



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SPRING 2022

REGISTRATION BEGINS FEBRUARY 9

WWW.MONMOUTHCOUNTYPARKS.COM

DISCOVER YOUR PARKS

THIS SPRING

Spring Craft Show

Saturday, April 9, 9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Find a unique, hand-crafted gift for yourself or a special person in your life.

Earth Day

Saturday, April 23

Celebrate our planet with a variety of free drop-in nature walks and activities happening throughout your Monmouth County parks. For full details, see page 14.

Creative Arts Festival

Saturday, May 7,

10:00 AM-4:00 PM

*Thompson Park,
Lincroft*

Spend a day at Thompson Park perusing the artists of our juried arts festival. Fine artists from all mediums will be on display, including pottery, jewelry, photography and painting, just to name a few. Plus, enjoy live music and food vendors. For more information, see the centerfold ad.

Walnford Day

Sunday, May 15, 11:00 AM-5:00 PM

Historic Walnford, Upper Freehold

Entertainment abounds at this annual celebration of 200 years of Waln family history! With a variety of demonstrations, tours of the historic Waln home, and horse-drawn wagon rides, there is something for everyone to enjoy.



For more up-to-date information on winter activities in the parks, visit
www.MonmouthCountyParks.com.

TABLE OF CONTENTS

Park System Spotlight 2-3

Mark Your Calendar 4-5

Historic Happenings 6-10

Families 11-19

Arts & Crafts.....	11-12
Family Fun	12-13
Horticulture.....	13
Nature	13-18
Outdoor Adventures.....	19

Parent & Child 20-30

Arts & Crafts.....	20
Culinary Arts	21
Education & Enrichment.....	22
Nature	23-24
Outdoor Adventures.....	25
Play Groups	26-28
Sports & Fitness	28-30

Kids & Teens 31-45

Arts & Crafts.....	31-34
Culinary Arts	34-35
Education & Enrichment.....	36-38
Outdoor Adventures.....	38-39
Performing Arts	40-41
Sports & Fitness	42-45

Summer Job Fair 47

Adults 48-102

Active Adults 55+.....	48
Arts & Crafts.....	49-62
Canine Classes	62-63
Culinary Arts	63-66
Education & Enrichment.....	66-69
Health & Wellness	70-73
Horticulture	73-79
Nature	79-86
Outdoor Adventures.....	87-91
Performing Arts	91-93
Sports & Fitness	93-102
Trips	102

Equestrian 103

Golf 104-108

Therapeutic Recreation 109-110

Park Partners 111

Registration Information 112

*To register for programs starting Wednesday, February 9, call 732-842-4000, ext. 1,
Monday-Friday from 8:00 AM-4:30 PM.*

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

Find us on Social Media:



Icon Key



New Program



Free Program



Spring Bursts into Color in the Parks

Pick a park, any park, and you're sure to find a spectacular array of colors and fragrances that will delight your senses this spring. From garden areas, to flowering trees, to wildflowers popping up through rolling meadows, it's difficult not to find the brilliance that is spring in bloom while visiting your favorite parks as winter melts away.

In late February into early March, at the start of the path to the **Thompson Park** Visitor Center, Lincroft, there's a bush on your left that'll surely still be bare as it awaits warmer days. However, at its base, you're likely to find patches of delicate snowdrops with their brilliant green leaves and soft white blooms, ready to remind you that spring is approaching. And as we move into April, the magnolia and dogwood trees offer pink and white hues along the same path.

At the edge of the lake at **Holmdel Park**, Holmdel, where anglers drop a line and families meander the trails, you'll want to be sure to plan a visit to check out the cherry blossom trees. Blooming early to mid April (depending on temperatures) visitors call and write in asking about when these gorgeous blossoms will emerge so they can experience their perfectly pink beauty.

And while visiting Holmdel Park, don't forget to stop at **Historic Longstreet Farm**. The whole family will delight in this 1890s real working farm where historic interpreters offer a glimpse at farm life as it was in our area in the late 19th century. You'll also find some colorful blooms, such as the crabapple trees with their soft pink flowers and the delicate purple irises planted along a fence line.

And it certainly wouldn't be a colorful spring without visiting **Deep Cut Gardens**, Middletown. Though this garden site offers gorgeous foliage and blooms all season long (have you visited the greenhouse in winter?), around mid-April you'll be astounded as hundreds of tulips bloom. In an array of colors, tulips are planted by Deep Cut staff each year and are one of the most popular displays among visitors and local photographers. That is until the roses come into bloom in the parterre in June. But of course, spring at Deep Cut Gardens also includes a wide array of flowers, such as irises, azaleas, bleeding hearts, primrose, peonies, ornamental alliums, and so many more.

But these are merely a small sampling of Park System sites where you'll find gorgeous spring blooms. Every park comes into a brilliance of color, whether in planned garden areas or fields of wildflowers, or pollinator gardens at **Manasquan Reservoir**, **Huber Woods Park**, and **Clayton Park**. Head to your favorite sites this spring and discover more of the beauty nature gifts to us.



Thompson Park



Deep Cut Gardens



Huber Woods Park



Historic Longstreet Farm

MARCH 2022

Saturday, March 5

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

Thursday, March 10

- Chickadees of Monmouth County (p. 80)

Saturday, March 12

- Cookstove Demo (p. 6)
- Nature on the Move (p. 17)
- Open Shoot Archery (p. 19)
- Summer Job Fair (p. 47)

Sunday, March 13

- E. Murray Todd Half Marathon (p. 95)
- Horse-Drawn Plowing Demo (p. 6)

Tuesday, March 15

- Casual Birder (p. 84)

Saturday, March 19

- Accordion Melodies of the 1890s (p. 6)

Sunday, March 20

- Starting Your Spring Garden (p. 6)

Saturday, March 26

- Cookstove Demo (p. 6)

Monday, March 28

- Splendid Spring Strolls (p. 84)

Tuesday, March 29

- Casual Birder (p. 84)

APRIL 2022

Saturday, April 2

- 19th Century Woodworking Demo (p. 6)
- Piano Ballads from the Turn of the Century (p. 6)

Sunday, April 3

- Music on the Porch (p. 9)

Saturday, April 9

- Cookstove Demonstration (p. 6)
- Open Shoot Archery (p. 19)
- Spring Craft Show (p. 58)
- Traditional Basketmaking Demo (p. 7)

Sunday, April 10

- Starting a Summer Garden (p. 7)
- Vintage Base Ball (p. 7)

Monday, April 11

- Splendid Spring Strolls (p. 84)

Tuesday, April 12

- Casual Birder (p. 84)

Saturday, April 16

- Accordion Melodies of the 1890s (p. 6)
- Nature on the Move (p. 17)
- Sowing Seed Potatoes (p. 7)

Tuesday, April 19

- Casual Birder (p. 84)
- Climb Time (p. 19)

Thursday, April 21

- Weakfish - A Troubled Fish of NJ (p. 80)

Friday, April 22

- Earth Day Shore Planting (p. 15)

Saturday, April 23

- Cookstove Demo (p. 6)
- Earth Day Activities (p. 14)
- Wool Days (p. 7)

Sunday, April 24

- *Climb Time* (p. 19)
- *Open Mic Poetry* (p. 93)
 - *Wool Days* (p. 7)

Monday, April 25

- *Splendid Spring Strolls* (p. 84)

Tuesday, April 26

- *Casual Birder* (p. 84)

Saturday, April 30

- *Traditional Quilting Demo* (p. 7)

MAY 2022

Tuesday, May 3

- *Casual Birder* (p. 84)

Saturday, May 7

- *Cookstove Demo* (p. 6)
- *Creative Arts Festival* (centerfold ad)
- *Embroidery Demo* (p. 7)
- *Great Spring Perennial Plant Swap* (p. 75)

Sunday, May 8

- *Plant a Sunflower* (p. 7)

Monday, May 9

- *Splendid Spring Strolls* (p. 84)

Tuesday, May 10

- *Casual Birder* (p. 84)

Friday, May 13

- *Camelot, the Musical* (p. 92)

Saturday, May 14

- *19th Century Woodworking Demo* (p. 6)
 - *Camelot, the Musical* (p. 92)
 - *Open Shoot Archery* (p. 19)
- *Piano Ballads from the Turn of the Century* (p. 6)

Sunday, May 15

- *Horse-Drawn Plowing Demo* (p. 6)
- *Walnford Day* (centerfold ad)

Tuesday, May 17

- *Casual Birder* (p. 84)
- *Climb Time* (p. 19)

Friday, May 20

- *Camelot, the Musical* (p. 92)

Saturday, May 21

- *Accordion Melodies of the 1890s* (p. 6)
- *Camelot, the Musical* (p. 92)
 - *Cookstove Demo* (p. 6)
- *Nature on the Move* (p. 17)

Sunday, May 22

- *Backyard Chickens* (p. 8)
- *Climb Time* (p. 19)

Monday, May 23

- *Splendid Spring Strolls* (p. 84)

Tuesday, May 24

- *Casual Birder* (p. 84)

Wednesday, May 25

- *Open Mic Poetry* (p. 93)

Thursday, May 26

- *Horseshoe Crabs Trying to Survive in a Modern World* (p. 80)

Saturday, May 28

- *Canoe Rentals at Thompson Park* (p. 19)

Sunday, May 29

- *Canoe Rentals at Thompson Park* (p. 19)

Monday, May 30

- *Decoration Day Celebration* (p. 8)



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

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

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

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

Saturday, March 5, 1:00-3:00 PM

Saturday, April 2, 1:00-3:00 PM

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

Cookstove Demonstration **Free**

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

Saturday, March 12, 11:00 AM-3:00 PM

Saturday, March 26, 11:00 AM-3:00 PM

Saturday, April 9, 11:00 AM-3:00 PM

Saturday, April 23, 11:00 AM-3:00 PM

Saturday, May 7, 11:00 AM-3:00 PM

Saturday, May 21, 11:00 AM-3:00 PM

Horse-Drawn Plowing Demonstration **Free**

Our draft horses and teamsters are turning the soil over in preparation for the upcoming spring planting. Stop by the field to chat with the staff about the steps needed to insure a good harvest, and maybe even get a chance to plow (with the farmer's help). Weather dependent.

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

Sunday, May 15, 12:00-2:00 PM

Accordion Melodies of the 1890s **Free**

In the mid-19th century the accordion became a favorite of folk musicians. Enjoy the melodies as you step back in time with a visit to the farm.

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

Saturday, April 16, 1:00-3:00 PM

Saturday, May 21, 1:00-3:00 PM

Starting Your Spring Garden

(adults)

The soil is beginning to warm up and the farmers are getting ready to start planting seeds. Learn what vegetables you can start now that will flourish in spring's cool weather. With the help of our gardeners, you will make a newspaper pot and start a collection of seeds that you will be able to transplant into your garden at home.

Cost: \$5.00 Per Person (cash or check only)

Sunday, March 20, 12-2:30 PM

19th Century Woodworking Demonstration **Free**

Take pleasure in observing the carpenter demonstrating his mastery of woodworking using an assortment of traditional carpentry hand tools.

Saturday, April 2, 12:00-3:00 PM

Saturday, May 14, 12:00-3:00 PM

Traditional Basketmaking Demonstration

NEW **Free**

(adults)

Take a close look at the craftsmanship that goes into making a basket when artisan Mary May visits Longstreet Farm. Her focus is weaving traditional New Jersey baskets, specializing in South Jersey white oak baskets and basket traditions.

Saturday, April 9, 11:00 AM-3:00 PM

Vintage Base Ball -

Monmouth Furnace Base Ball Club

Free

Enjoy a spring afternoon in Holmdel Park and see how one of America's favorite pastimes started. The Monmouth Furnace Base Ball Club (formerly known as the Bog Iron Boys) will be playing vintage base ball, using rules from the 19th century. Players will be dressed in uniforms appropriate to the time period, and the style and terms of the 19th century are used during the game.

Sunday, April 10, 11:00 AM-3:00 PM

Starting a Summer Garden

(ages 4 and up)

Warm weather is just around the corner. Learn what vegetables you can start now that will flourish in the summer sun. With the help of our gardeners, you will make a newspaper pot and start a collection of seeds you will be able to transplant into your garden at home.

Cost: \$5.00 Per Person (cash or check only)

Sunday, April 10, 12:00-2:30 PM

Sowing Seed Potatoes

NEW **Free**

The field is ready and it's time to plant! Give our farmers a hand as we sow this year's crop of potatoes. Weather dependent.

Saturday, April 16, 11:00 AM-2:00 PM

Traditional Quilting Demonstration

Free

(adults)

Traditional hand quilting is becoming a lost art. Hand quilting is a great way to add a special touch to your quilt that pre-dates the sewing machine. Be inspired as our quilter demonstrates how to do a beautiful quilting stitch so you can create your own heirloom quilt.

Saturday, April 30, 1:00-3:00 PM

Embroidery Demonstration

Free

View the lost art of applying decorative designs with a needle and thread. Be inspired by the various stitches and embellishments to create a beautiful piece of clothing or decoration for the home.

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

Plant a Sunflower

Free

Help the Longstreet farmers plant this year's sunflower field. Visit the farm throughout the summer and watch as the mammoth Russian sunflowers grow to over 10 feet tall! Participants are invited to return in the fall and harvest their very own sunflower. Take your flower home and roast the seeds as a snack or save them as a winter treat for local birds and squirrels. You can even plant them in your garden the following spring.

Sunday, May 8, 12:00-2:30 PM

Wool Days/Sheep Shearing

Saturday & Sunday, April 23 & 24, 12:00-3:00 PM

Historic Longstreet Farm, Holmdel

Harvesting wool is a farm activity performed every spring. Visit the farm this weekend and learn how the farmers use traditional blade shearing practices to remove the fleece from our sheep. Gene Sheninger will return with his collies to show their herding skills.



Backyard Chickens

It's all about chickens as we discuss Longstreet's fine-feathered flock. We'll cover basic poultry needs such as feed, water, shelter and routine care, as well as general anatomy and egg production. This is a great source of information if you're considering getting chickens of your own, or if you just want a little more knowledge about our winged residents.

Saturday, May 22, 12:30-2:30 PM

Decoration Day Celebration

Before it was Memorial Day, Americans celebrated Decoration Day. This family holiday originated soon after the Civil War when women decided to decorate the graves of fallen soldiers. It was a day for family reunions and remembrance. Enjoy the good company of family and friends at Longstreet Farm as we honor this early American holiday.

Monday, May 30, 12:00-3:00 PM

How's it Growing

(adults)

What's planted? What's ready for harvest? Join us for a walk around the Longstreet Farm fields and garden to learn how we prepare our land for planting and how we cultivate our crops. This is a free program; however, pre-registration is encouraged.

Please Note: This program is for individuals and families only. Groups can contact Longstreet Farm at 732-946-3758 to discuss tour options.

One Session FREE!

[Longstreet Farm](#)

Sun, May 8 11:00 AM-12:00 PM F1422A

Parent/Child Morning Chores

(ages 4 and up, under 18 with adult)

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

Please Note: Due to the popularity of this program, participants may only sign up for one session. The Park System reserves the right to remove you from duplicate programs to provide an opportunity for someone on the waiting list.

One Session \$15.00 Parent/Child \$10.00 Additional Person

[Longstreet Farm](#)

Sat, Mar 5 8:00-9:30 AM F0722X

Sun, Mar 20 8:00-9:30 AM F0822X

Sat, Apr 2 8:00-9:30 AM F0922X

Sat, May 7 8:00-9:30 AM F1022X

Sun, May 22 8:00-9:30 AM F1122X

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, Mar 15-May 17 10:10 AM-3:10 PM ... F0122A





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

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

Afternoon Tea

Free

(adults)

Step into history and indulge in this pleasant pastime while celebrating the four generations of women who entertained at Walnford. Begin with a tour of the grounds and outbuildings before stepping into the historic house for a selection of teas served in fine china and a sampling of historical tea-time treats. Tea may be reserved September through May. Please call 609-259-6275 for a reservation.

Music on the Porch

Free

(all ages, under 18 with adult)

Let the toe tapping tunes from members of the Magnolia Street String Band enliven your visit to Historic Walnford. Experience the operating gristmill, picnic under the trees, tour the 18th century Waln home, or relax on the porch enjoying sights and sounds from generations past.

Sunday, April 3, 1:00-3:00 PM

Milling Demonstrations

Free

(all ages, under 18 with adult)

Experience sights and sounds of years past as corn is ground into meal at Waln's Mill! Milling demonstrations take place at 12:30 PM, 1:30 PM, 2:30 PM and 3:30 PM on Saturdays and Sundays from April through November.

Mill Maintenance: Gears, Grease and Grist

(adults)

A hands-on opportunity to go behind the scenes in the gristmill at Historic Walnford, when you join us for our monthly mill maintenance morning. No expertise required, just come prepared to crawl, climb and explore four floors of marvelous mechanics on the first Saturday of the month from May through November.

Cost: \$5.00 Per Person Per Session

Call Historic Walnford at 609-259-6275 to make your reservation.

WALNFORD DAY

Free

Sunday, May 15, 11:00 AM-5:00 PM

Spend a day celebrating 200 years of Waln history at picturesque Historic Walnford situated along Crosswicks Creek.

See our centerfold ad for all the details.



HISTORIC SEABROOK-^{Free} WILSON HOUSE TOURS

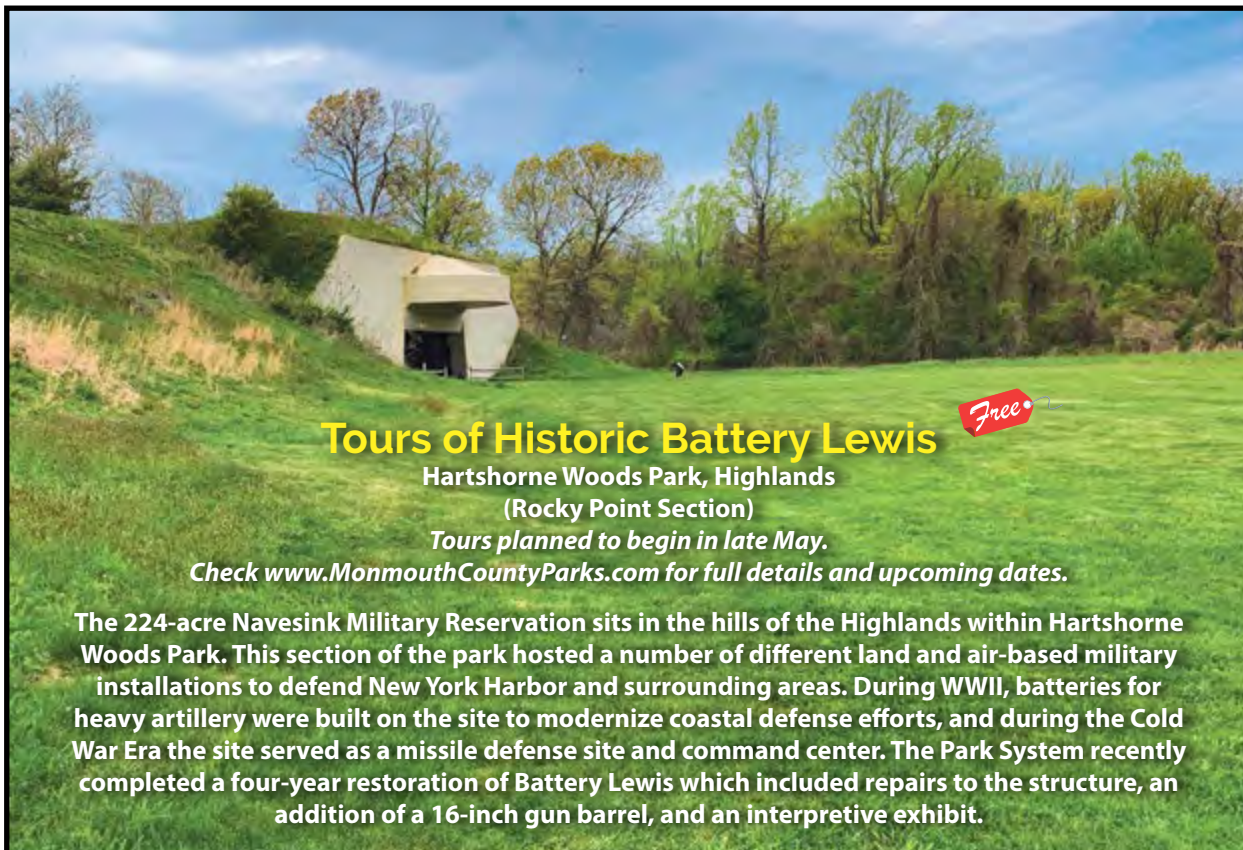
Sundays, April 24-October 30, 1:00-4:00 PM

Bayshore Waterfront Park, Port Monmouth

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

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

*For more information visit
www.MonmouthCountyParks.com.*



Tours of Historic Battery Lewis^{Free}

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

Tours planned to begin in late May.

Check www.MonmouthCountyParks.com for full details and upcoming dates.

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

ARTS & CRAFTS

Celebrate Mother's Day*(ages 2-5, with adult)*

Head to Dorbrook Recreation Area to spend some creative quality time with mom, grandma or another special person you'd like to celebrate the holiday with! We will begin by reading the rhyming favorite *Is Your Mama a Llama?* by Deborah Guarino. Next, we'll create a themed Mother's Day craft together. If time allows, we may go for a walk through the park together to find some flowers sprouting up. If the weather permits, we will hold the program outside.

One Session \$18.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Sat, Apr 30 10:00-11:00 AM. A7122A****Friday Evening Pottery***(ages 11 and up, under 13 with adult)*

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

Instructor: Kayla Robinson

Seven Sessions \$135.00 Per Person**Thompson Pk Creative Arts Center****Fri, Mar 4-Apr 22 6:30-8:30 PM. Z4722A***No class 4/15***Fri, Apr 29-Jun 10 6:30-8:30 PM. Z4822A****If You Give a Mouse a Cookie***(ages 2-5, with adult)*

What might happen *If You Give a Mouse a Cookie*? 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. If time allows, we may head outside for everyone's favorite activity – the parachute!

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Thu, Apr 28 1:30-2:30 PM. A6822A****Mouse Paint***(ages 2-5, with adult)*

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

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Thu, May 5 1:30-2:30 PM. A6922A****Nature Impressions & Campfire***(ages 5 and up, with adult)*

Gather a variety of leaves, flowers, twigs or anything else found in nature as we take a short hike. Once we complete our hike, we will use our collected pieces from nature to create a wonderful masterpiece. See the beautiful impressions your collected nature pieces leave behind as you press them into your art form! Afterwards, reward yourself with a sit around the campfire. Bring your own snacks; toasting sticks provided!

One Session \$15.00 Per Child**Shark River Pk Shelter Bldg****Wed, Apr 20 5:30-7:00 PM. U1022A****Pete the Cat: I Love My White Shoes***(ages 2-5, with adult)*

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

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Thu, May 12 1:30-2:30 PM. A7022A**

The Rainbow Fish *(ages 2-5, with adult)*

This classic and colorful story brings children through important lessons in 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 and a scavenger hunt to find some glittery scales of our own! If time allows, we will play games or sing songs for reinforcement. If the weather allows, the program will take place outdoors.

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Thu, May 19 1:30-2:30 PM A9522A****The Very Hungry Caterpillar***(ages 2-5, with adult)*

Celebrate this beloved story with us at Dorbrook Recreation Area! *The Very Hungry Caterpillar* by celebrated children's book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together and make a take-home craft.

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Thu, Apr 21 1:30-2:30 PM A6722A****Sat, May 14 10:00-11:00 AM AA422A**

Sunday Ceramics

(all ages, under 12 with adult)

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts!

Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week.

Pre-registration is required and space is limited, please see schedule for times and codes. Your registration pays for your studio time; bisqueware is separate. Bisqueware is to be purchased on site the day of the program, cash or check only please.

Please Note: Children under the age of 12 must register with a paid adult. This activity is not suitable for children under 5 years old.

One Session \$6.00 Per Person**Thompson Pk Creative Arts Center****SUNDAY, MARCH 6****11:00 AM-12:00 PM #Z3822A****12:30-1:30 PM #Z3922A****2:00-3:00 PM #Z4022A****SUNDAY, APRIL 3****11:00 AM-12:00 PM #Z4122A****12:30-1:30 PM #Z4222A****2:00-3:00 PM #Z4322A****SUNDAY, MAY 1****11:00 AM-12:00 PM #Z4422A****12:30-1:30 PM #Z4522A****2:00-3:00 PM #Z4622A****Questions?****Contact Christina Carlson at****ccarlson@monmouthcountyparks.com or****732-842-4000, ext. 3343.**

FAMILY FUN

Big Brook's Egg Hunt for Kids*(ages 3-8, with adult)*

Celebrate the coming of spring with fun-filled activities and an egg hunt! Meet a live bunny, play games, and even take photos with the Easter Bunny! Make sure to bring your own basket to fill with all of the candy-filled eggs you find! Activities will take place during the first hour followed by our egg hunt.

One Session \$15.00 Per Child**Big Brook Pk Elsas Lodge****Sat, Apr 9 9:00-10:30 AM U1322A****Flashlight Easter Eggstravaganza***(all ages, under 18 with adult)*

Who knew eggs could be so much fun?! Roll, catapult, and create art with eggs! Exciting egg-games and egg-art are just the warm up for the main event. E.B. himself will make an appearance to oversee our Easter egg hunt – in the dark! So, bring your flashlight, a basket and get hopping! Children should wear play clothes.

One Session \$35.00 Per Family**Fort Monmouth Recreation Center****Fri, Mar 18 6:00-6:30 PM M2022A****Fri, Mar 18 6:45-7:15 PM M2122A****Fri, Mar 18 7:30-8:00 PM M2222A**

Fort Monmouth Flashlight Fun

(ages 4-10, with adult)

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

One Session \$12.00 Per Child

Fort Monmouth Rec Ctr

Superheroes

It's a bird, it's a plane, it's superhero night!

Fri, Mar 25 7:00-8:00 PM M4422A

Earth Day

We turn the lights out tonight to save the planet, so remember your flashlight.

Fri, Apr 22 7:00-8:00 PM.....M4522A

Whodunit?

We haven't a clue, but maybe you do!

Fri, May 20 7:00-8:00 PM M4622A

HORTICULTURE

Carnivorous Plant Terrarium Build

(ages 6 and up, under 18 with adult)

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

One Session \$39.00 Per Person

Clayton Park Act Ctr Classroom 1

Thu, Mar 10 11:00 AM-12:00 PM I4722A

Sat, Mar 26 11:00 AM-12:00 PM.....I4822A

NATURE

An Egg is Quiet



(ages 4-7, with adult)

From small to large, plain to colorful, or smooth to rough, there are many different types of eggs that occur in nature. Join a Park System Naturalist as we learn and meet different types of animals that hatch from eggs. This session will also include a small walk outside and concludes with a take home craft.

One Session \$10.00 Parent/Child

Huber Wds Env Ctr

Sat, Apr 9 10:30-11:30 AM..... IME22A

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

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

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

Big Brook Pk Elsas Lodge

Mon, Mar 14 4:00-5:00 PM.....IK722X

Thompson Pk Vis Ctr Beech Room

Sun, Apr 24 10:00-11:00 AM IK822X

Freneau Wds Pk Vis Ctr Program Room 1

Mon, May 16 4:00-5:00 PM IK922X

Budding Backyard Birder



(all ages, under 18 with adult)

Have you ever wondered what birds are in your backyard? Learn the first steps to identifying our feathered friends by joining one of our Park System Naturalists on a walk in the park. Please dress for the weather and bring binoculars; there will be a limited number of pairs available to borrow.

One Session \$8.50 Per Person

Freneau Wds Pk Act Ctr Parking Area

Sun, May 22 9:00-10:00 AM..... IMD22A

Earth Day Activities



Saturday, April 23

Earth Day is one of the best times of the year to get back outside and into nature either by yourself or with family and friends. Join Park System Naturalists as we celebrate Earth Day at several parks throughout the county.

Fishing programs require pre-registration. All other activities are first come, first serve.

Please check in with Park System staff upon arrival to get your name on the attendance list.

Introduction to Saltwater Fishing at Bayshore Waterfront Park

10:30 AM

Join an experienced angler for an informative talk about what you can catch along the Jersey shore, as well as discuss bait, tackle and other gear. Whether you're an experienced angler or just getting started, this program has the information you need to help you become a more adaptable angler.

Children over age 12 are welcome with an adult participant.

Pre-registration is required; program #PIK92A.

Nature Walks at Clayton Park

10:00 AM & 12:00 PM

What better way to celebrate Earth Day than a walk in the woods. Experience the many wondrous events happening right before your eyes. A Park System Naturalist will lead the walk and highlight the many sights, sounds and smells of the spring season. Please wear appropriate footwear as trails might be muddy.

Walks last about an hour; meet in the Emley's Hill Road parking area.

Bird Walks at Freneau Woods Park

7:00 AM & 9:00 AM

Experience the best of morning bird activity with a Park System Naturalist. Monmouth County hosts a wide variety of wildlife year-round and is also home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife.

Walks last about an hour; meet at the Visitor Center.

Explore a Freshwater Pond at Holmdel Park

11:00 AM & 1:00 PM

Spring has sprung and the ponds are teeming with life. Stroll along the shore of Holmdel Park lake with a Park System Naturalist searching for fish and freshwater life, perhaps even a turtle or two. Please wear appropriate footwear as trails might be muddy. Program is approximately one hour; meet at the Pond View Shelter Building.

Discover Freshwater Creatures at Huber Woods Park Environmental Center

10:00 AM, 12:00 PM & 2:00 PM

Join a Park System Naturalist as we explore life in a shallow pond. We will take scoops of water from a local freshwater pond and make them available for you to explore. These scoops will contain plant material as well as lots of insects to study. The reptile house will be open for tours afterwards. Programs last about an hour.

Nature Walks at the Manasquan Reservoir Environmental Center

10:00 AM, 12:00 PM & 2:00 PM

Explore the woods and wetlands around the Manasquan Reservoir during a Park System Naturalist led short walk. Observe local flora and fauna as you're guided on this outdoor exploration. Please wear study shoes; walks are on uneven trails and last approximately one hour. Meet in the Environmental Center parking area.

Beachcombing and Cleanup at Seven Presidents Oceanfront Park

10:00 AM, 12:00 PM & 2:00 PM

Have you ever wondered what types of shells wash up on our shores? Accompany a Park System Naturalist as we comb the beach of Seven Presidents Oceanfront Park and learn about what we can find along our local shorelines. During our walk we will also participate in a small beach cleanup. Join us as we strive to maintain the health of our coastal ecosystems! Walks are approximately one hour.

Nature on the Move! at Turkey Swamp Park

1:00-4:00 PM

See the Park System's eye-catching nature van that comes filled with hands-on tabletop activities and displays sure to educate and engage everyone this Earth Day. Join one of our Park System Naturalists for a hands-on interactive program. Meet in the main parking area.

Eagle Boat Tour at the Manasquan Reservoir

(all ages, under 18 with adult)

The Manasquan Reservoir is home to magnificent Bald Eagles. Take advantage of this evening pontoon boat tour and find out about our resident family. They are frequently seen in addition with other great wildlife. Bring your cameras! We meet at the Environmental Center boat dock.

Please Note: Life-jackets are provided and must be worn by all passengers.

One Session \$8.50 Per Person

Manasquan Res Env Ctr

Fri, May 13 4:15-5:15 PM I5422A

Fri, May 13 5:30-6:30 PM I0122A

Fri, May 13 6:45-7:45 PM I0222A

Fri, May 27 4:15-5:15 PM I5522A

Fri, May 27 5:30-6:30 PM I0322A

Fri, May 27 6:45-7:45 PM I0422A

Eco-Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

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

One Session \$25.00 Per Person

Manasquan Res Env Ctr

Tue, May 24 11:00 AM-12:30 PM I3922A

Tue, May 31 11:00 AM-12:30 PM I4022A

Explore a Freshwater Pond

(ages 10 and up, under 18 with adult)

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

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, May 15 11:00 AM-12:00 PM IMH22A

Explore a Shore

(all ages, under 18 with adult)

Did you know Monmouth County is home to many different types of shores? This doesn't just mean the ocean! Explore different parks with a Park System Naturalist and learn about what lives in and around the shore. Please dress for the weather, bring a water bottle, sunscreen, insect repellent, and a bag to collect artifacts along the way.

One Session \$8.00 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, Apr 9 10:00-11:00 AM (approx) IKM22A

Seven Presidents Pk Pavillion

Sat, May 7 10:00-11:00 AM (approx).....IKN22A

Bayshore Waterfront Pk Bay House

Sat, May 21 10:00-11:00 AM (approx) IKP22A

From Sap to Maple Syrup

(all ages, under 18 with adult)

Winter is winding down and the sap is running in the trees which means it's time to make maple syrup! Bring the whole family for some old-fashioned fun as we learn the history, technique and some of the science behind this delicious treat. Highlights include a syrup taste test, tree tapping demonstration and instruction, and winter tree identification. Dress for the weather and wear sturdy shoes or boots.

One Session \$15.00 Per Person

Huber Wds Env Ctr

Sat, Mar 5 10:00 AM-12:00 PM IN022A

Sat, Mar 5 1:00-3:00 PM IN122A

EARTH DAY SHORE PLANTING

(all ages, under 18 with adult)

Friday, April 22, 4:00-6:00 PM

Bayshore Waterfront Park

Are you stuck wondering how you can help the environment for this year's Earth Day? Get hands-on with our dune restoration project. By planting native plants, your actions will provide valuable habitat for local wildlife! Plants are in limited supply, so this program will be on a first come, first serve basis.

Free

Full Moon Walk at Freneau Woods*(ages 8 and up, with adult)*

Enjoy the rise of the Full Pink Moon of April while we explore the darker side of Freneau Woods Park, an over 300-acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox. Best of all, after the walk, we will enjoy the sight of the full moon over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather and bring a flashlight.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Apr 16 8:00-9:00 PM IMJ22A**Leave No Trace Hike****NEW***(all ages, under 18 with adult)*

On this leisure afternoon hike you will join one of our Park System Naturalists and learn about local wildlife and plants and the importance of leaving no trace in nature. During this hike there will be lots of stops to point out interesting finds along the way. Please wear comfortable, closed-toe walking shoes, bring a water bottle, and binoculars are optional.

One Session \$8.50 Per Person

Freneau Wds Pk Act Ctr Parking Area

Fri, May 13 4:30-5:30 PM (approx) IMF22A**Night Skies & UFOs****NEW***(ages 12 and up, under 18 with adult)*

What's that?! Discover how to navigate around the night sky and learn how to identify some of the unidentified or unknown lights in the sky. Many people have spotted something in the night sky that may not be easily known, but careful investigation will often help to identify that mystery object and become a better stargazer. Of course, not all bright objects can be easily solved. Leave your flashlights at home, bring a cozy blanket or lawn chair, and dress to be outdoors as we lie back and watch the night sky. Each outing brings new constellations, planets and stories in the skies to tell.

One Session \$10.00 Per Person

Big Brook Pk Henry Hudson Trail Parking Lot

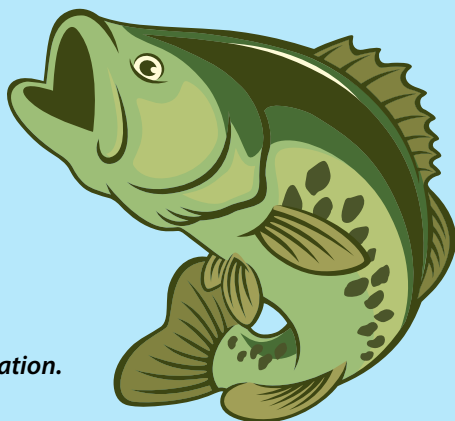
Sat, Apr 30 9:00-10:00 PM (approx) IMP22A

Freshwater Fishing Derby

The Park System is hosting its tenth annual fishing derbies for beginners as well as experienced anglers.

This is a fantastic opportunity to get hooked on a new hobby! No idea how to fish? No problem! Our staff will provide free hands-on clinics to show you how to cast and rig as well as answer any questions you may have. Prizes will be awarded for the longest fish in three different categories. See derby rules, provided upon registration, for more details. A container of worms included with each registration.

Fishing poles will be available for rent for a cost of \$5.00 per pole. Rentals are on a first come, first serve basis; limited equipment availability.

Cost: \$25.00 Per Family of 4; \$8.00 Per Person**Manasquan Reservoir Visitor Center, Howell****Saturday, June 18, 2:00-5:00 PM #W0823X***Free Fishing Clinic from 12:30-1:30 PM.***Turkey Swamp Park, Freehold****Sunday, June 19, 2:00-5:00 PM #W0923X***Free Fishing Clinic from 12:30-1:30 PM.****Pre-registration is recommended. Limited space available.******Cash and checks only will be accepted for on-site, day of registration.***

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

Did you know there are over a dozen different species of frogs and toads that call New Jersey home? Many of these species begin calling during the spring months and generate a symphony of sound throughout the forest. During this session we will meet a few of our native frog species, take an evening walk through the forest to figure out who's calling from high above to down below, and conclude the session by testing our knowledge of these audible amphibians! Please bring a flashlight or headlamp to help you light the way.

One Session \$10.00 Per Person

Huber Wds Env Ctr

Wed, Apr 20 6:30-8:00 PM IMA22A

Shark River Pk Shelter Bldg

Sat, May 14 7:00-8:30 PM IMB22A**Spring Peeper Stroll** *(all ages)*

The echoing calls of the Spring Peeper tree frog are a sure sign spring has arrived. Enjoy their cheery calls as we quietly hike to wooded pools to catch a glimpse of these tiny harbingers of spring.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Wed, Apr 20 7:00-8:00 PM I5022A**Super Heroes and Super Animals!***(ages 4-7, with adult)*

Become the next super squad of heroes while learning about the superpowers of our wildlife. Once you craft your very own hero mask, you'll take part on a super-villain scavenger hunt, plus enjoy a unique live animal presentation.

One Session \$12.00 Parent/Child

Huber Wds Env Ctr

Sun, Apr 10 10:30-11:30 AM IK522A**Thu, May 5 4:30-5:30 PM IK622A****World Turtle Day Celebration***(all ages, under 18 with adult)*

Celebrate World Turtle Day with a Park System Naturalist. Enjoy a live turtle show to increase awareness of this amazing group of reptiles. We will meet some of our native turtle species and learn about their threats and what we can do to help them.

One Session \$8.00 Per Person

Manasquan Res Env Ctr

Mon, May 23 11:00 AM-12:00 PM I3222A**NATURE ON THE MOVE**

Our Nature on the Move van, filled with hands-on nature activities, is coming to a park near you this spring!

Look for our colorful van where one of our Park System Naturalists will present a 45-60-minute family-friendly, hands-on interactive program.

Saturday, March 12 at 3:00 PM

Clayton Park Activity Center

Saturday, April 16 at 3:00 PM

Thompson Park Old Orchard Parking Lot

Saturday, May 21 at 3:00 PM

Manasquan Reservoir Visitor Center

Questions? Call 732-751-9453.

NATURE WATCH



SPRING PEEPERS offer the well-known sounds of spring. Their high-pitched *peep peep, peep peep* can be heard as early evening approaches and hundreds of peepers sing near the freshwater lakes and ponds of Park System sites such as Thompson Park in Lincroft and Turkey Swamp Park in Freehold.

WHY DOES THE SPRING PEEPER SING?

The Spring Peeper's song is actually a call from the males looking to mate with females. Mating normally occurs from late March through May. During breeding season, these peeps can often occur once every second.



HOW DO THEY SING?

This high-pitched *peep*, which can be heard up to two miles away. Closing their nostrils and mouths, they squeeze their lungs, which causes the vocal sac in their throat to inflate. The sound occurs as air leaves their lungs and passes over the vocal cords and into the vocal sac.

WHERE DO THEY WINTER?

Spring Peepers hibernate through the cold winter months, sleeping beneath old logs, under leaf litter, or in the mud. Sugars inside their cells work like a natural antifreeze as well as a source of nutrients to keep their cells and organs energized until they can emerge around March each year.

DID YOU KNOW...

Spring Peepers are very small, with adults normally only around $\frac{3}{4}$ -1 $\frac{1}{4}$ inches long.

OUTDOOR ADVENTURES

Archery Golf

(ages 9 and up, under 18 with adult)

Enjoy this twist on archery to score a birdie instead of a bull's-eye! Using bows and soft-tipped arrows, try your hand to shoot a round on our pop-up golf course.

One Session \$25.00 Per Pair

Big Brook Pk Sunfield Pavilion

Wed, Mar 23 5:00-7:00 PM (approx) U0122A

Shark River Pk Gully Road Parking Lot

Sat, Apr 30 1:00-3:00 PM (approx) U0222A

Family Bike Ride & S'Mores

(ages 5-7, with adult)

Explore the adventurous trails of Turkey Swamp Park with your family by bicycle. The trail ride will end at a campfire where we will celebrate by roasting s'mores. All participants must provide their own bike in good working condition. Young cyclists must ride a two-wheeler bike or a hitch hiker as training wheels are not suitable for trail use. A safety helmet that meets the federal standards developed by the Consumer Product Safety Commission (CPSC) is required for all (label in helmet).

Rating: Easy, flat dirt trails. Miles: approx. 2

One Session \$35.00 Parent/Child

Turkey Swamp Pk Shelter Bldg

Sat, May 21 1:00-3:00 PM W4922A

Paint by Arrow

(ages 9 and up, under 18 with adult)

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

One Session \$28.00 Per Person

Big Brook Pk Sunfield Pavilion

Fri, Mar 18 5:00-7:00 PM (approx) U0322A

Thu, Apr 7 5:00-7:00 PM (approx) U0422A

Wed, May 4 5:00-7:00 PM (approx) U0522A

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggly™ and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, hands-on age-appropriate science experiments such as creating elephant toothpaste and Mentos™ soda rockets. Then enjoy the warmth of the fire while nibbling s'mores. Participants are responsible for bringing their own s'mores supplies. Roasting sticks will be provided. Participants have the option to bring their own Snuggly™!

One Session \$21.00 Parent/Child \$13.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Apr 9 12:30-2:00 PM W4122X

Sat, Apr 9 3:00-4:30 PM W3922X

SPRING CANOE RENTALS AT THOMPSON PARK

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

Cost: \$15.00 Per Boat for 1-3 people for 2 hours of canoeing (cash or check only)

Saturday & Sunday, May 28 & 29 from 10:00 AM-3:00 PM (must be returned by 3:00 PM)

CLIMB TIME

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will experience the thrill of rock climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

Tuesday, April 19 from 3:00 PM-6:00 PM at Shark River Park

Sunday, April 24 from 12:00-3:00 PM at Clayton Park Activity Center

Tuesday, May 17 from 3:00-6:00 PM at Freneau Woods Park

Sunday, May 22 from 12:00-3:00 PM at Turkey Swamp Park

OPEN SHOOT ARCHERY AT THOMPSON PARK

(ages 10 and up, under 18 with adult)

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

Cost: \$10.00 Per Person (cash, check, Visa, MasterCard or Discover accepted)

Saturday, March 12 from 10:00 AM-2:00 PM • Saturday, April 9 from 10:00 AM-2:00 PM

Saturday, May 14 from 10:00 AM-2:00 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! After class, stay and play with the preschool equipment in our classroom as long as you like.

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

Fort Monmouth Rec Ctr Program Room B

Thu, Mar 10-Apr 14 9:30-10:15 AM M0122X

Thu, Apr 28-Jun 2 9:30-10:15 AM M0222X

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

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

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

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 30-Apr 20 9:30-10:15 AM M1322X

Wed, May 4-25 9:30-10:15 AM M1422X

Explore New Jersey*(ages 5-7, with adult)*

What beautiful treasures does our state of New Jersey hold? Spend a lovely afternoon exploring and learning about our great state through stories, crafts and games. Sharpen your New Jersey knowledge and join us to celebrate this great state! Each session will take place at a different park location. Program may be cancelled due to inclement weather.

Three Sessions \$45.00 Parent/Child

4/20 - Huber Wds Pk

4/27 - Manasquan Res

5/4 - Seven Presidents Pk

Wed, Apr 20-May 4 4:00-5:00 PM. AAU14A

Let's Create!*(ages 2-4, with adult)*

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

Six Sessions \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Mar 7-Apr 11 10:00-10:45 AM A0122A

Tue, Mar 8-Apr 12 10:00-10:45 AM A0222A

Wed, Mar 9-Apr 13 11:00-11:45 AM A0322A

Thu, Mar 10-Apr 14 10:00-10:45 AM A0422A

Fri, Mar 11-Apr 22 10:00-10:45 AM A4622A

No class 4/15

Freneau Wds Pk Vis Ctr Art Room

Mon, Mar 7-Apr 11 1:00-1:45 PM A6622A

Henry Hudson Trail Act Ctr

Mon, Mar 7-Apr 11 10:00-10:45 AM AAT14A

Messy Art Sampler - Fun Outdoors in the Spring!*(ages 18 months-3 years, with adult)*

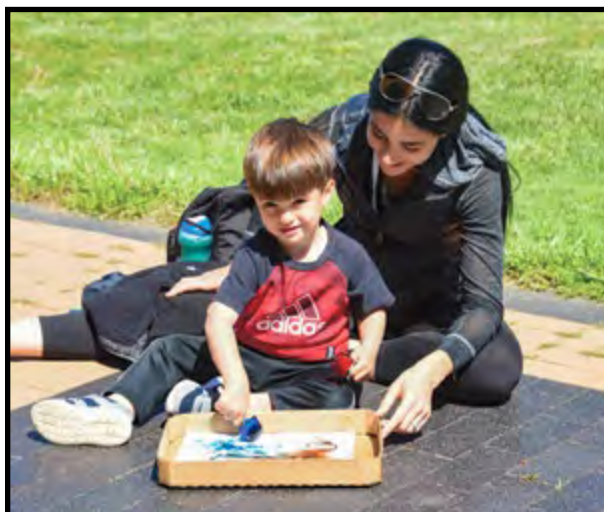
We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as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

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

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 30-Apr 20 10:30-11:15 AM M2622X

Wed, May 4-25 10:30-11:15 AM M2722X



CULINARY ARTS

Kids' Summer Treats

(ages 8-12, with adult)

Are you ready for summer? You will be after this class! Those carefree, childhood summers are incomplete without a few special treats to make the season memorable. Bring your favorite adult, spend some quality time in the kitchen and learn how to make these goodies together so you can create them all season long.

Menu: Ice Cream Cone S'mores, Chocolate Covered Bananas, and Cookie Pops

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, May 7 10:00 AM-12:30 PM..... MCP22A

Nailed It! The Recreation Challenge

(ages 10-13, with adult)

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

One Session \$59.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Weird Science

Fri, Mar 4 5:30-7:30 PM.....M4022A

It's Spring - Surprise!

Fri, Apr 22 5:30-7:30 PM.....M4122A



Spring Bunny Cut-Up Cake

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 2 10:00 AM-1:30 PM MCG22A

Wee Can Cook

(ages 2 ½-3 ½, with adult)

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

Four Sessions \$55.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Fri, Mar 11-Apr 1 11:30 AM-12:30 PM A5822A

Fri, Apr 8-May 6 11:30 AM-12:30 PM A5922A

No class 4/15

Wizarding Treats

(ages 8-12, with adult)

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

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 19 10:00 AM-12:00 PM..... MCC22A

EDUCATION & ENRICHMENT

Adventures in Reading*(ages 2-5, with adult)*

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

Six Sessions \$65.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Fri, Apr 29-Jun 3 11:15 AM-12:15 PM A4822A****Henry Hudson Trail Act Ctr****Fri, Mar 11-Apr 22 10:00-11:00 AM A1322A***No class 4/15***Keyboard Beginnings - Level 1 Beginners***(ages 4 ½-6, with adult)*

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance, and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and play short songs on keyboards provided in the classroom. To receive the full benefits of the class, it is highly recommended your child has access to a keyboard or piano at home for short follow-up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A \$20.00 materials fee is due to the instructor on the first day of class.

Seven Sessions \$150.00 Parent/Child**Thompson Pk Vis Ctr Tulip Room****Mon, Apr 4-May 23 4:00-4:45 PM A2222A***No class 4/18***Keyboard Beginnings - Level 2 Intermediate***(ages 5-7, with adult)*

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

Seven Sessions \$150.00 Parent/Child**Thompson Pk Vis Ctr Tulip Room****Mon, Apr 4-May 23 5:00-5:45 PM A2322A***No class 4/18***Little Learners***(ages 2-4, with adult)*

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

Six Sessions \$64.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Wed, Mar 9-Apr 13 9:30-10:15 AM A1022A****Wed, Apr 27-Jun 1 9:30-10:15 AM A1122A****Snapology®: Spring is Here Parent/Child Workshop****NEW***(ages 3-5, with adult)*

The phrase "April showers brings May flowers" is a popular saying used during spring. Enjoy the weather while you and your child build an umbrella and design a flower garden with fences and trees made out of LEGO® bricks. Learn, build and play during this special program. Take home a mini umbrella you both create.

One Session \$25.00 Parent/Child \$10.00 Additional Sibling**Thompson Pk Vis Ctr Beech Room****Sat, Apr 9 10:30-11:30 AM Q4722X****Sat, Apr 9 12:00-1:00 PM Q4822X**

NATURE

Colors and Shapes in Nature *(ages 2-4, with adult)*

Inquisitive children love the beautiful colors and interesting shapes in nature. Your child will enjoy discovering color and shapes with nature as the theme. We play games, have a color and shape scavenger hunt and meet a special friend.

One Session \$10.00 Per Child

Thompson Pk Vis Ctr Walnut Room

Fri, May 6 11:00 AM-12:00 PM I1522A

Freneau Wds Pk Vis Ctr Program Room 2

Wed, May 25 11:00 AM-12:00 PM I1422A**Fishy Fun!** *(ages 4-6, with adult)*

Does your child love everything about fish - their scales, gills and tails? How they swim, eat and where they sleep? Then join us for this great fish exploration! Fun includes a close look at the anatomy of a real fish, creating fish prints to take home, and plenty of fishy themed songs and games.

One Session \$12.50 Per Child

Manasquan Res Env Ctr

Sun, May 22 11:00 AM-12:00 PM I1122A**Happy Trails for Baby and You** *(ages 1 month-12 months, with parent)*

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

Five Sessions \$30.00 Parent/Child

4/13 - Thompson Pk Filly Run Parking Lot

4/20 - Dorbrook Rec Area Vis Ctr Parking Lot

4/27 - Holmdel Pk Shelter Bldg

5/4 - Big Brook Pk Parking Lot

5/11 - Manasquan Res Env Ctr Parking Lot

Tue, Apr 13-May 11 11:00 AM-12:00 PM .. INB22A**Little Green Thumbs***(ages 4-6, with adult)*

Inspire your little gardener with these do-it-yourself, take home plant projects. Projects include planting in our own decorated pots, creating tiny moss terrariums and making seed bombs for their own gardens at home. It's lots of fun while learning how seeds start and plants grow. Participants should be prepared to get their hands messy.

One Session \$15.00 Per Child

Manasquan Res Env Ctr

Fri, Mar 25 11:00 AM-12:00 PM I3622A**Sat, Mar 26 11:00 AM-12:00 PM I1022A****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 \$15.00 Per Child

Turkey Swamp Pk

Sat, Apr 30 10:00-11:30 AM I3722A**Sun, May 15 10:00-11:30 AM I3822A****Nature & Me** *(ages 2-5, with adult)*

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

One Session \$14.00 Parent/Child

Huber Wds Env Ctr

Thu, Apr 14 10:00-11:00 AM IM722A

Freneau Wds Pk Vis Ctr Program Room 2

Tue, May 24 10:00-11:00 AM IMC22A

Sharing at the Seashore *(ages 2-5, with adult)*

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

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

Seven Presidents Pk Act Ctr

Thu, Apr 28-May 19 4:00-5:00 PM IND22X

Spring Tales and Forest Fun*(ages 2-5, with adult)*

Is there too much virtual in your child's reality? The forests will be our gateway to spring marvels of the natural world. Let's spy on a bunny, hunt for bird nests, or follow a butterfly during our easy walks suited for your young walker. Imaginative stories, games and a fun craft will round out each weekly session.

Four Sessions \$44.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Apr 12-May 3 10:00-11:15 AM INC22A

Springing into Sunshine *(ages 3-5, with adult)*

Are you ready to take advantage of that extra hour of sunshine? Do you have a little one at home that is itching to get outside? Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games and crafts suited for young children.

Four Sessions \$44.00 Parent/Child

Huber Wds Env Ctr

Tue, Mar 22-Apr 12 10:00-11:30 AM IKG22A

Seven Presidents Pk Act Ctr

Thu, Mar 24-Apr 14 10:00-11:30 AM IKJ22A

Wake Up! *(ages 2-5, with adult)*

It's the first day of spring and the plants and animals are waking up from their long winter break! We will learn how nature changes in the spring and make a craft. Then we'll look for signs of spring during a walk outside.

One Session \$13.00 Parent/Child \$7.00 2nd Child

Huber Wds Env Ctr

Sun, Mar 20 9:30-11:00 AM INA22X



4-H WE  HERE

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

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

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

Activities include:

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

Learn more:

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

732-431-7260, ext. 7264

4H@co.monmouth.nj.us



OUTDOOR ADVENTURES

"I Can Ride My Bike All by Myself!"

Private Lessons

(ages 5-9)

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

Instructor: Wally Tunison

One Session \$93.00 Per Person

Thompson Pk Activity Barn

Sat, Apr 23 10:30-11:30 AM W2722A

Sat, Apr 23 11:45 AM-12:45 PM W2822A

Sat, Apr 23 1:00-2:00 PM W2922A

Sat, Apr 30 10:30-11:30 AM W3022A

Sat, Apr 30 11:45 AM-12:45 PM W3122A

Sat, Apr 30 1:00-2:00 PM W3222A

Sat, May 21 10:30-11:30 AM W3322A

Sat, May 21 11:45 AM-12:45 PM W3422A

Sat, May 21 1:00-2:00 PM W6922A

Sat, May 28 10:30-11:30 AM W3522A

Sat, May 28 11:45 AM-12:45 PM W7022A

Sat, May 28 1:00-2:00 PM W7122A

Bicycle Basics: Throw Away Those Training Wheels

(ages 5-9)

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

Instructor: Wally Tunison

Two Sessions \$52.00 Per Person

Thompson Pk Activity Barn

Sat, Apr 23-30 9:00-10:15 AM W3622A

Sat, May 21-28 9:00-10:15 AM W3722A

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

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

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

Thompson Pk Filly Run Parking Lot

Sat, Mar 26 10:00-11:30 AM W1722X

Sat, Mar 26 12:00-1:30 PM W6622X

Big Brook Pk Parking Lot

Sat, Apr 23 10:00-11:30 AM W1822X

Sat, Apr 23 12:00-1:30 PM W6722X

Deep Cut Gardens Outdoor Area

Sat, May 28 10:00-11:30 AM W1922X

Sat, May 28 12:00-1:30 PM W6822X

Nature Tots & Young Explorers

(ages 2-5, with adult)

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

Instructor: Mr. Rocky

Three Sessions \$42.00 Parent/Child \$17.25 Additional Sibling

Chipmunk Series

3/11 - Dorbrook Rec Area Vis Ctr Parking Lot

3/18 - Huber Wds Env Ctr Parking Lot

3/25 - Tatum Pk Red Hill Parking Area

Fri, Mar 11-25 10:00-11:30 AM W0822X

Butterfly Series

4/6 - Holmdel Pk Hilltop Area

4/13 - Hartshorne Wds Buttermilk Valley Lot

4/20 - Thompson Pk Old Orchard Picnic Shelter

Wed, Apr 6-20 10:00-11:30 AM W0922X

Fox Series

5/5 - Turkey Swamp Pk Shelter Bldg

5/12 - Shark River Pk Shelter Bldg

5/19 - Big Brook Pk Parking Lot

Thu, May 5-19 10:00-11:30 AM W1022X

PLAY GROUP

Baby Boomers*(ages 9 months-18 months, with adult)*

Babies develop socialization skills and togetherness with mom or dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or dad will meet new people and have fun in a program designed for babies that are not yet walking.

Six Sessions \$72.00 Parent/Child**Tatum Pk Holland Act Ctr****Fri, Apr 1-May 13 9:15-10:00 AM X7422A***No class 4/15***Fri, May 20-Jun 24 9:15-10:00 AM X8122A****Growing Together***(ages 2-4, with adult)*

Join us as we go outside at Dorbrook Recreation Area to read stories, sing songs and engage in nature-related activities. This mommy and me program is designed to promote outdoor learning through play. Please bring along your smiles and a blanket to sit on while we are outside. All outdoor activities are weather permitting.

Six Sessions \$62.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Wed, Apr 27-Jun 1 11:15 AM-12:00 PM . . . A1222A****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 \$60.00 Per Person**Fort Monmouth Rec Ctr Gym A****Tue, Mar 15-Apr 5 10:30-11:15 AM MB222A****Tue, Apr 12-May 3 10:30-11:15 AM MB322A****Tue, May 17-Jun 7 10:30-11:15 AM MB422A****Let's Play Outside!***(ages 2-4, with adult)*

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

Six Sessions \$64.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Mon, Apr 25-Jun 6 10:00-10:45 AM A0522A***No class 5/30***Mon, Apr 25-Jun 6 11:15 AM-12:00 PM . . . A0622A***No class 5/30***Tue, Apr 26-May 31 10:00-10:45 AM A0722A****Wed, Apr 27-Jun 1 10:00-10:45 AM A0822A****Thu, Apr 28-Jun 2 10:00-10:45 AM A0922A****Fri, Apr 29-Jun 3 10:00-10:45 AM A4722A****Miss Melissa's Aardvarks***(ages 6 months-5 years, with adult)*

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

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

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr**Mon, Apr 4-Jun 6 9:30-10:15 AM A2422X***No class 4/18 & 5/30***Mon, Apr 4-Jun 6 10:30-11:15 AM A2522X***No class 4/18 & 5/30***Mon, Apr 4-Jun 6 4:00-4:45 PM A2622X***No class 4/18 & 5/30*

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr**Tue, Apr 5-May 31 9:30-10:15 AM A2722X***No class 4/19***Tue, Apr 5-May 31 10:30-11:15 AM A2822X***No class 4/19*

Instructor: Ms. Elisabeth

Dorbrook Rec Area Vis Ctr**Fri, Apr 8-Jun 3 9:30-10:15 AM A2922X***No class 4/15***Fri, Apr 8-Jun 3 10:30-11:15 AM A3022X***No class 4/15*

Morning Playtime

(ages 18 months-3 years, with adult)

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

Please Note: A parent must stay present in the room at all times. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 24-Apr 21 9:15-10:00 AM X5722A

Thu, May 5-Jun 2 9:15-10:00 AM X6122A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 23-Apr 20 9:15-10:00 AM X5022A

Wed, May 4-Jun 1 9:15-10:00 AM X5322A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Mar 30-May 4 10:15-11:00 AM X7122A

Fri, Apr 1-May 13 10:15-11:00 AM X7622A

No class 4/15

Wed, May 11-Jun 15 10:15-11:00 AM X7922A

Fri, May 20-Jun 24 10:15-11:00 AM X8222A

Stage 3

(ages 2 ½-3 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 24-Apr 21 10:15-11:00 AM X5922A

Thu, May 5-Jun 2 10:15-11:00 AM X6422A

Henry Hudson Trail Act Ctr

Tue, Mar 15-Apr 12 10:00-10:45 AM X4022A

Tue, Apr 26-May 24 10:00-10:45 AM X4522A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 23-Apr 20 10:15-11:00 AM X5122A

Wed, May 4-Jun 1 10:15-11:00 AM X5422A

Six Sessions \$72.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Mar 30-May 4 11:00-11:45 AM X7322A

Fri, Apr 1-May 13 11:00-11:45 AM X7722A

No class 4/15

Wed, May 11-Jun 15 11:00-11:45 AM X8022A

Fri, May 20-Jun 24 11:00-11:45 AM X8322A

Morning Playtime Plus Two

(ages 11 months-3 years, with adult)

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

Please Note: A parent must stay present in the room at all times. Drop-offs are not permitted.

Six Sessions \$90.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Mar 30-May 4 9:15-10:00 AM X6922A

Wed, May 11-Jun 15 9:15-10:00 AM X7822A

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 \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

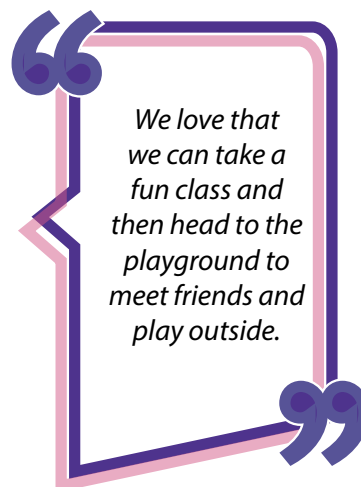
Thu, Mar 24-Apr 21 11:15 AM-12:00 PM . . X5622A

Thu, May 5-Jun 2 11:15 AM-12:00 PM . . . X6722A

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 23-Apr 20 11:15 AM-12:00 PM . . X5222A

Wed, May 4-Jun 1 11:15 AM-12:00 PM . . . X5522A



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 \$60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Justice League

Included heroes: Superman, Wonder Woman, and Batman

Mon, Mar 14-Apr 11 9:30-10:15 AM M8922A

Mon, Mar 14-Apr 11 10:30-11:15 AM M9022A

Avengers Assemble

Included heroes: Captain America, Spiderman, and Hulk

Mon, Apr 25-May 23 9:30-10:15 AM M9122A

Mon, Apr 25-May 23 10:30-11:15 AM M9222A

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 \$44.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Mar 18-Apr 8 9:30-10:15 AM M9322A

Fri, Mar 18-Apr 8 10:30-11:15 AM M9422A

Fri, Apr 29-May 20 9:30-10:15 AM M9522A

Fri, Apr 29-May 20 10:30-11:15 AM M9622A

When You Wish Upon a Star

(ages 2-4, with adult)

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

Five Sessions \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Mar 18-Apr 22 12:15-1:00 PM X4422A

No class 4/15

Fri, May 6-Jun 3 12:15-1:00 PM X4922A

Henry Hudson Trail Act Ctr

Tue, Mar 15-Apr 12 11:00-11:45 AM X4122A

Tue, Apr 26-May 24 11:00-11:45 AM X4622A

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.

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 9-May 14 9:00-9:55 AM X0822A

No class 4/16

Five 4 One Sports

(ages 2 ½-3 ½, with adult)

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

Five Sessions \$60.00 Parent/Child

Big Brook Pk Elsas Lodge

Fri, Mar 18-Apr 22 10:15-11:00 AM X4222A

No class 4/15

Fri, May 6-Jun 3 10:15-11:00 AM X4722A

Future Stars of Tomorrow

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Fri, Mar 18-Apr 22 11:15 AM-12:00 PM ... X4322A

No class 4/15

Fri, May 6-Jun 3 11:15 AM-12:00 PM..... X4822A



We absolutely love the Park System's classes! From the remarkable staff to the variety of time slots available. Way to go MCPS!

Gymnastics - Parent and Child

(ages 2-3, with adult)

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

Four Sessions \$60.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Mar 5-26 9:00-9:45 AM.....M4822A

Sat, Mar 5-26 11:00-11:45 AM M4922A

Sat, Apr 2-30 9:00-9:45 AM M5022A

No class 4/23

Sat, Apr 2-30 11:00-11:45 AM.....M5122A

No class 4/23

Sat, May 7-28 9:00-9:45 AM M5222A

Sat, May 7-28 11:00-11:45 AM M5322A

Twelve Sessions \$180.00 Per Pair

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Tue, Mar 29-Jun 21 9:00-9:45 AM M6922A

No class 4/19

Tue, Mar 29-Jun 21 10:00-10:45 AM M7022A

No class 4/19

Tue, Mar 29-Jun 21 11:00-11:45 AM M7122A

No class 4/19

Sat, Apr 2-Jun 25 9:00-9:45 AM M7222A

No class 4/16

Sat, Apr 2-Jun 25 11:00-11:45 AM.....M7322A

No class 4/16

Fill the Day with Play!

Playgrounds offer the perfect place for children to get some exercise as they run, jump and climb all while using their imaginations.

You'll have fun on the playgrounds located at the following Monmouth County parks:

- Dorbrook Recreation Area, Colts Neck
- Holmdel Park, Holmdel
- Manasquan Reservoir, Howell
- Mount Mitchill Scenic Overlook, Atlantic Highlands
- Seven Presidents Oceanfront Park, Long Branch
- Shark River Park, Wall
- Tatum Park, Middletown
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold



Kids Kixx Pee Wee*(ages 2 ½-3, with adult)*

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

Four Sessions \$56.00 Per Child**Indoor Season****Dorbrook Rec Area Act Ctr****Sat, Mar 12-Apr 2 9:00-9:45 AM..... MA022A****Thu, Mar 17-Apr 7 4:00-4:45 PM MA522A****Fort Monmouth Rec Ctr Gym A****Sun, Mar 13-Apr 3 11:00-11:45 AM..... MA122A****Sun, Mar 13-Apr 3 12:00-12:45 PM MA222A****Sun, Mar 13-Apr 3 1:00-1:45 PM MA322A****Tue, Mar 15-Apr 5 9:30-10:15 AM MA422A****Spring Season 1 (Outdoors)****Bayshore Waterfront Park****Wed, Apr 13-May 4 4:30-5:15 PM..... MA822A****Dorbrook Rec Area****Sun, Apr 10-May 8 8:30-9:15 AM..... MAH22A***No class 4/17***Thu, Apr 14-May 5 9:30-10:15 AM..... MA922A****Thu, Apr 14-May 5 10:30-11:15 AM..... MAA22A****Thu, Apr 14-May 5 4:30-5:15 PM MAB22A****Fort Monmouth Rec Ctr Outdoor Area****Sun, Apr 10-May 8 9:00-9:45 AM.....MAJ22A***No class 4/17***Sun, Apr 10-May 8 10:00-10:45 AM..... MAK22A***No class 4/17***Tue, Apr 12-May 3 9:30-10:15 AM..... MA622A****Tue, Apr 12-May 3 4:30-5:15 PM MA722A****Holmdel Pk Hilltop Area****Fri, Apr 8-May 6 9:30-10:15 AM MAC22A***No class 4/15***Fri, Apr 8-May 6 10:30-11:15 AM..... MAD22A***No class 4/15***Fri, Apr 8-May 6 4:00-4:45 PM MAE22A***No class 4/15***Sat, Apr 9-May 7 9:00-9:45 AM..... MAF22A***No class 4/16***Sat, Apr 9-May 7 10:00-10:45 AM MAG22A***No class 4/16***Spring Season 2 (Outdoors)****Dorbrook Rec Area****Thu, May 19-Jun 9 9:30-10:15 AM.....MAT22A****Thu, May 19-Jun 9 10:30-11:15 AM..... MAU22A***(continued...)***Kids Kixx Pee Wee continued...****Fort Monmouth Rec Ctr Outdoor Area****Tue, May 17-Jun 7 9:30-10:15 AM MAP22A****Tue, May 17-Jun 7 4:30-5:15 PM MAQ22A****Sun, May 22-Jun 19 10:00-10:45 AM MB022A***No class 5/29***Sun, May 22-Jun 19 11:00-11:45 AM MB122A***No class 5/29***Holmdel Pk Hilltop Area****Fri, May 20-Jun 10 9:30-10:15 AM..... MAV22A****Fri, May 20-Jun 10 10:30-11:15 AM.....MAW22A****Fri, May 20-Jun 10 4:00-4:45 PM MAX22A****Sat, May 21-Jun 18 9:00-9:45 AM MAY22A***No class 5/28***Sat, May 21-Jun 18 10:00-10:45 AM MAZ22A***No class 5/28***Thompson Pk****Mon, May 16-Jun 13 9:30-10:15 AM MAM22A***No class 5/30***Mon, May 16-Jun 13 10:30-11:15 AM.... MAN22A***No class 5/30***Wolf Hill Rec Area****Wed, May 18-Jun 8 9:30-10:15 AM MAR22A****Wed, May 18-Jun 8 10:30-11:15 AM MAS22A****Kidz Yoga***(ages 4-6, with adult)*

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your child's favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation instructor

Five Sessions \$80.00 Parent/Child**Freneau Wds Pk Vis Ctr Program Room 1****Sun, Apr 24-May 22 11:30 AM-12:15 PM.. XAT22A****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 favorite 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.

Five Sessions \$50.00 Parent/Child**Dorbrook Rec Area****Sat, Apr 9-May 14 9:00-9:55 AM..... X0922A***No class 4/16***Sat, May 21-Jun 25 9:00-9:55 AM X2022A***No class 5/28*

ARTS & CRAFTS

American Girl® Doll Design*(ages 7-10)*

Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or other 18" doll and bring her to class each week.

One Session \$24.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Let's Have a Sleepover

Make her a sleeping bag and fun stuff for a sleepover with her friends.

Sat, Mar 19 10:30-11:30 AM M3422A

Sat, Mar 19 12:00-1:00 PM.....M3522A

Sat, Mar 19 1:30-2:30 PM.....MCW22A

Spring Fashion

Create a fabulous outfit she can show off as it warms up outside.

Sat, Apr 23 10:30-11:30 AM.....M3622A

Sat, Apr 23 12:00-1:00 PM.....M3722A

Sat, Apr 23 1:30-2:30 PM.....MCX22A

Paddleboard

Time to hit the surf and show her stuff with a new paddleboard!

Sat, May 21 10:30-11:30 AM.....M3822A

Sat, May 21 12:00-1:00 PM.....M3922A

Sat, May 21 1:30-2:30 PM.....MCY22A

**Beginner Sewing***(ages 10-15)*

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

Instructor: Colette Laporta

Six Sessions \$79.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 9-Apr 13 6:00-8:00 PM.....ZCS22A

Wed, Apr 27-Jun 1 6:00-8:00 PM.....ZCT22A

Build a Flower Pot*(ages 8-12)*

Whether preparing for the arrival of spring or searching for the perfect Mother's Day gift, creating your very own handmade flower pot is a great way to celebrate. Join us to construct a clay flower pot, learn some basic hand-building skills and embellish and decorate the surface with glazes. All flower pots will be ready for pick up two weeks after the class to allow for firing.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sun, Apr 10 12:30-2:00 AM.....Z1222A

Sun, Apr 10 2:30-4:00 PM.....Z1322A

Ceramic Bunnies*(ages 6-10)*

It's the time of the year for the arrival of the Easter Bunny! Create a very special pre-cast ceramic bunny of your own to adorn the Easter basket. Participants will learn to glaze and decorate their bunny. Pieces will be kiln fired ready for pick up one week after.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 26 12:00-1:30 PM.....Z1822A

Sat, Mar 26 2:00-3:30 PM.....Z1922A

Children's Ceramics

(ages 8-16)

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

Instructor: Adrienne Spota

Seven Sessions \$91.00 Per Child

Thompson Pk Creative Arts Center

Sat, Mar 5-Apr 16 9:30-11:30 AM..... Z3222A

No class 4/16

Sat, Apr 30-Jun 18 9:30-11:30 AM..... Z3322A

No class 5/28

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions \$98.00 Per Child

Thompson Pk Creative Arts Center

Fri, Mar 4-Apr 8 4:30-6:00 PM..... Z1622A

Fri, Apr 29-Jun 3 4:30-6:00 PM..... Z1722A

Children's Wheel-Thrown Pottery

(ages 11-17)

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

Seven Sessions \$135.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Mar 3-Apr 14 4:00-6:00 PM..... Z3422A

Thu, Apr 28-Jun 9 4:00-6:00 PM..... Z3522A

Instructor: John Fossa

Sat, Mar 5-Apr 23 9:00-11:00 AM..... Z3622A

No class 4/16

Sat, Apr 30-Jun 18 9:00-11:00 AM..... Z3722A

No class 5/28

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Join us for an after-school "crafternoon!" Each session will feature a new project to take home. Children will be able to socialize in a casual, art club-like atmosphere to make new friends and let their creativity flow. We will be using lots of different art supplies, so please dress for mess or bring a smock.

Six Sessions \$80.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Mar 8-Apr 12 4:00-5:15 PM..... A1422A

Great Impressionism for 5, 6 & 7 year olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below.



Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14" x 14" (a pizza box works well).

Four Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Matisse's Banks of the Canal

Pissarro's Flowering Apple Trees at Eragny, 1888

van Gogh's The Kingfisher

Matisse's Bouquet on a Bamboo Table

Sat, Mar 5-26 9:30-10:30 AM..... ZC322A

Sat, Mar 5-26 11:00 AM-12:00 PM..... ZC422A

Matisse's Bouquet of Mixed Flowers

Matisse's The Riverbank

Monet's Apple Trees in Bloom

Matisse's Pot of Geraniums

Sat, Apr 2-23 9:30-10:30 AM..... ZC522A

Sat, Apr 2-23 11:00 AM-12:00 PM..... ZC622A

Monet's Red Boats

van Gogh's Pink Peach Tree in Blossom

van Gogh's Green Wheat Field with Cypress

Matisse's Daisies

Sat, Apr 30-May 21 9:30-10:30 AM..... ZC822A

Sat, Apr 30-May 21 11:00 AM-12:00 PM .. ZC722A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions \$96.00 Per Person

Matisse's Banks of the Canal
Pissarro's Flowering Apple Trees at Eragny, 1888
van Gogh's The Kingfisher
Matisse's Bouquet on a Bamboo Table

Fort Monmouth Rec Ctr Program Room C

Wed, Mar 2-23 4:30-6:30 PM..... ZAS22A

Thompson Pk Creative Arts Center

Fri, Mar 4-25 4:30-6:30 PM..... ZAT22A

Matisse's Bouquet of Mixed Flowers
Matisse's The Riverbank

Monet's Apple Trees in Bloom
Monet's Field of Tulips in Holland

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 30-Apr 20 4:30-6:30 PM..... ZAU22A

Thompson Pk Creative Arts Center

Fri, Apr 1-29 4:30-6:30 PM..... ZAV22A

No class 4/15

Monet's Red Boats
van Gogh's Pink Peach Tree in Blossom
van Gogh's Green Wheat Field with Cypress
Matisse's Daisies, 1919

Fort Monmouth Rec Ctr Program Room A

Wed, Apr 27-May 18 4:30-6:30 PM ZAW22A

Thompson Pk Creative Arts Center

Fri, May 6-27 4:30-6:30 PM ZAX22A

KidzArt Explore

(ages 6-10)

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

Six Sessions \$90.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Apr 4-May 9 4:00-5:00 PM..... Z9622A

Mon, May 16-Jun 20 4:00-5:00 PM Z9722A

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 6-May 11 4:00-5:00 PM..... Z9822A

Wed, May 18-Jun 22 4:00-5:00 PM Z9922A

Thompson Pk Creative Arts Center

Thu, Apr 7-May 12 4:15-5:15 PM ZA022A

Thu, May 19-Jun 23 4:15-5:15 PM ZA122A

KidzArt Discover

(ages 3 ½-5)

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

Six Sessions \$90.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Apr 4-May 9 10:00-11:00 AM Z9022A

Mon, May 16-Jun 20 10:00-11:00 AM Z9122A

Wed, Apr 6-May 11 1:00-2:00 PM..... Z9222A

Wed, May 18-Jun 22 1:00-2:00 PM Z9322A

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 5-May 10 1:00-2:00 PM Z9422A

Tue, May 17-Jun 21 1:00-2:00 PM Z9522A

Inclusion Services

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

*For more information,
contact Justin at 732-460-1167, ext. 22.*

KidzArt Painting Workshop*(ages 7-11)*

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

One Session \$25.00 Per Child**Wise Owl**

Henry Hudson Trail Act Ctr

Sat, Mar 19 10:30 AM-12:00 PM..... ZB522A

Thompson Pk Creative Arts Center

Sat, Mar 19 1:30-3:00 PM..... ZB622A**Spring Bunny**

Henry Hudson Trail Act Ctr

Sat, Apr 9 10:30 AM-12:00 PM ZAF22A

Thompson Pk Creative Arts Center

Sat, Apr 9 1:30-3:00 PM ZAG22A**Spring Flowers**

Henry Hudson Trail Act Ctr

Sat, May 14 10:30 AM-12:00 PM ZAH22A

Thompson Pk Creative Arts Center

Sat, May 14 1:30-3:00 PM..... ZAJ22A**Mother's Day Plate***(ages 7-12)*

Create a present that mom will truly treasure! In this class, we will paint and decorate a ceramic plate for the perfect gift for her this Mother's Day. Pieces will be kiln fired and ready for pick up in two weeks.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sat, Apr 23 12:00-1:30 PM..... Z2022A**Sat, Apr 23 2:00-3:30 PM..... Z2122A****Springtime Birdhouses***(ages 7-12)*

Springtime's in the air! Create a birdhouse to attract some nature to your yard. Learn to build a bird house out of clay and acquire some hand building skills. Once finished building, you will paint and leave for firing. Pieces will be ready for pick up two weeks after class.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sun, May 15 1:00-2:30 PM..... Z1422A**Sun, May 15 3:00-4:30 PM..... Z1522A****TeenzArt Studio***(ages 11-17)*

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

Six Sessions \$96.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Wed, Apr 6-May 11 5:15-6:30 PM..... ZA222A**Wed, May 18-Jun 22 5:15-6:30 PM ZA322A**

Thompson Pk Creative Arts Center

Thu, Apr 7-May 12 5:30-6:45 PM ZA622A**Thu, May 19-Jun 23 5:30-6:45 PM ZA722A****CULINARY ARTS****Books & Cooks***(ages 3-5)*

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

Please Note: Children must be fully potty trained.**Four Sessions \$55.00 Per Person**

Dorbrook Rec Area Vis Ctr

Wed, Mar 9-30 3:00-4:00 PM..... A6022A**Thu, Mar 10-31 3:00-4:00 PM A6122A****Wed, Apr 13-May 4 3:00-4:00 PM..... A6222A****Thu, Apr 14-May 5 3:00-4:00 PM A6322A****Wed, May 18-Jun 8 3:00-4:00 PM..... A6422A****Thu, May 19-Jun 9 3:00-4:00 PM A6522A**

Chocolate Fun for Everyone

(ages 8-12)

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 \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Apr 30 10:00 AM-12:30 PM A7422A

Create Like Kids' Baking Championship

(ages 10-13)

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

Four Sessions \$75.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 2-23 4:30-6:30 PM MCS22A

Mon, Apr 4-25 4:30-6:30 PM M1822A

Wed, Apr 6-27 4:30-6:30 PM MCT22A

Mon, May 2-23 4:30-6:30 PM M1922A

Wed, May 4-25 4:30-6:30 PM MCU22A

Let's Decorate Cupcakes!

(ages 9-12)

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

Instructor: Kimberly Megill

One Session \$50.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Mar 28 5:00-7:00 PM A7322A

The Baking Lab

(ages 9-12)

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

One Session \$39.00 Per Child

Fort Monmouth Rec Ctr Kitchen

The Classic Fudgy Brownie

This time around, we'll tinker with that staple of bake sales everywhere. Chewy, fudgy or cakey, it'll be a delicious test!

Sat, Mar 26 10:00 AM-12:00 PM M4222A

Scottish Shortbread

The quintessential cookie of Scotland has only three ingredients. We can't really do much with that - or can we?

Sat, Apr 30 10:00 AM-12:00 PM M4322A

Tween Chefs

(ages 10-12)

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

Four Sessions \$84.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 9-30 4:30-6:00 PM A5422A

Thu, Mar 10-31 4:30-6:00 PM A5522A

Sun, Apr 3-24 10:30 AM-12:00 PM A5322A

Wed, May 18-Jun 8 4:30-6:00 PM A5622A

Thu, May 19-Jun 9 4:30-6:00 PM A5722A

Young Chefs

(ages 6-9)

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

One Session \$84.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Mar 6-27 10:30 AM-12:00 PM A4922A

Wed, Apr 13-May 4 4:30-6:00 PM A5122A

Thu, Apr 14-May 5 4:30-6:00 PM A5222A

Sun, May 1-Jun 5 10:30 AM-12:00 PM A5022A

No class 5/8 & 5/29

Make Spring Break Exciting!

Snapology® Spring Break

(grades 1-4)

Each day at Snapology®, children learn, build and play exploring the principals of S.T.E.M: science, technology, engineering and mathematics. Our hands-on building programs supports collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality. Individual sanitized materials provided. Instructors and all supplies provided by Snapology®.

Five Sessions \$185.00 Per Person

Thompson Pk Vis Ctr Beech Room

Young Architects

We take participants on a hands-on history journey from ancient times to the 21st century. They'll build pyramids, medieval castles, the Eiffel Tower, the Empire State Building and suspension bridges. Daily demonstrations on technique (stacked, overlap and stagger) used by LEGO® master builders will be reviewed. Motorized model building further explores how gears, pins, axles and tech bricks work together. This program explores the creative process.

Mon-Fri, Apr 18-22 9:00 AM-12:00 PM. . . . Q5522A

Amusement Park Fun

Bring your imagination to learn, build and play with a LEGO® technic amusement park ride each day. Participants build individual motorized models and learn how gears of different sizes operate at different speeds and that friction and non-friction influence movement. Instructors teach the principles of how things work in a fun and engaging way. LEGO® basic bricks are used to create 3D models of a ticket booth, entrance, retail store, and water park.

Mon-Fri, Apr 18-22 1:00-4:00 PM. Q5622A

Full Day Option

Can't decide between the morning and afternoon sessions? Take them both! Price includes both programs plus a supervised lunch break from 12:00-1:00 PM. Please see descriptions above for full details for each program.

Five Sessions \$360.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon-Fri, Apr 18-22 9:00 AM-4:00 PM. Q5722A

Mad Science Spring Break Fun

(ages 6-9)

Mad Science fuses experiments, take-home projects, and hands-on learning. Instructors are from Mad Science of West New Jersey. Programs are held indoors.

Five Sessions \$215.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Super Slimy Smokey Science

Dive into a variety of scientific fields as you mix and stretch silly putty and slime, copperplate nickels, and investigate the mysteries of optical illusions. Become captivated by lasers, dry ice, watch hair-raising Van de Graaff experiments, help solve a mystery, and so much more! Tinker with circuits and catapults, and experience what happens when you mix science and fun!

Mon-Fri, Apr 18-22 9:30 AM-12:30 PM. . . . Q5822A

Mad Machines & Rockin' Rockets

Spring into a medley of scientific subjects and learn about the Earth and its animal inhabitants, simple machines, rocketry, flight, and chemical reactions; there's something for everyone! Build and race a car, construct a rocket, create animal tracks, build a bug house, and grow your very own crystal gardens to take home! There's so much in store; it's simply sensational!

Mon-Fri, Apr 18-22 1:30-4:30 PM. Q5922A

Springtime Fun at the Fort

(ages 6-12)

Schools may have spring break, but the kids still need to have fun. Games, art, concoctions, experiments, sports - the Fort has it all. With activity rooms, a lobby of table games, outdoor sport court and a full gymnasium, we'll bring the variety and excitement of our summer programs; all you need to bring is a snack and lunch. The Fort Monmouth Recreation Center is conveniently located just minutes away from the Garden State Parkway, perfect for working parents. Sign up now for all five days or choose your days with the daily option.

Fort Monmouth Recreation Center

Full Week

Five Sessions \$240.00 Per Child \$205.00 Additional Sibling

Mon-Fri, Apr 18-22 9:00 AM-4:00 PM. . . . M2822X

Daily Option

One Session \$65.00 Per Child

Mon, Apr 18 9:00 AM-4:00 PM. M2922A

Tue, Apr 19 9:00 AM-4:00 PM. M3022A

Wed, Apr 20 9:00 AM-4:00 PM. M3122A

Thu, Apr 21 9:00 AM-4:00 PM. M3222A

Fri, Apr 22 9:00 AM-4:00 PM. M3322A

EDUCATION & ENRICHMENT

Child and Babysitting Safety

(ages 12-17)

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

One Session \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 9 10:00 AM-12:00 PM Q3922A

Thompson Pk Vis Ctr Beech Room

Sat, Mar 19 10:00 AM-12:00 PM Q4022A

Sat, May 7 10:00 AM-12:00 PM Q4122A

Humane Education: It's Cool to Be Kind

(ages 9-14, with adult)

Animals have no voice, so they need you! Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated. You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal you are unfamiliar with. You will also have the opportunity to interact with therapy animals. Presenter provided by the Monmouth County SPCA. Items to assist with the care of shelter animals will be accepted at the program. Visit the Monmouth County SPCA website to view items on their wish list. This is a free program; however, pre-registration is required.

One Session FREE!

Freneau Wds Pk Vis Ctr Program Room 1

Sat, May 14 11:00 AM-12:00 PM PQ012A

Snapology®: Bricks City Engineers

(grades 6-10)

Bring your imagination and building skills to each session. Instructors bring LEGO® technic motorized components and basic bricks to build transportation vehicles and important city buildings. Then apply your skills to build your own creation. Kids will have a blast learning, building and playing - brick by brick! We provide materials and technical support. Work individually with your own sanitized materials.

Six Sessions \$126.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Mar 1-Apr 5 4:30-5:30 PM Q4922A

Thompson Pk Vis Ctr Beech Room

Thu, Mar 3-Apr 7 4:30-5:30 PM Q5022A

Snapology®: Space Adventures

(ages 6-9)

Inspired by NASA® and Star Wars®, our six-week Space Adventures after-school program is packed full of models that make your imagination blast off! Each week, children learn about real-life space exploration and build models related to the NASA® space program. In addition, each session includes LEGO® Star Wars®-themed models, group games, challenges and more!

Six Sessions \$126.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Apr 26-May 31 4:30-5:30 PM Q5122A

Thompson Pk Vis Ctr Beech Room

Thu, Apr 28-Jun 2 4:30-5:30 PM Q5222A

Snapology®: Vroom...Vehicles

(ages 6-12)

Explore building technic models of electric cars, ninja cycles, dump trucks and more, the Snapology® way! Each week learn the name of the parts used and how gears and axles fit together to build each model. LEGO® power functions motors and power packs help several models move. Children learn, build, play and have a ton of fun while learning S.T.E.M. concepts. Work individually with your own sanitized materials. Instructors provide technical support.

Three Sessions \$99.00 Per Person

Thompson Pk Vis Ctr Tulip Room

(ages 6-9)

Sat, Mar 12-26 10:30 AM-12:00 PM Q5322A

(ages 9-12)

Sat, Mar 12-26 12:30-2:00 PM Q5422A

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 your public speaking goals. Whether we like it or not, public speaking plays a vital role in school and in the business world and could become a very big part of your life. Toastmasters™ is coming to the park to offer their Youth Leadership Program. In this program you will learn how to "organize and give speeches, control your voice, vocabulary and gestures, and give impromptu talks" plus so much more. Each participant will receive a Toastmaster™ YLP Workbook and Evaluation Guide to take home.

Eight Sessions \$76.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Mar 24-May 12 6:30-8:00 PM.....Q1322A

OUTDOOR ADVENTURES

Brownie Troop Leaders

(ages 7-9, with adult)

Need some help planning and running activities to help your Brownies complete their core badge requirements? Well, let us do the planning for you. Enroll your troop in one of the dates listed below to complete your badge requirements. Afterwards, learn how the Monmouth County Park System's group programs can assist you in the near future. Time will be allotted at the end of each program for the Girl Scout Promise + Law, Girl Scout Brownie Smile song and Make New Friends song lead by your troop leader. Please bring a drink and snack. Dress for the outdoor activities and wear sneakers or other closed-toe shoes.

Outdoor Adventurer Badge

Hiking at night without flashlights? Have your troop learn how their eyes will adjust in the darkness of the woods in different fun situations all in the safety of their county parks.

One Session \$125.00 Per Group of 5-10 \$180.00 Per Group of 15

Thompson Pk Old Orchard Picnic Shelter

Fri, Mar 11 5:30-7:00 PM W0122X

Sat, Mar 12 5:30-7:00 PM W0222X

Glow in the Dark Zipline

(ages 12 and up)

Follow the glow to the top of Big Brook Park's steepest zipline! Neon paint and glowing lights will guide you as you climb up a 30' tower and soar through the air on a zipline. All equipment will be provided. Experience recommended.

One Session \$36.00 Per Person

Big Brook Pk Sunfield Pavilion

Fri, Apr 1 7:00-9:00 PM (approx) U0622A

Sat, May 14 7:00-9:00 PM (approx) U0722A

Leprechaun's Pot O' Gold Hunt

(ages 9-12)

Leprechauns spend all their time busily making shoes and storing away their coins in a hidden pot at the end of the rainbow. Through the use of hand-held GPS (Global Positioning Systems) units we will follow the rainbow to the end. Then, use compound bows to take a shot at capturing their gold-filled pots on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

One Session \$22.00 Per Child

Thompson Pk Activity Barn

Sun, Mar 13 12:00-2:00 PM W3822A

National Adventure Games

(ages 8-10)

Through games children engage and interact with the world around them. Help your child develop their imagination, improve their social skills and have some fun in the process. Our adventure-based games include scavenger hunts and Jenga® archery.

One Session \$22.00 Per Child

Thompson Pk Activity Barn

Jenga Archery

It's an archery shootout! You lose, you remove a block from our jumbo Jenga® tower. One wrong move and the game comes tumbling to its end on National Richter Scale Day.

Tue, Apr 26 5:30-7:30 PM W4722A

Giant Game Scavenger Hunt

Popular games offering BIG fun, in more ways than one! Corn hole, connect four and so much more in an oversized fashion. In order to compete, you have to find them first on National Scavenger Hunt Day.

Tue, May 24 5:30-7:30 PM W4822A

Peter Cottontail's Egg Hunt

(ages 9-12)

Peter cottontail has left you a trail to find his hidden eggs. Through the use of hand-held GPS (Global Positioning Systems) units we will follow his trail, locate his hide out and take a shot at capturing his hidden eggs through the use of compound bows on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

One Session \$22.00 Per Child

Thompson Pk Activity Barn

Sun, Apr 10 12:00-2:00 PM W4022A

Take a Shot: Archery Intro Series

(ages 9-17)

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

Three Sessions \$55.50 Per Person

Thompson Pk Activity Barn

Wed, Apr 6-20 4:30-6:30 PM W2522A

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.

One Session \$22.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 10 4:30-6:30 PM W5322A

Tue, Mar 22 4:30-6:30 PM.....W6022A

Tue, Apr 12 4:30-6:30 PM.....W6222A

Wed, May 18 4:30-6:30 PM W6322A

Teens Take a Shot

(ages 15-18)

Hang out with kids your own age and learn the basics of archery in this teen-only class. Our archery instructors will assist you in developing the skills necessary to shoot a bow just like in some of your favorite video games. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$22.00 Per Person

Thompson Pk Activity Barn

Fri, May 13 5:00-7:00 PM W5522A

Trail Trekkers

(ages 8-12)

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

Three Sessions \$36.00 Per Child

Freneau Wds Pk Act Ctr Parking Area

Thu, Apr 21-May 5 4:15-5:45 PM W5922A

Zippping into the Moonlight

(ages 8 and up)

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

One Session \$27.50 Per Person

Big Brook Pk Sunfield Pavilion

Thu, Apr 14 6:30-8:30 PM.....U0822A

Mon, May 16 7:00-9:00 PM U0922A



PERFORMING ARTS

Acting for TV and Film for Teens *(ages 13-17)*

In this program, we will learn the basic acting skills of TV and film such as inner monologue, listening and acting through your eyes. There will be filming and play back of video in class so we can learn and grow as actors. Monologues and scenes will be distributed by the instructor. Please pack snacks, water bottle and wear closed-toe shoes/sneakers.

Eight Sessions \$128.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 18-May 13 6:00-8:00 PM..... Q0822A*No class 4/15***Beginner Acting***(ages 8-13)*

Learn beginner acting techniques for theater, TV and film such as improvisation, space objects, character building and the fourth wall. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body and The Center of the Stage. Each class 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 our family and friends.

Four Sessions \$60.00 Per Person**The Performers***(ages 8-10)*

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 21-Apr 11 4:30-6:00 PM..... Q6522A**Mon, Apr 18-May 9 4:30-6:00 PM Q6622A****The Players***(ages 11-13)*

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 24-Apr 14 4:30-6:00 PM Q6722A**Thu, Apr 21-May 12 4:30-6:00 PM Q6822A****The Troupers***(ages 8-13)*

Clayton Pk Act Ctr Classroom 1

Wed, May 4-25 4:00-5:30 PM..... Q6422A**Elementary Dance 1***(ages 6-7)*

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

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

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Apr 7-Jun 16 4:45-5:45 PM..... A8322A*No class 4/21***Freestyle Dance***(ages 6-9)*

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

Eight Sessions \$79.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 21-May 9 4:30-5:30 PM M2322A**Hip Hop***(ages 5-7)*

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

Instructor: Julie Asfendis

Six Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Gym A

Tue, Mar 8-Apr 12 4:30-5:15 PM..... M2422A**Tue, Apr 26-May 31 4:30-5:15 PM M2522A**

Little Dancers

(ages 5-6)

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

Pre-requisite: Completion of two sessions of Tots in Tutus 2 or teacher recommendation.

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Apr 7-Jun 16 3:45-4:30 PM AA722A

No class 4/21

Musical Theatre Essentials Workshop

(ages 13-17)

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

Instructor: Marina Colonna

Two Sessions \$100.00 Per Person

Thompson Pk Theater Barn

Sat, Apr 23-30 11:00 AM-2:00 PM A1822A

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 \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 4-May 23 6:30-7:30 PM M9922A

The Afternoon Puppet Show

(ages 5-7)

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

Four Sessions \$55.00 Per Child

Bayshore Waterfront Park Act Ctr

Tue, Mar 22-Apr 12 4:00-5:30 PM Q0922A

Tue, Apr 19-May 10 4:00-5:30 PM Q1022A

Tots in Tutus I

(ages 3-5)

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 5-Jun 14 10:00-10:45 AM A7622A

No class 4/19

Tue, Apr 5-Jun 14 10:45-11:30 AM A7722A

No class 4/19

Tots in Tutus II

(ages 4-5)

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

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

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 5-Jun 14 11:30 AM-12:15 PM A7822A

No class 4/19

Tue, Apr 5-Jun 14 3:45-4:30 PM A7922A

No class 4/19

Thu, Apr 7-Jun 16 3:00-3:45 PM A8022A

No class 4/21

SPORTS & FITNESS

After School Tennis*(ages 6-11)*

This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Racquets are provided if needed.

Eight Sessions \$88.00 Per Child**Dorbrook Rec Area***(ages 6-8)***Mon, Wed, May 2-25 4:30-5:25 PM X3422A***(ages 9-11)***Tue, Thu, May 3-26 4:30-5:25 PM X3222A****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.

Five Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Apr 9-May 14 12:00-12:55 PM X1422A***No class 4/16***Basketball FUNdamentals***(ages 6-8)*

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

Four Sessions \$48.00 Per Person**Dorbrook Rec Area****Thu, Apr 14-May 5 4:00-4:55 PM X2922A****Fort Monmouth Rec Ctr Gym A****Sat, Mar 12-Apr 2 9:00-9:55 AM X0522A****Sat, Mar 12-Apr 2 10:00-10:55 AM X0722A****Five Sessions \$60.00 Per Person****Dorbrook Rec Area****Sat, Apr 9-May 14 10:00-10:55 AM X1022A***No class 4/16***Sat, May 21-Jun 25 10:00-10:55 AM X2122A***No class 5/28***Cool Runners Fitness Run for Fun***(grades K-8)*

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

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

Six Sessions \$115.00 Per Person**Thompson Pk Old Orchard Parking Lot****Tue, Apr 26-May 31 5:30-6:30 PM XAV22A****Fri, Apr 29-Jun 3 5:30-6:30 PM XAX22A****Wolf Hill Rec Area Outdoor Area****Thu, Apr 28-Jun 2 5:30-6:30 PM XAW22A****Flag Football***(ages 7-9)*

Ready! Set! Hike! Enjoy the fun of playing football without the tackling. Participants will learn fundamental skills including passing, receiving, positions and rules of the game, in a fun and safe environment. Parents have the opportunity to gauge their child's interest in football before signing up for a Pop Warner league. Each session will end with a non-contact game of flag football.

Four Sessions \$50.00 Per Person**Dorbrook Rec Area****Tue, Apr 12-May 10 4:00-4:55 PM X1822A***No class 4/19***Tue, Apr 12-May 10 5:00-5:55 PM X1922A***No class 4/19***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.

Dorbrook Rec Area**Four Sessions \$48.00 Per Person****Mon, Apr 11-May 9 5:00-5:55 PM X1722A***No class 4/18***Five Sessions \$60.00 Per Person****Sat, May 21-Jun 25 11:00-11:55 AM X2322A***No class 5/28*

Gymnastics - Kids

(ages 3-10)

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

All American Gymnastics Cindy Lane, Ocean

Four Sessions \$60.00 Per Person

(ages 3-4)

Sat, Mar 5-26 9:00-9:45 AM.....M5422A

Sat, Mar 5-26 11:00-11:45 AM.....M5522A

Sat, Apr 2-30 9:00-9:45 AM.....M5722A

No class 4/23

Sat, Apr 2-30 11:00-11:45 AM.....M5622A

No class 4/23

Sat, May 7-28 9:00-9:45 AM.....M5822A

Sat, May 7-28 11:00-11:45 AM.....M5922A

(ages 5-7)

Sat, Mar 5-26 9:00-9:45 AM.....M6022A

Sat, Mar 5-26 11:00-11:45 AM.....M6122A

Sat, Apr 2-30 9:00-9:45 AM.....M6222A

No class 4/23

Sat, Apr 2-30 11:00-11:45 AM.....M6322A

No class 4/23

Sat, May 7-28 9:00-9:45 AM.....M6422A

Sat, May 7-28 11:00-11:45 AM.....M6522A

(ages 8-10)

Sat, Mar 5-26 11:00-11:45 AM.....M6622A

Sat, Apr 2-30 11:00-11:45 AM.....M6722A

No class 4/23

Sat, May 7-28 11:00-11:45 AM.....M6822A

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Twelve Sessions \$168.00 Per Person

(ages 3-5)

Tue, Mar 29-Jun 21 9:00-9:45 AM.....M7422A

No class 4/19

Tue, Mar 29-Jun 21 10:00-10:45 AM.....M7522A

No class 4/19

Tue, Mar 29-Jun 21 11:00-11:45 AM.....M7622A

No class 4/19

Sat, Apr 2-Jun 25 9:00-9:45 AM.....M7722A

No class 4/16

Sat, Apr 2-Jun 25 11:00-11:45 AM.....M7822A

No class 4/16

(ages 6-10)

Sat, Apr 2-Jun 25 9:00-9:45 AM.....M7922A

No class 4/16

Sat, Apr 2-Jun 25 11:00-11:45 AM.....M8022A

No class 4/16

Junior Hoopsters

(ages 8-11)

Develop fundamental basketball skills in this fun introduction to the sport. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense.

Dorbrook Rec Area

Four Sessions \$48.00 Per Person

Thu, Apr 14-May 5 5:00-5:55 PM.....X3022A

Five Sessions \$60.00 Per Person

Sat, Apr 9-May 14 11:00-11:55 AM.....X1222A

No class 4/16

Mon, May 16-Jun 20 5:00-5:55 PM.....X2822A

No class 5/30

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.

Indoor Season

Three Sessions \$42.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Mar 12-26 11:00-11:55 AM.....MB522A

Four Sessions \$56.00 Per Person

Fort Monmouth Rec Ctr Gym B

Sun, Mar 6-27 11:30 AM-12:25 PM.....MB622A

Spring Season 1 (Outdoors)

Four Sessions \$56.00 Per Person

Dorbrook Rec Area

Sat, Apr 9-May 7 11:00-11:55 AM.....MB822A

No class 4/16

Sun, Apr 10-May 8 10:30-11:25 AM.....MB922A

No class 4/17

Wed, Apr 13-May 4 5:30-6:25 PM.....MB722A

Spring Season 2 (Outdoors)

Four Sessions \$56.00 Per Person

Dorbrook Rec Area

Wed, May 18-Jun 8 5:30-6:25 PM.....MBA22A

Sat, May 21-Jun 18 11:00-11:55 AM.....MBB22A

No class 5/28

Sun, May 22-Jun 19 10:30-11:25 AM....MBC22A

No class 5/29

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 Pee Wee (p. 30) for parent/child classes for younger players, or Kids Kixx: Nexxt Step (*this page*) for classes for older children.

Indoor Season**Three Sessions \$42.00 Per Person****Dorbrook Rec Area Act Ctr****Sat, Mar 12-26 10:00-10:55 AM MBJ22A****Four Sessions \$56.00 Per Person****Dorbrook Rec Area Act Ctr****Thu, Mar 17-Apr 7 5:00-5:55 PM MBM22A****Fort Monmouth Rec Ctr Gym B****Sun, Mar 6-27 10:30-11:25 AM MBK22A****Spring Season 1 (Outdoors)****Four Sessions \$56.00 Per Person****Bayshore Waterfront Park****Wed, Apr 13-May 4 5:30-6:25 PM MBQ22A****Dorbrook Rec Area****Sat, Apr 9-May 7 9:00-9:55 AM MBU22A***No class 4/16***Sat, Apr 9-May 7 10:00-10:55 AM MBV22A***No class 4/16***Sun, Apr 10-May 8 9:30-10:25 AM MBX22A***No class 4/17***Wed, Apr 13-May 4 4:30-5:25 PM MBR22A****Thu, Apr 14-May 5 5:30-6:25 PM MBS22A****Fort Monmouth Rec Ctr Outdoor Area****Mon, Apr 11-May 2 4:30-5:25 PM MBN22A****Tue, Apr 12-May 3 5:30-6:25 PM MBP22A****Holmdel Pk Hilltop Area****Fri, Apr 8-May 6 5:00-5:55 PM MBT22A***No class 4/15***Sat, Apr 9-May 7 11:00-11:55 AM MBW22A***No class 4/16**(continued...)***Kids Kixx Soccer continued...****Spring Season 2 (Outdoors)****Four Sessions \$56.00 Per Person****Dorbrook Rec Area****Wed, May 18-Jun 8 4:30-5:25 PM MC022A****Sat, May 21-Jun 18 9:00-9:55 AM MC222A***No class 5/28***Sat, May 21-Jun 18 10:00-10:55 AM MC322A***No class 5/28***Sun, May 22-Jun 19 8:30-9:25 AM MC522A***No class 5/29***Sun, May 22-Jun 19 9:30-10:25 AM MC622A***No class 5/29***Fort Monmouth Rec Ctr Outdoor Area****Mon, May 16-Jun 13 4:30-5:25 PM MBY22A***No class 5/30***Tue, May 17-Jun 7 5:30-6:25 PM MBZ22A****Holmdel Pk Hilltop Area****Fri, May 20-Jun 10 5:00-5:55 PM MC122A****Sat, May 21-Jun 18 11:00-11:55 AM MC422A***No class 5/28***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 game play.

Four Sessions \$56.00 Per Person**Indoor Season****Fort Monmouth Rec Ctr Gym B****Sun, Mar 6-27 12:30-1:25 PM MBD22A****Spring Season 1 (Outdoors)****Fort Monmouth Rec Ctr Outdoor Area****Sun, Apr 10-May 8 5:30-6:25 PM MBF22A***No class 4/17***Mon, Apr 11-May 2 5:30-6:25 PM MBE22A****Spring Season 2 (Outdoors)****Fort Monmouth Rec Ctr Outdoor Area****Mon, May 16-Jun 13 5:30-6:25 PM MBG22A***No class 5/30***Sun, May 22-Jun 19 5:30-6:25 PM MBH22A***No class 5/29*

T-Ball*(ages 4-5)*

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

Four Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Mar 12-Apr 2 11:00-11:55 AM X0622A

Five Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 9-May 14 10:00-10:55 AM X1122A

No class 4/16

Sat, Apr 9-May 14 11:00-11:55 AM X1322A

No class 4/16

Sun, Apr 10-May 15 10:00-10:55 AM X1522A

No class 4/17

Sun, Apr 10-May 15 11:00-11:55 AM X1622A

No class 4/17

Sat, May 21-Jun 25 11:00-11:55 AM X2422A

No class 5/28

Sun, May 22-Jun 26 9:00-9:55 AM X2522A

No class 5/29

Sun, May 22-Jun 26 11:00-11:55 AM X2722A

No class 5/29

T-Ball 2*(ages 4-5)*

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

Five Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, May 21-Jun 25 10:00-10:55 AM X2222A

No class 5/28

Sun, May 22-Jun 26 10:00-10:55 AM X2622A

No class 5/29





With the weather warming, it's the perfect time to explore your Monmouth County parks!

Head to the parks with your children this spring and summer and seek out the objects listed below. Find and check off at least 15 items on the list, fill out the form at the bottom, and mail it to the following address by June 15, 2022:

Monmouth County Park System
Attn: Parks & Programs Guide
805 Newman Springs Road
Lincroft, NJ 07738

Ten lucky entrants will be chosen at random to win a Monmouth County Park System drawstring bag! All are welcome to participate with the exception of Park System employees and those who have received a prize from previous scavenger hunts.

- | | | |
|--|--|--|
| ☐ Bald Eagle | ☐ Gristmill | ☐ Orange Tulip |
| ☐ Battery Lewis | ☐ Harp Seal | ☐ Osprey |
| ☐ Bluebird | ☐ Heron | ☐ Painted Turtle |
| ☐ Canoe | ☐ Horse | ☐ Park Kiosk Map |
| ☐ Chipmunk | ☐ Horse-Drawn Wagon | ☐ Park System Ranger |
| ☐ Cow | ☐ Horseshoe Crab | ☐ Praying Mantis |
| ☐ Fisherman | ☐ Hummingbird | ☐ Robin |
| ☐ Fishing Pier | ☐ Kayak | ☐ Snapping Turtle |
| ☐ Fitness Trail | ☐ Koi | ☐ Spotted Violets |
| ☐ Fowler Toad | ☐ Lily Pad | ☐ Swallowtail Butterfly |
| ☐ Dogwood Tree | ☐ Maple Tree | ☐ Tulips |
| ☐ Garter Snake | ☐ Monarch Butterfly | ☐ Woodpecker |
| ☐ Goldfinch | ☐ NYC Skyline | |

Name: _____

Street Address:

City, State, Zip: _____

List the Monmouth County Park System parks you visited while on your scavenger hunt adventure:



Summer Job Fair

Saturday, March 12, 10:00 AM-1:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Work within the beautiful scenery of your
Monmouth County parks!

We're looking for responsible, enthusiastic additions to
our staff for a variety of summer positions, including:

Summer Camp Counselors

*Arts & Crafts, Nature, Outdoors, Sports,
Historic Longstreet Farm, Therapeutic Recreation*

Inclusion Coaches • Lifeguards

Seasonal Golf Greenskeepers

Seasonal Rangers

ACTIVE ADULTS 55+

Balanced Fitness*(ages 55 and up)*

The four building blocks of fitness will be used to create a new, fitter you! Cardio endurance, strength/power training, flexibility and balance will be emphasized as we encourage you to begin or continue exercising. See what the benefits of exercising will do for you!

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Apr 22-Jun 10 11:30 AM-12:30 PM...M8722A**Coffee & Canvas***(adults)*

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

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Sat, Mar 26 10:00 AM-12:00 PM.....M0722A**Mon, Mar 28 9:30-11:30 AM M0522A****Mon, Apr 25 9:30-11:30 AM M0622A****Sat, Apr 30 10:00 AM-12:00 PM M0822A****SeniorzArt***(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 and painting projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary.

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Mon, Apr 4-May 9 1:30-3:00 PM.....ZA822A**Mon, May 16-Jun 20 1:30-3:00 PM ZAA22A****Stronger for Longer***(ages 55 and up)*

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

Six Sessions \$66.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 7-Apr 11 12:00-1:00 PM.....D1522A**Mon, Apr 18-May 23 12:00-1:00 PM D1622A****Spring Senior Hikers***(ages 55 and up)*

Looking to start out or slow down with hiking? Enjoy weekly hikes through various parks in Monmouth County. Due to varying terrain, sturdy hiking boots and walking sticks are recommended. A schedule of locations and dates will be provided upon registration.

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

These hikes are at a comfortable pace and go from 1 ½-2 miles in one hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiker program.

Fourteen Sessions \$70.00 Per Person**Tue, Mar 29-Jun 28 11:30 AM-12:30 PM ..D0722A****Level 1**

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

Fourteen Sessions \$77.00 Per Person**Tue, Mar 29-Jun 28 9:30-11:00 AM D0822A****Thu, Mar 31-Jun 30 9:30-11:00 AM D0922A****Level 2**

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

Fourteen Sessions \$84.00 Per Person**Wed, Mar 30-Jun 29 9:30-11:30 AM D1022A****Thu, Mar 31-Jun 30 9:30-11:30 AM D1122A****Fri, Apr 1-Jul 1 9:30-11:30 AM D1222A****Level 3**

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

Fourteen Sessions \$84.00 Per Person**Tue, Mar 29-Jun 28 9:30-11:30 AM D1322A****Level 4**

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

Thirteen Sessions \$78.00 Per Person**Mon, Mar 28-Jun 27 9:30-11:30 AM D1422A***No hike 5/30*

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery*(adults)*

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

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

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

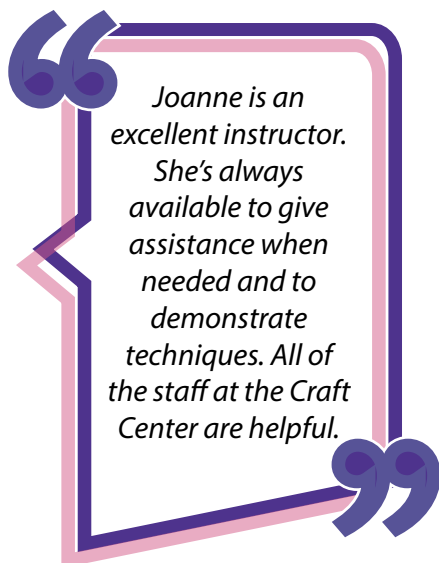
Tue, Mar 1-Apr 12 7:00-10:00 PM ZA922A

Tue, Apr 26-Jun 7 7:00-10:00 PM ZAB22A

Instructor: Don Bradford

Thu, Mar 3-Apr 14 6:30-9:30 PM ZAC22A

Thu, Apr 28-Jun 9 6:30-9:30 PM ZAD22A

**All Level Pottery Classes***(adults)*

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

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

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Feb 28-Apr 11 9:00 AM-12:00 PM ... ZAZ21A

Mon, Apr 25-Jun 13 9:00 AM-12:00 PM ... Z5722A

No class 5/30

Instructor: Helen Cole

Mon, Feb 28-Apr 11 1:00-4:00 PM ZB021A

Mon, Apr 25-Jun 13 1:00-4:00 PM Z5822A

No class 5/30

Instructor: Brian Farro

Mon, Feb 28-Apr 11 6:00-9:00 PM ZB121A

Mon, Apr 25-Jun 13 6:00-9:00 PM Z5922A

No class 5/30

Instructor: Sue Johnson

Tue, Mar 1-Apr 12 4:00-7:00 PM Z6022A

Tue, Apr 26-Jun 7 4:00-7:00 PM Z6122A

Instructor: Joanne Traskiewicz

Wed, Mar 2-Apr 13 9:00 AM-12:00 PM ... Z6222A

Wed, Apr 27-Jun 8 9:00 AM-12:00 PM ... Z6322A

Wed, Mar 2-Apr 13 1:00-4:00 PM Z6422A

Wed, Apr 27-Jun 8 1:00-4:00 PM Z6522A

Instructor: Laura Copeland

Wed, Mar 2-Apr 13 6:30-9:30 PM Z6622A

Wed, Apr 27-Jun 8 6:30-9:30 PM Z6722A

Instructor: Joyce Nokes

Fri, Mar 4-Apr 15 9:00 AM-12:00 PM Z6822A

Fri, Apr 29-Jun 10 9:00 AM-12:00 PM Z6922A

Fri, Mar 4-Apr 15 1:00-4:00 PM Z7022A

Fri, Apr 29-Jun 10 1:00-4:00 PM Z7122A

Instructor: John Fossa

Sat, Mar 5-Apr 16 11:30 AM-2:30 PM Z7222A

Sat, Apr 30-Jun 18 11:30 AM-2:30 PM Z7322A

No class 5/28

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

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

Instructor: Sue Johnson

Seven Sessions \$229.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 1-Apr 12 9:00 AM-1:00 PM ZA422A

Tue, Apr 26-Jun 7 9:00 AM-1:00 PM ZA522A

Ceramic Arts

(adults)

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

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 3-Apr 14 9:00 AM-12:00 PM. ... ZBM22A

Thu, Mar 3-Apr 14 12:30-3:30 PM ZBP22A

Thu, Apr 28-Jun 9 9:00 AM-12:00 PM ZBN22A

Thu, Apr 28-Jun 9 12:30-3:30 PM. ZBQ22A

Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own hand-built creations. Class includes 25 lbs. of clay, glazes and firings.

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

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Mar 2-Apr 13 1:00-4:00 PM Z7422A

Wed, Apr 27-Jun 8 1:00-4:00 PM Z7522A

Instructor: Kathy Bennett

Wed, Mar 2-Apr 13 6:30-9:30 PM Z7622A

Wed, Apr 27-Jun 8 6:30-9:30 PM Z7722A

Raku Pottery

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes.

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

Instructor: Christina Carlson

Seven Sessions \$185.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 3-Apr 14 9:30 AM-12:30 PM. Z8822A

Thu, Apr 28-Jun 9 9:30 AM-12:30 PM Z8922A

DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Matisse's Open Window

Sat, Mar 5 2:00-5:00 PM ZB722A

van Gogh's Starry Night

Sat, Mar 12 2:00-5:00 PM ZB822A

Matisse's Daisies, 1919

Sat, Mar 19 2:00-5:00 PM ZB922A

Cezanne's Apples and Oranges

Sat, Mar 26 2:00-5:00 PM ZBA22A

Matisse's Goldfish

Sat, Apr 2 2:00-5:00 PM ZBB22A

van Gogh's Pink Peach Tree in Blossom

Sat, Apr 9 2:00-5:00 PM ZBC22A

van Gogh's Wheatfield with Cypresses

Sat, Apr 23 2:00-5:00 PM ZBD22A

Matisse's Bouquet on a Bamboo Table

Sat, Apr 30 2:00-5:00 PM ZBE22A

Two Children at the Seashore

Sat, May 14 2:00-5:00 PM ZBF22A

Pissarro's Apple Tree Blossom at Eragny

Sat, May 21 2:00-5:00 PM ZBG22A

Renoir's Picking Flowers

Sat, May 28 2:00-5:00 PM ZBH22A



A Journey in Botanical Illustration

(adults)

Learn all about botanical illustration while enjoying the natural beauty of our Park System. This three-day series takes an in-depth look at creating your own botanical illustrations. We'll start our journey onto the trails with a Park System Naturalist to learn about native plants including their medicinal properties, uses and unique features. From there, we'll head indoors to learn the basics of how to capture likenesses of plants. Each class will look at this art form from a different angle, examining different mediums and concepts. Hikes will offer a new grouping of plant species as the focus of each week. Please note that this class meets rain or shine. Hike 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.

Naturalist: Blake Beyer & Artist/Instructor: Katie Stone

Three Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 27-May 11 10:00 AM-1:00 PM .. Z1022A

All About Mushrooms! Hike and Illustration Workshop

(adults)

Mushrooms are some of the most remarkable of natural organisms. Coming in all sorts of beautiful and imaginative forms, shapes and colors, the variety of species makes them fascinating objects to draw. In this workshop, participants will get the opportunity to take a dive into the world of mushrooms as you join us on a hike with a trained naturalist to learn about them in the wild. After our hike is done, we will go inside and learn some of the basics necessary to draw your mushroom, key features that are pertinent to botanical drawing, and helpful hints to add color to your illustration. Please note that this class meets rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

Naturalist: Blake Beyer & Artist/Instructor: Katie Stone

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 18 10:00 AM-1:00 PM. Z1122A

Colored Pencil Extended Workshop

(adults)

During this four-part workshop we will concentrate 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.

Artist/Instructor: Katie Stone

Four Sessions \$97.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 9-30 1:00-3:00 PM..... Z2222A

Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes; beginner and advanced students will enjoy learning cutting edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Instructor: MaryAnn Goodwin

Six Sessions \$92.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 8-Apr 12 6:30-8:30 PM..... Z4922A

Tue, May 3-Jun 7 6:30-8:30 PM..... Z5022A

Thu, Mar 10-Apr 14 6:30-8:30 PM Z5122A

Thu, May 5-Jun 9 6:30-8:30 PM Z5222A

Fri, Mar 11-Apr 15 10:00 AM-12:00 PM ... Z5322A

Fri, May 6-Jun 10 10:00 AM-12:00 PM Z5422A

VOLUNTEERS IN PARKS

Volunteers play an integral part in the Monmouth County Park System, contributing to the success of recreation programs, special events, and facilities. Dedicated individuals from teens to seniors give their time to assist in maintaining over 140 miles of trails, planting and pruning in our gardens, cleaning beaches, greeting park patrons, assisting at special events, and so much more.

Each year over 1,000 volunteers offer their time and talents to the Park System. If you're interested in meeting new friends, spending time outdoors, and/or sharing your skills and talents, join one of our volunteer teams! Unique service projects are also available for corporate groups, high schools, clubs and non-profit organizations.

Most positions require volunteers be 18 years of age or older; however, Junior Volunteer positions are also available for some projects for ages 14-17 (must be supervised by a parent, legal guardian or authorized employee).

Visit www.MonmouthCountyParks.com and click "Join Our Volunteer Team" (toward the bottom of the page) to complete an application and register for volunteer training, projects and events. Any questions can be sent to volunteer@monmouthcountyparks.com.

We can't wait to meet you!



Creative MonoPrinting *(adults)*

Perfect for creative artists who love color and enjoy painting. "Monoprinting is a form of printmaking that has images that can only be made once, unlike most fine art printmaking which allows for multiple originals." Explore, create and be spontaneous while having fun during this unique process. You choose your style from contemporary, impressionistic, fauvist or traditional. Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC

Four Sessions \$80.00 Per Person**Thompson Pk Creative Arts Center****Sat, Apr 16-May 28 1:00-4:00 PM. ZC122A***Class meets 4/16, 4/30, 5/14 & 5/28***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 only) to be paid to the model. All supplies will be provided by the teacher.

Artist/Instructor: Jennifer Santa Maria

One Session \$29.00 Per Person**Thompson Pk Creative Arts Center****Wed, May 11 5:00-7:00 PM Z2922A****Illustrating Birds***(adults)*

This new workshop takes an in-depth look at creating your own bird illustrations. First, we'll spend some time learning from a Park System Naturalist about our native bird species, looking for them in their natural habitats. After the hike we come indoors to venture into the art of ornithological (bird) illustration. Participants will learn how to draw birds including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and more. Some drawing experience is a plus, but not a necessity. Supply list and directions will be emailed two weeks in advance of the class start date. Please note that this class meets rain or shine. Hike portion may be moved to an indoor lecture component if weather conditions are poor.

Naturalist: Paul Mandala & Artist/Instructor: Katie Stone

One Session \$38.00 Per Person**Thompson Pk Creative Arts Center****Thu, Apr 21 8:00-11:00 AM ZC222A****Great Impressionism Workshop™***(adults)*

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists® Interpretive Impressionism and/or Fauvism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, please bring your own 11"x14" canvas to class. Students will have the opportunity to create original impressionistic masterpieces as well.

Artist/Instructor: Debra Stasiak

Four Sessions \$96.00 Per Person

Pissarro's Flowering Apple Trees at Eragny, 1888

Original - bring a print of your favorite spring flower, bird or butterfly

Fort Monmouth Rec Ctr Program Room C**Wed, Mar 2-23 12:00-2:00 PM. ZAK22A****Thompson Pk Creative Arts Center****Fri, Mar 4-25 10:00 AM-12:00 PM ZAM22A**

Monet's Red Boats

Matisse's Interior with a Dog

Fort Monmouth Rec Ctr Program Room C**Wed, Mar 30-Apr 20 12:00-2:00 PM ZAN22A****Thompson Pk Creative Arts Center****Fri, Apr 1-29 10:00 AM-12:00 PM. ZAP22A***No class 4/15*

Matisse's Bouquet on a Bamboo Table

Matisse's The Reader, Marguerite Matisse

Fort Monmouth Rec Ctr Program Room C**Wed, Apr 27-May 18 12:00-2:00 PM ZAQ22A****Thompson Pk Creative Arts Center****Fri, May 6-27 10:00 AM-12:00 PM ZAR22A****Inspired Painting***(adults)*

This spring, join instructor Shari Epstein for a six-week painting class. Working independently, complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcomed. Work in either acrylics or oils. To the first class, bring images you love preferably as a print rather than on your cell phone. Supply lists will be sent upon registration.

Six Sessions \$90.00 Per Person**Henry Hudson Trail Act Ctr****Tue, Apr 12-May 17 12:00-2:00 PM A8722A**

Intermediate Drawing

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 10-Apr 14 1:00-3:00 PM Z0822A

Thu, Apr 28-Jun 2 1:00-3:00 PM Z0922A

Intro to Traditional Painting

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 8-Apr 12 9:00-11:00 AM Z0222A

Tue, Apr 26-May 31 9:00-11:00 AM Z0322A

Intuitive Painting

(adults)

Let's create several layers on our canvas using paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas 16" x 20" or larger. Instructor: Monique Topp

One Session \$55.00 Per Person

Henry Hudson Trail Act Ctr

Sun, Apr 10 12:30-5:30 PM A9922A

Oil Painting Techniques

(adults)

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

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

Four Sessions \$80.00 Per Person

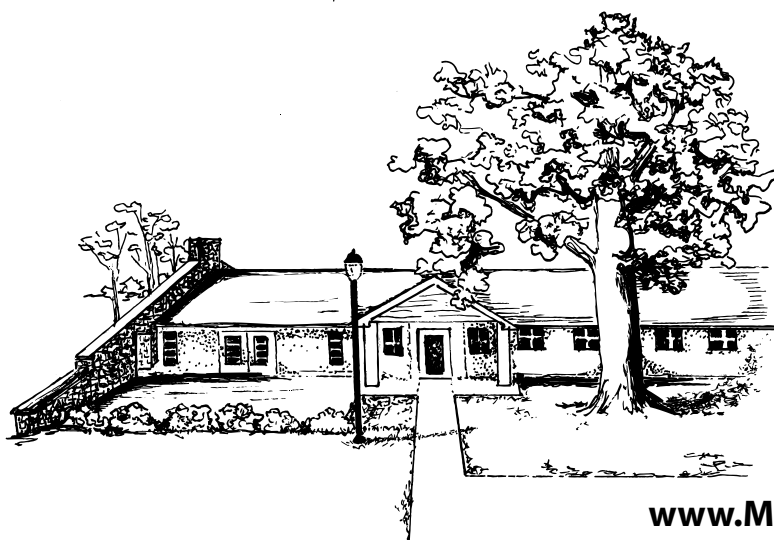
Thompson Pk Creative Arts Center

Wed, Apr 6-27 2:00-4:30 PM ZBV22A

Wed, May 4-25 2:00-4:30 PM ZBW22A

THE GALLERY

at Thompson Park Creative Arts Center



The Gallery at the Thompson Park Creative Arts Center, Lincroft, offers a variety of fine art exhibits from talented local artists throughout the year. Details on upcoming exhibits are available on our website.

www.MonmouthCountyParks.com



Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with experience, the focus of this class will be fine-tuning and developing technique with independent guidance and critique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 8-Apr 12 11:30 AM-1:30 PM Z0422A

Tue, Mar 8-Apr 12 2:00-4:00 PM Z0522A

Tue, Apr 26-May 31 11:30 AM-1:30 PM . . . Z0622A

Tue, Apr 26-May 31 2:00-4:00 PM Z0722A

Pastel Impressionism

(adults)

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

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

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Tue, Apr 5-26 2:00-4:30 PM ZBT22A

Tue, May 3-24 2:00-4:30 PM ZBU22A

Plein Air by the Sea

(adults)

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

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

Four Sessions \$80.00 Per Person

Fisherman's Cove Art Ctr

Thu, Apr 7-28 2:00-4:30 PM ZBX22A

Thu, May 5-26 2:00-4:30 PM ZBY22A

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or two of class will focus on drawing. Accuracy in proportion, shape, line, value, and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demos and critiques. Following the drawing portion of class students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color in regards to beautiful flesh tones will be explored. Please bring \$43.00 for model fee the first day of class.

Artist/Instructor: Kristin Kunc

Six Sessions \$145.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 9-Apr 13 9:30 AM-12:30 PM . . . Z7822A

Wed, Apr 27-Jun 1 9:30 AM-12:30 PM . . . Z7922A

Renaissance Drawing

(adults)

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

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 4-25 2:00-4:30 PM ZBR22A

Mon, May 2-23 2:00-4:30 PM ZBS22A

Studio Time with Gina

(adults)

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

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

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Fri, Apr 8-29 2:00-4:30 PM ZBZ22A

Fri, May 6-27 2:00-4:30 PM ZC022A

The Foundations of Oil Painting

(adults)

Dedicated to learning the art of oil painting, in this class students will acquire a strong understanding of the skills needed to begin their journey into the world of oils. Class begins with an introduction to the basics such as color theory, drawing and composition, and will graduate into more complex painting techniques, learning better handling of the medium as well as developing the artist eye of painting from life. Supply list will be provided upon registration.

Artist/Instructor: Melissa Bronwen Pyle

Six Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 7-Apr 11 9:00 AM-12:00 PM Z3022A

Mon, Apr 25-Jun 6 9:00 AM-12:00 PM Z3122A

No class 5/30

Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. Supply list will be provided upon registration.

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Apr 8-Jun 10 10:00 AM-12:30 PM ZCF22A

Fri, Apr 8-Jun 10 1:00-3:30 PM ZCG22A

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver, suspended in an organic binder. This versatile medium is very user friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 5-Apr 9 10:00 AM-1:00 PM ZCX22A

Tue, Mar 8-Apr 12 10:00 AM-1:00 PM ZCV22A

Sat, Apr 23-Jun 11 10:00 AM-1:00 PM ZCY22A

No class 7/5 & 5/28

Tue, Apr 26-May 31 10:00 AM-1:00 PM .. ZCW22A

SUNDAY, MAY 15, 11:00 AM-5:00 PM

62 WALNFORD RD, UPPER FREEHOLD

Walnford Day

Ingenuity, technology, culture and history
come together in one great event!

FREE PARKING • FREE ADMISSION

- View historical demonstrations and displays
- See the gristmill in action
- Go on a horse-drawn wagon ride
- Explore the 1773 Waln family home
- Enjoy bluegrass music with special guests
Magnolia Street String Band from 1:00-4:00 PM



For more information, visit us online at www.MonmouthCountyParks.com.

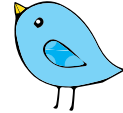
Monmouth County Park System



Creative Arts Festival



Saturday, May 7
10:00 AM-4:00 PM
Thompson Park, Lincroft



Spend a day at Thompson Park perusing a variety of fine artists and artisans, as well as experience live music by some of the best local musicians. This family-friendly festival also includes free activities, artist demonstrations, and a variety of tasty food vendors to choose from.

For more information, please call
732-842-4000, ext. 3343, or visit us online at www.MonmouthCountyParks.com.

MONMOUTH COUNTY PARK SYSTEM



Hominy Hill Golf Course

Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Fisherman's Cove Conservation Area

Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

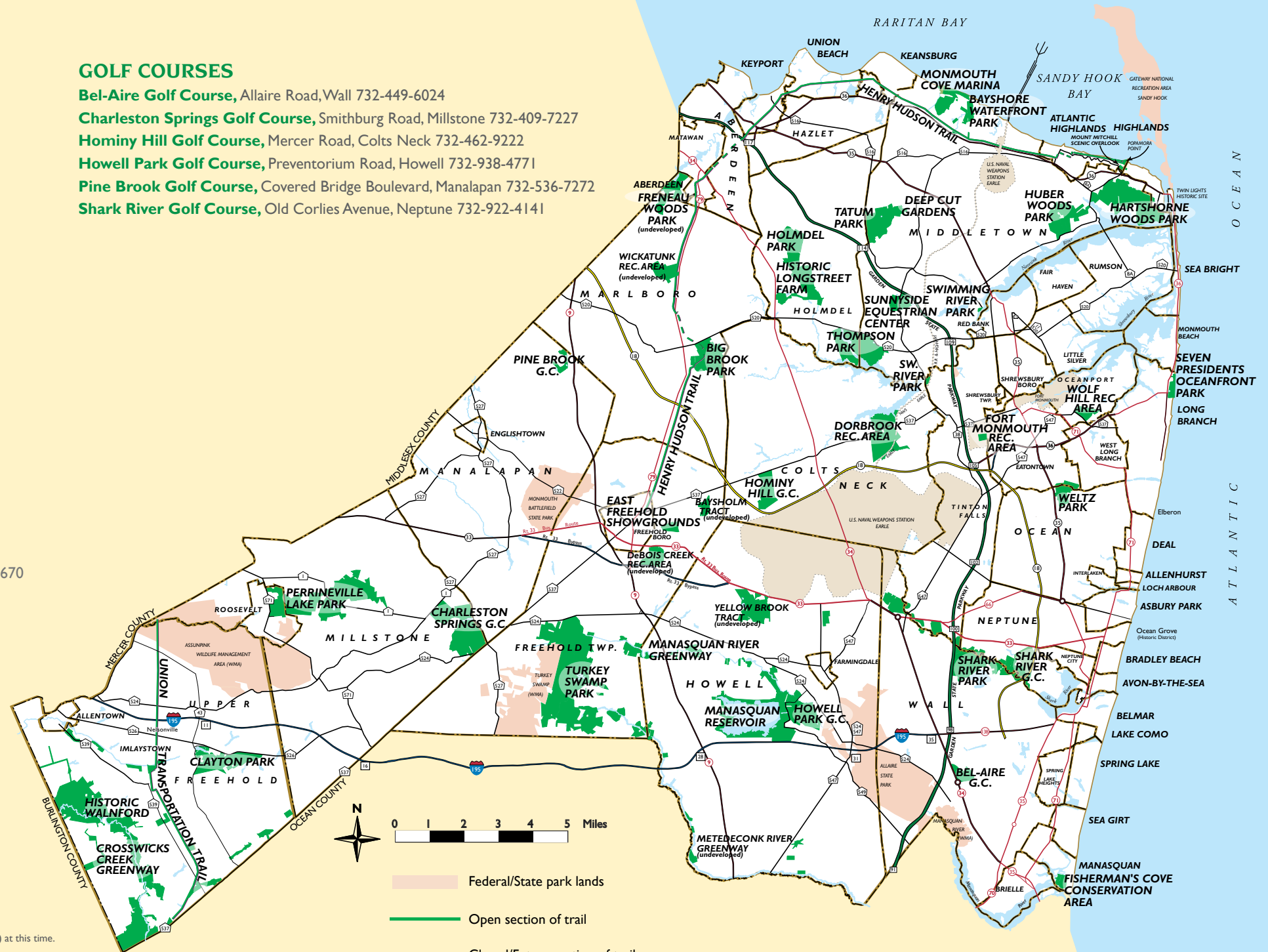
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract**[†], Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park***, Route 520, Marlboro 732-834-9607
- Clayton Park***, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park***, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**[†], Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- 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**[†], Monastary Lane, Aberdeen 732-264-7277
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway***, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**[†], Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park***, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail***, Upper Freehold 609-259-5794
- Historic Walnford**, Walnford Road, Upper Freehold 609-259-6275
- Weltz Park***, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**[†], Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Corlies Avenue, Neptune 732-922-4141



* 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.

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

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

Please Note: Participants must be able to operate the sewing machine they bring to class.

Instructor: Janice Beeby

Six Sessions \$82.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 8-Apr 12 7:00-9:30 PM.....ZCQ22A

Tue, Apr 26-May 31 7:00-9:30 PM ZCR22A

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 supply fee of \$5.00 (cash or check) will be due to the instructor for materials.

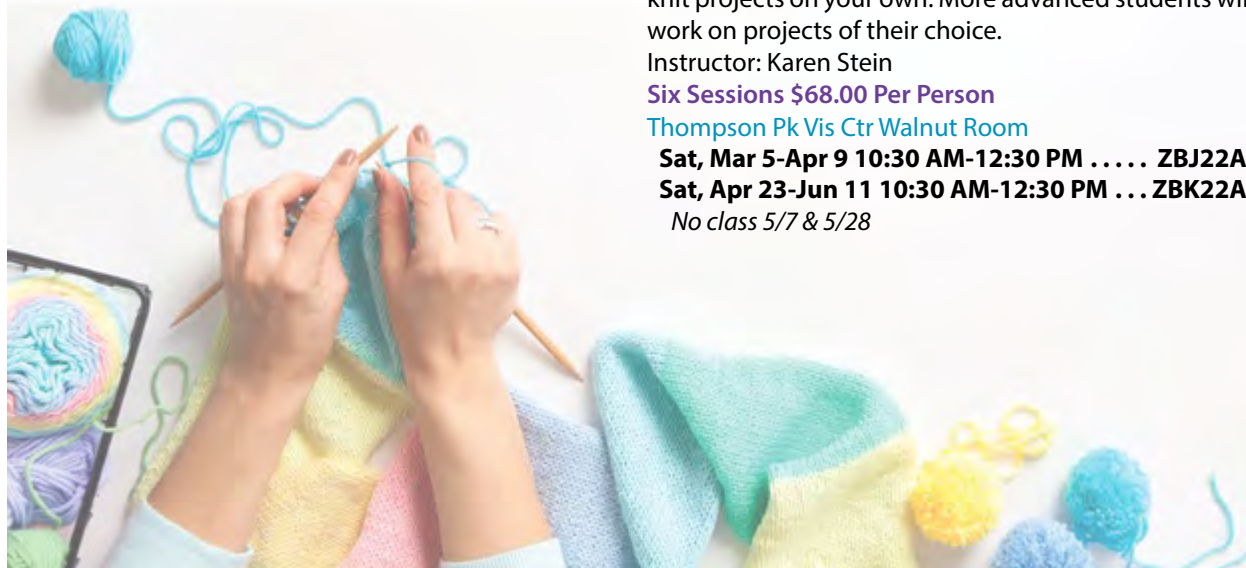
Artist/Instructor: Jennifer Santa Maria

One Session \$29.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 16 5:30-7:30 PM..... Z2722A

Wed, Apr 13 5:30-7:30 PM Z2822A



Hooks and Needles Club

(adults)

Do you crochet, knit or weave? Every Wednesday afternoon, knitters, hookers and weavers join together at Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and we'll provide the space.

Four Sessions \$5.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 9-30 1:00-3:00 PM..... H1622A

Wed, Apr 6-27 1:00-3:00 PM H1422A

Wed, May 4-25 1:00-3:00 PM..... H1522A

Knit or Crochet Your Choice

(ages 15 and up)

Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose. If you are just learning, bring a skein of light-colored yarn and size 8 or 10 needles.

Instructor: Sari Infield

Six Sessions \$68.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 7-May 12 6:30-8:30 PM ZCP22A

Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

Six Sessions \$68.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Mar 5-Apr 9 10:30 AM-12:30 PM ZBJ22A

Sat, Apr 23-Jun 11 10:30 AM-12:30 PM ... ZBK22A

No class 5/7 & 5/28

Monmouth County Park System



Spring Craft Show

**Saturday, April 9,
9:00 AM-2:00 PM**

Fort Monmouth Recreation Center
2566 Guam Lane, Tinton Falls

**Support over 40+ homegrown artists and artisans.
Shop for Mother's Day, Father's Day, graduations,
communions, weddings or for yourself.**

FREE Admission & Parking

For more information or for a craft application, please call
848-456-4278, ext. 3#, or email
James.Butler@monmouthcountyparks.com.



www.MonmouthCountyParks.com

MISCELLANEOUS

Basket Making Workshops

(adults)

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

Instructor: Martha Costain

\$38.00 Per Person

Thompson Pk Creative Arts Center

Farm Basket

A sturdy and handsome basket for laundry, toys or lots of vegetables with leather strap handles for easy lifting and carrying. Simple over/under weave completed in two sessions. Some weaving experience is preferred.

Finished Size: 10" x 10.5" base, 9.5" H, 14.5" top diameter
Materials Fee: \$35.00

Thu, Mar 31-Apr 7 10:00 AM-1:00 PM. ZCH22A

Classic Deep Market Basket

A deep, beautiful basket woven on a 17" handle with a filled in base. We will weave this in two sessions and you may have homework between classes. Some weaving experience is preferred.

Finished Size: approximately 10" x 10" x 12" H

Materials Fee: \$35.00

Thu, May 5-12 10:00 AM-1:00 PM ZCJ22A

Blueberry Basket

Get ready for summer blueberry picking during this session. Familiar pack basket shape, continuous over/under weave, a filled in base, along with a long strap of cotton Shaker tape to hang around your neck to leave both hands free for picking.

Finished Size: 9" H x 4.5" D x 7" W

Materials Fee: \$20.00

Sat, May 21 10:00 AM-4:00 PM..... ZCK22A

Beginner's Introduction to Beading

(adults)

Learn the basic techniques needed to make your own beautiful wearable creations. You will discover different stringing techniques, simple wire wrapping, and then on to bead weaving. During this part you will be introduced to the basic stitches such as right angle weave, brick and peyote. This course will be a weekly project class.

Instructor: Mary Louise Doner

Twelve Sessions \$192.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 11-Jul 11 9:30 AM-12:30 PM.... ZB422A

No class 5/30 & 7/4

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, all while learning how to save money in the process. During these two hours you will discover: 1) how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media, 2) how to correctly wire your work to hang safely and securely, 3) how to create a "Basic Framing Tool Kit," and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 18 10:00 AM-12:00 PM ZCE22A

Printmaking: Cyanotype

(adults)

Participants will learn how to harness the power of the sun to create gorgeous blue cyanotype prints on paper and fabric. Bring small, flat objects that have interesting silhouettes. Optional: Bring your own paper and/or 100% natural fiber piece of fabric/clothing to print on. Wear studio clothes and bring \$10.00 (cash) material fee payable to instructor Kate Eggleston the day of class.

One Session \$32.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 8 9:00 AM-12:00 PM..... Z8122A

Wed, May 18 9:00 AM-12:00 PM..... Z8222A

Printmaking: Relief/Block Printing

(adults)

Participants will learn how to carve designs into rubber blocks, techniques for printing on paper without a press, and create a small edition of original prints. All levels welcome! All materials included. Please bring images for inspiration, wear studio clothes, and bring a materials fee of \$10.00 (cash) to be paid to instructor Kate Eggleston.

One Session \$32.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 22 9:00 AM-12:00 PM..... Z8322A

Wed, Apr 6 6:00-9:00 PM Z8422A

The Art of Pysanky

(adults)

The ancient art of Ukrainian egg decorating, also known as Pysanky, is a process of layering beeswax and natural dyes to create stunning patterns. In this one-day class, you will learn this fun, intricate technique and have the chance to create your very own beautiful eggs. A materials fee of \$10.00 is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$30.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 23 5:00-7:30 PM..... Z2322A

Sun, Apr 3 12:00-2:30 PM..... Z2522A

Sun, Apr 3 3:00-5:30 PM..... Z2622A

Wed, Apr 6 5:00-7:30 PM Z2422A

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. Wear studio clothes and bring kitchen gloves; a materials fee of \$10.00 is to be paid to instructor Kate Eggleston.

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 15 9:00 AM-1:00 PM..... Z8522A

Fri, Apr 29 9:00 AM-1:00 PM Z8622A

Tue, May 17 9:00 AM-1:00 PM..... Z8722A

MIXED MEDIA

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 by incorporating "pieces" of your day into your pages; a place to experiment with different art mediums, it's inexpensive and therapeutic. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Apr 6-27 7:00-9:00 PM A4522A



Gelli® Printing Plate Mixed Media Workshop

(adults)

Introducing the Gelli® printing plate! We will create unique papers in a similar color scheme. Then we will use our papers to collage and embellish a home decor item. Students are required to purchase their own 8"x10" Gelli® plate. All other supplies are included.

Instructor: Monique Topp

One Session \$55.00 Per Person

Henry Hudson Trail Act Ctr

Sat, Mar 12 12:30-5:30 PM..... AA022A

Inspirational Ladies

(adults)

Let's celebrate the strong women of 2022! We'll create a canvas that represents ourselves. Begin by painting and stenciling the background of the canvas and selecting a meaningful phrase for our lady. We'll then choose from a variety of papers to create our lady and collage it onto canvas. Complete the project with glitter and embellishments. All supplies are included to complete an 11"x14" or 12"x12" canvas.

Instructor: Monique Topp

One Session \$45.00 Per Person

Henry Hudson Trail Act Ctr

Sat, May 21 1:00-5:00 PM..... AA122A

MOSAICS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials are provided for a \$60.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Mar 5-Apr 9 1:00-3:00 PM ZAY22A

Sat, Apr 23-Jun 4 1:00-3:00 PM ZAZ22A

No class 5/28

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one, you'll never want to stop. A \$60.00 materials fee (cash or check only) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Mar 1-Apr 5 10:00 AM-12:00 PM ZB322A

Tue, Apr 19-May 24 10:00 AM-12:00 PM .. ZB222A

Decorative Mosaic Garden Stepping Stone

(adults)

In this beginner- friendly class you will design and create a unique 12" round mosaic garden paver using bright color tiles resistant to winter weather. Garden stepping stones are a great addition to a lawn, garden or patio. All materials and tools provided by the instructor. A materials fee of \$40.00 is to be paid to instructor Harry Belkowitz.

One Session \$25.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Apr 29 6:00-8:00 PM.....ZCM22A

Intermediate Mosaics

(adults)

For those who have taken the beginner's mosaic art class, students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$60.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Mar 5-Apr 9 10:00 AM-12:00 PM ZB022A

Sat, Apr 23-Jun 4 10:00 AM-12:00 PM ZB122A

No class 5/28

Mosaic on the Grid

(ages 16 and up)

Learn an exciting and unique method of creating a mosaic tile project using a 12"x12" grid. 1/4" colorful tiles are arranged in a pattern to create a beautiful mosaic picture. This is a fun and easy technique which requires no cutting or breaking of tile. All materials are provided for a fee of \$30.00 (cash or check) payable at first class to instructor Harry Belkowitz.

Four Sessions \$48.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Mar 17-Apr 7 10:00 AM-12:00 PM ... ZCD22A

Mosaic Trivet

(adults)

Looking for something fun to do? How about mosaics? Join us as we embark on a discovery of mosaics while making an attractive piece of functional art. This 11"x12" trivet project is beginner friendly and will be complete and ready to take home by the end of the evening. A materials fee of \$20.00 is to be paid to instructor Harry Belkowitz at the start of class.

One Session \$25.00 Per Person

Big Brook Pk Elsas Lodge

Fri, May 13 6:00-8:00 PM ZCN22A

Stained Glass Garden Ornament

(adults)

Create a delightful piece of stained glass and copper garden and lawn ornament mounted on a metal rod suitable for indoor and outdoor use. This ornament can also be displayed as a window sun catcher. All materials provided by instructor. A materials fee of \$65.00 (cash or check) is payable to instructor Harvey Altman the first day of class.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Mar 9-Apr 13 10:00 AM-12:00 PM... ZCB22A

Wed, Apr 27-Jun 1 10:00 AM-12:00 PM ... ZCC22A

Stained Glass Mosaic

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind and grout a stained-glass mosaic. Craft a one-of-a-kind project to take home. All materials provided by instructor. A materials fee of \$65.00 (cash or check) is payable to instructor Harvey Altman.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Mar 8-Apr 12 1:00-3:00 PM..... ZC922A

Tue, Apr 26-May 31 1:00-3:00 PM ZCA22A

PHOTOGRAPHY

Mobile Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. Either an iOS or Android device is required. A digital camera with WiFi, in addition to your mobile device, is optional.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 8-22 6:30-8:30 PM..... Z0122A

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 \$78.00 Per Person

Thompson Pk Creative Arts Center

Tue, Apr 12-May 17 6:30-8:30 PM Z8022A

CANINE CLASSES

Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older. Classes will be held under outdoor tent cover and may be cancelled due to severe weather. Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Apr 2-May 21 9:00-10:00 AM Q1722A

No class 5/7

Tue, Apr 5-May 17 7:15-8:15 PM Q1822A

Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

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

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk 3 Barns Parking Lot

Tue, Apr 5-May 17 6:00-7:00 PM Q2022A

Dog Obedience: Puppy Kindergarten

(ages 17 and up)

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

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Apr 2-May 21 10:15-11:15 AM Q1922A

No class 5/7

Loose Leash Walking *(ages 17 and up)*

Are you tired of your dog pulling on the leash, spinning and jumping with uncontrollable excitement? This class is for you! You will be taught the skills you need to have your dog walk nicely on a leash without pulling. We will be walking some of the paved areas of the park, so sneakers or comfortable closed toed shoes should be worn. This class is not for dogs that are reactive to other dogs or people. Classes will be held outdoors and may be cancelled due to inclement weather.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Dog

Thompson Pk 3 Barns Parking Lot

Sat, Apr 2-May 21 11:30 AM-12:30 PM. . . Q2122A*No class 5/7***CULINARY ARTS****A Chef's Tasting***(adults)*

Enter the world of catering with Chef Stephen, as he guides you through some popular party dishes. Learn and practice techniques for food preparation, some knife skills and presentation. A little fancier than usual, these recipes will take your palate and your skills to a new level.

Menu: Appetizer - Palmiers with Olives, Red Pepper & Parmesan; Entree - Chicken Pesto Roulade with Pine Nuts & Golden Raisin CousCous; Dessert - Apple Galette with Puff Pastry

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Apr 19 6:00-8:30 PM. MCN22A**Cast Iron Skillet Cooking***(adults)*

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

Menu: Arroz Con Pollo & Pineapple Upside Down Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 24 6:00-8:30 PM. MCQ22A**Catch of the Day***(adults)*

Are you afraid to cook fish? It's time to face your face your fears as the chef walks you through classic techniques for pan searing, baking and grilling fish the easy way. You'll have confidence with seafood and no more worries about dry or (unintentionally) blackened fish again.

Menu: Parmesan Crusted Cod with Bruschetta and Beer Battered Cod with Dipping Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Mar 29 6:00-8:30 PM. MCR22A**Catch of the Day: Grilling Edition***(adults)*

Are you afraid to cook fish? It's time to face your face your fears as the chef walks you through classic techniques for grilling fish the easy way. You'll have confidence to prepare fresh fish on the grill, and no more worries about dry or (unintentionally) blackened fish again.

Menu: Chili Spiced Shrimp on the Barbie and Mahi Mahi with Seasonal Peach Salsa

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, May 3 6:00-8:30 PM. MCK22A**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 \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 9 6:00-9:00 PM. A7522A

Cooking 101

(adults)

Let's start at the very beginning, with some basic skills and hands on practice. Raise your confidence as you learn to follow a recipe, prepare ingredients, season, knife skills, cleaning and more. You'll leave class ready to create simple, delicious meals for you and your loved ones.

Menu: Pan Seared Chicken with Scampi Sauce and Mexican Sliced Beef Fajitas

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Mar 1 6:00-8:30 PM.....MC922A

Empanadas Gone Wild!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and crimp the edges, and bake or fry your empanadas. Top it off by creating a delicious dipping sauce for one mouthwatering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 28 6:00-8:30 PM.....MCJ22A

Everyday Cooking for Digestive Health

(adults)

This class complements my "Digestion Connection" lecture. I'll demonstrate some easy, weekday, healthy and delicious digestion dishes and drinks. Gain knowledge on how to shop, select and prepare foods best for digestive and liver support. Bring a friend to this healthy and tasty night out!

Presenter: Lisa Vento, CHHC CYT

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 23 6:00-8:00 PM A4322A

Fire Up the Gas Grill!

(adults)

Your grill might have been idle over the winter, but now it's time to prep it for some serious outdoor cooking. Review the basics of gas grilling, including methods for getting the juiciest meats and tender vegetables. We're not all talk, so get ready for hands-on learning as Chef guides you through the skills to prep your meats and veggies for those summer cookouts. Get your practice now, before those Memorial Day barbecues begin!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 5 6:00-8:30 PM MCM22A

How To: Cheaper Cuts

(adults)

As the prices of meat continue to rise, now is the time to buy smart! Tonight, you will learn about some undervalued cuts of beef, pork and lamb. Then, you will cook a delicious meal. Tender and flavorful is what we'll have tonight! Starting with the chef's favorite - chicken thighs stuffed and roasted with Boursin cheese and spinach and then marinated. And then we'll sauté chicken thighs for gyros with a Greek salad and tzatziki. Next, stove-top braised lamb shoulder chops with lamb curry, Basmati rice, and also garlic and rosemary with tiny potatoes, stove-top pork shoulder chops grilled with a Vietnamese-style marinade and oven-roasted with tomato puttanesca flavor, beef shoulder chuck in a classic pot-au-feu. Lastly, penne with a rich beef ragu. A great meal does not need to cost you a day's pay! Join us tonight with your knife and apron for this hands-on class.

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 19 6:00-9:30 PM.....AA822A

How To: Salmon

(adults)

In this hands-on class, we'll cook various salmon recipes using various techniques. Roast salmon pinwheel with lemon, garlic & thyme; a no-turn and no-fat sauté salmon with a pear slaw; a classic poached salmon with béarnaise sauce, roast cedar-planked salmon; a sautéed citrus and coffee crust and an indoor grilled salmon with orange and honey. There will be brown rice and asparagus to round out this meal. Let's brush up on technique tonight. Chocolate almond ice cream to finish this feast! Bring your knife and apron.

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Mar 29 6:00-9:30 PM.....AA622A

Next Level Grilling

(adults)

If you're comfortable with your grill, and enjoy cooking outside, now's the time to advance your skills. Chef kicks it up a notch from your basic burgers and chicken, to show you how you can expand your repertoire.

Menu: Grilled Portobello Mushrooms with a Three Cheese Stuffing; Sweet & Spicy Scallop & Shrimp Skewers and Classic Mexican Street Corn

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, May 10 6:00-8:30 PM MCV22A

Pizza & Zeppole

(adults)

Working with fresh dough, you'll learn the techniques of mixing, kneading and rolling it to make your own Italian "Tomato Pie". Then it's on to one of the many sweet and savory varieties of Italian donut, the Zeppole. Practice hands-on with "Mrs. Chef", as she demonstrates the skills you need to master these favorite snacks. Along the way you'll also reinforce measuring, baking and knife skills.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 5 10:00 AM-12:30 PM MCA22A

Practical Kitchen Skills: Working with Knives

(adults)

Have you been intimidated by recipes that call for chopping versus dicing? Does "julienne" sound more like a person's name than a cutting technique? Cast off your fears as Chef Stephen demystifies these terms through demonstration and hands-on practice by you! Learn how to properly hold a knife, what knife is best for what task and the all-important safety tips.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Apr 5 6:00-8:30 PM MCF22A

Seafood on the Grill

(adults)

Summer is almost here and it's time to grill. Jersey has great seafood and tonight we are going outside to fire up the grill and eat some local fish. How and where to purchase great seafood will be explained. Then some favorites will be cooked for you. Grilling techniques are simple and will demystify any confusion you may have. To begin little neck clams flavored boldly with garlic, romano, and basil; shrimp skewers ginger and cilantro marinade, and then a South of the Border shrimp mole made from ancho chilis and almonds. Next is a K-Bob with scallops, bell peppers, and red onion. Match that up with a grilled squid salad with grilled romaine and a lemon and capers dressing. Lastly, on the grill is swordfish basted in spicy "Olio Santo". And ice cream to top off an exciting evening where you sit back and all the cooking is done for you. Peach ice cream should do the trick!

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, May 17 6:00-9:30 PM AA922A

Private Group Cooking Classes

Book a private class for family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef, perfect for couples, friends' night out, teen groups and more.

Cost: 2 ½ hour class for \$325.00 for a maximum of 10 people, ages 13-adult

Location: Fort Monmouth Recreation Center, Tinton Falls

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

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



Sweet Endings

(adults)

There's no better finish to a fabulous dinner than a bit of sweet dessert. Mrs. Chef is your guide as you create two simple, delicious recipes to please the palate and have your guests asking for seconds. You'll learn how to read a recipe, prepare your ingredients, important tips for measuring, mixing, baking and more.

Menu: Valerie Bertinelli's Sicilian Love Cake and Key Lime Cheesecake Trifle (bring your own Trifle dish or another bowl to prepare your trifle in)

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 23 10:00 AM-1:00 PM MCH22A

United Plates of America

(adults)

Journey through iconic American recipes, practicing new skills for everything from soups and salads to sandwiches, meats and more. Immerse yourself in the distinctive flavors and styles of different regions of the U.S.A., created by ingenious cooks from sea to shining sea. Start up the culinary RV as we hit the road for a foodie adventure!

Menu: Mardi Gras Shrimp (South), Sloppy Joes (Midwest) and Baked Rice Pudding (New England)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Mar 15 6:00-8:30 PM. MCB22A

EDUCATION & ENRICHMENT

Awakening Your Creativity

(adults)

Have you ever felt as though your creativity has become dormant or that it hasn't fully flourished and wish you could wake it up and energize it? Then this highly interactive, fun four-session workshop is for you! Through discussion, self-exploration, art, music, writing, games, meditation, and more, we will explore and work toward opening and freeing up your creativity toward greater self-realization, fulfillment, and enjoyment in your life.

Presenter: Kate Cauley

Four Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Sun Room

Tue, May 3-24 6:00-7:30 PM A8522A

Beginner Mahjong

(adults)

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

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 1-Apr 12 11:30 AM-1:30 PM. M0322A

Tue, Apr 26-Jun 7 11:30 AM-1:30 PM. M0422A

Boat America

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks.

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 26 8:30 AM-5:00 PM Q1422A

Sat, Apr 23 8:30 AM-5:00 PM Q1522A

Sat, May 14 8:30 AM-5:00 PM Q1622A

Coffee Club Mahjong

(adults)

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

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 1-Apr 12 9:30-11:30 AM M0922A

Wed, Mar 2-Apr 13 9:30-11:30 AM MC722A

Thu, Mar 3-Apr 14 9:30-11:30 AM M1022A

Tue, Apr 26-Jun 7 9:30-11:30 AM M1122A

Wed, Apr 27-Jun 8 9:30-11:30 AM MC822A

Thu, Apr 28-Jun 9 9:30-11:30 AM M1222A

Demystify Technology

(adults)

This approachable series of interactive discussions makes it enjoyable to talk about today's developing technologies. Does artificial intelligence think? Should CRISPR gene editing make us concerned? Are self-driving cars here now or years away? How are Space-X and NASA collaborating to reach the Moon and beyond? Each week we will delve into one topic: gene editing, artificial intelligence, 3D printing, autonomous vehicles, and commercialized space exploration. We'll separate the hype from the reality, sprinkle in a little bit of tech talk, and keep it entertaining along the way. You'll come away with the confidence to discuss these technologies with others, based on an understanding of how they connect to our lives today and within the next few years.

Instructor: Saul Einbinder

Five Sessions \$62.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Apr 5-May 3 6:00-7:30 PM..... Q4522A

Genealogy 101

(ages 14 and up)

Are you interested in researching your family history, but aren't sure where to begin? This program is for you! Learn basic genealogy techniques as well as different ways to organize your research. You will also learn how to decipher hard to read handwriting, along with how to deal with the misspelling of words and names. Research tips will be discussed, including using online resources to help you build your family tree. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, May 21 2:00-4:00 PM..... Q4622A

Genealogy: Using Probate Records

(ages 14 and up)

Probate files are more than wills! Learn what documents are in them, how to access them, and how they can help you with your genealogy research. While an ancestor's estate generally left items only to close relatives and friends, the papers created as a result of settling it may contain a wonderful bequest for genealogists researching the family: their ancestors may unknowingly have left them gifts of information. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 2 2:00-4:00 PM..... Q4322A

Getting Paid to Talk

(adults)

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Apr 26 6:30-9:00 PM..... A1722A

I Am Speaking - Public Speaking for Women

(adults)

How we feel when we communicate with others plays a big part in our everyday lives whether at home or at work. This public speaking course for women will focus on communication challenges women often experience in professional, volunteer and interpersonal settings. Instructor Shelby Holliman Carley, Adjunct Professor Rutgers University and Toastmasters Area 61 Director will lead us through exercises in communication, impromptu speaking and professional presentations so that we may learn to truly enjoy our moments of public speaking. Please bring a notebook and pen to class.

Five Sessions \$75.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Mar 28-Apr 25 6:30-8:00 PM..... Q4422A

Inspired by the Outdoors: Nature Poetry and Walk

(adults)

Being active clears the mind and opens up creative centers. Many writers have used the woods, nature and the outdoors to inspire their writing. We will take a meditative walk through the park quietly observing our surroundings through the use of the five senses. We will write and share poetry in the woods as inspired by our journey. Bring a notebook or journal, a writing utensil, and wear comfortable walking clothes and shoes.

One Session \$35.00 Per Person

Huber Wds Env Ctr Parking Lot

Sat, Apr 30 2:00-4:00 PM..... A3222A

Mindful Movement and Exploring Creativity NEW

(adults)

We will engage in an hour of mindful movement sequence outdoors (yoga, breathing and meditation) to inspire and awaken our creativity. Using our "clear mind", we'll discuss creativity-expanding techniques and devote time to writing. The class will end with sharing our writing. Wear comfortable clothing, shoes and bring a journal or notebook and writing utensil.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr Parking Lot

Sat, May 21 10:00 AM-12:00 PM A3322A

Music and Piano Class

(adults)

"I wish I knew how to play the piano!" Well, it's never too late; and the best way to learn music is with a fun, experienced instructor. Learn to read music to play songs for fun, improve memory, and develop creativity. Space is limited in this co-ed program to ensure personalized instruction. There is a required workbook that will be available for purchase at the first class. Certificate included upon completion. A small, portable, keyboard with at least four-octaves is needed (please consult instructor for keyboard information at gloriajunef@hotmail.com).

Presented by: Gloria Fowler, AA, BA, Juilliard School trained

Beginners

Eight Sessions \$112.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Mar 8-Apr 26 6:30-7:30 PM M9722A

Primitive Fire

(all ages)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire making skills from both an anthropological as well as a wilderness survival perspective. Program is rain or shine, please dress accordingly.

One Session \$15.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, May 1 10:00 AM-1:00 PM I4522A

Sat, May 7 10:00 AM-1:00 PM I4622A

Save a Life! Basic First Aid

(ages 14 and up)

Attention all parents, coaches, teachers and caretakers, this course is for you! Learn the critical first aid skills needed to respond to and manage an emergency when it arises. Participants will learn techniques such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. You will feel confident as you master these life-saving techniques in this hands-on course taught by certified instructors from the American Safety and Health Institute. Upon completion, participants will receive an ASHI Basic First Aid Completion Card that is valid for two years.

One Session \$60.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 5 10:00 AM-1:00 PM Q3722A



Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 16 6:30-10:00 PM Q3422A

Wed, Apr 13 6:30-10:00 PM Q3522A

Sat, May 21 10:00 AM-1:30 PM Q3622A

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 \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 26 10:00 AM-12:30 PM Q3022A

Thompson Pk Vis Ctr Beech Room

Wed, Mar 2 7:00-9:30 PM Q3122A

Wed, Apr 6 7:00-9:30 PM Q3222A

Wed, May 11 7:00-9:30 PM Q3322A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$70.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 30 10:00 AM-12:30 PM Q3822A

Write Out Loud for Women

(adults)

Do you love to write? To journal? To muse? To unleash your inner voice? To meander around a page with your pen, (or pencil or keyboard), and wish you could share your writing with a supportive group of like-minded women? In this four-week workshop, we flex our writing muscles, limber up our joints, relax and open our minds and hearts during a series of stimulating and introspective writing exercises. Those who wish can read their writing out loud to the group, and get the group's feedback about what they loved about it. This workshop is about safety, empowerment, encouragement, trust and heart; not critique and technique. Bring a notebook and writing utensil to class.

Presenter: Kate Cauley

Four Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Sun Room

Sat, Apr 9-30 10:00 AM-12:00 PM A8622A

Writing Poetry from the Soul

(adults)

Learn how to open your mind to writing poetry that comes from within. You will use daily inspiration and nature to get in touch with your inner muse to write poetry that is a stream of consciousness and free verse. Bring a notebook and a writing utensil to class.

Instructor: Nicole Becktel

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 26 2:00-4:00 PM A3122A

HEALTH & WELLNESS

A Whole Body Approach to Eye Care *(adults)*

What do your eyes reveal about your overall health? Do you have diabetes? Are you concerned about macular degeneration? Dr. Neda Goia, OD CNS, founder of Integrative Vision in Shrewsbury is a pioneer in whole-body health and has integrated it with her optometry practice of 20 years. Her extensive background in Functional Medicine offers a whole-body approach to improving your eye health with nutrition and lifestyle medicine. Learn how food, supplements and self-care for eye care can improve the health of your eyes. Dr. Goia will be joined by Lisa Vento, CFHC.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 30 6:00-7:30 PM..... A4422A**Build Your Own Meditation Practice***(adults)*

Meditation is a practice. It must be developed and strengthened. It is also unique unto you. In this class we will learn exercises in breath control, imagery meditation and basic Reiki techniques to help you develop your own daily meditation practice so you may learn to redirect your emotions, bring calm and grounding to your being and deflect the stresses of the outside world. Please bring a notebook and pen to class for your journal.

Four Sessions \$50.00 Per Person

Clayton Park Act Ctr Classroom 1

Sat, Apr 2-30 1:30-3:00 PM Q1222A*No class 4/16***Chakra Bowls Meditation***(adults)*

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program we will learn about 7 of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided. Please note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Mar 29-Apr 19 7:00-8:00 PM Q0322A**Detoxification to Improve Your Health***(adults)*

The liver can hold the secret to optimal health! Learn all about this organ and its many functions that support overall well-being. Learn 10 ways you can upregulate your liver function to improve chronic health conditions such as high blood pressure, high cholesterol, diabetes, autoimmune conditions, eczema, psoriasis and many more.

Presented by: Lisa Vento CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 28 6:00-7:30 PM..... A4022A**Digestion Connection***(adults)*

The ancient Greek physician Hippocrates said "health begins in the gut." Discover how and why healthy digestive health is essential to a healthy mind and body. Learn how to eat, cleanse and de-stress to improve gut function thereby improving overall well-being. You CAN improve chronic health conditions, prevent disease and age beautifully. Presented by Lisa Vento CHHC CYT

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, May 9 6:00-7:30 PM..... A4222A**Fifty Shades of Foundation** *(adults)*

How many of us have gotten overwhelmed with all the different shades of foundation? How do you know what shade is right for you? Professional makeup artist Anna Olech of AKO Artistry will teach you what shades and colors work best for you whether it is foundation, concealer, blush or eye shadow. Please bring your makeup bag and your makeup mirror.

One Session \$40.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 1 6:00-7:30 PM..... Q2622A

Freneau Wds Pk Vis Ctr Program Room 2

Wed, May 4 6:00-7:30 PM..... Q2722A

Forest Bathing

(adults)

Turn off your cell phone, get outdoors in nature and enjoy forest bathing, the latest health trend. The name is from the Japanese term "shinrin-yoku," which translates to "forest bathing," it is also known as forest therapy. This activity is sort of a combination of walking in the woods to meditate among the trees and to feel their energy and interconnect with nature and the forest. A park naturalist will move the experience along, offering participants "invitations" to interact with the forest in a meaningful and healing way. Please bring a blanket to sit on along the way. The walk is approximately one mile round-trip. Inclement weather will cancel the walk.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Apr 22 11:00 AM-12:00 PM (approx) . . IMK22A

Fri, May 6 11:00 AM-12:00 PM (approx) . . IMM22A

Fri, May 13 11:00 AM-12:00 PM (approx) . IMN22A

Functional Medicine

(adults)

Are you looking for a more natural way to feel better mentally and physically? Prevent illness and infection? Improve chronic conditions? Let's talk about Functional Medicine - a new old approach to health. Using functional medicine principles, you can learn more about your body and understand how lifestyle choices either support good health or create disease. You'll learn how to nourish properly, how to support cleansing, sleep better, improve eating hygiene and reduce stress. Presenter: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Apr 25 6:00-7:30 PM A4122A

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementia's? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, registration is required.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Apr 12-Jun 14 7:00-8:00 PM D1822A

Program meets 4/12, 5/10 & 6/14

Memory Café

(adults, with age related memory loss)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. This is a free program; however, registration is required. Please contact Anne Simon for more information 732-460-1167, ext. 24.

Two Sessions FREE!

Fort Monmouth Rec Ctr Atrium Room

Tue, Apr 26-May 24 1:00-2:30 PM PD162A

Program meets 4/26 & 5/24

Memory Café - Walks in the Parks

(adults, with age related memory loss)

Discover the seasonal beauty of our county parks. Each month we will visit a new park, look for wildlife and enjoy the sights and sounds of nature. We'll gather the second Tuesday of each month.

Three Sessions \$10.00 Per Pair

4/12 – Dorbrook Act Ctr Parking Lot

5/24 – Thompson Pk Old Orchard Parking Lot

6/14 – Manasquan Res Env Ctr Parking Lot

Tue, Apr 12-Jun 14 1:00-2:00 PM D1722A

Program meets 4/12, 5/24 & 6/14

Highlighting and Contouring Make-Up

(adults)

Contouring and highlighting is a technique of applying make-up to enhance and sculpt the structure of the face. In this hands-on program, professional make-up artist Anna Olech will teach you how to apply shadow to contour and highlighters to bring out your true glow and radiance. Bring your own make-up bag to class.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Apr 6 6:00-7:30 PM Q2822A

Henry Hudson Trail Act Ctr

Fri, May 13 6:00-7:30 PM Q2922A

Meal Planning Made Easy on a Plant Based Diet

(adults)

Certified Nutrition Coach Amanda Mancini teaches how to shop, stock your pantry, and plan for plant-based meals for you and your family. Please bring a pen and notebook. Handouts provided.

One Session \$40.00 Per Person

Part I

Learn about the Food Pyramid, food groups, and how to make better food choices, interpret food labels and include picky eaters.

Clayton Park Act Ctr Classroom 1

Fri, Apr 1 6:30-8:00 PM Q2222A

Henry Hudson Trail Act Ctr

Fri, Apr 29 6:30-8:00 PM Q2422A

Part II

Learn to plan plant based meals for the week, get recipes you can build on and plan your shopping list for online or in-store shopping.

Clayton Park Act Ctr Classroom 1

Fri, Apr 8 6:30-8:00 PM Q6022A

Henry Hudson Trail Act Ctr

Fri, May 6 6:30-8:00 PM Q6122A

Morning Meditation

(adults)

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will begin with exercises in breath control, focus, imagery and basic Reiki techniques. We will then take a quiet walk in the peaceful fields and woods of Clayton Park (weather permitting). Feel free to bring a light breakfast to enjoy with us after class.

Four Sessions \$50.00 Per Person

Clayton Park Act Ctr Classroom 1

Sat, Apr 2-30 8:00-9:30 AM Q1122A

No class 4/16

Qigong for Beginners

(adults)

Learn a simple series of moving meditations that inspire and relax. We will work with the internal energy of the body, mind and spirit. Qi is our vital life force energy while Gong means mastering the skill. The effortless power of Qigong is the foundation for all martial arts and T'ai Chi. Using this practice as a warm-up for any physical exercise will bring many rewards.

Instructor: Melinda Applegate

Six Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Apr 6-May 11 2:30-4:00 PM AAE22A

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

The Chih method teaches the QiGong art of "meditation in motion" in a series of 19 simple moves that are uplifting and easy to learn. Discover the wonders of this beneficial and evidence-based practice for a healthier and less stressful life.

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Beginner

The simpler movements will be taught in this class

Mon, Mar 14-Apr 25 11:30 AM-12:50 PM . A8822A

No class 4/18

Fri, May 6-Jun 10 11:30 AM-12:50 PM A9022A

Ongoing

More intermediate level instruction for the returning students.

Mon, Mar 14-Apr 25 10:00-11:20 AM A8922A

No class 4/18

Fri, May 6-Jun 10 10:00-11:20 AM A9122A

T'ai Chi Chih® Advanced Form: Seijaku

(adults)

Explore this advanced form of T'ai Chi Chih with trainer Daniel Pienciak. These sessions are for those students who have completed at least one series of ongoing level classes and are ready to experience the movements on a deeper level with some meditative applications.

Three Sessions \$95.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Mar 11-25 10:00 AM-12:30 PM A9622A

T'ai Chi Chih® Twilight Outdoors *(adults)*

The Chih method teaches the QiGong art of "meditation in motion" in a series of 19 simple moves that are uplifting and easy to learn. Discover the wonders of this beneficial and evidence-based practice for a healthier and less stressful life. Class will meet indoors during inclement weather.

Six Sessions \$118.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, May 10-Jun 14 6:00-8:00 PM A9722A

Tai Chi Chih® Discipline - Joy Through Movement*(adults)*

The Chih method teaches the QiGong art of "meditation in motion" in a series of 19 simple moves that are uplifting and easy to learn. Discover the wonders of this beneficial and evidence-based practice for a healthier and less stressful life.

Four Sessions \$90.00 Per Person

Begin or Review

Appropriate as an introduction for beginners and as a review for returning students.

Clayton Park Act Ctr Classroom 1

Tue, Apr 5-26 5:45-7:15 PM A9422A

Wed, Apr 6-27 11:00 AM-12:30 PM A9322A

Dorbrook Rec Area Vis Ctr

Sat, Mar 19-Apr 9 10:30 AM-12:00 PM A9822A

Thompson Pk Vis Ctr Tulip Room

Mon, May 9-Jun 6 10:30 AM-12:00 PM. ... A9222A

No class 5/30

The Healing Benefits of Reiki Reiju *(adults)*

In Japan, Reiju is the name of the method a teacher uses to communicate with students on an energetic level. This workshop offers an understanding of Reiki and its health benefits, the experience of clearing stagnant energy and engaging in several elements of Reiki such as meditations, hands-on healing and mantras. Utilizing these Reiki tools will help participants discover a path to inner peace, harmony and balance.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 7 6:00-8:00 PM A1922A

The Healing Power of Sound *(adults)*

Sound and music forms can enhance pulsations and vibrations in our bodies. All forms of vocalizations- chanting, singing, humming, reciting positive affirmations and practicing compassionate communication skills will be experienced during class. We will also review the three elements at the heart of chanting to create a relaxation response and bring healing to our bodies and minds. Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Apr 4 6:00-8:00 PM A2022A

HORTICULTURE**Basics for Creating a Flower Bed** *(adults)*

There's more to planting a flower garden than digging a hole and adding plants, but it's still easy enough that anyone can have a bountiful bed of blooms to adorn any landscape. Whether you are a beginner gardener or a more experienced one, this program is for you. Learn step-by-step the correct ways to create a beautiful, low-maintenance flower bed, or update your current beds for maximum performance with minimal maintenance required.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 30 9:30-11:30 AM H2922A

Basket of Love and Kindness *(adults)*

We are celebrating International Women's Day with a festive flower arrangement in a basket full of cheer and kindness. Join us and treat yourself or make a unique gift for that special woman in your life!

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 6 3:00-4:15 PM H0522A

Tue, Mar 8 10:00-11:15 AM H0422A

Garden Corner

Hyacinth

(*Hyacinthus*)

These early spring perennials are known for their vibrant flowers and beautiful fragrance. Blooming mid March to early April, these sun-loving plants are the perfect addition to almost any garden.



Planting

Hyacinth bulbs should be planted mid to late autumn and prefer sunny locations, though they will flower in half-day sun. Whether you choose to plant along walkways, in flower beds, or in containers. You may even want to plant extra for cutting as they will look and smell lovely in a vase indoors.

Pollinators

As one of the early spring bloomers, hyacinth offer a feast for bees!

What's in a Name?

Greek mythology tells a story of a young boy name Hyacinth who was killed when a discus hit him in the head during a game. As he lay in the arms of the god Apollo, a flower (a hyacinth) sprang from the cut in his head.



Keep Away from Pets

The calcium oxalate within the bulb of the hyacinth is poisonous to pets. Though this is most concentrated in the bulbs, it is found in the flowers and foliage as well and may cause stomach and respiratory issues, as well as skin irritation, in your furry friends. Wear gloves when handling the bulbs during planting.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at www.MonmouthCountyParks.com.

Creating a Garden with Four Seasons of Color NEW

(adults)

Learn how to create an exciting mixed border with year-round interest by incorporating the best varieties of plants that have proven performance and have multi-seasonal ornamental appeal. Learn which plants will provide color and interest for sunny or shady areas and how to combine them for continuous enjoyment from spring, summer, fall and even winter.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, May 13 4:00-6:00 PM H3022A

Easy Care Annuals for Your Garden and Planters NEW

(adults)

The great value of annuals is their ability to get up to speed quickly to add exciting color and carry on for months at their full potential. Annuals aren't just petunias anymore—they are extraordinary, diverse, and colorful. Whether you're looking to fill out bare spots or add interest to your garden or to perk up the planters to enhance any spot on your property, these annuals will add color and interest to your garden or planters throughout the growing season.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 23 9:30-11:30 AM H2822A

Evening Garden Walk

(adults)

Take a relaxing evening walk with us. Soak up the beauty of nature as the sun retires over the horizon letting go of all worries and daily tasks.

One Session \$12.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, May 12 6:00-7:30 PM H0822A

Thu, May 26 6:00-7:30 PM H0922A

Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful and rewarding art. Each month we will feature a different design that you will master. All supplies are provided and the arrangement is yours to keep and enjoy. Sign up for fun, share it with friends and family.

Three Sessions \$99.00 Per Series

Tatum Pk Red Hill Act Ctr

Fri, Mar 4-May 6 4:00-5:15 PM H0622A

Great Spring Perennial Plant Swap Free

Saturday, May 7

Plant Drop-Off: 8:30-10:00 AM

Plant Selection: 10:00-11:00 AM

Tatum Park (Red Hill Road Entrance), Middletown

Calling all gardeners!

It's time for the Great Spring Perennial Plant Swap! It's fun, free and easy. Bring plants in one-quart, one-gallon or two-gallon containers to exchange for plants of like sizes. Please label all plants. Herb and vegetable seedlings may also be exchanged. Please no aggressively spreading plants.

Check out the Deep Cut Gardens page on our website for a list of plants that will not be accepted.

**For more information on the plant swap,
call 732-671-6050.**



Floral Design Club 2.0 *(adults)*

This class is a perfect fit for those of you that have already attended our Floral Design Club course. Following a similar format together we will build upon your flower arranging skills as we strengthen the fundamentals of design, color, and texture and challenge your creativity. Each session will introduce a new concept and materials to work with from start to finish.

Three Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Mar 25-May 27 4:30-6:00 PM..... H0722A

Garden in a Snifter *(adults)*

House plants are easy enough to grow if you provide the right environment. Our special selection of miniature foliage plants is perfect for making your own garden in a snifter. This kind of planter goes for months with water added at the initial planting time. Snifters make bright, decorative displays and work to purify the air. We have all the necessary materials ready, all you have to do is come and create your own "Garden in a Snifter" to take home and admire.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 26 10:30 AM-12:00 PM..... H1322A

Glass Bubble Bowl Centerpiece *(adults)*

Take a break from your daily routine and try something new with us in the garden. We will work with live succulents and natural materials to make a one-of-a-kind centerpiece that is sure to wow your eyes every time you look at it. Bring beauty to your home or office with this organic and carefree arrangement. All materials and supplies are included.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 5 1:30-2:45 AM..... H1722A

Introduction to Composting*(adults)*

Composting is a great way to produce a valuable soil enhancer for your garden and reduce the amount of garbage you send to the landfill. This class will cover the how and why we compost as well as demonstrate different methods.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 3 10:30-11:45 PM..... H5412A

Introduction to Needle Felting - Botanical Pin*(adults)*

Welcome to the enchanted world of felting! You will be in love as you transform these vibrant colored fibers into the delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Along the way, you will work on a bookmark or a bracelet, coaster and a flower. This is a fun and rewarding workshop. All of your creations are yours to keep or gift to loved ones.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 20 1:30-3:30 PM..... H2122A

Sun, Apr 24 1:30-3:30 PM..... H2222A

Marvelous Mosaics for Your Garden*(adults)*

Explore this captivating and distinctive form of art as we create decorations for your garden. Learn how different mosaic materials can be arranged and united to create both abstract and defined imagery. An instructor-led, step-by-step guide explaining the process of layout, design and surface adhesion will lead to the assembly of a layered patchwork of materials and tones, creating visual interest and distinctive disposition. Incorporating natural materials introduces an element of expressiveness to the design. A compelling art form, this one is sure to be an in-demand series! All materials included with fee.

Two Sessions \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 2-16 2:00-3:30 PM..... H0322A

Native Plants for Pollinators *(adults)*

If you want to attract and support our native butterflies and pollinators in your garden, you need to think about way more than just planting a bunch of pretty flowers. A landscape rich with a diversity of flowering plants is both beautiful and helps support the thousands of species of bees, butterflies (including our beloved Monarch), hummingbirds, and other pollinating insects we have in the U.S. Learn which native plants to grow to attract and nourish our many native pollinators as well as proved color and interest in your garden from early spring through fall.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Apr 8 4:00-6:00 PM..... H2622A

Sat, May 7 9:30-11:30 AM..... H3222A

Natural Dyes from Your Garden **NEW**

(adults)

Before commercial dyes were developed in the 19th century, people everywhere colored eggs with natural materials from their surrounding environment. Natural dyes are safe, sustainable, and come from foods we eat every day. Their subtle colors blend well with organic displays of fresh branches and sometimes resemble a real bird's egg. Join us to learn more and start coloring eggs with natural dyes.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 10 2:00-3:30 PM. H2022A**Not Tonight My Deer: Plants Deer Don't Like to Eat** **NEW**

(adults)

Oh, dear! Do you have problems with deer using your garden as their local diner? We certainly don't want to be laying out a deer buffet with your hard-earned dollars. Learn which plants are much less palatable and more likely to not be nibbled in our deer-visited yards

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Mar 18 4:00-6:00 PM. H2422A**Plant Flowers that Volunteer** **NEW**

(adults)

Volunteer flowers can make gardening more fun as you can depend on them to brighten up difficult to plant area or fill in between perennials in a flower bed, skipping around from year to year in a kind of annual re-embroidery. The best part comes once they get a toehold, they begin to multiply year after year and will self-sow reliably for you. Join us as we share our experience with you and begin to reap the dividends of easy self-seeding flowers.

One Session \$17.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 20 10:30 AM-12:00 PM. H1822A**Sat, Apr 9 10:30 AM-12:00 PM. H1922A****Plant Identification for Beginners** **NEW**

(adults)

Spend two afternoons with a trained botanist familiarizing yourself with the skills used to identify the wild plants in our parks. The first day will be a training session at Deep Cut Gardens on HOW to look at plants and identify the major groups. The second day we will hike through Tatum Park where you can put your new skills to work getting to know the spring flora.

Two Sessions \$15.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, May 15-22 12:00-1:30 PM. H5312A**Deep Cut Gardens 2023 Photography Exhibit Call for Entries**

This year we are challenging all photographers to discover and capture the amazing colors of our garden.

Exhibit Theme: Under the Rainbow, A Kaleidoscope of Colors!**Categories:** General Photography or Under the Rainbow, A Kaleidoscope of Colors*Each photographer must choose to enter into one of the two divisions.***Entry Deadline:** November 30, 2022*The exhibit will be on display at the Horticultural Center from January 3-31, 2023.**For more information and entry forms please visit the Deep Cut Gardens page at**www.MonmouthCountyParks.com.*

Pollinator Friendly Landscape Design *(adults)*

Are you thinking of creating your own pollinator garden but not sure how to get started? This program delves into landscape design tools and theory that anyone can use to create a garden that is beautiful all year long. Special attention will be given to native pollinator plants. Participants will enjoy an interactive group activity.

One Session \$15.00 Per Person

Manasquan Res Env Ctr

Sun, Mar 27 10:00 AM-12:00 PM I0522A**Rose Pruning & Care***(adults)*

Early spring care is the key to a season of healthy roses. Learn rose pruning and care techniques, as well as tips for selecting the right roses for your garden in this lecture/demonstration. The pruning demonstration will be held outdoors.

One Session \$24.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 12 9:30-11:00 AM H0122A**"The Luck of the Irish"** *(adults)*

This boutique workshop will focus on the use of soft, lime green tones and textures. Inspired by those classic Irish green patchwork fields this arrangement is sure to please any "Irish Eyes" and instantly make them smile. Bring "The Luck of the Irish" home, or gift it to that special Irish belle.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Mar 11 5:00-6:15 PM H1022A**Sun, Mar 13 3:00-4:15 PM H1122A****The Salsa Garden** *(adults)*

Salsa preferences vary, but this class will get you that solid baseline you need to start your own delicious salsa garden. Food-themed gardens like the "salsa garden" are an easy way for everyone to start gardening. This design lends itself to small and open spaces alike, and it will please young as well as seasoned growers just the same. This is a package deal; you get everything you need including handouts and seedlings.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, May 1 11:00 AM-12:00 PM H2322A**Tough Plants for Problem Areas** *(adults)*

Are you struggling with sandy soil? Clay? Lots of shade? Puddles of water that hang around for days? Learn how to turn these and other difficult sites into beautiful landscapes that are well adapted to whatever challenges you may have. Learn which plants will thrive best in any of these challenging situations, including such as that "hell strip" between the sidewalk and the street.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 16 9:30-11:30 AM H2722A**Triple Garden Tour of Huber Woods** *(all ages, under 18 with adult)*

Are you looking to landscape with more native plants? Utilizing native species can boost the aesthetics of a yard while also providing valuable ecological benefits. Here at Huber Woods, we offer numerous exhibits showcasing various plant compositions. Everyone will leave this garden tour with a better understanding of native ecology!

One Session \$5.00 Per Person

Huber Wds Env Ctr Parking Lot

Mon, May 23 5:00-6:00 PM IKE22A

Using Herbs in the Landscape

(adults)

Learn how to embrace the special richness and quality of herbs. Textures, foliage colors and softly beautiful flowers with rich historical legacy are ready to enliven your outdoor living spaces. We will cover a range of design environments, plant needs and selection, and share practical knowledge.

One Session \$18.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 27 9:45-11:00 AM H0222A

WOW-Worthy Container Gardening from Spring through Fall

(adults)

Not enough space or just want to add interest to your home? A container garden can enhance an entranceway, solve a landscape challenge or beautify a deck or patio, or add elegance around a pool. Learn how to design an exciting and exuberant colorful planting and how to maintain your masterpiece throughout the garden season.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 2 9:30-11:30 AM H2522A

Your Own Pizza Garden

(adults)

Fresh, simple, and organic- the best pizza you will ever taste comes from your own backyard. This workshop will break down the elements of a pizza garden: design, planning, planting and caring. Step-by-step instructions and an easy-to-follow approach will help you plant the best pizza patch. To ensure your success, we have picked out the best selection of seedlings for you to take home ready to plant and grow.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 24 9:45-11:00 AM H1222A

NATURE



A Fabulous Fern Walk

(all ages)

What has a fiddlehead, fronds and are flowerless? Ferns, naturally! It's a new season for our ferns to unfurl their fiddleheads and welcome you to Freneau Woods as we deliberately take time to examine different kinds of ferns and identify their "form and function." Special emphasis will be paid to the *Osmunda cinnamomea*, the Cinnamon Fern, which is plentiful along the trails. The fun of ferns awaits at Freneau Woods Park. Please wear footwear that works in muddy terrain.

One Session \$7.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, May 7 11:00 AM-12:00 PM IN822A

A Magical Moss Walk

(all ages)

What is tiny, green and fuzzy? Moss, naturally! This green fuzzy plant does not make seeds and it does not have fruits. They also do not produce pollen. As a non-vascular plant, moss soaks up and holds water and nutrients in its leaves. Moss thrives during the fall, winter, and spring with bright green coloring. In the summer it can be in a dormant state, usually a faded green to brown color due to the lack of moisture. There are so many fascinating facts to discover about moss. Make moss magical for you by joining us on a moss walk. Please wear footwear that works in muddy terrain.

One Session \$7.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, May 21 11:00 AM-12:00 PM IN922A

After Work Bird Walk

(adults)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks 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. Come prepared to walk 1-4 miles over varied terrain. Waterproof footwear and long pants are recommended.

One Session \$8.00 Per Person

Big Brook Pk Pond

Thu, Mar 31 5:30-7:00 PM I2622A

Thompson Pk Marlu Lake

Thu, Apr 14 5:30-7:00 PM I2722A

Turkey Swamp Pk Nomoco Lodge

Thu, Apr 28 5:30-7:00 PM I2822A

Manasquan Res Env Ctr Parking Lot

Thu, May 5 5:30-7:00 PM I2922A

Holmdel Pk Shelter Bldg

Thu, May 19 5:30-7:00 PM I3022A

Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park Naturalist on an exciting 90-minute hike, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can drive a quick three minutes down the road and join us for an optional picnic and beer tasting at Screamin' Hill Brewery (\$11.00, pay on your own). Hike will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

One Session \$12.00 Per Person

Clayton Park Emley's Hill Lot

Sat, May 7 1:00-2:30 PM (approx) IKA22A

Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and wetlands of Monmouth County. These presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Chickadees of Monmouth County

Thursday, March 10, 7:00-8:00 PM

Freneau Wds Pk Vis Ctr

Chickadees are cute, small, social birds that flock to bird feeders during the winter. Even if you have never seen a chickadee, you have probably heard its common winter chick-a-dee-dee-dee call. Discover more about these adorable birds, and learn how to identify and attract chickadees to your bird feeder.

Weakfish – A Troubled Fish of NJ

Thursday, April 21 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

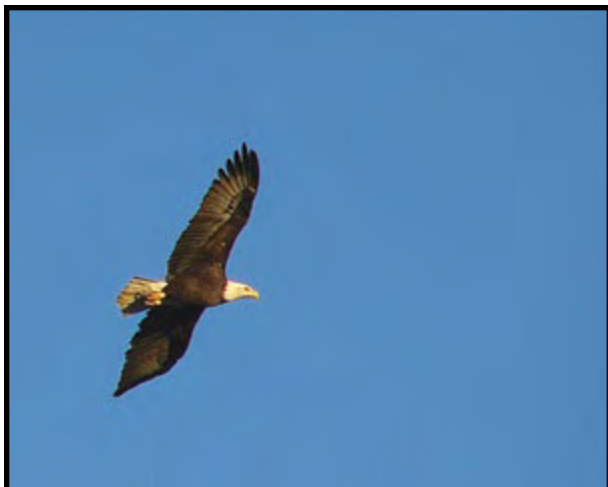
The weakfish is a beautiful saltwater fish, known as gray trout in some parts of the country. Yet, stocks have been fluctuating wildly. The population crashed during the early 2000s and despite strict harvest limits for both recreational and commercial fishermen, weakfish have yet to show any signs of recovery. Find out more during this enlightening talk about fish restoration.

Horseshoe Crabs Trying to Survive in a Modern World

Thursday, May 26, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Horseshoe crabs are vital to the ecology of local tidal waters in Monmouth County. Every year, during the full and new moons of late May and early June, many horseshoe crabs crawl up onto beaches to spawn and create the next generation, as they have for at least 350 million years. But today there are many threats to the survival of these ancient seafarers. Join us as we discover why the population of horseshoe crabs is declining and what people are doing to protect the crab through research, and what you can do to help.



Bald Eagles of the Monmouth County Parks

(adults)

Eagle Enthusiasts! Get the most up to date information about multiple Bald Eagle nests located within the Monmouth County Park System. Best of all, you will be lead with a park naturalist to observe the eagles surrounded by the wildlife and beauty of the Manasquan Reservoir. Bring a camera! Program will include a walk of a mile or more weather permitting. Sturdy shoes are recommended. Eagle sightings are likely however not guaranteed.

One Session \$11.00 Per Person

Manasquan Res Env Ctr Parking Lot

Wed, Apr 20 9:00-10:30 AM.....I1222A

Fri, Apr 29 9:00-10:30 AM I1322A



Birding Conaskonk Point

(adults)

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and sharp-tailed sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach, NJ, is an ideal location to view these wonderful migrants and summer visitors. Join a park naturalist for a walk through this specialized niche and possibly see many of these sometimes hard to locate birds. Wear your water proof boots as these areas will be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach, NJ, "On Street Parking".

One Session \$8.00 Per Person

Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.

Mon, May 9 8:00-9:30 AM I3122A

Fri, May 20 4:00-5:30 PM I6214A

Bluebird Trail Exploration

(ages 9 and up, under 18 with adult)

Our Naturalist will introduce you to our local Bluebird trail at one of our county parks. We will visit active bluebird nest box locations, all of which are being monitored and maintained by members of our Volunteers in Parks program. Participants will learn the basics of nest box management and hopefully see these magnificent birds up close and personal. It's a wonderful experience for adults and children! Walking on trails that may be uneven and steep is required for this program so wear sturdy footwear and come ready to walk a mile or so. Participants should be able to walk 1-2 miles over varied terrain. This is a free program; however, pre-registration is required.

One Session FREE!

Holmdel Pk Shelter Bldg

Mon, May 9 3:00-4:00 PM.....PI292A

Mon, May 16 3:00-4:00 PM PI302A

Thompson Pk Lawn in front of Creative Arts Center

Mon, May 23 3:00-4:00 PM PI312A

Discover Freshwater Fishing at Freneau Woods Park

(adults)

Do you wish get started with the fun of freshwater fishing? Our experienced Park System fishing staff will point you in the right direction. We'll fish the horse track pond at the Greenwood Ave entrance to Freneau Woods Park. Bring your own gear, or use ours. We'll practice casting bait and maybe lures with the hope to land "the big one." You never know what we might catch, but it is always fun. Dress for the weather, long pants recommended, don't forget to bring your sun screen and bug spray. Anyone age 16 and older must have a valid NJ freshwater fishing license. You can obtain one at www.nj.gov/dep/fgw/fishneed.htm.

One Session \$20.00 Per Person

[Freneau Wds Pk Greenwood Rd Access Area](#)

Wed, Apr 27 8:00-10:00 AM (approx) IMS22A

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 \$10.00 Per Person

[Huber Wds Env Ctr Parking Lot](#)

Tue, Apr 26 11:00 AM-12:30 PM I4122A

[Thompson Pk Old Orchard Parking Lot](#)

Tue, May 3 11:00 AM-12:30 PM I4322A

[Big Brook Pk Parking Lot](#)

Sun, May 8 11:00 AM-12:30 PM I4422A

[Freneau Wds Pk Act Ctr Parking Area](#)

Thu, May 19 11:00 AM-12:30 PM I4222A

Manasquan Reservoir 2023 Photography Exhibit Call for Entries

Calling all photographers! Don't miss your opportunity to enter our exhibition!
The exhibit will be on display at the Environmental Center from February 1-28, 2023.

Exhibit Theme: Treasures of Nature

Divisions: Youth or Adult

Categories: General Photography or Wildlife Photography

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

Entry Fee: \$5.00 per photo (youth submissions are free to enter)

Seasonal Entry Deadlines: Winter - March 20 • Spring - June 26 • Summer - September 25 • Fall - December 4

For entry rules and forms, visit the Manasquan Reservoir Environmental Center page at www.MonmouthCountyParks.com.



From Dawn to Dusk *(ages 8 and up, under 18 with adult)*

Join a Park Naturalist for this series of sunup and sundown hikes as we explore a different park each week. While on our hike we will learn and look for the crepuscular critters that are active during these in between hours. Whether you join us in the morning or evening you will surely experience the parks in a different light.

One Session \$6.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Apr 30 7:30-8:30 AM (approx) IM422A

Manasquan Res Env Ctr Parking Lot

Fri, May 6 7:30-8:30 PM (approx) IM522A

Seven Presidents Pk Act Ctr

Sat, May 21 7:30-8:30 AM (approx) IM622A

Huber Wds Env Ctr Parking Lot

Fri, May 27 7:30-8:30 PM (approx) IM822A**Fungi Findings** *(adults)*

The world of fungi and mushrooms is endlessly fascinating but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

One Session \$10.00 Per Person

Shark River Pk Outdoor Area

Sun, May 22 11:00 AM-12:30 PM I4922A**Gentle Walks for Gentle Souls***(adults)*

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky, or sandy. Please wear sturdy shoes.

One Session \$6.00 Per Person

Thompson Pk Filly Run Parking Lot

Tue, Mar 15 10:00-11:15 AM (approx) IN522A

Dorbrook Rec Area Vis Ctr Parking Lot

Tue, Apr 19 10:00-11:15 AM (approx) IN622A

Big Brook Pk Boundary Rd Parking Lot

Tue, May 17 10:00-11:15 AM (approx) IN722A**Half Day Hike and Paddle***(adults)*

This fun, challenging, and educational half day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear for both hiking and kayaking.

One Session \$45.00 Per Person

Hartshorne Wds Rocky Point Parking Lot

Sun, May 22 2:00-6:00 PM IK422A**Huber Woods & Scudder Preserve Combo Garden Tours** *(all ages, under 18 with adult)*

Monmouth County is home to a wonderful diversity of native wildflowers. Join our guided garden tours of both Huber Woods Park and NJ Audubon Scudder Preserve and learn about the wonders and benefits of growing native in your backyard! Wear comfortable trail footwear.*

One Session \$19.50 Per Person

Huber Wds Env Ctr Parking Lot

Sun, May 22 9:30 AM-12:30 PM IK122A**Includes a forest walk to Scudder Preserve***Fri, May 27 9:30 AM-12:30 PM IK222A***Includes a shuttle ride to Scudder Preserve.***Introduction to Saltwater Fishing - An Earth Day Special Program** *(adults)*

Join an experienced naturalist and angler for an informative talk about what you can catch along the Jersey Shore; as well as discuss bait, tackle and other gear, and all things fishing. Whether you're an experienced angler, or just getting started, this program has the information you need to help you become a more adaptable angler on the water.

This is a free program; however, pre-registration is required. Teens or older child are welcome to register along with a parent/guardian.

One Session FREE!

Bayshore Waterfront Pk Bay House

Sat, Apr 23 10:30-11:30 AM PIK92A

Morning Bird & Wildlife Walks in Monmouth County

(adults)

Experience the best of morning bird activity with a Park System Naturalist. Monmouth County hosts a wide variety of wildlife year-round and is also home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife. From woodlands and freshwater wetlands to salt marshes and an ocean beach, the walks over the year cover diverse natural communities to offer amazing wildlife sightings. These walks are a great introduction to birding and appropriate for birders and wildlife watchers of all levels. Please dress for the weather and wear comfortable walking shoes. Bring binoculars if you have them. Please arrive and check-in 10 minutes before the start of the program.

One Session \$6.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Apr 29 9:00-10:00 AM (approx) IMQ22A

Thompson Pk Old Orchard Picnic Shelter

Fri, May 6 9:00-10:00 AM (approx) IMR22A

Saltwater Fishing Lessons

(adults)

Want to go Saltwater Fishing but don't know where to start? Our experienced fishing staff gets you going at these hands-on 100% outdoor programs. Bring your fishing gear, or use ours. If you have your own equipment, we'll help you evaluate its effectiveness. Our target species are striped bass, bluefish and fluke. Boots or waders are not necessary on our sandy bayside beach along Sandy Hook Bay. Participants 16 or older, please sign up for the free NJ Saltwater Recreational Registry Program at <https://www.nj.gov/dep/saltwaterregistry/>.

One Session \$20.00 Per Person

Bayshore Waterfront Pk Bay House

Wed, May 4 9:00-11:00 AM IMT22A

Wed, May 11 3:00-5:00 PM IMU22A

Wed, May 18 9:00-11:00 AM IMV22A

Wed, May 25 3:00-5:00 PM IMW22A

Spotted Lanternfly Trap Workshop

(all ages, under 18 with adult)

You've probably heard a lot about lanternflies recently. They are an invasive insect that feeds on trees and can cause significant damage. In this program you will create your own wildlife friendly lanternfly trap and learn what plants they prefer, and how to identify them.

One Session \$16.00 Per Person

Huber Wds Env Ctr

Wed, May 18 5:30-6:30 PM IMG22A

Drop-In Nature Walks

Casual Birder 

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain or snow so please come dressed for the weather with appropriate footwear.

Join us at 9:00 AM on the following Tuesday mornings:

March 15 at Crosswicks Creek Pk Province Line Rd Parking Lot

March 29 at Big Brook Pk Pone Parking Lot

April 12 at Freneau Wds Pk Vis Ctr Parking Lot

April 19 at Holmdel Pk Shelter Bldg

April 26 at Shark River Pk Shelter Bldg

May 3 at Perrineville Lake Pk Agress Rd Parking Lot

May 10 at Clayton Pk Emley's Hill Rd Parking Lot

May 17 at Hartshorne Wds Pk Rocky Point Parking Lot

May 24 at Manasquan Res Vis Ctr Parking Lot

Splendid Spring Strolls 

(all ages, under 18 with adult)

What better time is there to get out on a trail than in spring? Say farewell to the frosty weather as you join a Park System Naturalist on a peaceful trail walk. Trees are in blossom, birds are returning from migration, and there are tons of topics to discuss! **Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.**

Meets on the following Mondays from 10-11:30 AM:

March 28 at Huber Wds Env Ctr Parking Lot

April 11 at Big Brook Pk Lower Pond Lot

April 25 at Manasquan Res Env Ctr Parking Lot

May 9 at Clayton Pk Emley's Hill Parking Lot

May 23 at Freneau Wds Pk Vis Ctr Parking Lot



Spring Birding Expeditions

(adults)

Explore some of New Jersey's most scenic habitats in search of interesting and unusual birds. Target species include colorful warblers, orioles, tanagers and shorebirds among many others. On some spring day-long excursions we sometimes tally more than 100 species. Participants should bring binoculars and lunch. Transportation via mini bus. Hiking lengths and terrain vary by destination. Participants should be ready to walk 2-8 miles on varied terrain.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 16 8:00 AM-5:00 PM I1622A

Wed, Apr 13 8:00 AM-5:00 PM I1722A

Wed, Apr 27 8:00 AM-5:00 PM I1822A

Wed, May 11 8:00 AM-5:00 PM.....I1922A

Wed, May 25 8:00 AM-5:00 PM.....I2022A

Spring Bluebird Presentation

(ages 9 and up, under 18 with adult)

Once you see the bright blue back and rusty colored chest or hear the beautiful sound of an eastern bluebird you will never forget it. In this presentation we will learn all about bluebirds! We will learn all about their nest habits as well as other cavity nesting birds and will look at a comparison of eggs. We will go over some common types of bluebird boxes so that you may confidently put out nest boxes and know how to maintain and monitor them.

One Session \$8.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 18 1:00-2:00 PM I2422A

Clayton Pk Act Ctr Classroom 1

Fri, Apr 22 1:00-2:00 PM.....I2522A

Spring Weekend Bird Excursions

(ages 14 and up, with adult)

Spend the day with a naturalist on a full day spring excursion to a birding hotspot. We will be on the lookout for spring song birds and springtime migrants such as warblers and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport via minibus provided from Thompson Park. Participants should be prepared to walk 2-8 miles of varying terrain.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Great Swamp National Wildlife Refuge

Sat, Apr 30 8:00 AM-5:00 PM I3322A

Edwin B Forsythe National Wildlife Refuge - Wildlife Drive

Sun, May 1 8:00 AM-5:00 PM I6314A

Garret Mountain Reservation

Sat, May 7 8:00 AM-5:00 PM I3422A

Cape May

Sun, May 8 8:00 AM-5:00 PM I3522A

Spring Wildflower Hike

(adults)

In the spring as the sunlight warms the forest floor, wildflowers emerge. This is a perfect time to search for these delicate plants. Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Bring a camera! Leave the flowers!

One Session \$8.00 Per Person

Clayton Park Emley's Hill Lot

Wed, Apr 27 10:00-11:30 AM (approx) I0622A

Charleston Springs GC Stone Bridge Trail Lot

Wed, May 4 10:00-11:30 AM (approx) I0722A

Freneau Wds Pk Act Ctr Parking Area

Wed, May 11 10:00-11:30 AM (approx) I0822A

Shark River Pk Shelter Bldg

Wed, May 18 10:00-11:30 AM (approx) I0922A

Stream Assessment & Macroinvertebrate Training

(adults)

A special introductory opportunity for teachers, students, members of local environmental organizations or other interested folks to discover how to monitor water quality using just nets to examine aquatic macroinvertebrates, which are animals without a backbone that can be seen with the naked eye. These bottom-dwelling animals include crustaceans, bugs, beetles, flies and worms. They are an important link in the food web between the producers (leaves, algae) and higher consumers such as fish and frogs. This will be a hands-on program to discover the bizarre creatures beneath the surface of a freshwater system while determining the health of a waterway based on assessments used by NJ Department of Environmental Protection. We will have an introduction to the importance of stream monitoring and then we will go into a local waterway and perform both a visual and biological assessments. All equipment will be provided, but please bring your own boots, either hip boots or waders. Dress to get dirty. Any questions, please contact Joe Reynolds, Principal Park Naturalist, at 732-264-7277, ext 1.

One Session \$5.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 30 10:00 AM-12:00 PM INE22A

Sunset Kayak Tour of the Navesink

(ages 14 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for herons, egrets, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$38.00 Per Person

Hartshorne Wds Claypit Creek Parking Lot

Thu, May 26 6:30-8:30 PM IKD22A

Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanic garden of Rutgers University. Join us as we go on a guided tour of the grounds, then enjoy a nice picnic in one of their many beautiful display gardens. Please bring your own lunch; light refreshments provided.

One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, May 25 9:30 AM-1:30 PM IKF22A

Transient Treasures

(ages 17 and up)

Like the ebb and flow of the tides so do the treasures that wash upon shore. Join a Park System Naturalist for a leisurely stroll along the beach as we collect transient treasures from the ocean. After our walk we will head back into the activity center to craft a candle holder made from a repurposed wine glass. We will fill our glass with a variety of tidal trinkets before sealing and inverting it. Subsequently, we will use the stem and base of the glass as our candle holder. Join us for a beautiful day at the beach as we craft with transcontinental treasures!

One Session \$16.00 Per Person

Seven Presidents Pk Act Ctr

Wed, May 18 5:30-7:00 PM IN222A

Sun, May 22 10:30 AM-12:00 PM IN322A

Wake Up Bird Walks

(ages 14 and up, under 18 with adult)

Listen to the sounds of nature on these wake-up bird walks. Start your day right, in the morning hours that wildlife is most active. Take a casual walk with us as we meander our county parks in search of a variety of bird species. Please dress for the weather and wear comfortable waterproof walking shoes. Bring binoculars if you have them, a limited number will be available to borrow if needed. All levels of birders are welcome.

Please Note: Participants should be able to walk 2-4 miles over varies terrain.

One Session \$8.00 Per Person

Thompson Pk Marlu Lake

Wed, Apr 20 7:00-9:00 AM I2122A

Manasquan Res Vis Ctr

Wed, May 4 7:00-9:00 AM I2222A

Big Brook Pk Pond

Wed, May 18 7:00-9:00 AM I2322A

Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00 to \$10.00, pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$12.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Mar 13 1:00-2:30 PM (approx) IKB22A

Sun, Apr 24 1:00-2:30 PM (approx) IKC22A

OUTDOOR ADVENTURES

ARCHERY

Early Bird Archers

(adults)

Start your morning early with some target practice. This smaller sized archery class will have you learning archery before the day gets too busy. Please dress for the weather as the Activity Barn is not heated. All equipment is provided.

One Session \$20.00 Per Person

Thompson Pk Activity Barn

Wed, May 4 7:00-8:30 AM W5122A

Take A Shot: Archery Intro Series

(adults)

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

Three Sessions \$55.50 Per Person

Thompson Pk Activity Barn

Wed, Apr 6-20 7:00-9:00 PM W2622A

Take a Shot: Intro to Archery

(adults)

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

One Session \$22.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 10 7:00-9:00 PM W5422A

Tue, Apr 12 7:00-9:00 PM.....W6122A

Wed, May 18 7:00-9:00 PM W6422A

BICYCLING

Active Adults Bike Rides

(adults)

The health benefits of regular cycling include: increased cardiovascular fitness, muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased body fat levels, and helps in prevention or management of disease. Make new friends and explore new horizons during this informal club-like series that takes riders throughout Monmouth County. The rides will be an easy/moderate pace (6-12mph) and the mileage will increase over the series. The Park System leaders will be there to guide you in safe riding and maintenance practices. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet) and should bring a water bottle and snack. Participants are responsible for providing and transporting their hybrid, commuter-style or mountain bike in good working order to meeting locations.

Six Sessions \$90.00 Per Person

4/7 – Thompson Pk Estate Lot - 8 miles

4/14 – Manasquan Res Vis Ctr Lot - 10miles

4/21 – Big Brook Pk Parking Lot - 12 miles

4/28 – Union Transportation Trail, RT 537 - 15 miles

5/5 – Allaire State Park - 16 miles

5/12 – Sandy Hook Gateway Natl Park, Lot D - 20 miles

Thu, Apr 7-May 12 9:30 AM-12:00 PM ...W2222A

HIKING

Cliff Park Trail in Pennsylvania

(adults)

Celebrate Mother's Day with a wildflower hike along cliffs overlooking the Delaware River. Enjoy incredible views of the river, farmland, Minisink Island (one of the largest islands in the Delaware River), NJ's Kittatinny Mountains, and two waterfalls. This hike is sure to please both novice and veteran hikers. Cameras, boots and readiness for a full day on the trail are required.

Rating: Moderately easy, moderate pace, some rocky trails, gradual ascents and descents, views. Miles: 5

One Session \$60.00 Per Person \$55.00 Additional Person

Thompson Pk Estate Grounds Parking Lot

Sun, May 8 7:30 AM-5:30 PM (approx) ...W1522X

Early Riser Hikes

(adults)

Get your blood pumping early exploring the hiking trails at Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small day-pack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

Instructor: Deb Lotosky

Ten Sessions \$110.00 Per Person

3/19, 3/26 & 4/2 - Huber Wds Env Ctr Lot

4/9, 4/16, 4/23 & 4/30 - Hartshorne Wds Claypit Creek Lot

5/7, 5/14 & 5/21 - Hartshorne Wds Rocky Point Lot

Sat, Mar 19-May 21 7:00-9:00 AM (approx)W1622A

Fishkill Ridge Hike

(adults)

Hike to a multi-tiered waterfall and the summits of Lambs Hill and Bald Hill offering dramatic views of the Hudson Valley and beyond. Please Note: Hiking boots are required.

Rating: strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 7

Instructor: Andrew Imperiale

One Session \$62.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 9 7:00 AM-4:30 PM (approx) W1222A

Hacklebarney Hike and Lunch

(adults)

Spend a spring day away from the rat race getting some fresh air with a scenic hike through Hacklebarney State Park in Chester. The trail parallels the Black River and is a nice place to escape. After our hike if time allows, we will stop at the Charbroil After Diner for celebratory ice cream (pay our own way). Hiking boots/shoes and trekking poles suggested.

Rating: Easy-moderate, rocky/rooty trail, stairs, cinder path, wet trail, easy pace. Miles: 3

One Session \$35.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, May 24 9:30 AM-2:30 PM (approx) . . .W2322A

Hemlock Falls Hike

(ages 14 and up, with adult)

Adventure awaits you this coming Spring. Hike with us along the scenic Rahway River to the Hemlock Falls for some photo opportunities. We will stop for a relaxing post hike snack, pay your own way. Sturdy walking shoes are required.

Rating: Easy to moderate due to some inclines and rocky trails. Miles: 5.5

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 7 7:00 AM-3:00 PM W4322A

Choosing the Right Hike For You

The Monmouth County Park System 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.

History Hike at Big Brook Park

(adults)

Explore the storied past of one of Monmouth County's interesting parks. Led by Park System staff, we will explore the fields and forest of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

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

One Session \$15.00 Per Person

Big Brook Pk Boundary Rd Parking Lot

Fri, Apr 1 3:30-5:00 PM U1622A

Big Brook Pk Lower Pond Lot

Wed, May 11 5:30-7:00 PM U1722A

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 \$125.00 Per Person

3/15 - Thompson Pk Estate Grounds Lot

3/22 - Holmdel Pk Lake

3/29 - Turkey Swamp Pk Campground Office Lot

4/5 - Huber Wds Env Ctr Lot

4/12 - Clayton Pk Parking Lot

4/19 - Shark River Pk Shelter Bldg

4/26 - Tatum Park Red Hill Act Ctr Lot

5/3 - Thompson Pk 3 Barns Lot

5/10 - Hartshorne Wds Rocky Point Lot

5/17 - Seven Presidents Pk Pavilion Lot

Tue, Mar 15-May 17 9:30-11:30 AM W1322A

Tue, Mar 15-May 17 12:00-2:00 PM W1422A

Laugh & Learn: National Parks Road Trip Slide Show

(adults)

Get a front row seat to humor and wide-eyed wonder as author Merry Brennan shares gorgeous photos and valuable tips from her latest book, *Eye Rolls & Awe: A National Parks Road Trip with Teens*. Learn fascinating facts about our amazing public lands and the latest research on the healing power of nature. Great for those planning a family vacation or anyone who loves our national parks. Adventurous kids are welcome with paying adults (additional person fee applies).

One Session \$15.00 Per Person \$5.00 Additional Person

Thompson Pk Vis Ctr Walnut Room

Thu, Mar 10 7:00-9:00 PM W2422X

Monday "After Work" Hiking Series

(adults)

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in day pack suggested).

Rating: moderate pace, dirt trails, paved paths, some hills. Miles: 2.5-4

Five Sessions \$64.00 Per Person

3/14 - Thompson Pk Estate Grounds Lot

3/21 - Tatum Pk Red Hill Rd Act Ctr Lot

3/28 - Holmdel Pk Ramanessin Lot

4/4 - Huber Wds Pk Env Ctr Lot

4/11 - Hartshorne Wds Pk Rocky Point Lot

Mon, Mar 14-Apr 11 5:30-7:15 PM. W5722A

Neversink Three Falls Loop

(adults)

Come prepared mentally and physically as we explore the Neversink River Unique Area in NY. The trails will present themselves as challenging as we negotiate the ascent and descents, cross wooden bridges, hike through evergreen forests and over rocky terrain but the challenge will be well worth it. Spring rains should provide spectacular waterfalls.

Please Note: Hiking boots are required; trekking poles recommended.

Instructor: Andrew Imperiale

Rating: strenuous, rocky trails. Miles: 8.5

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 23 7:00 AM-5:00 PM (approx) . . . W2022A

Section Hikes on the Appalachian Trail

(adults)

SOUTH BOUNDERS WANTED! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles thru 14 states; Maine to Georgia. Join in year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, 5-10 miles per trip. Hiking boots are required; trekking poles highly suggested. Hikers age 14 and up welcome to register with a registered adult

Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky.

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#6 Mashipacong Shelter - 6 miles

Sun, Apr 10 6:30 AM-5:00 PM (approx) . . . W4121A

#7 Stokes Stoney Lake - 6+ miles

Sun, May 15 6:30 AM-5:00 PM (approx) . . . W7222A

Sourland Mountain Preserve Hike

(adults)

Sourland's 2,600-acre Preserve's name may be derived from "sorrel-land" which describes the reddish-brown soil in this territory. Come find out more as we hike among glacial rocks in the Devil's Half-Acre, on tranquil trails, and cross babbling streams and Roaring Rocks.

Please Note: Hiking boots are required.

Rating: Moderate/Easy, some inclines and declines, rocky trails. Miles: 5+

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 30 8:30 AM-4:30 PM (approx) . .W5622A

Spring Walking/Hiking Series

(adults)

Need some motivation to get you moving? Be inspired by getting to know your beautiful county parks with this hiking mini-series. We'll explore the trails with an easy pace hike at a different park each week. Over the course of the six weeks, we will observe changes in the season as well as in ourselves. The forest is good for the soul. All that is needed is a positive attitude and a good pair of walking shoes.

Six Sessions \$72.00 Per Person

4/8 - Thompson Pk 3 Barns lot

4/22 - Holmdel Pk Lake Lot

4/29 - Huber Wds Pk Env Ctr Lot

5/6 - Shark River Pk Schoolhouse Rd Lot

5/13 - Tatum Pk Red Hill Rd Lot

5/20 - Hartshorne Wds Pk Rocky Point Lot

Fri, Apr 8-May 20 10:00 AM-12:00 PM . . .W2122A

No hike 4/15



Summit Mt Tammany

(adults)

Stone steps ascending a challenging steep climb lead us to the summit where picturesque views of the Delaware Water Gap will be our reward. We'll continue on our rocky descent to Dunnfield Creek's cascading falls, which will lead us onto the Appalachian Trail through the narrow gorge surrounded by rhododendrons. Hiking boots/trekking poles are strongly recommended.

Rating: Moderate/strenuous due to steep ascent, rocky, wet trails, views. Miles: 4

One Session \$54.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Apr 13 8:30 AM-5:30 PM (approx) . .W5222A

The Timp & Bald Mtn Hike

(adults)

Steeply hike to panoramic viewpoints atop the summit of Bald Mountain and The Timp, and descend on old woods roads through the historic former settlement of Doodletown.

Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6

One Session \$60.00 Per Person

Instructor: Andrew Imperiale

Thompson Pk 3 Barns Parking Lot

Sat, Mar 26 7:00 AM-4:00 PM (approx) . . .W1122A

Women's Wilderness Empowerment Experience

(adults)

Experience the outdoors in a environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self-confidence and make new friends. Register a friend and receive a discount!

Archery Experience

One Session \$24.00 Per Person \$18.00 Additional Person

Thompson Pk Activity Barn

Wed, May 11 9:30 AM-12:00 PM. W4422X

Zipline Thrill

Climb 30 feet up a cargo net and traverse a series of pulleys and zipline back to the ground.

\$33.00 Per Person \$27.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Wed, May 18 9:30 AM-12:00 PM. W4522X

Canoe Adventure

\$22.00 Per Person \$16.00 Additional Person

Thompson Pk Marlu Lake

Wed, May 25 9:30 AM-12:00 PM. W4622X



ON THE WATER

Local Canoeing

(adults)

Enjoy the spring season exploring some of the county's most beautiful lakes. This paddle program is designed for the seasoned paddler as well as the novice. Canoeing is great exercise and a perfect way to meet like-minded outdoorsy people while social distancing. We provide all the equipment, safety instruction, paddling strokes and guides on this fun spring adventure. Paddlers will meet at location. More information will be sent prior to the start of the program.

Four Sessions \$88.00 Per Person

5/2 - Thompson Pk Marlu Lake

5/9 - Manasquan Res Vis Ctr West Dock Lot

5/16 - Deal Lake, Asbury Park

5/23 - Swimming River Pk

Mon, May 2-23 10:00 AM-12:30 PM W5022A

PERFORMING ARTS

Acting in a Performance

NEW

(adults)

It is time to put our work on The Four Centers of Acting into a performance. In this program we will challenge ourselves in developing layers in a character, strengthening the fourth wall and sustaining our focus to drive us through a full performance. The play and the roles will be distributed by the instructor on the first day of class. A performance for family and friends will be held on the last day of class. Please bring water bottle and wear closed toe shoes. Participants must have previously attended Beginner Acting Level I and/or II.

Eight Sessions \$100.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 24-May 12 7:00-8:30 PM..... Q0122A

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine in our 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 5-Jun 14 3:00-3:45 PM A8122A

No class 4/19

Tue, Apr 5-Jun 14 5:00-5:45 PM A8222A

No class 4/19

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended. Pre-requisite: 2 - 3 sessions of Adult Tap - Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 5-Jun 14 5:45-6:30 PM A8422A

No class 4/19

Beginner Acting - Adult Level I*(adults)*

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: 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 storytelling/monologue will be on the final day of class. Please wear closed-toe shoes/sneakers and bring a water bottle.

Four Sessions \$55.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 21-Apr 11 7:00-8:30 PM. Q0422A**Beginner Acting - Adult Level II***(adults)*

In this class we will continue with our actor's warm-ups and our work on The Four Centers of Acting but will begin scene work with a partner. A performance of monologues and scenes will be on the last day of class. Please wear closed-toe shoes and bring a water bottle to class.

Four Sessions \$55.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Apr 18-May 9 7:00-8:30 PM. Q0522A**Beginner Ballroom Dance***(adults)*

Planning to hit the dance floor at an upcoming wedding or event? Looking to connect with your partner through a new activity? If you've ever desired to learn the foundational basics of social dancing, this 6-week beginner workshop is designed with you in mind! We will cover basic steps of a few ballroom and Latin dance styles, and teach you how to move and groove on any dance floor together with confidence. No prior experience is required. All dancers must register and participate with a partner. Please dress comfortably with shoes that won't easily slip off, and let's dance! Instructed by: Sing and Sway LLC

Seven Sessions \$222.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Mar 2-Apr 13 6:30-7:30 PM. AA222A**Wed, Apr 27-Jun 8 6:30-7:30 PM. AA322A**

Camelot, the Musical

(ages 12 and up, with adult)

Mickey and Judy Productions, in collaboration with the Monmouth County Park System, presents Camelot. Based on T.H. White's *The Once and Future King*, in this classic musical King Arthur founds the kingdom of Camelot and the Knights of the Round Table, who fight for justice and right, only to see his ideal crumble when his wife Guinevere falls in love with his favorite knight, Sir Lancelot.

Tickets will be sold at the door as space permits; however, pre-registration is recommended.

Doors open at 6:30 PM.

Tickets: \$15.00 Per Person; \$10.00 for Seniors age 55 and up and children 12-17

Thompson Pk Theater Barn

Friday, May 13 7:00-9:45 PM #AAA22X • Saturday, May 14 7:00-9:45 PM #AAB22X**Friday, May 20 7:00-9:45 PM #AAC22X • Saturday, May 21 7:00-9:45 PM #AAD22X**

CAMELOT AUDITIONS

Mickey & Judy Productions is seeking a dynamic groups of actors who move and sing well. Interested parties should prepare a 16 bar cut of a musical song (in the style of My Fair Lady, Rodgers & Hammerstein, etc.) OR a one minute monologue. You may be asked to dance.

*Auditions are by appointment only and will take place March 7 & 8,
please contact mickeyandjudyproductions@gmail.com for an audition time.*

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 \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 4-May 23 5:00-6:00 PM M9822A**Square Dancing - Level 3***(adults)*

Find out why so many people have so much fun being "squares". Participants must have taken Square Dancing Level 2 or had prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Apr 5-Jun 21 7:00-9:00 PM A2122A**SPORTS & FITNESS****BASKETBALL****Winter Basketball at the Rec Center**

Fort Monmouth Recreation Center, Tinton Falls

Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium and begin January 5.

Questions? Contact us at 848-456-4278, ext. 2#.

Cost: \$5.00 Per Person, Per Session**Adult Basketball****Sundays, 8:00-10:00 AM****Tuesdays, 7:00-9:00 PM****Open Gym***(all ages, under 16 with adult)*

Schedule varies. For a complete calendar of dates and holidays, please visit the Fort Monmouth Recreation Area page at www.MonmouthCountyParks.com.

Open Mic Poetry *(adults)*

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. All are welcome to read your work aloud or read a work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins will be welcome as time permits.

Contact Rachel Cohen to be added to list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

Thompson Park Theater Barn**April - National Poetry Month****Sun, Apr 24 3:00-4:30 PM PE012A****May - Limericks & Haikus****Wed, May 25 7:00-8:30 PM PE022A**

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Twelve Sessions \$144.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Tue, Apr 7-May 24 5:30-6:30 PM XAN22X

No class 4/19 & 4/21

Beyond Basic Belly Dance

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Twelve Sessions \$210.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 15-May 31 7:25-8:55 PM X9222X

Gentle Aerobics

(all ages)

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

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Apr 21-Jun 9 10:30-11:15 AM M8622A

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Instructor: Eryka Andrex

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 10-Apr 7 7:40-8:40 PM X9722X

Thu, Apr 21-May 19 7:40-8:40 PM X9922X

Sit and Get Fit

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. No equipment needed just wear comfortable clothes.

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Apr 22-Jun 10 12:45-1:40 PM. M8822A

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

Sixteen Sessions \$194.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Apr 18-Jun 13 8:00-9:00 AM . . . M8122A

No class 5/30

Mon, Wed, Apr 18-Jun 13 9:15-10:15 AM . . M8222A

No class 5/30

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Five Sessions \$80.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 23-May 21 8:00-9:00 AM XAP22X

PILATES

Pilates Fusion

(adults)

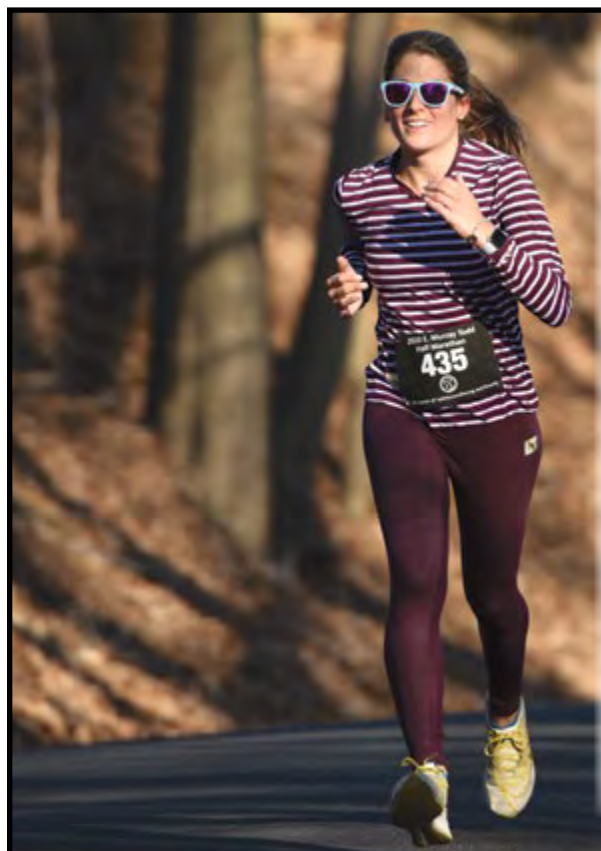
Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Sixteen Sessions \$194.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Apr 18-Jun 13 10:30-11:30 AM M8322A

No class 5/30



2022 E. MURRAY TODD HALF MARATHON

Sunday, March 13, 8:30 AM

Brookdale Community College, Lincroft

Forty-four years of racing tradition returns to one of New Jersey's most attractive courses. Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is \$40.00 and is suggested; closes March 9, 2022.

Register online at
www.MonmouthCountyParks.com.

Race day registration will be \$60.00 per person and is accepted beginning at 7:00 AM.

*For additional information, visit
www.MonmouthCountyParks.com,
call 732-542-1642, ext. 27, or email
Mike.Balkovic@co.monmouth.nj.us.*



Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Ten Sessions \$120.00 Per Person

[Dorbrook Rec Area Act Ctr](#)

Mon, Wed, Apr 18-May 18 7:15-8:15 PM .. X7022X

[Tatum Pk Holland Act Ctr](#)

Tue, Thu, Apr 19-May 19 6:30-7:30 PM X7222X

Twelve Sessions \$144.00 Per Person

[Dorbrook Rec Area Act Ctr](#)

Mon, Wed, Feb 28-Apr 6 7:15-8:15 PM XA021X

[Tatum Pk Holland Act Ctr](#)

Thu, Tue, Mar 3-Apr 12 6:30-7:30 PM X6822X

Pilates Mat Workout- Fort Monmouth

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing, and cross-training sneakers.

Instructor: Jodi Kondracki

Eight Sessions \$96.00 Per Person

[Fort Monmouth Rec Ctr Group Fitness Room](#)

Thu, Apr 21-Jun 9 9:15-10:15 AM M8422A

Fri, Apr 22-Jun 10 10:15-11:15 AM M8522A

TENNIS

Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

[Thompson Pk](#)

Mon, Wed, May 2-25 5:00-5:55 PM. X3622A

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

[Thompson Pk](#)

Tue, Thu, May 3-26 5:00-5:55 PM X3822A

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All Players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

Eight Sessions \$88.00 Per Person

[Dorbrook Rec Area](#)

Mon, Wed, May 2-25 5:30-6:25 PM. X3522A

Tue, Thu, May 3-26 5:30-6:25 PM X3322A

[Thompson Pk](#)

Mon, Wed, May 2-25 6:00-6:55 PM. X3722A

Tue, Thu, May 3-26 6:00-6:55 PM X3922A



VOLLEYBALL

Indoor Spring Volleyball League

(ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. The top team will receive T-Shirts. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Mar 30-Jun 8 6:30-9:00 PM X3122A

YOGA

Advanced Beginners Yoga

(adults)

Breath Move Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

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

Five Sessions \$70.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Apr 24-May 22 9:00-10:00 AM. XAR22X

All Levels Yoga

(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

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Apr 27-Jun 1 6:00-7:00 PM XAU22X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Level 1

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Five Sessions \$70.00 Per Person

Mon, Mar 7-Apr 4 6:00-7:00 PM XAD22X

Eight Sessions \$112.00 Per Person

Mon, Apr 25-Jun 13 6:00-7:00 PM XAH22X

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Apr 7-Jun 16 11:00 AM-12:00 PM. XB322A

No class 4/28

Level 2

Instructor: Talena Ward

Tatum Pk Holland Act Ctr

Five Sessions \$70.00 Per Person

Thu, Mar 10-Apr 7 6:00-7:00 PM XAG22X

Eight Sessions \$112.00 Per Person

Thu, Apr 28-Jun 16 6:00-7:00 PM. XAM22X

Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners that want a practice of their own or for those that are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength and focus. Blocks and straps are optional.

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

Five Sessions \$70.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Apr 24-May 22 10:15-11:15 AM XAS22X

Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

Six Sessions \$84.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Mar 11-Apr 29 9:30-10:30 AM XA422A

No class 3/25 & 4/15

Fri, Mar 11-Apr 29 11:00 AM-12:00 PM ... XA522A

No class 3/25 & 4/15

Fri, May 6-Jun 10 9:30-10:30 AM XA622A

Fri, May 6-Jun 10 11:00 AM-12:00 PM XA722A

Chair Yoga

(adults)

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

Eight Sessions \$112.00 Per Person

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Wed, Mar 23-May 11 4:00-5:00 PM X9322X

Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ is a yoga practice devised by Mary Jane Kasliner. Yoga classes consist of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Eight Sessions \$130.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Apr 20-Jun 8 7:00-8:15 PM X6622X

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Five Sessions \$70.00 Per Person

Mon, Mar 7-Apr 4 7:00-8:00 PM XAE22X

Eight Sessions \$112.00 Per Person

Mon, Apr 25-Jun 13 7:00-8:00 PM XAJ22X

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Tatum Pk Red Hill Act Ctr

Five Sessions \$70.00 Per Person

Thu, Mar 10-Apr 7 9:30-10:30 AM XAF22A

Eight Sessions \$112.00 Per Person

Thu, Apr 28-Jun 16 9:30-10:30 AM XAK22A

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

Four Sessions \$56.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 29-May 27 12:00-1:00 PM X9022A

No class 5/6

Five Sessions \$70.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Apr 25-May 23 12:00-1:00 PM X8722A

Seven Sessions \$98.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Mar 4-Apr 15 12:00-1:00 PM X8622A

Tatum Pk Holland Act Ctr

Mon, Feb 28-Apr 11 12:00-1:00 PM XA121A

Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm, and renewed. A well-balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Apr 4-Jun 20 10:00-11:00 AM. XB022X

No class 4/25 & 5/2

Thu, Apr 7-Jun 16 6:45-7:45 PM XB122X

No class 4/28

Mindfulness Hike

(adults)

We will combine the ancient art of yoga with the healing energy of nature on this evening hike. Experience the calming effects of mindfulness and meditation in the great outdoors. Each meeting will begin with gentle yoga & practicing silence. Wear comfortable athletic shoes and bring water. Hikes will be on paved and/or dirt trails.

Led by: Lisa Vento, CHHC CYT

One Session \$20.00 Per Person

Deep Cut Gardens

Wed, May 4 5:00-6:30 PM A3622A

Wed, May 11 5:00-6:30 PM A3722A

Thompson Pk Estate Grounds Parking Lot

Wed, May 18 5:00-6:30 PM A3822A

Wed, May 25 5:00-6:30 PM A3922A

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

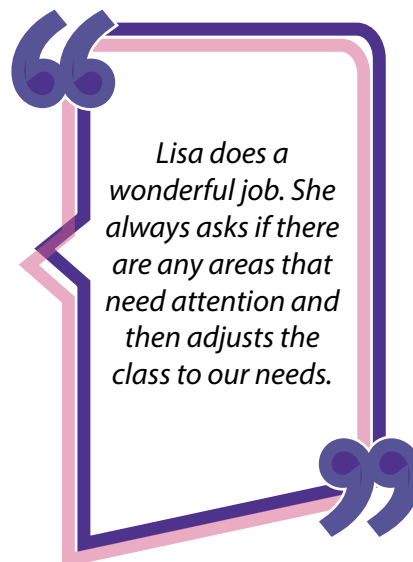
Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Apr 7-Jun 16 10:00-11:00 AM XB222A

No class 4/28



Quiet Connection – Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Bring yoga mat and water.

Instructor: Mary Jane Kasliner - ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Eight Sessions \$130.00 Per Person

[Thompson Pk Vis Ctr Walnut Room](#)

Tue, Mar 1-Apr 19 9:00-10:15 AM X6022A

Tue, Apr 26-Jun 14 9:00-10:15 AM X6322A

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life.

Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

Eight Sessions \$130.00 Per Person

[Thompson Pk Vis Ctr Tulip Room](#)

Mon, Mar 7-Apr 25 7:00-8:15 PM X5822X

Mon, May 2-Jun 27 7:00-8:15 PM X6222X

No class 5/30

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: Mary Jane Kasliner - ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Eight Sessions \$130.00 Per Person

[Thompson Pk Vis Ctr Walnut Room](#)

Wed, Apr 20-Jun 8 9:30-10:45 AM X6522A

Yoga

(adults)

Shake off the winter blues! Spring is the time to release winter sluggishness and cold. Treat yourself to a yoga practice to invite qualities of lightness and warmth. We begin the class with sun salutations, then move to poses that build strength. Our practice will focus on spring detox and preparing our bodies for the summer. Weather permitting, we will practice outdoors. The class is active but can be adjusted for all skill levels. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$84.00 Per Person

[Thompson Pk Vis Ctr Tulip Room](#)

Tue, Mar 8-Apr 26 9:15-10:15 AM XA222A

No class 3/22 & 4/19

Thu, Mar 10-Apr 28 6:00-7:00 PM XAY22A

No class 3/24 & 4/21

Tue, May 3-Jun 7 9:15-10:15 AM XA322A

Thu, May 5-Jun 9 6:00-7:00 PM XAZ22A

Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen. Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$236.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Apr 2-Jun 25 8:00-9:30 AM X7522A

No class 4/16

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$78.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Apr 29-May 27 10:00-11:30 AM X8922A

No class 5/6

Five Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 26-May 24 10:30 AM-12:00 PM .. X8822A

Seven Sessions \$137.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Mar 4-Apr 15 10:00-11:30 AM X8522A

Tatum Pk Red Hill Act Ctr

Tue, Mar 1-Apr 12 10:30 AM-12:00 PM. . . X8422A



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)

Five Sessions \$80.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Apr 23-May 21 9:00-10:00 AM XA922X

Yoga Pop



(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$63.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Mar 10-Apr 28 9:15-10:00 AM XA822A

No class 3/24 & 4/21

Thu, May 5-Jun 9 9:15-10:00 AM XA922A

ZUMBA

Brand New to Zumba

(adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Mar 23-May 11 5:10-6:00 PM X9422A

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 15-May 31 6:15-7:15 PM X9122X

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Seven Sessions \$84.00 Per Person

Fri, Apr 8-May 20 6:10-7:10 PM XA122X

Eight Sessions \$96.00 Per Person

Wed, Mar 23-May 11 6:10-7:10 PM X9522X

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 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 are welcome!

Instructor: Eryka Andrex

Five Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 10-Apr 7 6:30-7:30 PM X9622X

Thu, Apr 21-May 19 6:30-7:30 PM X9822X

Seven Sessions \$84.00 Per Person

Class will be held outdoors.

Dorbrook Rec Area Barnview Shelter Bldg

Fri, Apr 8-May 20 9:00-10:00 AM XA022A

TRIPS

Dutch Apple Dinner Theatre - Chicago, the Musical

(adults)

In the 1920s, Chicago is roaring with hot jazz and cold-blooded women killers. Among them is Roxie Hart, an aspiring vaudevillian who murders her lover and goes to jail; there she meets her hero, the double murderess and nightclub entertainer Velma Kelly. The two vie for the spotlight and the attention of Chicago's slickest criminal lawyer to transform their malicious crimes into sensational headlines.

Chicago is a tale of fame and fortune with incredible dance numbers and one show-stopping song after another including "All That Jazz," "Cell Block Tango," "When You're Good to Mama," "Roxie" and more! Price includes a traditional American style buffet dinner, soup and dessert, a Broadway-caliber show, motor coach transportation and volunteer park system leader. Face coverings are suggested while on the bus and in the venue.

\$160.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 10 A0124X

Board: 9:15 AM Return: 7:30 PM (approx)

Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. The minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.



EQUESTRIAN

Beginner Youth Horseback Riding Lessons

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same.

Eight Sessions \$450.00 Per Person

Sunnyside Rec Area

Fri, Apr 29-Jun 17 4:00-5:00 PM..... V0222A

Equine Psychology 201

(adults)

Join us for a progressive hands-on course working with the therapy horses of Sunnyside. Each class will cover topics such as: equine behavior assessment; the different tools needed to work with left brain vs. right brain horses and grounding exercises to help develop a partnership with the horse. Prior completion of Equine Psychology 101-103 is required.

Six Sessions \$240.00 Per Person

Sunnyside Rec Area EC Program Room 1

Mon, Apr 25-Jun 6 11:00 AM-12:30 PM... V0122X

No class 5/30

Horses for Heroes - Harmony with Horses

Sunnyside Equestrian Center is proud to offer our Veterans and Active Duty Military Personnel our Harmony with Horses program. Working alongside one of our trained therapy horses, participants will learn about horse behavior, basic handling skills, and a variety of Qigong exercises done next to the horse to promote health and calmness. The hour long program is taught by a PATH certified therapeutic riding instructor and Qigong instructor. For more information or to register, please call 732-224-1367, ext 2#.

SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information, visit www.spuronline.org or call 732-224-1367, ext 3#.

MONMOUTH COUNTY PARK SYSTEM



TEE UP WITH US...

BECAUSE WHERE YOU PLAY MATTERS

**BEL-AIRE
GOLF COURSE**
3120 Allaire Road,
Wall, NJ

**CHARLESTON SPRINGS
GOLF COURSE**
101 Woodville Road,
Millstone Township, NJ

**HOMINY HILL
GOLF COURSE**
92 Mercer Road
Colts Neck, NJ

**HOWELL PARK
GOLF COURSE**
405 Squankum-
Yellowbrook Road,
Farmingdale, NJ

**PINE BROOK
GOLF COURSE**
1 Covered Bridge Boulevard
Manalapan, NJ

**SHARK RIVER
GOLF COURSE**
320 Old Corlies Avenue,
Neptune, NJ

MONMOUTH COUNTY GOLF
COURSES OFFER:

- LESSONS
- GROUP OUTINGS
- TOURNAMENTS
- AND MUCH MORE

CHECK US OUT ONLINE FOR FULL DETAILS:

www.MONMOUTHCOUNTYPARKS.COM

GOLF

Beginner Golf

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

Children

(ages 6-10)

Four Sessions \$80.00 Per Person

Mon, Apr 4-25 5:00-6:00 PM Y1622A

Sat, Apr 9-30 11:15 AM-12:15 PM Y2222A

Sun, Apr 17-May 8 11:00 AM-12:00 PM ... Y0622A

Mon, May 9-Jun 6 5:00-6:00 PM Y5822A

No lesson 5/30

Mon, May 9-Jun 6 6:15-7:15 PM Y5422A

No lesson 5/30

Sat, May 14-Jun 4 10:15-11:15 AM Y6322A

No lesson 5/30

Sat, May 14-Jun 4 11:00 AM-12:00 PM ... Y4422A

Juniors

(ages 11-14)

Four Sessions \$80.00 Per Person

Wed, Apr 6-27 4:00-5:00 PM Y0222A

Sat, Apr 9-30 10:00-11:00 AM Y2122A

Wed, Apr 13-May 4 4:00-5:00 PM Y3322A

Sun, May 15-Jun 5 11:00 AM-12:00 PM ... Y4622A

Adults**Four Sessions \$85.00 Per Person**

Mon, Apr 4-25 6:00-7:00 PM Y1722A

Tue, Apr 5-26 10:00-11:00 AM Y1822A

Tue, Apr 5-26 1:00-2:00 PM Y2022A

Wed, Apr 6-27 5:15-6:15 PM Y0322A

Thu, Apr 14-May 5 4:00-5:00 PM Y3522A

Fri, Apr 15-May 6 11:00 AM-12:00 PM ... Y2922A

Fri, Apr 15-May 6 4:00-5:00 PM Y0822A

Sat, Apr 16-May 7 1:00-2:00 PM Y0522A

Sun, Apr 17-May 8 1:30-2:30 PM Y3722A

Mon, May 9-Jun 6 6:15-7:15 PM Y5922A

No lesson 5/30

Fri, May 13-Jun 3 10:00-11:00 AM Y5622A

Thu, May 19-Jun 9 4:00-5:00 PM Y7022A

Women**Four Sessions \$85.00 Per Person**

Tue, May 10-31 10:00-11:00 AM Y6022A

Intermediate Golf

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

Juniors

(ages 11-14)

Four Sessions \$100.00 Per Person

Bel-Aire GC

Sun, Apr 10-May 1 12:00-1:30 PM Y2522A

Wed, Apr 13-May 4 5:00-6:30 PM Y3422A

Sat, Apr 16-May 7 4:30-6:00 PM Y3022A

Sun, May 15-Jun 5 1:30-3:00 PM Y6722A

Adults**Four Sessions \$125.00 Per Person**

Bel-Aire GC

Tue, Apr 5-26 11:00 AM-1:00 PM Y1922A

Sun, Apr 10-May 1 1:00-3:00 PM Y2622A

Thu, Apr 14-May 5 5:00-7:00 PM Y3622A

Sat, Apr 16-May 7 2:00-4:00 PM Y3122A

Tue, May 10-31 9:00-11:00 AM Y5522A

Tue, May 10-31 11:00 AM-1:00 PM Y6122A

Tue, May 10-31 1:00-3:00 PM Y6222A

Sat, May 14-Jun 4 12:30-2:30 PM Y6522A

Sun, May 22-Jun 12 12:30-2:30 PM Y7222A

Howell Pk GC Howell Park Golf Course

Wed, Apr 13-May 4 5:00-7:00 PM J0322A

Thu, May 12-Jun 2 5:00-7:00 PM J0822A

Women**Four Sessions \$125.00 Per Person**

Bel-Aire GC

Sat, Apr 9-30 12:30-2:30 PM Y2322A

Fri, Apr 15-May 6 1:00-3:00 PM Y0722A

Fri, May 13-Jun 3 10:00 AM-12:00 PM ... Y4322A



Advanced Golf for Adults

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$170.00 Per Person

Charleston Springs GC

Fri, Apr 15-May 6 4:00-7:00 PM T0122A

Fri, May 13-Jun 3 5:00-8:00 PM T0622A

Howell Pk GC

Sat, Apr 16-May 7 2:30-5:30 PM J0522A

Wed, May 11-Jun 1 5:00-8:00 PM J0722A

60 Minute Chip/Pitch

(adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$30.00 Per Person

Bel-Aire GC

Thu, Apr 14 11:00 AM-12:00 PM Y1422A

Wed, May 18 12:00-1:00 PM Y6922A

Thu, May 19 11:00 AM-12:00 PM Y4122A

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important, lag putting. This clinic also focuses on pre-putt routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$30.00 Per Person

Howell Pk GC

Wed, Apr 13 3:00-4:00 PM J0122A

Bel-Aire GC

Sat, Apr 9 8:00-9:00 AM Y3922A

Thu, Apr 28 11:00 AM-12:00 PM Y1222A

Mon, May 16 5:00-6:00 PM Y5222A

Fri, May 20 4:00-5:00 PM Y7122A

60 Minute Driver

(adults)

Develop more consistency and power for all level of golfers and swing types. Learn the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure students learn at their own speed and are given individual attention.

One Session \$30.00 Per Person

Bel-Aire GC

Thu, Apr 7 11:00 AM-12:00 PM Y1322A

Sat, Apr 16 8:00-9:00 AM Y2822A

Mon, May 9 5:00-6:00 PM Y5022A

Thu, May 12 11:00 AM-12:00 PM Y4022A

Sat, May 14 8:00-9:00 AM Y4922A

Charleston Springs GC

Sat, May 21 1:30-2:30 PM T0922A

Howell Pk GC

Wed, Apr 13 4:00-5:00 PM J0222A

Wed, May 18 4:00-5:00 PM J0922A

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 students are given individual attention. Open to all levels and abilities.

One Session \$30.00 Per Person

Bel-Aire GC

Sat, Apr 2 12:30-1:30 PM Y1522A

Thu, Apr 21 11:00 AM-12:00 PM Y1122A

Fri, May 20 2:00-3:00 PM Y5322A

Mon, May 23 5:00-6:00 PM Y5122A

Thu, May 26 11:00 AM-12:00 PM Y4222A

Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one-day clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

One Session \$140.00 Per Person

Charleston Springs GC

Sun, Apr 24 1:00-4:00 PM T0322A

Sat, May 14 1:00-4:00 PM T0722A

Sat, May 21 1:00-4:00 PM T1222A

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couple's golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$125.00 Per Couple

Bel-Aire GC

Sun, Apr 10-May 1 11:30 AM-12:30 PM ... Y2422A

Sun, May 15-Jun 5 12:00-1:00 PM Y6622A

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

One Session \$92.00 Per Person

Charleston Springs GC

Sat, May 28 12:00-2:00 PM T1022A

Howell Pk GC

Sat, Apr 16 12:00-2:00 PM J0422A

Sat, May 7 12:00-2:00 PM J0622A

Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance and swing. Golf clubs provided if needed.

Four Sessions \$110.00 Parent/Child \$45.00 Additional Sibling

Bel-Aire GC

Fri, Apr 8-29 6:00-7:00 PM Y2722X

Sat, Apr 16-May 7 11:00 AM-12:00 PM ... Y0922X

Sun, Apr 17-May 8 11:30 AM-12:30 PM ... Y3822X

Fri, May 6-27 6:00-7:00 PM Y4822X

Sat, May 14-Jun 4 11:30 AM-12:30 PM ... Y6422X

Sun, May 15-Jun 5 1:00-2:00 PM Y4722X

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 & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. This is NOT a beginner clinic; participants must have prior golf experience.

Four Sessions \$120.00 Per Person

Charleston Springs GC

Sat, May 21-Jun 11 4:00-7:00 PM T1122A

Ladies Player's Club

(adults)

Are you interested in playing golf in a fun, friendly, and "ladies only" environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 am each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Pass.

Twenty-Seven Sessions \$31.00 Per Person

Pine Brook GC

Thu, Apr 21-Oct 20 8:00 AM-1:00 PM PB122A

Let's Play Golf - Children

(ages 6-10)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

Four Sessions \$110.00 Per Person

Bel-Aire GC

Fri, May 20-Jun 10 4:00-6:00 PM Y5722A

Men's 60+ Stableford Touring League

(adults)

This competitive 10-week stroke play league is based off a point system each week. Rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2) and Shark River (2). A maximum handicap of 26 will be used, and if your handicap is more than 26 it will be reduced to 26. A 70% handicap will be used each round. At the conclusion we will take the combined total of the most points earned on 8 out of 10 rounds to determine 1st, 2nd and 3rd place.

Point System: Eagle - 4 points; Birdie - 3 points;

Par - 2 points; Bogey - 1 point; Double Bogey - 0 points

Participants must have an active USGA GHIN Handicap and a Monmouth County Golf Pass. Fee includes all greens fees and season ending prizes; applicable cart fees apply. Tee times will be assigned randomly. League is limited to first 56 players.

Ten Sessions \$335.00 Per Person

Hominy Hill GC

Tue, Apr 19-Jun 21 10:00 AM-12:00 PM... K0122A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$130.00 Per Person

Bel-Aire GC

Sun, Apr 17 1:00-4:00 PM..... Y1022A

Sat, May 14 2:00-5:00 PM..... Y4522A

Charleston Springs GC

Wed, Apr 6 12:00-3:00 PM..... T0422A

Sun, Apr 17 12:00-3:00 PM..... T0222A

Sat, Apr 23 12:00-3:00 PM..... T0522A

Sun, May 15 12:00-3:00 PM..... T0822A

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one-hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

Four Sessions \$100.00 Per Person

Bel-Aire GC

Wed, Apr 13-May 4 9:00 AM-12:30 PM.... Y3222A

Wed, May 18-Jun 8 9:00 AM-12:30 PM.... Y6822A

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$175.00 Per Person

Bel-Aire GC

Thu, Apr 7-May 12 9:30 AM-1:00 PM..... Y0422A

Women's Stableford Touring League

(adults)

This competitive 10-week stroke play league is based off a point system each week. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2) and Shark River (2). A maximum handicap of 30 will be used; if your handicap is more than 30 it will be reduced to 26. A 70% handicap will be used each round. At the conclusion of the 10 weeks, we will take the combined total of the most points earned on 8 out of 10 rounds to determine 1st, 2nd and 3rd place.

Point System: Eagle - 4 points; Birdie - 3 points;

Par - 2 points; Bogey - 1 point; Double Bogey - 0 points

Participants must have an active USGA GHIN Handicap and a Monmouth County Golf Pass. Entry fee includes all greens fees and season ending prizes; applicable cart fees apply. Tee times will be assigned randomly. League is limited to first 56 players.

Ten Sessions \$335.00 Per Person

Hominy Hill GC

Wed, Apr 20-Jun 22 10:00 AM-12:00 PM.. K0222A

THERAPEUTIC RECREATION

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

For more information, contact Justin at 732-460-1167, ext. 22.

Art Club

(ages 16 and up, with special needs)

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

Six Sessions \$66.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Mar 26-Jun 4 9:30-11:00 AM..... D1922A

Class meets 3/26, 4/9, 4/23, 5/7, 5/21 & 6/4

Sat, Mar 26-Jun 4 11:30 AM-1:00 PM..... D2022A

Class meets 3/26, 4/9, 4/23, 5/7, 5/21 & 6/4

**Everyone Can Dance **

(ages 10-20, with cognitive and neurological impairments)

Bop on over for an upbeat and fun dance class. Learn new dance moves and styles through basic music rhythms, simple patterns and repetition. We will start with Hip Hop and work towards Contemporary and Bollywood. Use your creativity and imagination while improving confidence, coordination, expression flexibility, motor skills and socialization. No experience is required; wear comfortable clothing and sneakers.

Six Sessions \$48.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 2-May 14 10:00-11:00 AM..... D0622A

No class 4/16

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$35.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Dinner and a Movie - Freehold

Join us for one of our most popular programs and start your weekend off right! There will be a variety of choices for dinner followed by a movie. Drop-off will be at the food court at the Freehold Raceway Mall and pick-up will be from the AMC Movie Theatre on Trotter's Way. You will be contacted with specific times and movie choices at least 1-2 days prior to the event; the start and end time of the program will be affected by the movie choices. Please bring at least \$40 to cover the cost of your meal and movie ticket. For those requiring pick up and drop off from Dorbrook, please contact Justin no later than two weeks prior to the program to make arrangements.

Fri, May 6 5:30-9:30 PM D0422A

Evening at the Boardwalk

Avoid the summer crowds and enjoy the last Friday before Memorial Day at the Point Pleasant boardwalk with your friends! We will be eating dinner at one of the many food stands along the beach and then it is your choice of mini golf and/or rides and video games. Please bring enough money for your meal and entertainment for the evening. Pick up and drop off will be from Dorbrook. If any participants are interested in visiting the aquarium, please contact Justin at least 2 weeks before the program; if enough participants are interested a group of staff and participants will go after dinner.

Fri, May 20 5:00-9:00 PM D0322A

Inclement Weather Date TBD

Sunday at Monmouth Park

Let's enjoy one of our most popular local attractions by spending a day at Monmouth Park! We will enjoy a "day out" and will be sitting in the picnic area with a great view of the stretch for the races. Participants will have the option of purchasing ala carte items for lunch or opt for the all you can eat buffet (\$35 at 2021 rates). If you are feeling lucky, you can try your hand at the races; otherwise you have the option to just enjoy the atmosphere. Mini golf is available for an extra fee.

Sun, Jun 5 10:30 AM-2:30 PM D0323A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

Tex-Mex Feast!

Join us for a meal with some flair! Spend an evening with friends and help to prepare a southwestern-themed meal consisting of chicken and steak quesadillas, rice, beans and more! A movie will be shown during the meal.

One Session \$35.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Fri, Mar 11 6:00-9:00 PM D0222A



Special Trips

(ages 16 and up, with special needs)

Travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

[Dorbrook Rec Area Act Ctr Parking Lot](#)

Disney on Ice!

Take a break from your normal daily routine to join us as we travel to the Cure Insurance Arena in Trenton for a day of Disney Magic! Please bring at least \$30.00 for a meal at the arena. Please note that space is extremely limited for this trip and only 11 spots are available. Bus departs promptly at 5:00 PM to ensure we are parked and seated prior to showtime.

One Session \$70.00 Per Person

Thu, Mar 17 5:00-10:00 PM D0522A

New Jersey Devils Hockey Game

Cheer on our local NHL team, the Devils, as they make their final playoff push against the Montreal Canadiens in one of their last home games of the year! Pick up and Drop off will be from the Middletown train station, so please be on time! If you miss the train we are unable to meet up with you. Your game ticket is included with your registration; however, please bring money for a meal or snack and \$25.00 for your train tickets. You will be contacted the week before the game with specific pick up and drop off times based upon the NJ Transit schedule.

One Session \$79.00 Per Person

Sun, Mar 27 11:30 AM-6:00 PM D0122A

Philadelphia Phillies Baseball Game

Take me out to the ballgame! Enjoy a Sunday spring afternoon watching the Phillies take on the LA Dodgers at Citizens Bank Park. Your game ticket is included with registration, but please bring at least \$30.00 for food at the ballpark and make sure to eat before drop off. Transportation to and from Dorbrook is provided.

One Session \$79.00 Per Person

Sun, Apr 24 10:30 AM-5:30 PM D0223A



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

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

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



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

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

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

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

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

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



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

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

Weather Cancellation Number

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonja, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation. Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
 2. No refunds or credits will be given for any sessions missed by the participant.
 3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

Vacation Insurance

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

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on February 9. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on February 9. 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 February 9 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.



SUMMER WILL BE HERE BEFORE YOU KNOW IT!

Get ready to give your children a summer filled with fun and friendship!
The Children's Summer Camp & Swim Lesson Guide is coming your way soon!

The Monmouth County Park System's 2022 Summer Camp & Swim Lessons
Guide will be available in most county parks and online on Friday, February 25.

**SUMMER CAMP & SWIM LESSON REGISTRATION WILL BEGIN AT 12:00 PM ON
SUNDAY, MARCH 6.**

“The variety of camps Monmouth County offers is incredible and fit every interest and every level. There is something for everyone. It's affordable compared to many private traditional camps.”

“Thank you so much for allowing our children to have such a wonderful, enjoyable and memorable Park System camp experience. Monmouth County truly has a unique parks system that no other compares to.”



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

APRIL 2022

Spring Craft Show

Saturday, April 9
9:00 AM-2:00 PM
*Fort Monmouth Recreation Center,
Tinton Falls*

Earth Day Activities

Saturday, April 23
Various Park System Locations

Wool Days/Sheep Shearing

Saturday & Sunday, April 23 & 24
12:00-3:00 PM
Historic Longstreet Farm, Holmdel

MAY 2022

Spring Plant Swap

Saturday, May 7
8:30-11:00 AM
Tatum Park, Middletown

Creative Arts Festival

Saturday, May 7
10:00 AM-4:00 PM
Thompson Park, Lincroft

Wainford Day

Sunday, May 15
11:00 AM-5:00 PM
Historic Wainford, Upper Freehold

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Lillian G. Burry • Dominick "Nick" DiRocco • Ross F. Licitra

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr. • David W. Horsnall
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson
Brian Foster • James J. Truncer, Secretary-Director

