



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



FALL 2025

REGISTRATION BEGINS AUGUST 13

WWW.MONMOUTHCOUNTYPARKS.COM



Saturday, September 20,

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 13.

HARVEST HOME FESTIVAL

Sunday, September 28, 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 19 • 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 additional details on page 31.



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To register for summer camps starting Wednesday, August 13, at 8:00 AM, visit 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

1. **Age:** Must fall within the listed age/grade for a program or camp.
2. **Capacity:** An individual must register before the program has reached its maximum capacity.
3. **Charges:** Payment is due upon registering, or through an approved third-party balance due.
4. **Hygiene:** Participants must be able to manage their personal care including eating, drinking, changing clothing, and toileting.
5. **Prerequisite Skills:** Individuals may be required to be at a specific stated skill level for some programs.
6. **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 2025

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Potato Harvest (p. 4)

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Awesome Autumn Amble (p. 73)

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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

Piano Ballads from the Turn of the Century

(all ages)

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

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

Saturday, October 18, 1:00-3:00 PM

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

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 6 & 7, 12:00-2:00 PM

Accordion Melodies of the 1890s

Enjoy melodies of the 1890s played on the accordion while you visit the Longstreet farmhouse.

Saturday, September 13, 1:00-3:00 PM

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

Saturday, November 8, 1:00-3:00 PM

Cookstove Demonstrations

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 13, 11:00 AM-3:00 PM

Saturday, September 27, 11:00 AM-3:00 PM

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

Saturday, October 25, 11:00 AM-3:00 PM

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

Saturday, November 22, 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 21, 11:00 AM-3:00 PM

19th Century Woodworking Demonstration

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

Saturday, October 18, 12:00-3:00 PM

Cider Making Demonstration

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

Sunday, November 16, 12:00-2:00 PM

Gingerbread Contest - "Winter on the Farm"

(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 - 10-17; Individual Adult - 18+; Family; Business/Organization; Small Group (Scout group, church group, etc.)

Registration: Entrants must register between November 10 and November 24 by calling 732-946-3758.

Additional information is available on the Historic Longstreet Farm page at MonmouthCountyParks.com or by calling 732-946-3758.

Beginner Wood Carving Class

(adults)

If you have been thinking about taking up a new pastime or have always admired woodcarving, now is your chance to explore and learn about this craft. Beginners will get a good foundation in traditional wood carving and will be able to build on their skills. You will complete two projects and take home the carving knives and two extra pieces of wood. All supplies are provided by the instructor; a materials fee of \$40.00 is payable to the instructor on the day of class.

One Session \$40.00 Per Person

Longstreet Farm Vis Ctr

Sat, Sep 20 10:00 AM-2:00 PM F0254X

Hot Mulled Cider

(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

Sun, Nov 23 12:00-2:00 PM PF325A

Harvest Home Festival

Sunday, September 28, 11:00 AM-5:00 PM

Historic Longstreet Farm, Holmdel

Harvest Home Festival is an old-fashioned country fair reminiscent of the 1890s. It takes visitors back in time to when neighbors gathered to help with the harvest, spent time socializing and enjoying each other's company. These festivals showcased the best produce and craft work in the community; music, games and athletic contests provided entertainment for all who attended. Experience fun from 130 years ago with wagon rides, games and live entertainment. On-going craft demonstrations may inspire you to start a new hobby!





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. Participants under 18 must be accompanied by an adult (chaperones are free, but please limit to 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

Sat, Sep 13 8:00-9:30 AM. F0654X

Sun, Sep 21 8:00-9:30 AM F0754X

Sun, Oct 12 8:00-9:30 AM F0854X

Sat, Oct 25 8:00-9:30 AM F0954X

Sun, Nov 9 8:00-9:30 AM F1054X

Sat, Nov 22 8:00-9:30 AM F1154X

Keeping Backyard Chickens

(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 Certificate of Completion will be provided upon successful completion of the class. This 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 2 11:00 AM-3:00 PM. F0554X

Old Fashioned Barn Dance

(adults)

Enjoy an autumn evening at Longstreet Farm with an old-fashioned barn dance. Sue Dupre, along with the Jugtown Mountain Band, will provide the dance instruction and music. Beginners and experienced dancers are welcome to participate; this dance features a variety of square, circle, and contra dances typical to the 1890s.

One Session \$25.00 Per Person

Longstreet Farm Farm Grounds

Sat, Oct 4 7:00-9:00 PM. F0154X

Rug Hooking Gathering

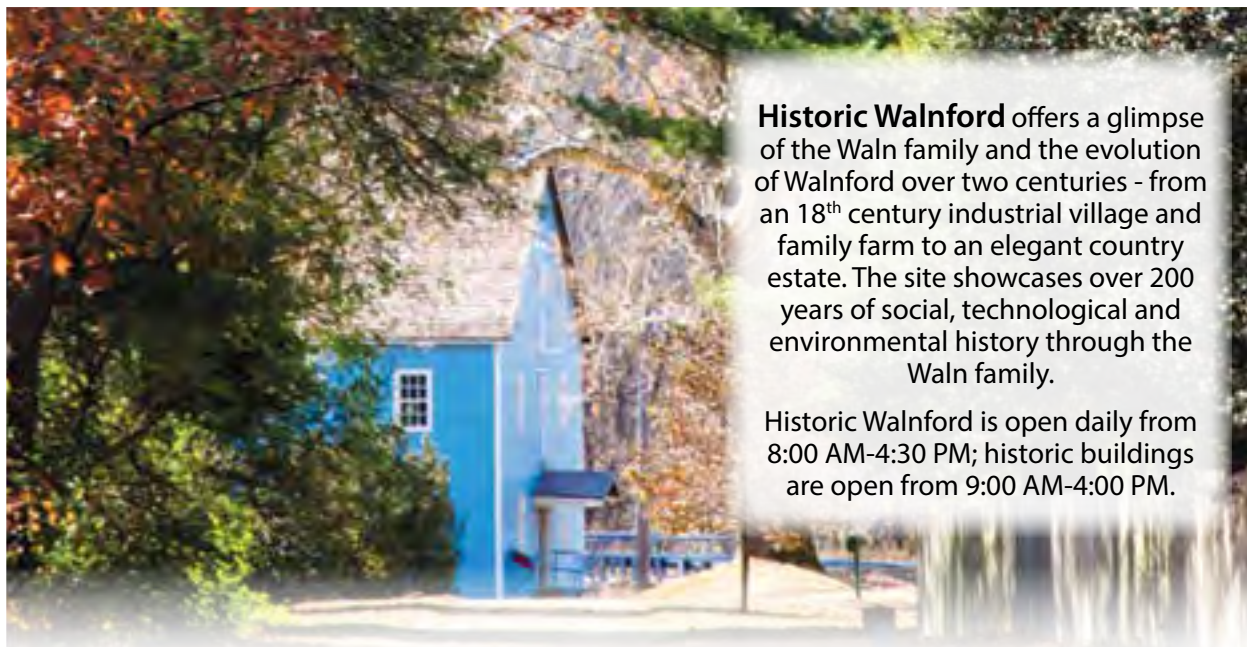
(adults)

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 2-Nov 4 10:00 AM-3:00 PM. . . . F0354X



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

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

HISTORIC WALNFORD

Trick-or-Treat in the Park

(all ages, under 18 with adult)

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

Sunday, October 26, 10:00 AM-12:00 PM

Fashion & Tea with the Victorian Lady

(adults)

While dressing in actual vintage and authentically reproduced undergarments, clothing and accessories, Kandie Carle adds humor, history and intriguing anecdotes about fashion, home life and etiquette of men and women during the Victorian era. The Victorian Lady program brings to light some of the differences as well as some of the similarities between us and our Victorian ancestors. A visual delight resplendent with wit and grace it is a refreshing view of a magnificent era in history. Following the program, light refreshments will be served. Attendees are invited to bring their own tea cup and share the story of how it came to be theirs!

One Session \$55.00 Per Person

Historic Walnford

Sun, Sep 14 1:00-3:30 PM G0354X

The Little Red Hen at Waln's Mill

(ages 3-7, with adult)

Listen as this classic tale is read aloud in Walnford's historic gristmill. Youngsters will then assist in making corn meal and enjoy a slice of cornbread as a reward for their hard work!

One Session \$10.00 Parent/Child \$5.00 Additional Person

Historic Walnford Gristmill

Sat, Sep 27 10:00-10:45 AM G0454X

Sat, Oct 18 10:00-10:45 AM G0554X

Sat, Nov 15 10:00-10:45 AM G0654X

Walnford Social Club

(adults)

Anne Meirs, owner of Walnford from 1917 until 1958, sometimes hosted her ladies club, who met on Thursdays, at Walnford. She would even have the mill run for them! All are welcome to socialize with friends and enjoy light refreshments in our early 20th century Cow Barn. Then, see the mill in action as we continue this tradition on select Thursday afternoons through October.

One Session \$35.00 Per Person

Historic Walnford

Thu, Sep 18 12:00-1:30 PM. G0154X

Thu, Oct 9 12:00-1:30 PM. G0254X



HISTORIC SEABROOK- WILSON HOUSE TOURS

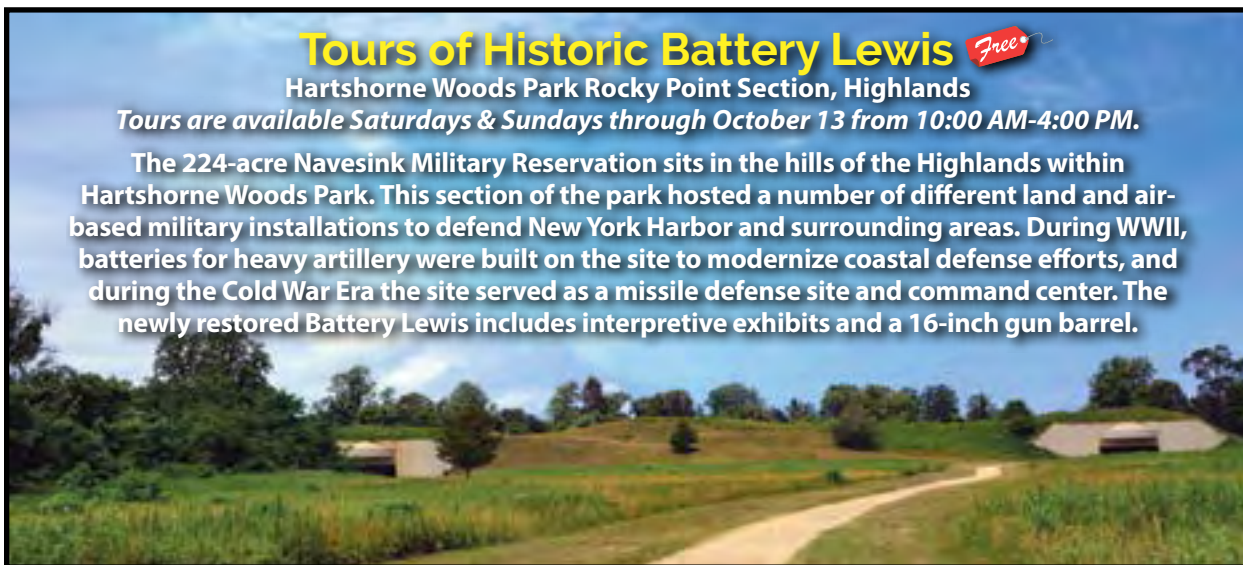
Free

**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

Free

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

Free

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 18th 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

Friday Evening Pottery*(ages 11 and up)*

Discover the basics of throwing and hand-building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings, 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 5-Oct 17 6:30-8:30 PM Z1954X

Fri, Oct 24-Dec 12 6:30-8:30 PM Z2054X

No class 11/28

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

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

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Sep 7 11:30 AM-1:00 PM ZCX54X

Sun, Sep 7 1:30-3:00 PM ZCY54X

Sun, Oct 5 11:30 AM-1:00 PM ZCZ54X

Sun, Oct 5 1:30-3:00 PM ZD054X

Sun, Nov 2 11:30 AM-1:00 PM. ZD154X

Sun, Nov 2 1:30-3:00 PM ZD254X

FAMILY FUN

Mum! Dad! Bingo! Bluey™!*(ages 4-10, with adult)*

Step into the world of Bluey™ with our exciting family program! Get ready for a whirlwind of entertainment as we bring the beloved characters to life through games and activities straight from the show. Whether you're freezing in Musical Statues, unwrapping surprises in Pass the Parcel, showcasing your skills in Keepy Uppy, or embarking on daring quests in Raiders, there's adventure around every corner. Plus, channel your creativity with a Bluey™-themed craft to take home, and bond as a family as you tackle a scavenger hunt, uncovering hidden treasures and secrets together.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Gym A

Fri, Sep 12 6:00-7:00 PM MBR54X

Fri, Oct 10 6:00-7:00 PM MBS54X

HORTICULTURE

Native Plants for Native Pollinators *(all ages, under 18 with adult)*

Learn about the rich biodiversity of native pollinators that you can attract in your backyard. Join a Park System Naturalist to learn all about New Jersey's native pollinators. Then, take a tour of Deep Cut Gardens with a horticulturist to learn about the native plants that support our most crucial pollinator species. You will learn all about how to manage plants in a home garden to best support native pollinators and take home a seed packet to start your very own pollinator garden.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 20 1:30-3:00 PM H0554A

NATURE

Animal Hours at a Library Near You *(all ages, under 18 with adult)*

Can a turtle really pop out of its shell? Are snakes slimy in real life? These are some of the fun questions that might pop up during this fun animal meet and greet. Enjoy spending time with some of the animals that normally live at the Huber Woods Reptile House.

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

Navesink Library Theater

Sat, Nov 15 10:30-11:30 AM INM54X

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 \$12.00 Parent/Child \$6.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Sep 6 10:00-11:00 AM INK54X

Critters and Jitters*(all ages, under 18 with adult)*

Meet the critters that give some people the 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 12 10:00-11:15 AM IK254X

Sun, Oct 12 10:45 AM-12:00 PM IK354X

Sun, Oct 12 11:30 AM-12:45 PM IK454X

Sun, Oct 26 10:00-11:15 AM IK554X

Sun, Oct 26 10:45 AM-12:00 PM IK654X

Sun, Oct 26 11:30 AM-12:45 PM IK754X

Fall Birding at Sandy 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, as we may be walking up to several miles.

One Session \$10.00 Per Person

Sandy Hook

Wed, Sep 17 9:00-10:30 AM (approx) IN554X

Wed, Oct 1 9:00-10:30 AM (approx) IN654X

Wed, Oct 15 9:00-10:30 AM (approx) IN754X

Wed, Nov 19 9:00-10:30 AM (approx) IN854X

SPUR Family Barn Dance

A fundraiser to benefit Special People United to Ride.

Sunday, September 28

1:00-4:00 PM

Thompson Park Activity Barn

TICKETS*

Adults: \$10.00

Children (10 and under): \$5.00

Line dance instruction provided by BTK Entertainment.



*Tickets can be purchased online at www.spuronline.org (scan QR code) or at the door.



Fall Migration at Bayshore Waterfront Park

(ages 14 and up, under 18 with adult)

During fall, birds may be quieter and less colorful, but the numbers and species diversity increase! 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. A limited number of binoculars will be available to borrow if needed. Please dress for the weather (layers) and wear sturdy footwear, as we may be walking several miles.

One Session \$10.00 Per Person

Bayshore Waterfront Park

Wed, Sep 24 9:00-10:30 AM (approx) IN954X

Wed, Oct 8 9:00-10:30 AM (approx) INA54X

Fallen Leaf Walk

(all ages, under 18 with adult)

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

One Session \$11.75 Per Person

Manasquan River Greenway Outdoor Area

Sun, Nov 2 2:00-3:15 PM I0454X

NASA's International Observe the Moon Night

(ages 11 and up, under 18 with adult)

Friday, October 3, 5:30-8:30 PM

Bayshore Waterfront Park

Join us for an early celebration of the International Observe the Moon Night (IOMN) as lunar observers from around the world celebrate the moon.

The moon will be close to first quarter phase and almost 88% illuminated. These conditions create excellent viewing opportunities along the terminator (the line between night and day), where shadows enhance the moon's cratered landscape. Learn interesting facts about the moon as we gaze upon this most familiar of celestial objects. Please dress for the weather (layers). If you have binoculars please bring them; a limited number will be available to borrow.

IOMN is sponsored by NASA's Lunar Reconnaissance Orbiter mission and the Solar System Exploration Division at NASA's Goddard Space Flight Center, with many contributors worldwide.

Family Nature Days!

(ages 4 and up, under 18 with adult)

Bring the whole family as we enjoy a day filled with nature. This hour-and-a-half program will consist of an animal presentation, guided walk, and craft suited for children of all ages.

One Session \$16.00 Parent/Child \$8.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Nov 22 10:00-11:30 AM IK954X

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 leaf craft for your little one to take home and proudly display; there will be light scissor use and lots of coloring!

One Session \$13.00 Per Child

Turkey Swamp Pk Shelter Bldg

Sat, Oct 4 10:00-11:00 AM I0254X

Riveting Reptiles!

(ages 6 and up, 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 \$10.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Sep 27 10:00-11:00 AM I0554X

S'more Fun in the Fall

(ages 5 and up, with adult)

Warm up with a fireside s'more and go for a guided nature walk with a Park System Naturalist to appreciate the autumn flora and fauna. S'more supplies will be provided, and binoculars will be available to borrow. Please dress for the weather and make sure to wear comfortable walking shoes as we may be walking between 1.5-2 miles.

One Session \$22.00 Parent/Child \$11.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Nov 22 2:00-3:15 PM. INN54X

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 "Creature Features."

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.

One Session \$15.50 Per Person

Location: Huber Woods Park Environmental Center

Friday, October 10

4:30-5:30 PM #IKF54X • 5:00-6:00 PM #IKH54X • 5:30-6:30 PM #IKJ54X
6:00-7:00 PM #IKK54X • 6:30-7:30 PM #IKM54X • 7:00-8:00 PM #IKN54X

Saturday, October 11

4:00-5:00 PM #IKP54X • 4:30-5:30 PM #IKR54X • 5:00-6:00 PM #IKS54X
5:30-6:30 PM #IKU54X • 6:00-7:00 PM #IKV54X • 6:30-7:30 PM #IKW54X
7:00-8:00 PM #IKX54X • 7:30-8:30 PM #IKY54X

Friday, October 17

4:30-5:30 PM #IKZ54X • 5:00-6:00 PM #IM054X • 5:30-6:30 PM #IM154X
6:00-7:00 PM #IM254X • 6:30-7:30 PM #IM354X • 7:00-8:00 PM #IM454X

Saturday, October 18

4:00-5:00 PM #IM554X • 4:30-5:30 PM #IM754X • 5:00-6:00 PM #IM854X
5:30-6:30 PM #IMC54X • 6:00-7:00 PM #IMD54X • 6:30-7:30 PM #IME54X
7:00-8:00 PM #IMF54X • 7:30-8:30 PM #IMG54X

Friday, October 24

4:30-5:30 PM #IMH54X • 5:00-6:00 PM #IMJ54X • 5:30-6:30 PM #IMK54X
6:00-7:00 PM #IMN54X • 6:30-7:30 PM #IMQ54X • 7:00-8:00 PM #IMR54X

Saturday, October 25

4:00-5:00 PM #IMS54X • 4:30-5:30 PM #IMU54X • 5:00-6:00 PM #IMV54X
5:30-6:30 PM #IMX54X • 6:00-7:00 PM #IMY54X • 6:30-7:30 PM #IMZ54X
7:00-8:00 PM #IN054X • 7:30-8:30 PM #IN154X





**SATURDAY,
SEPTEMBER 20**

11:00 AM – 5:00 PM

**BAYSHORE WATERFRONT PARK,
PORT MONMOUTH**

FREE ADMISSION • FREE PARKING

A CELEBRATION OF ALL THINGS WATER,
VISITORS WILL BE ABLE TO ENJOY MANY
COASTAL ACTIVITIES, INCLUDING:

ACTIVITIES LIST:

- KAYAKING
- SEINING
- FISHING
- SHELLING
- KITE FLYING
- CHILDREN'S CRAFTS
- CRABBING
- NATURALIST ACTIVITIES
- SANDCASTLE BUILDING
- FOOD VENDORS
- AND MUCH MORE!

*PARKING WILL BE AVAILABLE AT THE BELFORD FERRY
TERMINAL. SHUTTLE BUSES WILL TAKE VISITORS TO
AND FROM BAYSHORE WATERFRONT PARK.

WWW.MONMOUTHCOUNTYPARKS.COM

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, AUGUST 13. SEE PAGE 108 FOR FULL DETAILS.

World Animal Day

(ages 4 and up, under 18 with adult)

Celebrate World Animal Day with a Park System Naturalist. You will get to enjoy a live animal show for a close encounter with some of our local native animals. Meet some insects, amphibians, and reptiles. Learn all about the life history of these interesting animals.

One Session \$10.00 Per Person

Manasquan River Greenway Winter Run

Sat, Oct 4 2:00-3:00 PM I1054X

OUTDOOR ADVENTURES

Family Halloween Camping

(ages 5 and up, families, with adult)

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

\$230.00 Per Family (3-6 Persons)

Turkey Swamp Pk Nomoco Group Campground

Sat-Sun, Oct 25-26 12:00 PM-12:00 PM. . W5254X

Family Paper Turkey Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect turkey for your holiday feast. Our turkey targets are not edible, but your family will enjoy using our handheld GPS units to locate them. After all 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 Activity Barn

Sat, Nov 22 12:00-2:00 PM W4254X

Tree Top Adventures

(ages 11 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 who cover safety standards, gear outfitting, and basic ground school. All equipment will be supplied. Please bring water and wear closed-toe/closed-heel shoes. The trees are calling! Are you up for the challenge?

One Session \$42.00 Adult & Junior \$28.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Sat, Sep 6 10:00 AM-12:00 PM W4554X

Sat, Oct 4 10:00 AM-12:00 PM. W4654X

Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will get to experience the thrill of 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 19, 3:00-6:00 PM

Freneau Wds Pk

Friday, October 24, 3:00-6:00 PM

Shark River Pk

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

Thompson Pk

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range. This is NOT a beginner instructional program. If you are new to archery, register for one of our instructional 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 Pk Activity Barn

Saturday, September 13, 10:00 AM-1:00 PM

Saturday, October 11, 10:00 AM-1:00 PM

Saturday, November 8, 10:00 AM-1:00 PM

For more information, 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 \$60.00 Parent/Child \$52.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Sep 11-Oct 2 9:30-10:15 AM MAN54X

Thu, Oct 16-Nov 6 9:30-10:15 AM MAP54X

Thu, Nov 13-Dec 11 9:30-10:15 AM MAQ54X

No class 11/27

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 \$56.00 Parent/Child \$48.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Sep 10-Oct 1 9:30-10:15 AM MAC54X

Wed, Oct 15-Nov 5 9:30-10:15 AM MAD54X

Wed, Nov 12-Dec 10 9:30-10:15 AM MAE54X

No class 11/26

Thu, Sep 11-Oct 2 10:30-11:15 AM. MAF54X

Thu, Oct 16-Nov 6 10:30-11:15 AM MAG54X

Thu, Nov 13-Dec 11 10:30-11:15 AM MAH54X

No class 11/27

Don't Let Pigeon Drive the Bus*(ages 2-5, with adult)*

Let's read *Don't Let Pigeon Drive the Bus* by Mo Willems. This story will help children explore responsibility and keeping promises. We'll read together and make a take-home craft. If time allows, we'll play games and/or play a little music.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg

Mon, Oct 13 2:00-3:00 PM ABJ54X

Mon, Oct 13 3:30-4:30 PM ABK54X

If You Give a Mouse a Cookie*(ages 2-5, with adult)*

What might happen *If You Give a Mouse a Cookie*? Come learn and enjoy this famous children's book by Felicia Bond with your young reader as we find out what else this mouse gets into on his adventure! After the story, we will create a take-home craft for reinforcement and eat a cookie or two together.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Sep 22 2:00-3:00 PM ABG54X

Mon, Sep 22 3:30-4:30 PM ABH54X

KidzArt Squiggles to Grins *(ages 2-3, with adult)*

In these art classes, artful squiggles are soon followed by proud grins! Your child will be inspired by fun and creative activities designed to enhance motor skills and develop language and social skills while completing projects using fun and safe materials.

Six Sessions \$102.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 23-Oct 28 11:30 AM-12:30 PM ZCN54A

Tue, Nov 4-Dec 16 11:30 AM-12:30 PM ZCP54A

No class 11/25

Henry Hudson Trail Act Ctr

Thu, Sep 25-Oct 30 9:30-10:30 AM. ZCQ54A

Thu, Nov 6-Dec 18 9:30-10:30 AM ZCR54A

No class 11/27

Let's Create!*(ages 18 months-3 years, 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 have circle time working on socialization and fine motor skills, featuring a story followed by an art project to bring home.

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Sep 5-Oct 10 11:00-11:45 AM AB954X

Fri, Oct 17-Nov 21 11:00-11:45 AM A4354X

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

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.

Please Note: This indoor class will move outdoors during nice weather.

Four Sessions \$56.00 Parent/Child \$48.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Sep 10-Oct 1 10:30-11:15 AM MAJ54X

Wed, Oct 15-Nov 5 10:30-11:15 AM MAK54X

Wed, Nov 12-Dec 10 10:30-11:15 AM MAM54X

No class 11/26

The Rainbow Fish

(ages 2-5, with adult)

This classic and colorful story brings children the important lessons of sharing and friendship. Join us at Dorbrook as we read *The Rainbow Fish* by Marcus Pfister together, followed by a creative craft project to take home! If time allows, we will play games or sing songs for reinforcement.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Nov 10 2:00-3:00 PM ABM54A

Mon, Nov 10 3:30-4:30 PM ABN54A

CULINARY ARTS

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

(ages 8-12, with adult)

You love the show, now here's your chance to show your stuff! We'll present some sweet decorating challenges; you'll mix a Devil's Food cake, stack, frost, and decorate to replicate. We'll provide photos of the confections and everything you need to design a fun, festive cake for the holiday!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Nov 7 6:00-8:30 PM M9054X

Fri, Nov 21 6:00-8:30 PM M9154X

Friday Night Family Fun Night: 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.

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Oct 10 6:00-8:30 PM M8754X

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 which 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 18 10:00 AM-12:30 PM M8854X



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 d'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

Fri, Oct 24 6:00-8:30 PM M8954X

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! 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 \$72.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Sep 9-30 10:00-11:00 AM A0354X

Fri, Sep 12-Oct 3 10:00-11:00 AM A0454X

Tue, Oct 14-Nov 4 10:00-11:00 AM. A0554X

Fri, Oct 17-Nov 14 10:00-11:00 AM ABW54X

No class 10/31



Cooking with your child improves motor skills, forms healthy relationships with food, nurtures creativity, and teaches various measurement skills.

DID YOU KNOW?

EDUCATION & ENRICHMENT

Keyboard Beginnings Music - Level 1 Beginners

(ages 4  -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. They will learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended that your child have access to a keyboard or piano at home for short follow-up keyboard assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. There is a material fee of \$25.00 due to the instructor on the first day of class. Materials included: Keyboard Beginnings Music Book for home practice, a rhythm instrument, crayons, and lesson outlines.

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 15-Nov 3 4:00-4:45 PM. A8854X

No class 9/22

Mon, Sep 15-Nov 3 5:00-5:45 PM. A8954X

No class 9/22

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 5-Oct 10 9:30-10:15 AM A4154X

Fri, Oct 17-Nov 21 9:30-10:15 AM A4254X

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

Morning Tea Party

(ages 2-4, with adult)

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. Best of all, we will make new friends along the way!

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Apples, Apples

Thu, Sep 18 10:00-10:45 AM A4954X

Thu, Sep 18 11:15 AM-12:00 PM A5054X

Halloween Fun

Thu, Oct 23 10:00-10:45 AM A5154X

Thu, Oct 23 11:15 AM-12:00 PM A5254X

Gobble Gobble

Thu, Nov 20 10:00-10:45 AM A5354X

Thu, Nov 20 11:15 AM-12:00 PM A5454X

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

Sat, Oct 11 10:00-11:00 AM H1054X

NATURE

All About Owls

(ages 5 and up, with adult)

Come learn about our local owls of Monmouth County. During this program, you and your child will identify owls by sight and sound, learn about their diet by dissecting an owl pellet, and go for a guided walk at dusk in hopes of hearing some owls calling.

One Session \$25.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Nov 14 4:30-5:45 PM INC54X

Autumn Adventures

(ages 3-5, with adult)

The warm weather has wound 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 \$52.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Oct 29-Nov 19 10:00-11:15 AM (approx). .IND54X

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 nature artifacts, crafts, stories, and nature walks. Each week, we will go over a new topic. 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

Tue, Sep 2-23 10:00-11:00 AM (approx) . . IN354X

Eye Spy Autumn

(ages 5-8, with adult)

Join one of our Park System 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.

One Session \$12.00 Parent/Child

Holmdel Pk Shelter Bldg

Tue, Nov 4 4:00-5:00 PM (approx) INR54X

Growing Up Wild

(ages 3-5, with adult)

Is your wild child ready to hit the trails? Join a Park System Naturalist in this preschool series as we discover a new park each week! We will explore the natural world while opening our eyes and ears to our various surroundings. All sessions will include a guided walk and an activity focused on a specific topic of nature for that week!

Three Sessions \$42.00 Parent/Child

9/10 - Manasquan Res Env Ctr Parking Lot

9/17 - Shark River Pk Shelter Building

9/24 - Turkey Swamp Pk Shelter Building

Wed, Sep 10-24 10:30-11:30 AM INS54X

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

Sat, Sep 13 10:00-11:30 AM I1754X

Sat, Sep 27 10:00-11:30 AM I1854X

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 and scavenger hunt to fill them up with natural treasures.

One Session \$14.00 Per Child

Manasquan River Greenway Winter Run

Thu, Oct 9 11:00-11:45 AM. I0154X

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

Thu, Sep 4 6:00-7:00 PM I0954X

Oh My Gourd!

(ages 5 and up, with adult)

Let's celebrate Fall with a fun take-home harvest craft that won't expire! We will start our program by learning how plants grow. Then, following the craft, we may take a short nature walk. Weather permitting, the walk may be replaced by an indoor nature presentation.

One Session \$14.50 Per Child

Manasquan River Greenway Winter Run

Sat, Nov 8 10:00-11:00 AM. I0354X



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

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

**Wednesday-Tuesday, September 24-30,
10:00 AM-4:00 PM**

DROP OFF LOCATIONS

Huber Woods Environmental Center
Thompson Park Visitor Center

SWAP DAY

Sunday, October 5, 2:30-4:00 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

Hiking Adventures

(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

Tatum Pk Red Hill Act Ctr Red Hill Parking Area

Sun, Sep 7 10:00-11:30 AM W3254X

Deep Cut Gardens Outdoor Area

Sat, Oct 4 10:00-11:30 AM W3354X

Clayton Pk Emley's Hill Lot

Sat, Nov 22 10:00-11:30 AM W3454X

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

Squirrel Series

9/3 - Bayshore Waterfront Pk

9/10 - Huber Woods Env Ctr

9/17 - Hartshorne Wds Rocky Point Lot

Wed, Sep 3-17 10:00-11:30 AM W2954X

Goose Series

10/15 - Tatum Pk Red Hill Parking Area

10/22 - Turkey Swamp Pk Shelter Bldg

10/29 - Thompson Pk Old Orchard Shelter

Wed, Oct 15-29 10:00-11:30 AM W3054X

Duck Series

11/12 - Holmdel Pk Hilltop Area

11/19 - Manasquan Res Env Ctr Lot

11/26 - Shark River Pk Shelter Bldg

Wed, Nov 12-26 10:00-11:30 AM W3154X

Leaf Jumpers

(ages 2-5, with adult)

Get ready to jump, stomp, and crunch your way through an exciting fall adventure! Explore the colorful woods, dive into piles of crunchy leaves, and enjoy the sights and sounds of autumn while your little ones let their curiosity run wild. Perfect for tiny explorers and parents who need to leave the house for some fresh air. Bring a snack, water, and let's jump into the fall fun together!

One Session \$18.00 Parent/Child \$7.00 Additional Sibling

Holmdel Pk Hilltop Area

Thu, Nov 13 10:00-11:30 AM W3554X

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 \$72.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Sep 15-Oct 20 9:30-10:15 AM A0854X

Mon, Sep 15-Oct 20 10:45-11:30 AM A0954X

Mon, Nov 3-Dec 8 9:30-10:15 AM A1054X

Mon, Nov 3-Dec 8 10:45-11:30 AM A1154X

Freneau Wds Pk Vis Ctr Art Room

Wed, Sep 17-Oct 22 9:30-10:15 AM A5554X

Wed, Sep 17-Oct 22 10:45-11:30 AM A5654X



Miss Melissa's Music for Aardvarks –**FREE DEMO** *(ages 6 months-5 years, with adult)*

Inviting new families! Come and sample Miss Melissa's Music for Aardvarks - an interactive music class for children. Experience what everyone is talking about during this 45-minute free demo. You will sing, dance, and explore through original music using bells, rhythm sticks, shakers, scarves, and engage in a drum jam! Experience the creative musical environment where your children have the opportunity to learn and grow. This is a free session; however, registration is required.

One Session FREE!

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr**Mon, Sep 8 10:00-10:45 AM PA125X**

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr**Wed, Sep 10 10:00-10:45 AM PA135X****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 in the coolest children's musical experience ever.

Eight Sessions \$205.00 Parent/Child \$155.00 2nd Child

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr**Mon, Sep 15-Nov 10 9:30-10:15 AM A9454X***No class 10/13***Mon, Sep 15-Nov 10 10:30-11:15 AM A9554X***No class 10/13***Mon, Sep 15-Nov 10 11:30 AM-12:15 PM. . A9654X***No class 10/13***Fri, Sep 19-Nov 7 9:30-10:15 AM A9754X****Fri, Sep 19-Nov 7 10:30-11:15 AM A9854X****Sat, Sep 20-Nov 8 9:00-9:45 AM A9954X**

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr**Tue, Sep 16-Nov 4 9:30-10:15 AM AA054X****Tue, Sep 16-Nov 4 10:30-11:15 AM AA154X****Tue, Sep 16-Nov 4 11:30 AM-12:15 PM . . AA254X****Wed, Sep 17-Nov 5 9:30-10:15 AM AA354X****Wed, Sep 17-Nov 5 10:30-11:15 AM AA454X****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, and bells.

Please Note: A parent must be present in the room. Drop-offs are not permitted.

Stage 2*(ages 18 months-2 years, with adult)***Four Sessions \$50.00 Parent/Child****Freneau Wds Pk Vis Ctr Program Room 1****Thu, Oct 23-Nov 20 9:30-10:15 AM XDZ54X***No class 11/6***Five Sessions \$62.00 Parent/Child****Dorbrook Rec Area Vis Ctr****Thu, Sep 11-Oct 9 9:15-10:00 AM XDK54X****Thu, Oct 23-Nov 20 9:15-10:00 AM XDM54X****Freneau Wds Pk Vis Ctr Program Room 1****Tue, Sep 9-Oct 7 10:30-11:15 AM. XE954X****Thu, Sep 11-Oct 9 9:30-10:15 AM XDX54X****Tue, Oct 21-Nov 25 10:30-11:15 AM. XEC54X***No class 11/4***Tatum Pk Holland Act Ctr****Wed, Sep 10-Oct 8 9:30-10:15 AM XDW54X****Wed, Oct 22-Nov 26 9:30-10:15 AM XDY54X***No class 11/5***Thompson Pk Vis Ctr Tulip Room****Wed, Sep 10-Oct 8 9:15-10:00 AM XDH54X****Wed, Oct 22-Nov 19 9:15-10:00 AM XDJ54X****Stage 3***(ages 2-3, with adult)***Four Sessions \$50.00 Parent/Child****Freneau Wds Pk Vis Ctr Program Room 1****Thu, Oct 23-Nov 20 10:30-11:15 AM. XE554X***No class 11/6***Five Sessions \$62.00 Parent/Child****Dorbrook Rec Area Vis Ctr****Thu, Sep 11-Oct 9 10:15-11:00 AM. XDQ54X****Thu, Oct 23-Nov 20 10:15-11:00 AM. XDR54X****Freneau Wds Pk Vis Ctr Program Room 1****Tue, Sep 9-Oct 7 11:30 AM-12:15 PM XEA54X****Thu, Sep 11-Oct 9 10:30-11:15 AM. XE154X****Tue, Oct 21-Nov 25 11:30 AM-12:15 PM . . XED54X***No class 11/4***Tatum Pk Holland Act Ctr****Wed, Sep 10-Oct 8 10:30-11:15 AM XE054X****Wed, Oct 22-Nov 26 10:30-11:15 AM XE254X***No class 11/5***Thompson Pk Vis Ctr Tulip Room****Wed, Sep 10-Oct 8 10:15-11:00 AM XDN54X****Wed, Oct 22-Nov 19 10:15-11:00 AM XDP54X**

Mommy & Me Ballet

(ages 2 ½-3 ½, with adult)

We are excited to offer this pre-ballet class for our youngest students! Ms. Marcy will introduce your little one to basic ballet movement through the use of props and fun songs. Adults 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 9-Nov 18 9:30-10:15 AM A6154X

No class 9/23

Wed, Sep 10-Nov 19 9:30-10:15 AM A6254X

No class 9/24

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 the 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 10-Oct 15 10:00-10:45 AM A4554X

Wed, Sep 10-Oct 15 11:00-11:45 AM A4654X

Wed, Oct 22-Nov 26 10:00-10:45 AM A4754X

Wed, Oct 22-Nov 26 11:00-11:45 AM A4854X



Exploring movement activities with your toddler can boost cardiovascular fitness, strengthens bones and muscles, and help with sleep patterns.

DID YOU KNOW?

My Morning Playtime

(ages 3-4, with adult)

Our most active Morning 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

Thu, Sep 11-Oct 9 11:15 AM-12:00 PM . . XDU54X

Thu, Oct 23-Nov 20 11:15 AM-12:00 PM . XDV54X

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 10-Oct 8 11:15 AM-12:00 PM . . XDS54X

Wed, Oct 22-Nov 19 11:15 AM-12:00 PM . XDT54X

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.

Four Sessions \$50.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Oct 23-Nov 20 11:30 AM-12:15 PM . . XE754X

No class 11/6

Fri, Oct 24-Nov 21 9:30-10:15 AM XEF54X

No class 10/31

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Sep 11-Oct 9 11:30 AM-12:15 PM . . XE654X

Fri, Sep 12-Oct 10 9:30-10:15 AM XEE54X

Sensory Explorers

(ages 9 months-2 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

Dorbrook Rec Area Prog Bldg

(ages 9-18 months, with adult)

Tue, Sep 16-Oct 21 9:30-10:15 AM A1254X

(ages 18 months-2 years, with adult)

Tue, Sep 16-Oct 21 10:45-11:30 AM A1354X

Superheroes

(ages 2 ½-5, 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 22-Oct 27 9:30-10:15 AM MB454X

No class 10/13

Mon, Sep 22-Oct 27 10:30-11:15 AM . . . MB554X

No class 10/13

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Nov 10-Dec 8 9:30-10:15 AM. . . . MB654X

Mon, Nov 10-Dec 8 10:30-11:15 AM. . . . MB754X

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 \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Oct 3-24 9:30-10:15 AM MB054X

Fri, Oct 3-24 10:30-11:15 AM MB154X

Fri, Nov 14-Dec 12 9:30-10:15 AM MB254X

No class 11/28

Fri, Nov 14-Dec 12 10:30-11:15 AM MB354X

No class 11/28

When You Wish Upon A Star

(ages 2-4, with adult)

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

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Tue, Sep 9-Oct 7 9:30-10:15 AM XE854X

Tue, Oct 21-Nov 25 9:30-10:15 AM. XEB54X

No class 11/4

Tatum Pk Holland Act Ctr

Wed, Sep 10-Oct 8 11:30 AM-12:15 PM. . . XE354X

Wed, Oct 22-Nov 26 11:30 AM-12:15 PM. . XE454X

No class 11/5

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 6-27 9:00-9:55 AM XAV54X

Mon, Sep 8-29 4:00-4:55 PM. XAY54X

Sat, Oct 11-Nov 1 9:00-9:55 AM. XB854X

“

This program was fabulous as an introduction to basketball and the instructors were excellent!

”

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 14 9:00-9:55 AM XB254X

Sun, Sep 28 9:00-9:55 AM XB554X

Sun, Oct 26 9:00-9:55 AM XBB54X

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$50.00 Parent/Child

Fri, Oct 24-Nov 21 11:30 AM-12:15 PM . . . XEK54X

No class 10/31

Five Sessions \$62.00 Parent/Child

Fri, Sep 12-Oct 10 11:30 AM-12:15 PM . . . XEJ54X

Giggles & Gains

(ages 3-4, with adult)

What better way to start your day than by sharing some special quality time with your child? Join us for some fun and laughs while we introduce your child to some exciting ways to move their bodies. We will sing, dance, stretch, and move our bodies around the room! A new obstacle course will be set up each week for the kids to explore at the beginning of class. All your child needs are sneakers, and we will provide the rest; a whole lot of giggles and gains for each child!

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$50.00 Per Person

Fri, Oct 24-Nov 21 10:30-11:15 AM XEH54X

No class 10/31

Five Sessions \$62.00 Per Person

Fri, Sep 12-Oct 10 10:30-11:15 AM. XEG54X

Gymnastics

(ages 2-3, with adult)

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

Four Sessions \$70.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Thu, Oct 2-23 10:30-11:15 AM M0854A

Thu, Oct 30-Nov 20 9:30-10:15 AM M1054A

Thu, Oct 30-Nov 20 10:30-11:15 AM. . . . M1254A

Thu, Sep 4-25 9:30-10:15 AM M1954A

Thu, Sep 4-25 10:30-11:15 AM M2154A

Sat, Sep 6-27 9:00-9:45 AM M3154A

Sat, Sep 6-27 9:30-10:15 AM M1354A

Sat, Sep 6-27 11:00-11:45 AM. M3554A

Sat, Sep 6-27 12:00-12:45 PM. M4054A

Thu, Oct 2-23 9:30-10:15 AM M0554A

Thu, Oct 2-23 9:30-10:15 AM M2354A

Thu, Oct 2-23 10:30-11:15 AM M0754A

Thu, Oct 2-23 10:30-11:15 AM M2554A

Sat, Oct 4-25 9:00-9:45 AM. M4454A

Sat, Oct 4-25 11:00-11:45 AM. M4854A

Sat, Oct 4-25 12:00-12:45 PM M5354A

Thu, Oct 30-Nov 20 9:30-10:15 AM M0954A

Thu, Oct 30-Nov 20 9:30-10:15 AM M2754A

Thu, Oct 30-Nov 20 10:30-11:15 AM. . . . M1154A

Thu, Oct 30-Nov 20 10:30-11:15 AM. . . . M2954A

Sat, Nov 1-22 9:00-9:45 AM M5754A

Sat, Nov 1-22 11:00-11:45 AM M6154A

Sat, Nov 1-22 12:00-12:45 PM. M6654A

Hat Trick Hockey - Mites

(age 3, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Thu, Sep 4-25 4:00-4:55 PM XBE54X

Sat, Sep 6-27 9:00-9:55 AM XBG54X

Thu, Oct 9-30 4:00-4:55 PM XBK54X

Sat, Oct 11-Nov 1 9:00-9:55 AM. XBN54X

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 15-29 4:00-4:45 PM X8154X

Mon, Oct 20-Nov 3 10:00-10:45 AM X7254X

Mon, Oct 20-Nov 3 11:00-11:45 AM X7654X

Four Sessions \$60.00 Per Child

Dorbrook Rec Area

Mon, Sep 8-29 10:00-10:45 AM X4654X

Mon, Sep 8-29 11:00-11:45 AM X4754X

Wed, Sep 10-Oct 1 4:30-5:15 PM X5054X

Sat, Sep 13-Oct 4 9:00-9:45 AM. X6054X

Sun, Sep 14-Oct 5 9:00-9:45 AM X6954X

Sun, Sep 14-Oct 5 10:00-10:45 AM. X7054X

Sat, Oct 18-Nov 8 9:00-9:45 AM. X8754X

Sun, Oct 19-Nov 9 9:00-9:45 AM X9354X

Sun, Oct 19-Nov 9 10:00-10:45 AM X9454X

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 9-30 9:30-10:15 AM X4854X

Tue, Oct 14-Nov 4 9:30-10:15 AM X7754X

Sat, Oct 18-Nov 8 9:00-9:45 AM. X9054X

Sat, Oct 18-Nov 8 10:00-10:45 AM X9154X

Holmdel Pk Hilltop Area

Fri, Sep 12-Oct 3 9:30-10:15 AM X5554X

Fri, Sep 12-Oct 3 10:30-11:15 AM X5854X

Sat, Sep 13-Oct 11 9:00-9:45 AM X6454X

No class 10/4

Sat, Sep 13-Oct 11 10:00-10:45 AM X6654X

No class 10/4

Fri, Oct 17-Nov 7 9:30-10:15 AM X8554X

Fri, Oct 17-Nov 7 10:30-11:15 AM X8654X

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sat, Nov 15-Dec 13 9:00-9:45 AM XA154X

No classes 11/29

Sat, Nov 15-Dec 13 10:00-10:45 AM XA254X

No class 11/29

Sun, Nov 16-Dec 14 10:30-11:15 AM XA454X

No class 11/30

Tue, Nov 18-Dec 9 9:30-10:15 AM XA854X



Kidz Yoga

(ages 4-8, 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 as your child's favorite stuffed animal.

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$85.00 Parent/Child

Sun, Sep 7-Oct 5 11:30 AM-12:00 PM XCK54X

Six Sessions \$85.00 Parent/Child

Sun, Oct 19-Nov 23 11:30 AM-12:00 PM . .XQC54X

Kidz Yoga II

(ages 6-8, with adult)

Hi! Welcome to our young yogis yoga class! Here we focus on a greater understanding of self-awareness through strength, flexibility, coordination, and building self-confidence! Lessons include basic yoga postures, breathing, visualization, and working through big emotions. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well as your child's favorite stuffed animal.

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$85.00 Per Person

Sun, Sep 7-Oct 5 12:10-12:40 PM. XCM54X

Six Sessions \$102.00 Per Person

Sun, Oct 19-Nov 23 12:10-12:40 PM. XCR54X

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 9-30 10:30-11:15 AM X4954X

Tue, Oct 14-Nov 4 10:30-11:15 AM. X7954X

Indoor Season

Fort Monmouth Rec Ctr Gym A

Tue, Nov 18-Dec 9 10:30-11:15 AM XAA54X

Mini-Hawk Multi Sport

(ages 4-6, with adult)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, children explore balance, hand/eye coordination, and skill development at their own pace. Skyhawks provides the instruction which includes flag football, lacrosse, and track and field.

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Mon, Sep 15-Oct 20 4:00-4:50 PM XCX54A

No class 10/13

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 6-27 9:00-9:55 AM XAC54X

Sun, Sep 7-28 9:00-9:55 AM XAG54X

Tue, Sep 9-30 4:00-4:55 PM XAK54X

Sat, Oct 11-Nov 1 9:00-9:55 AM. XAN54X

Sun, Oct 12-Nov 2 9:00-9:55 AM XAS54X

ARTS & CRAFTS

CERAMICS & POTTERY

Children's Ceramics

(ages 8-16)

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

Six Sessions \$85.00 Per Child

Thompson Pk Creative Arts Center

Sat, Sep 20-Oct 25 9:30-11:30 AM ZD354X

Sat, Nov 1-Dec 13 9:30-11:30 AM ZD454X

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. The 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 are 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 4-Oct 16 4:00-6:00 PM Z2154X

Thu, Oct 23-Dec 11 4:00-6:00 PM. Z2254X

No class 11/27

Instructor: John Fossa

Sat, Sep 6-Oct 18 9:00-11:00 AM Z2354X

Sat, Oct 25-Dec 13 9:00-11:00 AM Z2454X

No class 11/29



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 \$105.00 Per Child

Thompson Pk Creative Arts Center

Fri, Sep 12-Oct 17 4:30-6:00 PM Z1554X

Fri, Oct 24-Dec 5 4:30-6:00 PM Z1854X

No class 11/28

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 \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Oct 11 12:00-1:15 PM Z1354X

Sat, Oct 11 1:45-3:00 PM Z1454X

Sculpt a Pumpkin

(ages 6-10)

It's 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 the workshop.

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Oct 4 12:00-1:30 PM Z2554X

Sat, Oct 4 2:00-3:30 PM Z2654X

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 the workshop.

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 1 12:00-1:30 PM. Z2954X

Sat, Nov 1 2:00-3:30 PM Z3054X

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 \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 8 12:00-1:15 PM. Z2754X

Sat, Nov 8 1:45-3:00 PM Z2854X

DRAWING & PAINTING

Aspiring Artists for Homeschoolers

(ages 6-12)

In each four-week series, we will use famous masterpieces as inspiration as we paint, draw, and create mixed-media collages. Students will also create an original seasonal design during the last class of each series, using a variety of art mediums.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions \$96.00 Per Child

Thompson Pk Creative Arts Center

Wed, Sep 3-24 1:00-2:30 PM. Z3154A

Wed, Oct 29-Nov 19 1:00-2:30 PM Z8554A



When children delve into creative arts they not only enhance their fine motor skills, but also their problem-solving skill, self-expression, and emotional development.

**DID YOU
KNOW?**

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. Students will also create original compositions in an impressionistic style. 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). A materials fee of \$10.00 is payable to the instructor at the first class.

Four Sessions \$66.00 Per Person**Thompson Pk Creative Arts Center**

Monet's Landscape at Vernon

Cross' Regatta

Renoir's Wheatfield

ORIGINAL Apple Tree

Wed, Sep 3-24 4:30-5:30 PM Z3254A**Sat, Sep 6-27 9:30-10:30 AM Z3354A****Sat, Sep 6-27 11:00 AM-12:00 PM Z3454A**

Cross' Sunset

Pissarro's Woman Hanging up the Wash

Cezanne's Apples and Oranges

ORIGINAL Pumpkin Patch

Wed, Oct 1-22 4:30-5:30 PM Z3554A**Sat, Oct 4-25 9:30-10:30 AM Z3654A****Sat, Oct 4-25 11:00 AM-12:00 PM Z3754A**

Cross' Pines Along the Shore

Degas' Blue Dancers

van Gogh's Three Sunflowers in a Vase

ORIGINAL Cornucopia

Wed, Oct 29-Nov 19 4:30-5:30 PM Z3854A**Sat, Nov 1-22 9:30-10:30 AM Z3954A****Sat, Nov 1-22 11:00 AM-12:00 PM Z4054A****Great Impressionism for Aspiring Young Artists™***(ages 7-12)*

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints on canvas board, students' paintings will resemble the famous masterpieces listed below. Students will also create original compositions in an impressionistic style. 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). A materials fee of \$10.00 is payable to the instructor at the first class.

Four Sessions \$102.00 Per Person**Thompson Pk Creative Arts Center**

Monet's Landscape at Vernon

Cross' Regatta

Renoir's Wheatfield

ORIGINAL Apple Tree

Fri, Sep 5-26 4:30-6:30 PM Z4154A

Matisse's Goldfish

Monet's Chrysanthemums

Cezanne's Apples and Oranges

ORIGINAL Autumn Leaves

Fri, Oct 3-24 4:30-6:30 PM Z4254A

Cross' Pines Along the Shore

Renoir's A Girl Reading a Book

van Gogh's Three Sunflowers in a Vase

ORIGINAL Cornucopia

Fri, Oct 31-Nov 21 4:30-6:30 PM Z4354A

KidzArt Explore

(ages 6-10)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills, and KidzArt encourages problem solving, creative thinking, and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel, and marker, and complete a finished piece in each class. Help your children face the future with a creative mind. A materials fee of \$8.00 is payable to the instructor at the first class.

Six Sessions \$102.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 17-Oct 22 4:00-5:00 PM ZAP54A

Wed, Oct 29-Dec 10 4:00-5:00 PM ZAQ54A

No class 11/26

Thompson Pk Creative Arts Center

Thu, Sep 18-Oct 23 4:15-5:15 PM. ZAR54A

Thu, Oct 30-Dec 11 4:15-5:15 PM. ZAS54A

No class 11/27

Henry Hudson Trail Act Ctr

Mon, Sep 22-Oct 27 4:00-5:00 PM ZAT54A

Mon, Nov 3-Dec 8 4:00-5:00 PM ZAU54A

KidzArt Discover

(ages 3 ½-5 years)

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 directions, focus, interact socially, build confidence, and learn problem-solving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$102.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 23-Oct 28 1:00-2:00 PM. ZAW54A

Tue, Nov 4-Dec 16 1:00-2:00 PM ZAX54A

No class 11/25

Henry Hudson Trail Act Ctr

Thu, Sep 25-Oct 30 1:00-2:00 PM. ZAY54A

Thu, Nov 6-Dec 18 1:00-2:00 PM ZAZ54A

No class 11/27

KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each workshop, painting titles are listed above the dates. The 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 \$35.00 Per Child

Night Owl

Henry Hudson Trail Act Ctr

Sat, Sep 20 10:30 AM-12:00 PM. ZC654A

Thompson Pk Creative Arts Center

Sat, Sep 20 1:30-3:00 PM ZC754A

Spooky Night

Henry Hudson Trail Act Ctr

Sat, Oct 18 10:30 AM-12:00 PM. ZC854A

Thompson Pk Creative Arts Center

Sat, Oct 18 1:30-3:00 PM ZC954A

Fall Fox

Henry Hudson Trail Act Ctr

Sat, Nov 15 10:30 AM-12:00 PM ZCA54A

Thompson Pk Creative Arts Center

Sat, Nov 15 1:30-3:00 PM. ZCB54A

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 materials fee of \$10.00 is payable to the instructor at the first class.

Six Sessions \$108.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 17-Oct 22 5:15-6:30 PM ZB054A

Wed, Oct 29-Dec 10 5:15-6:30 PM ZB154A

No class 11/19

Thompson Pk Creative Arts Center

Thu, Sep 18-Oct 23 5:30-6:45 PM. ZB354A

Thu, Oct 30-Dec 11 5:30-6:45 PM. ZB454A

No class 11/27

Henry Hudson Trail Act Ctr

Mon, Sep 22-Oct 27 5:15-6:30 PM ZB554A

Mon, Nov 3-Dec 8 5:15-6:30 PM ZB654A

SEWING

American Girl® Doll Design*(ages 7-12)*

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 \$35.00 Per Child**Fort Monmouth Rec Ctr Program Room A****Happy Birthday**

She'll be ready to surprise a doll friend with a birthday cake, decorations, and gifts.

Sat, Sep 20 10:30-11:30 AM MAR54X**Sat, Sep 20 12:00-1:00 PM MAS54X****Sat, Sep 20 1:30-2:30 PM MAT54X****Halloween Costume**

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

Sat, Oct 25 10:30-11:30 AM MAU54X**Sat, Oct 25 12:00-1:00 PM MAV54X****Sat, Oct 25 1:30-2:30 PM MAW54X****Fall Baking**

Delicious autumn treats she can share with her doll friends.

Sat, Nov 15 10:30-11:30 AM MAX54X**Sat, Nov 15 12:00-1:00 PM MAY54X****Sat, Nov 15 1:30-2:30 PM MAZ54X**

“

My daughter LOVES this class and the instructor is amazing. She's so sweet and good with the kids. It's a wonderful addition to the Park System's programs.

”

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 \$84.00 Per Person**Thompson Pk Creative Arts Center****Mon, Sep 15-Oct 20 4:00-6:00 PM Z5054X****Mon, Oct 27-Dec 1 4:00-6:00 PM Z5154X**

PHOTOGRAPHY

Youth Intro to Nature Photography*(ages 12-17)*

Whether you're new to photography or already snapping away, this workshop will help you create awesome pictures that show off your unique style. By the end, you'll know how to use manual settings to capture wildlife and all kinds of other cool stuff — skills you can use on your DSLR, mirrorless, or even your phone's camera. Get ready to take your photography to the next level! Participants should bring a camera and the instruction/user manual for use during the hands-on portions.

Instructor: Troy Bynum

One Session \$56.00 Per Person**Thompson Pk Creative Arts Center****Sat, Oct 4 12:00-2:00 PM ZCC54X****Sat, Nov 22 2:30-4:30 PM ZCD54X**



MONMOUTH COUNTY PARK SYSTEM

THOMPSON PARK DAY

SUNDAY, OCTOBER 19

11:00 AM-5:00 PM

THOMPSON PARK, LINCROFT



Celebrate the magic of autumn with this annual family-friendly event that features:
Pumpkin Painting • Scarecrow Contest • Wagon Rides
Rides • Kids' Races • Ceramics • Climbing Wall
Entertainment • Archery • Pottery Demonstrations
Food Vendors • And So Much More!

For full details, visit us online at www.MonmouthCountyParks.com.



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, AUGUST 13. SEE PAGE 108 FOR FULL DETAILS.

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 \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 17-Oct 8 3:00-4:00 PM ABV54X

Wed, Oct 22-Nov 12 3:00-4:00 PM A1654X

Wed, Oct 22-Nov 12 4:30-5:30 PM A1754X

Cooking Basics for Teens

(ages 13-16)

Ready to level up your cooking skills? Join our exciting, hands-on cooking class. We'll dive into the delicious world of cooking and learn essential skills like chopping, measuring, and reading recipes. Each session, we'll tackle fun and tasty recipes that you can recreate at home. No previous experience necessary.

Four Sessions \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 18-Oct 9 5:30-6:30 PM A3054X

Thu, Oct 23-Nov 13 5:30-6:30 PM A3154X

Dinner Party Chefs

(ages 8-13)

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

One Session \$66.00 Per Person

Dorbrook Rec Area Vis Ctr

(ages 8-10)

Sat, Sep 13 2:00-5:30 PM ABP54X

Sat, Nov 8 2:00-5:30 PM A2654X

(ages 11-13)

Sat, Sep 27 2:00-5:30 PM A2754X

Sat, Oct 25 2:00-5:30 PM A2854X

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 \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 17-Oct 8 4:30-5:30 PM A1854X

Wed, Sep 17-Oct 8 6:00-7:00 PM A1954X

Wed, Oct 22-Nov 12 6:00-7:00 PM A2054X

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, Oct 27 5:00-7:00 PM AA554X

Star Chefs

(ages 8-10)

Ready to take your cooking skills to the next level? In this advanced class, young chefs will learn essential cooking skills and food safety practices while mastering the art of reading recipes and exploring the fascinating science behind cooking. Participants will develop creative cooking skills, make delicious dishes, and gain confidence in the kitchen as they transform into true Star Chefs!

One Session \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 18-Oct 9 4:00-5:00 PM A3754X

Thu, Oct 23-Nov 13 4:00-5:00 PM A3954X



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! 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 \$72.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Sep 9-30 10:00-11:00 AM A0354X

Fri, Sep 12-Oct 3 10:00-11:00 AM A0454X

Tue, Oct 14-Nov 4 10:00-11:00 AM. A0554X

Fri, Oct 17-Nov 14 10:00-11:00 AM AB552X

No class 10/31

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 14-Oct 5 10:30 AM-12:00 PM . . .A0654X

Sun, Oct 19-Nov 9 10:30 AM-12:00 PM . . .A0754X

EDUCATION & ENRICHMENT

GAMES

Among Us® at Fort Monmouth

(ages 6-14)

Crewmate or Imposter? Beam aboard the Spaceship Fort Monmouth and complete tasks in different rooms. But watch out, some participants are trying to sabotage your mission and eliminate Crewmates undetected. Can you guess who the Imposters are before it's too late? A real-life version of the popular social deduction mobile game with time for multiple rounds and Among Us® activities.

One Session \$32.00 Per Person

Fort Monmouth Rec Ctr

(ages 6-10)

Sat, Oct 18 11:30 AM-1:00 PM. MC354X

Sat, Oct 18 1:30-3:00 PM MBT54X

Sat, Nov 22 1:30-3:00 PM. MBU54X

(ages 11-14)

Sat, Oct 18 3:30-5:00 PM MBV54X

Sat, Nov 22 3:30-5:00 PM. MBW54X

Beginner Chess

(ages 9-12)

Do you want to play the game that involves knights, rooks, kings, and queens? We will learn the names of each piece, how they move, and how to win, lose, or draw on the chessboard battlefield. We will begin each session with instruction and finish with play. Chessboards and pieces provided.

Four Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Sep 30-Oct 21 4:00-5:30 PM. Q0654X

Learn to Play Dungeons & Dragons®

(ages 9-15)

Get ready for adventure! In this beginner-friendly program, kids will explore the world of tabletop role-playing games by learning how to play Dungeons & Dragons®. Players will team up to create heroes, solve problems, and go on exciting quests — using imagination, dice, and teamwork. The first week, participants will learn the rules, bring their characters to life, and work together to guide their group's story. The adventure continues each session as kids practice improvisation and creativity as they interact with fellow players. By the final session, the group will wrap up their story and see how far their characters have come. No experience is needed, just a love of fantasy, fun, and imagination! A set of colorful, polyhedral dice is included for each player.

Instruction provided by: Shore Gamers

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Wed, Sep 17-Oct 22 6:00-7:30 PM MBZ54X

Wed, Nov 5-Dec 17 6:00-7:30 PM. MC054X

No class 11/26

Minecraft® at Fort Monmouth

(ages 6-10)

Experience the magic of Minecraft® beyond the screen! In this hands-on adventure, kids will craft their own pixelated pickaxe and embark on a scavenger hunt for real-world "ores." Kids will also enjoy Minecraft® games designed to foster collaboration and critical thinking while exploring crafting projects such as making Creeper masks and building blocky structures. This immersive experience brings the excitement of Minecraft® into the real world, sparking creativity and fun.

One Session \$18.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Sep 19 5:30-6:30 PM MC454X

PUBLIC SPEAKING

TOASTMASTERS™ YLP Comes to MCPS

(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 MCPS to offer their Youth Leadership 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. This program is sponsored by Shore Speakers Toastmasters™ of Monmouth County.

Eight Sessions \$96.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Sep 29-Nov 24 6:30-8:00 PM Q1954X

No class 10/20

SAFETY

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. The course includes a manual.

One Session \$72.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Oct 18 10:00 AM-12:00 PM U0454A

Thompson Pk Vis Ctr Beech Room

Sat, Sep 6 10:00 AM-12:00 PM U0254A

Sat, Nov 8 10:00 AM-12:00 PM U0354A

STEM PROGRAMS

Snapology STEAM Programs

(ages 5-11)

Critical thinking, creativity, problem solving, communication, and collaboration taught in fun, age-appropriate sessions. S.T.E.A.M. programs include Lego® building, robotics, and hands-on creativity that strengthen your child's science, technology, engineering, art, and math skills. Instructors and all supplies provided by Snapology.

Six Sessions \$158.00 Per Child

Machines and Cool Contraptions

(ages 6-9)

Does your child love to invent, or are they a learner who breaks things apart to see what's inside? If so, Snapology's Machines and Cool Contraptions program will be a perfect fit! This is a LEGO® engineering STEM program that gives kids the tools to truly understand mechanical movement through building simple LEGO® machines like race cars, spin art machines, roller coasters, windmills, and more! Students will love seeing these moving parts up close as they follow instructions to build crazy contraptions to play with.

Big Brook Pk Elsas Lodge

Tue, Sep 16-Oct 21 5:00-6:00 PM U1454A

STEAM Challenge

(ages 5-8)

Take the Snapology STEAM Challenge! This program teaches various aspects of STEAM education through fun and interactive building activities! Each week, children will be put to the test as they are challenged to create using LEGO® bricks and other interactive building tools in a whole new way. Teamwork is key in this class, and the children will have so much fun working together that they won't realize they are learning!

Fort Monmouth Rec Ctr Program Room D

Wed, Sep 17-Oct 22 5:00-6:00 PM U1654A

Amusement Parks

(ages 8-11)

Design your own amusement park in this super fun and interactive STEAM engineering program! Learn how to use LEGO® bricks, gears, pulleys, levers, and other building materials to create roller coasters, merry-go-rounds, and other awesome rides. Children will work together to build these models and make them move using motors! Can your child design the next big Disney World®? Students will build and design amusement park attractions of their very own in this popular Snapology enrichment program!

Thompson Pk Vis Ctr Beech Room

Thu, Sep 18-Oct 23 5:00-6:00 PM U1854A

(continued...)

Snapology STEAM Programs continued...

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. Each week children will work on awesome activities that will allow them to create their own Minecraft® world, including animals, creepers, and 3D Minecraft® characters. Lessons involve teamwork, critical thinking, and a whole lot of imagination. Minecraft® Makers will come together to make awesome builds each week!

Big Brook Pk Elsas Lodge

Tue, Nov 4-Dec 9 5:00-6:00 PM U1554A

Amazing Race

(ages 6-9)

Let's learn about countries and cultures while never leaving home in this interactive Snapology class that is a true adventure around the world! Topography, weather, architecture, traditions, and language are just some of the STEM topics students will explore through LEGO® building projects and creative imagination. Students will also work on robotics and engineering projects pertaining to some countries they visit through class. This class will take a trip to a new country each week as students learn, explore, and build!

Fort Monmouth Rec Ctr Program Room D

Wed, Nov 5-Dec 10 5:00-6:00 PM U1754A

Space Wars Robotics

(ages 7-10)

Robotics inspired by Star Wars® and space travel...yes! Come on an adventure building and programming functional robots using LEGO® bricks and technology in this super-fun program. Learn about space, space travel, and of course Star Wars® by building different robots and learning how to use code to make them function. Come make the Mars Rover, a Moon Base, an X wing, and more awesome Star Wars®-inspired space ships and vehicles with us! May the force be with you!

Thompson Pk Vis Ctr Beech Room

Thu, Nov 6-Dec 18 5:00-6:00 PM U1954A

No class 11/27

OUTDOOR ADVENTURES

Climb & Campfire

(ages 8 and up, with adult)

Take on the challenge of our 25' portable rock climbing wall at night! After conquering the wall, kick back by the campfire and enjoy some delicious s'mores. Bring a friend or make new ones! You must be 42" or taller to climb.

One Session \$22.00 Parent/Child \$10.00 Additional Person

Thompson Pk 3 Barns Parking Lot

Fri, Sep 26 6:30-8:00 PM W3654X

Fri, Nov 14 6:30-8:00 PM W3854X

Geocaching & Archery Challenge

(ages 12-15)

Through the use of GPS (global positioning systems) units, you will check in at a series of points. Try to be the first team to reach all five and make it to our archery range to complete the final challenge. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 4 4:30-6:30 PM W4354X

Tue, Oct 21 4:30-6:30 PM W4454X

Wed, Nov 12 4:30-6:30 PM W4754X

Lights Out Hike

(ages 10-14)

Join us for a "lights out" hike, where you'll explore the trails at night - no flashlights allowed! With the full moon lighting the way, we'll venture through the forest, discovering the mysteries of the night and experiencing the eerie quiet of the wilderness after dark. This exciting experience is perfect for adventurers who love the idea of exploring nature in a whole new way. Bring your sense of adventure and get ready to uncover the wonders of the outdoors when the sun goes down.

One Session \$18.00 Per Person

Thompson Pk Old Orchard Parking Lot

Mon, Oct 6 7:00-8:30 PM W5154X

Orienteering 101

(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 your explorer to determine where they need to go and how they will get there. They will be tasked with using a map to navigate 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 understand their surroundings.

One Session \$19.00 Per Person

Thompson Pk Filly Run Parking Lot

Thu, Sep 25 4:30-6:30 PM W3954X

Turkey Swamp Pk Council Ring

Thu, Oct 23 4:30-6:30 PM W4054X

Tue, Nov 18 4:30-6:30 PM W4154X

Take a Shot: Archery Series

(ages 10-17)

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

Three Sessions \$69.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 1-15 4:30-6:30 PM W5954X

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 \$28.00 Per Person

Thompson Pk Activity Barn

Tue, Sep 9 4:30-6:30 PM W6254X

Thu, Oct 9 4:30-6:30 PM W6354X

Wed, Nov 12 4:30-6:30 PM W6454X

PERFORMING ARTS



ACTING

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.

The Performers**Six Sessions \$135.00 Per Person****Freneau Wds Pk Vis Ctr Program Room 1****Mon, Sep 29-Nov 10 4:30-6:00 PM Q0854X***No class 10/13***Manasquan River Greenway Winter Run Act Ctr****Tue, Sep 16-Oct 21 4:00-5:30 PM Q1554X****Creatures of the Night Ensemble***(ages 14 and up)*

As a group of actors, we will work together to create a series of mini scripts to be performed on six sound stages along the Huber Woods Trail for our Creatures of the Night program. Animal facts, costumes, sound stage microphones, set pieces, props, and this year's theme will be provided by our Park System Naturalists. Participants must also register as Park System Volunteers to perform. Please see the fact sheet attached to your receipt for performance date details.

Four Sessions \$110.00 Per Person**Navesink Library Theater****Wed, Sep 3-24 6:00-8:00 PM Q0354X****Homeschool Troupe of Actors** *(ages 9-15)*

Let's come together as a troupe of actors and create a performance of monologues/scenes and/or a play to be performed at the Navesink Library Theatre for family and friends on our last day of class. Each class will begin with an actor's warm-up of voice, movement, imagination, and the playing of our favorite acting games. We will also 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 as we rehearse for our show.

Six Sessions \$135.00 Per Person**Navesink Library Theater****Tue, Sep 23-Oct 28 12:30-2:00 PM Q2954X****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, songs, and jokes in The Afternoon Puppet Show. We will perform for our families on the last day of class. Please bring in your favorite story books, a water bottle, and wear closed-toe shoes/sneakers.

Four Sessions \$85.00 Per Child**Big Brook Pk Boundary Road Act Ctr****Fri, Sep 19-Oct 10 4:00-5:30 PM Q2354X**

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 Group Fitness Room****Tue, Sep 23-Oct 28 4:30-5:15 PM MB954X****Tue, Sep 23-Oct 28 5:30-6:15 PM MBA54X****Tue, Nov 18-Dec 23 4:30-5:15 PM MBB54X****Tue, Nov 18-Dec 23 5:30-6:15 PM MBC54X**

Kindergarten Combo

(ages 5-6)

Calling all Kindergarteners! In this class, Ms. Marcy teaches basic ballet movement, terminology, and introduces the ballet barre for the first time. The tap section will help dancers learn rhythmic coordination and develop musicality. Children must wear ballet attire and need ballet and tap shoes. Please secure hair away from face.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 4:45-5:30 PM A6854X
No class 9/23

Tots in Tutus I

(ages 3-4)

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

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 10:15-11:00 AM A6354X
No class 9/23

Wed, Sep 10-Nov 19 10:15-11:00 AM A6454X
No class 9/24



Tots in Tutus II Combo

(ages 4-5)

This fun-filled dance class introduces your dancer to ballet and tap basics using fun music and props. Ms. Marcy will build self-confidence, improve listening skills, and spark imagination for your dancers! Children should wear ballet attire and need ballet and tap shoes. Please secure hair away from face. Children must be 4 years old by the first day of class.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 4:00-4:45 PM A6754X
No class 9/23

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 29-Nov 24 5:00-5:55 PM MBN54X
No class 10/13

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 29-Nov 24 6:00-6:55 PM MBP54X
No class 10/13

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 6-27 12:00-12:55 PM XAF54X****Sat, Oct 11-Nov 1 12:00-12:55 PM XAR54X****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 to realistic mini-game situations.

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Sep 6-27 10:00-10:55 AM. XAD54X****Sat, Sep 6-27 11:00-11:55 AM. XAE54X****Sun, Sep 7-28 10:00-10:55 AM XAH54X****Sun, Sep 7-28 11:00-11:55 AM XAJ54X****Tue, Sep 9-30 5:00-5:55 PM XAM54X****Sat, Oct 11-Nov 1 10:00-10:55 AM XAP54X****Sun, Oct 12-Nov 2 10:00-10:55 AM XAT54X****T-Ball 2***(ages 4-5)*

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

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Oct 11-Nov 1 11:00-11:55 AM XAQ54X****Sun, Oct 12-Nov 2 11:00-11:55 AM XAU54X**

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 6-27 10:00-10:55 AM. XAW54X****Mon, Sep 8-29 5:00-5:55 PM. XAZ54X****Thu, Sep 11-Oct 2 4:00-4:55 PM XB054X****Sat, Oct 11-Nov 1 10:00-10:55 AM XB954X****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 14 10:00-10:55 AM. XB354X****Sun, Sep 28 10:00-10:55 AM. XB654X****Sun, Oct 26 10:00-10:55 AM. XBC54X****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 6-27 11:00-11:55 AM. XAX54X****Sat, Oct 11-Nov 1 11:00-11:55 AM XBA54X****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 14 11:00-11:55 AM. XB454X****Sun, Oct 26 11:00-11:55 AM. XBD54X**

Junior Hoopsters

(ages 8-11)

Continue to develop fundamental basketball skills in our fun, technique-based environment. Our coaches will help children develop essential basketball skills, including shooting, passing, rebounding, ball handling, and defense. This class is for athletes who have had beginner experience in the game of basketball.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Thu, Sep 11-Oct 2 5:00-5:55 PM XB154X

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 28 11:00-11:55 AM. XB754X

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 gamers mindset and builds lifelong friendships. Take advantage of learning fencing under a four-time Olympic coach. Learn safely in the provided protective gear. Space is very limited to ensure technical feedback in this unique Olympic sport.

Eight Sessions \$295.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Sep 11-Nov 6 3:30-4:30 PM MB854A

FIELD HOCKEY

Skyhawks Field Hockey

(ages 7-12)

Skyhawk's coaches, using a curriculum developed by USA Field Hockey, create a fun and engaging learning experience. They teach fundamental skills such as stick handling, dribbling, passing, and receiving in a playful and inclusive setting. Field Hockey is a sport for everyone, enjoyed by both boys and girls around the world, and our program celebrates this inclusivity. All participants will receive a field hockey stick and ball from USA Field Hockey and one free month of online training from LEAP Hockey, the leader in online field hockey training.

Five Sessions \$95.00 Per Person

Dorbrook Rec Area

Sun, Sep 7-Oct 5 11:00-11:50 AM XCW54A

Sun, Oct 19-Nov 16 11:00-11:50 AM. . . .XD354A

FOOTBALL

Skyhawks Flag Football

(ages 5-11)

Experience the excitement of football with Skyhawks Flag 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 \$85.00 Per Person

Dorbrook Rec Area

(ages 5-8)

Sun, Sep 7-Oct 5 9:00-9:50 AM XCS54A

Sun, Oct 19-Nov 16 9:00-9:50 AM XCZ54A

(ages 8-11)

Sun, Sep 7-Oct 5 10:00-10:50 AM XCT54A

Sun, Oct 19-Nov 16 10:00-10:50 AM. . . .XD054A

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.

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Thu, Sep 4-25 9:30-10:15 AM	M2054A
Thu, Sep 4-25 10:30-11:15 AM	M2254A
Sat, Sep 6-27 9:00-9:45 AM	M3254A
Sat, Sep 6-27 11:00-11:45 AM.	M3654A
Sat, Sep 6-27 12:00-12:45 PM.	M4154A
Thu, Oct 2-23 9:30-10:15 AM	M2454A
Thu, Oct 2-23 10:30-11:15 AM	M2654A
Sat, Oct 4-25 9:00-9:45 AM.	M4554A
Sat, Oct 4-25 11:00-11:45 AM.	M4954A
Sat, Oct 4-25 12:00-12:45 PM	M5454A
Thu, Oct 30-Nov 20 9:30-10:15 AM	M2854A
Thu, Oct 30-Nov 20 10:30-11:15 AM. . . .	M3054A
Sat, Nov 1-22 9:00-9:45 AM	M5854A
Sat, Nov 1-22 11:00-11:45 AM	M6254A
Sat, Nov 1-22 12:00-12:45 PM.	M6754A

(ages 5-6)

Sat, Sep 6-27 9:00-9:45 AM	M3354A
Sat, Sep 6-27 11:00-11:45 AM.	M3754A
Sat, Sep 6-27 12:00-12:45 PM.	M4254A
Sat, Oct 4-25 9:00-9:45 AM.	M4654A
Sat, Oct 4-25 11:00-11:45 AM.	M5054A
Sat, Oct 4-25 12:00-12:45 PM	M5554A
Sat, Nov 1-22 9:00-9:45 AM	M5954A
Sat, Nov 1-22 11:00-11:45 AM	M6354A
Sat, Nov 1-22 12:00-12:45 PM.	M6854A

(ages 7-10)

Sat, Sep 6-27 9:00-9:45 AM	M3454A
Sat, Sep 6-27 11:00-11:45 AM.	M3854A
Sat, Sep 6-27 12:00-12:45 PM.	M4354A
Sat, Oct 4-25 9:00-9:45 AM.	M4754A
Sat, Oct 4-25 11:00-11:45 AM.	M5154A
Sat, Oct 4-25 12:00-12:45 PM	M5654A
Sat, Nov 1-22 9:00-9:45 AM	M6054A
Sat, Nov 1-22 11:00-11:45 AM	M6454A
Sat, Nov 1-22 12:00-12:45 PM.	M6954A

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Sep 6-27 11:00-11:45 AM. M3954A

Sat, Oct 4-25 11:00-11:45 AM. M5254A

Sat, Nov 1-22 11:00-11:45 AM M6554A

HOCKEY

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Thu, Sep 4-25 5:00-5:55 PM XBF54X

Sat, Sep 6-27 10:00-10:55 AM. XBH54X

Sat, Sep 6-27 11:00-11:55 AM. XBJ54X

Thu, Oct 9-30 5:00-5:55 PM XBM54X

Sat, Oct 11-Nov 1 10:00-10:55 AM. XBP54X

Sat, Oct 11-Nov 1 11:00-11:55 AM. XBQ54X



*Involvement in sports
increases self-confidence,
promotes teamwork, reduces
stress, improves academic
performance, and benefits
mental health.*

DID YOU KNOW?

LACROSSE

Skyhawks Lacrosse

(ages 5-11)

Suit up and come find out why lacrosse 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 \$85.00 Per Person

Dorbrook Rec Area

(ages 5-8)

Sun, Sep 7-Oct 5 10:00-10:50 AM XCV54A

Sun, Oct 19-Nov 16 10:00-10:50 AM. XD254A

(ages 8-11)

Sun, Sep 7-Oct 5 9:00-9:50 AM XCU54A

Sun, Oct 19-Nov 16 9:00-9:50 AM XD154A

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 \$126.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Sep 16-Oct 21 5:30-6:30 PM. XA754X

Fri, Sep 19-Oct 24 5:30-6:30 PM XA954X

Wolf Hill Recreation Area

Thu, Sep 18-Oct 23 5:30-6:30 PM. XAB54X

Skyhawks Track & Field

(ages 6-12)

Skyhawks Track & Field introduces young athletes to a sport rich in tradition, combining technical skills with fun and safety. The program focuses on building a strong foundation in movement, including footspeed, flexibility, endurance, and coordination. Young athletes will participate in events such as javelin, shot put, hurdles, long jump, and relay races with special equipment, while developing skills in teamwork and sportsmanship. The program takes place on grass fields and teaches fundamentals like body positioning, stride, and stretching techniques necessary for running and athletic movement. Participants should wear athletic clothing and sneakers (no opened-toe shoes or sandals). Sunscreen and water are recommended.

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Mon, Sep 15-Oct 20 5:00-5:50 PM XCY54A

No class 10/13

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: Next Step (p. 43) for classes for older children.

Outdoor Season

Three Sessions \$45.00 Per Person

Dorbrook Rec Area

Wed, Oct 15-29 5:00-5:55 PM X8254X

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Wed, Sep 10-Oct 1 5:30-6:25 PM X5154X

Sat, Sep 13-Oct 4 10:00-10:55 AM X6154X

Sat, Oct 18-Nov 8 10:00-10:55 AM X8854X

Fort Monmouth Rec Ctr Outdoor Area

Sat, Oct 18-Nov 8 11:00-11:55 AM X9254X

Holmdel Pk Hilltop Area

Sat, Sep 13-Oct 11 11:00-11:55 AM X6754X

No class 10/4

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Nov 13-Dec 11 4:00-4:55 PM X9854X

No class 11/27

Sat, Nov 15-Dec 13 11:00-11:55 AM XA354X

No class 11/29

Sun, Nov 16-Dec 14 11:30 AM-12:25 PM . . .XA554X

No class 11/30



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 13-Oct 4 11:00-11:55 AM X6254X

Sat, Oct 18-Nov 8 11:00-11:55 AM X8954X

Indoor Season

Fort Monmouth Rec Ctr Gym A

Thu, Nov 13-Dec 11 5:00-5:55 PM XA054X

No class 11/27

Sun, Nov 16-Dec 14 12:30-1:25 PM XA654X

No class 11/30

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 14-Oct 5 11:00-11:55 AM. X7154X

Sun, Oct 19-Nov 9 11:00-11:55 AM X9654X

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. Players develop 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.

Four Sessions \$72.00 Per Person

Thompson Pk

Sat, Sep 6-27 10:00-10:55 AM. X1954X

Sun, Sep 7-28 10:00-10:55 AM X2254X

Dorbrook Rec Area

Sat, Oct 11-Nov 1 10:00-10:55 AM X3054X

Sun, Oct 12-Nov 2 10:00-10:55 AM X3354X

Six Sessions \$72.00 Per Person

Dorbrook Rec Area

Mon, Wed, Oct 6-22 5:00-5:55 PM X4554X

Tue, Thu, Oct 7-23 5:00-5:55 PM X2854X

Holmdel Pk

Mon, Wed, Sep 8-24 5:00-5:55 PM X3954X

Tue, Thu, Sep 9-25 5:00-5:55 PM X1654X

Tikes Tennis

(ages 6-8)

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

Four Sessions \$72.00 Per Person

Thompson Pk

Sat, Sep 6-27 9:00-9:55 AM X1854X

Sun, Sep 7-28 9:00-9:55 AM X2154X

Dorbrook Rec Area

Sat, Oct 11-Nov 1 9:00-9:55 AM. X2954X

Sun, Oct 12-Nov 2 9:00-9:55 AM X3254X

Six Sessions \$72.00 Per Person

Dorbrook Rec Area

Mon, Wed, Oct 6-22 4:00-4:55 PM X4454X

Tue, Thu, Oct 7-23 4:00-4:55 PM X2754X

Holmdel Pk

Mon, Wed, Sep 8-24 4:00-4:55 PM X3854X

Tue, Thu, Sep 9-25 4:00-4:55 PM X1554X

ACTIVE ADULTS 55+

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 ½ miles in 1 ½ hours. Level 1 walks are at a more comfortable pace than level 2.

Fourteen Sessions \$84.00 Per Person

Tue, Sep 2-Dec 9 9:30-11:00 AM D1454X

No hike 11/11

Thu, Sep 4-Dec 11 9:30-11:00 AM D1754X

No hike 11/27

Level 2

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

Fourteen Sessions \$98.00 Per Person

Wed, Sep 3-Dec 10 9:30-11:30 AM D1554X

No hike 11/26

Thu, Sep 4-Dec 11 9:30-11:30 AM D1654X

No hike 11/27

Fri, Sep 5-Dec 12 9:30-11:30 AM D1854X

No hike 11/28

Level 3

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

Fourteen Sessions \$98.00 Per Person

Tue, Sep 2-Dec 9 9:30-11:30 AM D0954X

No hike 11/11

Level 4

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

Thirteen Sessions \$91.00 Per Person

Mon, Sep 8-Dec 8 9:30-11:30 AM. D0854X

No hike 10/13

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 will stop for ice cream at a local confectionery; please bring \$10.00 if interested. These hikes are geared towards level 3 and 4 Senior Hiker participants, but are open to all senior hikers. In the event of inclement weather, a decision to cancel/reschedule will be made by 7:00 AM the day of the hike.

Rating: Moderate/quick pace; rocky trails with inclines and declines

One Session \$55.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Hemlock Falls/South Mountain

Enjoy the scenic hike up Hemlock Falls in the South Mountain Reservation! There are mostly dirt/gravel/and paved trails, but be prepared for seasonally different conditions at this time of year. There is plenty of wildlife to see, and we will stop for lunch on the trail during the hike. Please plan to arrive at the Dorbrook Activity Center parking lot by 8:15 AM, to ensure prompt departure time. **Please Note: Depending on seasonal trail conditions, an alternate hike of the same distance/hike level/length may be substituted.**

Tue, Sep 30 8:30 AM-4:00 PM (approx) . . .D2654A

Rain Date TBD

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. Further information will be provided upon registration.

Fri, Nov 7 8:30 AM-4:00 PM (approx) . . .D2954X

Rain Date TBD

“

I'm very pleased with my experience with the Senior Hiker programs and plan to continue signing up for more sessions in the immediate future.

”

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

Six Sessions \$90.00 Per Person

Instructor: Kim Cugini

Tue, Sep 9-Oct 14 10:30-11:15 AM M7054X

Tue, Oct 28-Dec 9 10:30-11:15 AM M7154X

No class 11/25

Instructor: Jodi Kondracki

Nine Sessions \$135.00 Per Person

Thu, Oct 2-Dec 4 10:30-11:15 AM M9254X

No class 11/27

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 \$84.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 9-Oct 14 10:00-11:00 AM D2454X

Tue, Sep 9-Oct 14 11:15 AM-12:15 PM . . . D2554X

Thu, Sep 11-Oct 16 12:00-1:00 PM D3054X

Tue, Oct 28-Dec 2 10:00-11:00 AM D2754X

Tue, Oct 28-Nov 25 11:15 AM-12:15 PM . . D2854X

Thu, Oct 30-Dec 11 12:00-1:00 PM D3154X

No class 11/27

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 8-Oct 20 11:45 AM-12:45 PM. . . D2054X

No class 10/13

Mon, Sep 8-Oct 20 1:00-2:00 PM D2154X

No class 10/13

Mon, Oct 27-Dec 1 11:45 AM-12:45 PM. . . D2254X

Mon, Oct 27-Dec 1 1:00-2:00 PM D2354X

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.

Ten Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Oct 1-Dec 10 9:30-10:25 AM XBZ54X

No class 11/26

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 19-Dec 12 4:30-5:25 PM XCC54X

No class 10/31 & 11/28

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: Don Bradford

Thu, Sep 4-Oct 16 6:30-9:30 PM Z8654X

Thu, Oct 23-Dec 11 6:30-9:30 PM. Z8754X

No class 11/27

Instructor: Pete MacConnell

Tue, Sep 9-Oct 21 7:00-10:00 PM. Z8854X

Tue, Oct 28-Dec 9 7:00-10:00 PM. Z8954X

Fall **CRAFT SHOW**

Saturday, November 8

9:00 AM-2:00 PM

Fort Monmouth Recreation Center,
Tinton Falls



Just in time for the holidays!
Shop for gifts for your special someones from over 40
unique, quality craft vendors.

→ Jewelry

→ Artwork

→ Candles

→ Home Decor

→ Ceramics/Pottery

→ Pet Items

→ Wreaths

→ Holiday Decor

→ And much more!

Interested in becoming a vendor?
Vendor applications can be found on the *Fall Craft Show* page of
our website.

For more information, please call 848-456-4268, ext. 3#,
or email James.Butler@monmouthcountyparks.com.

All Level Pottery Classes

(adults)

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. Class includes 25 lbs of stoneware clay, glazes, and firings. Tools may be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Joanne Traskiewicz

Wed, Sep 3-Oct 15 9:00 AM-12:00 PM. . . .ZBD54X

Wed, Oct 22-Dec 10 9:00 AM-12:00 PM. . . .ZBF54X

No class 11/26

Wed, Sep 3-Oct 15 1:00-4:00 PM ZBG54X

Wed, Oct 22-Dec 10 1:00-4:00 PM ZBH54X

No class 11/26

Instructor: Laura Copeland

Wed, Sep 3-Oct 15 6:30-9:30 PM ZBJ54X

Wed, Oct 22-Dec 10 6:30-9:30 PM ZBK54X

No class 11/26

Instructor: Joyce Nokes

Fri, Sep 5-Oct 17 9:00 AM-12:00 PM ZBR54X

Fri, Oct 24-Dec 12 9:00 AM-12:00 PM ZBS54X

No class 11/28

Fri, Sep 5-Oct 17 1:00-4:00 PM ZBT54X

Fri, Oct 24-Dec 12 1:00-4:00 PM ZBU54X

No class 11/28

Instructor: John Fossa

Sat, Sep 6-Oct 18 11:30 AM-2:30 PM ZBV54X

Sat, Oct 25-Dec 13 11:30 AM-2:30 PM. . . .ZBW54X

No class 11/29

Instructor: Laura Copeland

Mon, Sep 8-Oct 20 9:00 AM-12:00 PM. . . .ZBX54X

Mon, Oct 27-Dec 8 9:00 AM-12:00 PM. . . .ZBY54X

Mon, Sep 8-Oct 20 1:00-4:00 PM ZC054X

Mon, Oct 27-Dec 8 1:00-4:00 PM ZBZ54X

Instructor: Brian Farro

Mon, Sep 8-Oct 20 6:00-9:00 PM ZC154X

Mon, Oct 27-Dec 8 6:00-9:00 PM ZC254X

Instructor: Sue Johnson

Tue, Sep 9-Oct 21 4:00-7:00 PM. ZC354X

Tue, Oct 28-Dec 9 4:00-7:00 PM. ZC454X

All Level Pottery - Extended

(adults)

This class offers an added hour for beginner and advanced students to learn or refine their skills. Knowledgeable instructors 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. 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 \$273.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 9-Oct 21 9:00 AM-1:00 PM Z9054X

Tue, Oct 28-Dec 9 9:00 AM-1:00 PM Z9154X

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt, and model clay to 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. Class includes 25 lbs. of clay, use of tools, and kiln firings. Additional materials may be required for armatures and will be discussed on the first day of class.

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 4-Oct 16 12:30-3:30 PM. Z8254X

Thu, Oct 23-Dec 11 12:30-3:30 PM. Z8354X

No class 11/27

Mon, Sep 8-Oct 20 6:00-9:00 PM Z8454X

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. Beginners will gain knowledge about greenware, bisque, underglazes, and glaze while advanced students work independently. Pre-cast items and tools can be purchased at the studio. Fee includes instruction, firings, glazes, and underglazes.

Seven Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Thu, Oct 23-Dec 11 9:00 AM-12:00 PM ZC554X

No class 11/27

Ceramics Techniques 101

(adults)

In this intensive workshop, we learn the basics of creating beautiful ceramic works. We begin with exploring techniques such as piercing, sgraffito, slip-trailing, and inlay on slip-cast pieces. After we explore the world of underglazes, we will venture into glazes to better understand the wide range of uses and limitations of each glaze family. Bisqueware and greenware are included in the class. Every class is project-specific. Participants will work on cups, a bud vase, a bowl, and a plate.

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 4-Oct 9 9:00 AM-12:00 PM ZAV54X

Foliage Hike and Clay Workshop

(adults)

Join us for a hike led by a Park System Naturalist all about tree identification in beautiful Thompson Park. Students will later spend time at the Creative Arts Center creating a clay leaf impression soap dish from leaves and cuttings collected on the trails. Clay works will be ready for pick up two weeks after class to allow for firing.

Please Note: This class meets rain or shine. The outdoor portion may be moved indoors if weather conditions are poor.

One Session \$49.00 Per Person

Thompson Pk Creative Arts Center

Sat, Sep 6 9:30 AM-12:30 PM ZCH54X

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: Kathy Bennett

Wed, Sep 3-Oct 15 1:00-4:00 PM ZAG54X

Wed, Oct 22-Dec 10 1:00-4:00 PM ZAH54X

No class 11/26

Instructor: Janice Karp

Wed, Sep 3-Oct 15 6:30-9:30 PM ZAJ54X

Instructor: Beth Couchoud

Wed, Oct 22-Dec 10 6:30-9:30 PM ZAK54X

No class 11/26

Raku Pottery

(adults)

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

Thu, Sep 4-Oct 16 9:00 AM-12:00 PM ZB954X

Thu, Oct 23-Dec 11 9:00 AM-12:00 PM . . .ZBA54X

No class 11/27

DRAWING & PAINTING

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. A materials fee of \$5.00 is due to the instructor the day of class.

One Session \$46.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 25 5:30-7:30 PM Z6054X

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist masterpiece using the 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 are provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Cross' Regatta

Sat, Sep 6 2:00-5:00 PM. Z9854A

van Gogh's Wheatfield with Cypresses

Sat, Sep 13 2:00-5:00 PM. Z9954A

Monet's The Seine at Argenteuil

Sat, Sep 20 2:00-5:00 PM. ZA054A

van Gogh's Three Sunflowers in a Vase

Sat, Sep 27 2:00-5:00 PM. ZA154A

van Gogh's Starry Night

Sat, Oct 4 2:00-5:00 PM. ZA254A

Monet's The Japanese Footbridge

Sat, Oct 11 2:00-5:00 PM. ZA354A

Renoir's Pink Roses in a Vase

Sat, Oct 18 2:00-5:00 PM. ZA454A

Hassam's Oceanview

Sat, Oct 25 2:00-5:00 PM. ZA554A

Renoir's Wheatfield

Sat, Nov 1 2:00-5:00 PM. ZA654A

Monet's Chrysanthemums

Sat, Nov 8 2:00-5:00 PM. ZA754A

Cross' The Cypresses at Cagnes

Sat, Nov 15 2:00-5:00 PM. ZA854A

Cassatt's Young Woman Sewing in the Garden

Sat, Nov 22 2:00-5:00 PM. ZA954A



Art of the Sea: Whelks & Moon Snails NEW

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientists and artists. We will journey into a fun and informative discussion and walk led by a park naturalist about the ecological roles of whelks and moon snails of the Jersey shore. After our walk and collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion, create dimension, handling iridescence where it appears, and more.

Please Note: This class meets rain or shine. The walk portion may be moved to an indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

One Session \$48.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Wed, Sep 24 9:00 AM-12:00 PM. INE54X

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 \$162.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Thu, Sep 18-Oct 23 11:30 AM-1:00 PM . . ZAA54A

Thu, Oct 30-Dec 11 11:30 AM-1:00 PM . . ZAB54A

No class 11/27

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 22-Oct 27 12:30-2:00 PM ZAC54A

Mon, Nov 3-Dec 8 12:30-2:00 PM. ZAD54A

Botanical Illustration: Extended Workshop

(adults)

In this concentrated workshop, we will take a detailed look into the world of botanical illustration. Every week will begin with an informative walk through the park with a Park System Naturalist. Classes will focus on a new grouping of plants each session, discussing their role in the ecosystem, features, and unique structures. After the walk portion, participants will learn to render these plants with believability and accuracy from observation. Multiple mediums of drawing will be introduced throughout the session in order to learn all the building blocks to creating botanical illustrations.

Art Instructor: Katie Stone / Naturalist: Blake Beyer

Six Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 18-Oct 23 1:00-4:00 PM. ZBE54X

Botanical Illustration: Succulents

(adults)

Succulents are found throughout the world and thrive in a multitude of dry environments, while remaining one of the most favored of houseplants. Join us in the greenhouse with an expert horticulturist as we learn about these attractive and hardy plants, from basic botany to tips about care. Afterwards, we will begin our drawing portion, focusing on form, pattern, and color choice to create beautiful drawings of these resilient plants.

Art Instructor: Katie Stone / Horticulturist: Kate Lepis

One Session \$47.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Nov 7 9:00 AM-12:00 PM Z4454X

Color Theory Still Life Workshops

(adults)

In these monthly workshops, Gina will be focusing on still life composition, lighting, and color theory. Each session features a new oil painting demo and one still life setup for you to photograph and paint in any medium in the course. Bring your own supplies and paint alongside Gina while exploring diverse, unique still lives each month. All sessions are recorded onsite and shared with registered students. Don't miss these inspiring mini-courses.

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

One Session \$65.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 12 1:30-4:30 PM ZCS54A

Fri, Oct 10 1:30-4:30 PM ZCT54A

Fri, Nov 14 1:30-4:30 PM ZCU54A

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 not required.

Instructor: Katie Stone

Four Sessions \$104.00 Per Person

Thompson Pk Creative Arts Center

Thu, Nov 6-Dec 4 1:00-3:00 PM Z1254X

No class 11/27

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 \$120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Sep 8-Oct 13 10:30 AM-12:30 PM. . . Z6554X

Mon, Sep 8-Oct 13 1:00-3:00 PM Z6754X

Mon, Oct 27-Dec 8 10:30 AM-12:30 PM. . . Z6954X

No class 11/24

Mon, Oct 27-Dec 8 1:00-3:00 PM Z7054X

No class 11/24

Instructor: MaryAnn Goodwin

Thu, Oct 16-Nov 20 6:30-8:30 PM Z7254X

Fri, Oct 17-Nov 21 10:00 AM-12:00 PM . . Z7354X

Sat, Oct 18-Nov 22 10:00 AM-12:00 PM. . . Z7554X

Drawing Wildflowers

(adults)

This specialty workshop highlights techniques and tips for the art of rendering wild florals. Participants begin with an informative walk led by a Park System Naturalist, covering native plants and pollinators found in the wildflower garden. Afterwards, we will come inside with 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. During this session, we will focus on drawing black-eyed Susan. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

Art Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$47.00 Per Person

Huber Wds Pk Env Ctr

Mon, Sep 8 10:00 AM-1:00 PM Z5554X

Feather Study

(adults)

We will study a variety of feathers and choose one to render on black paper with colored pencils. This no-fail lesson will provide you with skills, techniques, and insights to better your observational skills and foster a deeper appreciation of the natural world.

Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 25 1:30-3:30 PM ABB54X

Figure Drawing 101

(adults)

Explore the art of figure drawing. This one-day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. Please come with a fee of \$15.00 (cash) payable to the model. All supplies will be provided by the instructor.

Instructor: Jennifer Santa Maria

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 15 5:00-7:30 PM Z4554X

Gouache Painting Class

(adults)

Discover the vibrant world of gouache painting through expressive, theme-based projects like seascapes, animals, florals, and Italian vistas. Using HIMI jelly gouache or your own materials, you'll explore contemporary impressionistic techniques that move beyond realism and embrace creativity. Guided by an experienced artist, each step-by-step lesson covers color theory, dynamic composition, and unique application methods with brushes, palette knives, and more. Gina shares her personal references and methods to help you create powerful, expressive works. Perfect for beginners and experienced artists alike, this class encourages bold experimentation and confident painting. A detailed supply list will be included with your registration confirmation please review it and come prepared.

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

Six Sessions \$132.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 29-Dec 10 10:00 AM-12:30 PM . . ZCJ54A

No class 11/26

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism methods. Students will learn the specific brush strokes, 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, LLC

Four Sessions \$104.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Bridge at Argenteuil & Monet's Vetheuil in Summer

Fri, Sep 5-26 10:00 AM-12:30 PM. Z9254A

Matisse's Poppies & Monet's The Seine at Argenteuil

Wed, Oct 1-22 1:00-3:30 PM Z9354A

Fri, Oct 3-24 10:00 AM-12:30 PM Z9454A

Pissarro's Road along the Loing Canal & Pissarro's The Snack, Child and Young Woman at Rest

Fri, Oct 31-Nov 21 10:00 AM-12:30 PM . . . Z9554A

Illustrating Birds: Falcons

(adults)

New Jersey is home to three native falcon species. Learn about these amazing and beautiful birds of prey. We will begin with a birding walk led by a Park System Naturalist, looking for our native falcon species. After the hike, participants will learn the skills necessary to draw these incredible birds, including observing key features, rendering complicated feathers and markings, and more. Some drawing experience is a plus, but not a necessity.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Thu, Oct 9 9:00 AM-12:00 PM Z4654X

Thu, Oct 23 9:00 AM-12:00 PM Z4754X

Illustrating Birds: Nocturnal Nature

(adults)

Our focus for this session will be owls. We'll spend some time learning from a Park System Naturalist about our New Jersey native species, looking for them in their natural habitats. Afterward, we will venture into the art of ornithological (bird) illustration. Participants will learn how to draw these birds, including observing key features, complicated feathers and markings, and more. Some drawing experience is a plus, but not a necessity.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Wed, Nov 5 5:30-8:30 PM. Z5854X

Wed, Nov 19 5:30-8:30 PM. Z5954X

Inspired Painting

(adults)

Join instructor Shari Epstein for a five-week painting class. Shari will work with you individually to guide you to the next level. Please bring a selection of favorite images and some canvas options to the first class. We will discuss composition, proportion, your palette, color mixing, and caring for your brushes. All levels are welcome. A supply list will be sent at least two weeks before the start of class.

Five Sessions \$120.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Sep 30-Oct 28 11:30 AM-2:00 PM . . . AAS54X

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.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 9-Oct 14 9:00-11:00 AM. Z0654X

Tue, Oct 28-Dec 9 9:00-11:00 AM. Z0754X

No class 11/25

Oil Painting Techniques

(adults)

A hands-on journey through classic and contemporary methods. Whether you're just starting out or looking to sharpen your skills, this course is designed to build your confidence and expand your technique. In this six-week, hands-on course, you'll explore a variety of oil painting styles and learn methods used by the masters and contemporary artists. We'll cover essential concepts such as Lean to fat layering, Impasto, and Alla prima, all while creating expressive underpaintings tailored to each composition. You'll complete three original paintings, using diverse reference photos provided by your instructor. Paintings will be sized at 5"x7" or 8"x10", perfect for practice and presentation. You will be challenged, encouraged, and empowered to grow as an artist. All skill levels are welcome! A detailed supply list will be included in your registration confirmation. Instructor: Gina Torello, MFA, Professional Artist, LightScapes Studio LLC

Four sessions \$132.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 10-Oct 22 1:00-3:30 PM ZCV54A

No class 10/15

Wed, Oct 29-Dec 10 1:00-3:30 PM ZCW54A

No class 11/26

Paint Pouring

(adults)

Learn the mesmerizing art of fluid painting as you explore color mixing and pouring techniques to create stunning abstract masterpieces. A different technique is shown in the workshop each month, so join us for more than one! Perfect for both beginners and experienced artists. Bring your imagination, rubber gloves, and a box to work in and carry home your 9"x12" canvas. We provide canvas and all other materials.

One Session \$40.00 Per Person

Henry Hudson Trail Act Ctr

Dirty Pour/Flip Cup Technique

Fri, Sep 12 12:00-1:30 PM AAG54X

Fri, Sep 12 2:00-3:30 PM AAH54X

Swipe Technique

Fri, Oct 10 12:00-1:30 PM. AAJ54X

Fri, Oct 10 2:00-3:30 PM AAK54X

Dutch Pour Technique

Fri, Nov 14 12:00-1:30 PM AAM54X

Fri, Nov 14 2:00-3:30 PM AAN54X

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 on fine-tuning and developing technique with independent guidance and critique. Come ready with ideas on the first day to start painting.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 9-Oct 14 11:30 AM-1:30 PM Z0854X

Tue, Sep 9-Oct 14 2:00-4:00 PM. Z1054X

Tue, Oct 28-Dec 9 11:30 AM-1:30 PM Z0954X

No class 11/25

Tue, Oct 28-Dec 9 2:00-4:00 PM. Z1154X

No class 11/25

“

Gina Torello is an excellent teacher who works with each student based upon their skill level and goals.

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Pastel Impressionism

(adults)

Discover the beauty and versatility of soft pastels in this inspiring and forgiving medium. Through step-by-step instruction and a variety of provided references, you'll learn how a professional artist begins, develops, and completes a pastel painting. Explore color theory, composition, application techniques, and learn many ways to create texture and dimension while developing your own personal style. All skill levels are welcome, and returning students may bring their own references for personalized guidance on their artistic journey. A supply list will be included with your registration confirmation. Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Six Sessions \$132.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 8-Oct 20 2:00-4:30 PM ZAM54A

No class 10/13

Mon, Oct 27-Dec 8 2:00-4:30 PM ZAN54A

No class 11/24

Plein Air at the Cove

(adults)

Join Gina Torello for an inspiring outdoor oil painting class along the Manasquan Inlet, where participants paint step-by-step alongside the instructor in scenic coastal locations like the beach, jetty, marsh grasses, and marina. Over two weeks, artists will complete one painting while focusing on composition, color theory, material application, and capturing natural light in the Impressionist style. Designed for intermediate to experienced oil, pastel, and watercolor artists, the class includes the use of a New Wave pochade easel and chair. Bring your materials packed in a backpack, and enjoy this unique chance to paint the Jersey Shore with a professional fine artist. A detailed supply list will be included with your registration confirmation.

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

Six Sessions \$155.00 Per Person

Fisherman's Cove Act Ctr

Wed, Sep 10-Oct 22 9:00 AM-12:00 PM . . . ZB854A

No class 10/15

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.

Instructor: Kristin Kunc

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Mon, Oct 20-Dec 1 9:30-11:30 AM ZCG54X

No class 11/24

Studio Time with Gina

(adults)

Join a welcoming studio environment where artists of all levels create, explore, and grow together. This ongoing weekly class offers individualized instruction from a professional artist, tailored to your style and chosen medium. Everyone will receive one-on-one guidance in perspective, composition, color theory, and technique. Each session is shaped around your personal goals, offering a supportive space for growth alongside fellow creatives. Whether you're just starting out or refining your craft, this class provides the direction and freedom to evolve your artistic practice. Please remember to bring all necessary supplies for your chosen medium and come prepared to create..

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

Thompson Pk Creative Arts Center

Six Sessions \$150.00 Per Person

Fri, Sep 12-Oct 24 10:00 AM-1:00 PM . . . ZCK54A

No class 10/17

Five Sessions \$125.00 Per Person

Fri, Nov 7-Dec 12 10:00 AM-1:00 PM . . . ZCM54A

No class 11/28

Understanding Value: An Intensive Workshop

(adults)

In this foundational intensive workshop, students will explore simplifying a painting to its essentials and understanding the importance of shapes to create a dynamic impact. The value step scale exercise provides you with an opportunity to practice mixing clean, distinct piles of paint. We will use the resulting paint piles for a value poster study to understand how to capture the feeling of the picture with the fewest shapes. This workshop is about honing one's understanding of the basics of painting. All materials are included for use during class time.

Instructor: Jane Manco

Three Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 17-Oct 1 6:30-8:30 PM ZBB54X

Wed, Oct 22-Nov 5 6:30-8:30 PM ZBC54X

Watercolor Studio

(adults)

Designed for artists who have a good basic experience with watercolor painting and would like time to practice their skills, work on their own project, and experiment with new techniques. Our knowledgeable instructor will give individual attention as needed and provide some inspirational demonstrations. This is not a beginner class. Students are required to have taken Contemporary Watercolor or a comparable beginner watercolor class.

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 10-Oct 15 10:00 AM-12:00 PM . . Z6354X

Wed, Oct 29-Dec 10 10:00 AM-12:00 PM . . Z6454X

No class 11/26

JEWELRY

Love Knots Bracelet

(adults)

In this beginner-friendly wire wrapping technique workshop, participants will discover how to make their own wire coil and turn it into a chain-like component to create a woven link and sparkling beaded bracelet. Plated wire spools in non-tarnish finishes (silver, antique brass, or antique copper color) and Swarovski crystal bead kits may be purchased from the instructor, Sandra Lupo. All tools will be available to share, or you are welcome to bring your own pliers. Please see the supply list, available upon registration, for more information on kits.

One Session \$64.00 Per Person

Thompson Pk Creative Arts Center

Tue, Oct 21 10:00 AM-2:00 PM ZD954X

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 the market value. Please refer to the fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 4-Oct 9 10:30 AM-1:30 PM ZBM54X

Thu, Sep 4-Oct 9 6:30-9:30 PM ZBN54X

Thu, Oct 16-Nov 20 10:30 AM-1:30 PM . . . ZBP54X

Thu, Oct 16-Nov 20 6:30-9:30 PM ZBQ54X

Metal Clay Earrings with Tammy

(adults)

Create a unique fine-silver pair of earrings in this metal clay workshop with Tammy Honaman. This workshop will cover the basics of working with metal clay, adding texture, shaping, refining, and firing.

One Session \$98.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 19 2:00-6:00 PM Z9754X

Metal Clay Layered Link Bracelet *(adults)*

Create a unique layered link bracelet in this workshop with Tammy Honaman. We will cover all the skills needed to texture, shape, and form each layer, then bring them together into a finished design. The bracelet link will be finished the same day and will be the main focus of this workshop; we will cover adding the beadwork, but there might not be enough class time to fully finish the final design. Students are required to bring their own metal clay; please see the fact sheet included on your receipt.

One Session \$155.00 Per Person**Thompson Pk Creative Arts Center****Sat, Sep 20 10:00 AM-5:00 PM Z9654X****Parisian Chic – Bead Weaving with a French Touch of Elegance** *(adults)*

Ten years ago, François Parent stumbled upon the work of Puca, a renowned French designer. This chance encounter resulted in the creation of an innovative line of beads called Les Perles par Puca. Discover how to create beautiful jewelry using this newest entry into the world of bead weaving. Instructor Mary Louise Doner will teach two simultaneous projects: one designed for beginners and another for advanced beginners and beyond. The projects will change every two weeks to cover various stitches. Instructional videos will also be provided. A list of required supplies will be available upon registration.

One Session \$105.00 Per Person**Thompson Pk Creative Arts Center****Mon, Oct 6-Nov 10 9:30 AM-12:30 PM . . . ZDE54X**

Taking the time to make your own jewelry pieces is an excellent way to reduce stress, work on fine motor skills, stimulate creativity, and break up busy day-to-day routines.

DID YOU KNOW?**KNITTING & SEWING****ABC's of Sampler Cross Stitch***(adults)*

Have you ever thought about how cross-stitch embroidery or a Sampler is made? Cross stitch is one of the easiest embroidery skills and talents that is perfect for beginners. Whether you learned this years ago or want to pick up that needle and stitch, this course will get you started on your very own sampler. In this course, we will delve into the history of how and where cross stitch was used, what types of materials can be used and the resources for them, as well as a survey of some of the stitches used. Everyone will make their own Sampler masterpiece with a step-by-step demonstration. Materials for this creation will be provided. Plenty of easy-to-make designs will also be available to take and make.

Instructor: Rachael Goldman

Four Sessions \$60.00 Per Person**Thompson Pk Creative Arts Center****Tue, Sep 30-Oct 21 6:30-8:00 PM. Z0354X****Sun, Oct 26-Nov 16 12:00-1:30 PM. Z0454X****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. A supply list will be available 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 9-Oct 14 7:00-9:30 PM. ZD554X****Tue, Oct 28-Dec 2 7:00-9:30 PM. ZD654X**

Instructor: Gianna Giezey

Thompson Pk Creative Arts Center**Mon, Sep 15-Oct 20 1:00-3:30 PM Z4854X****Mon, Oct 27-Dec 1 1:00-3:30 PM Z4954X**

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 payable to the instructor on the day of the workshop.

Artist/Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Tue, Oct 7 5:00-7:00 PM. Z6154X

Tue, Oct 28 5:00-7:00 PM. Z6254X

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 will be discussed on the first day of class.

Instructor: Gianna Giezey

Six Sessions \$76.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 15-Oct 20 6:30-8:30 PM Z5254X

Mon, Oct 27-Dec 1 6:30-8:30 PM Z5354X

Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Join the Deep Cut Gardens Hooks and Needles Club. Every Wednesday afternoon, knitters, hookers, and weavers come 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

Wed, Sep 3-24 1:00-3:00 PM. H0654X

Wed, Oct 1-22 1:00-3:00 PM. H1454X

Wed, Nov 5-26 1:00-3:00 PM H1754X

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics, including 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 \$73.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 15-Oct 20 6:30-8:30 PM ZDA54X

Mon, Nov 3-Dec 8 6:30-8:30 PM ZDB54X

Thompson Pk Vis Ctr Walnut Room

Sat, Sep 20-Oct 25 10:30 AM-12:30 PM . . . ZDC54X

Sat, Nov 1-Dec 13 10:30 AM-12:30 PM . . . ZDD54X

No class 11/29

Knitting Beyond the Basics

(adults)

Learn new technical and creative approaches for crafting knitted fabric. Explore topics such as different types of colorwork (intarsia vs. Fair Isle) and how to read colorwork charts, methods for constructing and shaping garments (types of increases and decreases, German short rows, methods for seaming and finishing), and ways to clarify and simplify written instructions which are often hard to follow without visual aids. We will create some mini projects to practice skills using the needles and yarn you already have, and review questions on your current projects. This workshop aims to give you the tools and confidence for selecting patterns you may have otherwise found too complicated.

Instructor: Laurel Von Gerichten

Six Sessions \$66.00 Per Person

Thompson Pk Creative Arts Center

Fri, Oct 3-Nov 7 12:30-2:00 PM Z0554X



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, and a place to experiment with different art mediums. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Sep 25-Oct 16 6:30-8:30 PM. A6554X

Tue, Oct 21-Nov 11 2:00-4:00 PM. A6654X

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 are listed below and are to be paid to the instructor on the day of class (cash or check only, please). All classes are suitable for both beginner and experienced weavers.

Instructor: Martha Costain

Two Sessions \$40.00 Per Person

Thompson Pk Creative Arts Center

Bean Pot Basket

A round basket with a wire handle. The circular base begins with twining and graduates to a continuous over, under weave. Suitable for beginners.

Size: 9" diameter, 7" high.

Materials fee: \$22.00

Thu, Sep 11-18 10:00 AM-1:00 PM. ZD754X

Wine Basket

Designed to hold two bottles of wine and separated by a woven inner divider. This is a tall basket woven in "stop and start" fashion. Suitable for beginners.

Materials fee: \$26.00

Thu, Oct 2-9 10:00 AM-1:00 PM. ZD854X

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"? Then this class is 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. It will be a fun, creative setting for art exploration! This class is for those with a basic understanding of collage and art materials.

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Sep 23-Oct 14 2:00-4:00 PM. ABT54X

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, Sep 17 10:00 AM-12:00 PM. Z0154X

Wed, Nov 19 10:00 AM-12:00 PM. Z0254X

Fresh Leaf Indigo Dyeing

(adults)

Using locally grown Japanese indigo (*Persicaria tinctoria*) leaves from the instructor's dye garden, we'll create indigo dye and prints on silk fabric. Students will learn about the process of growing different varieties of indigo and ways to conjure color from the leaves. This class will focus on the process of making dye from the leaves, immersion dyeing with a fresh leaf bath, and Hapazome, the process of pounding the color out of plants onto cloth. Silk fabric 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

Thu, Sep 18 1:00-5:00 PM ZB254X

Holiday Bead Embroidered Ornament

(adults)

Bead embellishment is a great way to add that extra layer of personal elegance to your holiday decorations. Join our bead weaving instructor, Mary Louise Doner, and discover how to create a bead embroidered Christmas ornament. Kits will be available for purchase from the instructor, or bring your own beads based on a supply list provided upon registration.

One Session \$60.00 Per Person

Thompson Pk Creative Arts Center

Sun, Nov 16 10:00 AM-2:00 PM ZDF54X

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 fabric. Students can choose either a bandana or a set of napkins to dye during class. Pre-mordanted fabric 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

Sat, Nov 15 1:00-5:00 PM. ZB754X

Painting on Silk

(ages 16 and up)

Ah, the allure of silk...the softness of a flower petal and the strength of steel. In this introductory silk painting series, you will experience several different ways to apply imagery and color to silk. Learning to use this special medium, you will create one-of-a-kind works of art that are vibrant and reflective. It will transform all you thought you knew about silk. A supply fee of \$40.00 (cash) is payable to artist/instructor, Karin Trunz, on the first day of class.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Sat, Oct 11-Nov 15 10:30 AM-12:30 PM. . . Z5454X

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! Please bring images for inspiration, wear studio clothes, and bring a materials fee of \$10.00 (cash) payable to instructor Kate Eggleston the day of class.

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 30 6:00-9:00 PM. ZDH54X

Thu, Oct 9 6:00-9:00 PM ZDJ54X

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, bring kitchen gloves, and bring a materials fee of \$10.00 payable to instructor Kate Eggleston the day of class.

One Session \$50.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 16 5:30-9:30 PM. ZDG54X

MIXED MEDIA

Gelli® Printing Mixed Media Class

(adults)

Introducing the Gelli® printing plate! During the first three weeks, you will create unique papers using the Gelli® Plate, acrylic paints, patterns and a brayer. We will explore masking, pattern making, and image transfer techniques during the class. In week four you will have the choice to make more papers or create something artistic on canvas, a greeting card, or a wood decor item with your papers. Students are required to purchase their own 8"x10" 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

Wed, Oct 1-22 6:30-9:00 PM A9054X

Mixed Media Christmas Crafts *(adults)*

Learn to use the Gelli® Plate to make a variety of holiday-themed decorative papers in the color scheme of your choice. Then we will use the decorative papers, inks, paints, and embellishments to create Christmas bulbs, boxes, cards, and other unique decorations. All supplies are included. Instructor: Monique Topp

Two Sessions \$69.00 Per Person**Henry Hudson Trail Act Ctr****Thu, Nov 13-20 6:30-9:00 PM A9354X****Seascapes and Sunsets Mixed Media****Canvas** *(adults)*

We will learn to use the Gelli® Plate to make a variety of decorative papers in the color scheme of your choice. Then we will use paint, stencils, a phrase, embellishments, and the decorative papers we made to complete our masterpiece. All supplies are included. Instructor: Monique Topp

Two Sessions \$69.00 Per Person**Henry Hudson Trail Act Ctr****Wed, Sep 17-24 6:30-9:00 PM A9154X****Thu, Oct 30-Nov 6 6:30-9:00 PM A9254X****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 an \$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 Boundary Road Act Ctr****Tue, Sep 9-Oct 21 10:00 AM-12:00 PM . . . Z7154X***No class 9/23***Tue, Oct 28-Dec 9 10:00 AM-12:00 PM . . . Z7454X***No class 11/25***Sat, Sep 13-Oct 18 1:00-3:00 PM Z6654X****Sat, Nov 1-Dec 13 1:00-3:00 PM Z6854X***No class 11/29***Beginner Stained Glass***(adults)*

This is the perfect time to learn all about stained glass. Students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns as you advance at your own rate. All supplies are provided by the instructor for a materials fee of \$150.00 (cash or check), which is payable to instructor Harvey Altman on the first day of class.

Six Sessions \$90.00 Per Person**Big Brook Pk Boundary Road Act Ctr****Mon, Sep 8-Oct 13 10:00 AM-12:00 PM . . . Z7654X****Mon, Oct 27-Dec 8 10:00 AM-12:00 PM . . . Z7754X***No class 11/24***Wed, Sep 10-Oct 22 10:00 AM-12:00 PM . . Z7854X***No class 9/24***Wed, Oct 29-Dec 10 10:00 AM-12:00 PM . . Z7954X***No class 11/26***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 are provided by the instructor; a materials fee of \$125.00 (cash or check) is payable to Harvey Altman on the first day of class.

Six Sessions \$90.00 Per Person**Big Brook Pk Boundary Road Act Ctr****Tue, Sep 9-Oct 21 1:00-3:00 PM. Z8054X***No class 9/23***Tue, Oct 28-Dec 9 1:00-3:00 PM. Z8154X***No class 11/25***Intermediate Mosaics***(adults)*

Intermediate Mosaics is for students who have taken the Beginner Mosaic class with Harry Belkowitz. 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 the instructor for a fee of \$85.00 (cash or check), payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person**Big Brook Pk Boundary Road Act Ctr****Sat, Sep 13-Oct 18 10:00 AM-12:00 PM. . . Z5654X****Sat, Nov 1-Dec 13 10:00 AM-12:00 PM . . . Z5754X***No class 11/29*

Mosaic Trivet/Hot Plate*(adults)*

Looking for something fun to do? How about mosaics? Join us for this workshop to create your own trivet constructed of a wood base and handmade Spanish Talavera ceramic tiles. No prior experience is required. All materials are provided by instructor Harry Belkowitz for a \$50.00 fee payable at the start of class.

One Session \$25.00 Per Person**Big Brook Pk Boundary Road Act Ctr****Sun, Sep 21 11:00 AM-1:00 PM Z1654A****Sun, Oct 26 11:00 AM-1:00 PM Z1754A****PHOTOGRAPHY****Introduction to Wildlife Photography***(adults)*

Perfect for beginners and seasoned photographers alike, this workshop cultivates the skills needed to capture images of nature with your own unique artistic flair. By the end, you'll confidently use manual settings to photograph wildlife, applicable across various camera types – DSLR, mirrorless, bridge, superzoom, and even your phone. Elevate your photography journey with this workshop! Participants should bring a camera and the instruction/user manual for use during the hands-on portions.

Instructor: Troy Bynum

One Session \$56.00 Per Person**Thompson Pk Creative Arts Center****Sat, Oct 4 2:30-4:30 PM ZCE54X****Sat, Nov 22 12:00-2:00 PM ZCF54X****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

Four Sessions \$64.00 Per Person**Thompson Pk Creative Arts Center****Tue, Nov 11-Dec 2 10:00 AM-12:00 PM . . . ZAF54X****Photography - Meet Your Digital SLR****(adults)*

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations.

Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with the instructor, Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

Six Sessions \$120.00 Per Person**Thompson Pk Creative Arts Center****Tue, Sep 16-Oct 21 6:00-9:00 PM ZAE54X****SOAPMAKING****Handcrafted Soapmaking: Create Luxurious Soaps with Natural Ingredients***(adults)*

Discover the art of melt and pour soap making in this relaxing, hands-on workshop designed for adults of all ages. You'll learn how to craft two beautiful, nourishing soaps using gentle ingredients like goat milk, glycerin, essential oils, botanicals, and natural exfoliants such as loofah and oatmeal. We'll guide you through creative techniques, fragrance blending, and how to incorporate herbs, flowers, and skin-loving oils for a custom, spa-quality experience. Whether you're looking to start a new hobby, create thoughtful handmade gifts, or simply treat yourself, this class offers everything you need to get started. No experience needed — just bring your creativity! Bring an 8 oz. or 16 oz. Pyrex measuring cup. A supply fee of \$20.00 is due to be paid to the instructor upon arrival to class.

Instructor: Felicia Bonaimo of Serenity Scents and Soaps

One Session \$60.00 Per Person**Dorbrook Rec Area Vis Ctr****Sat, Oct 11 11:00 AM-12:30 PM A2254X**

Soapmaking and Surprise Skincare Delight

(adults)

Ready to get your hands a little messy and lavishly moisturized? Join us for a fun, beginner-friendly workshop. You'll learn the art of soapmaking and create your very own luxurious body balm to take home! This hands-on class is perfect for anyone curious about natural skincare and craving a creative outlet. We'll guide you through the basics of soapmaking, then surprise you with a delightful skincare project that's simple, nourishing, and totally DIY. Expect good vibes, great scents, and take-home goodies that your skin will thank you for. Bring your curiosity and a willingness to play! Please bring an 8 or 16 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is to be paid directly to the instructor upon arrival.

Instructor: Felicia Bonaimo of Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Sep 20 11:00 AM-12:30 PM. A2354X

CULINARY ARTS

Autumn Root Vegetables

(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: Chef Stephen's Winter White Soup, Roasted Beet, Carrot and Parsnip Towers. Sweet Potato Pie (Light and Creamy)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 20 6:00-8:30 PM MAB54X



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 \$66.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 22 6:00-8:00 PM AA754X

Mon, Nov 3 6:00-8:00 PM. AA854X

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 pan.

Menu: Tamale Beef Pie, Chicken Cacciatore, Colonial Apple Tansey

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 13 6:00-8:30 PM MA954X

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 \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 20 6:00-9:00 PM AA654X

Cooking for Health: Anti-Inflammatory Cooking Made Easy

(adults)

When we eat well, we feel well! Following an anti-inflammatory diet has been linked to a lower risk of developing cardiovascular diseases, Type II Diabetes, and obesity, as well as boosting energy levels and decreasing brain fog. In this class, you'll learn the principles of an anti-inflammatory diet and prepare dishes that feature fresh fruits and vegetables, lean proteins, whole grains, and healthy fats. You'll leave with an easy-to-follow recipe packet and the confidence to make nourishing foods on your own.

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Oct 4 11:00 AM-12:15 PM. A5954X

Eat to Beat Illness

(adults)

Health begins at the end of your fork! Many modern chronic health conditions are preventable and reversible with lifestyle medicine. Nutrition is the prevention and the cure. The key to a healthy and happy life all begins in the kitchen. Forget all the trendy diets promising instant relief and weight loss! Come learn foundational principles of healthy eating that are delicious and sustainable! Come prepared to join in the fun of cooking in this combo demonstration and hands-on class.

Instructor: Lisa Vento, CFHC

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 29 6:00-8:00 PM. A7954X

Fall Apples & Hens

(adults)

In New Jersey, the fall season means apple-picking time! A variety of apples are grown right next door to Dorbrook. Let's cook them tonight and pair them with chicken and spices. We'll start with a simple apple salad with fall cabbage, walnuts, and fennel. Then two roast apple and chicken dishes - one with apple cider marinade and another with smoked paprika. Next, a sticky apple and chicken entrée and a classic chicken schnitzel with an apple slaw. Followed by a dessert of savory apple baked in crispy puff pastry. And, of course, a salted caramel ice cream will finish our apple-pickin' feast. Please bring your knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Sep 30 6:00-9:30 PM. AB854X

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: Cranberry Orange Loaf, Pop's Pumpkin Bars with Homemade Cream Cheese Icing, Easy Pumpkin Dip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 15 10:00 AM-12:30 PM MAA54X

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 \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 1 10:00 AM-1:00 PM MA754X

Flavors of Southeast Asia

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japanese and sushi. We will focus on the Thai cuisine of Southeast Asia. Here, the flavors are more tropical, and we will be using many of their fresh ingredients. Our focus will be on authentic regional dishes!

Menu: Thai Chicken Coconut Curry & Light and Crispy Veggie Spring Rolls, and Pad Thai

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 6 6:00-8:30 PM MA854X

Flavors of the Mediterranean

(adults)

Why not liven up your weekly dinners with some wonderful Mediterranean flavors? Chef Stephen Wolff will help you get there with three fantastic dishes.

Menu: Shakshouka, Spanakopita Triangles, and Baklava Cigars

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 30 6:00-8:30 PM. MA654X

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!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Sep 20 10:00 AM-1:00 PM MA154X

Sat, Oct 4 10:00 AM-1:00 PM MA254X

Noodles with Asian Flavor

(adults)

Asian flavor comes from many nationalities, spices, herbs, and sauces. What comes to mind is ginger, chilis, Gochujang, hoisin, soy, limes, lemongrass, and sesame oil. Tonight, we'll cook with all of these culinary tools to create great, simple, and quick dishes you'll add to your weekly repertoire. Starting with two udon noodle dishes - one with ginger hoisin sauce and another flavor of a miso and dark soy broth. Next, two thinner noodle dishes - one flavored with lemongrass and Chinese broccoli, and another of shiitake and nori. Another cool noodle is the "squiggly" or "knife pare" noodle that you will mix with garlic and Gochugaru. The last noodle dish isn't really a noodle. It's a tube-shaped rice called tteokbokki. Matched with tofu and gochujang, you get Korea's number one street food flavors! I will make the toasted cashew ice cream to finish the evening. Please bring your knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 28 6:00-9:30 PM. ABA54X

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 Strudel

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 9 6:00-8:30 PM MA454X

Outdoor Paella

(adults)

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

Instructor: Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, Sep 9 6:00-9:30 PM AB754X

Plant-Based Cooking

(adults)

In this hands-on class, you'll learn how to create satisfying, nutrient-dense dishes using a variety of fresh fruits, vegetables, whole grains, beans, and nuts. Whether you're a seasoned vegetarian or vegan or just looking to incorporate more plants into your diet, you'll discover new recipes and learn new techniques to use at home!

One Session \$47.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Oct 4 3:00-4:15 PM. A3654X

San Gennaro Festival!

(adults)

This iconic New York City Festival goes back to September 1926, when immigrants from Naples lined Mulberry Street in Little Italy to celebrate the feast of their patron, St. Januarius. Tonight we'll celebrate this "Feast of all Feasts" by preparing some unexpected recipes that celebrate the Italian culinary spirit of this festival. Roll up your sleeves and get ready to cook - Mangia Divertiti!

Menu: Grilled Pizza on a Stick, San Gennaro Sausage & Pepper Burgers and Grandmom Consiglio's Homemade Zeppoles (Italian "Donuts")

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 25 6:00-8:30 PM MA354X

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 as you learn to 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 \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 18 6:00-8:30 PM M9954X

Thu, Oct 16 6:00-8:30 PM. MA054X

Tacos and More

(adults)

Ole! Tonight, Chef Stephen shows you how to make your own taco seasonings, homemade salsa from scratch, and the "green sauce," tomatillo verde! Tonight's choices will be chicken or steak with a couple of extra surprises thrown in. Knife skills and basic cooking techniques will be taught. Sombreros optional.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 23 6:00-8:30 PM. MA554X

EDUCATION & ENRICHMENT

EMOTIONAL WELL-BEING

Putting the Law of Attraction to Work for You

(adults)

Is the Law of Attraction working for you? If it isn't, come to this workshop to find out why. After finding some success with it, the facilitator for this workshop was inspired to dig deeper, reading and researching the Law, and earning a degree in Metaphysics. She will share what the Law really is, when it originated, how it works, common mistakes in applying it, practical tips for putting it to work for you, and much more!

Presented by: Kate Cauley

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Sep 3 7:00-9:00 PM AAC54X

Tue, Oct 14 7:00-9:00 PM. AAD54X

Wed, Nov 12 7:00-9:00 PM AAF54X

Releasing Difficult Emotions

(adults)

"Identify your problems, but give your power and energy to solutions." - Tony Robbins

Fear, anxiety, worry, and anger are sometimes difficult emotions to overcome. You will learn practical tools to transform these emotions and their consequences to bring about new solutions. Fear can be transformed into courage, anxiety and worry can be transformed into building inner calm, and anger can be the vehicle to generate compassion.

Instructed by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Sep 8 6:00-7:30 PM. A8754X

Rewire Your Cognitive Pathways

(adults)

Discover and practice at least 10 techniques to enhance your neural pathways to literally and practically feed your brain to promote longevity. Some examples we will practice together will be drawing with your non-dominant hand, practicing mnemonic drills, taking a power nap, and practicing still and moving meditations. Instructor: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Oct 21 6:00-7:30 PM. A8654X

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. This is not an instructional program; experienced players only, please.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Sep 8-Oct 20 10:00 AM-12:00 PM. . . M8554X

Mon, Oct 27-Dec 8 10:00 AM-12:00 PM. . . MBG54X

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 Only

Please Note: Players must have some knowledge of how to play Mahjong.

Fort Monmouth Rec Ctr Program Room C

Wed, Sep 3-Oct 15 10:00 AM-12:00 PM. . . M8354X

Mon, Sep 8-Oct 20 10:00 AM-12:00 PM. . . M8654X

Wed, Oct 29-Dec 10 10:00 AM-12:00 PM. . . MBK54X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 2-Oct 14 9:30-11:30 AM. ME044X

Wed, Sep 3-Oct 8 9:30-11:30 AM. M8254X

Tue, Oct 28-Dec 9 9:30-11:30 AM. MBH54X

Wed, Oct 29-Dec 10 9:30-11:30 AM. MBJ54X

Fort Monmouth Rec Ctr Program Room C

Thu, Sep 4-Oct 16 9:30-11:30 AM. M8454X

Thu, Oct 30-Dec 25 9:30-11:30 AM. MBM54X

No class 11/27



Dungeons and Dragons: A Guided Journey into the Game

(adults)

Curious about tabletop role-playing games? This beginner-level program introduces adults to the world of Dungeons & Dragons — a collaborative fantasy game where players build unique characters and shape a shared story through role-playing, decision-making, and rolling dice. In week one, participants will learn the core rules, create characters, and set group goals for their adventure. The following weeks blend gameplay and learning, reinforcing mechanics while encouraging improvisation, collaboration, and creativity. Players will develop their characters' personalities, explore team dynamics, and engage in imaginative problem-solving. Each session builds on the last, culminating in a final chapter that ties together the story created over six weeks. Whether you're new to D&D or returning after a break, this program offers a fun, welcoming space to dive into fantasy storytelling.

Six Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Sun, Sep 21-Oct 26 1:00-3:00 PM. MC154X

Sun, Nov 9-Dec 21 1:00-3:00 PM. MC254X

No class 11/30

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 the American rules of the game. This program is for those with little to no experience.

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 2-Oct 14 10:30 AM-12:30 PM. . . MBE54X

Tue, Oct 28-Dec 9 10:30 AM-12:30 PM. . . MBF54X

Fort Monmouth Rec Ctr Atrium Room

Thu, Sep 4-Oct 23 12:30-2:30 PM. MBX54X

No class 10/2

Thu, Oct 30-Dec 18 12:30-2:30 PM. MBY54X

No class 11/27

HISTORY

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 a flashlight or use a cell phone to light the way.

One Session \$12.00 Per Person**Bayshore Waterfront Pk Seabrook Wilson House****Sun, Oct 26 6:00-7:00 PM. IKA54X****Sun, Oct 26 8:00-9:00 PM. IKB54X****Where Nature and History Converge:
Lenape Culture and European Settlement
in the Navesink Region ***(adults)*

Historic Portland Place, along the Navesink River, was one of the ancestral homes of the Hartshorne Family, early settlers of Monmouth County and the namesakes of Hartshorne Woods Park. Learn about the Lenape, the native people who fished, gathered, and hunted the land for thousands of years prior to European settlement. Walk the grounds with a Park System Naturalist as we discuss what the region was like 400 years ago and how it has changed over time. Then, enter the 18th-century house for a private tour with a Park System Historic Interpreter. Be prepared to walk on gravel paths and uneven lawn. The house tour includes a flight of stairs.

One Session \$17.50 Per Person**Hartshorne Wds Pk Historic Portland Place****Sat, Sep 20 4:00-6:00 PM. INT54X**

SAFETY

Boat America*(ages 13 and up)*

Prepare for a safe, 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 13 8:30 AM-5:00 PM Q0154A****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 you're your 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 22 6:30-10:00 PM U1354A****Jigsaw Puzzle Swap***(all ages, under 18 with adult)***Saturday, September 27, 10:00-11:30 AM****Thompson Park Theater 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 are welcome.

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 27 10:00 AM-12:30 PM. U0854A

Thompson Pk Vis Ctr Beech Room

Mon, Sep 15 7:00-9:30 PM. U0554A

Thu, Oct 16 7:00-9:30 PM. U0654A

Sat, Nov 1 10:00 AM-12:30 PM. U0954A

Mon, Nov 24 7:00-9:30 PM. U0754A

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 20 10:00 AM-12:30 PM. U1054A

Tue, Oct 7 7:00-9:30 PM. U1154A

Mon, Nov 10 7:00-9:30 PM. U1254A

SPEAKING

Get Paid to Talk: An Introduction to Voice Over

(adults)

From audiobooks to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind the scenes in the voice-over field for a fun and realistic look at how the voice-over field works. You'll gain an inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice-over under the direction of the instructor.

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Oct 13 6:30-9:00 PM. A8554X

Hablemos-Spanish Conversation Group

(adults)

Are you looking for ways to practice your Spanish? Our Spanish Conversation Group offers you the chance to meet others who are interested in practicing the language and provides a safe space where you can use what you've learned in a fun, casual environment. Topics include culture, literature, movies, food, hobbies, games and more. Since the focus is on conversation, participants should have at least a basic knowledge of Spanish to engage fully in the discussions.

Six Sessions \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Oct 16-Dec 18 6:30-7:30 PM. D3454X

Class meets 10/16, 10/30, 11/6, 11/20, 12/4 & 12/18

TECHNOLOGY

Tech Talk for Seniors

(ages 55 and up)

Technology continues to advance, and keeping up can be a challenge! Join Marty Siederer of AARP as he gently guides you through basic uses of your smartphone, smart TVs, and streaming, leaving cable behind, and using Google Maps, it's not just for directions!

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Getting to Know Your Phone

Tue, Sep 16 10:00-11:00 AM. D1154A

Streaming & Smart TV's

Thu, Oct 23 10:00-11:00 AM. D1254A

Google Maps

Tue, Nov 18 10:00-11:00 AM. D1354A

WRITING

Write Out Loud: Writing From the Heart for Women

(adults)

Do you find you sometimes write to know what you're thinking? Do you write for your legacy for your children or grandchildren? Do you write to inspire others with your journey? Do you write to have fun? If you thought "Yes!" to any of these questions – or have any other reason for writing, you've found your writing home. This workshop is similar to the Writing Your Memoir workshop offered in October, but without the memoir-specific information. It's about being a part of a heartfelt, enthusiastic, supportive group of women who love to write, not technique and critique. Bring a notebook and writing utensil or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Sep 9-30 6:30-9:00 PM A8254X

Tue, Nov 18-Dec 9 6:30-9:00 PM A8354X

Write Out Loud: Writing Your Memoir for Women

(adults)

Writing your stories (or a full memoir) is an act of self-love and healing that takes courage. Silence your inner critic, find your voice, and mine your memories through a series of thought-provoking and introspective writing exercises. Classes will start with gentle stretches and a brief meditation to let go of tension and ease us into the safe and supportive environment we collectively create. We will discuss memoir writing, including theme, purpose, audience, narrative, authenticity, dialogue, and more, and work on take-home assignments each week. This workshop is about encouragement, self-accountability, and heart. If you're already writing or have been looking for an inspiring and motivational environment for your writing practice, this workshop is an interactive and fun place to do it! Bring a notebook and writing utensil or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Oct 8-29 6:30-9:00 PM A8454X

HEALTH & WELLNESS

Chakra Bowls Meditation

(adults)

In each one of us, there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. Learn about seven of the wheelhouses (Chakras), their individual sounds, 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 \$52.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Sep 25-Oct 16 7:00-8:00 PM. Q0554X

Thu, Oct 30-Nov 20 7:00-8:00 PM Q0754X

Emotional Eating Workshop Series

(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 will talk about the physiological, mental, and spiritual causes of emotional eating. You will learn how to nourish, cleanse, move, and relax to reduce cravings and excessive hunger. We will practice breathwork, mindfulness, meditation, and releasing emotions to improve your relationship with food and feel better mentally and physically. Bring a pen, journal, and blanket or yoga mat.

Instructor: Lisa Vento, CFHC

Four Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Oct 20-Nov 24 6:00-7:15 PM A7854X

Fall Equinox - Meditation and Manifestation

(adults)

Autumnal Equinox is symbolic of change, growth, and gratitude. As we reflect on the season of abundance, we can express gratitude as we look forward to releasing old patterns and discovering opportunities for change and growth. We can renew our mindset, gain clarity about our desires, and manifest our heart's desires. Lisa Vento, your certified health coach, will lead you through intention setting, guided meditation, and vision boarding. She will also give you tools to live a more purposeful, driven, and happier life. Bring magazines, scissors, and a glue stick.

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Sep 22 6:00-8:30 PM A8154X

Functional Principles of Digestion and Detoxification

(adults)

"Health begins in the gut." – Hippocrates

Discover how and why your gut and liver hold the secret to overall well-being. Learn how to eat, cleanse, and destress to improve gut function, support innate detoxification, thereby improving your overall health. Eight steps to optimize your physical and mental wellness will be discussed. You CAN improve chronic health conditions, prevent disease, and age beautifully!

Presented by: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Sep 23 6:00-8:00 PM. A7754X

Mindful Home: Creating the Home You Love from the Inside Out

(adults)

Transform your space and mindset with the Mindful Home program, a hands-on, four-week course designed to help you declutter with intention. Each class blends mindfulness techniques with practical decluttering strategies, guiding you to create a home that aligns with your values. You'll develop a vision for your space, explore emotional and thought patterns tied to clutter, learn stress-regulation tools, and discover your unique organizing style. Led by an experienced psychotherapist, this supportive small group setting provides the tools and encouragement you need to make lasting change. Take the first step toward a home and a life you'll love!

Four Sessions \$100.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Sep 24-Oct 15 6:30-8:00 PM A0254X

Morning Meditation

(adults)

The mornings can set the tone of energy we have for the rest of the day. 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.

Four Sessions \$65.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sun, Nov 2-23 9:00-10:30 AM Q1454X

PROGRAMS FOR CAREGIVERS & INDIVIDUALS WITH MEMORY LOSS

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. For more information, please contact Anne Simon at 732-460-1167, ext. 4643. This is a free program; however, registration is required.

Four Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 23-Dec 23 10:30 AM-12:00 PM . . PD075A

Program meets 9/23, 10/28, 11/25 & 12/23

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 required.

Four Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 9-Dec 9 7:00-8:00 PM D1054A

Program meets 9/9, 10/14, 11/11 & 12/9

Senior Adventures for the 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.

Four Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Sep 30-Oct 21 10:00 AM-12:00 PM . . PD085A

T'ai Chi Chih® Joy Through Movement

(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.

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Begin or Review!

This class is both an initial exposure for the new student and a review for the returning student

Four Sessions \$98.00 Per Person

Manasquan River Greenway Outdoor Area

Tue, Sep 9-30 6:00-7:30 PM AAW54X

Manasquan River Greenway Winter Run

Tue, Oct 14-Nov 4 6:00-7:30 PM AAX54X

Dorbrook Rec Area Vis Ctr

Thu, Oct 9-30 12:30-2:00 PM AAY54X

Thu, Nov 13-Dec 11 12:30-2:00 PM AAZ54X

No class 11/27

Clayton Pk Act Ctr Classroom A

Wed, Oct 15-Nov 5 11:00 AM-12:30 PM. . . AB054X

Sat, Oct 11-Nov 8 1:30-3:00 PM. AB154X

No class 10/18

Beginner

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 5-Oct 10 11:30 AM-12:50 PM . . . AB254X

Mon, Oct 20-Nov 24 11:30 AM-12:50 PM. . AB354X

Dorbrook Rec Area Act Ctr

Sat, Oct 11-Dec 6 10:30 AM-12:00 PM. . . AB454X

No class 10/18, 11/15 & 11/29

Intermediate

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 5-Oct 10 10:00-11:20 AM AB554X

Seijaku – Advanced Level

For students who have completed both the Beginner and Intermediate levels.

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Oct 20-Nov 24 10:00-11:20 AM AB654X

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, 25+ year International Teacher Trainer

Three Sessions \$85.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Nov 14-Dec 5 10:30 AM-12:30 PM. AAV54X

No class 11/28

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. Come 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 a bottle of water.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 14 6:00-8:00 PM. A8054X

HORTICULTURE

A Beginner's Guide to Landscaping with Shrubs

(adults)

Shrubs add multiple benefits to your landscape. They increase soil stability, provide wildlife habitat, and create textured layers of interest and color in an outdoor space. Learn all about planning a garden using the incredible shrub!

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Sep 28 10:00 AM-12:00 PM H2254X

Bulbs in Fall, Flowers in Spring *(adults)*

Learn all about planting bulbs at home for a beautiful spring garden. Explore planting techniques, planning your layout, and management tips to give you the best chance at colorful spring blooms.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 1 10:00-11:00 AM. H1854X

Colorful Plants for Fall and Winter *(adults)*

Spring and summer don't get to have all the color-filled fun! In this class, learn about the plants that add pops of color in the cooler months in fall and winter.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 8 10:00 AM-12:00 PM H2454X

Enhance Your Landscape with Ornamental Grasses *(adults)*

Learn about the seemingly endless benefits of ornamental grasses when added to your home landscape. Watch your garden come to life using these beautiful and versatile examples of ornamental grasses.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Nov 22 10:00 AM-12:00 PM H2554X

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 \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 27 10:00 AM-12:00 PM. H0354X

Sat, Sep 27 2:00-4:00 PM H0454X

Sat, Oct 18 10:00 AM-12:00 PM. H1154X

Sat, Oct 18 2:00-4:00 PM H1254X

Sat, Nov 15 10:00 AM-12:00 PM H1954X

Sat, Nov 15 2:00-4:00 PM. H2054X

**Fall Foliage Walk** *(adults)*

Enjoy the changing colors on this walk around Deep Cut's trails. Feel the cool breeze of autumn winds while learning how our trees change for the season. Make sure you are prepared for uneven terrain and bring a water bottle.

One Session \$10.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Oct 30 10:00-11:00 AM. H1554X

Thu, Nov 6 10:00-11:00 AM H1654X

Flower Power Walk *(adults)*

Enjoy the lingering warmth of the summer sun and take in the warm-weather-loving annuals in the garden. Dress for the weather, prepare for uneven terrain, and make sure to bring a water bottle.

One Session \$10.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Sep 18 9:30-10:30 AM H0754X

Thu, Sep 25 9:30-10:30 AM H0854X

Gardening Book Club*(adults)*

Join us in reading and discussing works of fiction or non-fiction having to do with gardening, plants, nature, or the land. Green thumb not required.

Fall Selection: "Bringing Nature Home"

Doug Tallamy outlines his vision for a grassroots approach to conservation.

Eight Sessions \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Sep 24-Nov 19 1:30-3:00 PM H0154A

No class 10/29

Grow Your Own Mushrooms

(adults)

In this mushroom growing workshop, we will introduce you to the art of growing and cultivating mushrooms in your very own home. You will learn all about the world of fungi and have the chance to assemble and take home your very own oyster mushroom growing kit.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Oct 12 10:30 AM-12:00 PM H1354X

Sunflower Centerpiece

(adults)

Learn how to create festive centerpieces featuring show-stopping sunflowers. If you love these big, bold, blooms then you know they brighten up any space. Arrange sunflowers alongside other greenery and some smaller blooms to complete the arrangement.

One Session \$45.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 13 11:00 AM-12:00 PM. H0254X

There's More to a Colorful Fall Garden Than Just Mums

(adults)

Mums are a popular choice for fall landscapes because they bloom in cooler weather. However, they aren't the only colorful addition to a fall garden. Discover fresh new ideas to brighten up your outdoor space this fall!

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 25 10:00 AM-12:00 PM. H2354X

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. Explore dyeing techniques and plants that create pigment while you plan to create your own little slice of home-dyed heaven.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Oct 4 10:30 AM-12:00 PM. H0954X

Transform Your Hell Strip into a Heavenly Delight with Curb Appeal

(adults)

A hell strip is that often neglected piece of land between the road and the sidewalk. If you have one on your property, you know it is usually not the prettiest part of your yard. In this course, you will learn what plants thrive in less-than-ideal conditions to transform your hell strip into a beautiful part of your home landscape.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Sep 6 10:00 AM-12:00 PM H2154X

NATURE

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 a trip to the brewery is contingent on the facility being open for business.

One Session \$16.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Sep 6 2:00-3:30 PM (approx). ING54X



Autumn Birding Expeditions *(ages 14 and up, under 18 with adult)*

Join our search for interesting and unusual New Jersey birds: southbound hawks, elusive warblers, and rare shorebirds, among others. Autumn destinations can range from Cape May to Sussex County. Participants should bring binoculars and lunch. A limited number of binoculars will be available to borrow if needed. Transportation will be via mini-bus or mini-van. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

One Session \$58.00 Per Person**Thompson Pk Estate Grounds Parking Lot****Wed, Sep 17 8:00 AM-4:30 PM I0654X****Wed, Oct 15 8:00 AM-4:30 PM. I0754X****Wed, Nov 12 8:00 AM-4:30 PM I0854X****Deep Time Nature Walk** *(adults)*

Experience Freneau Woods Park like never before as a Park System Naturalist shares the history of the land. This walk explores young forests, fallow fields, streams, wetlands, geology, and folklore about the local environment, as well as possible future changes to occur under climate change. Discover a county park in a new way! Comfortable shoes that can get muddy are suggested. The program will be canceled due to inclement weather.

One Session \$8.00 Per Person**Freneau Wds Pk Vis Ctr Parking Area****Sat, Nov 15 11:00 AM-12:00 PM (approx) . IN454X****Fall Equinox Walk***(all ages)*

Celebrate the changing of seasons with us! Enjoy the new colors of the forest and the crisp autumn air on a guided walk (1 ½-2 miles) with one of our Park System Naturalists.

One Session \$10.00 Per Person**Tatum Pk Holland Act Ctr Holland Parking Area****Mon, Sep 22 10:00-11:00 AM (approx) . . . INB54X****Drop-In Autumn Nature Walks****The Casual Birder** *(ages 10 and up, under 18 with adult)*

Let a Park System Naturalist be your guide during 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 16****Turkey Swamp Pk Shelter Building Parking Lot****Tuesday, October 14****Tatum Pk Holland Act Ctr Parking Lot****Tuesday, November 11****Manasquan Res Env Ctr Parking Lot****Awesome Autumn Amble** *(all ages, under 18 with adult)*

Autumn is the time of year when our parks become a kaleidoscope of color! Explore our trails with a Park System Naturalist as we discuss all manner of plant and animal phenomena.

Please Note: Sturdy footwear is recommended; trails used may have inclines or tree roots to step over.

Meet on the following mornings from 10-11:30 AM:**Wednesday, October 15****Huber Woods Env Ctr Parking Lot****Wednesday, October 29****Big Brook Pk Lower Pond Lot****Wednesday, November 12****Clayton Pk Emley's Hill Lot****Wednesday, November 19****Freneau Wds Pk Vis Ctr Parking Area**

Forest Bathing After Work

(adults)

De-stress after work and get back to nature with a forest bathing self-exploration! Join us as we 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

Wed, Sep 10 6:00-7:00 PM IMM54X

Wed, Sep 17 6:00-7:00 PM IMP54X

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 \$16.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sat, Sep 6 10:00-11:30 AM I1154X

Manasquan River Greenway Outdoor Area

Mon, Sep 15 10:00-11:30 AM I1254X

Huber Wds Pk Env Ctr Parking Lot

Sat, Oct 4 10:00-11:30 AM I1354X

Big Brook Pk Lower Pond Lot

Mon, Oct 27 10:00-11:30 AM I1454X

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.

The Lenape People of Monmouth County

Wednesday, September 24, 7:00-8:00 PM

Freneau Wds Pk Vis Ctr

Discover the original inhabitants of what is now Monmouth County, New Jersey. They were a native group who lived on the land, hunting, fishing, and farming. Find out more about these amazing people and how they lived right before Henry Hudson encountered them in 1609.

The Real Story of the Jersey Devil

Wednesday, October 29, 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 has been said to prowl through the marshes and swamps to emerge periodically to rampage through small towns and cities. It will be an interesting time discovering the many possible origins and stories of the Jersey Devil legend, some are actually real!

Hammerhead Sharks of the Jersey Shore

Wednesday, November 12, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Hammerhead sharks have been sighted off the coast of New Jersey for decades. But what do we really know about this unique and threatened species of fish? There is more to this shark than just a hammer-shaped head. Join us for an interesting talk about the life of a hammerhead shark and the many threats it encounters in the Atlantic Ocean.

Half Day Hike and Paddle

(adults)

This fun, challenging, and educational half-day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a 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 \$58.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Fri, Sep 5 10:00 AM-2:00 PM. INF54X

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

Tue, Sep 2 11:00 AM-12:30 PM I1954X

Sun, Nov 9 11:00 AM-12:30 PM I2054X

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 have reached their largest size of the year. We'll try catching these feisty crabs with pole nets and drop-lining for some delicious, beautiful swimmers in the calm backwaters 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. Polarized sunglasses, sunscreen, water, and a hat are recommended. The weight limit for kayaks is 250 lbs. for a single. Not recommended for those with recent back, hip, or wrist injuries. This program has a limited number of spaces, so register early!

One Session \$55.00 Per Person

Swimming River Park Boat Ramp

Tue, Sep 9 10:00 AM-1:00 PM (approx) . . . IKC54X

Wed, Sep 10 10:00 AM-1:00 PM (approx). . . IKD54X

Tue, Oct 7 9:00 AM-12:00 PM (approx) . . . IKE54X

Wed, Oct 8 9:00 AM-12:00 PM (approx). . . IKG54X

Kayak Fishing for Fluke & Striped Bass

(adults)

Fluke and striped bass are two of the most sought-after game fish on the New Jersey coast. Join one of the Park System's seasoned saltwater fishermen as we launch kayaks along Sandy Hook Bay 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 to fish 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 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. This program has a limited number of spaces, so register early and get ready to fish for fluke and bass.

One Session \$55.00 Per Person

Monmouth Cove Marina Beach Parking Area

Tue, Sep 23 9:00 AM-12:00 PM IKQ54X

Wed, Sep 24 9:00 AM-12:00 PM. IKT54X

Late Bloomers: Fall Wildflower Walk

(adults)

Last but certainly not least, fall blooming flowers add a burst of color to the landscape before the chill of winter arrives. Enjoy the crisp autumn air as we explore the forest and meadows in search of these belated bloomers.

One Session \$13.00 Per Person

Huber Wds Pk Env Ctr Parking Lot

Mon, Oct 20 10:00-11:00 AM I1554X

Sat, Nov 1 10:00-11:00 AM. I1654X



Mindful Birdwatching

(adults)

Join a Park System Naturalist as we quietly and gently scan the local landscape for birds to deeply engage in and enjoy the sights and sounds of birds and the nature around us. Our goal is not rushing around to check off lists or to identify every bird we see, but to search for a deep connection with nature through our love and curiosity about birds. It's okay if you don't have binoculars, just bring your eyes and your desire to invite more beauty, fun, and wisdom into your life. Please wear comfortable shoes that can get dirty.

One Session \$8.00 Per Person

Seven Presidents Pk Act Ctr

Sun, Oct 12 9:00-10:00 AM (approx). IMT54X

Freneau Wds Pk Vis Ctr Parking Area

Sun, Nov 16 9:00-10:00 AM (approx) IMW54X

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 \$12.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, Sep 4 5:00-6:30 PM INP54X

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 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

Thu, Oct 16 8:00 AM-3:30 PM INQ54X

Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities that 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 the trip to the winery is contingent on the facility being open for business.

One Session \$16.00 Per Person

Clayton Park & Cream Ridge Winery

Clayton Pk Emley's Hill Lot

Sun, Sep 7 1:00-2:30 PM (approx) INH54X

Holmdel Park & Fox Hollow Vineyard

Holmdel Pk Hilltop Area

Sun, Oct 19 1:00-2:30 PM (approx). INJ54X

OUTDOOR ADVENTURES

ARCHERY

Take A Shot: Archery Series

(adults)

Whether you are a beginner or just need a refresher, our experienced 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 \$88.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 1-22 7:00-9:00 PM W6054X

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 \$28.00 Per Person

Thompson Pk Activity Barn

Tue, Sep 9 7:00-9:00 PM W6554X

Thu, Oct 9 7:00-9:00 PM W6654X

Sat, Nov 8 2:00-4:00 PM W6854X

Wed, Nov 12 7:00-9:00 PM W6754X

BICYCLING

Canal Path Bike Rides

(adults)

Join us for two scenic bike rides along beautiful canal paths. Each ride offers a unique experience. Perfect for hybrid and mountain bikes, these rides are suitable for all skill levels and will help you enjoy the natural beauty of our waterways. All participants must provide their own bike in good working condition and wear a safety helmet that meets U.S. CPSC Safety Standards (label inside helmet). Cyclists are expected to carry a spare inner tube that fits their bike.

Rating: Easy, mostly flat, with some narrow single-track trail. Miles: 14 -20

One Session \$92.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Delaware Raritan Canal

Approximately 20 miles

Sun, Sep 7 7:30 AM-5:00 PM (approx). . . W2754X

Lehigh Canal, PA

Approximately 20 miles

Fri, Oct 17 7:30 AM-5:00 PM (approx). . . W2854X

Cape May Rail & Ride Adventure

(adults)

Join us for an unforgettable experience with Revolution Rail Co.! Enjoy a scenic four-mile bike ride along historic railways through Cape May's beautiful Garrett Family Preserve. After the ride, take some time to explore the charming Washington Street Mall on your own. It's a perfect day of nature, relaxation, and local shopping. Transportation is via Park System mini bus. Don't miss out – take a ride with us!

One Session \$120.00 Per Person \$110.00 Additional Person

Thompson Pk Estate Grounds Parking Lot

Thu, Sep 18 7:00 AM-5:00 PM (approx). . . W1954X

Twilight Biking

(adults)

Enjoy autumn evenings by biking four different trails in four different locations. The trail surfaces will vary from dirt, cinder, and paved. Be sure to have a light on you and/or your bicycle. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standards for Bicycle Helmets (CPSC label inside helmet) and a bicycle in good working order.

Four Sessions \$64.00 Per Person

9/4 - Thompson Pk 3 Barns Lot

9/11 - Manasquan Res Env Ctr Lot

9/18 - Big Brook Pk Lot

9/25 - Sandy Hook Natl Rec Area, Lot D

Thu, Sep 4-25 5:30-7:30 PM W0754X

HIKING

Appalachian Trail Favorites

(adults)

The Appalachian Trail passes through 14 states, 72 miles of which are in New Jersey. We'll be experiencing a few Jersey favorites this fall: Sunfish Pond, Blue Mtn Lakes, High Point Monument, and Stairway to Heaven. Each hike includes a portion of the AT as well as other side trails. Be sure to come prepared for a full day of hiking, carrying your day pack with lunch, snacks, water, and rain gear. Your pack should be large enough to carry extra clothing and enough room to put something in as you warm up.

Please Note: Sturdy hiking shoes/boots are required, and trekking poles are highly recommended.

Rating: Moderate, trail will be rocky, steep, ascents and descents, boardwalks, and views. Miles: 6+/-

One Session \$76.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sunfish Pond

Moderate/strenuous; 5 miles

Sun, Sep 21 7:00 AM-4:30 PM (approx). . . W1454X

Blue Mtn Lakes

Easy/moderate; 6 miles

Sun, Oct 26 7:00 AM-4:30 PM (approx). . . W1554X

Stairway to Heaven

Moderate/strenuous; 6 miles

Sun, Nov 16 7:00 AM-4:30 PM (approx). . . W1654X

High Point Monument

Moderate/easy; 6 miles

Sun, Dec 14 7:00 AM-4:30 PM (approx). . . W0261X

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 attend 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 are welcome.

Rating: Moderate: trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views.

Miles: 4-8

Please register early; the program must meet the minimum registrants by September 5.

\$395.00 Per Person

Orientation:

Thompson Pk Activity Barn

Wed, Sep 24 6:30-8:30 PM

Program:

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Oct 3-5 7:00 PM-4:00 PM W0154X

Budd Lake Fire Tower and Waterloo Village

(adults)

There are four fire towers in New Jersey, and this hike will take us to Budd Lake Tower along with a visit to Waterloo Village. Join us as we discover the history of some unique Jersey treasures along with some deserved trail time. Be sure to dress for the weather, leaving room in your pack for clothes as you warm up.

Please Note: Hiking shoes are required, and trekking poles are recommended.

Rating: Moderate, rocky, sandy, bridges, ascents, descents, creek crossings. Miles: 5+

One Session \$62.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 20 7:30 AM-4:00 PM (approx) . . W1754X

Candlewood Hill Hike

(adults)

Enjoy views of the hills and ridgelines of Fahnestock State Park and most of the East Hudson Highlands from the summit of Candlewood Hill and Oscawana Ridge.

Please Note: Hiking shoes are required.

Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5

One Session \$88.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 1 6:30 AM-4:00 PM (approx) . . . W7154X

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.

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/shoes are required.

Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Oct 7 6:30 AM-3:00 PM (approx) . . . W6954X

Good Morning Hikes

(adults)

It is a proven fact that spending time in the outdoors is good for your health. Get out early for no-stress hikes as we lead you along the trails in different county parks. We ask that you have sturdy hiking shoes, suggest trekking poles, and carry a day pack with water.

Rating: Moderate, trails are dirt, paved, rooty, some hills, sandy, boardwalks. Miles: 3-4

Five Sessions \$68.00 Per Person

9/13 - Thompson Pk 3 Barns Lot

9/20 - Holmdel Pk Ramanessin Lot

9/27 - Tatum Pk Red Hill Act Ctr Lot

10/4 - Huber Wds Env Ctr Lot

10/11 - Hartshorne Wds Rocky Point Lot

Sat, Sep 13-Oct 11 7:30-9:30 AM W2054X

10/18 - Thompson Pk Estate Lot

10/25 - Shark River Pk Schoolhouse Rd Lot

11/1 - Turkey Swamp Park Campground Office

11/8 - Clayton Pk Emleys Rd Lot

11/15 - Manasquan Res Winter Run Lot

Sat, Oct 18-Nov 15 7:30-9:30 AM W2154X

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 a great place for a quick escape. After our hike, we will stop for some freshly 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 \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Oct 30 9:00 AM-2:30 PM W6154X

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

9/10 - Thompson Pk Estate Lot

9/17 - Clayton Pk Parking Lot

9/24- Shark River Pk Shelter Bldg

10/1 - Huber Wds Env Ctr Lot

10/8 - Holmdel Pk Lake

10/15 - Turkey Swamp Pk Shelter Bldg

10/22 - Tatum Pk Red Hill Act Ctr Lot

10/29 - Cheesequake State Pk Main Lot

11/5 - Freneau Woods Pk Vis Ctr Lot

11/12- Hartshorne Wds Rocky Point Lot

Wed, Sep 10-Nov 12 9:30-11:30 AM W0554X

Wed, Sep 10-Nov 12 12:30-2:30 PM W0654X

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-led 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, a small day pack with water, a 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 3 Barns Parking Lot

Tue, Sep 16 10:00 AM-12:00 PM W1154X

Shark River Pk Shelter Bldg

Fri, Oct 17 4:00-6:00 PM W1254X

Hartshorne Wds Pk Rocky Point Parking Lot

Tue, Nov 4 9:00-11:00 AM W1354X

Macedonia State Park Hike

(adults)

We're heading to Connecticut to hike the Macedonia Ridge Trail with outstanding views of the Catskill and Taconic Mountains and the Hudson River Valley.

Please Note: Hiking boots are required. Microspikes/yak traxs are suggested as trails could be icy.

Rating: *Strenuous, quick pace, steep ascents/descents/rock scramble, rocky terrain. Miles: 6.8*

One Session \$80.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 18 6:30 AM-5:00 PM (approx) . . W1054X

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 a day pack suggested).

Rating: *Moderate pace, dirt trails, paved paths, some hills. Miles: 3-5*

Five Sessions \$72.00 Per Person

9/8 - Thompson Pk 3 Barns Lot

9/15 - Holmdel Pk Ramanessin Lot

9/22 - Tatum Pk Holland Act Ctr Lot

9/29 - Huber Wds Env Ctr Lot

10/6 - Hartshorne Wds Rocky Point Lot

Mon, Sep 8-Oct 6 5:45-7:30 PM. W2654X

Mount Minsi Hike

(adults)

Hike to the summit of Mount Minsi on the Appalachian Trail with spectacular views of the Delaware Water Gap.

Please Note: Hiking boots are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5*

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 29 7:00 AM-3:30 PM (approx) . . W7354X

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

10/14 - Thompson Pk 3 Barns Lot

10/21 - Huber Woods Pk Env Ctr Lot

10/28 - Hartshorne Wds Rocky Point Lot

Tue, Oct 14-28 5:45-7:45 PM. W5354X

Ramapo Valley County Reservation Hike

(adults)

Hike in one of New Jersey's most beloved forest preserves, climbing to two panoramic viewpoints and along a cascading stream.

Please Note: Hiking shoes are required.

Rating: *moderate to strenuous, moderate pace, steep ascents/descents, rocky terrain. Miles: 5*

One Session \$69.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Oct 28 6:30 AM-2:30 PM (approx) . . W7054X

Sterling Forest Fire Tower Hike

(adults)

Plenty of things to enjoy on this loop hike combining a climb and traverse of Sterling Ridge, the 1922 Sterling Forest Fire Tower offering us incredible views, and passing the ruins of the Sterling Furnace built in 1770.

Please Note: Hiking shoes are required.

Rating: *Moderately strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 7*

One Session \$71.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 15 6:30 AM-4:00 PM (approx) . . W7254X

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-moderate 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 snow (snowshoes will be provided); however, you must supply your own Yaktrax for icy trails.

Rating: *Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5*

Five Sessions \$68.00 Per Person

10/2 - Thompson Pk Old Orchard Lot

10/9 - Holmdel Pk Ramanessin Lot

10/16 - Clayton Pk Emley's Hill Rd Lot

10/23 - Huber Wds Env Ctr Lot

10/30 - Hartshorne Wds Rocky Point Lot

Thu, Oct 2-30 8:30-10:30 AM W2554X

Six Sessions \$81.00 Per Person

11/6 - Thompson Pk 3 Barns Lot

11/13 - Shark River Pk Schoolhouse Rd Lot

11/20 - Holmdel Pk Lake Lot

12/4 - Clayton Pk Emley's Hill Rd Lot

12/11 - Tatum Pk Holland Act Ctr Lot

12/18 - Hartshorne Pk Rocky Point Lot

Thu, Nov 6-Dec 18 9:00-11:00 AM W5754X

No hike 11/27

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.

Rating: *Strenuous/challenging (experienced hikers only) 1800' elevation gain, quick pace, steep ascents and descents, rocky terrain. Miles: 7*

One Session \$82.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 27 6:30 AM-6:00 PM (approx) . . W2254X

ON THE WATER

Ladies Ocean Kayak

(adults)

Hit the surf as we enjoy the Jersey beach at Seven Presidents Oceanfront Park on sit-on-top kayaks. Water safety and paddling techniques will be discussed. All equipment will be provided. Solo and tandem kayaks are available.

One Session \$35.00 Per Person \$28.00 Additional Person

Seven Presidents Pk

Mon, Sep 8 10:00 AM-12:30 PM W5454X

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, and 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/closed-heel footwear, water, and sunscreen.

Rating: *Easy, flat water*

Four Sessions \$85.00 Per Person

9/2 - Marlu Lake, Thompson Park, Lincroft

9/9 - Stevenson Park, Middletown

9/16 - Deal Lake, Asbury Park

9/23 - Prospertown, Jackson

Tue, Sep 2-23 10:00 AM-12:00 PM W4954X

Stand Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke, how to capsize, and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. Whether you're looking to try something new or enhance your skills, this program is perfect for those looking to explore the calm waters while building balance, strength, and coordination. We will provide the stand-up paddle board, personal flotation device, paddle, and instructions.

One Session \$36.00 Per Person

Manasquan Res West Dock

Thu, Sep 25 10:00 AM-12:00 PM W5054X



Sunrise on the Water

(adults)

As day starts to break and the colors come to light, we will explore the Navesink River by kayak before the rest of the world is awake. Take this opportunity to experience the marsh in its most peaceful state and start your day on a positive note. All equipment is provided.

One Session \$28.00 Per Person

Swimming River Park Parking Lot

Sun, Sep 21 6:30-8:30 AM W5554X

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Beginner Acting: A Journey

(adults)

We will begin the journey of acting by learning techniques for theater, television, and film. These include 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, Your Breath, Your Body, and of the Stage. Each class begins 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. Please wear closed-toe shoes and bring a water bottle.

Six Sessions \$110.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 29-Nov 10 6:30-8:00 PM Q1854X

No class 10/13

Intermediate Acting at the Navesink Library Theatre

(adults)

We will focus on character development through the five senses and three levels of space in the imaginary setting of our short play/one acts to be performed at the Navesink Library Theatre for family and friends on the last day of class. Participants will also work on memorization and getting "off book."

Six Sessions \$135.00 Per Person

Navesink Library Theater

Mon, Sep 29-Nov 10 10:30 AM-12:00 PM. .Q3054X

No class 10/13

Open Mic Poetry

(adults)

Whether 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. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Song Lyrics

Thompson Pk Theater Barn

Sun, Sep 21 3:00-4:30 PM PE105A

Mystery & Mystical

Thompson Pk Theater Barn

Wed, Oct 8 7:00-8:30 PM PE115A

Resilience & The Holocaust

Poems inspired by or written about this historic event.

Thompson Pk Vis Ctr Beech Room

Sun, Nov 2 3:00-4:30 PM PE135A

Scene Showcase at Navesink Library Theater

(adults)

We will work on two scenes to be presented to a community audience at Navesink Library Theater. Actors will be expected to be off book and to create their own costumes for the final performance, which will be held Wednesday, November 19, at 7:00 PM.

Eight Sessions \$180.00 Per Person

Navesink Library Theater

Wed, Oct 1-Nov 19 6:00-8:00 PM Q3154X

Autumn Performances at the Thompson Park Theater Barn

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 Broadway songs through the decades from the 1930s through today. Support local talent during an afternoon or evening performance in a unique theatre environment. Light refreshments will be served during a 15-minute intermission.

Register in advance to secure your seats. Tickets will also be available at the door while seating remains available.

Cost:

Adults - \$15.00, Seniors - \$10.00,

Children 12 and under - \$5.00

Sat, Sep 13 2:00-3:45 PM AAP54X

Sat, Sep 13 7:00-8:45 PM AAQ54X

Concert in the Park:

A Night of Jazz and Blues

(all ages, under 18 with adult)

Friday, September 19, 7:00-8:30 PM

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 Bethany Taylor, Junior Mack and James Dalton of AP & Me Productions.

Everyone Has a Story

(all ages, under 18 with adult)

Saturday, September 27, 6:00-8:00 PM

Gather 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 stories through a variety of topical prompts. Audience members will be encouraged to share their stories that relate to the given prompts as time allows. Light refreshments will be served.

DANCING

5 O'Clock Latin Line Dancing

(adults)

Ready to make a splash on the dance floor? If you ever wished to learn the foundational basics of Latin dancing, our six-week beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience among participants. No need to worry if you've never danced before - this workshop is designed for beginners and we encourage everyone to join in on the fun. Get ready to groove on the dance floor with confidence! Participants are encouraged to dress comfortably and in closed-toe/closed-heel shoes that they can easily move in. Children aged 12 and over are welcome with a participating adult.

Instructed by: Sing and Sway

Six Sessions \$133.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 22-Nov 3 2:00-2:50 PM. ABR54X

No class 10/20

Wed, Sep 24-Nov 5 5:00-5:50 PM. AA954X

No class 10/22

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. Your instructor, Marcy, will cover 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 \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 11:00-11:45 AM A7454X

No class 9/23

Wed, Sep 10-Nov 19 1:00-1:45 PM A7554X

No class 9/24

Become part of the excitement and fun by joining the cast of creatures of our annual Creatures of the Night wagon rides!

Check out Creatures of the Night Ensemble on page 37 for more details.



Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Maybe you tapped as a child and really loved it? Calling all beginner or better tap dancers for a fun, adult-only class with Miss Marcy. Learn a complete routine in this 10-week class. Wear comfortable clothes and tap shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 2:00-2:45 PM A6954X

No class 9/23

Tue, Sep 9-Nov 18 5:30-6:15 PM A7054X

No class 9/23

Wed, Sep 10-Nov 19 2:00-2:45 PM A7154X

No class 9/24

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? This class is for the student who enjoys tap dancing and already knows the basics. Your teacher, Marcy, will explore rhythms with new combinations and really get your feet moving! Wear comfortable clothing and the tap shoes of your choice.

Pre-requisite: 3- 4 sessions of Adult Tap Beginner Level 1 or similar experience.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 9-Nov 18 3:00-3:45 PM A7254X

No class 9/23

Tue, Sep 9-Nov 18 6:15-7:00 PM A7354X

No class 9/23

Beginner Social Dancing for Couples: Beginner Ballroom & Latin Dance

(adults)

Attending a wedding this year? Planning a first dance for your own wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes" to any of the above, this six-week beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance during class. Each week we will review and progress forward in our ballroom and Latin dance styles. We look forward to teaching you to move and groove on the dance floor of your next wedding or event together with confidence! Dancers must register and participate with a partner, and we welcome any two individuals who are able to participate in classes together. Participants are encouraged to dress comfortably and in closed-toe/ closed-heel shoes that you can easily move in.

Instructed by: Sing and Sway

Six Sessions \$255.00 Per Couple

Tatum Pk Red Hill Act Ctr

Mon, Sep 22-Nov 3 3:10-4:00 PM. ABS54X

No class 10/20

Wed, Sep 24-Nov 5 6:05-6:55 PM. AAA54X

No class 10/22

Beyond the Sway: Beginner Wedding Line Dancing

(adults)

Are you familiar with line dances like the Wobble and the Cupid Slide from previous parties and weddings, but haven't felt confident to join in on the dance floor? This six-week inclusive line dancing series is crafted for you! We'll explore a small mixture of classic, contemporary, and seasonal line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed-toe/closed-heel shoes that they can easily move in. Children aged 12 and over are welcome with a participating adult.

Instructed by: Sing and Sway

Six Sessions \$133.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 24-Nov 5 7:10-8:00 PM. AAB54X

No class 10/22

Broadway Jazz - Beginner Level 1 *(adults)*

Hamilton! Chicago! Hairspray! This class is perfect for students who love musical theatre and will feature choreography set to songs from your favorite musicals. Ms. Marcy will teach jazz warm-ups and build a vocabulary of steps and combinations. Wear comfortable clothes and jazz shoes of your choice.

Ten Sessions \$125.00 Per Person**Tatum Pk Red Hill Act Ctr****Wed, Sep 10-Nov 19 11:00-11:45 AM A7654X***No class 9/24***Wedding Dance Workshop***(adults)*

Get ready to dance 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 intended for engaged couples, we invite all couples to this introductory experience in partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$88.00 Per Couple**Tatum Pk Red Hill Act Ctr****Wed, Sep 17 6:00-8:00 PM A6054X****Wed, Dec 3 6:00-8:00 PM A0461X****MUSIC****Beginner Voice for Adults** *(adults)*

Calling all shower-singers! Do you love music? Do you have fun singing in the shower or while driving? Are you ready to take the next step to make your music more public? This program can help you develop your singing skills and be more confident in both your singing and public speaking. In just five weeks, you will learn about the anatomy of the vocal mechanism, vocal pitch and range, how to present the voice with dramatic speech, and how to sing simple folk and pop songs within the group and as a soloist. This course will include gentle yoga movements and breathing exercises designed to strengthen and support the voice. Please bring a yoga mat and a water bottle.

Five Sessions \$200.00 Per Person**Freneau Wds Pk Vis Ctr Program Room 1****Tue, Sep 30-Oct 28 6:30-8:00 PM Q1154A****Music and Piano***(adults)*

Unlock the timeless joy of music with our Music & Piano Class, 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. Our 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!

Eight Sessions \$144.00 Per Person**Fort Monmouth Rec Ctr Program Room A****Part 1- Beginners****Tue, Oct 7-Nov 25 5:00-6:00 PM MC554X****Part 2**

For students who have previously taken Music and Piano Part 1.

Tue, Oct 7-Nov 25 6:15-7:15 PM MC654X**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 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 29-Nov 24 7:00-7:55 PM MBQ54X***No class 10/13*

SPORTS & 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**Four Sessions \$60.00 Per Person****Thu, Sep 4-25 5:30-6:30 PM XD954X****Five Sessions \$75.00 Per Person****Tue, Sep 2-30 5:30-6:30 PM XD754X****Tue, Oct 14-Nov 18 5:30-6:30 PM. XD854X***No class 11/4***Six Sessions \$90.00 Per Person****Thu, Oct 9-Nov 20 5:30-6:30 PM XDA54X***No class 11/6***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 18-Nov 20 11:00 AM-12:00 PM . . X0754X****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.

Twelve Sessions \$180.00 Per Person**Dorbrook Rec Area Act Ctr****Fri, Sep 19-Dec 12 5:30-6:25 PM XCD54X***No class 10/31 & 11/28***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.

Seven Sessions \$105.00 Per Person**Dorbrook Rec Area Act Ctr****Thu, Sep 11-Oct 23 5:00-5:55 PM. XC754X**

“

Eryka is an amazing teacher. The class is challenging and fun, and she has so much patience!

”

Belly Dance for Fun and Fitness (Belly Dance 2)

(adults)

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! Some belly dance experience is required 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 dance shoes. Please bring your own veil and zills to each class.

Eight Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 8-Nov 3 5:00-5:55 PM XBS54X

No class 10/13

Beyond Basic Belly Dance (Belly Dance 3)

(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. Please bring your own veil and zills to each class.

Instructor: Eryka Andrex

Thirteen Sessions \$234.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 16-Dec 16 7:25-8:55 PM. XBY54X

No class 11/11

Dance Tone Stretch

(adults)

A fun mix of cardio dance, light toning, and stretching. Each class opens with a fun and easy five-song cardio dance fitness routine, using pop, Latin, and World music. Then we will use light weights, bands, and body weight exercises to do a toning routine. Each class will end with an overall body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners welcome!

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 8-Nov 17 6:00-6:55 PM. XBU54X

No class 10/13

Foundation Training

(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 teach your body to move the way it was originally designed to. 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! Participants need to feel comfortable transitioning from the floor (or beach) to standing. All you need is an exercise mat (indoors) or a beach towel (outdoors).

Instructor: Janice Volk

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Oct 14-Nov 18 9:00-9:45 AM XD454X

Foundation Training – On the Beach

(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 teach your body to move the way it was originally designed to. 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. Enjoy the added shoreline benefits, with the sea air, the sound of the waves, and your feet grounded in the soft sand. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the sandy ground to standing. Please bring a beach towel.

Instructor: Gina Girard

Four Sessions \$64.00 Per Person

Seven Presidents Pk

Fri, Sep 19-Oct 10 8:00-8:45 AM XD654X

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 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 winter/spring six-week series, 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, Oct 4 2:00-3:30 PM XD554A

Intro to Belly Dancing (Belly Dance 1)

(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. Various 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 dance shoes.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Seven Sessions \$105.00 Per Person

Wed, Sep 3-Oct 22 5:00-5:55 PM XC354X

No class 9/24

Twelve Sessions \$180.00 Per Person

Thu, Sep 11-Dec 11 7:15-8:10 PM XCA54X

No class 10/30 & 11/27

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

Twelve Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Mon, Sep 10-Oct 27 8:00-9:00 AM. . M8054X

No class 9/22 & 9/24

Mon, Wed, Nov 3-Dec 10 8:00-9:00 AM . . M8154X

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 on to 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

Seven Sessions \$105.00 Per Person

Sat, Sep 6-Oct 25 8:00-9:00 AM. XDB54X

No class 10/4

Five Sessions \$75.00 Per Person

Sat, Nov 15-Dec 13 8:00-9:00 AM XDC54X



Fitness classes not only improve cardiovascular health, flexibility, and strength, they also offer a motivating environment that's fun and social.

**DID YOU
KNOW?**

PICKLEBALL

Adult Beginners Pickleball

(ages 16 and up)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest-growing sports for people of all levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Paddles and balls provided.

Four Sessions \$68.00 Per Person

Dorbrook Rec Area

Tue, Sep 2-23 4:00-5:00 PM XEP54X

Fri, Sep 5-26 9:30-10:30 AM XER54X

Mon, Sep 8-29 12:00-1:00 PM XEM54X

Fri, Oct 10-31 9:30-10:30 AM XEV54X

Mon, Oct 13-Nov 3 12:00-1:00 PM XET54X

Adult Improvers Pickleball

(ages 16 and up)

Looking to improve upon the basics of pickleball? While revisiting rules and skills, apply the basics through more in-depth drills and gameplay that touch upon not just the technical aspects, but now the tactical aspects of the sport.

Four Sessions \$100.00 Per Person

Dorbrook Rec Area

Tue, Sep 2-23 5:05-6:35 PM XEQ54X

Fri, Sep 5-26 10:35 AM-12:05 PM XES54X

Mon, Sep 8-29 1:05-2:35 PM XEN54X

Fri, Oct 10-31 10:35 AM-12:05 PM XEW54X

Mon, Oct 13-Nov 3 1:05-2:35 PM XEU54X



Pickleball Conditioning

(adults)

One in four pickleball players sustain preventable injuries that can keep them off the court for weeks. This dynamic new class focuses on essential stretches and targeted exercises that prepare players for the unique demands of pickleball, helping to prevent injuries and improve overall conditioning. Each session begins with 30 minutes of guided exercises, emphasizing strength, flexibility, and agility tailored for pickleball players. Following this invigorating workout, participants will enjoy 30 minutes of open play in the gym, allowing them to apply what they've learned in a fun, competitive environment. Join us to elevate your game, build camaraderie with fellow players, and enjoy the benefits of a comprehensive fitness routine! Whether you're a beginner or an experienced player, this class is designed to help you reach your full potential on the court. Please bring a pickleball racquet and wear court shoes for each class.

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Gym A

Tue, Sep 9-Oct 14 8:30-9:30 AM M7454X

Thu, Sep 11-Oct 16 8:30-9:30 AM M7654X

Tue, Oct 28-Dec 9 8:30-9:30 AM M7554X

No class 11/25

Thu, Oct 30-Dec 11 8:30-9:30 AM M7754X

No class 11/27

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

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 9-Oct 14 11:30 AM-12:15 PM . . M7254X

Tue, Oct 28-Dec 9 11:30 AM-12:15 PM . . M7354X

No class 11/25

PILATES

Chair Pilates

(adults)

This modified Pilates program is designed for individuals seeking a low-impact workout without any floor work. Using a chair and various Pilates equipment, this class focuses on core strengthening exercises that enhance balance, posture, and overall body strength. Participants will benefit from improved flexibility, increased body awareness, and reduced stress, making it an ideal choice for all fitness levels. The supportive environment allows individuals to work at their own pace while enjoying the numerous health benefits of Pilates. Whether you're recovering from an injury or simply looking to maintain your fitness, Chair Pilates offers a safe and effective way to achieve your wellness goals. Discover the transformative power of Pilates and elevate your physical well-being!

Instructor: Kim Cugini

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Thu, Sep 11-Oct 16 9:15-10:00 AM. . . . M7854X

Thu, Oct 30-Dec 11 9:15-10:00 AM. . . . M7954X

No class 11/27

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.

Five Sessions \$75.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Oct 1-29 9:30-10:15 AM. M9654X

Wed, Nov 12-Dec 10 9:30-10:15 AM. . . . M9754X

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

Twelve Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Mon, Sep 10-Oct 27 10:30-11:30 AM M9454X

No class 9/22 & 9/24

Mon, Wed, Nov 3-Dec 10 10:30-11:30 AM M9554X



TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson, but are not ready for an intermediate class. Class size is limited to allow for some individual attention.

Four Sessions \$60.00 Per Person

Thompson Pk

Sun, Sep 7-28 11:05 AM-12:00 PM. X2354X

Dorbrook Rec Area

Sat, Oct 11-Nov 1 11:05 AM-12:00 PM . . . X3154X

Six Sessions \$90.00 Per Person

Thompson Pk

Mon, Wed, Sep 8-24 11:35 AM-12:30 PM . . X3754X

Tue, Thu, Sep 9-25 11:35 AM-12:30 PM . . . X1454X

Dorbrook Rec Area

Mon, Wed, Oct 6-22 11:35 AM-12:30 PM . . X4354X

Tue, Thu, Oct 7-23 11:35 AM-12:30 PM . . . X2654X

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. This is 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

Thompson Pk

Sat, Sep 6-27 11:05 AM-12:00 PM X2054X

Six Sessions \$90.00 Per Person

Thompson Pk

Mon, Wed, Sep 8-24 9:00-9:55 AM X3554X

Tue, Thu, Sep 9-25 9:00-9:55 AM X1254X

Dorbrook Rec Area

Mon, Wed, Oct 6-22 9:00-9:55 AM X4154X

Tue, Thu, Oct 7-23 9:00-9:55 AM X2454X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Sep 8-Oct 1 4:30-5:25 PM X0154X

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 the class starting date.

60-Minute

Six Sessions \$90.00 Per Person

Holmdel Pk

Mon, Wed, Sep 8-24 6:05-7:00 PM X4054X

Tue, Thu, Sep 9-25 6:05-7:00 PM X1754X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Sep 8-Oct 1 5:30-6:25 PM X0254X

90-Minute

Four Sessions \$90.00 Per Person

Dorbrook Rec Area

Sun, Oct 12-Nov 2 11:05 AM-12:30 PM . . . X3454X

Six Sessions \$135.00 Per Person

Thompson Pk

Mon, Wed, Sep 8-24 10:00-11:25 AM X3654X

Tue, Thu, Sep 9-25 10:00-11:25 AM X1354X

Dorbrook Rec Area

Mon, Wed, Oct 6-22 10:00-11:25 AM. . . . X4254X

Tue, Thu, Oct 7-23 10:00-11:25 AM. . . . X2554X

Eight Sessions \$180.00 Per Person

Thompson Pk

Tue, Thu, Sep 9-Oct 2 5:00-6:25 PM X0354X

VOLLEYBALL

Indoor Fall Volleyball League

(ages 17 and up)

Join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience is necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out on the first night of the league. An organizational and rules meeting will be held at 6:15 PM on the first night of the league.

Please Note: Pre-registration is required per team. Captains sign up for the team.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Sep 3-Nov 12 6:00-9:00 PM. MBD54X

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. This class is intended for those with prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice and have fun doing it!

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Per Person

Sun, Sep 7-Oct 5 9:00-10:00 AM XCF54X

Six Sessions \$90.00 Per Person

Sun, Oct 19-Nov 23 9:00-10:00 AM XCN54X



Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners who want a practice of their own or for those who are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength, and focus. Blocks and straps are optional.

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Per Person

Sun, Sep 7-Oct 5 10:15-11:15 AM XCJ54X

Six Sessions \$90.00 Per Person

Sun, Oct 19-Nov 23 10:15-11:15 AM. XCP54X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! 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

Six Sessions \$90.00 Per Person

Mon, Sep 8-Oct 13 6:00-7:00 PM X7354X

Thu, Sep 11-Oct 16 11:00 AM-12:00 PM . . X7854X

Thu, Nov 6-Dec 18 11:00 AM-12:00 PM. . . X8454X

No class 11/27

Seven Sessions \$105.00 Per Person

Mon, Nov 3-Dec 15 6:00-7:00 PM. X8054X

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.

Sit and Stand

Dorbrook Rec Area Act Ctr

Six Sessions \$90.00 Per Person

Mon, Nov 10-Dec 15 4:00-4:55 PM XBV54X

Eight Sessions \$120.00 Per Person

Mon, Sep 8-Nov 3 4:00-4:55 PM XBR54X

No class 10/13

Fully Seated

Ten Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Wed, Oct 1-Dec 10 10:35-11:30 AM XC054X

No class 11/26

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 is necessary. This is a great class 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.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Six Sessions \$90.00 Per Person

Fri, Sep 19-Oct 24 3:30-4:25 PM XCB54X

Wed, Nov 5-Dec 17 4:00-4:55 PM. XC254X

No class 11/26

Seven Sessions \$105.00 Per Person

Wed, Sep 3-Oct 22 4:00-4:55 PM XC154X

No class 9/24

Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness. This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat.

Please Note: Props and alternative poses are offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She owns the Registered Trademark 'Codes of Creation in Movement®'. MJ has over 800 hours of certification training, including studies in India

Thirteen Sessions \$221.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Sep 11-Dec 18 9:30-10:45 AM X1054X

No class 11/20 & 11/27

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

Six Sessions \$90.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Sep 8-Oct 13 7:00-8:00 PM X7454X

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Nov 3-Dec 15 7:00-8:00 PM. X9754X

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

Six Sessions \$90.00 Per Person

Tue, Sep 9-Oct 14 9:00-10:00 AM. X9554X

Thu, Sep 11-Oct 16 9:30-10:30 AM. X7554X

Thu, Nov 6-Dec 18 9:30-10:30 AM X8354X

No class 11/27

Seven Sessions \$105.00 Per Person

Tue, Nov 4-Dec 16 9:00-10:00 AM X9954X

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

Sixteen Sessions \$272.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 9-Dec 30 7:00-8:15 PM X0554X

No class 11/25

“

*I enjoyed the program very much.
Our instructor worked at a very
good pace and added a new
practice each week. She was very
encouraging, caring, and upbeat.*

”

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, Oct 31-Dec 5 11:00 AM-12:00 PM X6854X

No class 11/28

Six Sessions \$90.00 Per Person

Mon, Sep 8-Oct 13 12:00-1:00 PM X5254X

Fri, Sep 12-Oct 17 11:00 AM-12:00 PM . . . X6554X

Mon, Oct 27-Dec 1 12:00-1:00 PM X5354X

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 section.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Five Sessions \$75.00 Per Person

Fri, Oct 31-Dec 5 9:30-10:30 AM X5954X

No class 11/28

Fri, Oct 31-Dec 5 11:00 AM-12:00 PM . . . X6354X

No class 11/28

Six Sessions \$90.00 Per Person

Fri, Sep 12-Oct 17 9:30-10:30 AM X5754X

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 17-Oct 15 6:00-7:00 PM XCG54X

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

Thirteen Sessions \$221.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Fri, Sep 12-Dec 19 9:30-10:45 AM X1154X

No class 11/21 & 11/28

Sixteen Sessions \$272.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 8-Dec 29 7:00-8:15 PM X0454X

No class 11/24

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. 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

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Sep 10-Dec 17 9:30-10:45 AM X0954X

No class 11/26

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 18-Nov 20 12:00-1:00 PM X0854X

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. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap and water.

Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Please bring a yoga mat, two yoga blocks, a long yoga strap, towel or blanket, and water.

Instructor: Barbara Sager, 1200 hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Eleven Sessions \$165.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Oct 4-Dec 20 8:00-9:00 AM. X0654X

No class 11/29

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 15-Dec 13 9:00-10:00 AM. XDF54X

Seven Sessions \$105.00 Per Person

Sat, Sep 6-Oct 25 9:00-10:00 AM. XDE54X

No class 10/4

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 50s, 60s and up, or 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 the class is modified using a chair, so that flowing movements can be done safely, without doing lunges on the 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 9-Oct 14 10:30 AM-12:00 PM . . . X5454X

Tue, Oct 28-Dec 2 10:30 AM-12:00 PM . . . X5654X

Yoga for Health

(adults)

Whether you are new to yoga or have been practicing yoga, feel free to bring your mat to the class. We'll engage in gentle yoga movements, relaxation, and breathing techniques. Each week, we'll explore various yoga poses that benefit our health, such as those that improve digestion or strengthen the hips and lower back, to enhance our balance, flexibility, and strength.

Four Sessions \$52.00 Per Person

Tatum Pk Holland Act Ctr

Sat, Oct 4-25 9:00-10:00 AM. XDG54X

Yoga for the Autumn Equinox

(adults)

The Autumn Equinox is a time for balance. It is also an invitation for reflection and gratitude. This slow, meaningful flow is meant to welcome the body and mind for its season of rest and renewal. 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

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 22 7:00-8:00 PM XCH54X

ZUMBA

Chair Zumba

(adults)

Fully seated Latin dance cardio from Zumba Fitness! Ditch the workout, join the party! This class combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Participants will tone and sculpt their bodies, burn calories, improve neurocognitive function, enjoy music and rhythm, and reenergize, all while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude. No experience needed.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 30-Nov 4 4:30-5:25 PM XBW54X

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!

Dorbrook Rec Area Act Ctr

Five Sessions \$75.00 Per Person

Thu, Nov 13-Dec 18 6:15-7:10 PM XC954X

No class 11/27

Six Sessions \$90.00 Per Person

Mon, Nov 10-Dec 15 5:00-5:55 PM XBT54X

Seven Sessions \$105.00 Per Person

Thu, Sep 11-Oct 23 6:15-7:10 PM. XC854X

Thirteen Sessions \$195.00 Per Person

Tue, Sep 16-Dec 16 6:15-7:10 PM. XBX54X

No class 11/11

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!

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Nov 5-Dec 17 5:00-5:55 PM. XC454X

No class 11/26

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio workout! 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.

Dorbrook Rec Area Act Ctr

Six Sessions \$90.00 Per Person

Wed, Nov 5-Dec 17 6:00-6:55 PM. XC654X

No class 11/26

Seven Sessions \$105.00 Per Person

Wed, Sep 3-Oct 22 6:00-6:55 PM. XC554X

No class 9/24

Eleven Sessions \$165.00 Per Person

Fri, Sep 19-Dec 12 6:30-7:25 PM. XCE54X

No class 10/31 & 11/28

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 a 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 long pants and a helmet while riding.

Four Sessions \$225.00 Per Person

Sunnyside Rec Area

Fri, Sep 26-Oct 17 4:00-5:00 PM. V0154X

Fri, Oct 24-Nov 14 4:00-5:00 PM. V0254X

SPUR Horseback Riding Lessons for People with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide adaptive 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.

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 you are having fun out on the course. Open to all levels and abilities.

One Session \$35.00 Per Person**Bel-Aire GC****Mon, Sep 8 3:00-4:00 PM Y0554X****Wed, Sep 10 10:15-11:15 AM Y1854X****Thu, Sep 25 10:45-11:45 AM. Y2154X****60 Minute Driver***(adults)*

Develop more consistency and power for all levels of golfers and swing types in this clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. We 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 students learn at their own speed and are given maximum individual attention.

One Session \$35.00 Per Person**Bel-Aire GC****Wed, Sep 3 10:15-11:15 AM Y1754X****Sun, Sep 28 9:00-10:00 AM Y2354X****Thu, Oct 9 10:45-11:45 AM. Y2654X****Charleston Springs GC****Sat, Sep 6 2:00-3:00 PM. T0854X****Sat, Oct 11 11:00 AM-12:00 PM. T1454X****Sat, Oct 11 11:30 AM-12:30 PM. T1254X****Howell Pk GC****Wed, Sep 17 4:00-5:00 PM J0454X****Sat, Oct 4 2:30-3:30 PM J0654X****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. We'll also focus 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 \$35.00 Per Person**Bel-Aire GC****Wed, Sep 24 10:15-11:15 AM Y2054X****Sun, Sep 28 10:30-11:30 AM. Y2454X****Thu, Oct 2 10:45-11:45 AM. Y2554X****Charleston Springs GC****Fri, Sep 12 4:00-5:00 PM T0754X****Sat, Oct 18 11:00 AM-12:00 PM. T1654X****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 \$35.00 Per Person**Bel-Aire GC****Thu, Oct 16 10:45-11:45 AM. Y2754X****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 \$175.00 Per Person**Charleston Springs GC****Fri, Sep 12-Oct 3 2:00-5:00 PM T0354X**

Additional classes may be added after printing of this publication.

Check the Registration page of our website at www.MonmouthCountyParks.com to view additional offerings.

Beginner Golf for Children

(ages 6-10)

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 are provided, if needed.

Four Sessions \$83.00 Per Person

Bel-Aire GC

Sun, Sep 7-28 9:00-10:00 AM Y0354X

Sat, Oct 11-Nov 1 9:00-10:00 AM. Y1354X

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 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 \$145.00 Per Person

Charleston Springs GC

Sat, Sep 13 1:00-4:00 PM T0654X

Sat, Oct 11 1:00-4:00 PM T1354X

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 can be provided, if needed.

Four Sessions \$130.00 Per Couple

Bel-Aire GC

Sat, Sep 6-27 10:00-11:00 AM. Y0154X

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 their current golf level.

One Session \$96.00 Per Person

Bel-Aire GC

Thu, Sep 11 10:45 AM-12:45 PM Y1954X

Sat, Sep 27 9:30-11:30 AM Y2254X

Charleston Springs GC

Sat, Sep 13 1:00-3:00 PM T1054X

Howell Pk GC

Sat, Sep 6 12:00-2:00 PM J0354X

Sat, Oct 4 12:00-2:00 PM J0554X

Golf 101 for Parent and Child

(ages 6-17, with adult)

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, covering the key areas of grip, stance, balance, and swing. Golf clubs can be provided, if needed.

Four Sessions \$112.00 Parent/Child \$47.00 Additional Sibling

Bel-Aire GC

Sat, Sep 6-27 11:30 AM-12:30 PM Y0254X

Sat, Oct 11-Nov 1 12:30-1:30 PM Y1554X

Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. This is not a beginner clinic; participants must have prior golf experience.

Four Sessions \$125.00 Per Person

Charleston Springs GC

Sat, Sep 6-27 4:00-7:00 PM T0954X

Sat, Oct 11-Nov 1 1:00-4:00 PM. T1554X

Intermediate Golf Adults

(adults)

This 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 \$130.00 Per Person

Bel-Aire GC

Sun, Sep 7-28 10:15 AM-12:15 PM Y0454X

Sun, Sep 7-28 12:30-2:30 PM Y0854X

Thu, Oct 9-30 1:15-3:15 PM Y1254X

Sat, Oct 11-Nov 1 10:15 AM-12:15 PM . . . Y1454X

Tue, Oct 14-Nov 4 10:00 AM-12:00 PM . . . Y1054X

Tue, Oct 14-Nov 4 12:00-2:00 PM. Y1154X

Howell Pk GC

Thu, Sep 11-Oct 2 5:00-7:00 PM J0254X

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 \$115.00 Per Person

Bel-Aire GC

Sun, Sep 7-28 4:00-6:00 PM Y0954X

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting, and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory, and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level - whether just starting, an accomplished player, or somewhere in between.

One Session \$135.00 Per Person

Charleston Springs GC

Sun, Sep 7 12:00-3:00 PM T0454X

Sun, Oct 5 12:00-3:00 PM. T1154X

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. Greens fees are separate and will need to be paid upon arrival. Applicable rates will apply for each golfer.

Instructor: Lloyd Monroe

Four Sessions \$105.00 Per Person

Bel-Aire GC

Wed, Sep 3-24 9:00 AM-12:30 PM Y0754X

Wed, Oct 8-29 9:00 AM-12:30 PM Y1654X

Women's Players Club & Clinic

(adults)

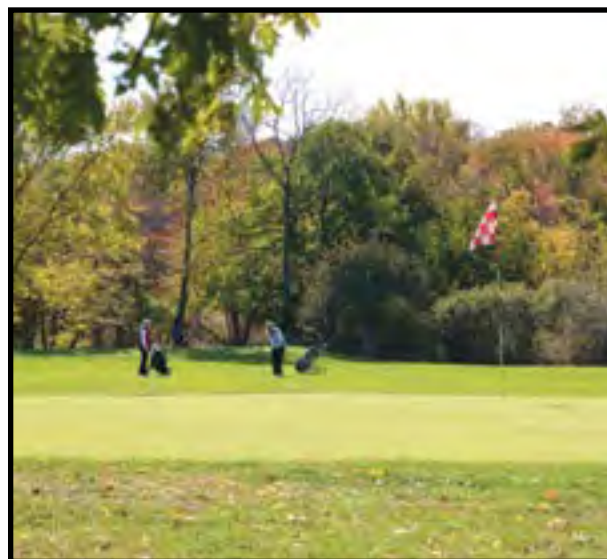
A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic 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 \$180.00 Per Person

Bel-Aire GC

Thu, Sep 11-Oct 16 9:30 AM-1:00 PM . . . Y0654X



THERAPEUTIC RECREATION

Confident Cooking: Healthy Meals from Scratch *(ages 16 and up, with special needs)*

Join us for a hands-on cooking experience that's fun, friendly, and full of flavor! We will explore how to cook simple, healthy meals from scratch. The focus is on building confidence in the kitchen and showing how easy it is to make food that is both tasty and good for you. Each session is hands-on and fun! You'll be cooking with others, learning new skills, and picking up helpful info on healthy eating along the way. You'll be part of a friendly group where you can make new friends, share ideas, and enjoy cooking together. Supervision is provided at a 1:3 staff-to-participant ratio. Contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

Stir-Fry

Stir-fry is a fast and easy way to make tasty meals using fresh vegetables, protein, and simple sauces. In this session, you'll learn how to cook everything in one pan and how to mix ingredients for great flavor and balance.

One Session \$45.00 Per Person**Dorbrook Rec Area Vis Ctr****Sat, Sep 20 4:30-7:00 PM D3954X****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. 4641, for more information.

Fifteen Sessions \$247.50 Per Person**Tatum Pk Holland Act Ctr****Wed, Sep 10-Dec 17 6:00-7:00 PM D0154X**

“

The instructor is humorous, sensitive, thoughtful, creative, and very mindful of each individuals' capabilities and motivations.

”

Halloween Karaoke & Pizza Social*(ages 16 and up, with special needs)*

Get ready for a spook-tacular time at our Halloween Karaoke & Pizza Social! Come dressed in your funniest, silliest, or most creative costume, and get ready to sing some spooky songs! Whether it's a Halloween classic or your favorite song, it's going to be a fang-tastic time. Participants must be able to function in at least 1:3 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person**Dorbrook Rec Area Act Ctr****Sat, Oct 25 6:00-8:30 PM D3754A****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. 4641, for more information.

One Session \$42.00 Per Person**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 \$50.00 to cover the cost of dinner, mini golf, and ice cream. This program is offered on two dates; please select only one at the time of registration!

Dorbrook Rec Area Act Ctr Parking Lot**Fri, Sep 5 4:45-8:45 PM D0454X****Fri, Sep 26 4:45-8:45 PM D0554X****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 times of the program will be affected by the movie choices. Participants will need to bring at least \$50.00 to cover the cost of their meal and movie ticket.

Fri, Oct 10 5:30-9:30 PM D0754X

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. 4641, 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 the 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 21 6:00-8:30 PM D0654X

Pizza Social

(ages 16 and up, with special needs)

Are you ready for an evening packed with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun. Think board games, card games, trivia, video games, and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in an entertaining and welcoming environment. Participants must be able to function in at least 1:4 staff-to-participant ratio. Participants will need to bring \$15 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 12 6:00-8:30 PM D3554A

Fri, Nov 14 6:00-8:30 PM D3654A

Fri, Dec 12 6:00-8:30 PM D0361A

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. 4641, for more information.

One Session \$65.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Nov 7 6:00-9:00 PM D0354A

Special Trip

(ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

Christmas at Historic Smithville

One of the hidden gems of Southern NJ is Historic Smithville in Galloway Township! Enjoy an old time Christmas and Holiday themed afternoon and evening with your friends including hot chocolate, the music and light show on the lake, dinner, and visiting the vintage shoppes.

Due to the popularity of the on-site restaurants, we will be eating a late lunch/early dinner when we first arrive at a restaurant right outside the village. A menu will be provided the week of. Please bring at least \$40.00 for dinner, hot chocolate, and treats as well as extra money if planning to shop at the stores.

One Session \$60.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Dec 13 1:00-7:00 PM D0161X

TRIPS



A Longwood Christmas

(adults)

Embark on a journey through magical gardens embellished with half a million twinkling lights, thousands of poinsettias, and magnificent Christmas trees. At Longwood Gardens in Kennett Square, Pennsylvania your senses will be astounded by this holiday wonderland that features beautifully lit fountains and numerous horticultural highlights. Fee includes motorcoach transportation, tickets, and Park System leader.

One Session \$115.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Dec 4 9:30 AM-6:30 PM. A0261A

Beacon, NY NEW

(all ages, under 18 with adult)

Spend a fall day in this charming Hudson Valley town! It features a bustling main street with shops, restaurants, and cafes. Hometown of legendary folk singer Pete Seeger, you can often find live music throughout town. For any beer, wine, or cider connoisseurs, you'll see a wide selection of New York spirits on the menus. On Sundays, you can find a farmer's market that showcases the best local fruits, vegetables, cheeses, and jams that upstate New York can offer.

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Oct 5 8:00 AM-6:00 PM. ABX54X

Chelsea, NYC

(all ages, under 18 with adult)

Spend the day in the Lower West Side's trendy Chelsea neighborhood! First, visit the Museum of Illusions, which is sure to blow your mind and have you feeling like a kid again. Their 40 interactive exhibits use innovative mirrors, lighting, kaleidoscopes, projectors, and even tilted floors to create mind-twisting illusions. Eat lunch at the Chelsea Market or enjoy views of the Hudson at a pier restaurant (restaurant list provided). Then walk the High Line, a converted rail line turned iconic NYC park, which Conde Nast calls a "masterful feat of landscape architecture." As you stroll, you'll also see original art installations. Trip includes round-trip motor coach transportation and a park system leader. Rain or shine. Purchase museum tickets online at NewYork.MuseumofIllusions.us

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 17 8:30 AM-5:30 PM ABQ54X

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 12 passengers, so you will have a chance to ask questions and experience beautiful fall foliage up close.

One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 1 9:00 AM-1:00 PM (approx) . . . IN254X

Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

Celebrating the 100-year anniversary of the Rockettes! 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.

\$195.00 Per Person

Thompson Pk Estate Grounds Parking Lot

4:00 PM Show

Sat, Nov 22 A1454X

Board: 12:00 PM Return: 9:00 PM (approx)

2:00 PM Show

Tue, Dec 9 A0361X

Board: 11:00 AM Return: 8:00 PM (approx)

Winter Holiday Getaway in Newport, Rhode Island

(adults)

This holiday-themed adventure offers a round-trip Newport Harbor Cruise, with visits to the beautifully decorated, well-known Newport Mansions, a tour of the Touro Synagogue, a visit to the Brick Marketplace, and a visit to the Bally's Twin River Casino. Price includes round-trip motor coach transportation, accommodations - three nights in Newport, admissions to tours and attractions, round-trip Newport Harbor cruise, three breakfasts, two dinners, taxes, baggage handling, meal gratuities, and Park System volunteer leader. There may be some free time for additional sightseeing and meals. When registering, please include an email address and mailing address to receive tour information. For more tour details and questions, call Rachel Cohen at 732-542-1642, ext. 4648, or via email rachel.cohen@monmouthcountyparks.com.

Please Note: Online registration is not available for overnight trips. To register, please call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM.

\$1,100.00 Double; \$1,325.00 Single; \$900.00 Triple; \$800.00 Quadruple

Thompson Pk Estate Grounds Parking Lot

Wed-Sat, Dec 3-6 A0161X

Board: 9:00 AM Return: 5:00 PM (approx)

Take a Trip with Us!





Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

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

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



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

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

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

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

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

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



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract[†], Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park^{*}, Route 520, Marlboro 732-834-9607
Clayton Park^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park^{*}, Upper Freehold 609-259-5794
DeBois Creek Recreation Area[†], Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643
East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278
Freneau Woods Park[†], Marlboro & Aberdeen 732-842-4000
Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670
Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033
Holmdel Park, Longstreet Road, Holmdel 732-946-9562
Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336
Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758
Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265
Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440
Mount Mitchell Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
Perrineville Lake Park^{*}, Sweetmans Lane, Millstone 609-259-5794
Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025
Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367
Swimming River Park, West Front Street, Middletown 732-741-9676
Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987
Thompson Park, Newman Springs Road, Lincroft 732-842-4000
Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail^{*}, Upper Freehold 609-259-5794
Historic Wainford, Wainford Road, Upper Freehold 609-259-6275
Waltz Conservation Area^{*}, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old 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.

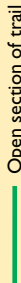
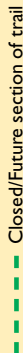
* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

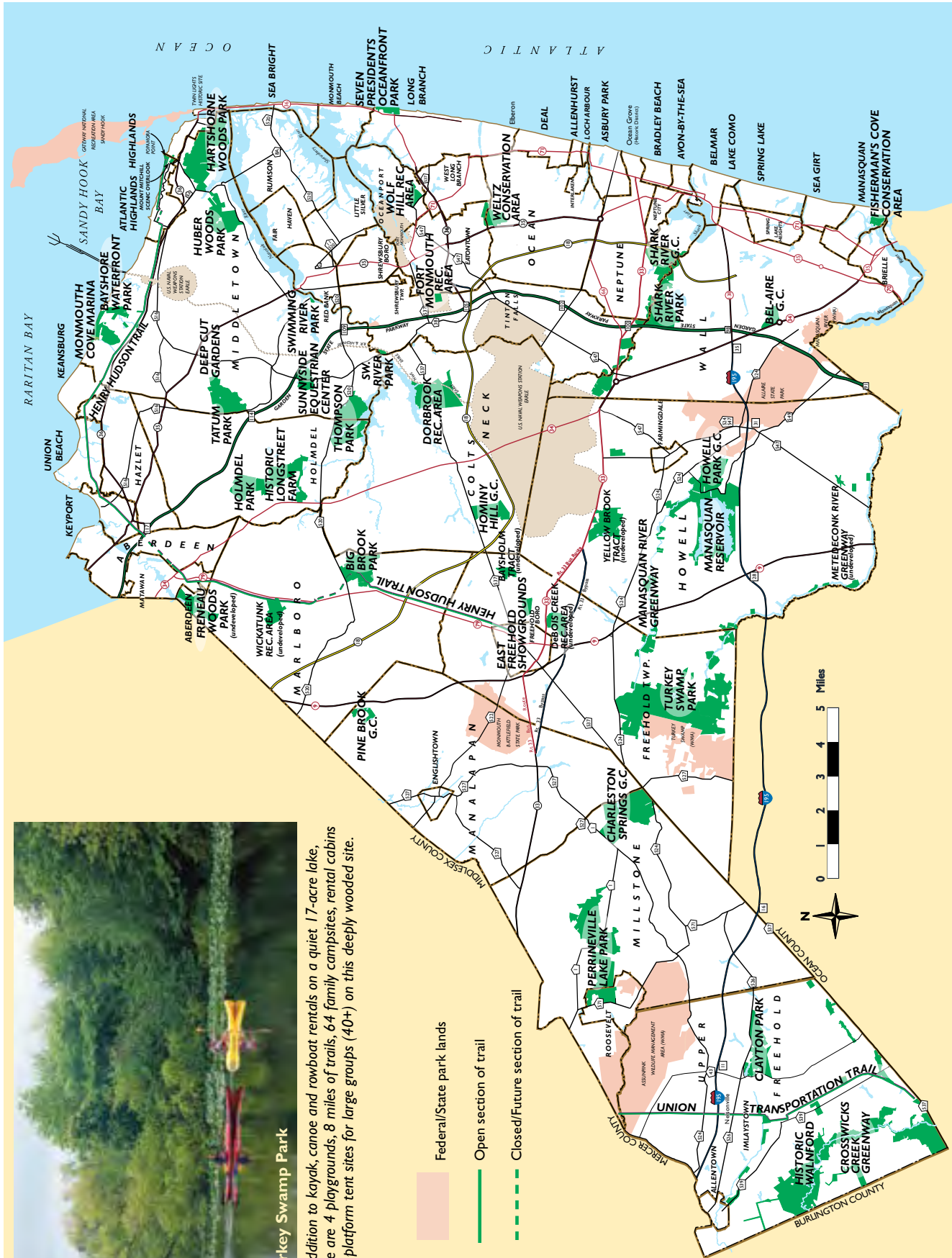
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



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.

-  Federal/State park lands
-  Open section of trail
-  Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, 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 13. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on August 13.

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 13 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 6-12, 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
barbara.zarella@monmouthcountyparks.com
or 732-842-4000, ext. 4253.





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738



Mark Your Calendars

Please deliver by
7/25/2025

SEPTEMBER

A TRIBUTE TO ALL THINGS BROADWAY

Saturday, September 13
2:00 PM & 7:00 PM
Thompson Park, Lincroft

A NIGHT OF JAZZ AND BLUES

Friday, September 19
7:00-8:30 PM
Thompson Park, Lincroft

WIND & SEA FESTIVAL

Saturday, September 20
11:00 AM-5:00 PM
*Bayshore Waterfront Park,
Port Monmouth*

EVERYONE HAS A STORY

Saturday, September 27
6:00-8:00 PM
Thompson Park, Lincroft

HARVEST HOME FESTIVAL

Sunday, September 28
11:00 AM-5:00 PM
Historic Longstreet Farm, Holmdel

OCTOBER

THOMPSON PARK DAY

Sunday, October 19
11:00 AM-5:00 PM
Thompson Park, Lincroft

NOVEMBER

FALL CRAFT SHOW

Saturday, November 8
9:00 AM-2:00 PM
*Fort Monmouth Recreation Center,
Tinton Falls*



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Dominick "Nick" DiRocco • Ross F. Licitra, Park System Liaison • Erik Anderson

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr.
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson
Brian Foster • Rachael Stolte • Andrew J. Spears, Director

