



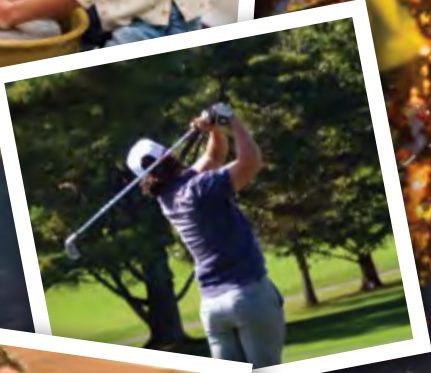
MONMOUTH  
COUNTY  
**PARK  
SYSTEM**

*Yours to Discover*

# PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

## Guide



## FALL 2024

REGISTRATION BEGINS AUGUST 14  
[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)



**Saturday, September 14,**

**11:00 AM-5:00 PM**

**BAYSHORE WATERFRONT PARK, PORT MONMOUTH**

Enjoy a variety of activities during this celebration of all things water!

Get full details on page 12.

## HARVEST HOME FESTIVAL

**Sunday, September 29, 11 a.m.-5 p.m.**

**Historic Longstreet Farm, Holmdel**

Experience an old-fashioned country fair reminiscent of the 1890s. Families can enjoy games, demonstrations, wagon rides, live entertainment and more!

See full details on page 5.



## THOMPSON PARK DAY

**SUNDAY, OCTOBER 20, 11:00 AM-5:00 PM**

**THOMPSON PARK, LINCROFT**

Celebrate autumn with the whole family! Activities include kids' races, pumpkin painting, ceramics, archery, contests and so much more!



See full details on page 15.

# TABLE OF CONTENTS

## Mark Your Calendar 2-3

## Historic Happenings 4-8

Longstreet Farm.....	4-6
Walnford.....	7

## Families 9-14

Arts & Crafts.....	9
Nature.....	10-13
Outdoor Adventures.....	13-14

## Parent & Child 14-26

Arts & Crafts.....	14-16
Culinary Arts.....	16-17
Education & Enrichment.....	18
Horticulture.....	19
Nature.....	19-21
Outdoor Adventures.....	21
Play Groups.....	22-24
Sports & Fitness.....	25-26

## Kids & Teens 27-44

Arts & Crafts.....	27-31
Culinary Arts.....	31-32
Education & Enrichment.....	32-35
Nature.....	35
Outdoor Adventures.....	35-36
Performing Arts.....	36-39
Sports & Fitness.....	39-44

## Adults 45-108

Active Adults 55+.....	45-46
Arts & Crafts.....	46-64
Canine Obedience.....	64
Culinary Arts.....	65-73
Education & Enrichment.....	73-76
Health & Wellness.....	76-80
Horticulture.....	80-82
Nature.....	82-87
Outdoor Adventures.....	87-92
Performing Arts.....	93-96
Sports & Fitness.....	96-108

## Equestrian 108

## Golf 109-113

## Therapeutic Recreation 113-115

## Trips 115-116

## Park Partners 117

## Park Locations 118-119

## Registration Information 120

To register for summer camps starting Wednesday, August 14, at 8:00 AM, visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or 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.

### Essential Eligibility Requirements for Park System Programs & Camps

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

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

# SEPTEMBER 2024

**SUNDAY, SEPTEMBER 1**

Canoe Rentals at Thompson Park (p. 14)

**THURSDAY, SEPTEMBER 5**

Awesome Autumn Amble (p. 84)

**SATURDAY, SEPTEMBER 7**

Accordion Melodies of the 1890s (p. 4)

Potato Harvest (p. 4)

**SUNDAY, SEPTEMBER 8**

Bonsai Day (p. 80)

Old-Fashioned Fun & Games (p. 7)

Potato Harvest (p. 4)

**TUESDAY, SEPTEMBER 10**

Casual Birder (p. 82)

**THURSDAY, SEPTEMBER 12**

Awesome Autumn Amble (p. 84)

**SATURDAY, SEPTEMBER 14**

Cookstove Demonstration (p. 4)

Open Shoot Archery (p. 14)

Wind & Sea Festival (p. 12)

**SUNDAY, SEPTEMBER 15**

Story Time in the Park (p. 7)

**FRIDAY, SEPTEMBER 20**

Climb Time (p. 14)

**SATURDAY, SEPTEMBER 21**

Fall Native Plant Swap (p. 81)

**SUNDAY, SEPTEMBER 22**

Fall Antique Auto Display (p. 7)

Music on the Porch (p. 7)

Preserving the Harvest (p. 4)

**THURSDAY, SEPTEMBER 26**

Cownose Rays of the Jersey Shore (p. 86)

**FRIDAY, SEPTEMBER 27**

A Night of Jazz and Blues (p. 94)

Open House Square Dance (p. 94)

**SATURDAY, SEPTEMBER 28**

Cookstove Demonstration (p. 4)

Jigsaw Puzzle Swap (p. 58)

Everyone Has a Story (p. 94)

Woodworking at Walnford (p. 7)

**SUNDAY, SEPTEMBER 29**

Harvest Home Festival (p. 5)

SPUR Family Barn Dance (p. 9)

# OCTOBER 2024

**SUNDAY, OCTOBER 6**

**Corn Harvest** (p. 4)  
**Old-Fashioned Fun & Games** (p. 7)

**THURSDAY, OCTOBER 10**

**Awesome Autumn Amble** (p. 84)

**SATURDAY, OCTOBER 12**

**Cookstove Demonstration** (p. 4)  
**Open Shoot Archery** (p. 14)

**TUESDAY, OCTOBER 15**

**Climb Time** (p. 14)

**FRIDAY, OCTOBER 18**

**Fly Me to the Moon!** (p. 13)

**SATURDAY, OCTOBER 19**

**Accordion Melodies of the 1890s** (p. 4)  
**Woodworking at Walnford** (p. 7)

**SUNDAY, OCTOBER 20**

**19<sup>th</sup> Century Woodworking Demonstration** (p. 4)  
**Music on the Porch** (p. 7)  
**Story Time in the Park** (p. 7)  
**Thompson Park Day** (p. 15)

**TUESDAY, OCTOBER 22**

**Casual Birder** (p. 82)

**THURSDAY, OCTOBER 24**

**Awesome Autumn Amble** (p. 84)  
**The Real Story of the Jersey Devil** (p. 86)

**SATURDAY, OCTOBER 26**

**Cookstove Demonstration** (p. 4)

**SUNDAY, OCTOBER 27**

**Trick-or-Treat in the Park** (p. 7)

# NOVEMBER 2024

**SATURDAY, NOVEMBER 2**

**Woodworking at Walnford** (p. 7)

**SATURDAY, NOVEMBER 9**

**Cookstove Demonstration** (p. 4)  
**Fall Craft Show** (p. 48)  
**Open Shoot Archery** (p. 14)

**SUNDAY, NOVEMBER 10**

**Old-Fashioned Fun & Games** (p. 7)

**TUESDAY, NOVEMBER 12**

**Casual Birder** (p. 82)

**THURSDAY, NOVEMBER 14**

**Awesome Autumn Amble** (p. 84)

**SATURDAY, NOVEMBER 16**

**Accordion Melodies of the 1890s** (p. 4)  
**Raccoons in Your Backyard** (p. 86)

**SUNDAY, NOVEMBER 17**

**Cider Making Demonstration** (p. 5)  
**Climb Time** (p. 14)  
**Story Time in the Park** (p. 7)

**SATURDAY, NOVEMBER 23**

**Cookstove Demonstration** (p. 4)

**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.



## HISTORIC LONGSTREET FARM

### Potato Harvest

Learn how potatoes were grown and harvested at the end of the 19th century. Help the Longstreet Farm staff bring in the crop, and dig some potatoes for your own family.

**Saturday & Sunday, September 7 & 8, 12:00-2:00 PM**

### Accordion Melodies of the 1890s

In the mid-19th century, the accordion became a favorite of folk musicians. Enjoy the melodies as you experience the sights of Longstreet Farm.

**Saturday, September 14, 1:00-3:00 PM**

**Saturday, October 19, 1:00-3:00 PM**

**Saturday, November 16, 1:00-3:00 PM**

### Cookstove Demonstration

After you've enjoyed a walk through the Longstreet Farmhouse, stop by the outdoor 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 14, 11:00 AM-3:00 PM**

**Saturday, September 28, 11:00 AM-3:00 PM**

**Saturday, October 12, 11:00 AM-3:00 PM**

**Saturday, October 26, 11:00 AM-3:00 PM**

**Saturday, November 9, 11:00 AM-3:00 PM**

**Saturday, November 23, 11:00 AM-3:00 PM**

### Preserving the Harvest

(adults)

Fall's cooler weather means the end of the growing season so 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.

**Sunday, September 22, 11:00 AM-3:00 PM**

### Corn Harvest

Field corn is an important part of livestock diet. The dried ears, stalks, and the cobs are all sources of nutrition and fiber during the winter months. Before there were mechanized pickers and combines, harvesting this crop by hand was a slow but necessary job on the farm. Help pick this year's crop and see if you have what it takes to be a cornhusker.

**Please Note: This offering is both weather and field conditions permitting.**

**Sunday, October 6, 12:00-2:00 PM**

### 19<sup>th</sup> Century Woodworking Demonstration

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

**Sunday, October 20, 11:00 AM-3:00 PM**

**Cider Making Demonstration** *Free*

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 cider's other uses on the farm.

**Sunday, November 17, 12:00-2:00 PM**

**Piano Ballads from the Turn of the Century** *Free*

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. Please check website for dates and times.

**Gingerbread Contest - "Winter on the Farm"** *NEW Free*

(ages 10 and up)

Calling all bakers and artists! This December we invite you to add some spice to Longstreet Farm by taking part in our Gingerbread Contest. The theme is "Winter on the Farm" - farmhouses, barns and other farm-related scenes are encouraged. Winners will receive award ribbons and bragging rights.

**Contestants may enter in the following categories:**  
*Individual Youth - 10 and under; Individual Adult - 18+; Family; Business/Organization; Small Group (Scout group, church group, etc.)*

Registrations: Entrants must register between November 11-27 by calling 732-946-3758.

*Additional information is available on the Historic Longstreet Farm page at [MonmouthCountyParks.com](http://MonmouthCountyParks.com) or by calling 732-946-3758.*

**Elements of Blacksmithing**

(adults)

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

**One Session \$25.00 Per Person**

**Longstreet Farm Blacksmith**

- Sun, Nov 10 10:00-10:50 AM . . . . . F0544X**
- Sun, Nov 10 11:00-11:50 AM . . . . . F0644X**
- Sun, Nov 10 12:00-12:50 PM. . . . . F0744X**
- Sun, Nov 10 1:00-1:50 PM . . . . . F0844X**
- Sun, Nov 10 2:00-2:50 PM . . . . . F0944X**

**Hot Mulled Cider** *Free*

(adults)

Mulled drinks are a very old and traditional fall and holiday drink. While typically made with wine or dry cider, various spices (cinnamon, cloves, or nutmeg) and a little sugar or sweet juice, mulled cider is just as delicious when made with fresh sweet apple cider. Celebrate the start of this year's holiday season with a cup of hot mulled sweet cider and a baked apple treat from our wood stove.

**One Session FREE!**

**Longstreet Farm**

**Sat, Nov 30 12:00-2:00 PM . . . . . PF354A**





**Keeping Backyard Chickens** NEW  
*(adults)*

If you're considering keeping backyard chickens, this is the workshop for you. This course covers the basic needs of food, water and shelter, as well as chicken growth and development, anatomy and egg production, bedding and manure handling, animal and handler health, and more. Participants will gain a comprehensive understanding of the many considerations when keeping a backyard flock. A list of resources and Certificate of Completion will be provided upon successful completion of the class. Four-hour class includes a 30-minute break - please bring your own lunch/refreshments.

**Please Note:** This workshop is designed to meet local ordinances that require an education course; all participants must be 18 years or older. Participants are responsible for complying with their local ordinances and zoning requirements. Questions about this course? Please call the farm office at 732-946-3758.

**One Session \$20.00 Per Adult**  
**Longstreet Farm Vis Ctr**  
**Sun, Nov 3 11:00 AM-3:00 PM. . . . . F0444X**

**Made Fresh from Scratch - Fall Edition**  
*(ages 16 and up)*

Want to impress your guests this Thanksgiving? Make a pumpkin pie from scratch - the old-fashioned way! This class will cover how to cook fresh pumpkin and make a flaky, crispy crust for a pie that will be the talk of the dessert table. We'll sample a piece of pumpkin pie with fresh-whipped cream but bring your notebook and pencil; you'll want to take notes for your own home-made masterpiece!

**One Session \$20.00 Per Person**  
**Longstreet Farm**  
**Sun, Oct 27 12:00-3:00 PM. . . . . F0344X**

**Morning Farm Chores**  
*(ages 6 and up, under 18 with adult)*

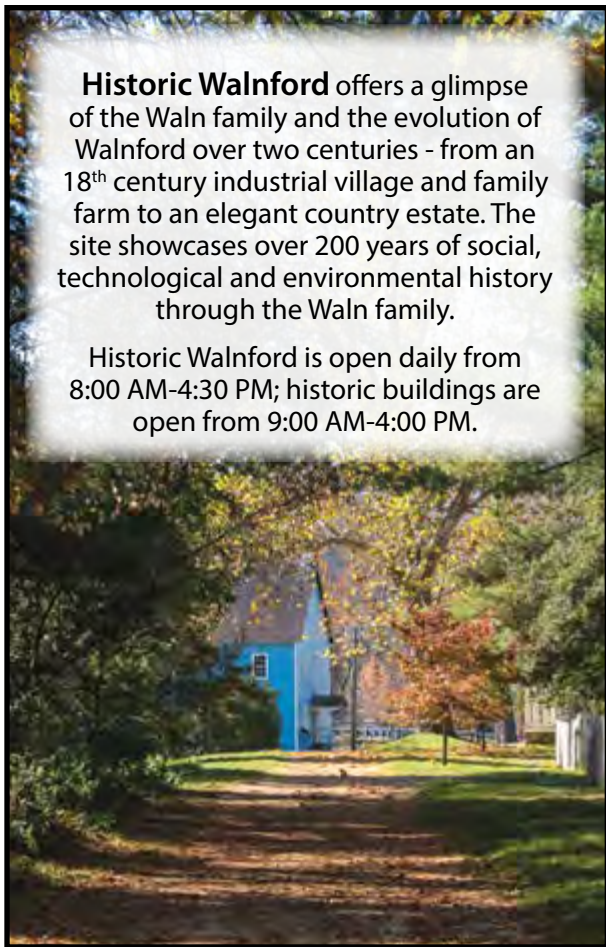
Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Ages 6 & up; under 18 must be accompanied by an adult (chaperones are free but please limit 1). Make sure to wear closed-toed shoes and dress for the weather. Please Note: Due to the popularity of this program, participants may only sign up for ONE Morning Chores session per season. The Park System reserves the right to remove those scheduled in multiple sessions to provide an opportunity for someone on the waiting list.

**One Session \$15.00 Per Person**  
**Longstreet Farm Farm Grounds**  
**Sat, Sep 7 8:00-9:30 AM . . . . . F1044X**  
**Sun, Sep 22 8:00-9:30 AM . . . . . F1144X**  
**Sun, Oct 6 8:00-9:30 AM . . . . . F1244X**  
**Sat, Oct 26 8:00-9:30 AM . . . . . F1344X**  
**Sun, Nov 3 8:00-9:30 AM . . . . . F1444X**  
**Sat, Nov 23 8:00-9:30 AM . . . . . F1544X**

**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 3-Nov 5 10:00 AM-3:00 PM. . . . F0244X**



**Historic Walnford** offers a glimpse of the Waln family and the evolution of Walnford over two centuries - from an 18<sup>th</sup> 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 from 8:00 AM-4:30 PM; historic buildings are open from 9:00 AM-4:00 PM.

**HISTORIC WALNFORD**

**Old-Fashioned Fun & Games** 

*(all ages, under 14 with adult)*  
Visit Walnford and play a variety of historically-themed games to delight and challenge the whole family!

- Sunday, September 8, 1:00-3:00 PM**
- Sunday, October 6, 1:00-3:00 PM**
- Sunday, November 10, 1:00-3:00 PM**

**Story Time in the Park** 

*(grades PreK-2)*  
Join us for a book reading in our cozy open-hearth kitchen! Children are welcome to bring a snack and a mat, blanket or towel to sit on.

- Sunday, September 15, 11:00-11:45 AM**
- Sunday, October 20, 11:00-11:45 AM**
- Sunday, November 17, 11:00-11:45 AM**

**Fall Antique Auto Display** 

Antique automobiles dating 1973 and earlier will be on display. Pack a picnic, stroll our leafy landscape, and admire these 20<sup>th</sup> century beauties. Add a tour of the 18<sup>th</sup> century Waln house and 19<sup>th</sup> century gristmill to complete your trip across three centuries.

- Sunday, September 22, 10:00 AM-2:00 PM**

**Music on the Porch** 

Let the sound of bluegrass music enliven your visit to Historic Walnford. Experience the operating gristmill, picnic under the trees, tour the 18<sup>th</sup> century Waln home, or relax on the porch enjoying sights and sounds of past and present.

- Sunday, September 22, 1:00-3:00 PM**
- Sunday, October 20, 1:00-3:00 PM**

**Woodworking at Walnford** 

Watch local woodworker, Don, demonstrate 19<sup>th</sup> century woodworking under the Carriage House porch.

- Saturday, September 28, 12:00-3:00 PM**
- Saturday, October 19, 12:00-3:00 PM**
- Saturday, November 2, 12:00-3:00 PM**

**Friendship Bracelets (Walnford's Version)**  

Calling all Swifties! While we listen to the tunes of Taylor Swift, learn about the history of friendship bracelets and make one of your own to take home!

- Sunday, October 13, 1:00-3:00 PM**

**Trick-or-Treat in the Park** 

Walk from building to building where staff will provide facts about the site, as well as a treat to fill your basket!

- Sunday, October 27, 10:00 AM-12:00 PM**

**You Are Cordially Invited to Tea**

*(ages 17 and up)*  
We invite you to share in 4 generations of the Waln family's history as you tour this site and then sample freshly brewed teas and baked goods prepared from recipes of the 18<sup>th</sup>, 19<sup>th</sup> and early 20<sup>th</sup> centuries. Please dress for the weather, we will be outside for a portion of this program.

**One Session \$15.00 Per Person**

**Historic Walnford**

- Fri, Sep 13 12:00-1:30 PM . . . . . G0744X**
- Fri, Nov 15 12:00-1:30 PM . . . . . G0844X**



## HISTORIC SEABROOK- WILSON HOUSE TOURS

**Mondays, Thursdays & Sundays  
through October 31, 1:00-4:00 PM**

**Bayshore Waterfront Park, Port Monmouth**

Ever wondered what it looks like inside that mysterious white building by the bay?

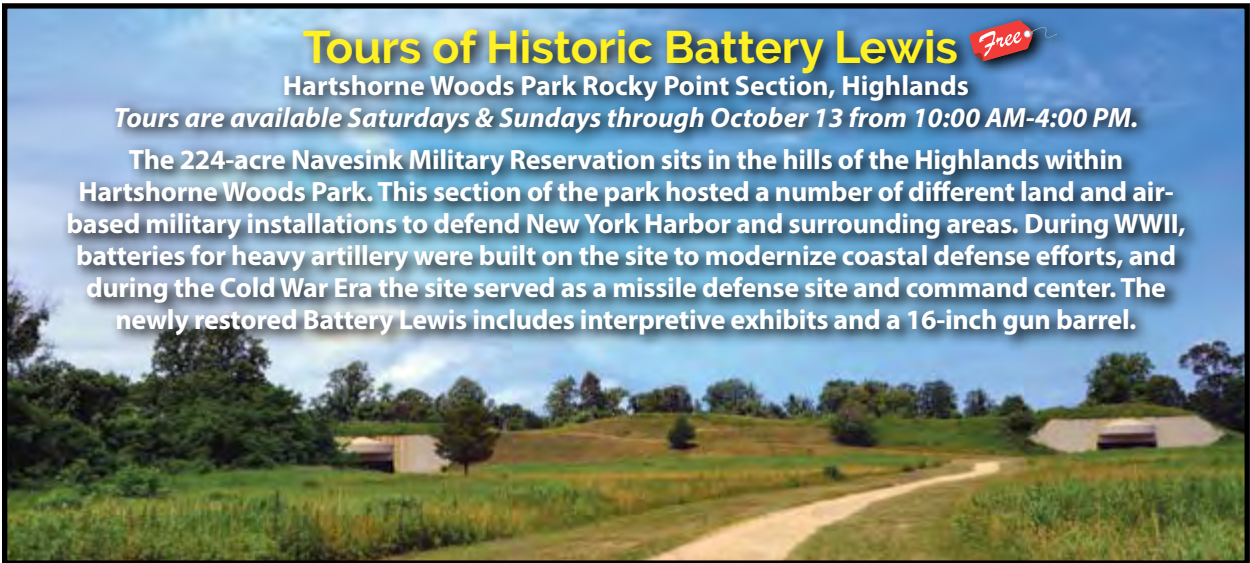
Visit Seabrook-Wilson House, which dates back to the early 1700s and is one of the oldest homes along the Jersey shore and the oldest home along Sandy Hook Bay. The house includes displays on the ecology of the bay and local history. Enjoy views of New York City and the beauty of Sandy Hook Bay while visiting this celebrated house listed on the National Register of Historic Places.

## Tours of Historic Battery Lewis

**Hartshorne Woods Park Rocky Point Section, Highlands**

**Tours are available Saturdays & Sundays through October 13 from 10:00 AM-4:00 PM.**

The 224-acre Navesink Military Reservation sits in the hills of the Highlands within Hartshorne Woods Park. This section of the park hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. During WWII, batteries for heavy artillery were built on the site to modernize coastal defense efforts, and during the Cold War Era the site served as a missile defense site and command center. The newly restored Battery Lewis includes interpretive exhibits and a 16-inch gun barrel.



## Historic Portland Place Tours

**Tours available Wednesday-Sunday through November 24 at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM.**

**Tours are limited to 10 people; please sign in at the Visitor Center.**

Owned by the Hartshorne family for most of its long history, Portland Place is closely interwoven with the early settlement of the Navesink Highlands, the Hartshorne family, and the lands that are now Hartshorne Woods Park. The restored 18<sup>th</sup> century house, furnishings, art and exhibits help tell the story of the region's history and the Hartshorne family legacy in Monmouth County.



## ARTS & CRAFTS

### Coat of Arms

*(all ages, under 18 with adult)*

Hundreds of years ago, families would create a shield with symbols and figures that would represent their family on the battlefield. Today, many families still create their Coat of Arms to represent their family's interests, values and traditions. Come and create your family's Coat of Arms to bring home and display. A 2'x2' shield template, crayons, markers and glue provided. You provide the creativity.

**One Session \$40.00 Per Family of Up to 6**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Sep 28 1:30-3:00 PM . . . . .Q4344X**

### Friday Evening Pottery

*(ages 11 and up, under 14 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 be registered 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 \$140.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Sep 6-Oct 18 6:30-8:30 PM . . . . .Z3444X**

**Fri, Oct 25-Dec 13 6:30-8:30 PM . . . . .Z3544X**

*No class 11/29*

### Sunday Ceramics

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

Looking for a relaxing and creative way to spend your Sunday? 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. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

**One Session \$15.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sun, Sep 8 11:30 AM-1:00 PM . . . . .ZCX44X**

**Sun, Sep 8 1:30-3:00 PM . . . . .ZCY44X**

**Sun, Oct 6 11:30 AM-1:00 PM . . . . .ZCZ44X**

**Sun, Oct 6 1:30-3:00 PM . . . . .ZD044X**

**Sun, Nov 3 11:30 AM-1:00 PM. . . . .ZD144X**

**Sun, Nov 3 1:30-3:00 PM . . . . .ZD244X**

# SPUR Family Barn Dance

*A fundraiser to benefit Special People United to Ride.*

**Sunday, September 29**

**1:00-5:00 PM**

Thompson Park Activity Barn

**TICKETS\***

**Adults: \$10.00**

**Children (10 and under): \$5.00**

*Line Dance instruction provided by BTK Entertainment.*

50/50 RAFFLE



\*Tickets can be purchased online at [www.spuronline.org](http://www.spuronline.org) (scan QR code) or at the door.



**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 \$11.00 Parent/Child \$5.50 Additional Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Sep 7 10:00-11:00 AM . . . . . IK644X**

**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 \$25.00 Parent/Child \$12.50 Additional Person**

**Huber Wds Pk Outdoor Area**

**Sun, Oct 13 10:00-11:15 AM . . . . . IN044X**

**Sun, Oct 13 10:45 AM-12:00 PM . . . . . IN144X**

**Sun, Oct 13 11:30 AM-12:45 PM . . . . . IN244X**

**Sun, Oct 27 10:00-11:15 AM . . . . . IN344X**

**Sun, Oct 27 10:45 AM-12:00 PM . . . . . IN444X**

**Sun, Oct 27 11:30 AM-12:45 PM . . . . . IN544X**

***Rockin' the Trails***

Set out on a cross-county scavenger hunt while exploring our parks! Complete this challenge by using the "Rockin' the Trails" brochure to find hidden trail markers. Return your completed brochure to be entered for a grand prize drawing.

For more information call 732-872-2670 or visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**Eco-Kayak Tour of the Manasquan Reservoir**

*(ages 10 and up, under 18 with adult)*

Tour the Manasquan Reservoir with a Park System Naturalist as your guide and experience nature close up. If lucky, we'll glimpse bald eagles resting, great blue herons stalking prey or turtles basking in the sun. No experience is needed. Basic paddling instruction will be given before the trip begins. Each trip's course will vary according to water level, weather and ability of the group. Single and tandem kayaks are available on a first-come, first-serve basis. Weight limits are 250 lbs. for single kayaks and 400 lbs. for tandems.

**One Session \$26.00 Per Person**

**Manasquan Res Env Ctr Outdoor Area**

**Sun, Sep 1 11:00 AM-12:30 PM . . . . . I2644X**

**Fallen Leaf Walk**

*(all ages, under 18 with adult)*

Discover the beautiful colors of autumn at the new Winter Run Activity Center property, adjacent to Manasquan Reservoir. Collect and identify your favorite fallen leaves as we explore a one-mile trail with a Park System Naturalist during the peak viewing time for New Jersey's fall foliage.

**One Session \$9.00 Per Person**

**Manasquan River Greenway Outdoor Area**

**Sat, Nov 2 11:00 AM-12:15 PM . . . . . I1444X**

**Good Morning, Fall!** 

*(ages 4-8, with adult)*

Summer has ended, but fall has just begun and there's still so much to see! In this program, we will talk about the colors of autumn, learn about plants and animals, and explore the nearby nature to gather materials and add them to our craft. Join us to create this nature-themed pumpkin craft for your little one to take home and proudly display; there will be light scissor use and lots of coloring!

**One Session \$11.50 Per Child \$6.00 2nd Child**

**Turkey Swamp Pk Oak Point Picnic Shelter**

**Fri, Oct 4 10:00-11:00 AM . . . . . I1344X**

## 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 "Growing Up Wild!" 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 by a paying adult.

Cost: One Session \$15.00 Per Person

Location: Huber Woods Park Environmental Center

### FRIDAY, OCTOBER 11

4:30-5:30 PM #IK944X • 5:00-6:00 PM #IKA44X • 5:30-6:30 PM #IKB44X  
6:00-7:00 PM #IKC44X • 6:30-7:30 PM #IKD44X • 7:00-8:00 PM #IKE44X

### SATURDAY, OCTOBER 12

4:00-5:00 PM #IKF44X • 4:30-5:30 PM #IKG44X • 5:00-6:00 PM #IKH44X  
5:30-6:30 PM #IKJ44X • 6:00-7:00 PM #IKK44X • 6:30-7:30 PM #IKM44X  
7:00-8:00 PM #IKN44X • 7:30-8:30 PM #IKP44X

### FRIDAY, OCTOBER 18

4:30-5:30 PM #IKQ44X • 5:00-6:00 PM #IKR44X • 5:30-6:30 PM #IKS44X  
6:00-7:00 PM #IKT44X • 6:30-7:30 PM #IKU44X • 7:00-8:00 PM #IKV44X

### SATURDAY, OCTOBER 19

4:00-5:00 PM #IKW44X • 4:30-5:30 PM #IKX44X • 5:00-6:00 PM #IKY44X  
5:30-6:30 PM #IKZ44X • 6:00-7:00 PM #IM044X • 6:30-7:30 PM #IM144X  
7:00-8:00 PM #IM244X • 7:30-8:30 PM #IM344X

### FRIDAY, OCTOBER 25

4:30-5:30 PM #IM444X • 5:00-6:00 PM #IM544X • 5:30-6:30 PM #IM644X  
6:00-7:00 PM #IM744X • 6:30-7:30 PM #IM844X • 7:00-8:00 PM #IM944X

### SATURDAY, OCTOBER 26

4:00-5:00 PM #IMA44X • 4:30-5:30 PM #IMB44X • 5:00-6:00 PM #IMC44X  
5:30-6:30 PM #IMD44X • 6:00-7:00 PM #IME44X • 6:30-7:30 PM #IMF44X  
7:00-8:00 PM #IMG44X • 7:30-8:30 PM #IMJ44X





# Wind & Sea FESTIVAL

**SATURDAY  
SEPTEMBER 14**

**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
- FISHING
- KITE FLYING
- CRABBING
- SANDCASTLE BUILDING
- SEINING
- SHELLING
- CHILDREN'S CRAFTS
- NATURALIST ACTIVITIES
- 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.





**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, Freehold. Decorate your tent, carve a pumpkin, play Halloween games, go trick-or-treating, and 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.

**\$250.00 Per Family (3-6 persons per family)**  
**Turkey Swamp Pk Nomoco Group Campground**  
**Sat-Sun, Oct 26-27 12:00PM-11:00AM . . W4044X**

**Riveting Reptiles!**

*(all ages, under 18 with adult)*  
 We're taking the reptiles of Manasquan Reservoir's Environmental Center on the road! Come to Freneau Woods Park and meet our snakes and turtles in an up-close encounter during a live animal presentation.

**One Session \$8.00 Per Person**  
**Freneau Wds Pk Vis Ctr Program Room 1**  
**Sat, Sep 21 2:00-3:00 PM . . . . . I1544X**

**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 hand-held GPS units to locate them. After all of your turkeys have been found. Your family will work on their aim as you use our compound bows to shoot the paper turkey targets at our archery range. No turkeys are harmed during this event.

**One Session \$36.00 Adult & Junior \$21.00 Additional Sibling**  
**Thompson Pk 3 Barns Parking Lot**  
**Sat, Nov 16 12:00-2:00 PM . . . . . W5144X**

**World Animal Day**

*(ages 4 and up, under 18 with adult)*  
 Come out and celebrate World Animal Day with a Park System Naturalist. You will get to enjoy a live animal show to meet some of our local native animals, meet some insects, amphibians, and reptiles. Learn all about what they eat and more about their habitat.

**One Session \$10.00 Per Person**  
**Manasquan River Greenway Winter Run**  
**Fri, Oct 4 5:30-6:30 PM . . . . . I1144X**

**Tree Top Adventures**

*(ages 12 and up, under 18 with adult)*  
 Calling all thrill-seekers or tree-climbing amateurs! Our challenge course in the woods of Thompson Park will keep you challenged, present and living in the moment. We will take you on a memorable adventure that combines ziplining with fun and exciting aerial obstacles. You'll step outside your comfort zone on this journey through the forest canopy. This challenge by choice adventure is led by professionally trained and enthusiastic staff that cover safety standards, gear outfitting, and basic ground school. All equipment will be supplied. Please bring a healthy lunch and a beverage, and wear closed-toe/heel shoes. The trees are calling! Are you up for the challenge?

**One Session \$45.00 Per Person**  
**Thompson Pk**  
**Sun, Sep 8 10:00 AM-1:00 PM . . . . . W5044X**

**FLY ME TO THE MOON!**  
**Friday, October 18, 8:00-9:00 PM**  
**Bayshore Waterfront Park**

**Did you know that some species of birds migrate using the moon to help them navigate? Join us for an evening of moon viewing and discussion. If we're lucky, we may even see some nocturnal migrants crossing the face of the moon as they make their southward journey.**

## OUTDOOR FAMILY FUN!

### Canoe Rentals at Thompson Park

(all ages, under 18 with adult)

Rent a canoe at Thompson Park's Marlu Lake and enjoy paddling locally. All equipment is provided.

**Cost: \$15.00 per boat for 1-3 people for 2 hours of canoeing**

**The following Saturdays & Sundays from 10:00 AM-3:00 PM:**

**August 3 & 4, August 17 & 18, August 31 & September 1**

*Rentals must be returned by 3:00 PM.*

### Climb Time

(ages 8 and up, with adult)

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

You must be 42" or taller to climb.

**Cost: FREE!**

**Friday, September 20, 3:00-6:00 PM**

**Seven Presidents Oceanfront Park**

**Tuesday, October 15, 3:00-6:00 PM**

**Shark River Park**

**Sunday, November 17, 12:00-3:00 PM**

**Freneau Woods 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 or air-conditioned. All equipment is provided.

**Cost: \$10 per person (cash or check only)**

**Thompson Park Activity Barn**

**Saturday, September 14, 10:00 AM-1:00 PM**

**Saturday, October 12, 10:00 AM-1:00 PM**

**Saturday, November 9, 10:00 AM-1:00 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!

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

**Fort Monmouth Rec Ctr Program Room B**

**Thu, Sep 19-Oct 10 9:30-10:15 AM. . . . MD444X**

**Thu, Oct 17-Nov 7 9:30-10:15 AM . . . . MD544X**

**Thu, Nov 14-Dec 12 9:30-10:15 AM . . . . MD644X**

*No class 11/28*

### Craft 'n' Play

(ages 18 months-3 years, with adult)

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

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

**Fort Monmouth Rec Ctr Program Room B**

**Wed, Sep 18-Oct 9 9:30-10:15 AM . . . . MD744X**

**Thu, Sep 19-Oct 10 10:30-11:15 AM. . . . MDA44X**

**Wed, Oct 16-Nov 6 9:30-10:15 AM . . . . MD844X**

**Thu, Oct 17-Nov 7 10:30-11:15 AM . . . . MDB44X**

**Wed, Nov 13-Dec 11 9:30-10:15 AM . . . . MD944X**

*No class 11/27*

**Thu, Nov 14-Dec 12 10:30-11:15 AM . . . MDE44X**

*No class 11/28*



*When children do crafts it helps develop their fine motor skills, encourages critical thinking, builds resilience, and boosts counting and pattern recognition.*

## DID YOU KNOW?

# THOMPSON PARK DAY



SUNDAY

**OCTOBER 20**  
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
- CERAMICS
- POTTERY DEMONSTRATIONS
- ARCHERY
- CLIMBING WALL
- FOOD VENDORS

**AND SO MUCH MORE!**

FOR ADDITIONAL INFORMATION,  
VISIT US ONLINE AT  
[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM).



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, AUGUST 14. SEE PAGE 120 FOR FULL DETAILS.

[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)

**Let's Create!**

*(ages 2-5, 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 working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home.

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

**Six Sessions \$69.00 Parent/Child**

**Freneau Wds Pk Vis Ctr Art Room**

**Tue, Oct 29-Dec 3 10:00-10:45 AM . . . . . A3044X**

**Messy Art**

*(ages 18 months-3 years, with adult)*

We take messy art to a new level! Toddlers will delight in paint, glue and glitter, and more. They'll get to make a mess while exploring and expressing themselves through art. Note: this indoor class will move outdoors during nice weather.

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

**Fort Monmouth Rec Ctr Program Room B**

**Wed, Sep 18-Oct 9 10:30-11:15 AM . . . . MD144X**

**Wed, Oct 16-Nov 6 10:30-11:15 AM . . . . MD244X**

**Wed, Nov 13-Dec 11 10:30-11:15 AM . . . . MD344X**

*No class 11/27*



**Friday Night Family Fun Night: Nailed It – The Turkey Edition**

*(ages 8-12, with adult)*

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Pair**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Nov 22 6:00-8:30 PM . . . . . M0944X**

**Friday Night Family Fun Night: Pizza and Zeppole**

*(ages 8-12, with adult)*

Making your own fresh dough, you'll learn the techniques of mixing, kneading, and shaping it to make your own Italian "Tomato Pie". These will be baked off to perfection so you can enjoy the fruits of your labor. With the same style dough, you will learn to shape the iconic stromboli or calzone. Then, it's on to one of our favorite sweet treats the "Italian Donut" Zeppole. Here you will see a deliciously light ricotta recipe that is not just "fried dough" topped with powdered sugar. Yum!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Pair**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Nov 15 6:00-8:30 PM . . . . . M0844X**

**CULINARY ARTS**

**Friday Night Family Fun: Flavors of the Orient**

*(ages 8-12, with adult)*

You asked for it and we deliver! When one thinks of Asian food, many styles come to mind. Some go right to Chinese while others think Japan and sushi. Some might think Thai food. Today, we will take a culinary trip to Northern China. This is one of the colder regions where wheat crops are a mainstay. Therefore, we will notice more dumplings and noodles on these menus. Let's get some hands-on experience making these traditional dishes.

Menu: Veggie Lo Mein, Chicken Stir Fry and Egg Rolls

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Pair**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Nov 8 6:00-8:30 PM . . . . . M0744X**

### Friday Night Family Fun: 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 Hogwarts, Professor Dumbledore has officially appointed Chef Stephen as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast.

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Pair**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Oct 4 6:00-8:30 PM . . . . . M0344X**

**Fri, Oct 25 6:00-8:30 PM . . . . . M0444X**

### 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 cats.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Sat, Oct 26 10:00 AM-12:30 PM . . . . . M0644X**



*We had so much fun!  
The instructor was great and  
the class size was perfect!*



### Spooky Halloween Appetizers

(ages 8-12, with adult)

Let's have a little fun and get into the "Halloween Spirit". Why let the kids have all the fun? Today we will learn how to take your regular appetizers and hors 'oeuvres and turn them into scary Halloween treats. Instead of Deviled Eggs how about Deviled "Eyes". Why not make some spooky "Witch Fingers". Don't worry, there will be no spells or curses in this class.

Menu: Witches' Fingers, Devil's Egg Eyes, Breaded Mummies and Skeleton Crudit 

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Pair**

**Fort Monmouth Rec Ctr Kitchen**

**Sat, Oct 5 10:00 AM-12:30 PM. . . . . M0544X**

### Wee Can Cook

(age 3, with adult)

Chop, roll, measure, spread, mix, toss and pour are what your kids will be doing in the kitchen! Create yummy, fun, hands-on cooking projects and listen to food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered. Please Note: In order for all registered participants to fully enjoy the program, please refrain from bringing additional family members and children to class.

**Four Sessions \$70.00 Parent/Child**

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 1 10:00-11:00 AM . . . . . A8244X**

**Wed, Sep 11-Oct 2 1:30-2:30 PM . . . . . A7844X**

**Thu, Sep 12-Oct 3 1:30-2:30 PM . . . . . A8044X**

**Fri, Sep 13-Oct 4 10:00-11:00 AM . . . . . A8444X**

**Tue, Oct 15-Nov 5 10:00-11:00 AM. . . . . A8344X**

**Wed, Oct 16-Nov 6 1:30-2:30 PM . . . . . A7944X**

**Thu, Oct 17-Nov 14 1:30-2:30 PM . . . . . A8144X**

*No class 10/31*

**Fri, Oct 18-Nov 8 10:00-11:00 AM . . . . . A8544X**

**EDUCATION & ENRICHMENT**

**Adventures in Reading**

*(ages 3-5, with adult)*

Reading is fun for everyone! We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. This is a great follow-up program to Little Learners!

**Six Sessions \$70.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg**

**Fri, Sep 13-Oct 18 2:00-2:45 PM . . . . . ABW44X**

**Fri, Nov 1-Dec 13 2:00-2:45 PM . . . . . ABX44X**

*No class 11/29*

**Keyboard Beginnings Music -**

**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 as they learn the names of the musical keys and play short songs on keyboards provided in the classroom. In order 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 Keyboard Beginnings Music Book 1 for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of \$25.00 is due to the instructor on the first day of class.

**Seven Sessions \$160.00 Parent/Child**

**Thompson Pk Vis Ctr Tulip Room**

**Mon, Sep 16-Nov 4 4:00-4:45 PM . . . . . A1144X**

*No class 10/14*

**Mon, Sep 16-Nov 4 5:00-5:45 PM . . . . . A1244X**

*No class 10/14*

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

**Little Learners**

*(ages 2-4, with adult)*

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

**Six Sessions \$70.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg**

**Fri, Sep 13-Oct 18 3:15-4:00 PM . . . . . AC144X**

**Fri, Nov 1-Dec 13 3:15-4:00 PM . . . . . AC044X**

*No class 11/29*

**Morning Tea Party**

*(ages 2-4, with adult)*

Come join us for some fun, themed stories and snacks! We will read together then share in the process of creating a simple snack and tea together. Best of all, we will make new friends along the way!

**One Session \$25.00 Parent/Child**

**Dorbrook Rec Area Vis Ctr**

**Apples, Apples**

**Sat, Sep 21 10:00-10:45 AM . . . . . A6444X**

**Woodland Friends**

**Sat, Oct 12 10:00-10:45 AM . . . . . A6544X**

**Halloween Fun**

**Sat, Oct 26 10:00-10:45 AM . . . . . A6644X**

**Gobble Gobble**

**Sat, Nov 23 10:00-10:45 AM . . . . . A6744X**

**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 \$72.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg**

**Wed, Sep 11-Oct 16 3:00-4:00 PM . . . . . A2744X**

**Wed, Oct 30-Dec 11 3:00-4:00 PM . . . . . A3344X**

*No class 11/27*

## HORTICULTURE

### Storytime for Fall: Because of an Acorn

*(ages 3-5, with adult)*

This story teaches about the importance of every part of our ecosystem. Hear what can come of a tiny acorn as it transforms the world around it simply by becoming a tree. After the story we will paint an acorn-ament with air-dry clay and found acorn caps. These colorful acorn-aments can adorn your house plants or your upcoming holiday decorations! After the craft we will take a short walk through the garden.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Fri, Nov 1 11:00 AM-12:00 PM. . . . . H1044X**

## 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. At times, part of this program will take place indoors.

**Four Sessions \$50.00 Parent/Child**

**Huber Wds Pk Env Ctr**

**Wed, Nov 6-27 10:00-11:15 AM (approx). . IN644X**

### Curious Kids

*(ages 3-5, with adult)*

Do you have a curious kid? During this hands-on four-week series, we will encourage and celebrate your child's natural curiosity with live animals, plants, nature artifacts, crafts, stories, and nature walks. Each week we will go over a new topic (Flying Friends, Predators & Prey, Plants, and Animal Adaptations). The use both indoor and outdoor facilities; come dressed for the weather and feel free to bring a snack to enjoy in the park after each class.

**Four Sessions \$50.00 Parent/Child**

**Huber Wds Pk Env Ctr**

**Thu, Sep 5-26 10:00-11:00 AM (approx) . . IK844X**

### Eye Spy Autumn

*(ages 5-8, with adult)*

Join one of our park naturalists for a fun nature scavenger hunt throughout the park. As you search for natural items such as pine cones, insects, and flowers, you will learn fun facts along the way. Please bring water and wear comfortable walking shoes. Children must be registered with a paying adult.

**One Session \$11.50 Parent/Child**

**Freneau Wds Pk Act Ctr Parking Area**

**Thu, Sep 26 5:00-6:00 PM (approx) . . . . . IMZ44X**

### Forest Bathing with Kids

*(ages 2-7, with adult)*

De-stress your kids with a forest-bathing adventure! Spend a quiet hour in the woods with your child as we listen to the trees and birds and bow to the flowers. Forest bathing works because it connects us back to our natural state, which lives in harmony with nature. Forest bathing is all about soaking in your surroundings and practicing mindfulness while in nature. The more time you spend in nature, the quicker you will see the benefits spill over into your daily lives and the more appreciation you will have for its benefits on your whole family's health and wellbeing! Please wear closed-toe shoes, no flip-flops or sandals.

**One Session \$17.00 Parent/Child \$8.50 Additional Sibling**

**Freneau Wds Pk Vis Ctr Parking Area**

**Tue, Sep 24 11:00 AM-12:00 PM . . . . . IMS44X**

**Tue, Oct 15 11:00 AM-12:00 PM . . . . . IMT44X**

### 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 \$16.00 Parent/Child \$8.00 Additional Person**

**Huber Wds Pk Env Ctr**

**Thu, Oct 17 4:30-5:45 PM. . . . . INH44X**

**Tue, Oct 22 4:30-5:45 PM. . . . . INJ44X**

**Make a Pumpkin Bird Feeder!**

*(ages 7 and up, under 18 with adult)*

Don't ditch your left-over pumpkins just yet, give it another life as a bird feeder! This program will include a bird walk and then each participant will receive their own sugar pumpkin and learn how to carve it into the perfect feeder for our backyard friends.

**One Session \$17.00 Parent/Child**

**Huber Wds Pk Env Ctr**

**Sat, Nov 2 10:00-11:00 AM. . . . . IMR44X**

**My First Fish**

*(ages 6-12, with adult)*

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

**One Session \$16.00 Per Child**

**Turkey Swamp Pk**

**Sun, Sep 29 11:00 AM-12:30 PM . . . . . I1744X**

**Sun, Oct 13 11:00 AM-12:30 PM . . . . . I1844X**

**My First Nature Box**

*(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 \$14.00 Per Child**

**Manasquan River Greenway Winter Run**

**Wed, Oct 9 11:00-11:45 AM . . . . . I3144X**

**National Wildlife Day**

*(ages 4 and up, under 18 with adult)*

Join a Park System Naturalist to celebrate National Wildlife Day! Enjoy a live animal show as we meet some of our local wildlife. Learn about fun facts, life histories, and the habitats these creatures can be found in. You will meet and have an up-close encounter with insects, amphibians and reptiles that call our area home.

**One Session \$10.00 Per Person**

**Manasquan River Greenway Winter Run**

**Tue, Sep 10 6:00-7:00 PM. . . . . I0344X**

**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 23-28,  
10:00 AM-4:00 PM**

DROP OFF LOCATIONS

Huber Woods Environmental Center  
Manasquan Reservoir Environmental Center  
Thompson Park Visitor Center

SWAP DAY

**Sunday, September 29, 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.

**OUTDOOR ADVENTURES**

**Oh My Gourd!**

*(ages 5 and up, with adult)*

Let's celebrate fall with a fun take-home harvest craft that won't expire! During a fun activity, we will learn how plants grow. Then following the craft, we'll take a short nature walk. Weather permitting, the walk may be replaced by an indoor nature presentation.

**One Session \$14.00 Per Child**

**Manasquan River Greenway Winter Run**

**Sat, Nov 9 10:00-11:00 AM. . . . . I3044X**

**Seaside Story Time**

*(ages 3-5, with adult)*

It may be September, but summer isn't over yet! Soak up the last days of summer as we read a story and take a walk on the beach collecting treasures from the seashore.

**One Session \$12.00 Parent/Child**

**Seven Presidents Pk Act Ctr**

**Tue, Sep 10 10:00-11:00 AM. . . . . INE44X**

**Bayshore Waterfront Pk Outdoor Area**

**Wed, Sep 18 10:00-11:00 AM . . . . . INF44X**

**Tracking Wildlife**



*(ages 7-12, with adult)*

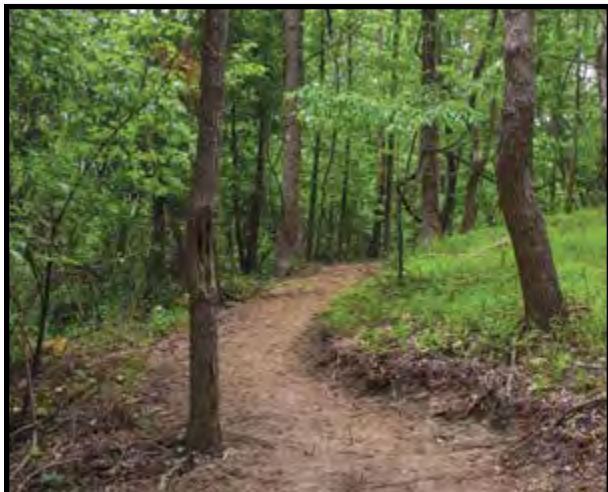
Have you ever wondered which animal left a print in your garden, backyard or local trail? Join a Park System Naturalist to learn to identify what wildlife left animal tracks in your area. We will learn some of our local animal tracks, take a short hike looking for fresh prints, and everyone will get to make and take home a casted plaster animal print which can be decorated.

**One Session \$12.00 Per Child**

**Manasquan River Greenway Winter Run**

**Thu, Oct 10 5:00-6:00 PM. . . . . I0144X**

**Thu, Oct 24 5:00-6:00 PM. . . . . I0244X**



**Hiking Adventures - A Toddler's Perspective**

*(ages 2-5, with adult)*

Enjoy a refreshing outing with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. 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 \$18.00 Parent/Child \$7.00 Additional Sibling**

**Henry Hudson Trail Popamora Point Parking Lot**

**Sat, Sep 7 10:00-11:30 AM. . . . . W3744X**

**Fisherman's Cove Parking Lot Area**

**Sat, Oct 5 10:00-11:30 AM . . . . . W3844X**

**Clayton Pk**

**Sat, Nov 2 10:00-11:30 AM. . . . . W3944X**

**Nature Tots**

*(ages 2-5, with adult)*

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

**Three Sessions \$48.00 Parent/Child \$21.00 Additional Sibling**

**Scurrying Squirrels**

**9/5 - Hartshorne Wds Buttermilk Valley Lot**

**9/12 - Holmdel Pk Lake Lot**

**9/19 - Huber Wds Pk Env Ctr Lot**

**Thu, Sep 5-19 10:00-11:30 AM . . . . . W4544X**

**Wood Turtle Wanderers**

**10/16 - Shark River Pk Shelter Bldg**

**10/23 - Thompson Pk Old Orchard Lot**

**10/30 - Manasquan Res Winter Run Act Ctr Lot**

**Wed, Oct 16-30 10:00-11:30 AM . . . . . W4644X**

**Cheeky Chipmunks**

**11/12 - Big Brook Pk Lower Pond Lot**

**11/19 - Tatum Park Red Hill Act Ctr Lot**

**11/26 - Hartshorne Wds Rocky Point Lot**

**Tue, Nov 12-26 10:00-11:30 AM . . . . . W4744X**

**PLAY GROUP**



**Let's Explore**

*(ages 2-5, with adult)*

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

**Six Sessions \$70.00 Per Pair**

**Dorbrook Rec Area Prog Bldg**

- Mon, Sep 9-Oct 14 9:30-10:15 AM . . . . . A2144X**
- Mon, Sep 9-Oct 14 10:45-11:30 AM . . . . . A2244X**
- Mon, Sep 9-Oct 14 12:00-12:45 PM . . . . . A2344X**
- Mon, Oct 28-Dec 2 9:30-10:15 AM . . . . . A2444X**
- Mon, Oct 28-Dec 2 10:45-11:30 AM . . . . . A2544X**
- Mon, Oct 28-Dec 2 12:00-12:45 PM . . . . . A2644X**

**Freneau Wds Pk Vis Ctr Art Room**

- Tue, Oct 29-Dec 3 11:15 AM-12:00 PM . . . A3244X**

**Mindfulness Monkeys**

*(ages 3-5, with adult)*

Unplug and unwind in this mindfulness program! Class is full of dances, songs, crafts and meditation activities. We'll do themed sessions centering around identifying emotions, gratitude, kindness, respect and making friends.

**Six Sessions \$70.00 Per Pair**

**Dorbrook Rec Area Vis Ctr**

- Wed, Oct 30-Dec 4 11:00-11:45 AM . . . . . A6844X**

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

**Miss Melissa's Aardvarks**

*(ages 6 months-5 years, with adult)*

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

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

Instructor: Mr. Rob

**Dorbrook Rec Area Vis Ctr**

- Mon, Sep 9-Nov 4 10:30-11:15 AM. . . . . ABB44X**

*No class 10/14*

- Mon, Sep 9-Nov 4 11:30 AM-12:15 PM . . . ABC44X**

*No class 10/14*

Instructor: Ms. Meggan

**Dorbrook Rec Area Vis Ctr**

- Mon, Sep 9-Nov 4 4:00-4:45 PM . . . . . ADC44X**

*No class 10/14*

- Mon, Sep 9-Nov 4 5:00-5:45 PM . . . . . ADD44X**

*No class 10/14*

Instructor: Ms. Bri

**Tatum Pk Red Hill Act Ctr**

- Tue, Sep 10-Oct 29 9:30-10:15 AM . . . . . ABD44X**

- Tue, Sep 10-Oct 29 10:30-11:15 AM . . . . . ABE44X**

- Tue, Sep 10-Oct 29 11:30 AM-12:15 PM . . . ABF44X**

- Wed, Sep 11-Oct 30 9:30-10:15 AM . . . . . ABG44X**

- Wed, Sep 11-Oct 30 10:30-11:15 AM . . . . . ABH44X**

Instructor: Ms. Elisa

**Dorbrook Rec Area Vis Ctr**

- Fri, Sep 13-Nov 1 9:30-10:15 AM . . . . . ABJ44X**

- Fri, Sep 13-Nov 1 10:30-11:15 AM . . . . . ABK44X**

- Fri, Sep 13-Nov 1 11:30 AM-12:15 PM. . . . . ABM44X**

**Mommy & Me Ballet**

*(ages 2 ½-3 ½, with adult)*

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

**Ten Sessions \$125.00 Per Pair**

**Tatum Pk Red Hill Act Ctr**

- Tue, Sep 10-Nov 19 9:30-10:15 AM . . . . . A4544X**

*No class 11/5*

## Morning Playtime

(ages 18 months-3 years, with adult)

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

**Please Note: Parent must be present in the room; drop-offs are not permitted.**

**Five Sessions \$62.00 Parent/Child**

### Stage 2

(ages 18 months-2 years, with adult)

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 8 9:30-10:15 AM . . . . . X5744X**

**Thu, Sep 12-Oct 10 9:15-10:00 AM. . . . . X2544X**

**Tue, Oct 22-Nov 26 9:30-10:15 AM. . . . . X6644X**

*No class 11/8*

**Thu, Oct 24-Nov 21 9:15-10:00 AM . . . . . X3144X**

**Tatum Pk Holland Act Ctr**

**Wed, Sep 11-Oct 9 10:30-11:15 AM . . . . . X7844X**

**Wed, Oct 23-Nov 27 10:30-11:15 AM . . . . . X8144X**

*No class 11/6*

**Thompson Pk Vis Ctr Tulip Room**

**Wed, Sep 11-Oct 9 9:15-10:00 AM . . . . . X2244X**

**Wed, Oct 23-Nov 20 9:15-10:00 AM . . . . . X2844X**

### Stage 3

(ages 2-3 ½, with adult)

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 8 10:30-11:15 AM. . . . . X5844X**

**Thu, Sep 12-Oct 10 10:15-11:00 AM. . . . . X2644X**

**Tue, Oct 22-Nov 26 10:30-11:15 AM. . . . . X6744X**

*No class 11/5*

**Thu, Oct 24-Nov 21 10:15-11:00 AM. . . . . X3244X**

**Tatum Pk Holland Act Ctr**

**Wed, Sep 11-Oct 9 11:30 AM-12:15 PM. . . X7944X**

**Wed, Oct 23-Nov 27 11:30 AM-12:15 PM. . X8244X**

*No class 11/6*

**Thompson Pk Vis Ctr Tulip Room**

**Wed, Sep 11-Oct 9 10:15-11:00 AM . . . . . X2344X**

**Wed, Oct 23-Nov 20 10:15-11:00 AM . . . . . X2944X**



*My daughter loved coming to Miss Robyn's class! From the time we pulled into the parking lot she expressed her excitement!*



## Move and Groove

(ages 18 months-3 years, with adult)

A lovely introduction to dance and movement! We will sing, dance and explore while building basic motor skills and coordination. Scarves, beanbags, and musical instruments will enhance learning process and encourage self-expression. Parent or caregiver participation is encouraged.

**Six Sessions \$70.00 Per Pair**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 18-Oct 23 10:00-10:45 AM . . . . . A6944X**

**Wed, Oct 30-Dec 4 10:00-10:45 AM . . . . . A7044X**

## 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 \$62.00 Parent/Child**

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 8 11:30 AM-12:15 PM . . . X5944X**

**Thu, Sep 12-Oct 10 11:15 AM-12:00 PM . . X2744X**

**Tue, Oct 22-Nov 26 11:30 AM-12:15 PM . . X6844X**

*No class 11/5*

**Thu, Oct 24-Nov 21 11:15 AM-12:00 PM . . X3344X**

**Thompson Pk Vis Ctr Tulip Room**

**Wed, Sep 11-Oct 9 11:15 AM-12:00 PM. . . X2444X**

**Wed, Oct 23-Nov 20 11:15 AM-12:00 PM. . X3044X**

## PreK Prep

(ages 3-4, with adult)

Make learning fun and full of different experiences. PreK Prep will focus on getting your child ready for their early education journey. Class will cover all sorts of subjects including number recognition, counting, letter recognition, seasons, days of the week, shapes, and of course some time for free play. All this is geared to have your child prepared and ready to jump right in for the first day of school. Our experienced instructor will create a fun environment during the program to help everyone learn some important skills.

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$50.00 Per Person**

**Fri, Oct 25-Nov 22 10:30-11:15 AM . . . . . X7144X**

*No class 11/8*

**Five Sessions \$62.00 Per Person**

**Fri, Sep 13-Oct 11 10:30-11:15 AM. . . . . X6144X**

### Sensory Explorers

(ages 9 months-3 years, with adult)

Explore your child's new world together through sound, vision, and touch! Each class is filled with multi-sensory activities, messy art, song, and dance. These developmentally appropriate activities are designed to grow young children's brains and help develop their fine motor skills.

**Six Sessions \$70.00 Per Pair**

**Freneau Wds Pk Vis Ctr Art Room**

(ages 9 months-18 months, with adult)

**Tue, Sep 10-Oct 15 9:00-9:45 AM . . . . . A7244X**

(ages 18 months-2 years, with adult)

**Tue, Sep 10-Oct 15 10:15-11:00 AM . . . . . A7344X**

(age 3, with adult)

**Tue, Sep 10-Oct 15 11:30 AM-12:15 PM . . A7444X**

### Superheroes

(ages 2 ½-5 years, with adult)

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

**Five Sessions \$65.00 Parent/Child**

**Fort Monmouth Rec Ctr Gym A**

**Avengers Assemble**

Including heroes: Captain America, Spiderman, and Hulk

**Mon, Sep 16-Oct 21 9:30-10:15 AM . . . . MB544X**

*No class 10/14*

**Mon, Sep 16-Oct 21 10:30-11:15 AM . . . MB644X**

*No class 10/14*

**Justice League**

Including heroes: Superman, Wonder Woman, and Batman

**Mon, Nov 4-Dec 9 9:30-10:15 AM . . . . MB744X**

*No class 11/11*

**Mon, Nov 4-Dec 9 10:30-11:15 AM. . . . MB844X**

*No class 11/11*

### The Power of Play

(ages 2-4, with adult)

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

**Four Sessions \$48.00 Per Person**

**Fort Monmouth Rec Ctr Gym A**

**Fri, Sep 27-Oct 18 9:30-10:15 AM . . . . MBY44X**

**Fri, Sep 27-Oct 18 10:30-11:15 AM. . . . MC144X**

**Fri, Nov 1-22 9:30-10:15 AM. . . . . MC244X**

**Fri, Nov 1-22 10:30-11:15 AM . . . . . MC344X**

### 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!

**Four Sessions \$50.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Fri, Oct 25-Nov 22 9:30-10:15 AM . . . . X7044X**

*No class 11/8*

**Five Sessions \$62.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Fri, Sep 13-Oct 11 9:30-10:15 AM . . . . X6044X**

**Tatum Pk Holland Act Ctr**

**Wed, Sep 11-Oct 9 9:30-10:15 AM . . . . X7744X**

**Wed, Oct 23-Nov 27 9:30-10:15 AM . . . . X8044X**

*No class 11/6*

**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 \$60.00 Parent/Child**

**Dorbrook Rec Area**

**Sat, Sep 7-28 9:00-9:55 AM . . . . .X0144X**

**Mon, Sep 9-30 4:00-4:55 PM. . . . .XB144X**

**Sat, Oct 12-Nov 2 9:00-9:55 AM. . . . .X5444X**

**Basketball with Me & Dad/Mom Clinic**

*(ages 5-6, with adult)*

This introductory class is the perfect way to spark anyone's interest in basketball! Parent and child will have fun while practicing the basic skills of the game. Parent participation is required.

**One Session \$15.00 Per Person**

**Dorbrook Rec Area**

**Sun, Sep 15 9:00-9:55 AM . . . . .X5044X**

**Sun, Sep 29 9:00-9:55 AM . . . . .X5344X**

**Sun, Oct 27 9:00-9:55 AM . . . . .XB544X**

**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.

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$50.00 Per Child**

**Fri, Oct 25-Nov 22 11:30 AM-12:15 PM . . . X7244X**

*No class 11/8*

**Five Sessions \$62.00 Per Child**

**Fri, Sep 13-Oct 11 11:30 AM-12:15 PM . . . X6244X**

**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.

**All American Gymnastics Cindy Lane, Ocean**

**Three Sessions \$55.00 Per Pair**

**Thu, Nov 7-21 9:30-10:15 AM . . . . . MAX44X**

**Four Sessions \$70.00 Per Pair**

**Thu, Sep 5-26 9:30-10:15 AM . . . . . MAN44X**

**Sat, Sep 7-28 9:00-9:45 AM . . . . . MB344X**

**Sat, Sep 7-28 11:00-11:45 AM. . . . . MBC44X**

**Sat, Sep 7-28 12:00-12:45 PM. . . . . MBD44X**

**Thu, Oct 3-24 9:30-10:15 AM . . . . . MAR44X**

**Sat, Oct 5-26 9:00-9:45 AM. . . . . MBM44X**

**Sat, Oct 5-26 11:00-11:45 AM . . . . . MBN44X**

**Sat, Oct 5-26 12:00-12:45 PM . . . . . MBP44X**

**Sat, Nov 2-23 9:00-9:45 AM . . . . . MC444X**

**Sat, Nov 2-23 11:00-11:45 AM . . . . . MC544X**

**Sat, Nov 2-23 12:00-12:45 PM. . . . . MC644X**

**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/Meditation Instructor

**Five Sessions \$85.00 Parent/Child**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Sun, Sep 8-Oct 6 11:30 AM-12:00 PM . . . XCN44X**

**Sun, Oct 20-Nov 17 11:30 AM-12:00 PM . . XCP44X**



*When children participate in physical activities like sports it can improve their academic performance, brain health, muscular fitness, and bone strength.*

**DID YOU KNOW?**

**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.

**Outdoor Season**

**Three Sessions \$45.00 Per Child**

**Dorbrook Rec Area**

**Wed, Oct 16-30 4:00-4:45 PM . . . . .XAA44X**

**Mon, Oct 21-Nov 4 10:00-10:45 AM . . . . .XA644X**

*No class 10/14*

**Mon, Oct 21-Nov 4 11:00-11:45 AM . . . . .XA744X**

**Four Sessions \$60.00 Per Child**

**Dorbrook Rec Area**

**Mon, Sep 9-30 10:00-10:45 AM . . . . .X9344X**

**Mon, Sep 9-30 11:00-11:45 AM . . . . .X9444X**

**Wed, Sep 11-Oct 2 4:30-5:15 PM . . . . .X6944X**

**Sat, Sep 14-Oct 5 9:00-9:45 AM . . . . .X9744X**

**Sun, Sep 15-Oct 6 9:00-9:45 AM . . . . .XA344X**

**Sun, Sep 15-Oct 6 10:00-10:45 AM. . . . .XA444X**

**Sat, Oct 19-Nov 9 9:00-9:45 AM. . . . .XAE44X**

**Sun, Oct 20-Nov 10 9:00-9:45 AM . . . . .XAM44X**

**Sun, Oct 20-Nov 10 10:00-10:45 AM. . . . .XAN44X**

**Fort Monmouth Rec Ctr Outdoor Area**

**Tue, Sep 10-Oct 1 9:30-10:15 AM. . . . .X6444X**

**Tue, Oct 15-Nov 5 9:30-10:15 AM . . . . .XA844X**

**Sat, Oct 19-Nov 9 9:00-9:45 AM. . . . .XAH44X**

**Sat, Oct 19-Nov 9 10:00-10:45 AM . . . . .XAJ44X**

**Holmdel Pk Hilltop Area**

**Fri, Sep 13-Oct 4 9:30-10:15 AM . . . . .X9544X**

**Fri, Sep 13-Oct 4 10:30-11:15 AM . . . . .X9644X**

**Sat, Sep 14-Oct 12 9:00-9:45 AM . . . . .XA044X**

*No class 10/5*

**Sat, Sep 14-Oct 12 10:00-10:45 AM . . . . .XA144X**

*No class 10/5*

**Fri, Oct 18-Nov 8 9:30-10:15 AM . . . . .XAC44X**

**Fri, Oct 18-Nov 8 10:30-11:15 AM . . . . .XAD44X**

**Indoor Season**

**Fort Monmouth Rec Ctr Gym A**

**Sat, Nov 16-Dec 14 9:00-9:45 AM . . . . .XAS44X**

*No classes 11/30*

**Sat, Nov 16-Dec 14 10:00-10:45 AM . . . . .XAT44X**

*No class 11/30*

**Sun, Nov 17-Dec 15 10:30-11:15 AM . . . . .XAV44X**

*No class 12/1*

**Tue, Nov 19-Dec 10 9:30-10:15 AM . . . . .XAY44X**



**Kixx Soccer & Crafts**

*(ages 3-5, with adult)*

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

**Four Sessions \$64.00 Per Person**

**Outdoor Season**

**Fort Monmouth Rec Ctr Outdoor Area**

**Tue, Sep 10-Oct 1 10:30-11:15 AM. . . . .X6544X**

**Tue, Oct 15-Nov 5 10:30-11:15 AM. . . . .XA944X**

**Indoor Season**

**Fort Monmouth Rec Ctr Gym A**

**Tue, Nov 19-Dec 10 10:30-11:15 AM. . . . .XAZ44X**

**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 \$60.00 Parent/Child**

**Dorbrook Rec Area**

**Sat, Sep 7-28 9:00-9:55 AM . . . . .X6344X**

**Sun, Sep 8-29 9:00-9:55 AM . . . . .X8344X**

**Thu, Sep 12-Oct 3 4:00-4:55 PM . . . . .XEC44X**

**Sat, Oct 12-Nov 2 9:00-9:55 AM. . . . .XB844X**

**Sun, Oct 13-Nov 3 9:00-9:55 AM . . . . .X9044X**

**ARTS & CRAFTS**

**CERAMICS & POTTERY**

**Children's Handbuilding with Clay**

(ages 7-10)

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

**Six Sessions \$100.00 Per Child**

**Thompson Pk Creative Arts Center**

**Fri, Sep 20-Oct 25 4:30-6:00 PM . . . . . Z3044X**

**Fri, Nov 1-Dec 13 4:30-6:00 PM . . . . . Z3144X**

*No class 11/29*

**Children's Wheel-Thrown Pottery**

(ages 11-17)

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

**Seven Sessions \$140.00 Per Child**

**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

**Thu, Sep 5-Oct 17 4:00-6:00 PM . . . . . Z3644X**

**Thu, Oct 24-Dec 12 4:00-6:00 PM. . . . . Z3744X**

*No class 11/28*

Instructor: John Fossa

**Sat, Sep 7-Oct 19 9:00-11:00 AM . . . . . Z3844X**

**Sat, Oct 26-Dec 14 9:00-11:00 AM . . . . . Z3944X**

*No class 11/30*

**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 \$38.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sat, Oct 5 12:00-1:15 PM . . . . . Z2144X**

**Sat, Oct 5 1:30-2:45 PM . . . . . Z2244X**

**Sculpt a Pumpkin**

(ages 6-10)

It's 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 \$38.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sun, Oct 6 1:00-2:30 PM . . . . . Z2544X**

**Sun, Oct 6 3:00-4:30 PM . . . . . Z2644X**

**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 \$38.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sun, Nov 3 1:00-2:30 PM . . . . . Z2744X**

**Sun, Nov 3 3:00-4:30 PM . . . . . Z2844X**

**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 \$38.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sat, Nov 9 12:00-1:15 PM. . . . . Z2344X**

**Sat, Nov 9 1:30-2:45 PM . . . . . Z2444X**

**REASSIST FOR INDIVIDUALS & FAMILIES**

Through this new program, eligible county residents are provided an opportunity to participate in a wide range of Park System programs at a discount of 25%. In addition, participants are provided free access to several activities.

For details, visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or scan the QR code below.



**DRAWING & PAINTING**

**Great Impressionism for 5, 6 & 7 Year Olds™**

*(ages 5-7)*

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

**Thompson Pk Creative Arts Center**

Monet's The Japanese Footbridge  
 van Gogh's Starry Night  
 Monet's Poppies at Argenteuil

**Three Sessions \$49.50 Per Child**

**Sat, Sep 14-28 9:30-10:30 AM . . . . .Z9244A**

**Sat, Sep 14-28 11:00 AM-12:00 PM . . . . .Z9344A**

van Gogh's Wheatfield with Cypresses  
 Renoir's Picking Flowers  
 Matisse's Poppies  
 Monet's Poplars on the Epte

**Four Sessions \$66.00 Per Child**

**Sat, Oct 5-26 9:30-10:30 AM . . . . .Z9444A**

**Sat, Oct 5-26 11:00 AM-12:00 PM . . . . .Z9544A**

van Gogh's Cypresses  
 Matisse's Goldfish  
 Monet's Antibes  
 van Gogh's Sower with the Setting Sun

**Four Sessions \$66.00 Per Child**

**Sat, Nov 2-23 9:30-10:30 AM . . . . .Z9644A**

**Sat, Nov 2-23 11:00 AM-12:00 PM . . . . .Z9744A**

**Great Impressionism for Aspiring Young Artists™**

*(ages 8-12)*

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

**Thompson Pk Creative Arts Center**

Monet's The Japanese Footbridge  
 van Gogh's Starry Night  
 Monet's Poppies at Argenteuil

**Three Sessions \$75.00 Per Person**

**Fri, Sep 13-27 4:30-6:30 PM . . . . .Z9844A**

van Gogh's Wheatfield with Cypresses  
 Renoir's Picking Flowers  
 Matisse's Poppies  
 Monet's Poplars on the Epte

**Four Sessions \$100.00 Per Person**

**Fri, Oct 4-25 4:30-6:30 PM . . . . .Z9944A**

van Gogh's Cypresses  
 Matisse's Goldfish  
 Monet's Antibes  
 van Gogh's Sower with the Setting Sun

**Four Sessions \$100.00 Per Person**

**Fri, Nov 1-22 4:30-6:30 PM . . . . .ZA044A**



### KidzArt Explore

(ages 6-10)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$10.00 is payable to the instructor at the first class.

**Six Sessions \$96.00 Per Person**

**Fort Monmouth Rec Ctr Program Room A**

**Wed, Sep 18-Oct 23 4:00-5:00 PM . . . . . Z5644A**

**Wed, Oct 30-Dec 11 4:00-5:00 PM . . . . . Z5744A**

*No class 11/27*

**Thompson Pk Creative Arts Center**

**Thu, Sep 19-Oct 24 4:15-5:15 PM . . . . . Z5844A**

**Thu, Nov 7-Dec 19 4:15-5:15 PM . . . . . Z5944A**

*No class 11/28*

**Henry Hudson Trail Act Ctr**

**Mon, Sep 23-Oct 28 4:00-5:00 PM . . . . . Z6044A**

**Mon, Nov 4-Dec 9 4:00-5:00 PM . . . . . Z6144A**

**Freneau Wds Pk Vis Ctr Art Room**

**Tue, Sep 24-Oct 29 4:00-5:00 PM . . . . . Z6244A**

**Tue, Nov 5-Dec 10 4:00-5:00 PM . . . . . Z6344A**

### 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 \$96.00 Per Child**

**Thompson Pk Vis Ctr Tulip Room**

**Tue, Sep 24-Oct 29 1:00-2:00 PM . . . . . Z4444A**

**Tue, Nov 5-Dec 10 1:00-2:00 PM . . . . . Z4544A**

### 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 \$32.00 Per Child**

**Owl on a Branch**

**Henry Hudson Trail Act Ctr**

**Sat, Sep 21 10:30 AM-12:00 PM . . . . . Z4644A**

**Thompson Pk Creative Arts Center**

**Sat, Sep 21 1:30-3:00 PM . . . . . Z4744A**

**Autumn Colors**

**Henry Hudson Trail Act Ctr**

**Sat, Oct 19 10:30 AM-12:00 PM . . . . . Z4844A**

**Thompson Pk Creative Arts Center**

**Sat, Oct 19 1:30-3:00 PM . . . . . Z4944A**

**Fall Gnome**

**Henry Hudson Trail Act Ctr**

**Sat, Nov 23 10:30 AM-12:00 PM . . . . . Z5044A**

**Thompson Pk Creative Arts Center**

**Sat, Nov 23 1:30-3:00 PM . . . . . Z5144A**

### 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 \$10.00 is payable to the instructor at the first class.

**Six Sessions \$100.00 Per Child**

**Fort Monmouth Rec Ctr Program Room A**

**Wed, Sep 18-Oct 23 5:15-6:30 PM . . . . . Z5244A**

**Wed, Oct 30-Dec 11 5:15-6:30 PM . . . . . Z5344A**

*No class 11/27*

**Thompson Pk Creative Arts Center**

**Thu, Sep 19-Oct 24 5:30-6:45 PM . . . . . Z5444A**

**Thu, Nov 7-Dec 19 5:30-6:45 PM . . . . . Z5544A**

*No class 11/28*

## MISCELLANEOUS CRAFTS

### Crafternoons at Dorbrook

(ages 7-10)

Does your child love arts and crafts projects? 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.

**Six Sessions \$80.00 Per Child**

**Dorbrook Rec Area Prog Bldg**

**Tue, Sep 10-Oct 15 4:30-5:45 PM . . . . . AB042X**

### Crafty Kids

(ages 7-11)

Enjoy after-school arts and crafts time at Dorbrook Recreation Area! Each session we'll do a fun and creative craft project.

**One Session \$25.00 Per Child**

**Dorbrook Rec Area Prog Bldg**

### Tie Dye T-Shirts

**Mon, Sep 16 4:30-5:45 PM . . . . . A1444X**

### Halloween Pumpkin Painting

**Mon, Oct 21 4:30-5:45 PM . . . . . A6244X**

### Felt Collage Sunsets

**Mon, Nov 4 4:30-5:45 PM . . . . . A1744X**

### Intro to Scrapbooking

(ages 10-13)

Scrapbooking is a great way to express yourself creatively and remember fun times with friends and family! In this class you'll learn different scrapbooking techniques and experiment with color, texture and design to create your very own scrapbooking pages. Patterned paper, stickers, scissors, punches and embellishments will be provided; just bring your own printed photos and scrapbook!

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Prog Bldg**

**Mon, Nov 11 4:00-5:30 PM . . . . . A7544X**

### Introduction to Wearable Art:

#### Cardboard Masks

(ages 12-15)

Students will design and create cardboard based masks using charcoal and acrylic paints to create design details.

**One Session \$35.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sun, Oct 13 1:00-4:00 PM . . . . . AB944X**

### Introduction to Wearable Art:

#### Make Your Own Headdress

(ages 12-15)

Learn how to design and create a functional headdress using a combination of recycled materials, paint, and found objects. After learning how to create the structural foundation, they will then have the ability to make their own original creation.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sun, Oct 27 12:00-4:00 PM . . . . . ABA44X**

### Makeup 101

(ages 10-13)

In this workshop, you'll learn skincare basics, makeup techniques and color palettes that flatter your complexion. You'll get to practice applying different makeup looks and gain the skills to apply natural makeup confidently! Please bring your own skincare products, cosmetics and brushes. A supply list will be sent out upon registration.

**One Session \$40.00 Per Person**

**Big Brook Pk Elsas Lodge**

**Sat, Sep 21 2:00-4:00 PM . . . . . ABV44X**

**Sat, Oct 12 2:00-4:00 PM . . . . . ACB44X**

### School's Out Arts & Crafts

(ages 6-10)

Looking for something fun to do when school's out? Join us for a day of arts and crafts fun! We'll paint, experiment with yarn and fiber art, do some tie dye, and play some outdoor games if the weather allows. Please bring a bag lunch and dress in clothes that can get messy.

**One Session \$70.00 Per Child**

**Dorbrook Rec Area Prog Bldg**

**Fri, Oct 4 9:00 AM-1:00 PM . . . . . A1844X**

**Fri, Nov 8 9:00 AM-1:00 PM . . . . . A2044X**

## SEWING

### American Girl® Doll Design

(ages 7-10)

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

**One Session \$30.00 Per Child**

**Fort Monmouth Rec Ctr Program Room A**

#### Back to School

Leave with everything she needs to succeed!

**Sat, Sep 21 10:30-11:30 AM . . . . . MDF44X**

**Sat, Sep 21 12:00-1:00 PM . . . . . MDG44X**

**Sat, Sep 21 1:30-2:30 PM . . . . . MDH44X**

#### Halloween Costume

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

**Sat, Oct 19 10:30-11:30 AM . . . . . MDJ44X**

**Sat, Oct 19 12:00-1:00 PM . . . . . MDK44X**

**Sat, Oct 19 1:30-2:30 PM . . . . . MDM44X**

#### Fall Baking

Delicious autumn treats she can share with her doll friends.

**Sat, Nov 16 10:30-11:30 AM . . . . . MDN44X**

**Sat, Nov 16 12:00-1:00 PM . . . . . MDP44X**

**Sat, Nov 16 1:30-2:30 PM . . . . . MDQ44X**

### Beginner Sewing

(ages 10-15)

The art of sewing is always in fashion. This class will help develop core sewing and machine skills while working on real apparel. Sewing machines will be provided for use during class. Materials will be provided for the first day of class. Additional patterns and supplies needed will be discussed at our first meeting.

Instructor: Gianna Giezey

**Six Sessions \$80.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Sep 20-Oct 25 4:00-6:00 PM . . . . . ZCQ44X**

**Fri, Nov 1-Dec 13 4:00-6:00 PM . . . . . ZCR44X**

*No class 11/29*

## CULINARY ARTS

### Books & Cooks

(ages 4-5)

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

**Please Note: Children must be fully potty trained.**

**Four Sessions \$70.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 1 11:30 AM-12:30 PM . . . A9744X**

**Wed, Sep 11-Oct 2 3:00-4:00 PM . . . . . A9344X**

**Thu, Sep 12-Oct 3 3:00-4:00 PM . . . . . A9544X**

**Tue, Oct 15-Nov 5 11:30 AM-12:30 PM . . . A9844X**

**Wed, Oct 16-Nov 6 3:00-4:00 PM . . . . . A9444X**

**Thu, Oct 17-Nov 14 11:00 AM-12:00 PM . . A9644X**

*No class 10/31*

### Dinner Party Chefs

(ages 10-13)

Designed for an ambitious tween chef who is looking for a fun culinary challenge! You'll prepare a full dinner party menu including hors d'oeuvres, salad, entrée, sides and dessert. Throughout our time in the kitchen, you'll learn proper cooking techniques, kitchen safety and nutrition.

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Fri, Sep 6 4:00-7:30 PM . . . . . AD744X**

**Sat, Oct 12 2:00-5:30 PM . . . . . AB844X**



*Learning to cook at an early age promotes healthy eating, expands an understanding in math, develops fine motor skills, and builds confidence.*

**DID YOU KNOW?**



### Let's Decorate Cupcakes!

(ages 9-11)

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

**One Session \$60.00 Per Child**

**Dorbrook Rec Area Vis Ctr**

**Mon, Sep 16 5:00-7:00 PM . . . . . AAW44X**

**Mon, Oct 28 5:00-7:00 PM . . . . . AAX44X**

### Let's Cook

(ages 6-7)

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

**Four Sessions \$70.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 11-Oct 2 4:30-5:30 PM . . . . . A8644X**

**Wed, Oct 16-Nov 6 4:30-5:30 PM . . . . . A8744X**

### Young Chefs

(ages 8-10)

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

**Four Sessions \$92.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sun, Sep 8-29 10:30 AM-12:00 PM . . . . . A9044X**

**Sun, Oct 13-Nov 3 10:30 AM-12:00 PM . . . . . A9144X**

## EDUCATION & ENRICHMENT

### Child and Babysitting Safety

(ages 13-17)

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

**One Session \$72.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Oct 19 10:00 AM-12:00 PM . . . . . Q6144A**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Sep 7 10:00 AM-12:00 PM . . . . . Q5944A**

**Sat, Nov 9 10:00 AM-12:00 PM . . . . . Q6044A**

### Snapology STEAM Programs

(ages 6-12)

Critical thinking, creativity, problem solving, communication, and collaboration taught in fun, age-appropriate sessions. STEAM programs include LEGO® building, robotics and hands-on creativity that strengthen your child's science, technology, engineering, art and math skills. Instructors and supplies provided by Snapology.

**Six Sessions \$117.00 Per Person**

#### Mining and Building

(ages 6-9)

Travel to the Nether with Snapology, but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks and creativity as we have a blast bonding over the game we all love to play. Each week students will work on awesome activities that will allow them to create their own Minecraft® world using bricks, including animals, creepers, 3D Minecraft® characters and more. Lessons involve critical thinking, architecture, socialization and a whole lot of imagination.

**Freneau Wds Pk Vis Ctr Program Room 2**

**Tue, Sep 17-Oct 22 5:00-6:00 PM . . . . . Q2844A**

*(continued on next page...)*

**Snapology STEAM Programs continued...****Machines and Cool Contraptions Engineering***(ages 6-9)*

Does your builder love to invent creations using instructions or does they love to use their imagination instead? Either way, Snapology's Machines and Cool Contraptions class allows kids to design, build and experiment as they create awesome projects with LEGO® bricks and motors. This program gives students tools to truly understand mechanical movement through building simple LEGO® machines. Students will see these moving parts up-close as they follow instructions to build crazy contraptions to play with. The class will develop new design ideas, test out physics concepts, and even play fun building games with partners! This class is sure to spark engineering interests in every student!

**Fort Monmouth Rec Ctr Program Room D****Wed, Sep 18-Oct 23 5:00-6:00 PM . . . . .Q2944A****RoboPets Robotics & Coding***(ages 6-9)*

Kids will begin to explore the world of robotics as they build animal models that teach the fundamentals of robotic design and coding in Snapology's RoboPets Robotics and Coding class. Whether learning about sensors while building a fish or alligator, or discovering ways that gears, wheels, and axles create movement while building robotic dogs or frogs, your child is sure to have a rewarding experience during this interactive animal robotics program!

**Thompson Pk Vis Ctr Beech Room****Thu, Sep 19-Oct 24 5:00-6:00 PM. . . . .Q3044A****Story Builders***(ages 8-12)*

Once upon a time...your child became the author of their favorite stories! In this weekly Snapology class, students will explore the primary elements of storytelling as they design their own unique stories and bring them to life using LEGO® bricks! Students will focus on the characters and plot lines of stories they have heard before, or new ones they create themselves. Maybe they will dazzle us with tales of faraway lands, with amazing adventures of superheroes, or even science experiments gone very, very wrong. The possibilities for creating are endless, as students write stories and then re-create them with LEGO® bricks in this mega creative class!

**Thompson Pk Vis Ctr Beech Room****Thu, Nov 7-Dec 19 5:00-6:00 PM . . . . .Q3144A***No class 11/28***STEM Survivor***(ages 8-12)*

Can you survive Snapology's STEM Survivor class? This class, inspired by the TV show, will put each student's designs, building, and critical thinking skills to the test as they work on STEM/STEAM projects together! Students will be given weekly challenges and design functional solutions. Thinking like engineers, building like architects, being resourceful like scientists, and working together with friends, are all aspects of this program. Kids will be tested by building a working pinball machine, constructing the fastest racecar, designing a chain reaction model, planning a solution for a natural disaster, etc. Earn points through working together on creativity and teamwork. The goal of this program is to encourage students to carefully work through the engineering design process to see how often they can design with a purpose. It's all fun and friendly competition in this hands-on after school class!

**Freneau Wds Pk Vis Ctr Program Room 2****Tue, Nov 12-Dec 17 5:00-6:00 PM . . . . .Q3244A****Holiday Robotics***(ages 7-12)*

Do you love robotics, coding, and the holidays? Then Snapology's Holiday Robotics class is perfect for you! Join us as we explore the basics of robotics and coding while building bots inspired by different holiday traditions! Build a robotic reindeer, a spinning dreidel, Santa popping out the chimney, and more festive holiday projects that you will bring to life using motors, gears and code. It's a holiday class like no other!

**Fort Monmouth Rec Ctr Program Room D****Wed, Nov 13-Dec 18 5:00-6:00 PM . . . . .Q3344A**

*Snapology classes offered my child an opportunity to socialize while also being creative.*



## Snapology's Black Friday Extended Workshops

(ages 6-11)

Shake off the turkey tryptophan and get your child engaged this holiday season as they learn, build and play, exploring the principals of science, technology, engineering and mathematics (STEM). Our hands-on building programs supports collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality. Instructors and all supplies provided by Snapology®.

**One Session \$60.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

### Holiday Robotics Experience

Do you love robotics, coding, and the holidays? Then this Snapology holiday robotics class is the perfect gift for you! Join us as we explore the basics of robotics and coding while building bots inspired by different holiday traditions. Building a robotic reindeer, a spinning dreidel, Santa popping out of the chimney, and more festive holiday projects that you will bring to life using motors, gears, and code. It's a holiday class like no other!

**Fri, Nov 29 9:00 AM-12:00 PM. . . . .Q5044A**

### How the Grinch Stole Bricks

We all know Dr. Seuss' How the Grinch Stole Christmas is a classic, but do you know about the Grinch who stole bricks? In this festive class, kids will recreate memorable moments from the story using LEGO® bricks. Let's work together to build Whoville. Can we construct the Grinch's sled so it can carefully balance with all the presents and not drop Max? Games will also be played to help get us in the holiday spirit as we celebrate this classic.

**Fri, Nov 29 1:00-4:00 PM . . . . .Q5144A**

## Snapology's Holiday Superstructures Workshop: Architecture is Awesome!

(ages 6-11)

Can your child design the next Taj Mahal? Create and build the future using LEGO® bricks in Snapology's imaginative and awesome Superstructures Architecture workshop! It's never too early to encourage STEAM education, while fostering your child's engineering and creative building skills. In this program, we encourage critical thinking, as students tackle hands-on building. Students will construct bridges, pyramids, skyscrapers and cities, while learning why structures are important and how architectural plans are designed. Construction is a form of art that truly lets the architect create as they build brick by brick!

**One Session \$35.00 Per Child**

**Thompson Pk Vis Ctr Beech Room**

**Mon, Oct 14 12:30-2:00 PM . . . . .Q3544A**

## Snapology's Monster Mania Holiday Workshops

(ages 6-11)

Get your scare on with Snapology's Monster Mania Holiday Workshop! Use LEGO® bricks to create your own monster fighter, build a haunted town, and have a scary good time during this fun one-day experience. We will design monsters, create pumpkins, and have some Halloween themed STEM challenges too!

**One Session \$35.00 Per Child**

**Thompson Pk Vis Ctr Beech Room**

**Mon, Oct 14 10:30 AM-12:00 PM . . . . .Q3444A**

## Snapology: Teacher's Convention Extended Workshops

(ages 6-11)

Children will learn, build and play, exploring the principals of science, technology, engineering and mathematics (STEM). Our hands-on building programs supports collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality. Instructors and all supplies provided by Snapology®.

**One Session \$60.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

### Discovering Dinosaurs

Do you have a dinosaur fan in your family? Snapology will dig deep into their imagination as we dive into the world of these prehistoric creatures while we learn about paleontology and archeology. Let's build with LEGO® bricks, as we discover more about different dinosaurs, fossils, and what it takes to be a paleontologist. Join us for some Jurassic-size fun as we discover the world of dinosaurs!

**Mon, Nov 4 1:00-4:00 PM. . . . .Q4544A**

### Bricks Across America

Let's travel across the map together! In this Snapology experience kids will work together to learn fun facts about each US state and territory. They will work with a partner to build important items from each state's identity out of LEGO® bricks. This class is hands-on fun, while the kids learn about our country too. Students will have a blast learning about culture and geography while expressing their creativity through building.

**Tue, Nov 5 1:00-4:00 PM . . . . .Q4644A**

*(continued on next page...)*

**Snapology: Teacher's Convention Extended Workshops continued...**

**Elementary Engineers**

Let's get moving and learn basic engineering concepts while creating cool creations using LEGO® bricks and motors. Once built, students will have time to experiment and modify their projects in order to showcase their creative side. This class is designed for children who love to build, create, and invent, all while using their imagination!

**Wed, Nov 6 1:00-4:00 PM . . . . . Q4744A**

**Pokémonia**

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

**Thu, Nov 7 1:00-4:00 PM . . . . . Q4844A**

**Robotics & Coding**

Let's bring LEGO® bricks to life using robotics and coding in Snapology's ultimate class. Students will work on robotic projects and program the models to move using coding! Work in teams to build robotic animals, vehicles, and even moving games to play. We will learn about gear ratio, sensors, programming, and pulleys, as we create fun projects using Lego bricks and technology.

**Fri, Nov 8 1:00-4:00 PM . . . . . Q4944A**

**NATURE**

**After-School Nature Discovery NEW**

*(ages 8-10)*

Over the course of this three-week program, your child will learn about different nature related topics, and how to identify and find a variety of common plant and animal species. This program will be held mostly outdoors and include a weekly hike with various hands-on activities. Please make sure to dress for the weather and wear comfortable walking shoes.

**Three Sessions \$54.00 Per Child**

**Freneau Wds Pk Vis Ctr Art Room**

**Thu, Nov 7-21 4:00-5:00 PM . . . . . IND44X**

**OUTDOOR ADVENTURES**

**ARCHERY**

**Take a Shot: Archery Series**

*(ages 10-17)*

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

**Four Sessions \$80.00 Per Person**

**Thompson Pk Activity Barn**

**Wed, Oct 2-23 4:30-6:30 PM . . . . . W2444X**

**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 \$26.00 Per Person**

**Thompson Pk Activity Barn**

**Tue, Sep 10 4:30-6:30 PM. . . . . W5644X**

**Zombie Archery**

**Thu, Oct 10 4:30-6:30 PM. . . . . W5744X**

**Wed, Nov 6 4:30-6:30 PM. . . . . W5844X**



HIKING

**Outdoor Orienteering** 

(ages 9-12)

Orienteering is a racing sport where you use a map to find a series of checkpoints. There is no mandatory route, so it's up to you to determine where you need to go and how you are going to get there. You will be tasked with navigating through a space in a completely new and unfamiliar way. Our goal is to create a brave space that enables kids to build self-confidence, learn skills that can be applied in academia and real life, gain a deeper appreciation for being outdoors, and better understanding your surroundings.

**One Session \$19.00 Per Person**

**Thompson Pk Front Lawn**

**Thu, Sep 19 4:30-6:00 PM . . . . . W5344X**

**Turkey Swamp Pk Shelter Bldg**

**Fri, Oct 4 4:30-6:00 PM . . . . . W5444X**

**Shark River Pk Shelter Bldg**

**Thu, Nov 14 4:30-6:00 PM . . . . . W5544X**

**Trail Trekkers**

(ages 9-12)

Unplug, get out on the trails and enjoy nature. Where does this trail lead? How far can we hike? On our weekly adventure hikes, your Trail Trekker will gain an understanding of how to be a responsible hiker by respecting and taking care of the trails. We'll hike into the woods, learn to use the trail maps to find our way, and discuss setting and achieving our hiking goals and beyond. Bring water and a snack in a day pack and dress for an outdoor adventure!

**One Session \$19.00 Per Child**

**Manasquan Res Env Ctr Parking Lot**

**Thu, Sep 26 4:15-5:45 PM . . . . . W4444X**

**Turkey Swamp Pk Shelter Bldg**

**Wed, Oct 23 4:15-5:45 PM . . . . . W4844X**

**Shark River Pk Shelter Bldg**

**Fri, Nov 15 4:15-5:45 PM . . . . . W4944X**

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

**Abacadabra. Alacazam.** 

(ages 9-12)

"Make these feet move as fast as they can. Up above where the winds do fly, and the trees below let out a beautiful sigh." Let's create poems together to be used as Fairy Tale spells in plays and stories, or as lyrics in songs. A reading or singing of our poems for family and friends will be held on the last day of class. Please bring a notebook and pencil.

**Four Sessions \$65.00 Per Person**

**Big Brook Pk Act Ctr**

**Tue, Oct 8-29 4:30-6:00 PM . . . . . Q4444X**

**Beginner Acting**

(ages 8-10)

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

**Six Sessions \$135.00 Per Person**

**The Performers**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Mon, Sep 30-Nov 4 4:30-6:00 PM. . . . . Q1244X**

**Manasquan River Greenway Winter Run Act Ctr Barn**

**Tue, Sep 17-Oct 22 4:00-5:30 PM. . . . . Q1344X**

**Headline News Show** 

(ages 9-11)

It's the Headline News Show starring you and your fellow actors! In this program we will create our Headline News Show complete with headline news reports, sports, weather and commercial breaks. Performance of our news show for family and friends will be held on the last day of class.

**Six Sessions \$135.00 Per Person**

**Big Brook Pk Act Ctr**

**Wed, Oct 2-Nov 6 4:30-6:00 PM. . . . . Q3744X**

### Improv for Teens

(ages 9-12)

Our tween class explores improvisation and comedy in a supportive environment. This class encourages students to become more spontaneous, creative, playful and imaginative all while developing valuable theater and improvisation skills. We'll begin with ensemble-building exercises to strengthen the ensemble and encourage positivity as well as enhance listening and reacting skills. Students will then work on Yes...And, short-form games, long form structures and character exploration. The class explores sketch comedy through creating, writing and acting their own sketches. The class culminates in an open class for family and friends to attend. No experience necessary.

Instructor: Trish Vignola-Tyler

**Four Sessions \$120.00 Per Child**

**Tatum Pk Red Hill Act Ctr**

**Sat, Oct 5-26 1:00-3:00 PM . . . . . AB144X**

### Stand-up for Comedy for Teens

(ages 13-17)

This class will serve as both a look at the history and evolution of stand-up comedy and as a practical course covering joke mechanics and writing for stand-up as well as performance theory and practice. Over the course of the class, students will write and practice a five-minute routine they will perform for family and friends at the graduation show. No experience necessary.

Instructor: Trish Tyler

**Four Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sun, Sep 8-29 4:00-6:00 PM . . . . . AB044X**

### Stop Motion Animation Creation

(ages 9-12)

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

**Five Sessions \$135.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Thu, Sep 26-Oct 24 4:00-6:00 PM . . . . . Q3944X**

**Manasquan River Greenway Winter Run**

**Sat, Nov 9-Dec 14 1:00-3:00 PM . . . . . Q4044X**

*No class 11/30*

### The Afternoon Puppet Show

(ages 5-7)

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

**Four Sessions \$85.00 Per Child**

**Big Brook Pk Act Ctr**

**Fri, Sep 20-Oct 11 4:00-5:30 PM . . . . . Q5244X**

### The Elves

(ages 8-14)

Each December, the elves are busy up in the North Pole preparing for the worldwide holiday celebrations. Being elves though, they still like to create some holiday mischief to add to the fun. See what the elves are up to this year as we work as an ensemble to bring this season's holiday elves play to life in a performance for family and friends on the last day of class.

**Six Sessions \$135.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

(ages 8-10)

**Mon, Nov 11-Dec 16 4:30-6:00 PM . . . . . Q0644X**

(ages 11-14)

**Wed, Nov 13-Dec 18 4:30-6:00 PM . . . . . Q0744X**

### 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 plus a certificate of completion at the end of the program.

Sponsored by: Shore Speakers Toastmasters™ of Monmouth County

**Eight Sessions \$96.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Mon, Sep 30-Nov 18 6:30-8:00 PM . . . . . Q3844X**

## DANCE

### 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 \$84.00 Per Child**

**Fort Monmouth Rec Ctr Gym A**

**Tue, Sep 17-Oct 22 4:30-5:15 PM . . . . . M9144X**

**Tue, Sep 17-Oct 22 5:30-6:15 PM . . . . . M9244X**

**Tue, Nov 5-Dec 10 4:30-5:15 PM . . . . . M9344X**

**Tue, Nov 5-Dec 10 5:30-6:15 PM . . . . . M9444X**

### Little Dancers

(ages 5-6)

Has your child successfully graduated from Tots in Tutus 1 & 2? This is the next step for them. Ms. Marcy will build upon their beginning skills to expand into a more structured ballet and tap class. Children must wear ballet attire and need ballet and tap shoes. Please also secure hair away from face.

Pre-requisite: Completion of Tots in Tutus 2 (September through May) or teacher recommendation.

**Ten Sessions \$125.00 Per Child**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10-Nov 19 4:45-5:30 PM . . . . . A5344X**

*No class 11/5*



### Movin' with Marcy

(ages 3-5)

This fun-fueled class will help boys and girls explore how their bodies work. We will focus on building basic motor skills, coordination, flexibility and strength. The learning process will be enhanced with cool props and upbeat music.

Instructor: Marcy Zieve

**Six Sessions \$70.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 18-Oct 23 11:00-11:45 AM . . . . . A7144X**

### Tots in Tutus I

(ages 3-5)

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

**Ten Sessions \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10-Nov 19 10:15-11:00 AM. . . . . A4644X**

*No class 11/5*

**Tue, Sep 10-Nov 19 11:00-11:45 AM. . . . . A4744X**

*No class 11/5*

### 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 explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire. No slippers please. Please also secure hair away from face.

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

**Ten Sessions \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10-Nov 19 4:00-4:45 PM . . . . . A5144X**

*No class 11/5*

**Tue, Sep 10-Nov 19 5:30-6:15 PM . . . . . A5244X**

*No class 11/5*

## MUSIC

### Rock to Bach - Vocal for Kids

(ages 8-16)

Transform your passion for singing into a skill with our new program tailored for kids. From classical harmonies to rock melodies, our program will teach you how to read sheet music, hit the right notes, and develop vocal techniques for practice at home. With our hands-on approach, you'll have fun while learning the basics of singing the songs you love in a relaxed, small-group setting. A required workbook, available for purchase at the first class, will guide your progress. Bring your voice, and we'll provide personalized instruction in every session. Discover the benefits of working with a vocal coach to unlock your potential.

**Eight Sessions \$168.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Mon, Sep 23-Nov 25 5:30-6:25 PM . . . . MA544X**

*No class 10/14 & 11/11*

### Rock to Bach - Guitar for Kids

(ages 8-16)

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

**Eight Sessions \$168.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Mon, Sep 23-Nov 25 6:30-7:25 PM . . . . MA644X**

*No class 10/14 & 11/11*

“ We tried other guitar teachers and felt discouraged. I almost gave up until I found this class. The instructor is wonderful and patient! ”

## 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 \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Sep 7-28 12:00-12:55 PM . . . . . X7644X**

**Sat, Oct 12-Nov 2 12:00-12:55 PM . . . . . X8944X**

#### 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 \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Sep 7-28 10:00-10:55 AM . . . . . X7444X**

**Sat, Sep 7-28 11:00-11:55 AM . . . . . X7544X**

**Sun, Sep 8-29 10:00-10:55 AM . . . . . X8444X**

**Sun, Sep 8-29 11:00-11:55 AM . . . . . X8544X**

**Tue, Sep 10-Oct 1 4:00-4:55 PM . . . . . XB044X**

**Tue, Sep 10-Oct 1 5:00-5:55 PM . . . . . X8644X**

**Thu, Sep 12-Oct 3 5:00-5:55 PM . . . . . XED44X**

**Sat, Oct 12-Nov 2 10:00-10:55 AM . . . . . X8744X**

**Sun, Oct 13-Nov 3 10:00-10:55 AM . . . . . X9144X**

#### 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. 26) is suggested.

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Oct 12-Nov 2 11:00-11:55 AM . . . . . X8844X**

**Sun, Oct 13-Nov 3 11:00-11:55 AM . . . . . X9244X**

## 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 \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Sep 7-28 10:00-10:55 AM. . . . . X0244X**

**Mon, Sep 9-30 5:00-5:55 PM. . . . . X4844X**

**Sat, Oct 12-Nov 2 10:00-10:55 AM . . . . . X5544X**

### Basketball FUNdamentals Clinic

(ages 6-8)

Looking for a fun filled introduction to Basketball, then look no further! This one-off class will give your child exposure to the sport without the full commitment of a program or team. Children's enjoyment will be maximized by learning the fundamentals of basketball in a fun and noncompetitive environment.

**One Session \$15.00 Per Person**

**Dorbrook Rec Area**

**Sun, Sep 15 10:00-10:55 AM. . . . . X5144X**

**Sun, Sep 29 10:00-10:55 AM. . . . . XB344X**

**Sun, Oct 27 10:00-10:55 AM. . . . . XB644X**

### 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 \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Sep 7-28 11:00-11:55 AM. . . . . X0344X**

**Sat, Oct 12-Nov 2 11:00-11:55 AM . . . . . X5644X**

### Girls Basketball FUNdamentals Clinic

(ages 6-9)

Our coaches will help girls develop the essential basketball skills needed to begin in the sport. This one class clinic is designed for girls to learn these fundamental skills in a noncompetitive, non-intimidating environment.

**One Session \$15.00 Per Person**

**Dorbrook Rec Area**

**Sun, Sep 15 11:00-11:55 AM. . . . . X5244X**

**Sun, Oct 27 11:00-11:55 AM. . . . . XB744X**

### Young Junior Hoopsters Clinic

(ages 8-10)

Looking for some extra practice to enhance your skillset? Continue to develop fundamental basketball skills in our fun, technique-based environment. This clinic is for athletes who have had beginner experience in the game of basketball but want to keep the momentum going without the multi week commitment.

**One Session \$15.00 Per Person**

**Dorbrook Rec Area**

**Sun, Sep 29 11:00-11:55 AM. . . . . XB444X**

## FENCING

### Touché! Intro to Fencing

(ages 5-12)

Swordsmanship with sportsmanship. Fencing is challenging, fun, and an excellent workout for all ages while significantly improving self-esteem and academics. It appeals to the gamer's mindset and builds lifelong friendships. Take advantage of learning fencing under a 4-time Olympic coach. Learn safely in the provided protective gear. Space is very limited to ensure technique feedback in this unique Olympic sport.

**Eight Sessions \$280.00 Per Person**

**Fort Monmouth Rec Ctr Gym A**

**Thu, Sep 12-Nov 7 3:30-4:30 PM . . . . . MBQ44A**

*No class 10/31*

## FOOTBALL

### Skyhawks Flag Football

(ages 6-12)

Experience the excitement of football with Skyhawks Flag Football fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Instructed by: Skyhawks Sports Academy

**Five Sessions \$75.00 Per Person**

**Dorbrook Rec Area**

(ages 6-8)

**Sun, Sep 8-Oct 6 9:00-9:50 AM . . . . . XDU44A**

**Sun, Oct 20-Nov 17 9:00-9:50 AM . . . . . XDV44A**

(ages 9-12)

**Sun, Sep 8-Oct 6 10:00-10:50 AM . . . . . XDW44A**

**Sun, Oct 20-Nov 17 10:00-10:50 AM. . . . . XDX44A**

## GYMNASTICS & CHEERLEADING

### 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 will use gymnastics apparatus including mats and trampoline.

**All American Gymnastics Cindy Lane, Ocean**

**Three Sessions \$55.00 Per Person**

(ages 3-4)

**Thu, Nov 7-21 9:30-10:15 AM . . . . . MAZ44X**

**Four Sessions \$70.00 Per Person**

(ages 3-4)

**Thu, Sep 5-26 9:30-10:15 AM . . . . . MAQ44X**

**Sat, Sep 7-28 9:00-9:45 AM . . . . . MBA44X**

**Sat, Sep 7-28 11:00-11:45 AM . . . . . MBE44X**

**Sat, Sep 7-28 12:00-12:45 PM . . . . . MBH44X**

**Thu, Oct 3-24 9:30-10:15 AM . . . . . MAU44X**

**Sat, Oct 5-26 9:00-9:45 AM. . . . . MBR44X**

**Sat, Oct 5-26 11:00-11:45 AM . . . . . MBU44X**

**Sat, Oct 5-26 12:00-12:45 PM . . . . . MBX44X**

**Sat, Nov 2-23 9:00-9:45 AM . . . . . MC744X**

**Sat, Nov 2-23 11:00-11:45 AM . . . . . MCA44X**

**Sat, Nov 2-23 12:00-12:45 PM. . . . . MCE44X**

(ages 5-6)

**Sat, Sep 7-28 9:00-9:45 AM . . . . . MB944X**

**Sat, Sep 7-28 11:00-11:45 AM. . . . . MBF44X**

**Sat, Sep 7-28 12:00-12:45 PM. . . . . .MBJ44X**

**Sat, Oct 5-26 9:00-9:45 AM. . . . . MBS44X**

**Sat, Oct 5-26 11:00-11:45 AM . . . . . MBV44X**

**Sat, Oct 5-26 12:00-12:45 PM . . . . . MBZ44X**

**Sat, Nov 2-23 9:00-9:45 AM . . . . . MC844X**

**Sat, Nov 2-23 11:00-11:45 AM . . . . . MCB44X**

**Sat, Nov 2-23 12:00-12:45 PM. . . . . MCF44X**

(ages 7-10)

**Sat, Sep 7-28 9:00-9:45 AM . . . . . MBB44X**

**Sat, Sep 7-28 11:00-11:45 AM. . . . . MBG44X**

**Sat, Sep 7-28 12:00-12:45 PM. . . . . MBK44X**

**Sat, Oct 5-26 9:00-9:45 AM. . . . . MBT44X**

**Sat, Oct 5-26 11:00-11:45 AM . . . . . MBW44X**

**Sat, Oct 5-26 12:00-12:45 PM . . . . . MC044X**

**Sat, Nov 2-23 9:00-9:45 AM . . . . . MC944X**

**Sat, Nov 2-23 11:00-11:45 AM . . . . . MCC44X**

**Sat, Nov 2-23 12:00-12:45 PM. . . . . MCG44X**

### Introduction to Cheerleading

(ages 5-8)

The purpose of recreational cheer is to provide the entire youth community a positive experience at an introductory level. This class will offer participants the opportunity to have fun while learning basic chants, stunts, arm motions, and beginner tumbling

**All American Gymnastics Cindy Lane, Ocean**

**Three Sessions \$55.00 Per Person**

**Fri, Nov 1-15 4:00-4:45 PM. . . . . MCR44X**

**Fri, Nov 1-15 5:00-5:45 PM. . . . . MCS44X**

**Four Sessions \$70.00 Per Person**

**Fri, Sep 6-27 4:00-4:45 PM . . . . . MCM44X**

**Fri, Sep 6-27 5:00-5:45 PM . . . . . MCN44X**

**Sat, Sep 7-28 9:00-9:45 AM . . . . . MCT44X**

**Sat, Sep 7-28 11:00-11:45 AM. . . . . MCU44X**

**Fri, Oct 4-25 4:00-4:45 PM . . . . . MCP44X**

**Fri, Oct 4-25 5:00-5:45 PM . . . . . MCQ44X**

**Sat, Oct 5-26 9:00-9:45 AM. . . . . MCV44X**

**Sat, Oct 5-26 11:00-11:45 AM . . . . . MCW44X**

**Sat, Nov 2-23 9:00-9:45 AM . . . . . MCX44X**

**Sat, Nov 2-23 11:00-11:45 AM . . . . . MCY44X**

## LACROSSE

### Skyhawks Lacrosse

(ages 6-12)

Suit up and come find out why it has grown to be one of the fastest growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast paced, high scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. Our staff will ensure that campers not only learn the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. Every athlete will come away with a deep understanding of the game and its traditions.

Instructed by: Skyhawks Sports Academy

**Five Sessions \$75.00 Per Person**

**Dorbrook Rec Area**

(ages 6-8)

**Sun, Sep 8-Oct 6 11:00-11:50 AM . . . . .XDY44A**

**Sun, Oct 20-Nov 17 11:00-11:50 AM. . . .XDZ44A**

(ages 9-12)

**Sun, Sep 8-Oct 6 12:00-12:50 PM. . . . .XE044A**

**Sun, Oct 20-Nov 17 12:00-12:50 PM. . . . .XE144A**

**RUGBY**

**Skyhawks Flag Rugby** NEW  
*(ages 6-12)*

Join us for a thrilling Flag Rugby experience, in partnership with Imagine Rugby and Major League Rugby! Suitable for ages 6-12, our program focuses on fun, safety, and fundamental skills like passing and flag-pulling. We blend playing flag rugby with life skills, emphasizing teamwork and sportsmanship. It's an exciting mix of sport and character development for memorable rugby moments.

Instructed by: Skyhawks Sports Academy

**Five Sessions \$75.00 Per Person**

**Dorbrook Rec Area**

*(ages 6-8)*

**Sat, Sep 7-Oct 5 9:00-9:50 AM. . . . .XE244A**

**Sat, Oct 19-Nov 16 9:00-9:50 AM. . . . .XE344A**

*(ages 9-12)*

**Sat, Sep 7-Oct 5 10:00-10:50 AM. . . . .XE444A**

**Sat, Oct 19-Nov 16 10:00-10:50 AM . . . . .XE544A**

**RUNNING**

**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 \$120.00 Per Person**

**Thompson Pk Old Orchard Parking Lot**

**Tue, Sep 17-Oct 22 5:30-6:30 PM. . . . .XB244X**

**Fri, Sep 20-Oct 25 5:30-6:30 PM . . . . .XC044X**

**SKATEBOARDING**

**Skateboarding Beginner**

*(ages 9-15)*

Learn to skate at beautiful Seven Presidents Oceanfront Park! Skateboarding Beginner class is designed for those who have taken the starter class and are looking to progress and become more confident on a skateboard. Class size is limited to allow for individual attention. The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed!

**Four Sessions \$60.00 Per Person**

**Seven Presidents Pk Skateplex**

**Tue, Sep 10-Oct 1 5:15-6:15 PM. . . . .X0844X**

**Thu, Sep 12-Oct 3 4:00-5:00 PM . . . . .X1144X**

**Skateboarding Intermediate**

*(ages 9-15)*

Seeking to improve your current level of skateboarding? Skateboarding Intermediate class is designed for those who are competent skaters and want to learn more advance skills including riding ramps and bowls. The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed!

**Four Sessions \$60.00 Per Person**

**Seven Presidents Pk Skateplex**

**Tue, Sep 10-Oct 1 4:00-5:00 PM. . . . .X0744X**

**Wed, Sep 11-Oct 2 5:15-6:15 PM . . . . .X1044X**



## Skateboarding Starter

(ages 9-15)

Learn to skateboard at our Beautiful Seven Presidents Oceanfront Park! Skateboarding Starter class is designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards.. We have the required equipment to lend out if needed!

**Four Sessions \$60.00 Per Person**

**Seven Presidents Pk Skateplex**

**Wed, Sep 11-Oct 2 4:00-5:00 PM . . . . . X0944X**

**Thu, Sep 12-Oct 3 5:15-6:15 PM . . . . . X1244X**

### Safe Skating

The Park System's Sports & Fitness division offers a variety of 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.
- Please realistically match your child's ability to the program descriptions. For some skateboarding programs, participants should have prior experience. This means the instructor will expect them to have the knowledge and skill of pushing, steering and drop-ins prior to the first session.
- If you are looking to learn how to skateboard, we recommend signing up for Skateboarding Starter, geared toward beginners.
- Safety is our primary concern. Please understand 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 the safety equipment listed in the program description is MANDATORY and is required to help prevent injury. Know your child's skill level and be prepared.

***If you have any additional questions, please contact Zach Puccia at 732-542-1642, ext. 26.***

## SOCCER

### Kids Kixx Soccer

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age-appropriate games, demonstrations and drills to teach the basics of soccer. Please see Kids Kixx: Nexxt Step for classes for older children.

#### Outdoor Season

**Three Sessions \$45.00 Per Person**

**Dorbrook Rec Area**

**Wed, Oct 16-30 5:00-5:55 PM . . . . . XAB44X**

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

**Wed, Sep 11-Oct 2 5:30-6:25 PM . . . . . X7344X**

**Sat, Sep 14-Oct 5 10:00-10:55 AM . . . . . X9844X**

**Sat, Oct 19-Nov 9 10:00-10:55 AM . . . . . XAF44X**

**Fort Monmouth Rec Ctr Outdoor Area**

**Sat, Oct 19-Nov 9 11:00-11:55 AM . . . . . XAK44X**

**Holmdel Pk Hilltop Area**

**Sat, Sep 14-Oct 12 11:00-11:55 AM . . . . . XA244X**

*No class 10/5*

#### Indoor Season

**Fort Monmouth Rec Ctr Gym A**

**Thu, Nov 14-Dec 12 4:00-4:55 PM . . . . . XAQ44X**

*No class 11/28*

**Sat, Nov 16-Dec 14 11:00-11:55 AM . . . . . XAU44X**

*No class 11/30*

**Sun, Nov 17-Dec 15 11:30 AM-12:25 PM . XAW44X**

*No class 12/1*

### 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 \$60.00 Per Person**

#### Outdoor Season

**Dorbrook Rec Area**

**Sat, Sep 14-Oct 5 11:00-11:55 AM . . . . . X9944X**

**Sat, Oct 19-Nov 9 11:00-11:55 AM . . . . . XAG44X**

#### Indoor Season

**Fort Monmouth Rec Ctr Gym A**

**Thu, Nov 14-Dec 12 5:00-5:55 PM . . . . . XAR44X**

*No class 11/28*

**Sun, Nov 17-Dec 15 12:30-1:25 PM . . . . . XAX44X**

*No class 12/1*

### Kids Kixx Soccer: Nexxt Step

(ages 5-7)

Take a step forward preparing your child for a successful start to soccer league play. Our favorite soccer games including Red Light, Green Light and Sharks and Minnows will advance into mini-scrimmages. Coaches will teach soccer terms, positions, teamwork, and rules to help players get a feel for a real game. This class is designed for players familiar with soccer skills and ready to tackle more advanced skills and gameplay.

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

**Sun, Sep 15-Oct 6 11:00-11:55 AM. . . . .XA544X**

**Sun, Oct 20-Nov 10 11:00-11:55 AM. . . . .XAP44X**

### Tikes Tennis

(ages 6-9)

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

**Dorbrook Rec Area**

**Four Sessions \$60.00 Per Person**

**Sat, Sep 7-28 9:00-9:55 AM . . . . .X4044X**

**Sun, Sep 8-29 9:00-9:55 AM . . . . .X1944X**

**Six Sessions \$90.00 Per Person**

**Mon,Wed, Sep 9-25 4:00-4:55 PM . . . . .X1344X**

**Tue,Thu, Sep 10-26 4:00-4:55 PM . . . . .X3744X**

**Mon,Wed, Oct 7-23 4:00-4:55 PM . . . . .X1744X**

**Tue,Thu, Oct 8-24 4:00-4:55 PM . . . . .X4644X**

## TENNIS

### Pre-Teen Tennis

(ages 9-12)

An ideal intro to the game of tennis, where participants have fun while learning. Participants receive expert instruction in a small class. Player's develops proper grip and stance skills while grasping the concepts of ball placement and scoring and work on hitting and footwork drills, volleys and skill building exercises.

**Dorbrook Rec Area**

**Four Sessions \$60.00 Per Person**

**Sat, Sep 7-28 10:00-10:55 AM. . . . .X4144X**

**Sun, Sep 8-29 10:00-10:55 AM . . . . .X2044X**

**Six Sessions \$90.00 Per Person**

**Mon,Wed, Sep 9-25 5:00-5:55 PM . . . . .X1544X**

**Tue,Thu, Sep 10-26 5:00-5:55 PM . . . . .X3844X**

**Tue,Thu, Oct 8-24 5:00-5:55 PM . . . . .X4744X**



## VARIOUS SPORTS

### STEM Sports NEW

(entering grades 2-7)

This STEM and play program uses a variety of sports - such as basketball, football, soccer and volleyball - as real-life applications to engage children in the science behind them. Your child will do more than have fun playing sports, they will also calculate their own field goal percentages like the pros, gain an understanding of energy and motion differences between a youth football and foam football, learn the correlation between active play and burning calories, and discover the technology behind optimal serving speed. As a result, students will develop critical thinking, collaboration, creative problem-solving, and leadership skills that can be applied throughout their education and future careers.

Instructed by: Skyhawks Sports Academy

**Five Sessions \$100.00 Per Person**

**Dorbrook Rec Area**

(entering grades 2-4)

**Sat, Sep 7-Oct 5 11:00 AM-12:15 PM . . . . .XEA44A**

**Sat, Oct 19-Nov 16 11:00 AM-12:15 PM. . . . .XEB44A**

(entering grades 5-7)

**Sat, Sep 7-Oct 5 12:15-1:45 PM . . . . .XE844A**

**Sat, Oct 19-Nov 16 12:15-1:45 PM . . . . .XE944A**

## ACTIVE ADULTS 55+

### 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 1

Hikes cover 3 to 3 1/2 miles in 1 1/2 hours. Level 1 walks at a more comfortable pace than level 2.

**Fourteen Sessions \$84.00 Per Person**

**Tue, Sep 3-Dec 10 9:30-11:00 AM . . . . .D1044X**

*No hike 11/5*

**Thu, Sep 5-Dec 12 9:30-11:00 AM . . . . .D1544X**

*No hike 11/28*

#### Level 2

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

**Fifteen Sessions \$105.00 Per Person**

**Wed, Sep 4-Dec 11 9:30-11:30 AM . . . . .D1144X**

**Fourteen Sessions \$98.00 Per Person**

**Thu, Sep 5-Dec 12 9:30-11:30 AM . . . . .D1244X**

*No hike 11/28*

**Fri, Sep 6-Dec 13 9:30-11:30 AM . . . . .D1444X**

*No hike 11/29*

#### Level 3

These hikes are at a moderate pace and go from 5-5 1/2 miles in 2 hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

**Fourteen Sessions \$98.00 Per Person**

**Tue, Sep 3-Dec 10 9:30-11:30 AM . . . . .D0944X**

*No hike 11/5*

#### Level 4

These hikes are at a brisk pace and go from 5 1/2-6 miles in 2 hours. Level 4 is the most difficult of the Senior Hiker programs.

**Twelve Sessions \$84.00 Per Person**

**Mon, Sep 9-Dec 9 9:30-11:30 AM. . . . .D0844X**

*No hike 10/14 & 11/11*

### Special Hikes

(ages 55 and up)

Enjoy one-day hikes at different points of historical interest and natural beauty throughout our great state! These special hikes typically range between 7-8 miles over 3-4 hours at a moderate pace over all types of terrain. Don't forget a daypack with a rain/wind jacket, plenty of water, and a bagged lunch to enjoy at the mid-point of the hike. Time permitting, we'll stop for ice cream at a local confectionery, so please bring \$10.00 if interested. These hikes are geared towards Level 3 and 4 Senior Hikers, but are open to non-regular senior hike participants as well. Further details provided upon registration.

**Please Note: In the event of inclement weather, we will decide on cancellation/rescheduling by 7:00 AM the day of the hike.**

**Rating: Moderate/quick pace; rocky trails with inclines and declines**

**One Session \$49.00 Per Person**

**Dorbrook Rec Area Act Ctr Parking Lot**

#### Merrill Creek

A 650-acre reservoir located in Harmony, NJ, that is surrounded by 2,000 acres of forests and fields is wonderful for a fall visit and hike!

**Tue, Oct 8 8:30 AM-4:00 PM (approx) . . . .D1644A**

#### Palisades Interstate Park

Join us on a lovely fall hike at a beautiful location in Northern NJ. The foliage should be perfect for our visit and we should get a nice view of NYC at some of our stops.

**Tue, Oct 29 8:30 AM-4:00 PM (approx) . . .D1744A**

“

*The Senior Hikers program enhanced my overall physical health and well-being.*

”



## Stronger for Longer

(ages 55 and up)

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

**Six Sessions \$78.00 Per Person**

### Dorbrook Rec Area Act Ctr

**Tue, Sep 10-Oct 15 10:00-11:00 AM . . . . .D2444X**

**Tue, Sep 10-Oct 15 11:15 AM-12:15 PM . .D2544X**

**Tue, Oct 29-Dec 10 10:00-11:00 AM . . . . .D2644X**

*No class 11/5*

**Tue, Oct 29-Dec 10 11:15 AM-12:15 PM . .D2744X**

*No class 11/5*

### Fort Monmouth Rec Ctr Group Fitness Room

**Mon, Sep 9-Oct 21 11:45 AM-12:45 PM. . .D2144X**

*No class 10/14*

**Mon, Oct 28-Dec 9 11:45 AM-12:45 PM. . .D2244X**

*No class 11/11*

**Mon, Oct 28-Dec 9 1:00-2:00 PM . . . . .D2344X**

*No class 11/11*

## 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 \$84.00 Per Person**

### Dorbrook Rec Area Act Ctr

**Fri, Sep 20-Oct 25 4:30-5:25 PM . . . . .XDB44X**

**Fri, Nov 8-Dec 20 4:30-5:25 PM . . . . .XDC44X**

*No class 11/29*

### Fort Monmouth Rec Ctr Gym A

**Wed, Sep 18-Oct 23 9:30-10:25 AM . . . . .XD944X**

**Wed, Nov 6-Dec 18 9:30-10:25 AM. . . . .XDA44X**

*No class 11/27*

## 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 \$210.00 Per Person**

#### Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

**Tue, Sep 3-Oct 15 7:00-10:00 PM . . . . .Z7844X**

**Tue, Oct 22-Dec 10 7:00-10:00 PM . . . . .Z7944X**

*No class 11/26*

Instructor: Don Bradford

**Thu, Sep 5-Oct 17 6:30-9:30 PM . . . . .Z8044X**

**Thu, Oct 24-Dec 12 6:30-9:30 PM. . . . .Z8144X**

*No class 11/28*



## All Level Pottery

(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 \$210.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: Sue Johnson

**Tue, Sep 3-Oct 15 4:00-7:00 PM. . . . . ZC044X**

**Tue, Oct 22-Dec 10 4:00-7:00 PM. . . . . ZC144X**

*No class 11/26*

Instructor: Joanne Traskiewicz

**Wed, Sep 4-Oct 16 9:00 AM-12:00 PM. . . . ZC244X**

**Wed, Oct 23-Dec 11 9:00 AM-12:00 PM. . . . ZC344X**

*No class 11/27*

**Wed, Sep 4-Oct 16 1:00-4:00 PM . . . . . ZC544X**

**Wed, Oct 23-Dec 11 1:00-4:00 PM . . . . . ZC744X**

*No class 11/27*

Instructor: Laura Copeland

**Wed, Sep 4-Oct 16 6:30-9:30 PM . . . . . ZC844X**

**Wed, Oct 23-Dec 11 6:30-9:30 PM . . . . . ZC944X**

*No class 11/27*

Instructor: Joyce Nokes

**Fri, Sep 6-Oct 18 9:00 AM-12:00 PM . . . . ZCA44X**

**Fri, Oct 25-Dec 13 9:00 AM-12:00 PM . . . . ZCB44X**

*No class 11/29*

**Fri, Sep 6-Oct 18 1:00-4:00 PM . . . . . ZCC44X**

**Fri, Oct 25-Dec 13 1:00-4:00 PM . . . . . ZCD44X**

*No class 11/29*

Instructor: John Fossa

**Sat, Sep 7-Oct 19 11:30 AM-2:30 PM . . . . ZCE44X**

**Sat, Oct 26-Dec 14 11:30 AM-2:30 PM. . . . ZCF44X**

*No class 11/30*

Instructor: Laura Copeland

**Mon, Sep 9-Oct 21 9:00 AM-12:00 PM. . . . ZCG44X**

**Mon, Oct 28-Dec 9 9:00 AM-12:00 PM. . . . ZCH44X**

Instructor: TBA

**Mon, Sep 9-Oct 21 1:00-4:00 PM . . . . . ZCJ44X**

**Mon, Oct 28-Dec 9 1:00-4:00 PM . . . . . ZCK44X**

Instructor: Brian Farro

**Mon, Sep 9-Oct 21 6:00-9:00 PM . . . . . ZCM44X**

**Mon, Oct 28-Dec 9 6:00-9:00 PM . . . . . ZCN44X**

## 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 \$280.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Sep 3-Oct 15 9:00 AM-1:00 PM . . . . . Z7644X**

**Tue, Oct 22-Dec 10 9:00 AM-1:00 PM . . . . Z7744X**

*No class 11/26*

## Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt, and model clay and make a finished ceramic sculpture. We will explore different ways of sculpting a portrait, modeling a figure in the round, and sculpting in relief. Each student independent of their experience, will receive personal direction from the instructor, professional sculptor, Konstantin Zingerman. This course includes 25 lbs. of clay, use of tools and kiln firings. Additional materials may be required for armatures and will be discussed the first day of class.

**Seven Sessions \$224.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Sep 5-Oct 17 1:00-4:00 PM . . . . . ZA344X**

**Thu, Oct 24-Dec 12 1:00-4:00 PM. . . . . ZA444X**

*No class 11/28*

MONMOUTH COUNTY PARK SYSTEM

# Fall Craft Show

Saturday, November 9  
9 a.m. - 2 p.m.

Fort Monmouth Recreation Center  
2566 Guam Lane, Tinton Falls

**FREE**  
**ADMISSION**

Shop for that special gift from  
40+ 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](mailto: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 \$90.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Sep 5-Oct 17 9:00 AM-12:00 PM . . . . ZC444X**

**Thu, Oct 24-Dec 12 9:00 AM-12:00 PM . . . ZC644X**

*No class 11/28*

## Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own handbuilt creations. Class includes 25 lbs. of clay, glazes and firings.

**Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.**

**Seven Sessions \$210.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: TBA

**Wed, Sep 4-Oct 16 1:00-4:00 PM . . . . .ZAV44X**

**Wed, Oct 23-Dec 11 1:00-4:00 PM . . . . .ZAX44X**

*No class 11/27*

**Wed, Sep 4-Oct 16 6:30-9:30 PM . . . . .ZB044X**

Instructor: Beth Couchoud

**Wed, Oct 23-Dec 11 6:30-9:30 PM . . . . .ZB144X**

*No class 11/27*

## 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 \$210.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Sep 5-Oct 17 9:30 AM-12:30 PM . . . . Z7444X**

**Thu, Oct 24-Dec 12 9:30 AM-12:30 PM . . . Z7544X**

*No class 11/28*

## CANDLE MAKING

### Beginner Candle Making Workshop

(adults)

Join us for a fun and hands-on candle making workshop! This class will teach you how to pour your own candle and customize it with your own scents and colors. All supplies included.

**One Session \$55.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 19 5:30-7:30 PM . . . . .AA444X**

**Thu, Oct 17 5:30-7:30 PM. . . . .AA544X**

**Fri, Nov 15 5:30-7:30 PM . . . . .AA644X**

### Fall Scented Candle Making

(adults)

Cinnamon, maple, apple, pumpkin and vanilla...make your own beautiful fall scented candle! All materials provided.

**One Session \$55.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 12 5:30-7:30 PM . . . . .AA844X**

**Thu, Oct 10 5:30-7:30 PM. . . . .AA744X**

## DRAWING & PAINTING

### A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

**One Session \$42.00 Per Person**

**Thompson Pk Creative Arts Center**

van Gogh's Starry Night

**Sat, Sep 14 2:00-5:00 PM . . . . .Z A644A**

Matisse's Poppies

**Sat, Sep 21 2:00-5:00 PM . . . . .Z A744A**

Renoir's Picking Flowers

**Sat, Sep 28 2:00-5:00 PM . . . . .Z A844A**

van Gogh's Fritillaries in a Copper Vase

**Sat, Oct 5 2:00-5:00 PM . . . . .Z A944A**

van Gogh's Wheatfield with Cypresses

**Sat, Oct 12 2:00-5:00 PM . . . . .Z A A44A**

Cezanne's Apples and Oranges

**Sat, Oct 19 2:00-5:00 PM . . . . .Z A B44A**

Monet's Antibes

**Sat, Oct 26 2:00-5:00 PM . . . . .Z A C44A**

Monet's The Japanese Footbridge

**Sat, Nov 2 2:00-5:00 PM . . . . .Z A D44A**

Matisse's Goldfish

**Sat, Nov 9 2:00-5:00 PM . . . . .Z A E44A**

Monet's Poppies at Argenteuil

**Sat, Nov 16 2:00-5:00 PM . . . . .Z A F44A**

Monet's Bouquet of Sunflowers

**Sat, Nov 23 2:00-5:00 PM . . . . .Z A G44A**

### 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.

Artist/Instructor: Katie Stone / Naturalist: Blake Beyer

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Oct 23 10:00 AM-1:00 PM . . . . .Z D544X**

### An Art Class for the Non-Artist

(adults)

Can't even draw a stick figure? Never signed up for an art class before? Struggle with perfectionism? This one-of-a-kind workshop hosted by Jenny Santa Maria is going to bring out something in you that you can't see in yourself. You will leave this workshop with a whole new perspective; empowered to use the arts as a new language you can apply to any and all areas of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career, and has never failed to see results. Bring a sketchbook to write and doodle in.

**One Session \$42.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Sep 24 6:00-7:30 PM . . . . .Z 1144A**

### Art of the Sea: Fish

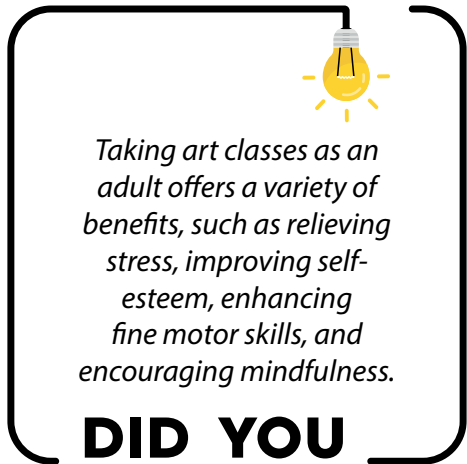
(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientist and artist. In this session, we will journey into a fun and informative discussion and walk lead by a park naturalist about the native fish of our mid-Atlantic local shores. After our walk, we will begin the scientific drawing process. The instructor will cue participants on how to achieve appropriate proportion and shape, color use, handling patterning and markings, and more. Naturalist: Megan Orens / Artist/Instructor: Katie Stone

**One Session \$45.00 Per Person**

**Seven Presidents Pk Act Ctr**

**Wed, Sep 25 9:00 AM-12:00 PM . . . . .Z A S44X**



*Taking art classes as an adult offers a variety of benefits, such as relieving stress, improving self-esteem, enhancing fine motor skills, and encouraging mindfulness.*

**DID YOU KNOW?**

## Basic Drawing: A Classical Approach

(adults)

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

Artist/Instructor: Jane Manco

**Six Sessions \$125.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Oct 31-Dec 12 4:00-6:00 PM. . . . . Z2044X**

*No class 11/27*

## Beginner Drawing for Adults

(adults)

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

**Six Sessions \$160.00 Per Person**

**Fort Monmouth Rec Ctr Program Room A**

**Thu, Sep 19-Oct 24 11:30 AM-1:00 PM . . . Z4044A**

**Thu, Oct 31-Dec 12 11:30 AM-1:00 PM . . . Z4144A**

*No class 11/28*

**Freneau Wds Pk Vis Ctr Art Room**

**Mon, Sep 23-Oct 28 12:30-2:00 PM . . . . . Z4244A**

**Mon, Nov 4-Dec 9 12:30-2:00 PM. . . . . Z4344A**

## Botanical Illustration: Fall Foliage

(adults)

The majestic quality of the trees that surround us have acted as a source of inspiration for artists for centuries. Join us as a Park System Naturalist leads us through a walk on the grounds of Holmdel Park pointing out some native species. Participants will learn key structural features, including branch formation, bark textures, foliage and more. We will then venture into the arboretum, illustrating these specific features in our very own observational drawings. Attendees will learn all the basics of this branch of botanical illustration.

Naturalist: Megan Orens / Artist/Instructor: Katie Stone

**One Session \$45.00 Per Person**

**Holmdel Pk Act Ctr**

**Wed, Oct 2 9:00 AM-12:00 PM. . . . . ZAT44X**

## Colored Pencil Extended Workshop

(adults)

Join us for this four-part workshop concentrated on the art of colored pencil. Colored pencils have the potential to yield beautiful works if used properly. Beginning with the basics of color theory, we will delve into everything one needs to know to use this medium to its maximum potential. Basic drawing skills are strongly recommended; however, experience is not required.

Artist/Instructor: Katie Stone

**Four Sessions \$102.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Oct 31-Nov 21 1:00-3:00 PM . . . . . Z1744X**

## 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.

**Six Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: MaryAnne Goodwin

**Tue, Sep 10-Oct 15 6:30-8:30 PM. . . . . Z8244X**

**Tue, Oct 29-Dec 10 6:30-8:30 PM. . . . . Z8344X**

*No class 11/26*

**Thu, Sep 12-Oct 17 6:30-8:30 PM. . . . . Z8444X**

**Thu, Oct 31-Dec 12 6:30-8:30 PM. . . . . Z8544X**

*No class 11/28*

**Fri, Sep 13-Oct 18 10:00 AM-12:00 PM . . . Z8644X**

**Fri, Nov 1-Dec 13 10:00 AM-12:00 PM. . . Z8744X**

*No class 11/29*

Instructor: Tracey Witter

**Mon, Sep 9-Oct 14 1:00-3:00 PM . . . . . ZAH44X**

**Mon, Oct 28-Dec 9 1:00-3:00 PM . . . . . ZAJ44X**

*No class 11/25*



## Drawing Wildflowers

(adults)

This specialty workshop highlights techniques and tips to the art of rendering wild florals. Participants will begin with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. Afterwards, we'll head inside with our live samples and begin the drawing process. The class will investigate how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. We'll focus on drawing the flowers in bloom including goldenrod, aster, blue mistflower, and boneset. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not necessary.

Artist/Instructor: Katie Stone / Naturalist: Jason Goldman

**One Session \$45.00 Per Person**

**Huber Wds Pk Env Ctr**

**Mon, Sep 9 10:00 AM-1:00 PM . . . . . Z1044X**

## Evening with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

**One Session \$42.00 Per Person**

**Thompson Pk Creative Arts Center**

van Gogh's Three Sunflowers in a Vase

**Wed, Sep 4 6:00-9:00 PM . . . . . ZAU44A**

Monet's Antibes

**Wed, Sep 11 6:00-9:00 PM . . . . . ZAW44A**

Matisse's Poppies

**Wed, Sep 18 6:00-9:00 PM . . . . . ZAY44A**

van Gogh's Starry Night

**Wed, Sep 25 6:00-9:00 PM . . . . . ZAZ44A**

## Feather Study

(adults)

We will study a variety of feathers and choose one to render on black paper with color pencils. This no-fail lesson will provide you with skills, techniques and insights to better your observational skills and foster a deeper appreciation in the natural world.

Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 25 12:30-2:30 PM . . . . . AB744X**

## Gouache Painting Class

(adults)

Gina will be teaching with this exciting medium in an extremely freeing manner. They will be theme-based: Seascapes, Animals, Floral Designs, Shells, Italian Vistas, among many other themes. All will be taught in a contemporary impressionistic style using the new inexpensive HIMI jelly gouache painting sets or your own gouache set. She will teach several diverse techniques that will allow an artist to free themselves from realism and allow a more emotionally based painting to evolve. Her step-by-step lessons will demonstrate color theory, color mixing, diversity in application with brushes, palette knives, and other non-conforming methods. She will use her personal references and show you how and what to choose to make a successful composition into a dynamic painting with a fabulous use of her own knowledge, creating a unique color palette. You will create your very own art journal book during this course. A supply list will be attached to your receipt.

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



**Seven Sessions \$154.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Sep 13-Oct 25 10:00 AM-12:30 PM . . . Z6844A**

**Fri, Nov 1-Dec 20 10:00 AM-12:30 PM. . . Z6944A**

*No class 11/29*

 *I have been enjoying the Park System's programs for decades myself and with my kids and hope to be volunteering soon as well!* 

## Great Impressionism Workshop™

(adults)

No Painting experience necessary to take this step-by-step approach to Impressionism and/or Fauvism method. Students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Please bring your own 11"x14" canvas and a set of acrylic brushes to each class. Acrylic paint will be provided by the instructor.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists  
**Thompson Pk Creative Arts Center**

**Three Sessions \$75.00 Per Person**

Renoir's Conversation in a Rose Garden

Renoir's Flowers in a Vase

**Fri, Sep 13-27 10:00 AM-12:00 PM . . . . .ZD644A**

**Four Sessions \$100.00 Per Person**

van Gogh's Cypresses

Renoir's Chestnut Tree in Bloom

**Fri, Oct 4-25 10:00 AM-12:00 PM . . . . .ZD744A**

Monet's Chrysanthemums

Renoir's Luncheon of the Boating Party (detail only)

**Fri, Nov 1-22 10:00 AM-12:00 PM . . . . .ZD844A**

## 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 System 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.

Naturalist: Paul Mandala / Artist/Instructor: Katie Stone

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Oct 9 9:00 AM-12:00 PM. . . . .Z0244X**

**Wed, Nov 6 9:00 AM-12:00 PM . . . . .Z0344X**

## Inspired Painting

(adults)

Join instructor Shari Epstein for a five-week painting class. Shari will work with you individually assessing how to best take you to the next level. Please bring images you love to the first class and some canvas options. Shari will walk you through the process by discussing composition, and proportion and showing you hands-on about your palette, color mixing and caring for your brushes. All levels are welcome. A supply list will be sent upon registration.

**Five Sessions \$120.00 Per Person**

**Henry Hudson Trail Act Ctr**

**Tue, Oct 1-29 11:30 AM-2:00 PM . . . . .AAR44X**

## 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 \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Sep 12-Oct 17 1:00-3:00 PM. . . . .Z1644X**

### SPONSOR A FAMILY!

With the help of donations to our RecAssist for Individuals & Families program, Monmouth County residents who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events within our beautiful Monmouth County parks.

Scan to make a donation:



## Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

**Six Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Sep 10-Oct 15 9:00-11:00 AM . . . . . Z0444X**

**Tue, Oct 22-Dec 10 9:00-11:00 AM . . . . . Z0544X**

*No class 11/5 & 11/26*

## Oil Painting Fundamentals

(adults)

This painting class will focus on the fundamentals of classical painting, offering students a methodical approach to enable them to paint independently. Strategies for understanding color, paint application, and handling of the medium will be covered. Demonstrations and lectures will be followed up by individualized critiques. Supply list will be discussed in further detail the first day of class.

Artist/Instructor: Jane Manco

**Six Sessions \$125.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Sep 11-Oct 16 6:30-8:30 PM . . . . . Z1844X**

**Wed, Oct 30-Dec 11 6:30-8:30 PM . . . . . Z1944X**

*No class 11/27*

## Painting on Silk

(ages 16 and up)

Ah the allure of silk...the softness of a flower petal and the strength of steel. Silk painting is the application of silk dyes directly onto stretched white silk fabric. A liner is applied first and then colors that are vibrant and translucent (not opaque) are painted in. Watercolor effects can be used and the results cannot be replicated in any other medium. Three full projects will be completed. A supply fee of \$30.00 (cash) is payable to the instructor the first day of class.

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

Artist/Instructor: Karin Trunz

**Six Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Oct 12-Nov 16 10:30 AM-12:00 PM. . . Z7244X**

## Painting Techniques from Life

(adults)

An exciting new class for painters of all levels. Gain confidence in composing still lifes, setting up unique lighting, and exploring diverse compositional approaches while mastering various painting techniques each week. From drawing and composition, matching to mixing vibrant new colors for your palette, I'll guide you through every step of the process, ensuring you finish with a detailed painting you're proud of. Transition smoothly with photos of each still life to work from in class, or choose from my collection of images. All painting mediums are encouraged, from pastels, gouache, acrylics, watercolor to of course the queen of all paints Oils. Delight in painting a range of subjects, including seashells, teapots, dolls, antique toy cars, glass bottles, porcelain items, animal skulls, stuffed toys to fresh fruits and vegetables. No matter your skill level, you're welcome to join. A universal supply list tailored to your chosen medium will be provided upon registration. Don't miss out unlock your creativity!

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

**Seven Sessions \$154.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Sep 11-Oct 23 1:00-3:30 PM . . . . . ZBK44A**

**Wed, Oct 30-Dec 18 1:00-3:30 PM . . . . . ZBM44A**

*No class 11/27*

## Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with 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 \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Sep 10-Oct 15 11:30 AM-1:30 PM . . . Z0644X**

**Tue, Sep 10-Oct 15 2:00-4:00 PM . . . . . Z0744X**

**Tue, Oct 22-Dec 10 11:30 AM-1:30 PM . . . Z0844X**

*No class 11/5 & 11/26*

**Tue, Oct 22-Dec 10 2:00-4:00 PM . . . . . Z0944X**

*No class 11/5 & 11/26*

## Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step-by-step manner, you will discover how a professional artist begins, creates, and finishes a work of art. This method of teaching gives you confidence and allows you freedom to develop your own style. Color theory, composition, application methods, and diverse techniques are used to teach texture and dimension in your paintings. All levels are always welcome. Any students that have taken the course previously can bring in their own reference and one on one instruction will be given. A detailed supply list will be attached to your receipt.

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

**Seven Sessions \$154.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Sep 9-Oct 21 2:00-4:30 PM . . . . .Z6444A**

**Mon, Oct 28-Dec 16 2:00-4:30 PM . . . . .Z6544A**

*No class 11/25*

## Portland Place Plein Air

(adults)

Enjoy a solid day of plein air painting this fall at scenic Portland Place in Middletown with experienced landscape oil painting instructor, Pratima Rao. The class will focus on important plein air considerations necessary for successfully completing a landscape painting on location such as: simplifying the scene in front of you, dealing with changing light, composition, values, atmospheric perspective and more! Each student will receive plenty of personal one-on-one instruction. An instructor demonstration at the beginning will open the day. Prior plein air painting experience required, and while a simple easel will be provided, students are encouraged to bring their own plein air set up and be comfortable.

**One Session \$134.00 Per Person**

**Hartshorne Wds Pk Hist. Portland Place Outdoor Area**

**Wed, Oct 9 10:00 AM-4:00 PM. . . . .Z3244A**

**Wed, Oct 16 10:00 AM-4:00 PM. . . . .Z3344A**

## Portrait Drawing

(adults)

Portrait 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. Demos and critiques will address accuracy in proportion, shape, line, value, and anatomical structure. Each week the instructor will concentrate on a different facial feature in order to hone your drawing skills. Students will learn the tools fundamental to capturing likeness utilizing primarily the medium of charcoal; though other drawing mediums will be incorporated. Please bring \$43.00 for model fee the first day of class.

Artist/Instructor: Kristin Kunc

**Six Sessions \$125.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Sep 30-Nov 18 9:30-11:30 AM . . . . .ZBN44A**

*No class 10/14 & 11/11*

## 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 all their own supplies in their specific media of preference, all mediums welcomed. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one-on-one critiques. All-level artists both beginners and seasoned are always welcome. Please remember to bring in all your supplies for your medium of choice. Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

**Seven Sessions \$154.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Sep 13-Oct 25 1:00-3:30 PM . . . . .Z7144A**

**Fri, Nov 1-Dec 20 1:00-3:30 PM . . . . .Z7344A**

*No class 11/29*



## The Art of Entomology: Beautiful Butterflies

(adults)

Butterflies come in an incredible diversity of size, shapes and colors. Join us for a discussion led by a Park System Naturalist all about butterflies, as well as ways in which to attract these visually beautiful and integral pollinators to your garden. We will finish the class learning some of the basics of entomological illustration and best approaches to drawing these beautiful creatures including; how to break down complex patterns, practices for establishing proportions and how to layer to create brilliancy of color.

Artist/Instructor: Katie Stone / Naturalist: Paul Mandala

**One Session \$45.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Sep 11 9:00 AM-12:00 PM. . . . . Z0144A**

## Watercolor Adventures

(adults)

Explore the beauty of watercolor painting in this relaxing group setting. The instructor will offer personalized guidance on your work to help you hone your skills and refine your watercolor techniques. Supply list will be provided upon registration.

Instructor: Jane Lux

**Six Sessions \$120.00 Per Person**

**Fort Monmouth Rec Ctr Program Room C**

**Fri, Sep 13-Oct 18 10:00 AM-12:30 PM . . . ZB944X**

**Fort Monmouth Rec Ctr Program Room D**

**Fri, Sep 13-Oct 18 1:00-3:30 PM . . . . . ZBA44X**

**Fort Monmouth Rec Ctr Program Room C**

**Fri, Nov 1-Dec 13 10:00 AM-12:30 PM. . . ZBB44X**

**Fort Monmouth Rec Ctr Program Room D**

**Fri, Nov 1-Dec 13 1:00-3:30 PM . . . . . ZBC44X**

*No class 11/29*



## JEWELRY

### Let's Bead Jewelry - "Czech" Us Out!

(adults)

The Czech Republic produces some of the most beautiful beads in the world. Your instructor will introduce you to beads like, rullas, daggers, tile and superduos, to name a few. Using a variety of stitches, you will create jewelry sure to bring compliments from admirers. You will love the slow pace of this ancient craft modernized using Czech beads. You don't need patience, just the capacity to slow down and savor the pleasure of making something beautiful to wear or gift. Class is suitable for both beginners as well as more advanced students. Instructor also provides video instructions.

Instructor: Mary Louise Doner

**Six Sessions \$105.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Sep 23-Oct 28 9:30 AM-12:30 PM. . . ZCS44X**

### Metal Clay Basics

(adults)

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

Instructor: Eileen Reed

**Thompson Pk Creative Arts Center**

**Six Sessions \$150.00 Per Person**

**Thu, Sep 5-Oct 10 10:30 AM-1:30 PM . . . Z8844X**

**Thu, Sep 5-Oct 10 6:30-9:30 PM . . . . . Z8944X**

**Five Sessions \$125.00 Per Person**

**Thu, Oct 17-Nov 14 10:30 AM-1:30 PM . . . Z9044X**

**Thu, Oct 17-Nov 14 6:30-9:30 PM . . . . . Z9144X**

## Mixed Media Jewelry - Metal Clay & Bead Weaving

(adults)

Join instructors Eileen Reed and Mary Louise Doner for this collaborative jewelry making workshop. Eileen will start the day by guiding you through creating a beautiful fine silver toggle clasp using metal clay. Mary Louise will then take over and show you how to stitch a textured bracelet with a modern flair by incorporating tila and cube beads. The cost of class includes metal clay needed for the clasp. A beading supply list will be provided upon registration. Please bring your own lunch as there will be a short break. Class is suitable for both beginners and advanced students.

**One Session \$125.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Nov 2 10:00 AM-5:00 PM . . . . . ZCP44X**

## 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 something simple like lounge pants or pajama bottoms, then 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: Participants must be able to operate the sewing machine they bring to class.**

**Six Sessions \$90.00 Per Person**

Instructor: Janice Beeby

**Fort Monmouth Rec Ctr Program Room C**

**Tue, Sep 10-Oct 15 7:00-9:30 PM . . . . . ZA144X**

**Tue, Oct 29-Dec 3 7:00-9:30 PM . . . . . ZA244X**

Instructor: Taylor Nevin

**Thompson Pk Creative Arts Center**

**Tue, Sep 10-Oct 15 9:30 AM-12:00 PM . . . ZCV44X**

**Tue, Oct 29-Dec 3 9:30 AM-12:00 PM . . . ZCW44X**



*The instructor was very knowledgeable and patient, clearly explaining everything step-by-step and checking on everyone's progress.*



## Discover Bead Embroidery

(adults)

Explore the artistry of bead embroidery in our beginner's class designed to ignite your creativity! Dive into foundational techniques as you master basic stitches and learn to weave beads into your designs. From selecting the right materials to understanding different techniques, this immersive experience equips you with the skills to craft stunning beadwork pieces tailored to your unique style. Join us and unravel the endless possibilities of this timeless craft!

Instructor: Taylor Nevin

**Six Sessions \$60.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Sep 10-Oct 15 12:30-2:00 PM . . . . . ZD344X**

**Tue, Oct 29-Dec 3 12:30-2:00 PM . . . . . ZD444X**

## Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics; from how to transfer a design to a diversity of stitches, as well as how to split the thread and thread a needle with ease. This workshop is both a great way to start your journey into the world of embroidery in addition to reviewing some basics of the craft form. All skill levels are welcome. A materials fee of \$10.00 is due the day of the workshop to be paid to the instructor.

Artist/Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Oct 16 5:00-7:00 PM . . . . . Z1344X**

**Fri, Nov 15 5:00-7:00 PM . . . . . Z1444X**

## Get Hooked on Crochet!

(adults)

Looking for a way to relax? Grab a hook and get crocheting! Whether learning for the first time or looking to advance your skills, this class is the perfect fit. Basic projects will be offered for beginners while more advanced students can work on their own projects. Projects and materials discussed the first day of class.

Instructor: Gianna Giezey

**Six Sessions \$72.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Sep 18-Oct 23 6:30-8:30 PM . . . . . ZCT44X**

**Wed, Oct 30-Dec 11 6:30-8:30 PM . . . . . ZCU44X**

*No class 11/27*

## Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Every Thursday afternoon, knitters, hookers, and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

**Four Sessions \$9.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Thu, Sep 5-26 1:00-3:00 PM . . . . . H1644X**

**Thu, Oct 3-24 1:00-3:00 PM . . . . . H1744X**

**Thu, Wed, Nov 7-27 1:00-3:00 PM. . . . . H1844X**

## Intermediate Embroidery

(adults)

If you're ready to take your embroidery to the next level, we are going to learn more stitches and skills to apply to our work. Admirers will never believe how easy and fun it was to learn these stitches and create such masterful work. We will learn two fill stitches, the satin stitch and the brick stitch, to fill in areas of color. We will also learn how to blend two shades of color together. A materials fee of \$10.00 is payable at the first class. Prerequisite skills are required.

Artist/Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Oct 2 5:00-7:00 PM . . . . . Z1244A**

## Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

**Six Sessions \$72.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Sat, Sep 14-Oct 26 10:30 AM-12:30 PM. . . ZBP44X**

*No class 10/19*

**Sat, Nov 2-Dec 14 10:30 AM-12:30 PM . . . ZBQ44X**

*No class 11/30*

**Thompson Pk Creative Arts Center**

**Tue, Sep 17-Oct 15 6:30-8:30 PM. . . . . ZBR44X**

**Tue, Oct 29-Dec 10 6:30-8:30 PM. . . . . ZBS44X**

*No class 11/26*

## Knitting in the Round

(adults)

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

Instructor: Laurel Von Gerichten

**Five Sessions \$60.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Sep 20-Oct 18 12:30-2:00 PM. . . . . ZB844X**

## 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. A list of supplies will be sent upon registration.

Instructor: Tara Collins

**Six Sessions \$140.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 18-Oct 23 7:00-9:00 PM . . . . . AAU44X**

**Wed, Oct 30-Dec 11 1:00-3:00 PM . . . . . AAV44X**

*No class 11/27*

### Jigsaw Puzzle Swap

**Saturday, September 28, 10:00 AM-12:00 PM**

**Thompson Park Theatre Barn**

Calling all jigsaw puzzle fans! Do you have a collection of used puzzles in your closet? Swap them for "new to you" puzzles. For every puzzle you bring, you will get one token to take a "new" puzzle home. Complete puzzles in good condition please.

All categories welcome.

## 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 (cash or check) are listed below and are to be paid to the instructor the day of class. All classes suitable for beginner or experienced weavers.

Instructor: Martha Costain

**Two Sessions \$40.00 Per Person**

**Thompson Pk Creative Arts Center**

### Pie Basket

This basket is made on a 10" handle and will hold an 8" or 9" pie. A double bottom makes especially strong. Size: 10" in diameter, 3 1/2" deep 11" including handle.

Materials fee: \$25.00

**Thu, Sep 19-26 10:00 AM-1:00 PM . . . . . ZBV44X**

### Plaid Fireside Basket

This basket is perfect for storing kindling next to the hearth. Woven in deep green, blue and maroon with natural. Size. 9" tall & 11 1/2 in diameter.

Materials fee: \$35.00

**Thu, Oct 17-24 10:00 AM-1:00 PM . . . . . ZBW44X**

## Beginner Soapmaking

(adults)

Roll up your sleeves and begin making wholesome, healthful and artistic novelty soap with natural melt and pour soap base. Techniques taught include mosaic soap bar, loofah bars and more using botanicals and additives. Unleash your creativity by customizing your soaps with color and fragrance oils. This hands-on class is a great start to the world of soapmaking. Please bring an 8 oz. or 16 oz. glass measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival. Instructor: Felicia Bonaimo, Serenity Scents and Soaps

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Sep 14 11:00 AM-12:30 PM. . . . . A5444X**

**Sat, Oct 5 11:00 AM-12:30 PM. . . . . A5544X**

**Sat, Nov 9 11:00 AM-12:30 PM . . . . . A5644X**

## Button Art

(adults)

Join us for a festive button art workshop! In this workshop, your host Jenny will walk you through her floral design, or you can make whatever scene you'd like. Your 8"x10" masterpiece can be matted or framed. No experience necessary.

Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 11 3:00-5:00 PM . . . . . AB444X**

**Wed, Oct 23 3:00-5:00 PM . . . . . AB544X**

## Card Making

(adults)

Let's create unique greeting cards with papers, stamps, sprays, inks, embossing folders, embossing powders, fibers, stencils, Sizzix® Dies, watercolors, Gelli® plate and embellishments. Each week, we'll create several cards for different themes such as Birthday, Thank You, Get Well and a note card. During class, you'll have time to explore a variety of card-making supplies to create your own unique card designs. Students are required to purchase their own permanent adhesive (e.g. Tombow® or Adtech® Glue Runner). All other supplies are included.

Instructor: Monique Topp

**Six Sessions \$120.00 Per Person**

**Henry Hudson Trail Act Ctr**

**Wed, Sep 11-Oct 23 10:00 AM-12:30 PM . . AC244X**

*No class 9/25*

## Creative Collage Challenge Class

(adults)

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk" or have you not been creative in a while? Then this class is the class for you! Your instructor, Tara Collins, will teach composition and various techniques. Each week you will get a new challenge to work on and let your intuition and subconscious brain lead the way! One week it may be a color challenge using different shades of one color, next a shape challenge or a seasonal/nature challenge. This class will be a fun, creative setting for art exploration! Participants should have basic collage and art material understanding.

**Six Sessions \$140.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Tue, Sep 10-Oct 15 7:00-9:00 PM. . . . . AAS44X**

**Tue, Oct 22-Dec 3 7:00-9:00 PM. . . . . AAT44X**

*No class 11/5*

## 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 \$40.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Nov 13 10:00 AM-12:00 PM . . . . . Z1544X**

## Introduction to Weaving

(adults)

Are you ready to learn how to weave? In this class, you will be introduced to the weaving process, loom design, and different weaving techniques suitable for a wooden handloom. You will create a beautiful wall hanging for your home. No experience necessary.

Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 11 12:30-2:30 PM . . . . . AB244X**

**Wed, Oct 9 12:30-2:30 PM . . . . . AB344X**

**Thu, Nov 7 12:30-2:30 PM . . . . . ABN44X**

## Macrame Wall Hangings

(adults)

In this workshop you'll learn different macramé knot techniques and make your own beautiful wall hanging!

**One Session \$35.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Oct 3 5:30-7:30 PM . . . . . AAC44X**

**Thu, Nov 7 5:30-7:30 PM . . . . . AAD44X**

## Paper Making

(adults)

Have you ever wondered how paper is made? This fun workshop will teach you all the steps to make your own!

**One Session \$30.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 26 5:30-7:30 PM . . . . . AA944X**

## Rubber Stamping 101

(adults)

You will learn the joys, immediacy and inventiveness of creating works with rubber stamps. Repetition, decoration, patten and design are explored in this fun and exciting workshop. By creatively combining stamped images, your work can go in a humorous or emotionally charged direction. The medium is an ideal introduction to any form of DIY print or collage!

Instructor: Jennifer Santa Maria

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Sep 25 3:00-5:00 PM . . . . . ABR44X**

**Wed, Oct 23 12:30-2:30 PM . . . . . ABS44X**

## Scratch Art for Beginners

(adults)

Scratch art is an exciting graphic technique to create value drawings. You will be so impressed with your work of art in this no-fail lesson. You will learn how to transfer a design to scratchboard, and how to use different tools and techniques under the guidance of art coach and teacher Jenny Santa Maria. You can create value drawings by scratching off the black ink and revealing the white board beneath. You can choose from many animal references to gain experience bringing out the texture of fur on scratchboard.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Wed, Oct 9 3:00-5:00 PM . . . . . ABP44X**

**Thu, Nov 7 3:00-5:00 PM . . . . . ABQ44X**

## MIXED MEDIA ART

### Gelli® Printing Mixed Media

(adults)

During the first four weeks, we will create unique papers using the Gelli® plate, acrylic paints, patterns and a brayer. Weeks 5 and 6, we will use these papers to collage and embellish two home decor items on canvas and/or wooden object supplied by the instructor. Students are required to purchase their own 8"x10" or 5"x7" Gelli® plate and a speedball rubber brayer. All other supplies are included.

Instructor: Monique Topp

**Four Sessions \$110.00 Per Person**

**Henry Hudson Trail Act Ctr**

**Thu, Oct 3-24 10:00 AM-12:30 PM . . . . . AC544X**

**Thu, Oct 3-24 6:30-9:00 PM . . . . . AC644X**

## Gelli® Printing Plate Mixed Media

### Workshop

(adults)

Introducing the Gelli® printing plate! We will create unique papers in a similar color scheme. Then we will use our papers to collage and embellish a home decor item. Students are required to purchase their own 8"x10" or 5"x7" Gelli® plate and a speedball rubber brayer. All other supplies are included.

Instructor: Monique Topp

**One Session \$60.00 Per Person**

Henry Hudson Trail Act Ctr

**Sat, Sep 7 12:30-5:30 PM . . . . .AC744X**

## Intuitive Mixed Media Canvas Class

(adults)

Let's create several mixed media layers on canvas using paper, textural artist mediums, paints, inks, stamps, fibers and stencils. We'll complete these original works of art by choosing a theme or blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included.

Instructor: Monique Topp

**Two Sessions \$65.00 Per Person**

Henry Hudson Trail Act Ctr

**Wed, Sep 11-18 6:00-9:00 PM . . . . .AC344X**

**Wed, Oct 16-23 6:00-9:00 PM . . . . .AC444X**

## Mixed Media - Christmas Inspired

(adults)

We'll explore several techniques with papers, paints, stamps, inks, Gelli® plates, die-cutting tools, molds, glue guns, glitter, fibers and more to create unique cards and ornaments during these two sessions. All supplies are included.

Instructor: Monique Topp

**Two Sessions \$65.00 Per Person**

Henry Hudson Trail Act Ctr

**Thu, Nov 14-21 10:00 AM-1:00 PM. . . . .AC844X**

**Thu, Nov 14-21 6:00-9:00 PM . . . . .AC944X**

## Mixed Media Drawing

(adults)

This new class offers enjoyment and fulfillment for all artists. We will work with both wet and dry drawing materials such as inks, dyes, watercolor, acrylic, and gouache as underpaintings. Then, we will build upon the subject matter with layering and overlapping techniques to add new life to the drawing. We will then go back into the initial washes with dry drawing materials to design exciting, unique one-of-a-kind artwork that is both fun and forgiving at the same time. We will apply microns, color pencils, markers, and even render with pastel pencils to create your unique style, impressionistic or realistic depending on the individual artist. You will be supplied with various references for inspiration such as koi ponds, sunsets, tropical paradises, animals, and or be inspired by your own ideas as well. Come explore and learn how to mix and match many diverse mediums on one paper. All levels are always welcome. A detailed supply list will be attached to your receipt.

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

**Seven Sessions \$154.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Sep 11-Oct 23 10:00 AM-12:30 PM . . Z6644A**

**Wed, Oct 30-Dec 18 10:00 AM-12:30 PM . . Z6744A**

*No class 11/27*

## MOSAICS & STAINED GLASS

### Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided for a \$85.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

**Six Sessions \$80.00 Per Person**

Big Brook Pk Act Ctr

**Tue, Sep 10-Oct 15 10:00 AM-12:00 PM . . ZBF44X**

**Sat, Sep 14-Oct 26 1:00-3:00 PM . . . . .ZBH44X**

*No class 10/12*

**Tue, Oct 29-Dec 10 10:00 AM-12:00 PM . . ZBG44X**

*No class 11/16*

**Sat, Nov 2-Dec 14 1:00-3:00 PM . . . . .ZBJ44X**

*No class 11/30*

## 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 an \$85.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

**Six Sessions \$80.00 Per Person**

**Big Brook Pk Act Ctr**

**Sat, Sep 14-Oct 26 10:00 AM-12:00 PM . . .ZBD44X**

*No class 10/12*

**Sat, Nov 2-Dec 14 10:00 AM-12:00 PM . . .ZBE44X**

*No class 11/30*

## Beginner Stained Glass

(adults)

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

**Six Sessions \$90.00 Per Person**

**Big Brook Pk Act Ctr**

**Mon, Sep 9-Oct 14 10:00 AM-12:00 PM. . .ZB244X**

**Mon, Oct 28-Dec 9 10:00 AM-12:00 PM. . .ZB344X**

*No class 11/25*

**Wed, Sep 11-Oct 16 10:00 AM-12:00 PM . . ZB444X**

**Wed, Oct 30-Dec 11 10:00 AM-12:00 PM . . ZB544X**

*No class 11/27*

## Intermediate Stained Glass

(adults)

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

**Six Sessions \$90.00 Per Person**

**Big Brook Pk Act Ctr**

**Tue, Sep 10-Oct 15 1:00-3:00 PM. . . . .ZB644X**

**Tue, Oct 29-Dec 10 1:00-3:00 PM. . . . .ZB744X**

*No class 11/26*

## PHOTOGRAPHY

### iPhone 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. An iOS device (iPhone or iPad) is required. This class does not cover Android devices as they control the cameras differently. iOS devices only please.

Instructor: Gary Dates

**Three Sessions \$48.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Nov 6-20 6:30-8:30 PM . . . . .ZBU44X**

### MANASQUAN RESERVOIR PHOTOGRAPHY CONTEST

Calling all photographers! Don't miss your opportunity to enter your photos in our 2025 exhibition. Each photographer may enter one photo per category per season.

All photographs must be taken at Manasquan Reservoir.

#### Entry Deadlines

Summer: September 22, 2024

Fall: December 1, 2024

**Exhibition Dates:** February 1-28, 2025

**Theme:** All the Small Things

**Divisions:** Youth or Adult

**Categories:** General & Wildlife

**Entry Fee:** \$5.00 per photo for Adult Division; submissions free for Youth division

*Rules and entry form available on the Manasquan Reservoir Environmental Center page of our website.*



**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 instructor Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

**Six Sessions \$120.00 Per Person****Thompson Pk Creative Arts Center****Tue, Sep 17-Oct 22 6:00-9:00 PM . . . . . ZBT44X****PRINTMAKING & DYES****Printmaking: Kitchen Lithography***(adults)*

Participants will learn how to print lithographic images on paper using common household items and create a small edition of original prints. Bring images for inspiration, kitchen gloves, and wear studio clothes. A materials fee of \$10.00 (cash) is payable to instructor Kate Eggleston the day of class.

**One Session \$38.00 Per Person****Thompson Pk Creative Arts Center****Mon, Nov 4 9:00 AM-12:00 PM . . . . . ZBZ44X****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 are welcome! All materials included. Please bring images for inspiration and wear studio clothes. A materials fee of \$10.00 (cash) is payable to instructor Kate Eggleston the day of class.

**One Session \$38.00 Per Person****Thompson Pk Creative Arts Center****Mon, Sep 23 9:00 AM-12:00 PM . . . . . ZAN44X****Fri, Nov 1 6:00-9:00 PM . . . . . ZAP44X****Printmaking: Silkscreen on Fabric ***(adults)*

Discover how to create a custom silkscreen design and print on fabric. First class is screen prep and second class is printing. Bring 5-10 small/medium cotton items of your choice to print on (tote bag, t-shirt, etc.). Wear studio clothes and bring kitchen gloves. A materials fee of \$10.00 is payable to instructor Kate Eggleston on the first day of class.

**Two Sessions \$65.00 Per Person****Thompson Pk Creative Arts Center****Mon, Sep 30-Oct 7 9:00 AM-12:00 PM. . . . .ZAQ44X****Natural Dyeing with Local Plants + Food Waste ***(adults)*

Did you know that plants can be used to make natural dyes? Explore the magic of plant color while using locally grown plants and food waste to create natural color on fabric. We will use the bundle dye method to create plant prints and patterns on cotton napkins. Students will design two projects and leave with a set of napkins. Pre-mordanted cotton napkins and plant materials will be provided. Please wear studio clothes and bring kitchen gloves.

Instructor: Kelly Bahash

**One Session \$75.00 Per Person****Thompson Pk Creative Arts Center****Fri, Sep 20 12:00-4:00 PM . . . . . ZBX44X****To Dye For: Indigo Shibori Workshop ***(adults)*

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

**One Session \$55.00 Per Person****Thompson Pk Creative Arts Center****Tue, Sep 10 9:00 AM-1:00 PM . . . . . ZAK44X****Tue, Nov 12 9:00 AM-1:00 PM . . . . . ZAM44X**

**To Dye For: Natural Dyes with Resist** *(adults)*

Participants will learn how to use water-based resist and natural dyes to create custom designs on fabric. First class is prepping fabric with resist and second class is dyeing. Bring 5-10 small/medium cotton items of your choice to work on (tote bag, t-shirt, etc.). Wear studio clothes and bring kitchen gloves. A materials fee of \$10.00 is payable to instructor Kate Eggleston the first day of class.

**Two Sessions \$65.00 Per Person****Thompson Pk Creative Arts Center****Fri, Oct 18-25 6:00-9:00 PM . . . . . ZBY44X****To Dye For: Shibori in Color***(adults)*

Discover the beauty of shibori, a series of Japanese resist dye techniques, which create unique patterns on fabric by folding and binding. Students will produce an array of designs dyed in colorful fiber reactive dyes. Please bring 5-10 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc) to dye. Please also wear studio clothes and bring kitchen gloves. A materials fee of \$10.00 is payable to instructor Kate Eggleston the day of class.

**One Session \$55.00 Per Person****Thompson Pk Creative Arts Center****Fri, Nov 22 9:00 AM-1:00 PM . . . . . ZAR44X****CANINE OBEDIENCE****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 six months and older. Classes will be held in a shelter building and may be cancelled due to severe weather.

Instructor: Shelley Raskin

**Five Sessions \$65.00 Per Dog****Big Brook Pk Elsas Lodge Shelter Building****Sat, Sep 7-Oct 5 10:00-11:00 AM . . . . . Q6644X****Wed, Sep 11-Oct 9 5:30-6:30 PM . . . . . Q6744X****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: Shelley Raskin

**Five Sessions \$65.00 Per Dog****Big Brook Pk Elsas Lodge Shelter Building****Sat, Sep 7-Oct 5 11:15 AM-12:15 PM . . . . Q6944X****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 six 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: Shelley Raskin

**Seven Sessions \$65.00 Per Dog****Big Brook Pk Elsas Lodge Shelter Building****Wed, Sep 11-Oct 9 6:45-7:45 PM . . . . . Q6844X**

## CULINARY ARTS

### All About the Bowls

(adults)

This trendy way of eating is all the rage. Get all your flavor, fillings and nutrition in one bowl. Whether it be a Japanese Poke bowl, a Mexican burrito bowl brimming with goodies, or your own invention. Skip the takeout and make these easy bowls instead! Chef Stephen will take you step by step to show you how much fun it is to create these fresh, flavorful, one bowl meals!

Menu: Cilantro-Lime Rice Shrimp Bowl; Low-Carb Philly Cheesesteak Bowl; Quinoa Bowl with sweet potato and black beans with a tangy yogurt dressing

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Sep 9 10:00 AM-12:30 PM . . . . . M2244X**

### All About the Wraps

(adults)

We are all familiar with the humble tortilla known by many as "Wraps". Originally only made from corn or white flour, they are now made from a wide variety of ingredients. From quinoa milled into flour for health to Sundried Tomato added for color and flavor. Chef Stephen Wolff will be creating traditional dishes such as Quesadillas as well as some clever new ones. He will even show you how to take extra tortilla wraps and turn them into healthy homemade baked chips!

Menu: Quesadilla, Panini, Homemade Baked Chips, Tortilla "Lasagna"

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Nov 4 10:00 AM-12:30 PM . . . . . M7944X**

### American Home Cook Classics

(adults)

Let's enjoy a meal from a time when life was simpler. When we weren't attached to our cell phones and Door Dash was not an option, we were able to enjoy the simple pleasure of a home cooked meal. These recipes are so delicious and easy they will take you right back to the good times.

Menu: Chicken A La King and Swedish Meatballs with Rice Pilaf

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Sep 3 10:00 AM-12:30 PM . . . . . M1044X**

**Tue, Sep 3 6:00-8:30 PM . . . . . M1144X**

### Appetizers Hors d'oeuvres & More

(adults)

Sometimes "happy hour" fare surpasses the main dishes. Of course, we try not to fill up on the snack and appetizers before a meal at a nice gathering, but sometimes it's quite difficult when they're so darn good! Let Chef Stephen show you some clever and delicious pre-meal fare. Chef will also discuss how to make these little bites the star of the show.

Menu: Palmiers with roast pepper, olives and parmesan, stuffed cucumber cups, pinwheels, steamed wontons, and Vol au Vents with various stuffings

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Nov 22 10:00 AM-12:30 PM . . . . . M8844X**

### 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: Chef Stephen's Winter White Soup and Roasted Vegetable Gratin

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Oct 17 6:00-8:30 PM. . . . . M6144X**

**Mon, Oct 21 10:00 AM-12:30 PM . . . . . M6244X**

**Mon, Nov 25 10:00 AM-12:30 PM . . . . . M6344X**

### 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 \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Sep 30 6:00-8:00 PM . . . . . .ACU44X**

**Cast Iron Skillet Classics – with a “Twist”***(adults)*

Whether dusting off the pan that was handed down to you by your grandparents or you bought one and were never sure what to do with it, this class is for you! Let's up your kitchen repertoire by cooking the cast iron skillet way. You will see how versatile these pans truly are. With updated classics you are sure to please the pickiest varmint out there! You will also learn how to season and properly care for your pans.

Menu: Wagon Wheel Steak Pie, Bacon and Cheddar Corn Bread, Colonial Apple Tansey

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Nov 14 6:00-8:30 PM . . . . . M4444X**

**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: Beef and Bell Pepper Frito Pie and Mexican Tres Corn Bake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Oct 10 10:00 AM-12:30 PM . . . . . M1344X**

**Thu, Oct 10 6:00-8:30 PM. . . . . M1444X**

**Cast Iron Skillet Tribute Class: Kent Rollins***(adults)*

The original non-stick pan. Whether you are dusting off the pan that was handed down by your grandparents or bought one and were never sure what to do with it, this class is for you! Let's up your kitchen repertoire by cooking the Kent Rollins Cast Iron Skillet way. You will see how this true Oklahoman Cowboy Cook has taught the country how versatile these pans are. You will also learn how to season and properly care for your pans.

Menu: Classic Shephard's Pie, Mexican Tres Corn Bake, and a surprise dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Sep 4 6:00-8:30 PM . . . . . M1244X**

**Cast Iron Skillet with Catch of the Day Mash-Up!***(adults)*

Enjoy the best of both worlds! One of the best ways to cook your proteins is in the cast iron skillet. Today we will be cooking some of the tastiest seafood dishes in our own cast iron skillet. Let Chef Stephen teach you how to sear, braise and roast some of his favorite dishes.

Menu: Salmon Burgers, Crispy Skin Salmon Filet with a Citrus Soy Glaze and Garlicky Greens

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Oct 18 10:00 AM-12:30 PM . . . . . M6444X**

**Catch of the Day***(adults)*

Have you been intimidated to cook fish at home? Are you curious how to get your fish crispy yet still juicy? Chef Stephen Wolff will show you how to cook restaurant quality seafood right in your own home. Pair that with a delicious sauce or glaze and you are on your way to a five-star meal cooked fresh by you!

Menu: Salmon Pesto Pinwheels, Flounder Florentine and a Lemon Butter Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Sep 5 10:00 AM-12:30 PM . . . . . M1544X**

**Thu, Sep 5 6:00-8:30 PM . . . . . M1644X**

**Tue, Oct 8 10:00 AM-12:30 PM . . . . . M1744X**

**Tue, Oct 8 6:00-8:30 PM. . . . . M1844X**

**Chocolate Indulgence** *(adults)*

You CAN have your chocolate and eat it too! No need for deprivation when trying to achieve your health goals. Chocolate lovers unite to learn a healthier way to indulge in our favorite chocolate desserts.

Instructor: Lisa Vento, CFHC

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Sep 23 6:00-8:00 PM . . . . . AAG44X**

## Chocolate Making Basics

(adults)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Nov 18 6:00-9:00 PM. . . . . AAY44X**

## 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; seven-layer dip and guacamole with white corn chips 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 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 \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Tue, Oct 8 6:00-9:30 PM. . . . . ACN44X**

## 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 parents' night out, teen groups and more!

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

**Location:** Fort Monmouth Recreation Center

**Instructor:** Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, call 848-456-4278, ext. 4#.



## Colonial Cooking

(adults)

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

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Oct 24 10:00 AM-12:30 PM . . . . . M6544X**

**Thu, Oct 24 6:00-8:30 PM. . . . . M6644X**

## Creative Casseroles

(adults)

There is something so comfy and heart-warming about a traditional homemade casserole. Chef Stephen will recreate a delicious memory as well as some creative modern takes on this classic style dish. Brush up on your oven work as well as knife skills and adapting recipes to make them your own!

Menu: Mom's Pork Chops with rice, tomato, and green peppers & Contadina's Shrimp & Orzo with Feta and Apple Fritter Casserole Cake.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Nov 1 10:00 AM-12:30 PM. . . . . M7644X**

**Fri, Nov 1 6:00-8:30 PM . . . . . M7744X**

**Mon, Nov 11 10:00 AM-12:30 PM . . . . . M7844X**



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



## 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. You will learn all 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 the necessary tools and supplies needed to decorate with their own hands. Students will be taught how to use wafer paper and even learn to make simple little sugar flowers to be used as embellishments! Students will go home with eight beautifully decorated cookies.

Instructor: Jessica Guli

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

### Fall Fondant

"Fall" in love with fondant. Get the warm fuzzy fall feeling while you create a set of fall-themed fondant covered cookies.

**Tue, Sep 24 6:00-9:00 PM. . . . . ACR44X**

### Halloween Haunts

Ghosts, mummies and witches galore! Learn techniques to create a "boo"tiful and spooky set of Halloween cookies that are fun and delicious!

**Tue, Oct 22 6:00-9:00 PM. . . . . ACS44X**

### Thanksgiving Treats

Give thanks and beautifully decorated cookies (or keep them for yourself!). This class features festive Thanksgiving themed cookies decorated by you!

**Tue, Nov 19 6:00-9:00 PM. . . . . ACT44X**

## Dinner in 20 - Fast Food is Not Always Bad Food

(adults)

After a long hard day at work, many folks dread their dinnertime food prep. Instead of ordering take out or making frozen dinners join Chef Stephen Wolff as he teaches you several professional kitchen "hacks" that will help you get a fresh and hot dinner on the table in no time. This class will focus on safe knife skills and sufficient steps to make meal prep less of a chore. After this class, you will love going back into the kitchen.

Menu: Lemon Chicken in Herbed Butter Sauce, Unstuffed Peppers, Bananas Foster with Crème Chantilly  
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Sep 23 10:00 AM-12:30 PM. . . . . M4544X**

## Eat to Beat Illness

(adults)

Health begins at the end of your fork! Many people suffering with modern chronic health conditions can alleviate their symptoms and improve their health through proper nutrition and lifestyle medicine. The key to a healthy and happy life all begins in the kitchen. Forget the trendy diets promising instant relief or weight loss and learn foundational principles of healthy eating that are delicious and sustainable. Come prepared to join in the fun of cooking.

Instructor: Lisa Vento, CFHC

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Oct 21 6:00-8:00 PM. . . . . AAK44X**

## Empanadas Gone Wild

(adults)

Whether you've never tried this South American hand pie, or you are already a fan, you've got to see how easy they are to make. With traditional fillings as varied as the many countries and regions they are from, Chef Stephen will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed you will see how to bake or fry the empanada to perfection. Top it off by creating fresh dipping sauces for one mouthwatering meal!!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Oct 15 10:00 AM-12:30 PM. . . . . M3544X**

**Tue, Oct 15 6:00-8:30 PM. . . . . M3744X**

**Fri, Oct 25 10:00 AM-12:30 PM. . . . . M3644X**

**Wed, Nov 6 10:00 AM-12:30 PM. . . . . M3844X**

**Thu, Nov 21 6:00-8:30 PM. . . . . M3944X**

## 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, Pop's Pumpkins Bars, Pumpkin Whoopie Pies with Homemade Cream Cheese Frosting, Easy Pumpkin Dip  
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Sat, Nov 16 10:00 AM-12:30 PM. . . . . M8244X**

**Mon, Nov 18 10:00 AM-12:30 PM. . . . . M8344X**

## Fall Harvest Desserts “Apple Edition”

(adults)

Autumn in New Jersey (especially Monmouth County) can only mean one thing: APPLES! What is the best thing to do with such an abundance of fresh local apples? Make apple desserts of course. In this class we will show you the best Apple Brown Betty, a classic Apple Cider Donut Cake and an amazingly easy Apple Strudel using Puff Pastry.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Nov 20 10:00 AM-12:30 PM . . . . . M8444X**

**Wed, Nov 20 6:00-8:30 PM . . . . . M8544X**

## 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 \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Sat, Nov 2 10:00 AM-1:00 PM . . . . . M8044X**

**Sat, Nov 23 10:00 AM-1:00 PM . . . . . M8144X**

## Flavors of Latin Cuisine

(adults)

Travel past the burritos. Forget the tacos. Let's try our hand at some authentic Latin cuisine. In tropical climates fresh fruit, vegetables and seasonings reign supreme. Chef Stephen will guide you in creating dishes that will have you and your guests asking for more!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Sep 30 10:00 AM-12:30 PM . . . . . M5144X**

**Tue, Oct 22 10:00 AM-12:30 PM . . . . . M5244X**

**Tue, Oct 22 6:00-8:30 PM . . . . . M5344X**

## Flavors of the Orient

(adults)

When one thinks of Asian food, many styles come to mind. Some go right to Chinese while others think Japanese and sushi. Some might think Thai. Today, we will take a culinary trip to Northern China. This is one of the colder regions where wheat crops are a mainstay. Therefore, we will notice more dumplings and noodles on these menus. Let's get some hands-on experience making these traditional dishes.

Menu: Veggie Lo Mein, Chicken Sesame Ginger Dumplings, Fried Wontons

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Sep 11 10:00 AM-12:30 PM . . . . . M2544X**

**Wed, Sep 11 6:00-8:30 PM . . . . . M2644X**

## Frugal Gourmet

(adults)

Do you want to step up your culinary skills and prepare a gourmet meal without breaking the bank? Why not join Chef Stephen Wolff in the kitchen as he gives you tips and tricks to prepare a fabulous gourmet meal on a budget. Knife skills, cooking times, and proper tools of the trade will also be discussed.

Menu: Sauteed Chicken with Sundried Tomatoes and Artichokes in White Wine. Stuffed Pork Chops with Spinach, Cranberry and Feta served with Au Jus.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Sep 26 10:00 AM-12:30 PM . . . . . M4844X**

## Fun with Phyllo

(adults)

Baklava, Spanakopita, and Phyllo Cups filled with wonderful ingredients can only mean one thing, Fun with Phyllo is back! If you have ever been too scared to work with this fine dough now is the time to try it. Chef Stephen will ease you into the fun of working with it. Along the way he will show you tips and tricks to make phyllo dishes the star they are.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Oct 1 10:00 AM-12:30 PM . . . . . M5444X**

**Tue, Oct 1 6:00-8:30 PM . . . . . M5544X**

## Holiday Open House

(adults)

Tonight, Chef Stephen kicks off the holiday season by helping you plan your next holiday open house. One way to get around a full sit-down dinner is to create some simple dishes for a buffet. In this class, we will discuss party planning and budget while creating some festive eats that are a real crowd pleaser.

Menu: Almond Bacon Cheese Crostini, Gruyere and Crab Palmiers, Mom Wolff's Sweet and Sour Meatballs, Upside Down Pineapple Skillet Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Nov 26 10:00 AM-12:30 PM . . . . . M8944X**

**Tue, Nov 26 6:00-8:30 PM . . . . . M9044X**

## Homemade Pierogi

(adults)

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Sat, Sep 21 10:00 AM-1:00 PM . . . . . M4944X**

**Sat, Oct 12 10:00 AM-1:00 PM. . . . . M5044X**

## Meatless Mondays

(adults)

Over 10 years ago, Sir Paul McCartney along with Mary and Stella McCartney started an initiative to encourage folks to give up meat at least once a week. The group and concept have gone global and now here at Culinary Creations we also align with the "Meat Free Monday" concept. Chef Stephen Wolff will teach you how to get the maximum flavor and nutrition from your food without harming any of our animal friends.

Menu: Cauliflower Soup with Coconut Milk, Thai Noodle Salad with Peanut Dressing, Falafel, and a Lovely Lentil and Mushroom Bolognese

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Sep 16 10:00 AM-12:30 PM. . . . . M3044X**

**Mon, Sep 16 6:00-8:30 PM . . . . . M3144X**

## Meatless Soups – Rich and Hearty

(adults)

Enjoy a fulfilling and well-balanced soup on these cool autumn days. Let's cook with flavorful and satisfying plant-based ingredients. Whether it be chickpeas, lentils, black beans or something else, you don't have to give up texture or flavor when you eliminate the meat. Chef Stephen will show you how to get all the yumminess into your meatless Soups.

Menu: Butternut Squash Soup with White Beans and Classic Lentil Soup with Roasted Tomato

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Mon, Oct 28 10:00 AM-12:30 PM . . . . . M6744X**

## Oktoberfest Traditions

(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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Oct 3 10:00 AM-12:30 PM . . . . . M5644X**

**Thu, Oct 3 6:00-8:30 PM . . . . . M5744X**

## Pizza & Zeppole

(adults)

Making your own fresh dough, you'll learn the techniques of mixing, kneading and shaping it to make your own Italian "Tomato Pie." These will be baked off to perfection so you can enjoy the fruits of your labor. With the same style dough, you will learn to shape the iconic stromboli or calzone. Then, it's on to one of our favorite sweet treats, the "Italian Donut" Zeppole. Here you will see a deliciously light ricotta recipe that is not just fried dough topped with powdered sugar. Yum!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Sep 20 10:00 AM-12:30 PM . . . . . M4044X**

**Fri, Sep 20 6:00-8:30 PM . . . . . M4144X**

**Mon, Oct 7 10:00 AM-12:30 PM. . . . . M4244X**

**Fri, Nov 15 10:00 AM-12:30 PM . . . . . M4344X**

## Puff Pastry Magic

(adults)

Have you ever wondered how your pastry gets its many light, crispy layers? Have you been longing to make your own Napoleon dessert but not quite sure what that pastry dough is? Well, the secret is out! It's PUFF PASTRY! In French it's Mille-Feuilles (1,000 layers - the process of making the dough). In today's class, Chef Stephen will show you how to transform this classic dough into many sweet and savory dishes.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Sep 24 10:00 AM-12:30 PM . . . . . M4644X**

**Tue, Sep 24 6:00-8:30 PM. . . . . M4744X**

## 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. 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 \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Sep 6 10:00 AM-12:30 PM . . . . . M1944X**

**Fri, Sep 6 6:00-8:30 PM . . . . . M2044X**

**Thu, Sep 12 6:00-8:30 PM . . . . . M2144X**

**Sat, Sep 28 10:00 AM-12:30 PM. . . . . M0144X**

## Sea Salt and Lemon on the Grill

(adults)

So many salts to choose from! What goes with what? You'll be shown a few salts and how to use them. Black lava salt with buttery popcorn as a start to munch on. Grilled lemons go great with shrimp and asparagus seasoned with Himalayan pink sea salt. Then, to eat the last of the Jersey Corn with Ribeye Steaks seasoned with big Maldon Sea salt flakes. A salted caramel ice cream must be the closer! There's nothing better than a late summer grill class at Dorbrook Recreation Area. Chef Peter De Celie will cook for you! Sit back, relax and join him under the Barnview Shelter Building.

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Barnview Shelter Bldg**

**Tue, Sep 17 6:00-9:30 PM. . . . . .AD044X**

## Somebody Feed Phil: The Phil Rosenthal Tribute Class

(adults)

Tonight, we pay tribute to Phil Rosenthal, host of one of the best food/travel shows on Netflix. With several seasons under his belt, Phil has travelled the globe experiencing different cultures, sampling new dishes (as well as old favorites) and making new friends along the way. From San Francisco to Chile, Tel Aviv to Italy, Phil shares his passion for food with his audiences in each episode. Today, Chef Stephen Wolff will recreate some of those recipes from "Somebody Feed Phil: The Book"!

Menu: Emily's Red Beans and Rice with Andouille Sausage, Pink Mole and Marrakesh Lemon Chicken

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Oct 16 10:00 AM-12:30 PM . . . . . M5944X**

**Wed, Oct 16 6:00-8:30 PM . . . . . M6044X**

## Soups - A Meal in a Bowl

(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: Italian Wedding Soup and Korean Asian Beef Soup

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Oct 29 10:00 AM-12:30 PM . . . . . M6844X**

**Tue, Oct 29 6:00-8:30 PM. . . . . M6944X**

**Tue, Nov 12 10:00 AM-12:30 PM . . . . . M7044X**

**Tue, Nov 12 6:00-8:30 PM . . . . . M7144X**

## Spectacular Holiday Side Dishes

(adults)

Let the sides shine! We all love a beautiful roast whether it be turkey, ham or beef. Well, how about some spectacular sides to share the table? Chef Stephen will show you some scrumptious sides that will tantalize the pickiest palate.

Menu: Roasted Fennel with Apples, Herb Stuffed Meatless Mushrooms, Cranberry and Bacon Green Beans, Sweet Potato and Apple Casserole

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Thu, Nov 7 10:00 AM-12:30 PM . . . . . M8644X**

**Thu, Nov 7 6:00-8:30 PM . . . . . M8744X**

## Spooky Halloween Appetizers

(adults)

Let's have a little fun and get into the Halloween spirit. Why let the kids have all the fun? Today we will learn how to take your regular appetizers and hors 'oeuvres and turn them into scary Halloween treats. Instead of Deviled Eggs how about Deviled "Eyes." Why not make some spooky "Witch Fingers?" Don't worry, there will be no spells or curses in this class.

Menu: Witches' Fingers, Devil's Egg Eyes, Breaded Mummies and Skeleton Crudit 

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Oct 4 10:00 AM-12:30 PM . . . . . M5844X**

## Stews – Warm and Satisfying

(adults)

Stick to your rib's 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 \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Wed, Oct 30 10:00 AM-12:30 PM . . . . . M7244X**

**Wed, Oct 30 6:00-8:30 PM . . . . . M7344X**

**Wed, Nov 13 10:00 AM-12:30 PM. . . . . M7444X**

**Wed, Nov 13 6:00-8:30 PM . . . . . M7544X**

## Sushi for Beginners

(adults)

We are on a roll with homemade sushi. Chef Stephen Wolff will demonstrate and then you will get hands-on instruction so you can make your own sushi rolls. Start with the specialty rice cooked to perfection. The authentic Nori paper, and traditional fillings and sauce. Your friends and family will think you just got back from a year in Japan!

Menu: California Roll, Spicy Tuna Roll, Salmon Roll, Veggie Roll

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Fri, Sep 13 6:00-8:30 PM . . . . . M2744X**

**Wed, Sep 18 10:00 AM-12:30 PM . . . . . M2844X**

**Wed, Sep 18 6:00-8:30 PM . . . . . M2944X**

## Tarts: Sweet and Savory

(adults)

In today's class we will venture past the realm of fruit tarts and cream pies into the world of savory. Of course, who can't resist a delicious fruit tart loaded with the freshness of the season. We will also be taking a look at quiches, frittatas, and veggie tarts. With a savory crust and a nice side salad, these savory tarts make a wonderful light meal.

Menu: Caramelized Onion Tart with Goat Cheese and Thyme, Roasted Veggie Frittata, and an Apple Galette with fresh cream

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Sep 17 10:00 AM-12:30 PM . . . . . M3244X**

**Wed, Oct 23 10:00 AM-12:30 PM . . . . . M3344X**

**Wed, Oct 23 6:00-8:30 PM . . . . . M3444X**



## The Mediterranean Class

(adults)

Some of Peter De Celie's favorite flavors - basil, lemon and garlic - and some of his favorite ingredients - tomatoes, eggplant and all seafood - have a common origin and heritage. The Mediterranean countries have given quite a lot to this world cuisine enjoyed by many here in New Jersey. Tonight, you will explore this varied cuisine and enjoy a feast! To start from the middle of the sea, Malta, a big flavorful salt, sweet and sour salad - kapunata. Then, let's head south to Morocco for a spicy lamb meatball- kefta with a date couscous. Next, a Turkish dish of stuffed roasted eggplant - imam bayildi. Greek bronzino grilled with lots of garlic and herbs will lead us to a Spanish calamari roasted with chorizo over saffron rice. To finish this feast, two desserts have to be from Italy. Peter will make lemon olive oil ice cream and you will make individual lemon ricotta cakes to eat here or take home. Please bring an apron and a chef's knife to this hands-on class.

**One Session \$65.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Tue, Oct 15 6:00-9:30 PM . . . . . ACP44X**

## Tribute Class: Valerie Bertinelli

(adults)

If you grew up knowing America's Sweetheart Valerie Bertinelli from the TV show "One Day at a Time", you may not know she is a phenomenal home cook. With her Food Network show "Valerie's Home Cooking", we learned how wonderful her simple, delicious and fresh meals are. Join us as we recreate some of her time-honored favorites.

Menu: Valerie's Best Gumbo, Savory Morning Muffins, and Grilled Cherry Pie Calzones

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$66.00 Per Person**

**Fort Monmouth Rec Ctr Kitchen**

**Tue, Sep 10 10:00 AM-12:30 PM . . . . . M2344X**

**Tue, Sep 10 6:00-8:30 PM. . . . . M2444X**

## EDUCATION & ENRICHMENT

### GAMES

#### Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game. Please Note: This is not an instructional program; for experienced players only.

**Seven Sessions \$30.00 Per Person**

**Fort Monmouth Rec Ctr Atrium Room**

**Mon, Sep 9-Oct 21 10:00 AM-12:00 PM. . MA144X**

**Mon, Oct 28-Dec 9 10:00 AM-12:00 PM. . MA244X**

#### Coffee Club Mahjong

(adults)

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

**Seven Sessions \$30.00 Per Person**

#### Beginners

Players must have some knowledge of how to play Mahjong. For instructional classes check out Learning Mahjong for Beginners (p. 74).

**Fort Monmouth Rec Ctr Program Room C**

**Wed, Sep 4-Oct 16 10:00 AM-12:00 PM. . MA444X**

**Mon, Sep 9-Oct 21 10:00 AM-12:00 PM. . MA344X**

**Wed, Oct 30-Nov 27 10:00 AM-12:00 PM. MA744X**

**Mon, Nov 4-Dec 16 10:00 AM-12:00 PM . MA844X**

#### Experienced Players

**Fort Monmouth Rec Ctr Atrium Room**

**Tue, Sep 3-Oct 15 9:30-11:30 AM. . . . . M9544X**

**Wed, Sep 4-Oct 16 9:30-11:30 AM . . . . . M9644X**

**Thu, Sep 5-Oct 17 9:30-11:30 AM . . . . . M9744X**

**Tue, Oct 29-Dec 10 9:30-11:30 AM. . . . . M9844X**

**Wed, Oct 30-Dec 11 9:30-11:30 AM . . . . M9944X**

**Thu, Oct 31-Dec 19 9:30-11:30 AM. . . . MA044X**

*No class 11/28*



**Learning Mahjong for Beginners**

*(adults)*

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

**Seven Sessions \$35.00 Per Person**

**Fort Monmouth Rec Ctr Program Room C**

**Tue, Sep 3-Oct 15 11:00 AM-1:00 PM . . . . .MCJ44X**

**Tue, Oct 29-Dec 10 11:00 AM-1:00 PM . . . . .MCK44X**

**Fort Monmouth Rec Ctr Atrium Room**

**Thu, Sep 5-Oct 17 12:30-2:30 PM. . . . . MDC44X**

**Thu, Oct 31-Dec 12 12:30-2:30 PM. . . . . MDD44X**

**HISTORY & GENEALOGY**

**Genealogy: Beginning Your Research**

*(ages 14 and up)*

Are you interested in researching your family history, but aren't sure where to begin? This program is for you! Learn basic genealogy techniques as well as different ways to organize your research. You will also learn how to decipher hard to read handwriting, along with how to deal with the misspelling of words and names. Research tips will be discussed, including using online resources to help you build your family tree. Presenter is from the Monmouth County Genealogy Society.

**One Session \$20.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Nov 16 2:00-4:00 PM. . . . .Q7944A**

**Lantern Tour of the Historic Seabrook-Wilson House**

*(adults)*

Are you 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 \$12.00 Per Person**

**Bayshore Waterfront Pk Seabrook Wilson House**

**Wed, Oct 30 7:00-8:00 PM . . . . .IMU44X**

**Wed, Oct 30 8:15-9:15 PM . . . . .IMV44X**

**MISCELLANEOUS**

**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, Oct 14 6:30-9:00 PM . . . . .A1044X**

**Hablemos-Spanish Conversation**

**Group** 

*(adults)*

Grupo de Conversacion en Español. Are you looking for ways to practice your Spanish? Our Spanish Conversation Group gives you an opportunity to meet people who are interested in learning the language and provides you with a safe space where you can practice what you've learned in a fun, casual conversational manner. From beginners to native speakers, all are welcome. Topics may include culture, literature, movies, food, hobbies, and games. Basic Spanish knowledge is required.

**Four Sessions \$15.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Oct 10-Nov 21 6:00-7:00 PM . . . . .D3444A**

*Class meets 10/10, 10/24, 11/7 & 11/21*

## Peaceful Communication

(adults)

Conflict is a normal part of life. Though we may wish to avoid it, we can't – but we can learn how to respond in beneficial ways leading to positive change and growth. This introductory session will inform you of the Alternatives to Violence Project and the vital communication skills needed to empower you to deal with conflict in healthy ways. This is an introduction to the longer multi-session workshop that begins to build your skills and teaches you to become a peacemaker in your community, your classroom, your family and at work. Sessions are led by facilitators trained by the Alternatives to Violence Project.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Sep 21 10:00 AM-12:00 PM . . . . .AD944X**

**Fri, Oct 11 10:00 AM-12:00 PM . . . . . ADA44X**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Nov 16 10:00 AM-12:00 PM . . . . . ADB44X**

## SAFETY

### Boat America

(ages 13 and up)

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

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

**One Session \$82.50 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Sep 14 8:30 AM-5:00 PM . . . . .Q0444A**

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

(adults)

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

**One Session \$85.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Wed, Oct 23 6:30-10:00 PM . . . . .Q6544A**

## 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 \$85.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Sep 28 10:00 AM-12:30 PM . . . . .Q5744A**

**Sat, Nov 2 10:00 AM-12:30 PM . . . . .Q5844A**

**Thompson Pk Vis Ctr Beech Room**

**Mon, Sep 16 7:00-9:30 PM . . . . .Q5444A**

**Tue, Oct 15 7:00-9:30 PM . . . . .Q5544A**

**Mon, Nov 25 7:00-9:30 PM . . . . .Q5644A**

**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 \$78.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Sep 21 10:00 AM-12:30 PM. . . . .Q6244A**

**Tue, Oct 8 7:00-9:30 PM. . . . .Q6344A**

**Mon, Nov 11 6:00-8:30 PM. . . . .Q6444A**

**HEALTH & WELLNESS**

**CONFIDENCE BUILDING**

**Release Negative Emotions **

*(adults)*

This workshop offers practical tools to unlock disserving emotions and long held attitudes and beliefs. You will learn to overcome the strong fear response to create greater self-confidence and inner peace.

Instructor: Grace Conte, M.A., Educator and certified Reiki Master

**One Session \$35.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Tue, Oct 8 6:00-7:30 PM. . . . .A4344X**

**Senior Adventures for Visually Impaired  **

*(ages 55 and up)*

This program is for seniors who are legally blind. Each participant must be able to take care of their own personal hygiene and ambulate with a volunteer for navigation. Activities may include biking (on a two-seater tricycle), short walks, horticulture, arts/crafts and more. This is a free program; however, registration is required.

**Four Sessions FREE!**

**Dorbrook Rec Area Act Ctr**

**Tue, Sep 17-Dec 17 10:00 AM-12:00 PM . . .PD104A**

*Program meets 9/17, 10/15, 11/19 & 12/17*

**PHYSICAL HEALTH**

**Detoxification to Improve Your Health**

*(adults)*

The liver can hold the secret to optimal health! Learn 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 more.

Presenter: Lisa Vento, CFHC

**One Session \$21.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Oct 22 6:00-7:30 PM. . . . . AAH44X**

**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 with 6 steps to healthier digestion. You CAN improve chronic health conditions, prevent disease and age beautifully.

Presenter: Lisa Vento, CFHC

**One Session \$21.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Tue, Sep 24 6:00-7:30 PM. . . . . AAF44X**

**Qi-Facial & Acupressure Points **

*(adults)*

Practice stroking and tapping techniques on acupressure points all over your face to stimulate the movements of Qi throughout your internal organs as well as learn how to massage your face and neck to move your lymphatic fluids to detox waste for a healthier glow to your skin. We will combine these techniques with the use of essential oils and butter balms for anti-aging. We will discuss foods that support the skin's vitality and youthful appearance. All these self-care techniques will release stress and help you practice mindfulness.

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

**One Session \$35.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Nov 19 6:00-7:30 PM . . . . . A4444X**

**Vagal Toning** *(adults)*

Stress is a fact of life, but you can shut off the stress response, calm the nervous system and recover from the effects of stress. Regulate, recover and rejuvenate with vagal toning. Learn all about the vagus nerve and the impact it has on your mental and physical well-being. Benefits include better digestion, immunity boost, improved stress response, lower blood pressure and blood glucose, minimize pain and headaches and overall inflammation. Dress comfortably, bring a yoga mat and bottle of water.

Instructor: Lisa Vento, CFHC

**One Session \$25.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Nov 12 6:00-8:00 PM . . . . . AAM44X**

**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 seven steps to break the cycle.

Instructor: Lisa Vento, CFHC

**One Session \$21.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Oct 29 6:00-7:30 PM. . . . . AAJ44X**

**SELF-CARE****Soapmaking & Wellness Workshop***(adults)*

Let's jump into some autumn self-care. In this workshop, you will learn to make natural luxury soaps and how to formulate a wonderful butter balm made from simple ingredients you may have on hand. Each student gets to mix and package their own personal tube of this delightful treatment. Please remember to bring a 8 oz. Pyrex/glass measuring cup. A supply fee of \$20.00 is due to the instructor the day of class.

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Mon, Sep 23 11:00 AM-12:30 PM. . . . . A5744A**

**Mon, Oct 21 11:00 AM-12:30 PM. . . . . A5844A**

**Mon, Nov 18 11:00 AM-12:30 PM . . . . . A5944A**

**Sound Sleep Using Essential Oils***(adults)*

The quality and quantity of our sleep is foundational for good health. If this is something you struggle with, join Kim Buono for a fun and educational workshop focused on crafting essential-oil infused products to support sound sleep. At this hands-on workshop, you will learn about the essential oils that promote sound sleep, learn a restorative breathing technique for bedtime and make products to take home. All supplies and recipes will be provided.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 19 10:00-11:30 AM. . . . . AAN44X**

**PROGRAMS FOR CAREGIVERS & 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. This is a free program; however, registration is requested.

**Four Sessions FREE!**

**Dorbrook Rec Area Act Ctr**

**Tue, Sep 10-Dec 10 7:00-8:00 PM. . . . . D2044A**

*Program meets 9/10, 10/8, 11/12 & 12/10*

**Memory Cafe** *(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. This is a free program; however, registration is required.

**Three Sessions FREE!**

**Dorbrook Rec Area Act Ctr**

**Tue, Sep 24-Nov 26 10:30 AM-12:00 PM . . PD094A**

*Program meets 9/24, 10/22 & 11/26*

## Wintertime Wellness Prep

(adults)

Join health coach and yoga teacher Kim Buono for an educational, hands-on workshop where you will learn which essential oils support wellness during the cold, dark days of winter including how to boost immunity, how to combat the wintertime blues, respiratory support, and more! You will make and take home two essential oil products to support you and your family's wintertime wellness. All recipes and supplies will be provided.

**One Session \$42.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Oct 3 10:00-11:30 AM. . . . . AAQ44X**

## Women's Workshop - Winter Wellness

### Habits to Start Now

(adults)

Winter is a beautiful yet busy season for all of us. Now is the time to start your winter wellness habits. It's essential to have a plan to remain active, healthy and vibrant. In this workshop led by health coach and yoga teacher Kim Buono, learn ways to support wellness during the cold, dark days of winter. Additionally, practice a breathing technique for respiratory health, a meditation for mental health and brain function and a sample wellness elixir

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Oct 3 1:00-2:15 PM . . . . . AD244X**

## STRESS RELIEF

### Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. 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 19-Oct 10 7:00-8:00 PM. . . . . Q0144X**

**Thu, Oct 17-Nov 14 7:00-8:00 PM . . . . . Q0244X**

*No class 10/31*

**Thu, Nov 21-Dec 19 7:00-8:00 PM . . . . . Q0344X**

*No class 11/28*

## Easily Managing Holiday Stress with Essential Oils

(adults)

The holidays can bring about mixed emotions for so many of us. In this hands-on workshop led by Kim Buono, you'll discover which essential oils have a relaxing effect on your central nervous system and the easy ways we can integrate them throughout the holiday season to calm our nerves. You'll learn a grounding meditation and you'll make and take home at least two essential oil products. All recipes and supplies are provided.

**One Session \$40.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Nov 21 10:00-11:30 AM . . . . . AD344X**

## Morning Meditation

(adults)

The mornings can set the tone of energy we have for the rest of the day. In this program, we will learn different exercises in breath control, imagery, mindfulness and Reiki to help you bring the energy of peace and strength to your mornings. We will finish each session with a gentle walk outside where we will make our connection to the earth. Please bring a yoga mat/blanket. Chairs will be provided as well.

**Four Sessions \$65.00 Per Person**

**Big Brook Pk Act Ctr**

**Fri, Sep 27-Oct 18 9:00-10:30 AM . . . . . Q5344X**

**Manasquan River Greenway Winter Run Act Ctr**

**Sat, Nov 16-Dec 14 9:00-10:30 PM . . . . . Q0844X**

*No class 11/30*

## T'ai Chi Chih & Meditation

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

**Two Sessions \$55.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Mon, Sep 30-Oct 7 10:30 AM-12:30 PM. . . . . ACG44X**

## T'ai Chi Chih Joy Through Movement®

### Discipline

(adults)

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

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

### Beginner

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

**Six Sessions \$105.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Sep 6-Oct 18 11:30 AM-12:50 PM . . . . .A3844X**

*No class 10/4*

**Mon, Oct 21-Dec 2 11:30 AM-12:50 PM. . . . .A3944X**

*No class 11/11*

**Dorbrook Rec Area Vis Ctr**

**Sat, Oct 5-Nov 16 10:30 AM-12:00 PM . . . . .A4044X**

*No class 10/12*

### Begin or Review!

This class is both an initial exposure for the new student and a review for the returning student.

**Four Sessions \$93.00 Per Person**

**Manasquan Res Outdoor Area**

**Tue, Sep 10-Oct 1 6:00-7:30 PM. . . . .ACC44X**

**Manasquan Res Vis Ctr Program Room 1**

**Tue, Oct 15-Nov 12 6:00-7:30 PM. . . . .ACD44X**

*No class 11/5*

**Clayton Pk Act Ctr Classroom A**

**Wed, Oct 9-30 11:00 AM-12:30 PM. . . . .ACE44X**

**Sat, Oct 19-Nov 9 1:30-3:00 PM. . . . .ACF44X**

### 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.

**Six Sessions \$105.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Sep 6-Oct 18 10:00-11:20 AM . . . . .A4144X**

*No class 10/4*

## T'ai Chi Chih: Exploring "Chi"

(adults)

Come to a deeper understanding of Chi in doing the movements of this practice along with studying some of the key writings of T'ai Chi Chih's originator, Justin Stone. We will practice the movements, listen to some brief readings about Chi and movement and enjoy some discussion based on experiencing Chi. Completion of one prior course in T'ai Chi Chih - either Beginner or Begin or Review - is required,

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

**Three Sessions \$83.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Nov 15-Dec 6 10:30 AM-12:30 PM. . . . .ACH44X**

*No class 11/29*

## T'ai Chi Chih® Advanced Form: Seijaku

(adults)

For those students who have completed both Beginner and Intermediate level series. Additional principles of movement are taught as well as supplementary Chi cultivation methods, resulting in more enhanced benefits and a deeper understanding of the practice.

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

**Six Sessions \$105.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Oct 21-Dec 2 10:00-11:20 AM . . . . .A3744X**

*No class 11/11*

## Women's Wellness Circle - Stress Buster

(adults)

Many people suffer from the adverse effects of chronic stress. Join health coach and yoga teacher, Kim Buono to understand and manage stress with practical exercises and techniques you can incorporate into your daily life. Practice a gentle yoga sequence, learn a stress-reducing breathing technique and meditation to calm the nerves and leave you feeling refreshed. Please bring a yoga mat to class.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Nov 21 1:00-2:15 PM . . . . .AD444X**

## Women's Wellness Workshop - Building a Better Bedtime Routine

(adults)

It's no secret a good night's sleep is highly beneficial to our health. At this month's Wellness Workshop led by Kim Buono, learn about healthy habits to support sleep. Practice a bedtime yoga stretch, a breathing practice to release the day and take the time to explore and plan out your new bedtime routine. Please bring a yoga mat to class.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 19 1:00-2:15 PM . . . . . AAP44X**

## Women's Wellness Workshop - Yoga + Essential Oils

(adults)

Join health coach and yoga teacher, Kim Buono on the mat for a gentle yoga sequence using essential oils to enhance your practice. Experience how essential oils can lift, ground and relax you as we flow through poses created to do the same. Leave feeling connected, balanced and refreshed - ready to take on both the beauty and challenges of the holiday season. Please bring a yoga mat to class.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Thu, Sep 12 1:00-2:15 PM . . . . . AD844X**

## HORTICULTURE

### A Festive Fall Lantern for Every Occasion

(adults)

Create a fall lantern to shine a little light this season. Around the globe, fall festivals are celebrated by creating lanterns. In this course, we will discuss a brief history of lantern-making and even make them ourselves using a mix of natural and purchased materials. We will be using electric candles for safety, found tree material, and tissue paper to bring these lanterns to life! All materials provided.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sat, Oct 26 5:00-7:00 PM . . . . . H0744X**

### Botanical Farmhouse Painted Pumpkin

(adults)

Discover your festive floral style with this creative painting class using pumpkins as the canvas! Bring home a unique botanical creation and bring rustic beauty and charm to your autumn décor. In this class we will use botanicals to inspire hand-painted creations using chalk-style paint to add a touch of farmhouse charm. All materials will be provided. No experience necessary.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Fri, Oct 11 1:30-3:00 PM . . . . . H0444X**

### Botanical Napkins

(adults)

Harness the beauty of fall's foliage in this interactive craft class using craft paint and found leaves on cloth napkins for your tablescape this season. Watch as your creation comes to life by printing various botanical designs and colors on your napkins. Everyone will walk away with two handmade cotton napkins with custom botanical prints.

**One Session \$26.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sat, Oct 19 10:30 AM-12:00 PM . . . . . H0644X**

### Fall Felting Fun

(adults)

Create unique and festive needle felted fall decorations, just in time for your next gathering or for gifting! This class is great for beginners and experienced needle felters alike.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Mon, Oct 7 10:30 AM-12:00 PM . . . . . H1344X**

**Sat, Nov 16 10:30 AM-12:00 PM . . . . . H1444X**

## Bonsai Day

**Sunday, September 8, 12:00-4:00 PM**

**Deep Cut Gardens**

The Monmouth County Park System and 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.

**Free Admission • Free Parking**

## Fiery Fall Centerpiece

(adults)

Do you want to bring nature to the table this holiday season? In this course we will create a fall flower centerpiece for your entertaining needs this holiday season. This centerpiece will use bold reds, yellows and purples to echo the fiery hues of the season.

**One Session \$65.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sat, Nov 23 2:00-3:30 PM . . . . .H0244X**

## Garden Fermentation Workshop

(adults)

Learn the basics of fermentation preservation in this class as we explore the best ways to extend the life of your garden's cabbage, carrots, and other root vegetables. We will demonstrate how to make various types of fermented vegetables using salts and brines. During the class, we will have a hands-on sauerkraut making demonstration.

**One Session \$35.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Sat, Nov 9 1:00-3:00 PM . . . . .H0944X**

## 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.

**Fourteen Sessions \$20.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Wed, Sep 4-Dec 4 10:00 AM-12:00 PM . . .H0144X**

## Marigold Flower Crown

(ages 13 and up)

Fall is the season for flower crowns. Marigolds are not only bold and beautiful, they hold cultural significance for many global fall celebrations. You will craft your very own custom flower crown bursting with beautiful marigolds. Decorate yourself in festive fall florals to celebrate any fall holiday in style. All materials included.

**One Session \$28.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Wed, Oct 30 6:00-7:00 PM . . . . .H0544X**

## Moss, Lichen and Pumpkin Wreath

(adults)

Create an unforgettable fall wreath using soft, earthy tones and unexpected botanicals. This wreath will be wrapped in lush moss, earthy lichen, and festive mini white pumpkins.

**One Session \$65.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Fri, Oct 4 6:00-8:00 PM . . . . .H0344X**

## Succulent Tea Party

(adults)

Create a unique, whimsical succulent mini arrangement using teacups! Step into the world of succulents by creating small, dense arrangements nestled in an adorable teacup. This will be a welcome addition to your indoor décor for a year-round touch of succulent beauty.

**One Session \$30.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Wed, Sep 25 6:00-7:30 PM . . . . .H1144X**

## Fall Native Plant Exchange

**Saturday, September 21**

**Deep Cut Gardens, Middletown**

**Plant Drop-Off: 8:30-10:00 AM / Swap Begins: 10:00 AM**

- Improve the biodiversity in your yard and help others do the same! Bring native plants from your garden to exchange with others.
- Only plants native to the Mid-Atlantic Region of the United States will be accepted. Bring established plants in four-inch, one-quart, one-gallon or two-gallon containers to exchange for plants in like sizes.
- Please identify and label all plants. House plants may also be exchanged (these do not need to be native).
- Check Deep Cut Gardens website for a list of acceptable species and information about what being native means and the benefits of using native plants in the landscape.

**For more information, call 732-671-6050.**



## This Garden is to Dye For

(adults)

Do you dream of creating dye baths of rich gold or delicate pale pink for your textiles? Do indigo dyes make your heart flutter? Planning a dye garden means knowing which flowers and plants will yield natural dye for you to use at home. In this class we will explore dyeing techniques and the history of dyed fabrics while you plan to create your own little slice of home-dyed heaven.

**One Session \$25.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sat, Sep 21 10:30 AM-12:00 PM. . . . . H0844X**

## NATURE

### BIRDING

## Birding Conaskonk Point

(adults)

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and saltmarsh sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard to locate birds. Wear your water proof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach; "On Street Parking" only.

**One Session \$12.00 Per Person**

**Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.**

**Thu, Sep 12 8:00-9:30 AM . . . . . I0444X**

## Fall Birding at the Hook

(ages 14 and up, under 18 with adult)

Join us as we search for fall migrants at one of the premier birding hotspots in the state, Monmouth County's own Sandy Hook! We will search for migrating songbirds, seabirds, and raptors during this exciting time of the year! Please dress for the weather (layers) and wear sturdy footwear.

**One Session \$10.00 Per Person**

**Sandy Hook**

**Wed, Sep 25 9:00-10:30 AM (approx) . . . . IN944X**

**Wed, Oct 16 9:00-10:30 AM (approx) . . . . INA44X**

**Wed, Nov 13 9:00-10:30 AM (approx) . . . . INB44X**

## Fall Migration - Birding at the Bayshore!

(ages 14 and up, under 18 with adult)

During fall migration, birds may be quieter and less colorful, but the numbers and species diversity increases! Join us during the peak of fall migration as we scour the beachfront and woodlands for warblers, sparrows, shorebirds, and raptors during this exciting time of year for birding. No need to be an expert. A limited number of binoculars will be available to borrow if needed. Please dress for the weather (layers) and wear sturdy footwear.

**One Session \$9.00 Per Person**

**Bayshore Waterfront Pk**

**Wed, Sep 18 9:00-10:00 AM (approx) . . . . INC44X**

**Wed, Oct 9 9:00-10:00 AM (approx) . . . . IN744X**

## 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 \$47.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Wed, Oct 9 8:00 AM-3:30 PM . . . . . IK744X**

## 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.

**Join us on the following mornings at 9:00 AM:**

**Tuesday, September 10**

**Manasquan Res Vis Ctr**

**Tuesday, October 22**

**Manasquan Reservoir Env Ctr**

**Tuesday, November 12**

**Dorbrook Rec Ara Basketball Court Parking Lot**

## FISHING & CRABBING

### Kayak Crabbing at Swimming River Park

(adults)

Have fun catching crabs! It's the season for beautiful swimmers! After a year of hibernating, eating, molting and growing, blue claw crabs should reach their largest size of the year now. We'll try catching these feisty crabs with pole nets and drop-lining for some delicious, beautiful swimmers in the calm back waters of the Navesink River. No license is required for recreational crabbing, but one bushel/person/day is the limit. Hard shell crabs must measure a minimum of 4.5 inches point to point.

**Please Note: Polarized sunglasses, sunscreen, water, and a hat are recommended. Weight limit for kayaks are 250 lbs. for a single and a 400 lbs. for a double. Remember to bring sunscreen and plenty of water. Not recommended for those with recent back, hip, or wrist injuries.**

**One Session \$50.00 Per Person**

#### Swimming River Park Boat Ramp

**Tue, Oct 8 9:00 AM-12:00 PM (approx) . . . IMN44X**

**Wed, Oct 9 9:00 AM-12:00 PM (approx). . . IMP44X**

### Kayak Fishing for Fluke & Bass

(adults)

Fluke and striped bass are two of the most sought after game fish on the New Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks along the Sandy Hook Bay in Middletown Township, at the Bayshore Waterfront Park's Pews Creek East Parking lot (adjacent to the Monmouth Cove Marina). We will paddle out two miles and drift the bay with the goal of fishing some choice channels and holes with the beach in sight. With the help of tides, we will return to the shore with fish. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and the bait. Wear your sunscreen, floppy hat and water shoes, dress to get wet. A FREE NJ Saltwater Fishing Registration is required and you must have it with you. It is available at [www.nj.gov/dep/saltwaterregistry](http://www.nj.gov/dep/saltwaterregistry). This program has a limited number of spaces so register early and get ready to fish for fluke and bass.

**One Session \$50.00 Per Person**

#### Monmouth Cove Marina Beach Parking Area

**Tue, Sep 10 10:00 AM-1:00 PM . . . . . IMK44X**

**Wed, Sep 11 11:00 AM-2:00 PM. . . . . IMM44X**

## FOSSILING

### Shark Tooth Jewelry

(adults)

Fossil hunting is a great pastime and requires experience to know where to look and what to keep. This program includes traveling to our fossiling location via Park System minibus, spending time in the stream searching for fossils, taking a brief break for lunch, and then creating your very own fossilized shark tooth necklace! Necessary equipment will be provided; please bring water and bag lunch. Light shoveling is required. All persons attending the program must wear closed-toe shoes that can get wet. Rain boots are preferred; Everyone will get wet! For questions or concerns, please contact Heather FitzGerald at 732-751-9453.

**One Session \$50.00 Per Person**

#### Manasquan River Greenway Winter Run

**Wed, Sep 4 9:00 AM-2:30 PM . . . . . I1644X**

## NATURE WALKS

### Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park System Naturalist on an exciting 90-minute nature walk, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then, to celebrate after the program, participants can take a quick drive down the road and join us for an optional picnic and beer tasting (pay on your own). Nature walk will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

**One Session \$16.00 Per Person**

#### Clayton Pk Emley's Hill Lot

**Sat, Sep 7 2:00-3:30 PM (approx). . . . . IK244X**

## Forest Bathing at Freneau Woods

(adults)

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

**One Session \$10.00 Per Person**

**Freneau Wds Pk Vis Ctr Parking Area**

**Sun, Oct 13 12:00-1:00 PM (approx) . . . . .IMX44X**

## Full Moon Walk at Freneau Woods

(adults)

Enjoy the rise of the full moon while exploring the darker side of Freneau Woods Park, a 300+ 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 \$10.00 Per Person**

**Freneau Wds Pk Vis Ctr Parking Area**

**Fri, Nov 15 6:30-7:30 PM . . . . .IMQ44X**

## Half Day Hike and Paddle

(adults)

This fun, challenging and educational half-day experience is perfect for those who can't get enough of the land and water. We'll start our adventure with a Park System 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 \$55.00 Per Person**

**Hartshorne Wds Pk Rocky Point Parking Lot**

**Fri, Sep 6 10:00 AM-2:00 PM. . . . .IK144X**

## Hammer Art

(adults)

Unwind and de-stress as we practice the Japanese art form of tataki-zome, best translated as "flower-pounding." After gathering our plant material on a short nature walk, you will hammer away your frustrations, channeling that energy into creativity by designing your beautiful botanical artwork. All materials are provided. In inclement weather, the walk will be changed to an indoor lecture.

**One Session \$26.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10 9:00-11:30 AM. . . . . I2944X**

## Hidden Stories of Nature

(adults)

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees and out of place mounds to mysterious bare patches in the woods. During this hike we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of the forest that often go unnoticed and hidden.

**One Session \$15.00 Per Person**

**Thompson Pk Old Orchard Parking Lot**

**Sun, Oct 27 10:00-11:30 AM. . . . . I2444X**

## 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.

**Meet on the following dates from 10-11:30 AM:**

**Thursday, September 5**

**Manasquan Res Env Ctr Parking Lot**

**Thursday, September 12**

**Huber Woods Env Ctr Parking Lot**

**Thursday, October 10**

**Freneau Woods Pk Vis Ctr Parking Lot**

**Thursday, October 24**

**Clayton Pk Emley's Hill Parking Lot**

**Thursday, November 14**

**Big Brook Pk Lower Pond Parking Lot**

## Low-Tide Beach Walk

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones and fossils, as well as odd manmade objects cast up onto the shore. Join a Park System Naturalist for a fun and educational beach walk on the stunning shorelines of Sandy Hook Bay during low tide. You will be guided through a hands-on exploration of the intertidal zone, where you will discover the incredible diversity of marine life that calls our local tidal waters home. Along the way, we will enjoy the long views of New York City to view wildlife and bird watching. It will be sure to leave you with a newfound appreciation for the beauty of our local marine environment. Please wear shoes that can get muddy. The program will be canceled due to inclement weather including high winds.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Sun, Sep 15 12:00-1:00 PM. . . . . IMW44X**

## Wines and Pines

(ages 21 and up)

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

**One Session \$16.00 Per Person**

**Clayton Pk Emley's Hill Lot**

**Sun, Nov 17 1:00-2:30 PM (approx) . . . . . IK344X**



## PLANTS

### Carnivorous Plant Terrarium Build

(all ages)

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

**One Session \$39.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sun, Nov 24 10:00-11:00 AM . . . . . I2544X**

### 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 \$15.00 Per Person**

**Huber Wds Pk Env Ctr Parking Lot**

**Sat, Sep 7 10:00-11:30 AM . . . . . I1944X**

**Manasquan River Greenway Winter Run**

**Wed, Sep 25 10:00-11:30 AM . . . . . I2044X**

**Big Brook Pk Parking Lot**

**Sun, Oct 6 10:00-11:30 AM. . . . . I2144X**

**Thompson Pk Old Orchard Parking Lot**

**Tue, Oct 22 10:00-11:30 AM . . . . . I2244X**

### 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 \$15.00 Per Person**

**Shark River Pk Shelter Bldg**

**Sun, Oct 13 10:00-11:30 AM. . . . . I2344X**

**Identifying Asters** *(adults)*

Plants in the aster family really shine in the fall. Use this time of year to learn skills that will help you better identify plants in this family. We will spend a portion of our time in the classroom discussing this group and going over the parts of these plants that are helpful in distinguishing one species from another. We will then venture out and walk around Deep Cut to observe species in bloom and discuss further how each can be identified. Identifying asters can be difficult, some experience in plant ID is recommended. The parts we'll be looking at can be small so bring your 10X jeweler's loupe and open your eyes to the aster world!

**One Session \$20.00 Per Person****Deep Cut Gardens Horticultural Center****Sun, Oct 6 1:00-4:00 PM . . . . . H1244X****Late Bloomers: Fall Wildflower Walk** *(adults)*

Last but certainly not least, fall blooming flowers add a burst of color to the landscape before the chills of winter arrive. Enjoy the crisp autumn air as we explore forest and meadows in search of these belated bloomers.

**One Session \$13.00 Per Person****Huber Wds Pk Outdoor Area****Sat, Sep 21 10:00-11:00 AM . . . . . I2744X****Tue, Oct 1 10:00-11:00 AM . . . . . I2844X****Native Wildflower Gardening***(all ages, under 18 with adult)*

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species no matter what your yard conditions are at home.

**One Session \$10.00 Per Person****Huber Wds Pk Env Ctr Courtyard****Sun, Sep 8 10:30 AM-12:00 PM . . . . . IK544X****Thu, Sep 12 5:00-6:30 PM . . . . . IK444X****Drop-in Local Nature Lecture Series***(adults)*

Join us for a series of eye-opening talks by Park System Naturalists and guests to discover what's lurking in or near the woods and waters of Monmouth County. The presentations are designed to inform the public of current issues, history, ecology and science research, and to inspire appreciation for the natural world.

**Cownose Rays of the Jersey Shore****Thursday, September 26, 7:00-8:00 PM****Bayshore Waterfront Pk Act Ctr**

Believe it not, the coast of Monmouth County has rays, a close relative of sharks, during the summer and early fall. Park System Naturalists often see them swimming at Seven Presidents Oceanfront Park among other places. Join a Naturalist as we discover the life and ecology of cownose rays found along the Jersey Shore as well as some fun facts. We will also discover a few threats to these unique sea creatures.

**The Real Story of the Jersey Devil****Thursday, October 24, 7:00-8:00 PM****Bayshore Waterfront Pk Act Ctr**

We will have some fun right before Halloween by discovering the legends and ecology of the Pine Barrens, which gave rise to the Jersey Devil, the official state demon of New Jersey. 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. We will have a fun time discovering the many possible origins and stories of the Jersey Devil legend, some are actually real, as well as the devil's home in the Pine Barrens.

**Raccoons in Your Backyard****Saturday, November 16, 1:00-2:00 PM****Freneau Woods Pk Vis Ctr**

As your neighborhood gets dark, raccoons often come out to search for food. You might think you know everything about these masked bandits, but join us for an informative talk to discover more about these shadowy mammals that are smart, adaptable and very inquisitive.

## WILDERNESS SURVIVAL

### 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 an anthropological and wilderness survival perspective. Note the program is rain or shine.

Instructor: Dr. Randall Chalnack D.C.

**One Session \$25.00 Per Person**

**Turkey Swamp Pk Sandy Run Picnic Shelter**

**Sun, Oct 20 9:00 AM-12:00 PM . . . . . I3244X**

**Sun, Oct 27 9:00 AM-12:00 PM . . . . . I3344X**

## OUTDOOR ADVENTURES

### ARCHERY

#### Take A Shot: Archery 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 four-session series. Please dress for the weather as the Activity Barn is not heated or air conditioned. All equipment is provided.

**Four Sessions \$80.00 Per Person**

**Thompson Pk Activity Barn**

**Wed, Oct 2-23 7:00-9:00 PM . . . . . W2544X**

#### 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 \$26.00 Per Person**

**Thompson Pk Activity Barn**

**Tue, Sep 10 7:00-9:00 PM. . . . . W5944X**

**Thu, Oct 10 7:00-9:00 PM. . . . . W6044X**

**Wed, Nov 6 7:00-9:00 PM. . . . . W6144X**

## BICYCLING

### Twilight Biking

(adults)

Enjoy autumn evenings by biking four different trails in four different locations. The trail surfaces will vary from between dirt, cinder and pavement. 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 \$62.00 Per Person**

**9/11 - Thompson Pk 3 Barns Lot**

**9/18 - Manasquan Res Env Ctr Lot**

**9/25 - Big Brook Pk**

**10/2 - Sandy Hook Natl Rec Area, Lot D**

**Wed, Sep 11-Oct 2 5:30-7:30 PM . . . . . W1844X**

### HIKING

#### Attention Fast Paced Hikers!

(adults)

Hikers looking to get their hearts pumping on the trail, this program is designed for you. Leave the stressors behind you as we move quickly through four different county parks. Please carry a small daypack with a water bottle, rain jacket, headlamp and wear sturdy hiking shoes. These hikes will run in light rain.

**Rating: Moderate/strenuous due to its quick pace.**

**Trails will include sand, dirt, roots, views, boardwalks, pavement, and some ascents/descents. Miles: 4-5**

**Four Sessions \$52.00 Per Person**

**9/4 - Thompson Park Estate Lot**

**9/11 - Holmdel Park Ramanessin Lot**

**9/18 - Huber Woods Park Env Ctr Lot**

**9/25 - Hartshorne Woods Rocky Point Lot**

**Wed, Sep 4-25 5:30-7:15 PM. . . . . W0944X**

#### Bare Rock & Sterling Ridge 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 panoramic views of Greenwood Lake, and passing the ruins of the Sterling Furnace built in 1770.

**Please Note: This hike is for experienced hikers only. Hiking boots are required.**

**Rating: Strenuous, quick pace, steep ascents/descents, rocky terrain, views. Miles: 7.5**

Instructor: Andrew Imperiale

**One Session \$72.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Oct 12 6:30 AM-4:00 PM (approx) . . W2744X**

## Black Mountain and Silvermine Lake Hike

(adults)

Hike the famous Appalachian Trail to scenic views from atop Black Mountain and along Silvermine Lake.

**Please Note: Hiking boots are required.**

**Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.3**

Instructor: Andrew Imperiale

**One Session \$68.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Oct 26 7:00 AM-3:30 PM (approx) . . W2844X**

## Carris Hill & Wyanokie High Point

**Hike** 

(adults)

Hike in Norvin Green State Forest and climb to panoramic viewpoints on Carris Hill and Wyanokie High Point.

**Please Note: Hiking boots are required.**

**Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5**

Instructor: Andrew Imperiale

**One Session \$68.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Tue, Nov 26 6:30 AM-3:00 PM (approx) . . W3044X**

## 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 \$120.00 Per Person**

**9/14, 9/21, 9/28 - Huber Wds Env Ctr Lot**

**10/5, 10/12, 10/19, 10/26 - Hartshorne Wds Claypit Creek Lot**

**11/2, 11/9, 11/16 - Hartshorne Wds Rocky Point Lot**

**Sat, Sep 14-Nov 16 7:00-9:00 AM . . . . . W5244X**

## Hacklebarny Hike and Cider Mill

(adults)

Spend a fall day away from the rat race getting some fresh air with a scenic hike. The trail parallels the Black River and is great place for a quick escape. After our hike we will stop for some fresh pressed apple cider and tasty homemade baked goods (pay your own way).

**Rating: Moderate/easy (rocks/boulders make it moderate), cinder path, easy pace, roots. Miles: 3+**

**One Session \$45.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Tue, Oct 29 9:00 AM-2:30 PM . . . . . W6644X**

## CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened, to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

*Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.*

## Hiking the AT in NJ

(adults)

Leave the driving to us as you take the challenge of hiking the NJ Appalachian Trail- one day a month for a year. We will be "Northbounders" starting at the Delaware Water Gap and eventually ending up 72+ miles later at Prospect Rock on Bellvale Mtn, at the NJ/NY State Line. We intend to hike in sequence as rainouts will be made up on the next hike. Join us for one or all of the hikes. Sturdy hiking shoes are required and trekking poles are suggested. A backpack with lunch, snacks, 2+ liters of water, and rain gear is required.

**Rating: Moderate. Moderate pace, ascents and descents, rocky trail, views, creek crossings. Miles: 5-9+**

**One Session \$78.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**High Point St. Park - Rt. 284 (approx. 9 mi)**

**Sun, Sep 8 7:00 AM-5:30 PM (approx). . . W1044X**

**Rt. 284 - Rt. 517 (approx 8+ mi)**

**Sun, Oct 6 7:00 AM-5:30 PM (approx) . . . W1144X**

**Rt. 517 - Wawayanda State Park (approx 7 mi)**

**Sun, Nov 3 7:00 AM-5:30 PM (approx) . . . W1244X**

**Wawayanda St. Park - NJ/NY State Line (approx 7 mi)**

**Sun, Dec 8 7:00 AM-5:30 PM (approx). . . W0251X**

## Hogencamp Mtn Hike

(adults)

Hogencamp Mountain, located in Harriman St Park, NY, was first blazed in 1920. Hike this historic trail and a section of Long Path as we witness amazing summit views, ruins of the Hogencamp Mine, and two terrific erratics: Bowling and Ship Rocks. We will also pass through Times Square, missing the crowds. Sturdy hiking shoes are a must, and trekking poles are encouraged. Your day pack should have room for the layers you shed as you warm up.

**Rating: Moderate, moderate pace, steep ascents/descents, rocky, woods roads. Miles: 6+**

**One Session \$68.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Dec 14 7:00 AM-3:30 PM . . . . . W0151X**

## Hook Mtn & Nyack Beach Hike

(adults)

Looking to add variety to your hikes? This trail will take you from the beach at sea level to 1,000+ ft to the summit. You will cover four state parks, rich in history, the land of the Lenape, incredible views of the Hudson River, a section on the Long Path, a migrating route of hawks, including geological evidence of a time when the dinosaurs roamed at the Palisade's Sill.

**Rating: Moderately strenuous, rocky, ascents/descents, cinder, roots. Miles: 7 approx**

**One Session \$68.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sun, Sep 22 7:00 AM-4:00 PM (approx) . . W2644X**

## Local County Hikes

(adults)

Are you looking to discover your awesome county parks but not up for a series and unsure about reading trail markers? These leader lead individual hikes are for you! You will learn some history of each park, experience the beauty of the parks, get some great exercise, and meet like-minded outdoorsy people. Be sure to have sturdy hiking shoes, small day pack with water, rain jacket and hat/gloves.

**Rating: Moderate/easy pace, sandy, paved, rooty, muddy, wooden boards. Miles: 3-5**

**One Session \$20.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Mon, Sep 16 10:00 AM-12:00 PM (approx) . W1344X**

**Shark River Pk Shelter Bldg**

**Sun, Sep 29 9:00-11:00 AM (approx) . . . W1444X**

**Turkey Swamp Pk Shelter Bldg**

**Fri, Oct 18 3:00-5:00 PM (approx) . . . . . W1544X**

**Hartshorne Wds Pk Rocky Point Parking Lot**

**Sat, Oct 26 8:30-10:30 AM (approx) . . . . . W1644X**



## 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**

**Five Sessions \$68.00 Per Person**

9/9 - Thompson Pk Estate Lot

9/16 - Holmdel Pk Ramanessin Lot

9/23 - Tatum Pk Holland Rd Lot

9/30 - Huber Wds Env Ctr Lot

10/7 - Hartshorne Wds Rocky Point Lot

**Mon, Sep 9-Oct 7 5:15-7:00 PM . . . . . W6244X**

## Mt. Taurus Hike

(adults)

Steeply climb Mt Taurus with spectacular views over the Hudson River, Breakneck Ridge, Cold Spring and West Point, and pass ruins of the Cornish estate.

**Please Note: Hiking boots/shoes required.**

**Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6**

Instructor: Andrew Imperiale

**One Session \$70.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Nov 16 6:00 AM-3:00 PM (approx) . . W2944X**

## October Night Hikes

(adults)

Open your eyes to a whole new world - night hiking. The stars, peacefulness and creatures will all come into play on this three-park series. Please wear sturdy hiking shoes, dress appropriately for the weather, and pack a headlamp. This program is designed for those comfortable with the basics of hiking and who enjoy seeing the parks in a different light.

**Rating: Moderate pace, dirt trails, paved paths, hills. Miles: 2-4+**

**Three Sessions \$51.00 Per Person**

10/17 - Thompson Pk 3 Barns Lot

10/25 - Huber Woods Env Ctr Lot

10/31 - Hartshorne Wds Rocky Point Lot

**Thu, Oct 17-31 5:45-7:45 PM . . . . . W4144X**

## Raccoon Brook Hills Loop Hike

(adults)

Discover that the southern section of Harriman State Park hike has panoramic views from the top of Raccoon Brook Hill and then follows along Pine Meadow Brook and Stony Brook.

**Please Note: Hiking shoes/boots are required.**

**Rating: Strenuous, quick pace, steep ascents, rocky terrain. Miles: 6.5**

Instructor: Andrew Imperiale

**One Session \$68.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Tue, Nov 5 6:30 AM-3:30 PM (approx) . . . W3144X**

## Sundays in the Park

(adults)

Discover your beautiful parks as we visit four different ones every other Sunday this fall. Secure a few hours for yourself of reconnecting with nature on these "in the woods" hikes. Come prepared with a small daypack with water, a rain jacket and wear sturdy hiking shoes.

**Rating: Easy pace, trails dirt and paved. Miles 2-4+**

**Four Sessions \$64.00 Per Person**

10/6 - Thompson Pk 3 Barns Lot

10/20 - Shark River Pk Schoolhouse Rd Lot

11/3 - Clayton Pk Emley's Hill Rd Lot

11/17 - Hartshorne Wds Rocky Point Lot

**Sun, Oct 6-Nov 17 8:30-10:30 AM . . . . . W1944X**

## Thursdays on the Trails

(adults)

Looking to get moving and walking the neighborhood is not quite your style? Head to the trails on this easy to moderately paced hiking program. Learn about your county parks as we visit a different park each week. Please come prepared with a small daypack with water and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested. This program will run in light rain.

**Rating: Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5**

Instructor: Andrew Imperiale

**Six Sessions \$81.00 Per Person**

10/17 - Thompson Pk Old Orchard Lot

10/24 - Holmdel Pk Ramanessin Lot

10/31 - Clayton Pk Emley's Hill Rd Lot

11/7 - Huber Wds Env Ctr Lot

11/14 - Hartshorne Wds Rocky Point Lot

11/21 - Shark River Pk Schoolhouse Rd. Lot

**Thu, Oct 17-Nov 21 9:00-11:00 AM . . . . . W3244X**

**Two State Hike** *(adults)*

Climb to Bearfort Ridge with its unusual puddingstone conglomerate rock and pitch pines, follow the Appalachian Trail from New Jersey into New York to the "Grand View," and pass two beautiful secluded lakes.

**Please Note: Hiking boots are required.**

**Rating: Strenuous, moderate pace, steep ascents, and descents, rocky terrain. Miles: 6**

Instructor: Andrew Imperiale

**One Session \$75.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Dec 7 6:30 AM-3:00 PM (approx) . . . W0351X**

**Weekday Travel Hikes***(adults)*

Travel each month to a new and different out-of-county park, where we enjoy the solitude of a weekday hike. Be sure to dress in non-cotton layers and carry a day bag large enough for clothes you may shed while warming up. Be sure to pack your lunch, extra layers, and water. Trekking poles are highly encouraged and hiking boots/shoes are required.

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

**One Session \$58.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Turkey Hill Mtn, Booton NJ**

**Mon, Sep 9 8:00 AM-3:30 PM (approx) . . W2044X**

**Catfish Firetower /Appalachian Trail, Blairstown NJ**

**Mon, Sep 23 7:00 AM-2:30 PM (approx) . W2144X**

**Harriman State Park, NY**

**Mon, Oct 7 8:00 AM-3:30 PM (approx) . . W2244X**

**Batsto State Park, Hammonton, NJ**

**Mon, Oct 21 8:00 AM-3:30 PM (approx) . W2344X**

**West Kill Mountain Hike** *(adults)*

Join us as we finish hiking to peaks along Devil's Path to the sixth highest peak in the Catskills with panoramic views from the Buck Ridge Lookout.

**Please Note: Hiking boots are required. This hike is for experience hikers only.**

**Rating: Strenuous/challenging, 1,800' elevation gain, quick pace, steep ascents and descents, rocky terrain. Miles: 7**

Instructor: Andrew Imperiale

**One Session \$82.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Sep 28 6:00 AM-5:30 PM (approx) . . W0244X**

**JUST THE LADIES****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.

**Please Note: Register early, program must meet minimum registrants by August 24, 2024.**

**Rating: Moderate; trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views.**

**Miles: 4-8**

**\$390.00 Per Person**

**Orientation**

**Thompson Pk Theater Barn**

**Thu, Sep 19 . . . . . 6:30-8:00 PM**

**Program**

**Thompson Pk Estate Grounds Parking Lot**

**Fri-Sun, Sep 27-29 7:00 PM-4:00 PM. . . . W0144X**

**Ladies Hiking Club***(adults)*

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the morning session or come early for the afternoon and enjoy your picnic lunch with our "club".

**Rating: Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+**

**Ten Sessions \$129.00 Per Person**

**9/4 - Thompson Pk 3 Barns Lot**

**9/11 - Clayton Pk Parking Lot**

**9/18- Shark River Pk Shelter Bldg**

**9/25 - Huber Wds Pk Env Ctr Lot**

**10/2 - Holmdel Pk Lake**

**10/9 - Turkey Swamp Pk Shelter Bldg**

**10/16 - Tatum Pk Red Hill Lot**

**10/23 - Freneau Wds Pk Monastery Lane Lot**

**10/30 - Thompson Pk Estate Lot**

**11/6 - Hartshorne Wds Pk Rocky Point Lot**

**Wed, Sep 4-Nov 6 9:30-11:30 AM. . . . . W0444X**

**Wed, Sep 4-Nov 6 12:00-2:00 PM. . . . . W0544X**

## Ladies Wilderness Backpacking Trip

(adults)

Want to go backpacking but need help figuring out how to get started or with who? Join MCPS on this introduction to backpacking. The park has all the equipment: tent, sleeping/pad, stove cook kit, and backpack for you to wear. We'll camp in North Jersey along the Delaware River at a primitive site; no running water (we will filter/boil river water), no electricity, however there is a "privy" (porta jon)! Sturdy hiking shoes/boots required.

**Please Note: A mandatory pre-trip meeting will be held Tuesday, October 22 at 6:30 PM at Thompson Park where you will meet fellow hikers, pick up necessary equipment, and we will answer any questions you may have.**

**Rating: Moderate, rocky, dirt, cinder trails, some inclines/declines. Miles: 6**

**\$125.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Fri-Sat, Oct 25-26 9:00 AM-2:00 PM . . . . W1744X**

## Women of the Wild

(adults)

Learn something new, try something different, and convince yourself that you have no limits. These sessions are intended to increase your self-valuation, self-confidence, and belief in your ability to lead. Explore your fearlessness with support from other like-minded women. All equipment and certified instructors are provided. All you need is your sense of adventure!

**Three Sessions \$72.00 Per Person**

**9/20 - Archery at Big Brook Park**

**10/4 - Rock Wall Climb at Bayshore Waterfront Park**

**10/18 - High Challenge Course & Zipline at Thompson Park**

**Fri, Sep 20-Oct 18 10:30 AM-12:30 PM . . W3644X**

“

*Jan is an excellent guide!  
I appreciate her sharing  
her experiences and  
introducing me to new  
places.*

”

## ON THE WATER

### Paddling the Quiet Waters

(adults)

Enjoy a kayak paddle on Monmouth County's smaller yet beautiful lakes without the crowds. This will be a relaxed paddle, so bring your camera, snack, binoculars and be ready to submerge (not really) yourself in nature. All equipment will be provided but feel free to bring your own boat. Meet at each paddle launch. Be sure to wear closed-toe/heel footwear, water and sunscreen.

**Rating: Easy, flat water**

**Four Sessions \$80.00 Per Person**

**9/3 - Thompson Pk Marlu Lake**

**9/10 - Stevenson Park, Middletown**

**9/17 - Deal Lake, Asbury Park**

**9/24 - Prospertown, Jackson**

**Tue, Sep 3-17 10:30 AM-12:30 PM . . . . W3544X**

### Whitewater Challengers

(adults)

Are you up for a good old fashion adventure? Whitewater rafting is the perfect combination of outdoor adventure and whitewater action, all nestled in the pristine surroundings of the Lehigh Gorge State Park. You'll get to explore miles of spectacular wilderness scenery, and because this is a dam release date, dozens of fun-filled rapids like Initiation, Staircase, Triple Drop, Mile-Long, Tannery, Swimmer's and Z-Rapids! Bring a friend and make new ones. Transportation via the Monmouth County Parks mini bus will be provided.

**One Session \$195.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Aug 31 8:00 AM-5:30 PM (approx) . . W7643X**

## PERFORMING ARTS

### ACTING & PUBLIC SPEAKING

#### Beginner Acting

(adults)

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

#### Introduction

Through basic acting exercises in breath and voice control and movement on the stage, we will begin to use the Four Centers of Acting to strengthen our imagination and focus as an actor. Please bring a water bottle and wear closed-toe shoes or sneakers.

**Four Sessions \$85.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Mon, Sep 16-Oct 7 7:00-8:30 PM . . . . .Q1144X**

#### 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 a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

**One Session FREE!**

#### Song Lyrics

**Thompson Pk Theater Barn**

**Sun, Sep 15 3:00-4:30 PM . . . . .PE104A**

#### Elegy

**Thompson Pk Theater Barn**

**Wed, Oct 9 7:00-8:30 PM . . . . .PE114A**

#### Blackout/Erasure

**Thompson Pk Vis Ctr Beech Room**

**Sun, Nov 3 3:00-4:30 PM . . . . .PE124A**

#### Scene Showcase

(adults)

We will work on two scenes to be presented to a community audience. Actors will be expected to be off book and to create their own costume for the final performance which will be held Friday, December 13 at 7:00 PM.

**Eight Sessions \$165.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Fri, Oct 18-Dec 13 6:00-8:00 PM . . . . .Q1044X**

*No class 11/30*

#### Stand-Up Comedy

(adults)

This class will serve as both a look at the history and evolution of stand-up comedy and as a practical course covering joke mechanics and writing for stand-up as well as performance theory and practice. Over the course of the class, students will write and practice a five-minute routine they will perform for family and friends at the graduation show. No experience necessary.

Instructor: Trish Tyler

**Four Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sun, Sep 8-29 6:00-8:00 PM . . . . .AAZ44X**

### DANCE

#### Adult Ballet - Beginner Level 1

(adults)

Have you always wanted to try ballet? It's never too late to learn! Discover the grace and elegance of ballet in this introductory course designed for those with little or no dance experience. This class covers basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility. Wear comfortable clothes and ballet shoes of your choice.

**Ten Sessions \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Wed, Sep 11-Nov 13 1:00-1:45 PM . . . . .ACK44X**

**Adult Ballet - Beginner Level 2** *(adults)*

Dust off your ballet shoes! This beginner level is designed for adults who have a basic understanding of the foundations of ballet. Students will work on refining basic positions, vocabulary and mechanics in a nurturing and fun environment. Wear comfortable clothes and ballet shoes of your choice

**Ten Sessions \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Wed, Sep 11-Nov 13 2:00-2:45 PM . . . . . ACM44X**

**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 Miss Marcy. Learn a complete routine in the ten-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

**Ten Sessions \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10-Nov 19 2:00-2:45 PM . . . . . A4844X**

*No class 11/5*

**Tue, Sep 10-Nov 19 6:15-7:00 PM . . . . . A4944X**

*No class 11/5*

## Performances & Dancing at Thompson Park

**A Tribute to All Things Broadway** *(all ages, under 18 with adult)*

The Monmouth County Park System along with Sway Productions is hosting a musical showcase. Acts will include songs, scenes and dances from Broadway musicals. Support local talent during an afternoon or evening performance in a unique theatre environment. Light refreshments will be served.

**One Session \$15.00 Per Adult \$10.00 Senior Citizens \$5.00 Per child, ages 12 and under**

**Thompson Pk Theater Barn**

**Sat, Sep 14 2:00-3:30 PM . . . . . ACA44X**

**Sat, Sep 14 7:00-8:30 PM . . . . . AD144X**

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

**Friday, September 27, 7:00-8:30 PM**

**Thompson Park Theatre Barn**

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. Performers include Kevin Hill, Chuck Lambert and James Dalton of Asbury Park & Me Productions. The concert will be inside the Theatre Barn; general seating.

**Open House Square Dance** 

**Friday, September 27, 7:00-9:00 PM**

**Thompson Park Activity Barn**

Come out and try square dancing 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.

**Everyone Has a Story** 

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

**Thompson Park Theatre Barn**

Gather in the Theater Barn for a night of storytelling through life experiences. James Dalton, creator of AP & Me Productions, invites a cast of different characters from the region, all with unique voices and perspectives, all sharing their own stories through a variety of topical prompts. Audience members will be encouraged to share stories that relate to the given prompts as time allows. Light refreshments will be served.

## 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 \$125.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Sep 10-Nov 19 3:00-3:45 PM . . . . .A5044X**

*No class 11/5*

## Beyond the Sway: A One-Day Beginner Social Dancing Workshop

(adults)

Learn the foundational basics of a social dancing style and practice your steps in community at this beginner-friendly offering! If you've considered learning beginner social dancing, this a fantastic way to test the waters and leave this event knowing dance steps beyond the traditional sway! We'll cover the basic steps of one dancing style per event, allowing ample time to practice your steps with instructor assistance as needed. This event will be catered to the absolute beginner dancer and no prior experience is required. Dancers must register and participate with a partner, i.e. any two individuals who are able to participate together. Participants are encouraged to wear comfortable, closed-toe/heel shoes that they can easily move in. Please bring light snacks and soft drinks to enjoy.

Instructed by: Sing and Sway, Inc.

**One Session \$68.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Learn the Waltz**

**Wed, Sep 4 6:15-7:45 PM . . . . .A0444X**

**Learn the Salsa**

**Fri, Oct 11 6:15-7:45 PM . . . . .ACV44X**

**Learn the Bachata**

**Wed, Nov 6 6:15-7:45 PM . . . . .ACW44X**

## Channel Your Inner Zombie: A Two-Part Spooky Dance Experience

(adults)

We're breaking down the dance moves of an iconic zombie routine, just in time for Halloween! Prior experience is not required for this beginner-friendly experience. Each class of your two-part workshop kicks off with a warm-up, paving the way for a step-by-step breakdown of our zombie routine. The ultimate goal is to dance in a group by the end of our second class. Feel free to embrace the spooky spirit with optional zombie costumes, but please ensure you're wearing supportive shoes and attire that allows comfortable movement. Whether you're a seasoned dancer or just starting out, everyone is welcome to join in the undead dance fun!

Instructed by: Sing and Sway, Inc.

**Two Sessions \$66.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Wed, Oct 2-9 6:00-8:00 PM. . . . .ACX44X**

## 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, Oct 1-Dec 17 7:00-9:00 PM. . . . .ACQ44X**

## Wedding Dance Workshop

**NEW**

(adults)

Get ready to sweep across the dance floor at your upcoming wedding or celebration with our wedding dance workshop! Tailored for engaged couples, our workshop is an introductory guide to dancing more than the traditional sway on your wedding day. If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is crafted for engaged couples, parents of the couple and wedding party pairs are welcome to join in on the fun. Dress comfortably, slip into shoes that won't let you down and let's lay the groundwork for magical wedding moments together.

Instructed by: Sing and Sway, Inc.

**One Session \$88.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Fri, Oct 4 6:30-8:30 PM . . . . .AD544X**

**Wed, Nov 20 6:30-8:30 PM . . . . .ACY44X**

## MUSIC

**Rock to Bach - Guitar***(adults)*

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

**Eight Sessions \$168.00 Per Person****Fort Monmouth Rec Ctr Group Fitness Room****Mon, Sep 23-Nov 25 7:30-8:25 PM . . . . MA944X***No class 10/14 & 11/11***Voicing You***(adults)*

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

**Five Sessions \$200.00 Per Person****Thompson Pk Vis Ctr Tulip Room****Thu, Sep 19-Oct 17 7:00-8:30 PM . . . . .Q3644X****Music and Piano***(adults)*

Unlock the timeless joy of music during this program designed for adult learners of all backgrounds. Whether starting from scratch or reigniting a past passion, our experienced instructor will guide you through the journey of reading music, playing for pleasure, enhancing memory, and fostering creativity. Class size is intentionally kept intimate to ensure you receive the focused attention you need. Each learner will need a keyboard with a minimum of four octaves and a workbook that can be ordered at the first class. Ready to dive into the notes and let your musical story unfold? Join us and let the melodies begin!

**Part 1- Beginners****Ten Sessions \$140.00 Per Person****Fort Monmouth Rec Ctr Program Room A****Tue, Sep 17-Nov 19 5:00-6:00 PM . . . . . MB044X****Wed, Sep 18-Nov 20 5:15-6:15 PM . . . . . MB144X**

## SPORTS &amp; FITNESS

## FITNESS

**Aerostep***(adults)*

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

Instructor: Laurie Vuksanovich

**Tatum Pk Red Hill Act Ctr****Three Sessions \$45.00 Per Person****Thu, Oct 10-24 5:30-6:30 PM . . . . .XBD44X****Four Sessions \$60.00 Per Person****Tue, Sep 3-24 5:30-6:30 PM . . . . .XB944X****Thu, Sep 5-26 5:30-6:30 PM . . . . .XBC44X****Tue, Oct 8-29 5:30-6:30 PM . . . . .XBA44X****Thu, Nov 14-Dec 12 5:30-6:30 PM . . . . .XBE44X***No class 11/28***Six Sessions \$90.00 Per Person****Tue, Nov 12-Dec 17 5:30-6:30 PM . . . . .XBB44X****Afternoon Stretch***(adults)*

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

Instructor: Lisa Mandragona

**Ten Sessions \$150.00 Per Person****Tatum Pk Holland Act Ctr****Thu, Sep 12-Nov 21 1:00-2:00 PM . . . . .XBP44X***No class 10/3*

## Balanced Fitness

(adults)

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

**Thirteen Sessions \$195.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

Instructor: Jodi Kondracki

**Mon, Sep 9-Dec 9 9:15-10:15 AM. . . . . MAV44X**

*No class 10/14*

Instructor: Kim Cugini

**Wed, Sep 11-Dec 4 5:30-6:30 PM. . . . . MAW44X**

## 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

**Six Sessions \$84.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Sep 19-Oct 24 6:15-7:10 PM. . . . . XDN44X**

**Fri, Sep 20-Oct 25 5:30-6:25 PM . . . . . XDQ44X**

**Thu, Nov 7-Dec 19 6:15-7:10 PM . . . . . XDP44X**

*No class 11/28*

**Fri, Nov 8-Dec 20 5:30-6:25 PM . . . . . XDR44X**

*No class 11/29*

## Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and gentler than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Instructor: Eryka Andrex

**Dorbrook Rec Area Act Ctr**

**Six Sessions \$84.00 Per Person**

**Sat, Oct 19-Nov 23 11:00-11:55 AM . . . . . XD244X**

**Seven Sessions \$98.00 Per Person**

**Mon, Sep 16-Nov 4 5:00-5:55 PM. . . . . XD144X**

*No class 10/14*

## Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance including Egyptian, American Cabaret, Turkish, American Fusion and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance and strength as we engage the arms, legs, hips and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Please bring a veil and zills to each class.

Instructor: Eryka Andrex

**Seven Sessions \$98.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Sep 16-Nov 4 6:00-6:55 PM. . . . . XD344X**

*No class 10/14*

## 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. Belly dance experience required. You will need your own props for this class.

Instructor: Eryka Andrex

**Thirteen Sessions \$234.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Tue, Sep 10-Dec 10 7:25-8:55 PM. . . . . XD844X**

*No class 11/26*

## Foundation Training Introductory Workshop

(adults)

Move well to feel well, the way your body was originally designed to do! Correct your unwanted postural habits that can lead to chronic pain. Through a series of body-weight exercises and breathwork, Foundation Training activates specific muscle groups, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. No matter your age or your fitness level, this 90-minute workshop is for you. As part of your fee, you will have access to a helpful at-home video. Exercise mats will be available if you don't have your own.

This is a great introduction to the upcoming six-week Foundation Training series (*below*), which expands on the practice and will take your body to a whole new level. Instructor: Janice Volk & Gina Girard

**One Session \$50.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sat, Sep 7 2:00-3:30 PM. . . . .XCV44A**

## Foundation Training

(adults)

Do you want to change the way you move, correct your unwanted postural habits that can often lead to chronic pain, or simply enjoy the benefits on how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that will teach your body to move well - the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness helping you move effortlessly in the activities throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! All you need is an exercise mat, comfortable clothing, and a willingness to learn. Participants need to feel comfortable transitioning to the floor and back to standing. The Introductory Workshop is NOT a prerequisite but can be a valuable kickstart. All levels of prior FT experience are welcome!

Instructor: Janice Volk

**Six Sessions \$96.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Tue, Sep 10-Oct 15 9:00-9:45 AM. . . . .XCT44X**

**Tue, Oct 29-Dec 3 9:00-9:45 AM . . . . .XCU44X**

## Foundation Training Level 2

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that train your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program, is for you! This series will incorporate basic as well as advanced exercises to unlock your body's full potential. Participants need to feel comfortable transitioning from the floor to standing. Level 1 is not a prerequisite to this program and exercise mats are available if you don't have your own.

Instructor: Gina Girard

**Six Sessions \$96.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Fri, Oct 4-Nov 8 9:00-9:45 AM. . . . .XCW44X**

## Gentle Aerobics

(adults)

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

**Fort Monmouth Rec Ctr Group Fitness Room**

Instructor: Jodi Kondracki

**Ten Sessions \$150.00 Per Person**

**Fri, Sep 13-Dec 6 10:30-11:15 AM . . . . .MAJ44X**

*No class 9/20, 10/2 & 11/29*

**Eleven Sessions \$165.00 Per Person**

**Thu, Sep 12-Dec 5 10:30-11:15 AM . . . . MAH44X**

*No class 10/24 & 11/28*

Instructor: Kim Cugini

**Thirteen Sessions \$195.00 Per Person**

**Tue, Sep 10-Dec 3 10:30-11:15 AM. . . . MCH44X**

“ Eryka is an excellent instructor. Her class exceeded my expectations. I always leave wishing the class was longer because I enjoy it so much. ”

## 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

**Nine Sessions \$126.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Sep 19-Nov 21 7:15-8:10 PM . . . . .XDS44X**

*No class 10/31*

## Juggling Fun

(ages 12 and up)

Are you looking to learn how to juggle, or improve your juggling skills? Look no further! Learn how to juggle from an ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand/eye coordination. This program is designed for people with little or no juggling experience. Learn basic juggling skills, including the three-ball cascade. You will also craft your own juggling balls, which are yours to keep. Instructor: Brenn Swanson, Ex-Ringling Brothers Circus Pro

**One Session \$24.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Tue, Sep 10 6:00-7:30 PM. . . . .Q1444A**

## Mindful Motion: Pilates, Yoga, and Barre Fusion

(adults)

Welcome to Mindful Motion, where Pilates, yoga, and barre unite to create a transformative fitness experience. Our meticulously crafted program offers a holistic approach to wellness, blending graceful movements, meditative flows, and dynamic strength-building exercises. With a focus on alignment, breath and intention, Mindful Motion cultivates strength, flexibility and balance for body and spirit alike. We provide all necessary equipment, ensuring accessibility for all levels of experience. Whether you seek muscle-sculpting, flexibility enhancement, or a combination of modalities, join us on this journey of self-discovery and empowerment through mindful movement.

**Nine Sessions \$135.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Thu, Sep 12-Nov 7 11:30 AM-12:30 PM . . MCD44X**

## Seated Fitness

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. A perfect fit for individuals with therapeutic or mobility issues including Arthritis, Parkinsons, and Multiple Sclerosis. No equipment needed, just wear comfortable clothes.

Instructor: Kim Cugini

**Thirteen Sessions \$195.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Tue, Sep 10-Dec 3 12:30-1:15 PM. . . . . MAT44X**

## Stretch and Strengthen

(adults)

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

Instructor: Kim Cugini

**Thirteen Sessions \$195.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Tue, Sep 10-Dec 3 11:30 AM-12:15 PM . . MAS44X**

## Total Body

(adults)

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

Instructor: Jodi Kondracki

**Fort Monmouth Rec Ctr Group Fitness Room**

**Twelve Sessions \$180.00 Per Person**

**Mon,Wed, Sep 9-Oct 21 8:00-9:00 AM . . MAA44X**

*No class 10/14*

**Thirteen Sessions \$195.00 Per Person**

**Wed,Mon, Oct 30-Dec 11 8:00-9:00 AM. . MAB44X**

## Total Body Circuit Blast

(adults)

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

Instructor: Laurie Vuksanovich

**Tatum Pk Red Hill Act Ctr**

**Five Sessions \$75.00 Per Person**

**Sat, Nov 16-Dec 14 8:00-9:00 AM . . . . .XBG44X**

**Seven Sessions \$105.00 Per Person**

**Sat, Sep 7-Oct 26 8:00-9:00 AM. . . . .XBF44X**

*No class 10/5*



*Adults should get at least 150 minutes of moderate aerobic exercise each week. This can include aerobics, brisk walking, aerobic dancing, tennis, or bicycling.*

**DID YOU KNOW?**

## PILATES

### Pilates & Stretch for Beginners

(adults)

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

**Fort Monmouth Rec Ctr Group Fitness Room**

**Ten Sessions \$150.00 Per Person**

**Fri, Sep 13-Dec 6 11:30 AM-12:15 PM . . . MAK44X**

*No class 9/20, 10/25 & 11/29*

**Thirteen Sessions \$195.00 Per Person**

**Wed, Sep 11-Dec 11 9:30-10:15 AM . . . . MAY44X**

*No class 10/23*

### Pilates Fusion

(adults)

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

Instructor: Jodi Kondracki

**Fort Monmouth Rec Ctr Group Fitness Room**

**Twelve Sessions \$180.00 Per Person**

**Mon,Wed, Sep 9-Oct 21 10:30-11:30 AM. MAE44X**

*No class 10/14*

**Thirteen Sessions \$195.00 Per Person**

**Wed,Mon, Oct 30-Dec 11 10:30-11:30 AM MAF44X**

## Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

**Twelve Sessions \$156.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Mon, Sep 4-Oct 14 7:15-8:15 PM. . . .XBR44X**

**Tatum Pk Holland Act Ctr**

**Tue, Thu, Sep 3-Oct 10 6:30-7:30 PM. . . .XBS44X**

**Fourteen Sessions \$182.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Mon, Oct 23-Dec 11 7:15-8:15 PM. . . .XBT44X**

*No class 11/27*

**Tatum Pk Holland Act Ctr**

**Tue, Thu, Oct 22-Dec 10 6:30-7:30 PM. . . .XBU44X**

## Pilates Mat Workout - Fort Monmouth

(adults)

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

Instructor: Jodi Kondracki

**Eleven Sessions \$165.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Thu, Sep 12-Dec 5 9:15-10:15 AM . . . . .MAG44X**

*No class 10/24 & 11/28*



## Pilates Toning NEW

(adults)

Maximize your fitness journey with our innovative Pilates Toning program, blending the principles of Pilates with comprehensive body conditioning. Enhance your core strength, refine posture, and achieve toned arms and legs simultaneously. Experience a boost in flexibility and endurance within a dynamic and encouraging setting. Embrace the power of leveraging your body weight and incorporating light hand weights to foster muscle growth and definition. Elevate your workout experience and embrace holistic wellness with our Pilates Toning regimen. Please bring a water bottle and wear comfortable clothing.

**Ten Sessions \$150.00 Per Person**

**Fort Monmouth Rec Ctr Group Fitness Room**

**Fri, Sep 13-Oct 11 9:15-10:15 AM . . . . .MAP44X**

*No class 9/20, 10/25 & 11/29*

## TENNIS

### Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

**Four Sessions \$60.00 Per Person**

**Dorbrook Rec Area**

**Sat, Sep 7-28 11:00-11:55 AM. . . . .X4244X**

**Sun, Sep 8-29 11:00-11:55 AM . . . . .X2144X**

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area**

**Mon, Wed, Sep 9-25 6:00-6:55 PM . . . . .X1644X**

**Tue, Thu, Sep 10-26 9:00-9:55 AM . . . . .X3444X**

**Tue, Thu, Sep 10-26 10:00-10:55 AM. . . . .X3544X**

**Mon, Wed, Oct 7-23 5:00-5:55 PM . . . . .X1844X**

**Tue, Thu, Oct 8-24 9:00-9:55 AM . . . . .X4344X**

**Tue, Thu, Oct 8-24 10:00-10:55 AM. . . . .X4444X**

**Eight Sessions \$120.00 Per Person**

**Thompson Pk**

**Mon, Wed, Sep 9-Oct 2 4:30-5:25 PM . . . . .X0444X**



## 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!

Prerequisite: All players must have received instruction on forehand, backhand, volleys and serve prior to class starting date.

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area**

**Tue,Thu, Sep 10-26 11:00-11:55 AM. . . . .X3644X**

**Tue,Thu, Sep 10-26 6:00-6:55 PM . . . . .X3944X**

**Tue,Thu, Oct 8-24 11:00-11:55 AM. . . . .X4544X**

**Eight Sessions \$120.00 Per Person**

**Thompson Pk**

**Mon,Wed, Sep 9-Oct 2 5:30-6:25 PM . . . . .X0544X**

**Tue,Thu, Sep 10-Oct 3 5:30-6:25 PM. . . . .X0644X**

## VOLLEYBALL

### Indoor Fall Volleyball League

(ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Pre-Registration is required PER TEAM. 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. Captains sign up for the team. 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 4-Nov 13 6:00-9:00 PM. . . . . MD044X**

## 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

**Five Sessions \$75.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Sun, Sep 8-Oct 6 9:00-10:00 AM . . . . .XCH44X**

**Sun, Oct 20-Nov 17 9:00-10:00 AM . . . . .XCJ44X**

### 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

**Five Sessions \$75.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Sun, Sep 8-Oct 6 10:15-11:15 AM . . . . .XCK44X**

**Sun, Oct 20-Nov 17 10:15-11:15 AM. . . . .XCM44X**

“

*Melanie is a wonderful instructor!*

*She is friendly and attentive to all her student's needs.*

”

## 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

**Tatum Pk Red Hill Act Ctr**

**Seven Sessions \$105.00 Per Person**

**Mon, Sep 9-Oct 21 6:00-7:00 PM . . . . .XC944X**

**Thu, Sep 12-Oct 24 11:00 AM-12:00 PM . .XCA44X**

**Six Sessions \$90.00 Per Person**

**Mon, Nov 11-Dec 16 6:00-7:00 PM . . . . .XCB44X**

**Five Sessions \$75.00 Per Person**

**Thu, Nov 14-Dec 19 11:00 AM-12:00 PM . .XCC44X**

*No class 11/28*

## 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, 500 Hr RYT, Owner Live Grace Yoga

**Six Sessions \$90.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sat, Nov 2-Dec 14 10:30-11:30 AM. . . . .XBN44X**

*No class 11/30*

## 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

**Fully Seated**

**Six Sessions \$84.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Sep 20-Oct 25 3:30-4:25 PM . . . . .XD044X**

**Fort Monmouth Rec Ctr Program Room D**

**Wed, Sep 18-Oct 23 10:35-11:30 AM . . . .XCY44X**

**Wed, Nov 6-Dec 18 10:35-11:30 AM . . . .X CZ44X**

*No class 11/27*

**Sit and Stand**

**Seven Sessions \$98.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Sep 16-Nov 4 4:00-4:55 PM. . . . .XCX44X**

*No class 10/14*

## Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor, this class is sitting/standing and includes yogic breathing, poses, weights and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

**Dorbrook Rec Area Act Ctr**

**Six Sessions \$84.00 Per Person**

**Wed, Nov 6-Dec 18 4:00-4:55 PM. . . . .XDF44X**

*No class 11/27*

**Eight Sessions \$112.00 Per Person**

**Wed, Sep 4-Oct 23 4:00-4:55 PM . . . . .XDD44X**

## Codes of Creation in Movement™

(adults)

Yoga continues to be a map of how to live life on the earth plane to the fullest extent while finding serenity amid all changing endeavors and experiences. In this unique one-of-a-kind yoga practice developed by Mary Jane, the student journeys through a specific sequence of yoga geometric patterns that mimic the structures of creation. These repeated geometric yoga patterns have a powerful healing effect that organically unfolds. Ultimately, this practice builds an internal awareness linked to Universal consciousness leading to a sustainable abundant life.

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

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Wed, Sep 4-Nov 27 7:00-8:15 PM . . . . . XBY44X**

*No class 11/6*

## 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

**Tatum Pk Red Hill Act Ctr**

**Six Sessions \$90.00 Per Person**

**Mon, Nov 11-Dec 16 7:00-8:00 PM . . . . . XCE44X**

**Seven Sessions \$105.00 Per Person**

**Mon, Sep 9-Oct 21 7:00-8:00 PM . . . . . XCD44X**

## 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

**Tatum Pk Red Hill Act Ctr**

**Five Sessions \$75.00 Per Person**

**Thu, Nov 14-Dec 19 9:30-10:30 AM . . . . . XCG44X**

*No class 11/28*

**Seven Sessions \$105.00 Per Person**

**Thu, Sep 12-Oct 24 9:30-10:30 AM. . . . . XCF44X**

## 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, 500 Hr RYT, Owner Live Grace Yoga.

**Six Sessions \$90.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sat, Nov 2-Dec 14 8:45-10:00 AM . . . . . XBM44X**

*No class 11/30*

## Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom? Instructor: MJ Kasliner is a national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement'. MJ has over 800 hours of certification trainings including studies in India.

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Tue, Sep 3-Nov 26 7:00-8:15 PM . . . . . XBW44X**

*No class 11/5*



## Full Moon Yoga

(adults)

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

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

**One Session \$20.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Tue, Sep 17 7:00-8:00 PM. . . . . XCS44X**

## 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

**Tatum Pk Holland Act Ctr**

**Five Sessions \$75.00 Per Person**

**Fri, Nov 15-Dec 20 11:00 AM-12:00 PM. . . . . XC844X**

*No class 11/29*

**Six Sessions \$90.00 Per Person**

**Mon, Sep 23-Oct 28 12:00-1:00 PM . . . . . XC144X**

**Fri, Sep 27-Nov 1 11:00 AM-12:00 PM. . . . . XC744X**

**Mon, Nov 11-Dec 16 12:00-1:00 PM . . . . . XC244X**

## Gentle Yoga Plus

(adults)

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

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

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

**Tatum Pk Holland Act Ctr**

**Five Sessions \$75.00 Per Person**

**Fri, Nov 15-Dec 20 9:30-10:30 AM . . . . . XC644X**

*No class 11/29*

**Six Sessions \$90.00 Per Person**

**Fri, Sep 27-Nov 1 9:30-10:30 AM . . . . . XC544X**

## Restorative/Yoga Nidra

(adults)

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

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

**Five Sessions \$75.00 Per Person**

**Freneau Wds Pk Vis Ctr Program Room 1**

**Wed, Sep 11-Oct 9 6:00-7:00 PM . . . . . XCQ44X**

**Wed, Oct 23-Nov 20 6:00-7:00 PM . . . . . XCR44X**

## Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

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

**Eleven Sessions \$187.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Mon, Sep 9-Nov 25 7:00-8:15 PM. . . . .XBV44X**

*No class 11/4*

**Thompson Pk Vis Ctr Walnut Room**

**Fri, Sep 6-Nov 22 9:30-10:45 AM . . . . .XBZ44X**

*No classes 11/8*

## Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Ten Sessions \$150.00 Per Person**

**Tatum Pk Holland Act Ctr**

**Thu, Sep 12-Nov 21 2:00-3:00 PM . . . . .XBQ44X**

*No class 10/3*

## Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

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

**Twelve Sessions \$204.00 Per Person**

**Thompson Pk Vis Ctr Walnut Room**

**Wed, Sep 4-Nov 27 9:30-10:45 AM. . . . .XBX44X**

*No class 11/6*

## Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Sessions will be held in the Activity Center. Please bring a yoga mat, two yoga blocks, a long yoga strap, towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

**Eleven Sessions \$165.00 Per Person**

**Seven Presidents Pk Act Ctr**

**Sat, Oct 5-Dec 21 8:00-9:00 AM. . . . .XBK44X**

*No class 11/30*

## 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

**Five Sessions \$75.00 Per Person**

**Sat, Nov 16-Dec 14 9:00-10:00 AM . . . . . XBJ44X**

**Seven Sessions \$105.00 Per Person**

**Sat, Sep 7-Oct 26 9:00-10:00 AM . . . . . XBH44X**

*No class 10/5*

## Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's,60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

**Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.**

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

**Six Sessions \$120.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Tue, Sep 24-Oct 29 10:30 AM-12:00 PM . . . XC344X**

**Tue, Nov 12-Dec 17 10:30 AM-12:00 PM . . . XC444X**

## Yoga for the Winter Solstice

(adults)

Winter solstice energy is cause for a special kind of celebration. We will surrender to the shortest and darkest day with a deep and meaningful practice. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

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

**One Session \$20.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Thu, Nov 21 7:00-8:00 PM . . . . . XDT44X**

## 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

**Eight Sessions \$112.00 Per Person**

Dorbrook Rec Area Act Ctr

**Wed, Sep 4-Oct 23 5:00-5:55 PM . . . . . XDE44X**

### Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

**Thirteen Sessions \$182.00 Per Person**

**Tue, Sep 10-Dec 10 6:15-7:10 PM . . . . . XD444X**

*No class 11/26*

**Six Sessions \$84.00 Per Person**

**Thu, Sep 19-Oct 24 5:15-6:10 PM . . . . . XD544X**

**Sat, Oct 19-Nov 23 10:00-10:55 AM . . . . . XD744X**

**Thu, Nov 7-Dec 19 5:15-6:10 PM . . . . . XD644X**

*No class 11/28*

## 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 \$112.00 Per Person**

**Wed, Sep 4-Oct 23 6:00-6:55 PM . . . . . XDH44X**

**Six Sessions \$84.00 Per Person**

**Fri, Sep 20-Oct 25 6:30-7:25 PM . . . . . XDK44X**

**Wed, Nov 6-Dec 18 6:00-6:55 PM. . . . . XDJ44X**

*No class 11/27*

**Fri, Nov 8-Dec 20 6:30-7:25 PM . . . . . XDM44X**

*No class 11/29*

## 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

**Six Sessions \$84.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Nov 6-Dec 18 5:00-5:55 PM. . . . . XDG44X**

*No class 11/27*



*Aerobic dance has a variety of benefits, including improved condition of the heart and lungs, stronger bones, weight management, and improved endurance.*

## DID YOU KNOW?

## EQUESTRIAN



*Sunnyside Equestrian Center is located 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 programs, please call 732-224-1367.*

## Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory four-week program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control.

**Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear a helmet while riding.**

**Four Sessions \$225.00 Per Person**

**Sunnyside Rec Area**

**Fri, Sep 20-Oct 11 4:00-5:00 PM . . . . . V0144X**

**Fri, Oct 18-Nov 8 4:00-5:00 PM . . . . . V0244X**

*No lessons 11/24*

## SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information, please visit [www.spuronline.org](http://www.spuronline.org).

**GOLF**

**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 \$32.00 Per Person**

**Bel-Aire GC**

**Mon, Sep 9 3:00-4:00 PM . . . . . Y0544X**

**Charleston Springs GC**

**Sat, Sep 7-28 9:30-10:30 AM . . . . . Y1144X**

**60 Minute Driver**

*(adults)*

Develop more consistency and power for all level of golfers and swing types in this 60 Minute Driver clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

**One Session \$32.00 Per Person**

**Bel-Aire GC**

**Tue, Sep 10 11:15 AM-12:15 PM . . . . . Y1844X**

**Charleston Springs GC**

**Sat, Oct 12 11:30 AM-12:30 PM . . . . . T1144X**

**Sat, Sep 7 2:00-3:00 PM. . . . . T0744X**

**Howell Pk GC**

**Wed, Sep 18 4:00-5:00 PM . . . . . J0444X**

**Sat, Oct 5 2:30-3:30 PM. . . . . J0644X**

**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-putt 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 \$32.00 Per Person**

**Bel-Aire GC**

**Tue, Sep 24 11:15 AM-12:15 PM . . . . . Y2144X**

**Charleston Springs GC**

**Fri, Sep 6 4:00-5:00 PM . . . . . T0644X**

**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 \$32.00 Per Person**

**Bel-Aire GC**

**Tue, Sep 17 11:15 AM-12:15 PM . . . . . Y2044X**

**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 6-27 2:00-5:00 PM . . . . . T0344X**



MONMOUTH COUNTY PARK SYSTEM



# TEE UP WITH US...

BECAUSE WHERE YOU PLAY MATTERS

**BEL-AIRE  
GOLF COURSE**  
3120 Allaire Road,  
Wall, NJ

**CHARLESTON SPRINGS  
GOLF COURSE**  
101 Woodville Road,  
Millstone Township, NJ

**HOMINY HILL  
GOLF COURSE**  
92 Mercer Road  
Colts Neck, NJ

**HOWELL PARK  
GOLF COURSE**  
405 Squankum-  
Yellowbrook Road,  
Farmingdale, NJ

**PINE BROOK  
GOLF COURSE**  
1 Covered Bridge Boulevard  
Manalapan, NJ

**SHARK RIVER  
GOLF COURSE**  
320 Old Corlies Avenue,  
Neptune, NJ

MONMOUTH COUNTY GOLF COURSES OFFER:

- LESSONS
- GROUP OUTINGS
- TOURNAMENTS
- AND MUCH MORE

CHECK US OUT ONLINE FOR FULL DETAILS:

[www.MONMOUTHCOUNTYPARKS.COM](http://www.MONMOUTHCOUNTYPARKS.COM)



## Beginner Golf

(ages 6-14 & 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 8-29 9:00-10:00 AM . . . . . Y0344X**

**Sat, Oct 12-Nov 2 9:00-10:00 AM. . . . . Y2444X**

### Juniors

(ages 11-14)

**Four Sessions \$80.00 Per Person**

**Sat, Sep 7-28 11:00 AM-12:20 PM . . . . . Y1344X**

### Adults

(adults)

**Four Sessions \$85.00 Per Person**

**Wed, Sep 4-25 10:30-11:30 AM . . . . . Y1044X**

**Sun, Sep 8-29 9:30-10:30 AM . . . . . Y1444X**

**Mon, Sep 9-30 6:15-7:15 PM. . . . . Y1644X**

**Fri, Sep 13-Oct 4 10:00-11:00 AM . . . . . Y1944X**

## 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**

**Charleston Springs GC**

**Sat, Sep 14 1:00-4:00 PM . . . . . T0544X**

**Sat, Oct 12 1:00-4:00 PM . . . . . T1244X**

## Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couple's 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 7-28 9:30-10:30 AM . . . . . Y1244X**

**Sat, Sep 7-28 10:00-11:20 AM. . . . . Y0144X**

## 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**

**Charleston Springs GC**

**Sat, Sep 14 1:00-3:00 PM . . . . . T0944X**

**Howell Pk GC**

**Sat, Sep 7 12:00-2:00 PM . . . . . J0344X**

**Sat, Oct 5 12:00-2:00 PM . . . . . J0544X**

**Sat, Oct 5 12:00-2:00 PM . . . . . J0744X**

### 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 \$112.00 Parent/Child \$47.00 Additional Sibling**

**Bel-Aire GC**

**Sat, Sep 7-28 11:30 AM-12:30 PM . . . . . Y0244X**

**Sun, Sep 8-29 11:00 AM-12:00 PM . . . . . Y1544X**

**Sat, Oct 12-Nov 2 12:30-1:30 PM . . . . . Y2644X**

### Golf for High School Players

(ages 14-18)

This program is for teens in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace.

**Please Note: This is NOT a beginner clinic, participants must have prior golf experience.**

**Four Sessions \$120.00 Per Person**

**Charleston Springs GC**

**Sat, Sep 7-28 4:00-7:00 PM . . . . . T0844X**

### Intermediate Golf Adults

(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.

**Four Sessions \$125.00 Per Person**

**Bel-Aire GC**

**Sun, Sep 8-29 10:15 AM-12:15 PM . . . . . Y0444X**

**Sun, Sep 8-29 12:30-2:30 PM . . . . . Y0844X**

**Tue, Sep 10-Oct 1 9:00-11:00 AM . . . . . Y1744X**

**Tue, Oct 8-29 12:00-2:00 PM . . . . . Y2244X**

**Thu, Oct 10-31 12:00-2:00 PM . . . . . Y2344X**

**Sat, Oct 12-Nov 2 10:15 AM-12:15 PM . . . Y2544X**

**Howell Pk GC**

**Thu, Sep 5-26 5:00-7:00 PM . . . . . J0244X**

### Ladies Scramble

(adults)

This is a two-person team scramble golf event at Pine Brook Golf Course with tee times. Format: Each player hits a tee shot on each hole, but everyone plays from the spot of the best shot. Mark the spot of the best tee shot with a golf tee or ball marker. Direct your playing partner to pick up their ball and hit from within one club length of the marked spot. Continue selecting the best shot until one player hits the ball in the hole and then record the score. Sign up as a group or a single (we'll pair you up). No golf pass or handicap required. Gross division only. Power carts can be purchased at an applicable fee.

**One Session \$40.00 Per Person**

**Pine Brook GC**

**Wed, Sep 4 9:00 AM-2:00 PM (approx) . . . PB244A**

### 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 \$112.00 Per Person**

**Bel-Aire GC**

**Sun, Sep 8-29 4:00-6:00 PM . . . . . Y0944X**

### 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 his/her current golf level - whether just starting, an accomplished player or somewhere in between.

**One Session \$130.00 Per Person**

**Charleston Springs GC**

**Sun, Sep 8 12:00-3:00 PM . . . . . T0444X**

**Sun, Oct 6 12:00-3:00 PM . . . . . T1044X**

**THERAPEUTIC RECREATION**

**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, Sep 4-25 9:00 AM-12:30 PM . . . . . Y0744X**

**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 19-Oct 24 9:30 AM-1:00 PM . . . . Y0644X**



**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 \$60.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Sat, Sep 14-Nov 23 9:30-11:00 AM. . . . . D1844X**

*Class meets 9/14, 9/28, 10/12, 10/26, 11/9 & 11/23*

**Sat, Sep 14-Nov 23 11:30 AM-1:00 PM . . . D1944X**

*Class meets 9/14, 9/28, 10/12, 10/26, 11/9 & 11/23*

**Drama Troupe**

*(ages 13 and up, with special needs)*

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Please contact Justin at 732-460-1167, ext. 22, for more information.

**Fifteen Sessions \$247.50 Per Person**

**Tatum Pk Holland Act Ctr**

**Wed, Sep 11-Dec 18 6:00-7:00 PM . . . . . D0244X**

**Holiday Carol-oke Night NEW**

*(ages 16 and up, with special needs)*

'Tis the season to sing your heart out and make unforgettable memories together! Join us for a night of karaoke fun, surrounded by friends! Sing and dance to your favorite holiday classics, or any song that fills you with joy. Snack and beverages will be offered. Participants must be able to function in at least 1:3 staff to participant ratio. Contact Marco Galindo at 732-460-1167, ext. 23, for more information, to give song choices, and/or to give notification about any food allergies or dietary considerations.

**One Session \$30.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Sat, Dec 21 5:30-8:00 PM . . . . . D0251A**

**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.

**Mindful Adaptive Cooking Class - Mexican Night** NEW

*(ages 16 and up, with special needs)*

Join "The Heart Space Community" in preparing a healthy and delicious meal of whole food ingredients in a mindful way. A menu honoring creativity, choices and trying new things! Class will include education, hands on meal prep, cooking and a community dinner. The evening will conclude with time for new friends to socialize and connect over mindful games. Supervision is provided at a 1:4 staff to participant ratio. Contact Marco Galindo at 732-460-1167, ext. 23, for more information and/or to give notification about any food allergies or dietary considerations.

Instructors: Danica Zolofra, The Heart Space NJ & Valerie O'Donell, RN/Integrative Nutritionist

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Oct 19 4:30-7:00 PM . . . . .D3244A**

**INCLUSION SERVICES**

*It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs.*

*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.*

**Night Out**

*(ages 16 and up, with special needs)*

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

**One Session \$42.00 Per Person**

**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 for ice cream at Jersey Freeze a few miles down the road in Freehold. You will need to bring at least \$45.00 to cover the cost of dinner, mini golf and ice cream. A second date may be added if there is enough interest upon registration.

**Fri, Sep 6 4:45-9:15 PM . . . . .D0544X**

**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. Participants will need to bring at least \$45.00 to cover the cost of your meal and movie ticket. Please note that the program may be moved to the next evening, Saturday, October 5, depending on staffing schedules.

**Fri, Oct 4 5:00-9:30 PM . . . . .D0744X**

**Now We're Cooking!**

*(ages 16 and up, with special needs)*

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

**Thanksgiving Feast!**

Join your friends as we prepare a delicious holiday themed meal consisting of some of classics! Our meal will include open faced turkey sandwiches, cranberry sauce, stuffing, mashed potatoes, pasta, homemade garlic bread, salad, and more! Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

**One Session \$45.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Fri, Nov 22 6:00-8:30 PM . . . . .D0644X**

TRIPS

**Off Field Friends Club** NEW

*(ages 16 and up, with special needs)*

Are you a fan of sports? Would you like to expand your sports knowledge? Would you like to learn the history of your favorite team? Then come spend a few hours building friendships and socializing, while watching and analyzing the current sporting events with the Off Field Friends Club! This program will help you broaden your knowledge of professional sports. The session will also include sports-related games, and a variety of snack and beverages. Participants must be able to function in at least 1:4 staff to participant ratio. Please contact Marco Galindo at 732-460-1167, ext. 23, for more information and/or to give notification about any food allergies or dietary considerations.

**Three Sessions \$35.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Sep 20-Nov 15 6:00-8:30 PM . . . . .D3144A**

*Class meets 9/20, 10/18 & 11/15*

**Semi-Formal Dinner and Dance**

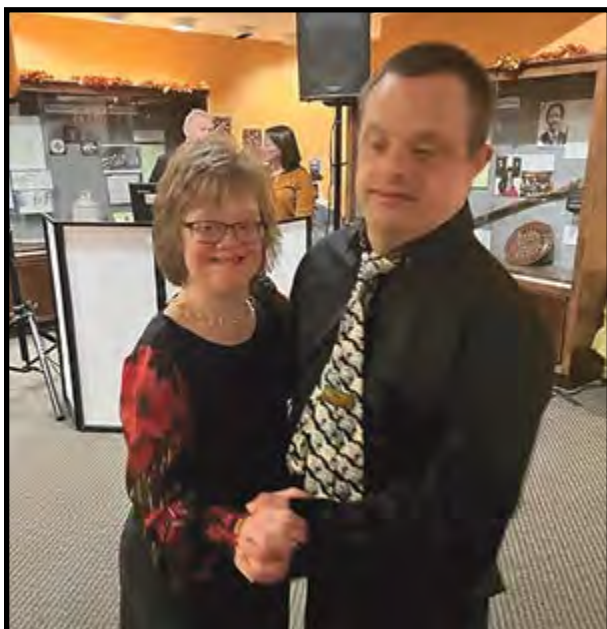
*(ages 16 and up, with special needs)*

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.

**One Session \$65.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Nov 1 6:00-9:00 PM . . . . .D0444A**



**Andalusia Historic House, Gardens and Arboretum** NEW

*(adults)*

Discover the beautiful Andalusia Historic House, Gardens and Arboretum. See the gardens lit up in fall colors and enjoy breathtaking views of the Delaware River. Enjoy a private guided tour of the Big House historic mansion and a private viewing of the gardens and arboretum. The gardens were designed by Leticia Glenn Biddle one of the founders of the Garden Club of America. Modern additions to the garden were designed by Arabella Lennox-Boyd, a six-time gold medal best garden winner at the Chelsea Flower Show. After the tours, enjoy a delicious lunch at the historic George Washington II Inn in Bristol, PA opened in 1681 and is the oldest operating inn in the United States! Trip pricing includes round-trip charter bus transportation, a volunteer Park System leader, tour tickets, and a three-course lunch.

**One Session \$150.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Wed, Oct 16 8:00 AM-4:00 PM. . . . .A0944X**

**Cape Cod Islander Tour** NEW

*(all ages, under 18 with adult)*

This Cape Cod excursion offers visits to JFK Memorial, Korean War Memorial, a working cranberry bog, Sandwich Glass Museum, a visit to the Cape Cod National Seashore & Salt Pond Visitor Center, a Hyannis Harbor Cruise, guided tours of Hyannis to Provincetown, Martha's Vineyard Island and Nantucket Island. Price includes round-trip transportation, accommodations in the Hyannis, MA area, admissions to tours/attractions, round-trip ferries to Martha's Vineyard and Nantucket, round-trip Hyannis cruise, 4 breakfasts, 4 dinners, taxes, baggage and meal gratuities and Park System volunteer leader. Please note: There may be some free time for additional sightseeing, shopping and meals. For specific tour details, call Rachel Cohen at 732-542-1642, ext. 29, or via email rachel.cohen@monmouthcountyparks.com.

**\$1,500.00 Double; \$1,750.00 Single; \$1,200.00 Triple; \$1,100.00 Quadruple; \$500.00 Per Child**

**Thompson Pk Estate Grounds Parking Lot**

**Mon-Fri, Sep 23-27. . . . .A0744X**

**Board: 8:00 AM. . . . . Return: 8:00 PM (approx)**

## Christmas Candlelight House Tour

(all ages, under 18 with adult)

Cape May's Christmas Candlelight House Tours have been a beloved annual tradition for nearly half a century! Travel to homes, inns, B&Bs, churches and hotels, stepping across the thresholds to take in interiors beautifully decorated for the holidays. Trip pricing includes round trip motor coach transportation, tickets, and a Park System leader.

**One Session \$115.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Dec 14 2:00-11:00 PM . . . . . A0151X**

## 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 \$36.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sun, Oct 27 9:00 AM-1:00 PM (approx) . . . IMY44X**

## New Hope Arts & Crafts Festival

(adults)

Come see 160 juried fine artists and craftsmen who will exhibit oil paintings, watercolors, sculpture, fine and fun jewelry, ceramics, works in wood, and much more! The Arts & Crafts Festival will have food, music, and live entertainment for you to enjoy. Downtown New Hope, PA is a short walk or shuttle from the festival. Explore the shops and restaurants while enjoying stunning views of the Delaware River!

**One Session \$65.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sat, Sep 21 9:00 AM-5:00 PM . . . . . A8941X**

## Lighthouses and Lobsters: A Coastal Maine Adventure

(all ages, under 18 with adult)

This Maine adventure offers a tour of Kennebunkport with time on your own to explore the waterfront area, tour of Shipyard Brewery, a round-trip cruise of at least seven lighthouses, a stop to L.L. Bean, a tour of Boothbay Harbor, a Boothbay Harbor tour, a visit to Maine Lighthouse Museum, a tour of Bar Harbor and Acadia National Park, time on your own to explore Bar Harbor and a stop at Nubble Light for views and photos. Price includes round-trip motor coach transportation, accommodations - two nights in Portland, ME; two nights in Bangor, ME; admissions to tours and attractions, round-trip cruises for lighthouses and Boothbay; four breakfasts; four dinners (one will include Maine lobster); taxes; baggage handling; meal gratuite; and Park System volunteer leader. Please note: There may be some free time for additional sightseeing and meals. For more tour details and to inquire about travel insurance, please contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@monmouthcountyparks.com.

**\$1,600.00 Double; \$1,915.00 Single; \$1,400.00 Triple; \$1,200.00 Quadruple; \$500.00 Per Child**

**Thompson Pk Estate Grounds Parking Lot**

**Mon-Fri, Oct 14-18 . . . . . A0844X**

**Board: 8:00 AM . . . . . Return: 8:00 PM (approx)**

## Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-a-kind celebration for family, friends and loved ones. The radiant Radio City Music Hall is decked out for the season and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker and the unforgettable live nativity. Price includes reserved orchestra seating, round-trip bus transportation and a volunteer Park System leader. There will be time for dinner and sightseeing after the performance.

**1:00 PM Show**

**\$185.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Fri, Dec 6 . . . . . A0251X**

**Board: 10:45 AM . . . . . Return: 7:45 PM (approx)**

**Fri, Dec 13 . . . . . A0351X**

**Board: 10:45 AM . . . . . Return: 7:45 PM (approx)**



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](mailto:spur@monmouthcountyparks.com), or visit [www.spuronline.org](http://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](http://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](http://www.monmouthconservation.org). MCF can also be reached by calling 732-671-7000 or emailing [info@monmouthconservation.org](mailto:info@monmouthconservation.org).



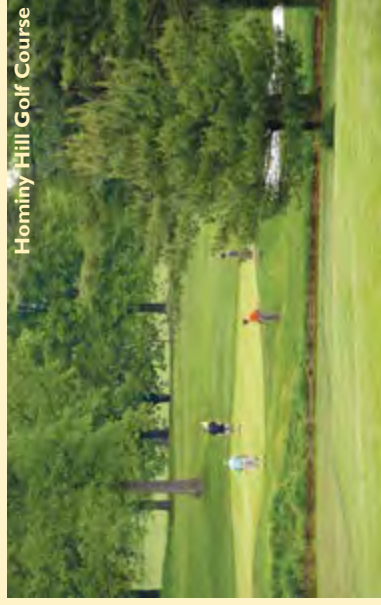
# Monmouth County Park Locations

## PARKS/HISTORIC SITES

- Baysholm Tract**<sup>†</sup>, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**<sup>\*</sup>, Route 520, Marlboro 732-834-9607
- Clayton Park**<sup>\*</sup>, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**<sup>\*</sup>, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**<sup>†</sup>, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**<sup>\*</sup>, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**<sup>†</sup>, Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**<sup>\*</sup>, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**<sup>†</sup>, 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**<sup>\*</sup>, 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**<sup>\*</sup>, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area**<sup>\*</sup>, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**<sup>†</sup>, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**<sup>†</sup>, 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 Cortlies Avenue, Neptune 732-922-4141



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

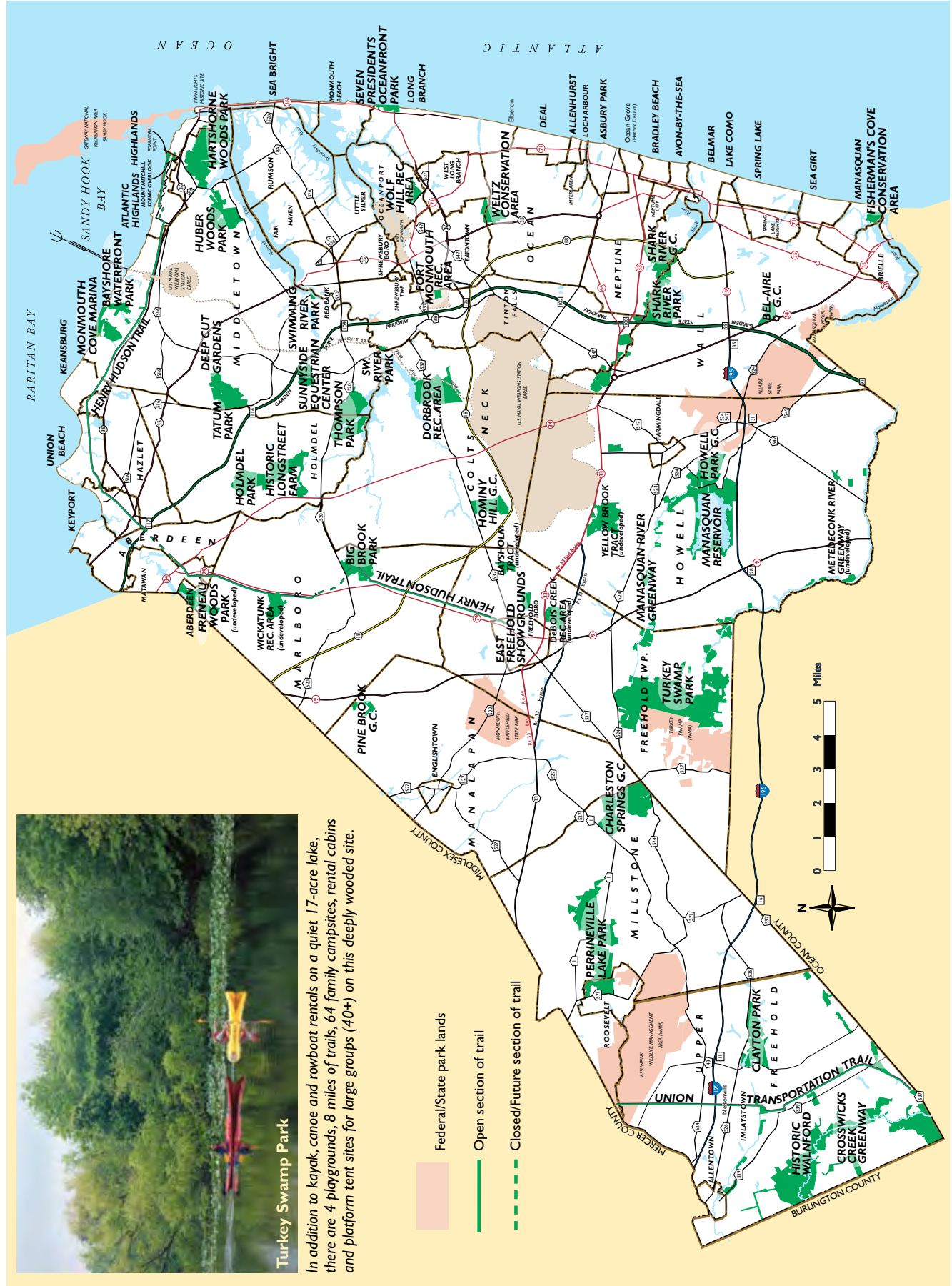
Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

\* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.  
 † Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



**Turkey Swamp Park**

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.



## Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

## Participants, Please Note

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

## Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

## Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Frank Masini, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

## Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

## Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

### Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
  - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
  - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.
4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

### Vacation Insurance

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

## Registration Information

Unless otherwise stated, all programs require pre-registration. Registration is on a first-come, first-served basis.

### Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

## Registration

You may register:

**Online** 24/7 beginning at 8:00 AM on August 14. Click "Register for Programs" at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**By Phone** beginning at 8:00 AM on August 14. 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 14 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

The Creative Arts Center proudly showcases the work of our talented students and instructors who participate in a variety of fine arts and craft classes throughout the year.

# CREATIVE ARTS CENTER



# EXHIBIT & SALE

Saturday-Friday,  
December 7-13, 11:00 AM-4:00 PM  
*Thompson Park Creative Arts Center, Lincroft*

Kick off your holiday shopping with original pieces created by our students and instructors, including paintings, photography, jewelry, pottery and more!



For more information, contact Barbara Zarella at  
[bzarella@monmouthcountyparks.com](mailto:bzarella@monmouthcountyparks.com)  
or 732-842-4000, ext. 4253.





Monmouth County Park System  
 805 Newman Springs Road  
 Lincroft, NJ 07738



## Mark Your Calendars

### SEPTEMBER

#### WIND & SEA FESTIVAL

Saturday, September 14  
 11:00 AM-5:00 PM

Bayshore Waterfront Park,  
 Port Monmouth

#### FALL NATIVE PLANT EXCHANGE

Saturday, September 21  
 8:30-11:00 AM

Deep Cut Gardens, Middletown

#### A NIGHT OF JAZZ AND BLUES

Friday, September 27  
 7:00-8:30 PM

Thompson Park, Lincroft

#### HARVEST HOME FESTIVAL

Sunday, September 29  
 11:00 AM-5:00 PM

Historic Longstreet Farm, Holmdel

#### SPUR FAMILY BARN DANCE

Sunday, September 29  
 1:00-5:00 PM

Thompson Park, Lincroft

### OCTOBER

#### THOMPSON PARK DAY

Sunday, October 20  
 11:00 AM-5:00 PM

Thompson Park, Lincroft

### NOVEMBER

#### FALL CRAFT SHOW

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

Fort Monmouth  
 Recreation Center,  
 Tinton Falls



INFO: 732-842-4000, ext. 4312 • [MONMOUTHCOUNTYPARKS.COM](http://MONMOUTHCOUNTYPARKS.COM)



#### Board of County Commissioners:

Thomas A. Arnone, Director • Ross F. Licitra, Deputy Director  
 Dominick "Nick" DiRocco • Susan M. Kiley • Erik Anderson

#### Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman  
 Michael G. Harmon • Thomas E. Hennessy, Jr.  
 David W. Horsnall • Patricia M. Butch • Thomas Adcock  
 Lori Ann Davidson • Brian Foster • Andrew J. Spears, Director

