Paddle

(adults)

This fun, challenging, and educational half day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear for both hiking and kayaking.

One Session \$45.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Wed, Sep 14 10:00 AM-2:00 PMIK824A

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 but difficult rocky trail that has uneven footing. Wear hiking boots, bring hiking poles, dress in layers, pack a lunch, water, and extra layers in a daypack. Once at the top of the mountain we will be sitting on the ridges rocks to witness what raptors fly by the ridge. Bring your own binoculars or use ours. An additional \$10.00 entrance fee is required at the sanctuary.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 10 7:00 AM-4:30 PMI2924A

Sat, Oct 15 7:00 AM-4:30 PMI3024A

Sat, Nov 12 7:00 AM-4:30 PMI3124A

Last Chance Fluke

(adults)

Join our expert naturalist staff to explore our favorite Fluke "Honey Hole." Summer flounder or fluke is New Jersey's most popular recreational saltwater species. We will try to be one with the water by using kayaks, one of the best ways to catch a fish. We'll launch off the beach and fish less than a mile off the shore. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and the bait. Please dress for the weather and water. No flip-flops, please wear closed toed shoes or sneakers. Participants should be in good physical health, maximum weight for our single kayaks is 250 lbs. All participants must bring a NJ Saltwater Registration Card. The card can be obtained free of charge at this website: <http://www.nj.gov/dep/saltwaterregistry/>

One Session \$45.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Mon, Sep 12 8:00 AM-12:00 PM (approx) . IKU24A

Tue, Sep 13 9:00 AM-1:00 PM (approx) . . .IKV24A

Monarch Magic - A Tagging

Demonstration

(ages 5 and up, with adult)

This two part program comes full circle as we learn about the magic of the monarch butterfly. Take a walk with a Park System Naturalist through our pollinator gardens, looking for wild butterflies. Then we'll finish the program with an engaging tagging demonstration, releasing the tagged monarchs back into the wild.

One Session \$7.00 Per Person

Huber Wds Pk Env Ctr

Mon, Sep 12 4:30-6:00 PMIK424A

Thu, Sep 15 10:00-11:30 AMIK524A

The Fall Run Saltwater Fly-Fishing Clinic

(ages 12 and up, under 18 with adult)

Join a Park System Naturalist to learn how to target striped bass during their fall migration in various Monmouth County Park System locations. The clinic includes everything you need to know to successfully fly-fish at the specific parks. Demonstration and discussion will address gear, line and leader set-ups, flies, reading water, and creating a plan of attack.

Fly-fishing equipment will NOT be supplied but if you have saltwater fly-fishing gear, specifically an 8-10 weight fly rod, bring it along and we will get you fishing!

Volunteers from the Jersey Shore Chapter Trout Unlimited will be there to provide additional assistance.

Saturday, November 12, 8:00-10:00 AM

Seven Presidents Oceanfront Pk

Sunday, November 20, 2:00-4:00 PM

Fisherman's Cove Conservation Area

Monarchs and Milkweed

(adults)

Whether you are just learning about monarch butterflies or a long-time monarch enthusiast, this program offers something for you. We will discuss monarch butterflies complex life cycle, their migration, up to date information about this years population, milkweed propagation, and more. Program includes a walk.

One Session \$9.50 Per Person

Thompson Pk Vis Ctr Walnut Room

Fri, Sep 16 10:00-11:30 AM I0324A

Sat, Sep 17 10:00-11:30 AM I0424A

Morning Bird & Wildlife Walks in Monmouth County

(adults)

Experience the best of morning bird activity with a park naturalist. Monmouth County hosts a wide variety of wildlife year-round and is also home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife. From woodlands and freshwater wetlands to salt marshes and an ocean beach, the walks over the year cover diverse natural communities to offer amazing wildlife sightings. These walks are a great introduction to birding and appropriate for birders and wildlife watchers of all levels. Please dress for the weather and wear comfortable walking shoes. Bring binoculars if you have them. Please arrive and check-in 10 minutes before the start of the program.

One Session \$6.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Sep 24 9:00-10:00 AM (approx) IM024A

Big Brook Pk Henry Hudson Trail Parking Lot

Sat, Oct 1 9:00-10:00 AM (approx) IM124A

Seven Presidents Pk

Sun, Nov 13 9:00-10:00 AM (approx) IM224A

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 23 10:00 AM-1:00 PM I3624A

Sun, Oct 30 10:00 AM-1:00 PM I3724A

Sunrise Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Start your day off right with the sights and sounds of the early morning on a leisurely, naturalist guided paddle around the Manasquan Reservoir. As the sun rises in the east we will spot birds, turtles and other wildlife that call the reservoir home.

One Session \$25.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Fri, Sep 9 6:30-8:00 AM I4824A

Thu, Sep 15 6:30-8:00 AM I4924A

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 \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Oct 7 8:00 AM-3:30 PM IK224A

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 (\$5.00-\$10.00, pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$12.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Nov 20 1:00-2:30 PM (approx) IK724A

SLEEP UNDER THE STARS



TURKEY SWAMP PARK CAMPGROUNDS
200 Georgia Road
Freehold Township, NJ 07728

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

OUTDOOR ADVENTURES

ARCHERY

Early Bird Archers

(adults)

Start your morning early with some target practice. This smaller sized archery class will have you learning archery before the day gets too busy. Please dress for the weather as the Activity Barn is not heated. All equipment is provided.

One Session \$20.00 Per Person

Thompson Pk Activity Barn

Wed, Sep 14 7:00-8:30 AM.....W7124A

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 \$55.50 Per Person

Thompson Pk Activity Barn

Wed, Oct 5-19 7:00-9:00 PMW6124A

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 \$22.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 1 7:00-9:00 PM.....W5224A

Fri, Oct 7 7:00-9:00 PMW5424A

Tue, Nov 1 7:00-9:00 PM.....W5624A

BICYCLING

Twilight Biking

(adults)

Enjoy autumn evenings by biking three different trails in three different parks. The trail surfaces will vary from between dirt, cinder and paved. Be sure to have a light on you and/or your bicycle. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standards for Bicycle Helmets (CPSC label inside helmet) and a bicycle in good working order.

Four Sessions \$70.00 Per Person

9/13 - Thompson Pk Three Barns Lot

9/20 - Manasquan Res Env Ctr Lot

9/27 - Big Brook Pk Main Parking Lot

10/4 - Sandy Hook - Lot D

Tue, Sep 13-Oct 4 5:30-7:30 PMW4624A

HIKING

Autumnal Escape: Ladies Weekend Hike

(adults)

Experience the beauty of Autumn's changing colors as we hike the trails of New York's Harriman State Park. Step away from the hustle and bustle of everyday life and reconnect with nature. This weekend getaway includes a private lodge, two breakfasts, one dinner (not including lunches), transportation, and park guides. The lodge sits on the serene 64-acre Breakneck Pond, providing time for quiet and relaxation. Be sure to come to our orientation meeting where we will get to know one another and discuss the details of our escape, equipment and meal information. Beginners and seasoned hikers welcome.

A mandatory pre-trip meeting will be held Tuesday, September 27 at 7:00 PM at the Thompson Park Ski Hut.

Rating: Moderate: trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views.

Miles: 4-8

Please register early, program must meet minimum registrants by August 15; registration will remain open if minimum is met by that date.

\$375.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Sep 30-Oct 2 7:00 PM-4:00 PM . . .W1724A

Castle Point and Wanaque Ridge Hike

(adults)

This hike climbs to scenic Ramapo Lake, the ruins of an old stone castle and follows the western ridge of the Ramapo Mountains with panoramic views.

Please Note: Hiking boots are required.

Rating: Moderately strenuous, quick pace, steep ascents and descents. Miles: 7

Instructor: Andrew Imperiale

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Nov 11 7:00 AM-4:00 PM (approx)W6524A

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

Ten Sessions \$110.00 Per Person

9/10, 9/17 & 9/24 - Huber Wds Env Ctr Lot

10/1, 10/8, 10/15 & 10/22 - Hartshorne Wds Pk Claypit Creek Lot

10/29, 11/5 & 11/12 - Hartshorne Wds Pk Rocky Point Lot

Sat, Sep 10-Nov 12 7:00-9:00 AMW2324A

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.

Six Sessions \$75.00 Per Person

9/9 - Thompson Pk Three Barns Parking Lot

9/16 - Holmdel Pk Lake Parking Lot

9/23 - Huber Wds Env Ctr Parking Lot

9/30 - Shark River Pk Main Parking Lot

10/7 - Tatum Pk Red Hill Act Ctr Parking Lot

10/14 - Hartshorne Wds Pk Rocky Point Parking Lot

Fri, Sep 9-Oct 14 10:00 AM-12:00 PMW4424A

Full Moon Hike

(adults)

Hiking in the dark! A new way to experience our natural world. Grab your night pack, put batteries in your headlamp, and away we go. Experience your local park in a "new light". Hiking shoes are highly recommended.

Rating: Moderate, inclines and declines, views. Miles: 3+

One Session \$22.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Fri, Sep 9 6:00-8:00 PM (approx)W4524A

History Hike at Big Brook Park

(adults)

Come learn the storied past of one of our County's interesting parks. Lead 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: 2-4

One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Fri, Sep 9 3:30-5:00 PMU0124A

Fri, Oct 7 3:30-5:00 PMU0224A

Mon, Nov 7 2:30-4:00 PMU0324A

Monday "After Work" Hiking Series

(adults)

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in day pack suggested).

Rating: Moderate pace, dirt trails, paved paths, some hills. Miles: 3-5

Four Sessions \$52.00 Per Person

9/12 - Thompson Pk Three Barns Parking Lot

9/19 - Holmdel Pk Ramanessin Parking Lot

9/26 - Tatum Pk Holland Act Ctr Parking Lot

10/3 - Hartshorne Wds Pk Rocky Point Parking Lot

Mon, Sep 12-Oct 3 5:30-7:15 PMW4824A



Tatum Park

Mount Paul Hike*(adults)*

We will traverse through parts of the Mahlon Dickerson Reservation, Sparta Wildlife Mgt. Area and the Mt Paul property. Our trailside lunch stop will be at the Stoney Brook Lake and historic Mount Paul Abby, a former retreat for the Paulist Fathers founded in 1858. Come enjoy the peaceful forests as we have elevation changes along with mountain streams, ponds and the sounds of the many birds species that travel through this beautiful area.

Rating: Moderate, rocky trails, streams, rocky, historic site. Mile: 6

One Session \$57.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 25 7:00 AM-4:00 PM (approx) . . .W1224A

Rocky Point to Riverfront and Back: Guided Hike to Historic Portland Place

(adults)

Join us for a guided hike from the hills of Rocky Point to the ancestral home of the Hartshorne family, located along the Navesink River. Portland Place is now part of the Monmouth County Park System, and recently opened to the public for the first time in its 300-year history. Pack a lunch to enjoy on the picturesque lawn followed by a sneak peak inside this restored historic home situated south of Hartshorne Woods property.

Rating: moderate, hills, dirt trails, share the road (1/4m). Miles: 3

One Session \$26.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Wed, Sep 21 10:00 AM-2:00 PM (approx) . W2124A

Wed, Oct 19 10:00 AM-2:00 PM (approx).. W2224A

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, averaging seven miles per trip. **Please Note: Hiking boots 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. Miles: 5 -7+

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 18 6:30 AM-5:00 PM (approx) . . .W4924A

Sun, Oct 2 6:30 AM-5:00 PM (approx). . . .W0124A

Sun, Nov 6 6:30 AM-5:00 PM (approx) . . .W0224A

Sleepy Hollow Experience

(ages 14 and up, under 18 with adult)

The specter is known, at all the country firesides, by the name of the Headless Horseman of Sleepy Hollow. The Adventure begins as we travel by minibus to Rockefeller State Park Preserve where we will hike to Spook Rock, a glacial erratic and see breathe taking views of Swan Lake. You will have a chance to visit on your own Washington Irving's final resting place and the town of Sleepy Hollow at night when all of the ghouls and goblins come out during their annual festivities. Dinner is on your own. Approximate hiking distance is four miles of easy carriage road terrain.

One Session \$66.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 22 11:30 AM-9:30 PMW3224A

Sterling Forest State Park Hike

(adults)

Plenty of things to enjoy on this hike combining a climb to Bare Rock, traverse of Sterling Ridge, the 1922 Sterling Forest Fire Tower offering us incredible views of Greenwood Lake, and passing the ruins of the Sterling Furnace built in 1770.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain, views. Miles: 7.5

Instructor: Andrew Imperiale

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 29 7:00 AM-4:00 PM (approx)W6424A

Women's Wilderness Empowerment Experience

(adults)

Experience the outdoors in a 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. Register a friend and receive a discount!

Intro to Stand Up Paddle Boarding & Kayaking

One Session \$34.00 Per Person \$28.00 Additional Person

Manasquan Res Env Ctr Parking Lot

Tue, Sep 20 9:30 AM-12:00 PMW3924X

Intro to Archery

One Session \$24.00 Per Person \$18.00 Additional Person

Thompson Pk Activity Barn

Tue, Sep 27 9:30 AM-12:00 PMW3824X

Zipline Experience

One Session \$35.00 Per Person \$29.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Tue, Oct 4 9:30 AM-12:00 PMW4024X

ON THE WATER

Clamming by Kayak

(adults)

Journey with us for a fun and challenging full day adventure on the water paddling through the beautiful Great Bay to some of the best clamming beds New Jersey has to offer! No experience needed for clamming but prior kayaking experience is required. All clamming and kayaking equipment will be provided. A NJ Shellfish license must be purchased from NJ Fish and Wildlife website prior to the trip. Transportation via Park System minibus. For questions regarding the trip or licensing call Blake Beyer at the Manasquan Reservoir Environmental Center 732-751-9453.

One Session \$85.00 Per Person

Manasquan Res Env Ctr Parking Lot

Thu, Sep 22 8:00 AM-5:00 PM I0524A

Thu, Oct 6 8:00 AM-5:00 PM I0624A

Marlu Canoe Discovery

(adults)

Discover the thousand year old art of canoeing at Thompson Park's 21-acre Marlu Lake. You'll learn everything you need to know to safely get yourself paddling on the water. Then we'll test out your new skills with some fun canoe games and challenges. All equipment is provided.

One Session \$25.00 Per Person

Thompson Pk Marlu Lake

Tue, Sep 6 9:30-11:00 AM W7324A

Stand Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke, how to capsize and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. We will provide the stand-up paddle board, personal flotation device, paddle and instructions.

One Session \$32.00 Per Person

Manasquan Res West Dock

Sat, Sep 10 10:00 AM-12:00 PM W6224A

Ladies Only

Sat, Sep 10 1:00-3:00 PM W6324A

PERFORMING ARTS

Adult Tap - Beginner Level 1

(adults)

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 13-Nov 15 3:30-4:15 PM A8924A

Tue, Sep 13-Nov 15 5:30-6:15 PM A9024A

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended.

Pre-requisite: 2-3 sessions of Adult Tap - Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 13-Nov 15 6:15-7:00 PM A9124A

OPEN MIC POETRY

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. All are welcome to read your work aloud or read a work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins welcome as time permits. Contact Rachel Cohen to be added to list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

Thompson Pk Theater Barn

New Jersey Poets

Wed, Sep 14 7:00-8:30 PM #PE062A

Time & Space

Sun, Oct 2 3:00-4:30 PM #PE072A

Beginner Acting

(adults)

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

Four Sessions \$55.00 Per Person

Introduction

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of storytelling/monologue will be on the final day of class.

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 26-Oct 24 7:00-8:30 PM Q2124A

No class 10/10

Thu, Sep 29-Oct 20 3:30-5:00 PM..... Q5924A

Mon, Nov 7-28 7:00-8:30 PM..... Q2224A

Monologues

Monologues are the first thing we audition with. It comes from the Greek root word monologos meaning "speaking alone". In this program we will explore performing monologues, both classical and contemporary, so that we may begin to build our audition repertory.

Wed, Sep 28-Oct 19 7:00-8:30 PM Q1924A

Television

In this program we will cover beginner acting technique for commercials, headline news, talk show host and sitcoms. There will be filming and playback of video.

Wed, Oct 26-Nov 16 7:00-8:30 PM..... Q1824A

Film

In this program we will explore basic film acting technique such as inner monologue, acting through your eyes and listening to our partners. There will be filming and playback of video.

Wed, Nov 30-Dec 21 7:00-8:30 PM Q2024A

Beginner Ballroom Dance

(adults)

Planning to hit the dance floor at an upcoming wedding or event? Looking to connect with your partner through a new activity? If you've ever desired to learn the foundational basics of social dancing, this 7-week beginner workshop is designed with you in mind! We will cover basic steps of a few ballroom and Latin dance styles, and teach you how to move and groove on any dance floor together with confidence. This workshop caters to the beginner dancer, no prior experience is required. All dancers must register and participate with a partner. Please dress comfortably with shoes that won't easily slip off, and let's dance!

Instructed by: Sing and Sway, LLC

Seven Sessions \$180.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Sep 7-Oct 19 6:15-7:15 PM A8224A

Wed, Sep 7-Oct 19 7:45-8:45 PM A8324A

Channel Your Inner Zombie

(adults)

We're breaking down the dance moves to the iconic *Thriller* zombie dance, just in time for Halloween! Prior experience in dance, coordination, memorization and/or athletics is helpful, but not required. This beginner-friendly class will include a warm-up, followed by a step-by-step breakdown of each move, with the goal of dancing the routine together at the end of class. Zombie costumes are optional and encouraged, but please be sure to wear supportive shoes and clothing you can comfortably move in.

Instructed by: Sing and Sway, LLC

One Session \$30.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Oct 15 1:00-2:30 PM AA324A

Extemporaneous Speaking *(adults)*

Want to build your confidence with public speaking? Want to deliver a more concise, clear and compelling message? Dive right into this interactive workshop to get tips and tricks on how to improve speaking "off the cuff". Participants will be given a topic and will have five minutes to prepare and present a speech on the topic. Participants may use up to two minutes to prep and three minutes to present. Feedback will be given by the instructor and participants in this encouraging and safe environment. If time permits, participants will be paired to give a joint speech with another participant.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Oct 3 6:30-8:30 PM AB224A**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.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Sep 27-Dec 13 7:15-9:15 PM. A9524A**Standup for Adults***(adults)*

Throughout this class you will learn how to mine for humor and craft a joke. By the end of the term, you will have enough material to take to any live mic. The final class will be an "open mic" night for family and friends.

Instructor: Trish Tyler

Four Sessions \$120.00 Per Person

Thompson Pk Theater Barn

Tue, Sep 13-Oct 4 6:00-8:00 PM AA024A**Open House Barn Dance** **Friday, September 23, 7:00-9:00 PM**

Thompson Park Activity Barn

Get your cowboy boots on and come out to give square dancing a try with the Middletown Ramblers Square Dance Club during this free family fun evening!

Ages 14 and up are welcome; under 18 must be accompanied by an adult.

SPORTS & FITNESS**BASKETBALL****Basketball at the Rec Center**

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 beginning September 11.

Questions? Contact us at 848-456-4278, ext. 2#.

Cost: \$5.00 Per Person, Per Session

Fort Monmouth Recreation Center

Adult Basketball**Sundays, 8:00-10:00 AM****Tuesdays, 7:00-9:00 PM****Open Gym***(all ages, under 16 with adult)*

Schedule varies. For a complete calendar of dates and holidays, 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

Six Sessions \$78.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Aug 30-Oct 4 5:30-6:30 PM. XMG23X**Thu, Sep 1-Oct 6 5:30-6:30 PM. X8924X****Thu, Oct 13-Nov 17 5:30-6:30 PM. X9424X****Tue, Oct 18-Nov 22 5:30-6:30 PM. X9224X**

Timberbrook Triathlon

Saturday, October 1, 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 are available on our website at www.MonmouthCountyParks.com under "Races & Special Events" under the "Activities" drop-down.

Please note: There are a minimal number of canoe and kayak rentals available online. A program receipt must accompany rentals through the Park System.

DIVISION CATEGORIES

Solo Canoe Male/Female • Solo Kayak Male/Female • Solo Stand Up Paddleboard Male/Female
Team Canoe - Male/Female/Mixed/Family • Team Kayak - Male/Female/Mixed/Family
Team Stand Up Paddleboard - Male/Female/Mixed/Family

COST

\$40.00 Per Solo Registration • \$55.00 Per Team Registration
Registration is currently underway and ends Monday, September 26.

*For more information, call Mike Balkovic 732-542-1642, ext. 27,
or email mike.balkovic@co.monmouth.nj.us.*



Barre Connect

(adults)

This class uses ballet and dance inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water, no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

Seven Sessions \$91.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Oct 7-Nov 18 5:05-6:00 PM..... X3824A

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 \$228.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 13-Dec 13 7:25-8:55 PM..... X2624X

No class 11/8

Intro to Belly Dancing

(adults)

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

Instructor: Eryka Andrex

Eight Sessions \$104.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Sep 29-Nov 17 7:40-8:40 PM..... X3524X

Stronger for Longer

(ages 55 and up)

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

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 19-Oct 31 12:00-1:00 PM..... D1824A

No class 10/10

Mon, Nov 7-Dec 12 12:00-1:00 PM..... D1924A

Total Body Circuit Blast

(adults)

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

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Seven Sessions \$98.00 Per Person

Sat, Sep 3-Oct 22 8:00-9:00 AM..... X9724A

No class 10/1

Six Sessions \$84.00 Per Person

Sat, Nov 12-Dec 17 8:00-9:00 AM..... X9824A

PILATES

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Sep 12-Oct 19 7:15-8:15 PM... X2124X

Tatum Pk Holland Act Ctr

Tue, Thu, Sep 13-Oct 20 6:30-7:30 PM.... X2324X

Fourteen Sessions \$168.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Oct 31-Dec 21 7:15-8:15 PM... X2224X

No class 11/14 & 11/23

Tatum Pk Holland Act Ctr

Tue, Thu, Nov 1-Dec 22 6:30-7:30 PM.... X2424X

No class 11/8 & 11/24

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

Mon, Wed, Sep 12-Oct 5 5:00-5:55 PM XBX24A

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

Thompson Pk

Mon, Wed, Sep 12-Oct 5 6:00-6:55 PM XBY24A

Tue, Thu, Sep 13-Oct 6 5:00-5:55 PM XBZ24A

Tue, Thu, Sep 13-Oct 6 6:00-6:55 PM XC024A

Reserve a Court

(adults)

Reserve an hour of court time per day and have two days of tennis fun at Dorbrook Park! There is NO INSTRUCTOR; just sign up and you will then have two days of guaranteed court time. All you need to bring is your tennis equipment plus whoever you want to play against. You can play double or singles, the choice is yours. If you have any questions please contact Daniel at 732-542-1642, ext. 26, or Daniel.O'Connor@co.monmouth.nj.us

Two Sessions \$40.00 Per Person

Dorbrook Rec Area

Mon-Tue, Sep 12-13 5:00-6:00 PM XD824A

Mon-Tue, Sep 12-13 6:00-7:00 PM XD924A

Wed-Thu, Sep 14-15 5:00-6:00 PM XDA24A

Wed-Thu, Sep 14-15 6:00-7:00 PM XDB24A

Mon-Tue, Sep 19-20 5:00-6:00 PM XDC24A

Mon-Tue, Sep 19-20 6:00-7:00 PM XDD24A

Wed-Thu, Sep 21-22 5:00-6:00 PM XDE24A

Wed-Thu, Sep 21-22 6:00-7:00 PM XDF24A

Mon-Tue, Sep 26-27 5:00-6:00 PM XDG24A

Mon-Tue, Sep 26-27 6:00-7:00 PM XDH24A

Wed-Thu, Sep 28-29 5:00-6:00 PM XDJ24A

Wed-Thu, Sep 28-29 6:00-7:00 PM XDK24A

Mon-Tue, Oct 3-4 5:00-6:00 PM XDM24A

Mon-Tue, Oct 3-4 6:00-7:00 PM XDN24A

Wed-Thu, Oct 5-6 5:00-6:00 PM XDP24A

Wed-Thu, Oct 5-6 6:00-7:00 PM XDQ24A

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 \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Sep 7-Nov 16 6:30-9:00 PM X4024A

YOGA

Advanced Beginners Yoga

(adults)

Breath Move Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

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

Freneau Wds Pk Vis Ctr Program Room 1

Six Sessions \$84.00 Per Person

Tue, Sep 13-Oct 25 6:00-7:00 PM X6124X

No class 10/4

Eight Sessions \$112.00 Per Person

Sun, Oct 9-Dec 11 10:15-11:15 AM X5724X

No class 10/30 & 11/20

Five Sessions \$70.00 Per Person

Tue, Nov 8-Dec 13 6:00-7:00 PM X6224X

No class 11/22

Afternoon Stretch

(adults)

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

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Activity Center

Thu, Sep 15-Nov 17 1:00-2:00 PMXDR24A

Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners that want a practice of their own or for those that are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength and focus. Blocks and straps are optional.

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

Freneau Wds Pk Vis Ctr Program Room 1

Six Sessions \$84.00 Per Person

Thu, Sep 15-Oct 27 9:00-10:00 AM X6324X

No class 10/6

Eight Sessions \$112.00 Per Person

Sun, Oct 9-Dec 11 9:00-10:00 AM X5624X

No class 10/30 & 11/20

Five Sessions \$70.00 Per Person

Thu, Nov 10-Dec 15 9:00-10:00 AM..... X6424X

No class 11/24

Brand New to Yoga Series!

(adults)

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

Instructor: Talena Ward

Seven Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 12-Oct 24 6:00-7:00 PM X7324X

Mon, Nov 7-Dec 19 6:00-7:00 PM..... X7424X

Brand New to Yoga & Qi Gong

(adults)

Discover Yoga and Qi Gong at your own pace in a fun, relaxed and positive atmosphere. Experience the benefits of these 2 profound practices while learning proper breathing techniques, alignment and safety. Integrated movements aligned with breath benefit your body, mind, organs & nervous system. Enjoy a FUN fusion of energizing warm ups, stretches and poses, followed by peaceful flows and blissful relaxation. Our certified instructor will guide you into reducing stress as you gain strength, flexibility and balanced energy that you can bring into daily life.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Activity Center

Thu, Sep 15-Nov 17 2:00-3:00 PM XDS24A

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

Thompson Pk Vis Ctr Tulip Room

Eight Sessions \$112.00 Per Person

Fri, Sep 16-Nov 4 9:30-10:30 AM XB024A

Fri, Sep 16-Nov 4 11:00 AM-12:00 PM XB124A

Five Sessions \$70.00 Per Person

Fri, Nov 11-Dec 16 9:30-10:30 AM XB224A

No class 11/25

Fri, Nov 11-Dec 16 11:00 AM-12:00 PM XB324A

No class 11/25

Chair Yoga

(adults)

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

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Eight Sessions \$112.00 Per Person

Wed, Sep 14-Nov 2 4:00-5:00 PM X2824X

Six Sessions \$84.00 Per Person

Wed, Nov 16-Dec 21 4:00-5:00 PM X2924X

Codes of Creation in Movement™

(adults)

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

Seven Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 14-Oct 26 7:00-8:15 PM X7124X

Wed, Nov 9-Dec 21 7:00-8:15 PM X7224X

Easy Evening Yoga

(adults)

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

Instructor: Talena Ward

Seven Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 12-Oct 24 7:00-8:00 PM X7524X

Mon, Nov 7-Dec 19 7:00-8:00 PM X7624X

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

Seven Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Sep 15-Oct 27 9:30-10:30 AM X7724A

Thu, Nov 10-Dec 22 9:30-10:30 AM X7824A



Hartshorne Woods Park Portland Place

Evening Yoga on the River NEW

(adults)

Savor the moonlight on the Navesink River with an evening yoga class. Portland Place is the newest addition to the Monmouth County Parks facilities and sits on the Navesink, with beautiful views, surrounded by nature. Class will begin with gentle moon salutations then deep opening poses. The class is peaceful and restorative under the light of the moon. Bring a yoga mat, blanket, towel and water. Class is weather permitting. Dress for the weather, with layers and bug spray.

Instructor: Tiffany McCann

Six Sessions \$98.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Thu, Sep 8-Oct 13 6:00-7:00 PM..... XB924A

Fall Yoga

(adults)

Looking for a way to feel strong and grounded through the fall and early winter? Treat yourself to a yoga practice to accomplish both. We begin the class with slow sun salutations, then move to poses to build strength. Our practice will focus on feeling grounded through the Fall season as we prepare our bodies for winter weather. Weather permitting, we will practice outdoors. The class is appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Thompson Pk Vis Ctr Tulip Room

Eight Sessions \$112.00 Per Person

Tue, Sep 13-Nov 1 9:15-10:30 AM XAY24A

Six Sessions \$84.00 Per Person

Tue, Nov 15-Dec 20 9:15-10:30 AM XAZ24A

First Day of Fall Flow NEW

(adults)

Celebrate the first day of fall with 54-108 sun salutations in a moving meditation. We begin slowly and pick up the pace as appropriate for each participant. We will end with meditation and a relaxing savansa. All movements can be adjusted for those with limited mobility. Weather permitting, we will practice outside. Class will be outdoors on the beautiful Navesink River. Bring a mat, water, sunscreen and bug spray.

Instructor: Tiffany McCann

One Session \$30.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Thu, Sep 22 12:30-2:30 PM XB424A

Gentle Yoga

(adults)

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

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

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Sep 9-Oct 14 12:00-1:00 PM..... XD324A

Fri, Nov 11-Dec 23 12:00-1:00 PM XD724A

No class 11/25

Seven Sessions \$98.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Sep 12-Oct 24 12:15-1:15 PM..... XD024A

Mon, Nov 7-Dec 19 12:15-1:15 PM XD424A

Restorative/Yoga Nidra

(adults)

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

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

Eight Sessions \$112.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Oct 12-Dec 14 6:00-7:00 PM X6024X

No class 11/9 & 11/23

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.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusura and Lotus Flow

Seven Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 12-Oct 31 7:00-8:15 PM X6524X

No class 9/26

Mon, Nov 7-Dec 19 7:00-8:15 PM X6624X

Wisdom Warrior Yoga

(adults)

Wisdom Warrior Yoga with MJ Kasliner: This practice is geared towards yogis over 45 who know what it means to remain youthful through the practice of yoga and other healthy lifestyle activities. Wisdom Warriors is the perfect elixir of youth for anyone who wants to preserve their high level of health, flexibility, and strength throughout their lifetime. It is intended to help people keep their practice strong and vital. Asanas or poses are held longer or softer, so the pose feels right for you. There are combination of warrior poses and yin yoga poses to calm the body and mind, increasing mobility and flexibility, lowering stress levels and promotes relaxation. Each class ends with a 10-minute hapi drum sound bath followed by foot massage. Instructor MJ Kasliner is a nationally certified Yoga teacher including Vinyasa style, Yin, Laughing Lotus, Chakra Therapy, Meditation and Registered Trademark owner of Codes of Creation in Movement.

Seven Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Sep 13-Oct 25 9:30-10:45 AM X6724A

Tue, Nov 8-Dec 20 9:30-10:45 AM X6824A

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. Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusura, and Lotus Flow.

Seven Sessions \$114.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Sep 14-Oct 26 9:30-10:45 AM X6924A

Wed, Nov 9-Dec 21 9:30-10:45 AM X7024A

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, 2 yoga blocks, a long yoga strap, towel or blanket, and water. In warmer weather bring a hat and sun screen.

Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Eleven Sessions \$220.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Oct 1-Dec 17 8:00-9:30 AM X4524A

No class 11/26

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. **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. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

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

Six Sessions \$117.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Sep 9-Oct 14 10:00-11:30 AM XD224A

Fri, Nov 11-Dec 23 10:00-11:30 AM. XD624A

No class 11/25

Seven Sessions \$137.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 13-Oct 25 10:30 AM-12:00 PM. . . XD124A

Tue, Nov 8-Dec 20 10:30 AM-12:00 PM . . . XD524A

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges," Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

Tatum Pk Red Hill Act Ctr

Seven Sessions \$98.00 Per Person

Sat, Sep 3-Oct 22 9:00-10:00 AM X9924A

No class 10/1

Six Sessions \$84.00 Per Person

Sat, Nov 12-Dec 17 9:00-10:00 AM XA024A

Yoga on the River

(adults)

Welcome to Portland Place! The newest addition to the Monmouth County parks facilities. Take full advantage of this ideal location overlooking the beautiful Navesink River with an active yoga class. We will progress from sun salutations to deep opening poses, moving with our breath, connecting with nature. Bring a yoga mat, towel and water. Class is weather permitting. Dress for the weather, with layers, bug spray, and sunscreen.

Instructor: Tiffany McCann

Six Sessions \$98.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Thu, Sep 8-Oct 13 8:30-9:30 AM. XB824A

Sat, Sep 10-Oct 15 8:30-9:30 AM XB724A

Yoga Pop

(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann

Thompson Pk Vis Ctr Tulip Room

Eight Sessions \$88.00 Per Person

Thu, Sep 15-Nov 3 9:15-10:00 AM. XB524A

Six Sessions \$66.00 Per Person

Thu, Nov 10-Dec 22 9:15-10:00 AM. XB624A

No class 11/24

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

Dorbrook Rec Area Act Ctr

Eight Sessions \$104.00 Per Person

Wed, Sep 14-Nov 2 5:05-6:00 PM X3024A

Six Sessions \$78.00 Per Person

Wed, Nov 16-Dec 21 5:05-6:00 PM X3124A

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

Thirteen Sessions \$156.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 13-Dec 13 6:15-7:15 PM X2524X

No class 11/8

Zumba Gold Toning

(adults)

Zumba Gold Toning combines body-sculpting exercises and low impact dance cardio to create a calorie-torching, strength-training fitness party. Students learn how to use light weights to enhance rhythm and tone muscles, while having a great time dancing. This is a low impact class that focuses on fitness and fun. Zumba Gold classes are perfect for seniors, beginners, or anyone searching for a low-impact dance workout. Please wear clothes that are comfortable and sneakers or dance shoes and come ready to move.

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Sep 30-Nov 4 12:30-1:25 PM X3624A

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Eight Sessions \$104.00 Per Person

Wed, Sep 14-Nov 2 6:10-7:05 PM X3224X

Seven Sessions \$91.00 Per Person

Fri, Oct 7-Nov 18 6:15-7:10 PM X3924X

Six Sessions \$78.00 Per Person

Wed, Nov 16-Dec 21 6:10-7:05 PM X3324X

Zumba: Low Impact

(adults)

Join us for a fun 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

Eight Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Sep 29-Nov 17 6:30-7:25 PM X3424X

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. The 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 16-Nov 4 4:00-5:00 PM V0124A

Equine Environment for Learning

(entering grades 6-10)

Equine Environment for Learning at Sunnyside Equestrian Center is a custom eight-week program developed for school groups of up to ten participants. The curriculum consist of classroom sessions, plus mounted and non-mounted activities with the horses. Goals such as team building, respect, responsibility, safety, kindness, and self esteem are encouraged and enhanced within the program. Participants will explore horse behavior and care, along with learning basic riding skills. PATH certified instructors. For information, call 732-224-1367, ext. 1#

SPUR Horseback Riding Lessons for Individuals with Disabilities

(all ages)

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext 3#.

THIRD ANNUAL VIRTUAL RUN TO BENEFIT SPECIAL PEOPLE UNITED TO RIDE (SPUR)

Walk, trot or gallop at your own pace between October 1-8 to raise money for horsemanship programs for people with special needs. All registered participants will receive a long-sleeved T-shirt and be eligible for randomly drawn prizes.

SPUR is a 501(c)(3) nonprofit.

For more information, visit www.spuronline.org or email spur.board@gmail.com.



MONMOUTH COUNTY PARK SYSTEM



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BECAUSE WHERE YOU PLAY MATTERS

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GOLF COURSE**
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Beginner Golf

(adults)

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 \$80.00 Per Person

Sun, Sep 4-25 9:00-10:00 AM Y0324A
 Sat, Oct 1-22 9:00-10:00 AM Y2724A
 Sat, Oct 1-22 9:00-10:00 AM Y3824A
 Sun, Oct 9-30 10:00-11:00 AM Y4024A

Juniors

(ages 11-14)

Four Sessions \$80.00 Per Person

Sat, Sep 10-Oct 1 10:00-11:00 AM Y2324A
 Sun, Sep 11-Oct 2 11:00 AM-12:00 PM.... Y1724A
 Sun, Oct 2-23 9:00-10:00 AM Y3924A

Adults

Four Sessions \$85.00 Per Person

Fri, Sep 9-30 10:00-11:00 AM Y2224A
 Mon, Sep 12-Oct 3 6:15-7:15 PM Y2424A
 Tue, Oct 4-25 10:00-11:00 AM Y4124A
 Fri, Oct 14-28 10:00-11:00 AM Y3524A

Intermediate Golf

(adults)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

Juniors

(ages 11-14)

Three Sessions \$100.00 Per Person

Bel-Aire GC

Sat, Sep 17-Oct 1 12:00-3:30 PM Y1924A
 Sat, Oct 8-29 1:00-2:30 PM Y3324A

Women

Four Sessions \$125.00 Per Person

Bel-Aire GC

Fri, Sep 2-23 10:00 AM-12:00 PM..... Y1224A

(continued...)

Intermediate Golf continued...

Adults

Four Sessions \$125.00 Per Person

Bel-Aire GC

Sun, Sep 4-25 10:15 AM-12:15 PM Y0424A
 Sun, Sep 4-25 12:30-2:30 PM Y1024A
 Tue, Sep 6-27 9:00-11:00 AM Y2024A
 Tue, Sep 27-Oct 18 10:00 AM-12:00 PM... Y0724A
 Tue, Sep 27-Oct 18 12:00-2:00 PM..... Y0824A
 Thu, Sep 29-Oct 20 1:00-3:00 PM..... Y0924A
 Sat, Oct 1-22 10:15 AM-12:15 PM Y2824A

Howell Pk GC

Thu, Sep 1-22 5:00-7:00 PM..... J0224A

Advanced Golf for Adults

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$170.00 Per Person

Charleston Springs GC

Fri, Sep 9-30 2:00-5:00 PM..... T0724A

60 Minute Chip/Pitch

(adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$30.00 Per Person

Bel-Aire GC

Sat, Sep 10 12:00-1:00 PM..... Y1624A
 Mon, Sep 12 3:00-4:00 PM..... Y0624A
 Sat, Oct 8 11:00 AM-12:00 PM Y3224A

60 Minute Driver

(adults)

Develop more consistency and power for all levels of golfers and swing types. 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 \$30.00 Per Person

Bel-Aire GC

- Tue, Sep 6 11:15 AM-12:15 PM..... Y2124A**
- Thu, Sep 8 10:45-11:45 AM Y1424A**
- Fri, Sep 9 2:00-3:00 PM Y1524A**
- Tue, Oct 4 11:15 AM-12:15 PM Y4224A**
- Sat, Oct 15 11:00 AM-12:00 PM Y3624A**

Charleston Springs GC

- Sat, Sep 10 1:30-2:30 PM T0524A**
- Sat, Oct 8 11:30 AM-12:30 PM T1324A**

Howell Pk GC

- Wed, Sep 21 4:00-5:00 PM..... J0424A**

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$30.00 Per Person

Bel-Aire GC

- Tue, Sep 13 11:15 AM-12:15 PM..... Y2524A**
- Thu, Sep 15 10:45-11:45 AM Y1824A**

Charleston Springs GC

- Fri, Sep 2 4:00-5:00 PM..... T0324A**

60 Minute Sand Bunker

(adults)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$30.00 Per Person

Bel-Aire GC

- Fri, Sep 2 2:00-3:00 PM Y1324A**
- Tue, Sep 20 11:15 AM-12:15 PM..... Y2624A**
- Sat, Oct 22 11:00 AM-12:00 PM Y3724A**

Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 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 \$140.00 Per Person

Bel-Aire GC

- Sat, Sep 17 1:00-4:00 PM T0924A**

Charleston Springs GC

- Sat, Oct 15 1:00-4:00 PM T1124A**

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$125.00 Per Couple

Bel-Aire GC

- Sat, Sep 3-24 10:00-11:00 AM..... Y0124A**
- Fri, Oct 7-28 10:00-11:00 AM Y4324A**
- Sun, Oct 9 11:00 AM-12:00 PM..... Y3424A**

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

One Session \$92.00 Per Person

Bel-Aire GC

- Sat, Sep 17 10:00 AM-12:00 PM T0624A**

Howell Pk GC

- Sat, Sep 3 12:00-2:00 PM J0324A**
- Sat, Oct 8 12:00-2:00 PM J0524A**

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 \$110.00 Parent/Child \$45.00 Additional Sibling

Bel-Aire GC

Sat, Sep 3-24 11:30 AM-12:30 PM Y0224X

Sat, Oct 1-22 12:30-1:30 PM Y2924X

Sat, Oct 8-29 9:30-10:30 AM Y3124X

Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. This is NOT a beginner clinic - participants must have prior golf experience.

Four Sessions \$120.00 Per Person

Charleston Springs GC

Sat, Sep 3-24 4:00-7:00 PM T0424A

Sat, Oct 1-22 1:00-4:00 PM T1224A

Let's Play Golf

(ages 11-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

Four Sessions \$110.00 Per Person

Bel-Aire GC

Sun, Sep 4-25 4:00-6:00 PM. Y1124A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$130.00 Per Person

Charleston Springs GC

Sun, Sep 11 12:00-3:00 PM T0824A

Sun, Oct 9 12:00-3:00 PM. T1024A

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

Four Sessions \$100.00 Per Person

Bel-Aire GC

Wed, Oct 5-26 9:00 AM-12:30 PM Y3024A

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$175.00 Per Person

Bel-Aire GC

Thu, Sep 15-Oct 20 9:30 AM-1:00 PM. Y0524A

THERAPEUTIC RECREATION

INCLUSION SERVICES
It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification 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.

Six Sessions \$70.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Sep 24-Dec 3 9:30-11:00 AM..... D0724A

Class meets 9/24, 10/8, 10/22, 11/5, 11/19 & 12/3

Sat, Sep 24-Dec 3 11:30 AM-1:00 PM D0824A

Class meets 9/24, 10/8, 10/22, 11/5, 11/19 & 12/3

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)
 Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

Semi-Formal Dinner and Dance

(ages 16 and up, with special needs)
 Come and dance and sing the night away with your friends at our annual Semi-Formal! Enjoy a delicious catered meal and a professional DJ service playing all your favorite music! Participants must be able to function in a 1:2 staff to participant ratio. Some additional paperwork is required and will be mailed to you upon registration. Please call Justin at 732-460-1167, ext. 22, for more information or to register with your DDD Budget in lieu of private pay.

One Session \$60.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Nov 4 6:00-9:00 PM..... D0524A



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.

[Dorbrook Rec Area Act Ctr Parking Lot](#)

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 \$45.00 to cover the cost of dinner, mini golf and ice cream. Limited transportation (up to six spots) is available from Dorbrook on a first come, first serve basis; please contact Justin after registering.

\$37.00 Per Person

Fri, Sep 30 4:45-9:15 PM..... D0224A

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$45.00 to cover the cost of your meal and movie ticket. Limited transportation from Dorbrook may be available for up to six participants; please contact Justin prior to registering if requesting transport.

\$37.00 Per Person

Fri, Oct 14 5:00-9:30 PM..... D0324A

PNC Bank Arts Center Holiday Light Show!

Enjoy this amazing light display from the comfort of our mini bus with your friends, set to the backdrop of some classic holiday music! We will be starting our evening with a delicious meal at Houlihan's in Holmdel, then driving over to the light show. We will finish the night off with some hot chocolate and treats at "Santa's Village" at the end of the light show. Please bring \$45 to cover the cost of admission to the light show, dinner at Houlihan's, and a hot chocolate/snack at the end of the evening. This event is limited to nine participants. If there is enough interest and people on our waitlist, we may consider a additional bus or second date.

\$45.00 Per Person

Sat, Nov 19 3:30-8:00 PM..... D0424A

Special Trip

(ages 16 and up, with special needs)

Travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$89.00 Per Person

[Dorbrook Rec Area Act Ctr Parking Lot](#)

Saturday at the Philadelphia Zoo

Explore creatures from around the world! Join us as we spend a fun weekend day at the amazing Philadelphia Zoo. We will be visiting the elephants, giraffes, gorillas, and more! You will be able to choose from the a wide variety of foods for lunch at the zoo cafeterias. Registration fee covers cost of ticket, supervision, and transportation. Please bring \$30.00 to cover the cost of lunch; extra if you would like to purchase souvenirs.

Sat, Sep 17 10:00 AM-5:00 PM D0124A

Inclment weather date 9/24

Holiday Celebration at Historic Longwood Gardens

Ring in the season with a trip to the spectacular Longwood Gardens in Kennett Square, Pennsylvania. Over 1,000 acres of cultivated gardens, rare trees, and spectacular turn of the century greenhouses; all decorated for the Holidays! Admission is included with registration; however, please bring at least \$25.00 to cover your meal. Trip will be running rain or shine, but dress appropriately to be outdoors all day!

Sat, Dec 3 10:00 AM-5:00 PM D0131A

TRIPS

Dutch Apple Dinner Theatre - Chicago, the Musical

(adults)

In the 1920s, Chicago is roaring with hot jazz and cold-blooded women killers. Among them is Roxie Hart, an aspiring vaudevillian who murders her lover and goes to jail; there she meets her hero, the double murderess and nightclub entertainer Velma Kelly. The two vie for the spotlight and the attention of Chicago's slickest criminal lawyer to transform their malicious crimes into sensational headlines. Chicago is a tale of fame and fortune with incredible dance numbers and one show-stopping song after another including "All That Jazz," "Cell Block Tango," "When You're Good to Mama," "Roxie" and more! Price includes a traditional American style buffet dinner, soup & dessert, a Broadway-caliber show, motor coach transportation and volunteer park system leader. Face coverings are suggested while on the bus and in the venue.

\$160.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

Sat, Sep 10 **A0124X**
Board: 9:15 AM **Return: 7:30 PM (approx)**

Explore New York City

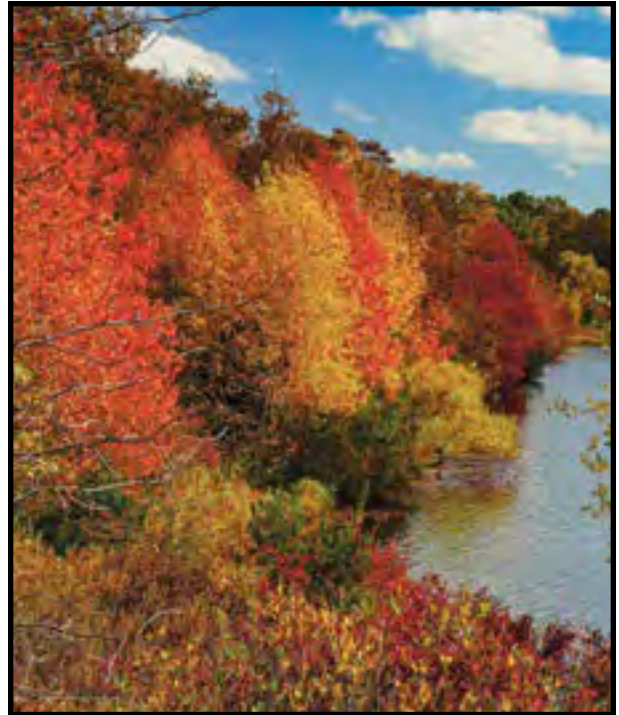
(all ages, under 18 with adult)

Spend a day on your own exploring the arts, culture, food and historic sites New York City has to offer! From the city's world-renowned museums to the early leaf changing at Central Park, there's something for everyone in the city this time of year! Create your itinerary as you see fit with drop-off and pick-up locations at the Museum of Natural History – this day trip includes motorcoach transportation and Park System volunteer leader only. Mask and vaccine requirements will be based on current recommendations at the time of the trip. Fees for some venues payable at the door; others are required prior. Please plan accordingly. Rain or shine. Fees for some venues payable at the door; others are required prior. Please plan accordingly.

One Session \$55.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

Sat, Oct 8 8:30 AM-5:00 PM **A0224A**



Fall Foliage Tour of Monmouth County

(adults)

From bright yellow to fiery red, colorful autumn scenes will make you fall for the change of seasons in Monmouth County. This four hour tour will take you to vistas of fabulous foliage with a variety of up-close cascades of color. We will drive via mini-bus to discover the most spectacular fall foliage, and slowly meander with the vibrant echo of color in our minds. The tour route and sites will vary depending on forest conditions, as weather impacts fall colors, but generally count on late October or early November for idyllic leaf peeping time. Don't forget a camera! You will want to capture the beauty of fall foliage. Our tour is limited to just 12 passengers, so you will have a chance to ask questions and experience beautiful fall foliage up close.

One Session \$30.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

Sat, Nov 5 9:00 AM-1:00 PM (approx) **IKT24A**



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.



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.



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 Cancellations

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 cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Kevin Dunn, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

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 cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
 - **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

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 10. Click "Register for Programs" at www.MonmouthCountyParks.com.
- **By Phone** beginning at 8:00 AM on August 10. Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

• **In Person** beginning at 8:00 AM on August 10 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday-Friday between 8:00 AM-4:30 PM.

THOMPSON PARK CREATIVE ARTS CENTER



THE CREATIVE ARTS CENTER EXHIBIT & SALE

- Saturday, December 3-
Saturday, December 10
from 11:00 AM-4:00 PM
Thompson Park Creative Arts Center,
Lincroft
- Featuring the work of local artists,
kick off your holiday shopping or find
the perfect piece for your home.
- Each year we are proud to showcase
the work of our talented students and
instructors.

The Creative Arts Center is host to a variety of fine arts and craft classes suitable for all levels in:

- Drawing
- Acrylic
- Oil and Watercolor
Painting
- Jewelry Making
- Knitting
- Sewing
- Basket Weaving
- Photography
- Handbuilt, Raku
& 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 2022

Fall Plant Swap

Saturday, September 17
8:30-11:30 AM
Tatum Park, Middletown

Wind & Sea Festival

Saturday, September 17
11:00 AM-5:00 PM
*Bayshore Waterfront Park,
Port Monmouth*

Harvest Home Festival

Sunday, September 25
11:00 AM-5:00 PM
Historic Longstreet Farm, Holmdel

October 2022

Timberbrook Triathlon

Saturday, October 1
9:00 AM
Manasquan Reservoir, Howell

Thompson Park Day

Sunday, October 16
11:00 AM-5:00 PM
Thompson Park, Lincroft

November 2022

Fall Craft Show

Saturday, November 12
9:00 AM-2:00 PM
*Fort Monmouth
Recreation Center,
Tinton Falls*



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Lillian G. Burry • Dominick "Nick" DiRocco • Ross F. Licitra

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr. • David W. Horsnall
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson
Brian Foster • James J. Truncer, Secretary-Director

