



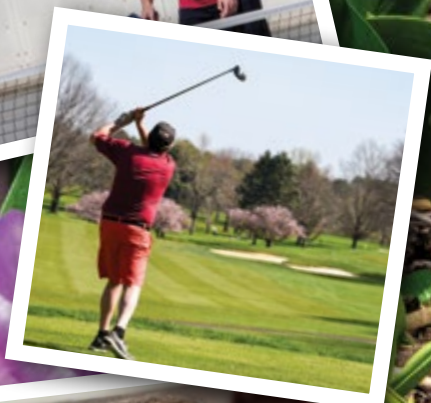
MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SPRING 2025

REGISTRATION BEGINS FEBRUARY 12

WWW.MONMOUTHCOUNTYPARKS.COM



No matter where your interests lie, the

Monmouth County Park System

has offered recreation spaces for residents to enjoy for over sixty years.



Within over 18,000 acres, the Park System is comprised of over 40 sites, including general park areas, golf courses, historic sites, trails, and open spaces.

And no matter where you live in Monmouth County, you're likely no more than ten minutes away from a park, offering your family a variety of benefits to enjoy.

Health Benefits

- With over 145 miles of trails scattered throughout the parks, adding a walk to your routine a few times a week is simple. Walking reduces your risk of heart disease and stroke while improving the management of high blood pressure, high cholesterol, diabetes, and more.
- Feeling stressed, depressed, or anxious? The American Heart Association suggests spending time in nature can energize your mind and body. Spending time in green, natural spaces can boost your mood, whether relaxing in a natural space or taking a stroll through the woods.
- Want to peel your children away from their devices and get them the exercise they need to grow stronger and healthier? Nine Park System sites offer playgrounds where children can jump, swing, climb, and play, all while socializing and making new friends. Or, take a leisurely family bike ride on a paved trail!

Social Interaction

- By registering for a program or attending a free drop-in event, you can learn something new or enhance upon current hobbies or skills while socializing with others.
- Connecting with friends and family couldn't be easier when you meet in your favorite Monmouth County parks! Spend time together with a picnic, watch your children play together on a playground, go on a walk or hike, or have fun at one of our many events planned throughout the year, such as the Creative Arts Festival (p. 47), Walnford Day (p. 7), or our biggest event, the Monmouth County Fair happening July 23-27.

Education

- Step back in time with a visit to one of four historic sites!
 - At Historic Longstreet Farm, Holmdel, visitors experience the sights, sounds, and smells of rural Monmouth County in the 1890s as historic interpreters show both daily and seasonal agricultural and domestic activities.
 - A trip to Historic Walnford in Upper Freehold educates visitors about 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.
 - Located within Hartshorne Woods Park, Historic Battery Lewis educates visitors on the site's coastal defense efforts during the Cold War Era as a missile defense site and command center. Tours are offered on weekends from late May through mid-October.
 - Historic Portland Place, Locust, was owned by the Hartshorne family for most of its long history and is closely interwoven with the early settlement of the Navesink Highlands. The site is open Wednesdays-Saturdays from early May through late November.
- With two environmental centers – Manasquan Reservoir Environmental Center in Howell and Huber Woods Environmental Center in Middletown – it's easy to gain an understanding of local habitats and the importance of taking care of our environment.
- With over 4,000 programs available each year, you can learn how to dance, create beautiful artwork, make delicious meals, discover the nature that surrounds us, and so much more!

These are only some of the benefits your Monmouth County Park System offers area residents. Explore all we have to offer by visiting our website at www.MonmouthCountyParks.com.

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To register for spring programs starting Wednesday, February 12, at 8:00 AM, visit www.MonmouthCountyParks.com or call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

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

Essential Eligibility Requirements for Park System Programs & Camps

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

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

MARCH 2025

WEDNESDAY, MARCH 5

SPLENDID SPRING STROLLS (p. 78)

SATURDAY, MARCH 8

OPEN SHOOT ARCHERY (p. 15)

SUMMER JOB FAIR (p. 44)

SUNDAY, MARCH 9

E. MURRAY TODD HALF MARATHON (p. 93)

SUNDAY, MARCH 16

SPRING PEEPERS IN MONMOUTH COUNTY (p. 82)

WEDNESDAY, MARCH 19

SPLENDID SPRING STROLLS (p. 78)

SATURDAY, MARCH 22

WORLD WATER DAY AT WALNFORD (p. 6)

TUESDAY, MARCH 25

CASUAL BIRDER (p. 84)

APRIL 2025

SATURDAY, APRIL 5

19TH CENTURY WOODWORKING DEMO (p. 4)

NATIONAL HANDMADE DAY (p. 6)

SUNDAY, APRIL 6

CLIMB TIME (p. 15)

WEDNESDAY, APRIL 9

SPLENDID SPRING STROLLS (p. 78)

SATURDAY, APRIL 12

OPEN SHOOT ARCHERY (p. 15)

SPRING CRAFT SHOW (p. 60)

TUESDAY, APRIL 15

SEASHORE OPEN HOUSE (p. 12)

TUESDAY, APRIL 22

EARTH DAY PLANTING (p. 14)

THURSDAY, APRIL 24

SKATE FISH ALONG THE JERSEY SHORE (p. 82)

SATURDAY, APRIL 26

EARTH DAY OPEN HOUSE (p. 14)

WOOL DAYS/SHEEP SHEARING (p. 4)

SUNDAY, APRIL 27

EARTH DAY BEACH CLEANUPS (p. 14)

WOOD CARVING DEMONSTRATION (p. 4)

WOOL DAYS/SHEEP SHEARING (p. 4)

TUESDAY, APRIL 29

CASUAL BIRDER (p. 84)

WEDNESDAY, APRIL 30

SPLENDID SPRING STROLLS (p. 78)

MAY 2025

SATURDAY, MAY 3

19TH CENTURY WOODWORKING DEMO (p. 4)

HANDS-ON HISTORY (p. 4)

JIGSAW PUZZLE SWAP (p. 49)

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WEEKEND IN OLD MONMOUTH (p. 9)

TUESDAY, MAY 6

CASUAL BIRDER (p. 84)

SATURDAY, MAY 11

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SATURDAY, MAY 17

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WALNFORD DAY (p. 7)

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WEDNESDAY, MAY 21

SPLENDID SPRING STROLLS (p. 78)

THURSDAY, MAY 22

HORSESHOE CRABS IN MONMOUTH COUNTY (p. 82)

SATURDAY, MAY 24

EMBROIDERY DEMONSTRATION (p. 4)

SUNDAY, MAY 25

THE LIBBY PRISON MINSTRELS (p. 4)

MONDAY, MAY 26

DECORATION DAY CELEBRATION (p. 5)

FRIDAY, MAY 30

CLIMB TIME (p. 15)

SATURDAY, MAY 31

AUDITIONS FOR "A TRIBUTE TO ALL THINGS
BROADWAY THROUGH THE DECADES" (p. 90)

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

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



HISTORIC LONGSTREET FARM

19th Century Woodworking Demonstration

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

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

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

Wool Days/Sheep Shearing

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

Saturday & Sunday, April 26 & 27, 12:00-3:00 PM

Wood Carving Demonstration

Using a collection of knives, gauges, and their imagination, see how our wood carver whittles a block of wood into a beautiful work of art.

Sunday, April 27, 1:00-3:00 PM

Hands-On History

We are bringing out some of our favorite "hands-on" artifacts. Engage your curiosity as you explore these historic pieces through operation and physical contact.

Saturday, May 3, 12:00-4:30 PM

Traditional Quilting Demonstration

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

Plant a Sunflower

Help the Longstreet Farmers plant this year's sunflower field. Then visit the farm throughout the summer and watch as the mammoth Russian sunflowers grow to over ten feet tall! Participants are invited to return in the fall and harvest a sunflower from the field. 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 4, 12:00-2:30 PM

Embroidery Demonstration

Embroidery is the skilled 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 your home.

Saturday, May 24, 1:00-3:00 PM

The Libby Prison Minstrels

Visit the farm and be entertained by the Libby Prison Minstrels, known for their historical songs about life on the battlefield and the home front during the Civil War era.

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

Decoration Day Celebration

Before it became 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 26, 12:00-3:00 PM

Blacksmith Demonstration

The blacksmith will be working at the anvil turning iron into functional tools and hardware. Don't miss this opportunity to see craftsmanship in action and learn about the rich history behind the forge. Please check the website for upcoming dates and times.

Holmes-Hendrickson House Tours

Built circa 1754, the home reflects the mixture of English and Dutch building styles. The furnishings further blend the two styles, representative of a prosperous farm family of the 18th century. Located only a few minutes from Longstreet Farm, tours will be available on weekends starting this spring. *Visit our website for dates, times, and further details.*

Keeping Backyard Chickens

(adults)

If you're considering keeping backyard chickens, this is the workshop for you. This course covers the basic needs of food, water, and shelter, as well as chicken growth and development, anatomy and egg production, bedding and manure handling, animal and handler health, and more. Participants will gain a comprehensive understanding of the many considerations when keeping a backyard flock. A list of resources and Certificate of Completion will be provided upon successful completion of the class. Four-hour class includes a 30-minute break - please bring your own lunch/refreshments. Questions about this course? Please call the farm office at 732-946-3758.

Please Note: This workshop is designed to meet local ordinances that require an education course; all participants must be 18 years or older. Participants are responsible for complying with their local ordinances and zoning requirements.

One Session \$20.00 Per Adult

Longstreet Farm Vis Ctr

Sat, Apr 5 11:00 AM-3:00 PM F0452X

Coffee and Doughnut Workshop

(adults)

There's no better combo than coffee and doughnuts (olykoeks). Fry your own doughnuts the 19th century way using historical techniques and ingredients including lard for frying, and then enjoy your coffee break with your homemade doughnuts. Be sure to bring a small container to take home this special treat.

One Session \$60.00 Per Person

Longstreet Farm

Sat, Mar 22 9:00 AM-12:00 PM F0352X

Morning Farm Chores

(ages 6 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens, and feeding the livestock at the start of the day. Make sure to wear closed-toed shoes and dress for the weather. All children must be accompanied by an adult; chaperones are free but please limit to one.

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

One Session \$15.00 Per Person

Longstreet Farm Farm Grounds

Sun, Mar 2 8:00-9:30 AM F0652X

Sat, Mar 22 8:00-9:30 AM. F0752X

Sun, Apr 6 8:00-9:30 AM F0852X

Sat, Apr 19 8:00-9:30 AM. F0952X

Sun, May 4 8:00-9:30 AM. F1052X

Sat, May 17 8:00-9:30 AM F1152X

Rug Hooking Gathering

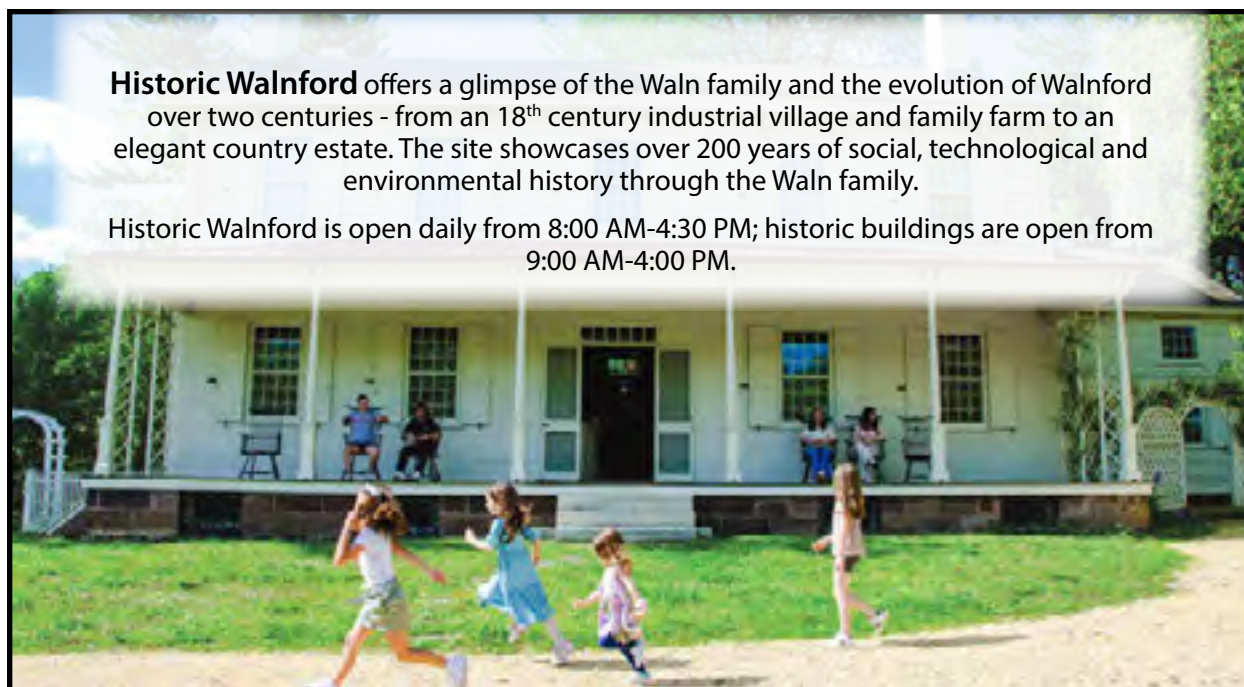
(adults)

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 18-May 20 10:00 AM-3:00 PM. . . F0152X



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

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

HISTORIC WALNFORD

World Water Day at Walnford

Drop-in and take a gander at the Crosswicks Creek, the water source that once powered Waln's Mill. Then, take a peek at the bright blue mill, itself!

Saturday, March 22, 9:00 AM-4:00 PM

National Handmade Day

Do you quilt, sew, felt, knit, or crochet? Stop by and get creative with us on National Handmade Day. You'll find us on the porch of the historic Waln House.

Saturday, April 5, 9:00 AM-4:00 PM

Milling Demonstrations

Experience the sights and sounds of years past as corn is ground into meal at Waln's Mill!

**Saturdays & Sunday, April 5-November 30
12:30 PM, 1:30 PM, 2:30 PM & 3:30 PM**

The Little Red Hen at Waln's Mill

(ages 3-7, with adult)

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

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

Historic Walnford Gristmill

Sat, Apr 26 10:00-10:45 AM G0152X

Sat, May 31 10:00-10:45 AM. G0252X

You Are Cordially Invited to Tea

(ages 17 and up)

We invite you to share in four generations of the Waln family's history as you tour this site and then sample baked goods prepared from recipes of the 18th, 19th and early 20th centuries accompanied by freshly brewed tea. Dress for the weather: you will be outdoors or in non-heated buildings for the majority of the program. Because of the historical nature of the program, we are unable to accommodate food allergies. Please note: Due to the popularity of these programs, you may only register a maximum of four individuals, including yourself. The park system reserves the right to remove additional individuals to provide an opportunity for someone on the wait list.

One Session \$15.00 Per Person

Historic Walnford Historic Waln House

Fri, Mar 14 12:00-1:30 PM G0352X

Fri, Apr 11 12:00-1:30 PM G0452X

**SUNDAY, MAY 18,
11:00 AM-5:00 PM**
62 WALNFORD RD, UPPER FREEHOLD

Walnford Day

Entertainment abounds at this annual celebration of 200 years of Waln history!

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 2:00-4:00 PM



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 12. SEE PAGE 116 FOR FULL DETAILS.

Tours of Historic Battery Lewis

Hartshorne Woods Park Rocky Point Section, Highlands

Tours are available Saturdays & Sundays from May 24-October 12, 10:00 AM-4:00 PM.

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



Historic Portland Place Tours

***Tours available Wednesday-Sunday from May 3-November 16 at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM
Tours are limited to 10 people; please sign in at the Visitor Center.***

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





HISTORIC SEABROOK- WILSON HOUSE TOURS

**Mondays, Thursdays & Sundays,
April 20-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?

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.



A Weekend in Old Monmouth Saturday & Sunday, May 3 & 4

Free

Organized by the Monmouth County Historical Commission, *A Weekend in Old Monmouth* showcases over 50 historic sites in the county through self-guided tours. This year, four Park System sites are honored to be part of the tour.

Historic Longstreet Farm, Holmdel

In the 1890s, most of Holmdel consisted of farms growing a variety of crops and raising animals for use locally. A visit to Historic Longstreet Farm offers the opportunity to experience the sights, sounds, and smells of rural Monmouth County in the 1890s. Historic interpreters in period clothing show both daily and seasonal agricultural and domestic chores and activities common to living on a farm in the late 19th century.

Historic Walnford, Upper Freehold

Showcasing over 200 years of social, technological, and environmental history, Historic Walnford offers exhibits, demonstrations, programs, and events throughout the year. Visitors can explore the 19th century gristmill and farm buildings as well as the large, elegant home which was built in 1773.



For more details and the full tour brochure, scan the QR code or visit www.VisitMonmouth.org.

Historic Portland Place, Locust

Once a 200-acre farm, and later a summer home, Portland Place was owned by the Hartshorne family for most of its long history. With views overlooking the Navesink River, the restored 18th century house, furnishings, artwork, and exhibits help tell the story of the region's history and the Hartshorne family legacy in Monmouth County.

Historic Battery Lewis, Highlands

In 1942, a section of the Hartshorne family property was deemed desirable for a WWII coastal defense site due to its high elevation and location at the southern entrance to New York Harbor. Battery Lewis was constructed to deny enemy ships across the harbor while providing heavy artillery support.

Today, visitors can step inside the battery to view exhibits while a historic interpreter discusses the site's fascinating history.



ARTS & CRAFTS

Coat of Arms*(all ages, under 18 with adult)*

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

One Session \$40.00 Per family up to 6**Thompson Pk Vis Ctr Beech Room****Sat, Mar 22 1:30-3:00 PM. Q1152X****Sunday Ceramics***(ages 8 and up, under 18 with paying adult)*

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts! Choose from a large selection of bisque-fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze-fired and ready to pick up in about a week. Pre-registration is required and space is limited. Your registration pays for your studio time; bisqueware is separate and can be purchased on site the day of the program. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session \$15.00 Per Person**Thompson Pk Creative Arts Center****Sun, Mar 2 11:30 AM-1:00 PM. ZAT52X****Sun, Mar 2 1:30-3:00 PM ZAU52X****Sun, Apr 6 11:30 AM-1:00 PM ZAV52X****Sun, Apr 6 1:30-3:00 PM ZAX52X****Sun, May 4 11:30 AM-1:00 PM ZAY52X**

FAMILY FUN

Flashlight Easter Eggstravaganza*(all ages, under 18 with adult)*

Grab your flashlight and be part of this festive night! Rumor has it that our Park System Rangers spilled a case of Easter eggs, and E.B. himself is coming to supervise the clean-up. Help us collect all the eggs, create some festive spring crafts, and enjoy a visit with the Bunny himself.

One Session \$24.00 Per Child**Fort Monmouth Rec Ctr Gym A****Fri, Mar 21 6:00-6:30 PM MEB42X****Fri, Mar 21 6:45-7:15 PM M2252X****Fri, Mar 21 7:30-8:00 PM M2352X****Mum! Dad! Bingo! Bluey™!***(ages 4-10, with adult)*

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

One Session \$22.00 Per Child**Fort Monmouth Rec Ctr Gym A****Fri, Apr 4 6:00-7:00 PM MDW52X****Fri, May 9 6:00-7:00 PM MDX52X****Weekend Boat Tours at Manasquan Reservoir**

All aboard! Enjoy a boat tour on the beautiful Manasquan Reservoir! Tours are narrated by Park System Naturalists and offer excellent opportunities to view turtles, egrets, herons, ospreys, and perhaps even a bald eagle! These 45-minute tours launch from the Visitor Center located on Windeler Road.

Life jackets are required and provided. Tours are weather and water level dependent.

Cost: \$6.00 per adult, \$4.00 per child 12 and under**May 24-September 1 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM***Includes Memorial Day, Fourth of July, and Labor Day.***For more information, call 732-751-9453.**

NATURE

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

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

One Session \$12.00 Parent/Child \$6.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, May 3 1:00-2:00 PM IK852X

Eagle Boat Tour*(ages 6 and up, under 18 with adult)*

The Manasquan Reservoir is home to magnificent bald eagles. Take advantage of this evening pontoon boat tour; it's truly the best way to see our eagles and other great wildlife. Life jackets are provided and are required to be worn by all passengers. Please arrive 15 minutes before the program time; the boat will leave promptly. Registration is required for all participants.

One Session \$8.00 Per Person

Manasquan Res Vis Ctr

Fri, May 16 4:30-5:30 PM I0752X

Fri, May 16 5:30-6:30 PM I0852X

Fri, May 16 6:30-7:30 PM I3352X

Fri, May 30 4:30-5:30 PM I0952X

Fri, May 30 5:30-6:30 PM I1052X

Fri, May 30 6:30-7:30 PM I3452X

Earth's Clean-Up Crew *(ages 5 and up, with adult)*

Decomposers and detritivores are very important for recycling nutrients within our ecosystems. Meet a few of the critters whose role is to keep our environment clean and healthy, then join us for a brief nature walk to observe them hard at work!

One Session \$14.00 Per Child

Turkey Swamp Pk Oak Point Picnic Shelter

Thu, Apr 17 2:00-3:00 PM I1152X

Rockin' the Trails **April 15-December 31, 2025**

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

For more information call 732-872-2670 or visit www.MonmouthCountyParks.com.

**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, and a bag to collect artifacts along the way.

One Session \$9.00 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, May 3 10:30-11:30 AM (approx) IKC52X

Bayshore Waterfront Pk

Thu, May 22 4:30-5:30 PM (approx) IKD52X

Family Nature Days! *(ages 4 and up, under 18 with adult)*

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

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

Huber Wds Pk Env Ctr

Sat, Apr 12 10:00-11:30 AM IKU52X

Sat, May 10 10:00-11:30 AM IKJ52X

From Sap to Maple Syrup

(ages 10 and up, 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 and winter tree identification. Dress for the weather and wear sturdy shoes or boots.

One Session \$16.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 1 10:30-11:45 AM (approx). . . . IK152X

Horseshoe Crab Night Walk

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

Full and new moon evenings bring higher tides, which bring horseshoe crabs out during May and June to spawn and create the next generation. Head to the beach along Sandy Hook Bay with a Park System Naturalist to discover some of these "living fossils" and learn about the role they play in our local ecosystem. We will begin with some background information on horseshoe crabs and then head to the edge of the beach to look for spawning crabs in action. Please dress for the weather, wear shoes that can get wet and sandy, and bring a flashlight. Directions to the meeting site will be emailed prior to the start of the program.

One Session \$10.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Wed, May 28 9:30-10:30 PM (approx). . . . IKW52X

Kayak Fishing the Manasquan Reservoir

NEW

(ages 12 and up, under 18 with adult)

Home to giant 45-inch tiger muskies, 8+ lb. largemouth, 20 lb. channel catfish, and a nearly endless supply of yellow perch, crappie, and bluegill, the Manasquan Reservoir is one of New Jersey's best freshwater fishing opportunities. We will travel by sit-on-top kayaks to sites unreachable by shore anglers for an afternoon of non-stop fishing action. Whether you bring your own gear or borrow some of ours, your guides will make sure you leave with some new fishing stories to tell.

One Session \$57.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Thu, May 29 10:00 AM-12:30 PM I3552A

Sat, May 31 10:00 AM-12:30 PM I3652A

Spring Equinox Walk

(all ages, under 18 with adult)

Celebrate the first day of spring with us! Enjoy the sounds of birds chirping and the frogs calling during a guided walk with one of our Park System Naturalists. Please bring water and wear comfortable walking shoes; bug repellent is encouraged.

One Session \$10.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Thu, Mar 20 4:00-5:00 PM IKE52X

Seashore Open House

Tuesday, April 15, 1:00-4:00 PM

Seven Presidents Oceanfront Park Act Ctr

Kick off the changing of the seasons with a trip to the beach!

The Activity Center at Seven Presidents Oceanfront Park is a great place to bring back memories of the summer or to learn more about the seashore.

During our annual Open House experience seashore fun including hands-on activities that will entertain and educate you about the shore and the sea, or speak with a Park System Naturalist about your own shell collection or the aquatic animals on display.

For more information, please call 732-872-2670.





Spring Peeper Stroll

(ages 4 and up, under 18 with adult)

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 \$11.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Mar 14 6:30-7:30 PM I0252X

Woodcock Walk

(all ages, under 18 with adult)

Join us on an evening walk in the park to search for one of nature's quirkiest birds, the American woodcock. Their "sky dance" or mating ritual is one of the earliest signs of spring. We will start our walk just before sunset and hope to end by watching their remarkable courtship in the sky. Please make sure to wear waterproof shoes/boots, as some of the trail may be wet. A flashlight or headlamp is also recommended for the walk back to the parking lot.

One Session \$10.50 Per Person

Dorbrook Rec Area (Parking Lot Southside of Rt 537)

Thu, Mar 13 5:30-6:30 PM (approx) IKP52X

FRESHWATER FISHING DERBIES

The Park System is excited to host its annual fishing derbies for both beginner and experienced anglers.

No idea how to fish? Staff will provide free hands-on clinics from 12:30-1:30 PM 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.

Pre-registration is recommended; however, walk-ins will be welcome (cash or check only).

Fishing poles available for rent on a first come, first serve basis for \$5.00.

Cost: \$28.00 Per Family of 4 or \$9.00 Per Person

Saturday, June 15, 2:00-5:00 PM (#U0153X)

Manasquan Reservoir, Howell

Sunday, June 16, 2:00-5:00 PM (#U0253X)

Turkey Swamp Park, Freehold



Earth Day Celebrations

The Monmouth County Park System celebrates Earth Day with enthusiasm every year, and this year is no exception. From cleanups to plantings to nature walks, let's go outside and discover our local environment.

Earth Day Planting

Tuesday, April 22, 5:00-6:30 PM

Holmdel Park, Holmdel (Park in Forest Edge Parking Lot)

Join a Park System Naturalist as we restore our native forests in Holmdel Park. Your actions will provide valuable food and shelter for local wildlife. Supplies provided, but plants are in limited supply.

Earth Day Open House

Saturday, April 26, 10:00 AM-2:00 PM

Huber Woods Environmental Center, Middletown

The Park System invites families and friends of all ages to celebrate Earth Day at the Huber Woods Environmental Center. Events include live animal displays; guided nature walks, talks, and crafts; and local nature organizations on hand to provide valuable information.

Earth Day Beach Cleanups

Sunday, April 27

Help us clean our coastline of trash and plastic debris while discovering more about the local environment.

10:00 AM-12:00 PM

Bayshore Waterfront Park, Port Monmouth

1:00-3:00 PM

Seven Presidents Oceanfront Park

Activity Center, Long Branch



www.MonmouthCountyParks.com

OUTDOOR ADVENTURES

Spring into Spring Family Camping

(ages 5 and up, families, with adult)

Celebrate spring with a fun-filled weekend of family camping. Your family will learn various camping skills, climb the portable rock wall, canoe the lake, and so much more. Each family will be provided a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request. PLATFORM TENTS: 3-6 persons per family
\$250.00 Per Family

Turkey Swamp Pk NOMOCO Group Campground

Sat-Sun, Apr 26-27 12:00 PM-11:00 AM. . . W3452X

Climb Time

(ages 8 and up, with adult)

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

Cost: FREE

Sunday, April 6, 3:00-6:00 PM
Shark River Pk

Friday, May 30, 3:00-6:00 PM
Thompson Pk

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range 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 (p. ??). Please dress for the weather as the Activity Barn is not heated or air-conditioned.

All equipment is provided.

Cost: \$10 per person, cash or check only
Thompson Pk Activity Barn

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

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

Saturday, May 17, 10:00 AM-1:00 PM

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

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

In this class, we're all about the process. Each week children will have a new project, medium, and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments, and more, little ones will love expressing their creativity!

Four Sessions \$60.00 Parent/Child \$52.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Mar 27-Apr 17 9:30-10:15 AM M1052X

Thu, May 1-22 9:30-10:15 AM. M1152X

Craft 'n' Play

(ages 18 months-3 years, with adult)

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

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

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 26-Apr 16 9:30-10:15 AM M1452X

Wed, Apr 30-May 21 9:30-10:15 AM. . . . M1552X

Thu, Mar 27-Apr 17 10:30-11:15 AM. . . . M1652X

Thu, May 1-22 10:30-11:15 AM. M1752X



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 have circle time working on socialization and fine motor skills featuring a story, followed by an art project to bring home.

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Mar 19-Apr 30 1:00-1:45 PM A2352X

No class 4/16

Wed, Mar 19-Apr 30 2:00-2:45 PM A2452X

No class 4/16

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

We take messy art to a new level! Toddlers will delight in paint, glue, glitter, and more. They'll get to make a mess while exploring and expressing themselves through art.

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

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

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 26-Apr 16 10:30-11:15 AM . . . M1252X

Wed, Apr 30-May 21 10:30-11:15 AM . . . M1352X

CULINARY ARTS**Kids Food Truck***(ages 8-12, with adult)*

Why should the adults have all the fun! Today Mrs. Chef will lead our teams in how to make their favorite food truck eats! Grab your apron and roll up your sleeves and get ready to make and sample some of these fun foods you can easily make in your own kitchen.

Menu: Grilled Pizza on a Stick, Frito Pie, and M&M Ice Cream Sandwiches

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, May 30 6:00-8:00 PM MC552X

Please note any food allergies and/or dietary restrictions at the time of registration for culinary arts programs.

**Kids Springtime Cupcakes***(ages 8-12, with adult)*

Who doesn't love a good cupcake? We will design some fun cupcakes with springtime in mind. Mrs. Chef will work with our teams on how to follow directions, mix ingredients, and design fun cupcakes to bring smiles to all. Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 26 10:00 AM-12:30 PM. MC352X

Nailed It!*(ages 10-13, with adult)*

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Minions!

Fri, Mar 7 6:00-8:30 PM MBW52X

Happy Frogs

Fri, Apr 25 6:00-8:30 PM MC252X

BBQ Grills

Fri, May 2 6:00-8:30 PM. MC452X

Shamrock 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 St. Patrick's Day Shamrock! 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 \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 15 10:00 AM-12:30 PM MBX52X

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. In this class, we will focus on design. 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 \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 29 10:00 AM-12:30 PM MBZ52X

Fri, Apr 11 6:00-8:30 PM MC052X

Sweet and Savory Calzones

(ages 8-12, with adult)

Calzones are Italian turnovers stuffed with an array of ingredients. Pretty much anything that goes on a pizza can go into a calzone, but did you know you can make them sweet as well? Today we will make our own fresh dough and learn the techniques of mixing, kneading, and shaping it.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Mar 21 6:00-8:30 PM MBY52X

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

Tacos and More

(ages 8-12, with adult)

Ole! How fun is it to make your own tacos? Fussy family? No problem. Chef Stephen will guide the ninos into making their own fresh toppings and fillings. Safe knife skills, measuring, and basic cooking techniques will be taught. Sombreros optional.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Apr 4 6:00-8:30 PM MC152X

Wee Can Cook

(age 3, with adult)

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

Four Sessions \$72.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 18-Apr 8 10:00-11:00 AM. A0752X

Fri, Mar 21-Apr 11 10:00-11:00 AM A0852X

Thu, Apr 3-May 1 3:00-4:00 PM AAJ52X

No class 4/17

Tue, Apr 29-May 20 10:00-11:00 AM A0952X

Fri, May 2-23 10:00-11:00 AM. A1252X

EDUCATION & ENRICHMENT

CONFIDENCE-BUILDING

Born that Way: Kindness Is YOU

(ages 6-9, with adult)

Join author and holistic health facilitator Grace Conte with her children's book "Born that Way, Within & Through, Kindness is You." This playful, mindfulness class will help children recognize and strengthen their innate ability to act with compassion towards themselves and others, grow more at ease in their instinctive drive toward growth and development, and trust in their own capabilities to build their self-confidence. This session will be a gift to the adults present as they celebrate the deeper connection to their own inherent goodness.

Instructor: Grace Conte, M.A., Educator and certified Reiki Master

One Session \$40.00 Per Pair

Thompson Pk Vis Ctr Beech Room

Tue, Mar 4 6:00-7:30 PM A0452X

Superhero Hands *(ages 6-9, with adult)*

Join co-author Grace Conte of the children's book "Superhero Hands: You Got This!" for this playful and effective mindfulness class. Children will practice hand gestures called hand mudras and Jin Shin Jitsu to activate acupressure points whose energy pathways help students regulate difficult emotions while learning to self-soothe. Together, children and their parents will regain emotional balance and harmony to decrease stress and anxiety by intentionally focusing on these gentle hand movements.

Instructor: Grace Conte, M.A., Educator and certified Reiki Master

One Session \$40.00 Per Pair

Thompson Pk Vis Ctr Beech Room

Tue, Apr 8 6:00-7:30 PM A5152X

MUSIC**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 and dance, and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class as they learn the names of the musical keys and play short songs on keyboards provided in the classroom. 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 keyboard assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a Keyboard Beginnings Music Book 1 for home practice, a rhythm instrument, crayons, and lesson outlines. A materials fee of \$25.00 is due to the instructor on the first day of class.

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 7-May 19 4:00-4:45 PM A4552X

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

Keyboard Beginnings - Level 2*(ages 5-7)*

Level 2 is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flashcards, and a concentration game. A materials fee of \$25.00 is due to the instructor on the first day of class.

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 7-May 19 5:00-5:45 PM A4652X

READING**Adventures in Reading***(ages 3-5, with adult)*

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

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Mar 15-Apr 26 9:00-9:45 AM. A3552X

No class 4/19

Sat, May 3-Jun 14 9:00-9:45 AM A3652X

No class 5/24

“

The instructor was phenomenal and came up with creative and educational games and crafts, all that followed a weekly theme! Exceptional and well-rounded!

”



Little Learners

(ages 2-4, with adult)

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

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Mar 14-Apr 25 10:00-10:45 AM A3352X

No class 4/18

Fri, May 2-Jun 6 10:00-10:45 AM A3452X

Spring Reading Fun

(ages 2-4, with adult)

Explore spring through classic stories about this delightful, colorful season. We will read stories about all that's exciting in spring. Music, movement, and sensory play will add to the fun. To remember our day, we will finish up with a creative art project. Each session will highlight a different story. Which spring adventure will you join us for?

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Mar 22 10:30-11:30 AM A3752X

Sat, Apr 26 10:30-11:30 AM A3852X

Sat, May 17 10:30-11:30 AM. A3952X

SCIENCE

Science Explorers

(ages 3-5, with adult)

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

Six Sessions \$72.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Wed, Mar 19-Apr 30 3:00-4:00 PM A2552X

No class 4/16

Wed, May 7-Jun 11 3:00-4:00 PM. A2852X

HORTICULTURE

Mommy and Me Painted Flower Pots

(ages 4-6, with adult)

Spring is for flowers! This parent and child class is for mothers, grandmothers, and all mother figures to celebrate the joy of Mother's Day. Participants will paint a flower pot together and plant marigold seeds in their hand-painted pots so they can watch flowers grow at home!

Two Sessions \$20.00 Per Pair

Deep Cut Gardens Horticultural Center

Sat, May 3 10:00-11:30 AM H0452X

Sat, May 10 10:00-11:30 AM. H0552X

Storytime at the Cottage

(ages 5-6, with adult)

Join us for story time at Deep Cut! Each session will feature a different nature-themed book and activity designed to stimulate young minds and foster an appreciation for the great outdoors.

Planting a Rainbow

One Session \$12.00 Per Pair

Deep Cut Gardens Gardener's Cottage

Sat, Apr 19 10:30 AM-12:00 PM. H2352X

NATURE

Abracadabra, It's Spring! *(ages 3 1/2-6, with adult)*

"When the cold winter gives way to the warmth of spring, there's magic in the air!" exclaims the author of *Abracadabra, It's Spring!* After storytime, we will make a magical craft to enchant the nearby nature on our walk around the pond. Say the magic words and help our plants and animals grow!

One Session \$15.00 Per Child**Longstreet Farm Vis Ctr****Sat, May 3 10:00-10:45 AM I3052X****Animal Case File: Whose Toes are Those?** *(ages 6-9, with adult)*

Become a nature investigator! Take a closer look at animals' toes and feet. What do they tell us about where the animals live, what they eat, and when they are most active? Your animal identification begins with identifying the animals and using clues about the animal to help identify their feet (toes, included, and other important facts). Each investigator will receive their own personal case file to include notes about the animals (filled with facts). After the fact-finding is completed, we will play animal tracks bingo.

One Session \$15.00 Per Child**Freneau Wds Pk Vis Ctr Program Room 2****Sun, Mar 9 1:00-2:00 PM I0152X****Avian Anatomy 101***(ages 5-10, with adult)*

What do we have in common with our feathered friends? What do we have different? Let's learn about parts of a bird, create a bird craft to take home, and take a brief nature walk. Your kiddos will be "raven" about it!!

One Session \$15.00 Per Child**Freneau Wds Pk Vis Ctr Art Room****Sun, May 18 10:00-11:00 AM I0652X****Color Walk***(ages 3-5, with adult)*

Colors abound as the weather warms! From the sky to flowers and the birds above there are so many colors we can discover in nature. Join a Park System Naturalist as we take a walk through one of our county's parks and see how many colors of the rainbow we can find.

One Session \$11.00 Parent/Child**Manasquan Res Env Ctr Parking Lot****Fri, May 9 10:00-11:00 AM IKH52X****Curious Kids***(ages 3-5, with adult)*

Do you have a curious kid? During this hands-on four-week series, we will encourage and celebrate your child's natural curiosity with live animals, plants, nature artifacts, crafts, stories, and nature walks. Each week we will go over a new topic (food chains, senses, animal behaviors, animal habitats). Sessions take place both indoors and outdoors. Come dressed for the weather and feel free to bring a snack to enjoy in the park after each class.

Four Sessions \$50.00 Parent/Child**Huber Wds Pk Env Ctr****Thu, Apr 3-24 10:00-11:00 AM (approx) . . IKB52X****Forest Bathing with Kids***(ages 2-7, with adult)*

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

One Session \$17.00 Parent/Child \$8.50 Additional Sibling**Freneau Wds Pk Vis Ctr Parking Area****Tue, Apr 22 11:00 AM-12:00 PM IM052X****Growing Up Wild***(ages 3-5, with adult)*

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

Three Sessions \$42.00 Parent/Child**3/13 - Huber Wds Pk Env Ctr****3/20 - Thompson Pk Old Orchard Parking Area****3/27 - Holmdel Pk Forest Edge Parking Area****Thu, Mar 13-27 10:00-11:00 AM IKG52X**

How to Catch a Garden Fairy

(ages 4-6, with adult)

Help our Park System Naturalists catch a garden fairy that we've seen fluttering around the trails. Children will have the opportunity to create their own fairy wand, listen to a story, and go on a garden walk to search for the elusive mythical creature and learn about nature along the way. This program will have both indoor and outdoor components.

One Session \$16.00 Parent/Child

Huber Wds Pk Env Ctr

Sat, May 3 2:30-3:30 PM (approx) IKK52X

My First Fish

(ages 6-12, with adult)

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

One Session \$16.00 Per Child

Turkey Swamp Pk

Sun, May 18 11:00 AM-12:30 PM I1352X

Sun, May 25 11:00 AM-12:30 PM I1452X

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

Four Sessions \$52.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Apr 16-May 7 10:00-11:15 AM (approx) . IKF52X

The Brave Bunny

(ages 5-7, with adult)

Can our brave bunny make it across the park!? Through a wildlife habitat game, your little one will learn about animals, habitats, and the food chain. Rain or shine. The game will be followed by either a short nature walk or indoor activities.

One Session \$11.00 Per Child

Manasquan River Greenway Winter Run Act Ctr

Tue, Apr 15 10:00-11:00 AM I0352X

Tots, Tales, and Trails

(ages 3-5, with adult)

Start your morning off with a story about nature and walk on the trails with your little one! You will experience the world outdoors with your child, asking questions and exploring along the way. This program will be held completely outdoors and guided by one of our Park System Naturalists. Walking time will vary due to the group's stamina and strollers are not recommended.

One Session \$14.00 Parent/Child \$7.00 Additional Person

Freneau Wds Pk Act Ctr Parking Area

Thu, May 8 10:00-11:00 AM (approx) IKS52X

Holmdel Pk Shelter Bldg

Thu, May 15 10:00-11:00 AM (approx) . . . IKT52X

World Water Day - Pond Study

(ages 9-12, with adult)

Fresh water is a vital natural resource! Celebrate World Water Day in the parks and take part in a pond study to take a closer look at our local water. A pond study is a great way to determine the health of a body of water by sampling for macro-invertebrates, which form the first few links in a healthy aquatic food chain. Visitors will be assisting with the sorting and identification of aquatic macro-invertebrates with the guidance of our staff, pond samples will be provided. After taking a magnified look at what's in our water with a pond study we will take a walk around part of the Manasquan Reservoir to learn more about our local watershed.

One Session \$24.00 Parent/Child

Manasquan Res Env Ctr Outdoor Area

Sat, Mar 22 10:00 AM-12:00 PM I3952X



Getting out and exploring nature offers many lifelong benefits to children including minimizing health issues, such as diabetes and heart issues, as well as reducing anxiety and stress. Learning about nature can also improve a child's academic performance.

DID YOU KNOW?

OUTDOOR ADVENTURES

April Puddle Jumpers

(ages 2-5, with adult)

Sunshine, blue skies, please go away, we want to wear our rain boots today! Get out on the trails with your little one and make some muddy memories. We will use puddles to help your children learn about movement and science. When your child makes a beeline for a wet and wonderful puddle, breath deep, remember that clothes and children will wash and dry, and say "YES!" to being a puddle parent. Bring a healthy snack and beverage and dress for the occasion. Additional children under the age of 2 are welcome to join in at no charge.

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

Shark River Pk Shelter Bldg

Fri, Apr 4 10:00-11:30 AM W3552X

Turkey Swamp Pk Shelter Bldg

Fri, Apr 25 10:00-11:30 AM W3652X

Hiking Adventures

(ages 2-5, with adult)

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

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

Huber Wds Pk Env Ctr Parking Lot

Sat, Mar 22 10:00-11:30 AM W2952X

Manasquan River Greenway Winter Run Act Ctr

Sun, Apr 6 10:00-11:30 AM W3052X

Deep Cut Gardens

Fri, May 9 10:00-11:30 AM W3152X



Nature Tots

(ages 2-5, with adult)

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

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

Spring Peepers Series

3/3 - Turkey Swamp Pk Shelter Bldg

3/10 - Manasquan Res Env Ctr Lot

3/17 - Shark River Pk Shelter Bldg

Mon, Mar 3-17 10:00-11:30 AM. W1952X

Coyote Pups Series

4/8 - Big Brook Pk Lower Pond Lot

4/15 - Holmdel Pk Pond View Lot

4/22 - Thompson Pk Old Orchard Lot

Tue, Apr 8-22 10:00-11:30 AM W2152X

Sea Turtles Series

5/7 - Fisherman's Cove Conservation Area

5/14 - Henry Hudson Trail Popamora Point Lot

5/21 - Bayshore Waterfront Pk

Wed, May 7-21 10:00-11:30 AM. W2252X

PLAY GROUP

Let's Explore

(ages 2-5, with adult)

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

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Mar 3-Apr 7 9:30-10:15 AM. A1552X

Mon, Mar 3-Apr 7 10:45-11:30 AM. A1652X

Mon, Apr 28-Jun 9 9:30-10:15 AM A1752X

No class 5/26

Mon, Apr 28-Jun 9 10:45-11:30 AM A1852X

No class 5/26

Wed, May 7-Jun 11 1:00-1:45 PM. A2652X

Wed, May 7-Jun 11 2:00-2:45 PM. A2752X

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

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr

Mon, Mar 24-May 19 10:30-11:15 AM. . . . A5352X
No class 4/14

Mon, Mar 24-May 19 11:30 AM-12:15 PM . A5452X
No class 4/14

Mon, Mar 24-May 19 4:00-4:45 PM A5552X
No class 4/14

Fri, Mar 28-May 23 9:30-10:15 AM. A5652X
No class 4/18

Fri, Mar 28-May 23 10:30-11:15 AM A5752X
No class 4/18

Instructor: Ms. Elisa

Dorbrook Rec Area Prog Bldg

Wed, Mar 26-May 21 9:30-10:15 AM. A5852X
No class 4/16

Wed, Mar 26-May 21 10:30-11:15 AM. A5952X
No class 4/16

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Mar 25-May 20 9:30-10:15 AM A6552X
No class 4/15

Tue, Mar 25-May 20 10:30-11:15 AM A6652X
No class 4/15

Tue, Mar 25-May 20 11:30 AM-12:15 PM . . A6752X
No class 4/15

Wed, Mar 26-May 21 9:30-10:15 AM. A6852X
No class 4/16

Wed, Mar 26-May 21 10:30-11:15 AM. A6952X
No class 4/16

SPONSOR A FAMILY!

With the help of donations to our RecAssist for Individuals & Families program, Monmouth County residents who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events within our beautiful Monmouth County parks.

Scan to make a donation:



Morning Playtime

(ages 18 months-3 ½ years, with adult)

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

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

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 18-Apr 22 10:30-11:15 AM. XAR52X
No class 4/15

Thu, Mar 20-Apr 17 9:15-10:00 AM X3752X

Thu, May 1-29 9:15-10:00 AM. X4352X

Tue, May 6-Jun 10 10:30-11:15 AM XAX52X
No class 6/3

Tatum Pk Holland Act Ctr

Wed, Mar 19-Apr 23 9:30-10:15 AM X7552X
No class 4/16

Wed, May 7-Jun 4 9:30-10:15 AM. X7952X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 19-Apr 16 9:15-10:00 AM X3452X

Wed, Apr 30-May 28 9:15-10:00 AM. X4052X

Stage 3

(ages 2-3 ½ years, with adult)

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 18-Apr 22 11:30 AM-12:15 PM . . XAS52X
No class 4/15

Thu, Mar 20-Apr 17 10:15-11:00 AM. X3852X

Thu, May 1-29 10:15-11:00 AM X4452X

Tue, May 6-Jun 10 11:30 AM-12:15 PM . . . XAY52X
No class 6/3

Tatum Pk Holland Act Ctr

Wed, Mar 19-Apr 23 10:30-11:15 AM X7852X
No class 4/16

Wed, May 7-Jun 4 10:30-11:15 AM. X8052X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 19-Apr 16 10:15-11:00 AM X3552X

Wed, Apr 30-May 28 10:15-11:00 AM X4152X

Move and Groove

(ages 18 months-3 years, with adult)

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

Six Sessions \$70.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Mar 5-Apr 9 10:00-10:45 AM A2952X

Wed, Mar 5-Apr 9 11:00-11:45 AM A3052X

Wed, Apr 23-May 28 10:00-10:45 AM A3152X

My Morning Playtime

(ages 3-4, with adult)

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

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

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 20-Apr 17 11:15 AM-12:00 PM . . X3952X

Thu, May 1-29 11:15 AM-12:00 PM X4552X

Thompson Pk Vis Ctr Tulip Room

Wed, Mar 19-Apr 16 11:15 AM-12:00 PM . . X3652X

Wed, Apr 30-May 28 11:15 AM-12:00 PM . X4252X



Miss Robin is an excellent instructor! So kind and patient with the children. I would take any class she is teaching.



PreK Prep

(ages 3-4, with adult)

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

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 21-Apr 25 9:30-10:15 AM XAT52X

No class 4/18

Fri, May 9-Jun 6 9:30-10:15 AM XAZ52X

Superheroes

(ages 2 ½-5, with adult)

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

Five Sessions \$65.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Mar 3-24 9:30-10:15 AM M1852X

Mon, Mar 3-24 10:30-11:15 AM. M1952X

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Apr 7-28 9:30-10:15 AM. M2052X

Mon, Apr 7-28 10:30-11:15 AM. M2152X

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

The Power of Play

(ages 2-4, with adult)

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

Four Sessions \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Mar 14-Apr 4 9:30-10:15 AM MDN52X

Fri, Mar 14-Apr 4 10:30-11:15 AM MDP52X

Fri, May 2-23 9:30-10:15 AM. MDQ52X

Fri, May 2-23 10:30-11:15 AM. MDR52X

When You Wish Upon a Star

(ages 2-4, with adult)

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

Five Sessions \$62.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Mar 18-Apr 22 9:30-10:15 AM. XAQ52X

No class 4/15

Tue, May 6-Jun 10 9:30-10:15 AM XAW52X

No class 6/3

Tatum Pk Holland Act Ctr

Wed, Mar 19-Apr 23 11:30 AM-12:15 PM. . X7352X

No class 4/16

Wed, May 7-Jun 4 11:30 AM-12:15 PM . . . X8152X

SPORTS & FITNESS

Basketball with Me & Dad/Mom

(ages 5-6, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 5-May 3 9:00-9:55 AM X6352X

No class 4/19

Sat, May 17-Jun 21 9:00-9:55 AM X7152X

No class 5/24 & 6/7

Basketball with Me & Dad/Mom Clinic

(ages 5-6, with adult)

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

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 13 9:00-9:55 AM XCZ52X

Sun, Apr 27 9:00-9:55 AM XD452X

Sun, May 11 9:00-9:55 AM XD752X

Five 4 One Sports

(ages 2 ½-3, 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 \$62.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 21-Apr 25 11:30 AM-12:15 PM . . XAV52X

No class 4/18

Fri, May 9-Jun 6 11:30 AM-12:15 PM . . . XB152X

Giggles & Gains

(ages 3-4, with adult)

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

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 21-Apr 25 10:30-11:15 AM XAU52X

No class 4/18

Fri, May 9-Jun 6 10:30-11:15 AM XB052X

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 \$70.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Mar 1-22 9:00-9:45 AM M4352A

Sat, Mar 1-22 11:00-11:45 AM. M4452A

Sat, Mar 1-22 12:00-12:45 PM. M4552A

Thu, Mar 6-27 9:30-10:15 AM M2852A

Thu, Mar 6-27 10:30-11:15 AM M2952A

Thu, Apr 3-May 1 9:30-10:15 AM M4652A

No class 4/17

Thu, Apr 3-May 1 10:30-11:15 AM M4752A

No class 4/17

Sat, Apr 5-May 3 9:00-9:45 AM M6152A

No class 4/19

Sat, Apr 5-May 3 11:00-11:45 AM M6252A

No class 4/19

Sat, Apr 5-May 3 12:00-12:45 PM. M6352A

No class 4/19

Thu, May 8-29 9:30-10:15 AM M6452A

Thu, May 8-29 10:30-11:15 AM M6552A

Sat, May 10-31 9:00-9:45 AM M6652A

Sat, May 10-31 11:00-11:45 AM M6752A

Sat, May 10-31 12:00-12:45 PM. M6852A

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 \$60.00 Per Child

Indoor Season

Dorbrook Rec Area Act Ctr

Sat, Mar 8-29 9:00-9:45 AM XBA52X

Sat, Mar 8-29 10:00-10:45 AM. XBB52X

Sat, Mar 8-29 11:00-11:45 AM. XBC52X

Fort Monmouth Rec Ctr Gym A

Sun, Mar 9-30 11:00-11:45 AM XBD52X

Tue, Mar 11-Apr 1 9:30-10:15 AM XBG52X

Outdoor Season

Dorbrook Rec Area

Sat, Apr 5-May 3 9:00-9:45 AM XBT52X

No class 4/19

Sun, Apr 6-May 4 9:00-9:45 AM. XBZ52X

No class 4/20

Sun, Apr 6-May 4 10:00-10:45 AM XC052X

No class 4/20

Mon, Apr 7-28 10:00-10:45 AM XBJ52X

Mon, Apr 7-28 11:00-11:45 AM XBK52X

Wed, Apr 9-30 4:30-5:15 PM. XBP52X

Mon, May 12-Jun 9 10:00-10:45 AM. XC252X

No class 5/26

Mon, May 12-Jun 9 11:00-11:45 AM. XC352X

No class 5/26

Wed, May 14-Jun 4 4:30-5:15 PM. XC752X

Sat, May 17-Jun 14 9:00-9:45 AM XCF52X

No class 5/24

Sun, May 18-Jun 15 9:00-9:45 AM XCQ52X

No class 5/25

Sun, May 18-Jun 15 10:00-10:45 AM XCR52X

No class 5/25

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 8-29 9:30-10:15 AM XBM52X

Tue, May 13-Jun 3 9:30-10:15 AM XC452X

Holmdel Pk Hilltop Area

Sat, Apr 5-May 3 9:00-9:45 AM XBW52X

No class 4/19

Sat, Apr 5-May 3 10:00-10:45 AM XBX52X

No class 4/19

Fri, Apr 11-May 9 9:30-10:15 AM XBR52X

No class 4/18

Fri, Apr 11-May 9 10:30-11:15 AM XBS52X

No class 4/18

Sat, May 17-Jun 14 9:00-9:45 AM XCM52X

No class 5/24

Sat, May 17-Jun 14 10:00-10:45 AM XCN52X

No class 5/24

Fri, May 23-Jun 13 9:30-10:15 AM XCB52X

Fri, May 23-Jun 13 10:30-11:15 AM XCE52X

Kidz Yoga

(ages 4-6, with adult)

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$68.00 Parent/Child

Sun, Apr 27-May 18 11:30 AM-12:00 PM . . XEE52X

Six Sessions \$102.00 Parent/Child

Sun, Mar 9-Apr 13 11:30 AM-12:00 PM . . .XED52X

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Four Sessions \$64.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Tue, Mar 11-Apr 1 10:30-11:15 AM. XBH52X

Outdoor Season

Fort Monmouth Rec Center Outdoor Area

Tue, Apr 8-29 10:30-11:15 AM XBN52X

Tue, May 13-Jun 3 10:30-11:15 AM XC552X

Mini-Hawk Multi Sport

(ages 4-6, with adult)

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

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Mon, Apr 21-May 19 4:00-4:50 PM. XDU52A

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Apr 5-May 3 9:00-9:55 AM X8552X

No class 4/19

Sun, Apr 6-May 4 9:00-9:55 AM. X8952X

No class 4/20

Sat, May 17-Jun 14 9:00-9:55 AM X9452X

No class 5/24

Sun, May 18-Jun 15 9:00-9:55 AM X9852X

No class 5/25



ARTS & CRAFTS

CERAMICS & POTTERY

Build a Flower Pot*(ages 7-12)*

April showers bring May flowers. Welcome the season in by constructing a clay flower pot of your own creation. We will have fun learning some basic hand-building skills and how to embellish and decorate your pot with glazes. All flower pots will be ready for pick up two weeks after the class to allow for firing.

One Session \$40.00 Per Child**Thompson Pk Creative Arts Center****Sat, Apr 5 12:00-1:30 PM Z8252X****Sat, Apr 5 2:00-3:30 PM. Z8352X****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 bunnies. Pieces will be kiln fired ready for pick up one week after.

One Session \$38.00 Per Child**Thompson Pk Creative Arts Center****Sat, Mar 29 12:00-1:30 PM Z2152X****Sat, Mar 29 2:00-3:30 PM. Z2252X****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. The class fee includes instruction, tools, firings, underglaze, and glaze.

Six Sessions \$85.00 Per Child**Thompson Pk Creative Arts Center****Sat, Mar 1-Apr 5 9:30-11:30 AM ZCV52X****Sat, Apr 26-Jun 14 9:30-11:30 AM ZCW52X***No class 5/10 & 5/24***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. The class includes 10 lbs. of clay, glazes, and firings.

Six Sessions \$100.00 Per Child**Thompson Pk Creative Arts Center****Fri, Mar 7-Apr 11 4:30-6:00 PM Z8052X****Fri, Apr 25-May 30 4:30-6:00 PM Z8152X****Children's Wheel-Thrown Pottery***(ages 11-17)*

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

Seven Sessions \$140.00 Per Child**Thompson Pk Creative Arts Center****Instructor: John Fossa****Sat, Mar 1-Apr 12 9:00-11:00 AM. Z7452X****Sat, Apr 26-Jun 14 9:00-11:00 AM Z7552X***No class 5/10***Instructor: Joyce Nokes****Thu, Mar 6-Apr 17 4:00-6:00 PM Z7352X****Thu, Apr 24-Jun 5 4:00-6:00 PM Z7652X****Mother's Day Plate***(ages 7-12)*

Create a present that mom will truly treasure! 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 pickup in one week.

One Session \$38.00 Per Child**Thompson Pk Creative Arts Center****Sat, Apr 26 12:00-1:30 PM Z2352X****Sat, Apr 26 2:00-3:30 PM Z2452X****Springtime Birdhouses***(ages 7-12)*

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

One Session \$40.00 Per Child**Thompson Pk Creative Arts Center****Sat, May 17 12:00-1:30 PM. Z8652X****Sat, May 17 2:00-3:30 PM Z8852X**

DRAWING & PAINTING

Creating Iconic Comic Book Characters

(ages 7-10)

Learn how to make iconic comic book characters with Derek "Lonzo Starr" Allen, publisher of the award winning Konkret Comics. We will combine drawing and creative writing activities to bring the character to life!

One Session \$55.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Apr 5 1:00-3:30 PM. A4252X

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Four Sessions \$66.00 Per Child

Thompson Pk Creative Arts Center

Monet's Effect of Spring at Giverny

van Gogh's Peach Tree in Bloom

ORIGINAL Seascape

Renoir's Flowers in a Vase

Sat, Mar 1-22 9:30-10:30 AM ZB652A

Sat, Mar 1-22 11:00 AM-12:00 PM ZB752A

Inness' Spring Blossoms

Monet's Vase of Flowers, 1882

ORIGINAL Cherry Blossom Tree

Inness' Sunrise

Sat, Mar 29-Apr 19 9:30-10:30 AM ZB852A

Sat, Mar 29-Apr 19 11:00 AM-12:00 PM. . . ZB952A

Renoir's Conversation in a Rose Garden

Constable's Sunset on the Seine River

ORIGINAL hummingbird

Monet's Meadow outside Vetheuil

Sat, Apr 26-May 24 9:30-10:30 AM. ZBA52A

Sat, Apr 26-May 24 11:00 AM-12:00 PM . . ZBB52A

No class 5/10

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. Students will also create original compositions in an impressionistic style. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14"x14" a pizza box works well.

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Inness' Home at Montclair

Monet's Effect of Spring at Giverny

van Gogh's Peach Tree in Bloom

ORIGINAL Pet Portrait

Fri, Mar 7-28 4:30-6:30 PM. ZAS52A

Renoir's Conversation in a Rose Garden

Constable's Sunset on the Seine River

ORIGINAL Hummingbird

Monet's Meadow Outside Vetheuil

Fri, May 2-23 4:30-6:30 PM. ZAW52A

KidzArt Explore

(ages 6-10)

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

Six Sessions \$102.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Apr 7-May 12 4:00-5:00 PM Z6652A

Mon, May 19-Jun 30 4:00-5:00 PM. Z6752A

No class 5/26

Fort Monmouth Rec Ctr Program Room A

Wed, Apr 9-May 14 4:00-5:00 PM. Z6852A

Wed, May 21-Jun 25 4:00-5:00 PM Z6952A

Thompson Pk Creative Arts Center

Thu, Apr 10-May 15 4:30-5:30 PM Z7052A

Thu, May 22-Jun 26 4:30-5:30 PM Z7152A

KidzArt - Spring Break Camp

(ages 6-10)

Draw, Paint, Create! Explore the world of paint and learn new techniques. Experiment with mixing paint with salt, cling wrap, rubbing alcohol, and oil pastels to create beautiful paintings. Learn to draw the KidzArt way and create 3D mixed media and sculpture.

Five Sessions \$205.00 Per Child

Thompson Pk Creative Arts Center

Mon-Fri, Apr 21-25 9:00 AM-12:00 PM . . . ZBH52A

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

Six Sessions \$102.00 Per Child

Henry Hudson Trail Act Ctr

Thu, Mar 6-Apr 10 1:00-2:00 PM Z2752A

Thu, Apr 17-May 22 1:00-2:00 PM Z2852A

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 8-May 13 1:00-2:00 PM Z3052A

Tue, May 20-Jun 24 1:00-2:00 PM Z3252A



*The instructor was excellent!
She had a pleasing and calming
disposition and my son enjoyed
every class.*



KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each workshop. The instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their paintings unique. All are supplies included.

One Session \$35.00 Per Child

Sweet Treats

Henry Hudson Trail Act Ctr

Sat, Mar 15 10:30 AM-12:00 PM Z0552A

Thompson Pk Creative Arts Center

Sat, Mar 15 1:30-3:00 PM Z0652A

Spring Breeze

Henry Hudson Trail Act Ctr

Sat, Apr 12 10:30 AM-12:00 PM Z3952A

Thompson Pk Creative Arts Center

Sat, Apr 12 1:30-3:00 PM Z4052A

Flowers for Mom

Henry Hudson Trail Act Ctr

Sat, May 3 10:30 AM-12:00 PM Z4152A

Thompson Pk Creative Arts Center

Sat, May 3 1:30-3:00 PM Z4252A

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill-building with opportunities for creative freedom and self-expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting, and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think, and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$10.00 is payable to the instructor at the first class.

Six Sessions \$108.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Apr 9-May 14 5:15-6:30 PM Z7252A

Wed, May 21-Jun 25 5:15-6:30 PM ZBJ52A

Thompson Pk Creative Arts Center

Thu, Apr 10-May 15 5:45-7:00 PM ZBK52A

Thu, May 22-Jun 26 5:45-7:00 PM ZBM52A

MISCELLANEOUS CRAFTS

Mindfulness Monkeys

(ages 3-5)

This mindfulness class is full of dances, songs, crafts, and meditation activities. We'll do themed sessions centering around identifying emotions, gratitude, kindness, respect, and making friends. This is a drop-off program but parents are asked to remain in the building.

Six Sessions \$72.00 Per Child

Dorbrook Rec Area Vis Ctr

Wed, Apr 23-May 28 11:00-11:45 AM A3252X

SEWING

American Girl® Doll Design

(ages 7-12)

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

One Session \$35.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Spring Fashion

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

Sat, Mar 15 10:30-11:30 AM M0152X

Sat, Mar 15 12:00-1:00 PM M0252X

Sat, Mar 15 1:30-2:30 PM. M0352X

Yoga Accessories

Leave with all the things needed for a doll yoga retreat. Namaste!

Sat, Apr 5 10:30-11:30 AM M0452X

Sat, Apr 5 12:00-1:00 PM M0552X

Sat, Apr 5 1:30-2:30 PM. M0652X

Boogie Board

Your doll will be able to boogie with her board after you leave!

Sat, May 10 10:30-11:30 AM. M0752X

Sat, May 10 12:00-1:00 PM. M0852X

Sat, May 10 1:30-2:30 PM M0952X



Beginner Sewing

(ages 10-15)

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

Instructor: Gianna Giezey

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 3-Apr 7 4:00-6:00 PM. ZCM52X

Mon, Apr 28-Jun 9 4:00-6:00 PM ZCN52X

No class 5/26

SOAPMAKING

Spring Break Soapmaking for Tweens and Teens

(ages 12-17)

Hey teens! Get ready to jump into the mesmerizing world of soapmaking in this hands-on class designed just for you. Soapmaking isn't just about pampering yourself, it's also a fantastic way to foster self-expression and practice mindfulness. You'll learn how to make luxurious soaps infused with essential oils and botanicals. Please bring an 8 oz. glass measuring cup. A supply fee of \$20.00 is to be paid to the instructor upon arrival to class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

(ages 12-14)

Thu, Apr 17 11:00 AM-12:30 PM AAN52X

(ages 15-17)

Thu, Apr 17 1:00-2:30 PM AAQ52X

CULINARY ARTS

Books & Cooks

(ages 4-5)

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

Please Note: Children must be fully potty trained.

Four Sessions \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Mar 18-Apr 8 11:30 AM-12:30 PM A1352X

Wed, Mar 26-Apr 23 3:00-4:00 PM A8952X

No class 4/16

Thu, Apr 3-May 1 4:30-5:30 PM AAK52X

No class 4/17

Tue, Apr 29-May 20 11:30 AM-12:30 PM . . .A1452X

Wed, Apr 30-May 21 3:00-4:00 PM A9052X

Kids' Baking

(ages 10-13)

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!

Three Sessions \$66.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Tue, Mar 4-18 5:30-7:30 PM MCK52X

Tue, Apr 8-22 5:30-7:30 PM MCM52X

Tue, May 6-20 5:30-7:30 PM MCN52X

Let's Cook

(ages 6-7)

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

Four Sessions \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 26-Apr 23 4:30-5:30 PM A9152X

No class 4/16

Wed, Apr 30-May 21 4:30-5:30 PM A9252X



Monmouth County residents interested in utilizing the RecAssist program must fill out the Financial Assistance Application located on our website.

To get all the details and fill out an application, scan the QR code below or visit the "Community Recreation" page of our website.



www.MonmouthCountyParks.com

Launched in 2023, RecAssist offers eligible county residents an opportunity to participate in a wide range of Park System for-fee programs at a discounted rate.

In addition to discounts, participants are provided free access to several activities including cross-country ski and snowshoe rentals, open shoot archery, and more.

**RECASSIST
FOR
INDIVIDUALS
& FAMILIES**



Tween Chefs

(ages 11-13)

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 \$92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Mar 23-Apr 13 10:30 AM-12:00 PM . . A0552X

Young Chefs

(ages 8-10)

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

Four Sessions \$92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Apr 27-May 25 10:30 AM-12:00 PM . . A0652X

No class 5/11

Please note any food allergies and/or dietary restrictions at the time of registration for culinary arts programs.

EDUCATION & ENRICHMENT

GAMES

Beginner Chess



(ages 9-12)

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

Four Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Mar 11-Apr 1 4:00-5:30 PM Q3252X

PUBLIC SPEAKING

TOASTMASTERS™ YLP comes to MCPS

(ages 13-17)

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

Eight Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 24-May 12 6:30-8:00 PM Q0952X

SAFETY

Child and Babysitting Safety

(ages 13-17)

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

One Session \$72.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 12 10:00 AM-12:00 PM. Q2852A

Thompson Pk Vis Ctr Beech Room

Sat, Mar 15 10:00 AM-12:00 PM Q2652A

Sat, May 17 10:00 AM-12:00 PM Q2752A

STEM PROGRAMS

Amusement Park Engineering

(ages 8-12)

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

Eight Sessions \$216.00 Per Child

Fort Monmouth Rec Ctr Program Room D

Wed, Mar 12-Apr 30 5:00-6:00 PM U0252A

Machines and Cool Contraptions Engineering

(ages 6-9)

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

Six Sessions \$165.00 Per Child

Thompson Pk Vis Ctr Beech Room

Thu, May 8-Jun 12 5:00-6:00 PM U0652A



Exploring the basics of science, technology, engineering, and math at a young age helps children develop critical thinking skills, creativity, problem solving, self-confidence, collaboration and much more.

DID YOU KNOW?

Science of Superpowers

(ages 5-9)

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

Instructors: From Snapology of Monmouth County

Six Sessions \$165.00 Per Child

Fort Monmouth Rec Ctr Program Room D

Tue, May 6-Jun 10 5:00-6:00 PM U0352A

Space Science

(ages 6-12)

Blast off with Snapology's Space Science class! Students will study the solar system through building hands-on STEM/STEAM projects each week. Kids will learn all about NASA, astronauts, and the universe around them. Through building with LEGO® bricks, constructing robotic space stations, and designing engineering projects to help scientists learn more about the universe, students will study fundamental astronomy concepts and enjoy creative building fun with friends.

Instructors: From Snapology of Monmouth County

Six Sessions \$165.00 Per Child

Fort Monmouth Rec Ctr Program Room D

Wed, May 7-Jun 11 5:00-6:00 PM U0452A

Superstructures: Architecture is Awesome!

(ages 8-12)

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

Instructors: From Snapology of Monmouth County

Eight Sessions \$216.00 Per Child

Fort Monmouth Rec Ctr Program Room D

Tue, Mar 11-Apr 29 5:00-6:00 PM U0152A

Video Gamers Club

(ages 5-12)

Indulge your child's gaming obsession IRL at this hands-on, creative weekly Snapology class! It's all about games, games, and games, and we will use LEGO® bricks to recreate some of your child's favorites. Super Mario®, Roblox®, Minecraft®, and even Fortnite® fans will get creative re-creating the characters and games they love with us. Rest assured that we will keep this video-game-themed class screen-free and violence-free. Emphasis will be on characters and scenery only. Game on!

Six Sessions \$216.00 Per Child

Thompson Pk Vis Ctr Beech Room

Thu, Mar 13-May 1 5:00-6:00 PM U0552A

HORTICULTURE

Nature Journaling

(ages 10-13, with adult)

In this class we will take advantage of nature's peace by creating nature journals. Nature journals are personal spaces to write observations of nature and reflections on how nature makes us feel. The first half of the class will be assembling and decorating your nature journal followed by a hike to start our observations in the garden. Dress for the weather and bring a water bottle. All materials provided.

One Session \$15.00 Per Pair

Deep Cut Gardens Horticultural Center

Sat, Apr 12 10:00-11:30 AM H0352X

NATURE

Plentiful Ponds - A Freshwater Eco Study

(ages 8-12, with adult)

Have you ever walked past a wetland and pondered, "I wonder what lives in there?" Well this is your chance to find out! Participants will strap on some waders and scoop up some freshwater macro-invertebrates. Then we'll examine up close and learn how to identify the fascinating species we collected. Prepare to have your mind blown! All equipment is provided for the program.

One Session \$24.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Sun, May 25 1:00-3:00 PM IKA52X

OUTDOOR ADVENTURES

Orienteering 101

(ages 9-12)

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

One Session \$19.00 Per Person

Thompson Pk Filly Run Parking Lot

Fri, Mar 7 4:30-6:30 PM W2652X

Turkey Swamp Pk Council Ring

Wed, Apr 23 10:00 AM-12:00 PM W2752X

Big Brook Pk Lower Pond Lot

Fri, May 9 4:30-6:30 PM W2852X

Take a Shot: Archery Series

(ages 10-17)

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

Four Sessions \$80.00 Per Person

Thompson Pk Activity Barn

Wed, Apr 2-23 4:30-6:30 PM W5152X



Take a Shot: Intro to Archery

(ages 9-17)

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

One Session \$26.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 6 4:30-6:30 PM W6352X

Tue, Apr 15 4:30-6:30 PM. W6452X

Wed, May 7 4:30-6:30 PM W6552X

Young Explorers at Night

(ages 6-8)

Hit the trails and become in tune with your natural surroundings. We'll explore trail etiquette and safety while keeping a lookout for wildlife we share the trail with. Most importantly, your young hiker will meet new outdoorsy kids and build new friendships. Please pack water and a snack in a day pack and dress for an evening adventure!

Three Sessions \$48.00 Per Child \$30.00 Additional Sibling

3/3 - Shark River Pk Shelter Bldg

3/10 - Turkey Swamp Pk Shelter Bldg

3/17 - Manasquan Res Env Ctr Lot

Mon, Mar 3-17 5:15-6:45 PM W2352X

4/8 - Holmdel Pk Pond View Lot

4/15 - Thompson Pk Old Orchard Lot

4/22 - Big Brook Pk Lower Pond Lot

Tue, Apr 8-22 5:15-6:45 PM W2452X

5/7 - Huber Wds Env Ctr Lot

5/14 - Tatum Pk Red Hill Lot

5/21 - Hartshorne Pk Rocky Point Lot

Wed, May 7-21 5:15-6:45 PM W2552X

PERFORMING ARTS

ACTING

Beginner Acting

(ages 8-14)

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

Six Sessions \$135.00 Per Person

The Performers

(ages 8-11)

Breneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 24-Apr 28 4:00-5:30 PM Q0352X

Manasquan River Greenway Winter Run Act Ctr

Fri, Apr 25-May 30 4:00-5:30 PM Q0552X

The Players

(ages 12-14)

Breneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 27-May 1 4:00-5:30 PM Q0452X

Beginner Acting Television

(ages 10-14)

We will learn beginner acting techniques for commercials, sitcoms, and television talk shows. There will be videotaping during class. Please bring a thumb drive to save your work. A performance for friends and family will be held on the last day of class.

Six Sessions \$140.00 Per Person

Big Brook Pk Act Ctr

Wed, Mar 26-Apr 30 4:00-5:30 PM Q1052X

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 puppets and play our favorite acting games. We will then bring our puppets to life and perform our favorite stories, songs, and jokes in The Afternoon Puppet Show. We will give a performance to our families on the last day of class. Please bring in your favorite storybooks and water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$85.00 Per Child

Big Brook Pk Boundary Rd Act Ctr

Fri, Mar 21-Apr 11 4:00-5:30 PM Q1252X



DANCE

Hip Hop Dance

(ages 5-7)

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

Instructor: Julie Asfendis

Six Sessions \$84.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 4-Apr 8 4:30-5:15 PM MDD52X

Tue, Mar 4-Apr 8 5:30-6:15 PM MDE52X

Tue, Apr 29-Jun 3 4:30-5:15 PM. MDF52X

Tue, Apr 29-Jun 3 5:30-6:15 PM. MDG52X

MUSIC

Rock to Bach - Guitar for Kids

(ages 8-16)

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

Eight Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 14-Jun 9 6:00-6:55 PM MDZ52X

No class 5/26

Rock to Bach - Vocal for Kids

(ages 8-16)

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

Eight Sessions \$168.00 Per Person

Fort Monmouth Rec Center Group Fitness Room

Mon, Apr 14-Jun 9 5:00-5:55 PM ME052X

No class 5/26

SPORTS & FITNESS

BASEBALL

Baseball FUNdamentals

(ages 6-8)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 5-May 3 12:00-12:55 PM. X8852X

No class 4/19

Sat, May 17-Jun 14 12:00-12:55 PM X9752X

No class 5/24

T-Ball*(ages 4-5)*

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

Four Sessions \$60.00 Per Person**Fort Monmouth Rec Ctr Gym A****Sat, Mar 8-29 11:00-11:55 AM. X8252X****Dorbrook Rec Area****Tue, Apr 1-22 4:00-4:55 PM X8352X****Tue, Apr 1-22 5:00-5:55 PM X8452X****Sat, Apr 5-May 3 10:00-10:55 AM X8652X***No class 4/19***Sat, Apr 5-May 3 11:00-11:55 AM X8752X***No class 4/19***Sun, Apr 6-May 4 10:00-10:55 AM X9052X***No class 4/20***Sun, Apr 6-May 4 11:00-11:55 AM X9152X***No class 4/20***Tue, May 6-27 4:00-4:55 PM X9252X****Tue, May 6-27 5:00-5:55 PM X9352X****Sat, May 17-Jun 14 10:00-10:55 AM X9552X***No class 5/24***Sun, May 18-Jun 15 10:00-10:55 AM X9952X***No class 5/25***T-Ball 2***(ages 4-5)*

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

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, May 17-Jun 14 11:00-11:55 AM X9652X***No class 5/24***Sun, May 18-Jun 15 11:00-11:55 AM XA052X***No class 5/25***BASKETBALL****Basketball FUNdamentals***(ages 6-8)*

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

Four Sessions \$60.00 Per Person**Fort Monmouth Rec Ctr Gym A****Sat, Mar 8-29 9:00-9:55 AM X6152X****Sat, Mar 8-29 10:00-10:55 AM. X6252X****Dorbrook Rec Area****Sat, Apr 5-May 3 10:00-10:55 AM X6452X***No class 4/19***Mon, Apr 7-28 4:00-4:55 PM. X6852X****Mon, May 5-Jun 2 4:00-4:55 PM X7652X***No class 5/26***Sat, May 17-Jun 21 10:00-10:55 AM X7252X***No class 5/24 & 6/7***Basketball FUNdamentals Clinic***(ages 6-8)*

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

One Session \$15.00 Per Person**Dorbrook Rec Area****Sun, Apr 13 10:00-10:55 AM. XD152X****Sun, Apr 27 10:00-10:55 AM. XD552X****Sun, May 11 10:00-10:55 AM XD852X**

Girls Basketball FUNDamentals

(ages 6-9)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 5-May 3 11:00-11:55 AM X6652X

No class 4/19

Sat, May 17-Jun 21 11:00-11:55 AM X7452X

No class 5/24 & 6/7

Girls Basketball FUNDamentals Clinic

(ages 6-9)

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

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 13 11:00-11:55 AM. XD252X

Sun, May 11 11:00-11:55 AM XD952X

Junior Hoopsters

(ages 8-11)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Mon, Apr 7-28 5:00-5:55 PM. X7052X

Mon, May 5-Jun 2 5:00-5:55 PM X7752X

No class 5/26

Young Junior Hoopsters Clinic

(ages 8-10)

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

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 27 11:00-11:55 AM. XD652X

FENCING

Touché! Intro to Fencing

(ages 5-12)

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

Eight Sessions \$295.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Mar 6-Apr 24 3:30-4:30 PM MD052A

Thu, May 1-Jun 19 3:30-4:30 PM MD152A

FIELD HOCKEY

Skyhawks Field Hockey

(ages 7-12)

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

Five Sessions \$95.00 Per Person

Dorbrook Rec Area

Mon, Apr 21-May 19 6:00-6:50 PM. XDW52A

FOOTBALL

Skyhawks Flag Football

(ages 5-11)

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

Instructed by: Skyhawks Sports Academy

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

(ages 5-7)

Sun, Apr 6-May 11 9:00-9:50 AM XDK52A

No class 4/20

Sun, May 18-Jun 22 9:00-9:50 AM XDN52A

No class 5/25

(ages 8-11)

Sun, Apr 6-May 11 10:00-10:50 AM XDM52A

No class 4/20

Sun, May 18-Jun 22 10:00-10:50 AM XDP52A

No class 5/25

GYMNASTICS & CHEERLEADING

Introduction to Cheerleading

(ages 5-8)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Mar 1-22 11:00-11:45 AM. M4252A

Fri, Mar 7-28 5:00-5:45 PM. M3252A

Fri, Apr 4-May 2 5:00-5:45 PM. M5052A

No class 4/18

Sat, Apr 5-May 3 11:00-11:45 AM M5752A

No class 4/19

Fri, May 9-30 5:00-5:45 PM. M6952A

Sat, May 10-31 11:00-11:45 AM M7052A

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Mar 1-22 9:00-9:45 AM M3352A

Sat, Mar 1-22 11:00-11:45 AM. M3652A

Sat, Mar 1-22 12:00-12:45 PM. M3952A

Thu, Mar 6-27 9:30-10:15 AM M3052A

Thu, Mar 6-27 10:30-11:15 AM M3152A

Thu, Apr 3-May 1 9:30-10:15 AM M4852A

No class 4/17

Thu, Apr 3-May 1 10:30-11:15 AM M4952A

No class 4/17

Sat, Apr 5-May 3 9:00-9:45 AM M5152A

No class 4/19

Sat, Apr 5-May 3 11:00-11:45 AM M5452A

No class 4/19

Sat, Apr 5-May 3 12:00-12:45 PM. M5852A

No class 4/19

Thu, May 8-29 9:30-10:15 AM M7152A

Thu, May 8-29 10:30-11:15 AM M7252A

Sat, May 10-31 9:00-9:45 AM M7352A

Sat, May 10-31 11:00-11:45 AM M7652A

Sat, May 10-31 12:00-12:45 PM. M7952A

(ages 5-6)

Sat, Mar 1-22 9:00-9:45 AM M3452A

Sat, Mar 1-22 11:00-11:45 AM. M3752A

Sat, Mar 1-22 12:00-12:45 PM. M4052A

Sat, Apr 5-May 3 9:00-9:45 AM M5252A

No class 4/19

Sat, Apr 5-May 3 11:00-11:45 AM M5552A

No class 4/19

Sat, Apr 5-May 3 12:00-12:45 PM. M5952A

No class 4/19

Sat, May 10-31 9:00-9:45 AM M7452A

Sat, May 10-31 11:00-11:45 AM M7752A

Sat, May 10-31 12:00-12:45 PM. M8052A

(ages 7-10)

Sat, Mar 1-22 9:00-9:45 AM M3552A

Sat, Mar 1-22 11:00-11:45 AM. M3852A

Sat, Mar 1-22 12:00-12:45 PM. M4152A

Sat, Apr 5-May 3 9:00-9:45 AM M5352A

No class 4/19

Sat, Apr 5-May 3 11:00-11:45 AM M5652A

No class 4/19

Sat, Apr 5-May 3 12:00-12:45 PM. M6052A

No class 4/19

Sat, May 10-31 9:00-9:45 AM M7552A

Sat, May 10-31 11:00-11:45 AM M7852A

Sat, May 10-31 12:00-12:45 PM. M8152A

LACROSSE

Skyhawks Lacrosse

(ages 5-11)

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

Instructed by: Skyhawks Sports Academy

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

(ages 5-7)

Sun, Apr 6-May 11 11:00-11:50 AM XDQ52A

No class 4/20

Sun, May 18-Jun 22 11:00-11:50 AM XDS52A

No class 5/25

(ages 8-11)

Sun, Apr 6-May 11 12:00-12:50 PM XDR52A

No class 4/20

Sun, May 18-Jun 22 12:00-12:50 PM. . . .XDT52A

No class 5/25

MISCELLANEOUS SPORTS

STEM Sports Spring Break Clinic

(grades 3-8)

The Skyhawks organization is hosting a weeklong clinic with a mutual goal of helping today's youth succeed. STEM Sports and Skyhawks put their programs together to create the "STEM and Play" format. This unique program combines traditional Skyhawks skill-based programming with STEM sports lessons to give kids an interactive, hands-on learning experience. Kids who participate in the STEM and Play program develop an understanding of STEM concepts, sports-based skills, critical thinking, creative problem-solving, and leadership skills.

Four Sessions \$125.00 Per Person

Dorbrook Rec Area

(grades 3-5)

Mon-Thu, Apr 14-17 9:00-10:50 AM XDX52A

(grades 6-8)

Mon-Thu, Apr 14-17 11:00 AM-12:50 PM. .XDY52A

PICKLEBALL

Pickleball for Kids

(ages 7-14)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all ability levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Instruction geared for youth players. Paddles and balls provided.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Sport Court

Wed, Apr 2-23 4:30-5:30 PM. MDS52X

Wed, Apr 2-23 5:45-6:45 PM. MDT52X

Wed, May 7-28 4:30-5:30 PM MDU52X

Wed, May 7-28 5:45-6:45 PM MDV52X

SOCCER

Kids Kixx Soccer

(ages 4-5)

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

Four Sessions \$60.00 Per Person

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 9-30 12:00-12:55 PM XBE52X

Outdoor Season

Dorbrook Rec Area

Sat, Apr 5-May 3 10:00-10:55 AM XBU52X

No class 4/19

Wed, Apr 9-30 5:30-6:25 PM. XBQ52X

Wed, May 14-Jun 4 5:30-6:25 PM. XC952X

Sat, May 17-Jun 14 10:00-10:55 AM XCH52X

No class 5/24

Holmdel Pk Hilltop Area

Sat, Apr 5-May 3 11:00-11:55 AM XBY52X

No class 4/19

Sat, May 17-Jun 14 11:00-11:55 AM XCP52X

No class 5/24

Kids Kixx Soccer: Ladybugs

(ages 4-6)

She shoots-she scores! In addition to our co-ed Kids Kixx classes we offer classes for girls only. Start your little girl off on the right foot.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sun, Mar 9-30 1:00-1:55 PM XBF52X

Dorbrook Rec Area

Sat, Apr 5-May 3 11:00-11:55 AM XBV52X

No class 4/19

Sat, May 17-Jun 14 11:00-11:55 AM XCK52X

No class 5/24

Kids Kixx Soccer: Nexxt Step

(ages 5-7)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sun, Apr 6-May 4 11:00-11:55 AM XC152X

No class 4/20

Sun, May 18-Jun 15 11:00-11:55 AM XCS52X

No class 5/25



Skateboarding Intermediate

(ages 9-15)

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

Four Sessions \$98.00 Per Person

Seven Presidents Pk Skateplex

Wed, Apr 16-May 7 4:00-5:30 PM. XCX52X

Thu, Apr 17-May 8 5:15-6:45 PM XD352X

Wed, May 21-Jun 11 4:00-5:30 PM XDE52X

Thu, May 22-Jun 12 5:15-6:45 PM XDH52X

SKATEBOARDING

Skateboarding Beginner

(ages 9-15)

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

Four Sessions \$65.00 Per Person

Seven Presidents Pk Skateplex

Mon, Apr 14-May 5 5:15-6:15 PM XCU52X

Tue, Apr 15-May 6 4:00-5:00 PM XCV52X

Wed, Apr 16-May 7 5:45-6:45 PM. XCY52X

Mon, May 19-Jun 16 5:15-6:15 PM. XDB52X

No class 5/26

Tue, May 20-Jun 10 4:00-5:00 PM XDC52X

Wed, May 21-Jun 11 5:45-6:45 PM. XDF52X

Skateboarding Starter

(ages 9-15)

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

Four Sessions \$65.00 Per Person

Seven Presidents Pk Skateplex

Mon, Apr 14-May 5 4:00-5:00 PM XCT52X

Tue, Apr 15-May 6 5:15-6:15 PM XCW52X

Thu, Apr 17-May 8 4:00-5:00 PM XD052X

Mon, May 19-Jun 16 4:00-5:00 PM. XDA52X

No class 5/26

Tue, May 20-Jun 10 5:15-6:15 PM XDD52X

Thu, May 22-Jun 12 4:00-5:00 PM XDG52X

TENNIS

Pre-Teen Tennis

(ages 9-12)

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

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Apr 12-May 3 10:00-10:55 AM X2152X

Sun, Apr 27-May 18 10:00-10:55 AM X5352X

Sat, May 17-Jun 14 10:00-10:55 AM X3152X

No class 5/24

Eight Sessions \$144.00 Per Person

Mon,Wed, Apr 14-May 7 5:00-5:55 PM X5052X

Tue,Thu, Apr 15-May 8 5:00-5:55 PM X1752X

Mon,Wed, May 19-Jun 16 5:00-5:55 PM X5952X

No class 5/26

Tue,Thu, May 20-Jun 12 5:00-5:55 PM X2852X

Tikes Tennis

(ages 6-8)

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

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Apr 12-May 3 9:00-9:55 AM X2052X

Sun, Apr 27-May 18 9:00-9:55 AM X5252X

Sat, May 17-Jun 14 9:00-9:55 AM X3052X

No class 5/24

Eight Sessions \$144.00 Per Person

Mon,Wed, Apr 14-May 7 4:00-4:55 PM X4952X

Tue,Thu, Apr 15-May 8 4:00-4:55 PM X1652X

Mon,Wed, May 19-Jun 16 4:00-4:55 PM X5852X

No class 5/26

Tue,Thu, May 20-Jun 12 4:00-4:55 PM X2752X

TRACK & FIELD

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 \$126.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Apr 29-Jun 3 5:30-6:30 PM. XA652X

Fri, May 2-Jun 13 5:30-6:30 PM XA852X

No class 5/23

Wolf Hill Rec Area Outdoor Area

Thu, May 1-Jun 5 5:30-6:30 PM XA752X

Skyhawks Track & Field

(ages 7-12)

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

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Mon, Apr 21-May 19 5:00-5:50 PM. XDV52A

SUMMER JOB FAIR

*Work within the beautiful scenery of your
Monmouth County parks!*

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

Summer Camp Counselors

Inclusion Coaches

Pool & Beach Lifeguards

Boat Tour Operators

Sprayground Attendants

Seasonal Greenskeepers

Seasonal Rangers

**SATURDAY,
MARCH 8**

9:00 AM – 12:00 PM

**Fort Monmouth Recreation
Center, Tinton Falls**

Questions?

Call Human Resources at 732-842-4000, ext. 4219.

ACTIVE ADULTS 55+

Gentle Aerobics*(adults)*

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

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Instructor: Jodi Kondracki

Thu, Mar 6-Apr 10 10:30-11:15 AM MD652X

Instructor: Kim Cugini

Tue, Mar 11-Apr 15 10:30-11:15 AM MD852X

Seven Sessions \$105.00 Per Person

Instructor: Kim Cugini

Tue, Apr 29-Jun 10 10:30-11:15 AM MD952X

Instructor: Jodi Kondracki

Thu, May 1-Jun 12 10:30-11:15 AM MD752X

Spring Senior Hikers*(ages 55 and up)*

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

Location Varies Week to Week

Level 1

Level 1 is the shortest-distance and slowest-paced Senior Hiker program. Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is a slower pace and shorter distance than Level 2.

Thirteen Sessions \$78.00 Per Person

Tue, Apr 1-Jun 24 9:30-11:00 AM D0452A

Thu, Apr 3-Jun 26 9:30-11:00 AM D0552A

Level 2

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

Thirteen Sessions \$84.50 Per Person

Wed, Apr 2-Jun 25 9:30-11:30 AM D0752A

Thu, Apr 3-Jun 26 9:30-11:30 AM D0852A

Fri, Apr 4-Jun 27 9:30-11:30 AM D0952A

(continued...)

Spring Senior Hikers continued...**Level 3**

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

Thirteen Sessions \$91.00 Per Person

Tue, Apr 1-Jun 24 9:30-11:30 AM D1152A

Level 4

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

Twelve Sessions \$84.00 Per Person

Mon, Apr 7-Jun 30 9:30-11:30 AM D1252A

No hike 5/26

Special Hikes*(ages 55 and up)*

Enjoy one-day hikes at different points of historical interest and natural beauty throughout our great state! These special hikes typically range between 7-8 miles over 3-4 hours at a moderate pace over varying types of terrain. Don't forget a daypack with a rain/wind jacket, plenty of water, and a bagged lunch to enjoy at the mid-point of the hike. Time permitting, we will stop for ice cream at a local confectionery; bring \$10.00 if interested. These hikes are geared towards level 3 and 4 Senior Hiker participants but are open to all senior hikers. In the event of inclement weather, a decision to cancel/reschedule will be made by 7:00 AM the day of the hike.

Hemlock Falls/South Mountain

Enjoy the scenic hike up Hemlock Falls in the South Mountain Reservation! There are mostly dirt, gravel, and paved trails, but be prepared for seasonally different conditions at this time of year. There is plenty of wildlife to see, and we will stop for lunch on the trail during the hike. Please arrive by 8:15 AM to ensure prompt departure at 8:30 AM.

Please Note: Depending on seasonal trail conditions, an alternate hike of the same distance/hike level/length may be substituted.

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

One Session \$55.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Tue, Mar 18 8:30 AM-4:00 PM (approx) . . .D2552A

Rain date 3/25



Stronger for Longer

(ages 55 and up)

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

Six Sessions \$84.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Apr 8-May 20 11:45 AM-12:45 PM . . . D1852X

No class 4/22

Tue, Apr 8-May 20 1:00-2:00 PM D1952X

No class 4/22

Thu, Apr 10-May 22 12:00-1:00 PM D2052X

No class 4/24

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 7-May 19 11:45 AM-12:45 PM . . D1652X

No class 4/21

Mon, Apr 7-May 19 1:00-2:00 PM D1752X

No class 4/21

Zumba Gold

(ages 55 and up)

An easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water and a ready-to-move attitude.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Apr 16-May 21 9:30-10:25 AM XF052X

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Apr 11-Jun 6 4:30-5:25 PM XEX52X

No class 5/23

ARTS & CRAFTS

CERAMICS & POTTERY

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. The 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 waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: John Fossa

Sat, Mar 1-Apr 12 11:30 AM-2:30 PM ZBQ52X

Sat, Apr 26-Jun 14 11:30 AM-2:30 PM. . . . ZBR52X

No class 5/10

Instructor: Laura Copeland

Mon, Mar 3-Apr 14 9:00 AM-12:00 PM ZBS52X

Mon, Apr 21-Jun 9 9:00 AM-12:00 PM. . . . ZBT52X

No class 5/26

Mon, Mar 3-Apr 14 1:00-4:00 PM. ZBU52X

Mon, Apr 21-Jun 9 1:00-4:00 PM ZBV52X

No class 5/26

Instructor: Brian Farro

Mon, Mar 3-Apr 14 6:00-9:00 PM. ZBW52X

Mon, Apr 21-Jun 9 6:00-9:00 PM ZBX52X

No class 5/26

Instructor: Sue Johnson

Tue, Mar 4-Apr 15 4:00-7:00 PM ZBY52X

Tue, Apr 22-Jun 3 4:00-7:00 PM. ZBZ52X

Instructor: Joanne Traskiewicz

Wed, Mar 5-Apr 16 9:00 AM-12:00 PM ZC052X

Wed, Apr 23-Jun 4 9:00 AM-12:00 PM. . . . ZC152X

Wed, Mar 5-Apr 16 1:00-4:00 PM ZC252X

Wed, Apr 23-Jun 4 1:00-4:00 PM ZC352X

Instructor: Laura Copeland

Wed, Mar 5-Apr 16 6:30-9:30 PM ZC452X

Wed, Apr 23-Jun 4 6:30-9:30 PM ZC552X

Instructor: Joyce Nokes

Fri, Mar 7-Apr 18 9:00 AM-12:00 PM. . . . ZC652X

Fri, Apr 25-Jun 6 9:00 AM-12:00 PM ZC752X

Fri, Mar 7-Apr 18 1:00-4:00 PM ZC852X

Fri, Apr 25-Jun 6 1:00-4:00 PM ZC952X

Creative Arts Festival



ADULTS



SATURDAY, MAY 10
10:00 AM-4:00 PM
THOMPSON PARK, LINCROFT

This family-friendly festival features a variety of fine artists and artisans, as well as live music by some of the best local musicians.

Free activities, food vendors, and artist demonstrations throughout the day.

FREE ADMISSION & FREE PARKING

Artists interested in becoming vendors, information and an application are available at www.MonmouthCountyParks.com. Entry deadline is March 8.

For a schedule and more information, visit www.MonmouthCountyParks.com, email ccarlson@monmouthcountyparks.com, or call 732-842-4000, ext. 3343.

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 12. SEE PAGE 116 FOR FULL DETAILS.

All Level Pottery - Extended

(adults)

This pottery class offers an additional 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. The class includes 25 lbs. of clay, glazes, and firings. 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 waitlist.

Instructor: Sue Johnson

Seven Sessions \$273.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 4-Apr 15 9:00 AM-1:00 PM ZAG52X

Tue, Mar 22-Jun 3 9:00 AM-1:00 PM ZAH52X

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. Registration 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 waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Mar 4-Apr 15 7:00-10:00 PM. ZAN52X

Tue, Mar 22-Jun 3 7:00-10:00 PM. ZAP52X

Instructor: Don Bradford

Thu, Mar 6-Apr 17 6:30-9:30 PM ZAQ52X

Thu, Apr 24-Jun 5 6:30-9:30 PM ZAR52X

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt and model clay, and make a finished ceramic sculpture. We will explore different ways of sculpting a portrait, modeling a figure in the round, and sculpting in relief. Each student independent of their experience, will receive personal direction from the instructor, professional sculptor Konstantin Zingerman. This course includes 25 lbs. of clay, the use of tools, and kiln firings. Additional materials may be required for armatures and will be discussed on the first day of class.

Seven Sessions \$228.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-Apr 17 12:30-3:30 PM Z8452X

Mon, Apr 21-Jun 9 6:00-9:00 PM ZCA52X

No class 5/26

Thu, Mar 24-Jun 5 12:30-3:30 PM. Z8552X

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. Registration fee includes instruction, firings, glazes, and underglazes.

Seven Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-Apr 17 9:00 AM-12:00 PM ZCT52X

Thu, Apr 24-Jun 5 9:00 AM-12:00 PM ZCU52X

Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting, and firing your own handbuilt creations. The 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 waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

Wed, Mar 5-Apr 16 1:00-4:00 PM Z9352X

Wed, Apr 23-Jun 4 1:00-4:00 PM Z9452X

Instructor: TBA

Wed, Mar 5-Apr 16 6:30-9:30 PM Z9552X

Wed, Apr 23-Jun 4 6:30-9:30 PM Z9652X

Friday Evening Pottery

(ages 11 and up)

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

Instructor: Kayla Robinson

Seven Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 7-Apr 18 6:30-8:30 PM Z7752X

Fri, Apr 25-Jun 6 6:30-8:30 PM Z7852X

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. The 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 waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-Apr 17 9:00 AM-12:00 PM . . . Z9152X

Thu, Apr 24-Jun 5 9:00 AM-12:00 PM . . . Z9252X

DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Inness' Sunrise

Sat, Mar 1 2:00-5:00 PM ZA052A

van Gogh's Starry Night

Sat, Mar 8 2:00-5:00 PM ZA152A

Renoir's Vase of Pink Roses

Sat, Mar 15 2:00-5:00 PM ZA252A

Monet's Effect of Spring at Giverny

Sat, Mar 22 2:00-5:00 PM ZA352A

van Gogh's Peach Tree in Bloom

Sat, Mar 29 2:00-5:00 PM ZA452A

Inness' Spring Blossoms

Sat, Apr 12 2:00-5:00 PM ZA552A

Monet's The Japanese Footbridge

Sat, Apr 19 2:00-5:00 PM ZA652A

Monet's Meadow outside Vetheuil

Sat, Apr 26 2:00-5:00 PM ZA752A

Cross' Provence, Landscape

Sat, May 3 2:00-5:00 PM ZA852A

van Gogh's Cypresses

Sat, May 17 2:00-5:00 PM ZA952A

Hassam's Ocean View

Sat, May 24 2:00-5:00 PM ZAA52A

Renoir's Conversation in a Rose Garden

Sat, May 31 2:00-5:00 PM ZAB52A

Jigsaw Puzzle Swap

Saturday, May 3, 10:00 AM-12:00 PM

Thompson Park Theater Barn

Calling all jigsaw puzzle fans! Do you have a collection of used puzzles in your closet?

Swap them for "new to you" puzzles!

For every puzzle you bring, you will receive one token to take a "new" puzzle home.

Complete puzzles in good condition please.

All categories welcome.



A Journey in Botanical Illustration NEW

(adults)

This four-part series takes an in-depth look at creating botanical illustrations while enjoying the natural beauty of the parks. Each session starts with a journey onto the trails accompanied by a Park System Naturalist to learn about native plants: including their medicinal properties, uses, and unique features. Afterward, you will have the opportunity to learn the basics of how to illustrate plants from direct observation. Each class will highlight a different grouping of plant species and the artistic techniques needed to convey them.

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

Artist/Instructor: Katie Stone / Naturalist: Blake Beyer

Four Sessions \$130.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 10-May 1 1:00-4:00 PM Z8952X

All About Mushrooms!

Hike and Illustration Workshop

(adults)

Mushrooms are some of the most remarkable of natural organisms. Coming in an array of beautiful and imaginative forms, shapes, and colors, the variety of species makes them fascinating objects to draw. In this one-day workshop, participants will get the opportunity to take a dive into the world of mushrooms as they join us on a hike with a trained naturalist to learn about them in the wild. After our hike, we will head indoors to learn some of the basics necessary to draw your mushroom, key features pertinent to botanical drawing, and helpful hints to add color to your illustration.

Artist/Instructor: Katie Stone / Naturalist: Blake Beyer

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 14 10:00 AM-1:00 PM. Z9752X

An Art Class for the Non-Artist

(adults)

Can't even draw a stick figure? Never signed up for an art class before? Struggle with perfectionism? This one-of-a-kind workshop hosted by Jenny Santa Maria will bring out something in you that you can't see in yourself. You will leave this workshop with a whole new perspective, empowered to use the arts as a new language you can apply to all areas of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career, and has never failed to see results. Bring a sketchbook to write and doodle in.

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Mon, May 19 5:00-7:00 PM. Z4952X

An Evening with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Monet's Antibes

Fri, Apr 4 6:00-9:00 PM ZB352A

van Gogh's Starry Night

Fri, Apr 11 6:00-9:00 PM ZB452A

Matisse's Poppies

Fri, Apr 25 6:00-9:00 PM ZB552A

Art of the Sea: Sand Dollars and Sea

Urchins NEW

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea has long enamored both the scientist and artist. In this session, we will journey into a fun and informative discussion and walk led by a Park System Naturalist about urchins, sand dollars, and other invertebrates you can find along our mid-Atlantic shores. The instructor will cue participants on how to achieve appropriate proportion and shape, color use, handling patterns and textures, and more.

Artist/Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$47.00 Per Person

Fisherman's Cove Act Ctr

Wed, Apr 9 9:00 AM-12:00 PM INK44X

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil, and watercolor in drawing projects that are stimulating and fun. Enter the creative zone with us! No art experience is necessary. A supply fee of \$10.00 is payable to the instructor on the first day of class.

Artists/Instructors: Tresse DeLorenzo & Deanna Gallaro

Six Sessions \$162.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Apr 7-May 12 12:30-2:00 PM. Z3552A

Mon, May 19-Jun 30 12:30-2:00 PM. Z3652A

No class 5/26

Fort Monmouth Rec Ctr Program Room A

Thu, Apr 10-May 15 11:30 AM-1:00 PM. . . Z3752A

Thu, May 22-Jun 26 11:30 AM-1:00 PM. . . Z3852A

Botanical Illustration: Orchid Workshop

(adults)

Orchids truly are amazing and interesting plants. Composing one of the most diverse families of flowering plants on Earth, they exhibit an astonishing diversity of sizes, shapes, and colors. We will be led through a guided tour of Deep Cut Garden's greenhouse, learning from an expert horticulturist all about the elusive orchid, care of plants, and more. Following our tour, we will spend the remaining portion of the class learning the art of botanical illustration to render drawings of these exquisite plants.

Artist/Instructor: Katie Stone / Horticulturist: Kate Lepis

One Session \$47.00 Per Person

Deep Cut Gardens Horticultural Center

Mon, Mar 3 9:00 AM-12:00 PM. Z3452A

Classical Oil Painting

(adults)

This intensive painting class will focus on the fundamentals of classical painting, offering students a systematic approach based upon methods used in the atelier system. Strategies for understanding color, paint application, and handling of the medium will be covered. Instructed by award winning artist and graduate of Florence Academy, Jane Manco, students will be led through an introduction into this painting method. Supply list will be discussed in further detail the first day of class.

Six Sessions \$200.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 5-Apr 9 6:00-8:00 PM. Z5252X

Wed, Apr 16-May 21 6:00-8:00 PM. Z5352X

Colored Pencil Extended Workshop

(adults)

Join us for this four-part workshop concentrated on the art of colored pencils. 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, but not required.

Instructor: Katie Stone

Four Sessions \$104.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-27 1:00-3:00 PM. Z2652X

Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes, beginner and advanced students will enjoy learning cutting-edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Mar 3-Apr 7 10:30 AM-12:30 PM. . . Z0752X

Mon, Mar 3-Apr 7 1:00-3:00 PM. Z0852X

Instructor: MaryAnn Goodwin

Tue, Mar 4-Apr 8 6:30-8:30 PM. Z0952X

Tue, Apr 22-May 27 6:30-8:30 PM. Z1052X

Thu, Mar 6-Apr 10 6:30-8:30 PM. Z1152X

Thu, Apr 24-May 29 6:30-8:30 PM. Z1252X

Fri, Mar 7-Apr 11 10:00 AM-12:00 PM. . . Z1352X

Fri, Apr 25-May 30 10:00 AM-12:00 PM. . . Z1452X



Daily Art Workshops

(adults)

These daily workshops offer a creative escape for artists of all levels, each day focusing on a different artistic medium, allowing participants to explore and develop new techniques under the guidance of Gina Torello, an experienced instructor. Whether indoors in an air-conditioned space or outdoors in the cool shade, the workshops offer a flexible environment for creating art. Participants are to bring their own art supplies and a packed lunch, as they spend the day connecting with like-minded artists. Gina's lessons emphasize observing how light interacts with the subject from a reference or fun still-lives inside and outside. The workshop structure includes both individual exploration with a guided step-by-step lesson in composition, and technique application with group and individual instruction. Upon registration, a supply list tailored to the specific workshop and medium will be provided.

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

One Session \$110.00 Per Person

Thompson Pk Creative Arts Center

Pastel Impressionism

Mon, May 19 10:00 AM-3:00 PM ZBC52A

Renaissance Drawing

Tue, May 20 10:00 AM-3:00 PM ZBD52A

Oil Painting Still Lives

Wed, May 21 10:00 AM-3:00 PM ZBE52A

Plein Air Painting

Thu, May 22 10:00 AM-3:00 PM ZBF52A

Mixed Media Magic

Fri, May 23 10:00 AM-3:00 PM ZBG52A

Drawing: A Classical Approach

(adults)

A drawing class designed for serious artist looking to further traditional skills, this intensive class will focus on skills such as sighting, comparative measurements, and foreshortening. Instructed by award winning artist and graduate of Florence Academy, Jane Manco, students will be led through a systematic approach based upon methods used in the atelier system. Supply list will be discussed in further detail the first day of class.

Six Sessions \$200.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-Apr 10 4:00-6:00 PM Z5052X

Thu, Apr 17-May 22 4:00-6:00 PM Z5152X

Drawing Frogs

(adults)

Join us for an art class and nature walk looking (and listening) for one of the first signs of spring: frogs! New Jersey hosts a diversity of these amazing amphibians. We will learn from a Park System Naturalist on the trails about these fascinating native creatures. Afterward, we will begin the art portion of the class, learning how to draw these amphibians including proportion, patterns, and color palette.

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

One Session \$47.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Wed, Apr 30 9:00 AM-12:00 PM. I0552X

Drawing Wildflowers

(adults)

This specialty workshop highlights techniques and tips to the art of rendering wild florals. Participants will begin with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. Afterward, we will come inside with our live samples and begin the drawing process. The class will investigate how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. This session focuses on drawing the following flowers in bloom: wild geranium, red columbine, and bluebells. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

Artist/Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$47.00 Per Person

Huber Wds Pk Env Ctr

Mon, May 5 2:00-5:00 PM Z2552X

“

Katie is so knowledgeable and helpful. She changes her instruction methods to meet student needs. I loved her!

”

Gouache Painting Class

(adults)

This exciting medium will be taught in an extremely freeing manner. Lessons will be theme-based, including seascapes, animals, floral designs, shells, and Italian vistas, among others. All will be taught in a contemporary impressionistic style using the new inexpensive HIMI jelly gouache painting sets or your own gouache set. The instructor will teach several diverse techniques that will allow each artist to free themselves from realism and allow a more emotionally based painting to evolve. Step-by-step lessons will demonstrate color theory, color mixing, and diversity in application with brushes, palette knives, and other non-conforming methods. Using personal references the instructor will show you how and what to choose to make a successful composition into a dynamic painting with a fabulous use of their knowledge, creating a unique color palette. You will create your very own art journal during this course. Supplies are not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 28-Apr 25 10:00 AM-12:30 PM . . .ZAF52A

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism methods. Students will learn the specific brushstrokes, layering techniques, color mixing, and unique styles of these painters. Please bring your own 11"x14" canvas and a set of acrylic brushes to each class. Acrylic paint will be provided by the instructor.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Inness' Home at Montclair

Monet's Effect of Spring at Giverny

Fri, Mar 7-28 10:00 AM-12:30 PM ZB052A

Inness' Sunrise

Monet's Vase of Flowers, 1882

Fri, Apr 4-25 10:00 AM-12:30 PM ZB152A

Inness' Spring Blossoms

Constable's Sunset on the Seine River

Fri, May 2-23 10:00 AM-12:30 PM ZB252A

Illustrating Birds: Hummingbirds

(adults)

Hummingbirds are some of the most spectacular birds, as well as being important pollinators. We'll learn from a Park System Naturalist how to make your yard a hummingbird haven, from feeding and what to plant to attract hummingbirds, to interesting facts about these fascinating creatures. Afterward, we will venture into the art of ornithological (bird) illustration. Participants will learn how to paint these creatures including observing key features important to creating realistic representations, rendering complicated feathers and markings, and creating iridescence in paintings. Some painting/drawing experience is a plus, but not a necessity.

Please Note: This class requires the purchase of acrylic paints and a small canvas.

Artist/Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Fri, May 2 9:00 AM-12:00 PM Z3352X

Illustrating Birds: Nocturnal Nature

(adults)

This workshop takes an in-depth look at creating your own bird illustrations. Our focus for this session will be owls. We'll spend some time learning from a Park System Naturalist about native species, looking for them in their natural habitats. Afterward, we will venture into the art of ornithological (bird) illustration. Participants will learn how to draw 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.

Artist/Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 12 5:30-8:30 PM Z2952X

Wed, Mar 26 5:30-8:30 PM Z3152X

Inspired Painting

(adults)

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

Five Sessions \$120.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Apr 1-29 11:30 AM-2:00 PM A4452X

Intro to Traditional Painting

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line, and medium. A supply list will be provided upon registration.

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 4-Apr 8 9:00-11:00 AM Z1552X

Tue, Apr 15-May 20 9:00-11:00 AM Z1652X

Mixed Media Drawing

(adults)

This class offers enjoyment and fulfillment for all artists. We will work with both wet and dry drawing materials such as inks, dyes, watercolor, acrylic, and gouache as underpaintings. Then, we will build upon the subject matter with layering and overlapping techniques to add new life to the drawing. We will then go back into the initial washes with dry drawing materials to design exciting, unique one-of-a-kind artwork that is both fun and forgiving at the same time. We will apply microns, colored pencils, markers, and even render with pastel pencils to create your unique style, impressionistic or realistic, depending on the individual artist. You will be supplied with various references for inspiration such as koi ponds, sunsets, tropical paradises, and animals; references never repeat, offering new ideas each class. Be inspired by your own ideas as well and feel free to bring in your own work to use as a mixed media studio time. Explore and learn how to mix and match many diverse mediums on one paper. All levels are always welcome. Supplies not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 26-Apr 23 10:00 AM-12:30 PM. ZAD52A

Painting on Silk

(ages 16 and up)

Ah, the allure of silk...the softness of a flower petal and the strength of steel. Silk painting is the application of silk dyes directly onto stretched white silk fabric. A liner is applied first and then vibrant and translucent colors (not opaque) are painted in. Watercolor effects can be used and the results cannot be replicated in any other medium. Three full projects will be completed. A materials fee of \$30.00 (cash) is payable to the instructor on the first day of class.

Please Note: To complete all projects, all classes must be attended.

Instructor: Karin Trunz

Six Sessions \$136.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 1-Apr 5 10:30 AM-12:30 PM Z9852X

Painting Techniques from Life

(adults)

An exciting class for painters of all levels! Gain confidence in composing still lifes, setting up unique lighting, and exploring diverse compositional approaches while mastering various painting techniques each week. From drawing and composition, and matching to mixing vibrant new colors for your palette, the instructor will guide you through every step of the process, ensuring you finish with a detailed painting you're proud of. Transition smoothly with photos of each still life to work from in class, or choose from a collection of images. All painting mediums are encouraged, from pastels, gouache, acrylics, and watercolor to of course the queen of all paints oils. Delight in painting a range of subjects, including seashells, teapots, dolls, antique toy cars, glass bottles, porcelain items, animal skulls, and stuffed toys to fresh fruits and vegetables. No matter your skill level, you're welcome to join. Supplies not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 26-Apr 23 1:00-3:30 PM ZAE52A

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

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 4-Apr 8 11:30 AM-1:30 PM Z1752X

Tue, Mar 4-Apr 8 2:00-4:00 PM Z1952X

Tue, Apr 15-May 20 11:30 AM-1:30 PM . . . Z1852X

Tue, Apr 15-May 20 2:00-4:00 PM Z2052X

Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step-by-step manner, you will discover how a professional artist begins, creates, and finishes a work of art. This method of teaching gives you confidence and allows you the freedom to develop your own style. Color theory, composition, application methods, and diverse techniques are used to teach texture and dimension in your paintings. All levels are always welcome. Any students who have taken the course previously can bring in their own reference and one-on-one instruction will be given. Supplies are not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 24-Apr 21 2:00-4:30 PM ZAC52A

Portrait Drawing

(adults)

Portrait drawing is probably one of the hardest, but most inspiring subject matters of art. There is nothing like a fine art portrait of someone you know and love. Demos and critiques will address accuracy in proportion, shape, line, value, and anatomical structure. Each week the instructor will concentrate on a different facial feature in order to hone your drawing skills. Students will learn the tools fundamental to capturing likeness utilizing primarily the medium of charcoal; though other drawing mediums will be incorporated. Please bring \$43.00 for the model fee on the first day of class.

Instructor: Kristin Kunc

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 3-Apr 7 9:30-11:30 AM. ZAK52A

Studio Time with Gina

(adults)

This class is designed as a group art studio class with a professional artist instructing each student individually. Students bring all their own supplies in their specific media of preference; all mediums 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 critiques. All levels of artists, both beginners and seasoned, are always welcome. Please remember to bring in all your supplies for your medium of choice; supplies are not included.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 28-Apr 25 1:00-3:30 PM ZAJ52A

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 the 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.

Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 28-Jun 9 9:30-11:30 AM ZAM52X

No class 5/26

JEWELRY

Metal Clay Basics

(adults)

This versatile medium is very user-friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 6-Apr 10 10:30 AM-1:30 PM ZCX52X

Thu, Mar 6-Apr 10 6:30-9:30 PM ZCY52X

Thu, Apr 24-May 29 10:30 AM-1:30 PM . . . ZCZ52X

Thu, Apr 24-May 29 6:30-9:30 PM ZD052X

Mixed Media Jewelry

(adults)

Join instructors Eileen Reed and Mary Louise Doner for this collaborative jewelry-making workshop. The result will be a stunning bracelet with a fine silver focal piece affixed to a woven beaded bracelet. The workshop starts with the metal clay instructor guiding you through the fine silver metal clay centerpiece. While that piece is being kiln-fired, our bead weaving instructor will help you create an off-loom stitched bracelet. Class includes instruction, metal clay, and kiln firing. Beading materials are not included. A supply list will be provided upon registration. Please bring your own lunch as there will be a short break. This class is suitable for both beginners and advanced students.

Fine Silver Center Focal with Beaded Bracelet

One Session \$125.00 Per Person

Thompson Pk Creative Arts Center

Sat, Apr 26 10:00 AM-5:00 PM ZCR52X

Right Angle Weave ("RAW") Jewelry

(adults)

Return to a classic. Right-Angle Weave ("RAW") dates to the early 1600s in many cultures. It's the bread and butter of off-loom beading techniques. Its versatility allows the creator to stitch extraordinary pieces of jewelry. During this six-week session, the instructor will teach two simultaneous projects, one designed for beginners and another for advanced beginners and beyond. The projects will change every two weeks. Variations of RAW that will be covered include single-row, multi-row, tubular, double RAW, and the elusive cubic right-angle weave ("CRAW"). The instructor will also provide video instructions. The cost of the course does not include supplies; a list will be provided upon registration.

Instructor: Mary Louise Doner

Six Sessions \$105.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 10-Apr 14 9:30 AM-12:30 PM . . ZCS52X

KNITTING & SEWING

ABC's of Sampler Cross Stitch

(adults)

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

Instructor: Rachael Goldman

Four Sessions \$60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Mar 6-27 10:00-11:30 AM Z0152A

Thu, Apr 24-May 15 10:00-11:30 AM Z0252A

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills needed to make clothing, items to beautify your home, gifts, etc. We will start by making something simple like lounge pants or pajama bottoms, then move on to other items as time allows. We will cover understanding and using a pattern, and assembling a garment, including inserting a zipper, hemming, etc. A supply list will be listed on your receipt. **Please Note: Participants must be able to operate the sewing machine they bring to class.**

Six Sessions \$90.00 Per Person

Instructor: Janice Beeby

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 11-Apr 15 7:00-9:30 PM. ZCB52X

Tue, Apr 29-Jun 3 7:00-9:30 PM. ZCC52X

Instructor: Gianna Giezey

Thompson Pk Creative Arts Center

Mon, Mar 3-Apr 7 1:00-3:30 PM. ZCP52X

Mon, Apr 28-Jun 9 1:00-3:30 PM. ZCQ52X

No class 5/26

Get Hooked on Crochet!

(adults)

Looking for a way to relax? Grab a hook and get crocheting! Whether learning for the first time or looking to advance your skills, this class is the perfect fit. Basic projects will be offered for beginners while more advanced students can work on their own. Projects and materials will be discussed on the first day of class.

Instructor: Gianna Giezey

Six Sessions \$72.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 3-Apr 7 6:30-8:30 PM. ZCJ52X

Mon, Apr 28-Jun 9 6:30-8:30 PM. ZCK52X

No class 5/26

Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Join the Deep Cut Gardens Hooks and Needles Club! Every Wednesday afternoon, knitters, hookers, and weavers come to Deep Cut to relax, work on projects, and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

Four Sessions \$9.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 5-26 1:00-3:00 PM. H1252X

Wed, Apr 2-23 1:00-3:00 PM. H1352X

Wed, May 7-28 1:00-3:00 PM. H1452X



Knitting 101 and Beyond

(ages 15 and up)

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

Instructor: Karen Stein

Six Sessions \$72.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Mar 1-Apr 5 10:30 AM-12:30 PM. ZCE52X

Sat, Apr 26-Jun 7 10:30 AM-12:30 PM. ZCF52X

No class 5/24

Thompson Pk Creative Arts Center

Tue, Mar 4-Apr 8 6:30-8:30 PM. ZCG52X

Tue, Apr 29-Jun 3 6:30-8:30 PM. ZCH52X

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

Whether you are a novice or an experienced 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. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$130.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 22-May 13 6:30-8:30 PM. AA552X

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 in cash or check to the instructor on the day of class. All classes are suitable for beginner or experienced weavers.

Instructor: Martha Costain

Two Sessions \$40.00 Per Person

Thompson Pk Creative Arts Center

Spring Décor for Your Front Door

Woven on an oak handle with color accent, this 14"H x 12"W x 2" deep basket can be used between your front and storm doors and even filled with flowers.

Materials fee: \$25.00

Thu, Apr 3-10 10:00 AM-1:00 PM ZBN52X

Classic Melon Basket

Woven on two 8" round hoops, the "God's Eye" ear. Rib construction with a color accent on the handle.

Materials fee: \$20.00

Thu, May 8-15 10:00 AM-1:00 PM ZBP52X

Butterflies, Birds, and Dragonflies

Canvas 

(adults)

Learn to use the Gelli® Plate to make a variety of decorative papers in the color scheme of your choice. Then we will use paint, stencils, a phrase, embellishments, and the decorative papers we made to complete our masterpiece. All supplies are included.

Instructor: Monique Topp

Two Sessions \$69.00 Per Person

Henry Hudson Trail Act Ctr

Thu, May 22-29 6:00-9:00 PM AAA52X

Creative Collage Challenge Class

(adults)

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk"? This class is for you! Instructor Tara Collins will teach composition and various techniques. Each week you will get a new challenge to work on and let your intuition and subconscious brain lead the way! One week it may be a color challenge using different shades of one color, next a shape challenge or a seasonal/nature challenge. It will be a fun, creative setting for art exploration! This class is for those with basic collage and art material understanding.

Four Sessions \$130.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Apr 23-May 14 6:30-8:30 PM AA452X

Egg Etching

(adults)

Participants will discover the art and process of etching eggs as we explore this fun wax-resist method. We will be using a kistka (a beeswax filled tool) to draw designs on real (empty) eggs between bathing them in a solution that will etch the surface of the eggshell with a delicate pattern. We will begin by using dark brown eggs, working with gradients of brown, until we end with white. Participants may decorate their eggs traditionally or create their own designs. Everyone will have the opportunity to take home up to two eggs. No experience is required. If you already know the steps to create pysanky, this will take your work to a whole new level! All materials are provided, but please wear an apron and bring an egg carton. A materials fee of \$20.00 (cash) is due to the instructor upon arrival to class.

Instructor: Jenny Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Sun, Apr 27 12:00-2:30 PM. Z4752X

Sun, Apr 27 3:00-5:30 PM Z4852X

Framing Can Be Easier and Cheaper Than You Think!

(adults)

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

Instructor: Hillary Binder-Klein

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 19 10:00 AM-12:00 PM. Z0352X

Wed, May 14 10:00 AM-12:00 PM Z0452X

Gelli® Printing Mixed Media Class

(adults)

Introducing the Gelli® printing plate! In weeks one through three, we will create unique papers using the Gelli® plate, acrylic paints, patterns, and a brayer. We will explore masking, pattern making, and image transfer techniques. During week four, you will have the choice to make more papers or create something artistic on canvas, greeting cards, or a wood decor item with your papers. Students are required to purchase their own 8"x10" Gelli® plate and a speedball rubber brayer. All other supplies are included.

Instructor: Monique Topp

Four Sessions \$110.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Mar 20-Apr 10 6:30-9:00 PM AA752X

Natural Dyeing with Local Plants + Food Waste

(adults)

Did you know plants can be used to make natural dyes? Explore the magic of plant color while using locally grown plants and food waste to create natural color on fabric. We will use the bundle dye method to create plant prints and patterns on cotton napkins. Students will design two projects and leave with a set of napkins. Pre-mordanted cotton napkins and plant materials will be provided. Please wear studio clothes and bring kitchen gloves.

Instructor: Kelly Bahash

One Session \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, May 3 12:30-4:30 PM Z7952X

New Jersey Art

(adults)

Create a unique piece of art for your home with your city name, exit number, zip code, or NJ phrase. In this class, we will learn to use the Gelli® plate to make a variety of decorative papers in the color scheme of your choice. We will then paint the background of a 10"x20" or 16"x20" canvas. Then we will cut out each county from our decorative papers, collage them to a template, and then onto our canvas. Finishing the canvas with a phrase and heart to reference your city's location. All supplies are included.

Instructor: Monique Topp

Two Sessions \$69.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Apr 24-May 1 6:00-9:00 PM AA852X

The Art of Pysanky

(adults)

Celebrate spring with the beautiful and ancient art of pysanky, Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun class, we will learn the process of layering beeswax and dyes to create striking patterns and your very own stunning egg. Participants will also learn the rich history of this folk art. No experience is required. A materials fee of \$15.00 is payable to the instructor. Please bring an apron and an egg carton or container to bring home your creation.

Instructor: Jenny Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 2 12:00-2:30 PM Z4352X

Sun, Mar 2 3:00-5:30 PM Z4452X

Tue, Apr 8 5:00-7:30 PM Z4552X

Thu, Apr 17 5:00-7:30 PM Z4652X

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion, and grouting. No experience is necessary. All materials provided for a supply fee of \$85.00 (cash or check) payable to the instructor on the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sat, Mar 1-Apr 5 1:00-3:00 PM Z6052X

Sat, Apr 26-Jun 7 1:00-3:00 PM Z6152X

No class 5/24

Tue, Mar 4-Apr 8 10:00 AM-12:00 PM Z6252X

Tue, Apr 22-May 27 10:00 AM-12:00 PM Z6352X



Spring Craft Show

Support over 40 unique, homegrown artists and artisans while shopping for Mother's Day, Father's Day, graduations, communions, weddings, and more!

HOME DECOR | JEWELRY | HAND-SEWN/CROCHETED ITEMS
NAUTICAL ITEMS | PET ITEMS | PHOTOGRAPHY
POTTERY & CERAMICS | SEA GLASS ART | WREATHS
AND MUCH MORE!

**SATURDAY,
APRIL 12**

**9:00 AM-
2:00 PM**

**Fort Monmouth
Recreation Center**

FREE ADMISSION • FREE PARKING

Interested in becoming a vendor?
Crafter applications are available on the Spring Craft Show page of our website.

www.MonmouthCountyParks.com

Intermediate Mosaics

(adults)

This is the next step 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 are provided by the instructor for a fee of \$85.00 (cash or check) payable at the first class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sat, Mar 1-Apr 5 10:00 AM-12:00 PM . . . Z6452X

Sat, Apr 26-Jun 7 10:00 AM-12:00 PM. . . Z6552X

No class 5/24

Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. In this class, students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns and you will advance at your own rate. All supplies will be provided by the instructor for a supply fee of \$125.00 (cash or check) due the first day of class.

Instructor: Harvey Altman

Six Sessions \$90.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Mon, Mar 3-Apr 7 10:00 AM-12:00 PM . . . Z5652X

Mon, Apr 21-Jun 2 10:00 AM-12:00 PM. . . Z5752X

No class 5/26

Wed, Mar 5-Apr 9 10:00 AM-12:00 PM . . . Z5852X

Wed, Apr 23-May 28 10:00 AM-12:00 PM . Z5952X

“

Harvey Altman was a phenomenal instructor! I learned so much about stained glass and have now made it my latest hobby.

”

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind, and solder a stained glass mosaic while crafting a one-of-a-kind project to take home. All materials are provided by the instructor for a materials fee of \$125.00 (cash or check) paid on the first day of class.

Instructor: Harvey Altman

Six Sessions \$90.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Tue, Mar 4-Apr 8 1:00-3:00 PM Z5452X

Tue, Apr 22-May 27 1:00-3:00 PM Z5552X

PHOTOGRAPHY

iPhone Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smartphone or tablet. We will use free apps to organize and edit our photos. An iOS device (iPhone or iPad) is required. This class does not cover Android devices as they control the cameras differently. iOS devices only, please.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Tue, Apr 29-May 13 6:00-8:00 PM Z9052X

Photography - Meet Your Digital SLR*

(adults)

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as aperture, shutter speed, ISO, white balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations.

Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with instructor Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 4-Apr 8 10:00 AM-1:00 PM Z9952X

SOAPMAKING

Beginner Soapmaking

(adults)

Roll up your sleeves and begin making wholesome, healthful, and artistic novelty soaps with a natural melt-and-pour soap base. Techniques taught include mosaic soap bars, loofah bars, and more using botanicals and additives. Unleash your creativity by customizing your soaps with color and fragrance oils. This hands-on class is a great start to the world of soapmaking. Please bring an 8 oz. or 16 oz. glass measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival to class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Apr 5 11:00 AM-12:30 PM A4952X

Advanced Soapmaking and Skincare

(adults)

Discover how to create beautiful and healthful soaps using milks, fragrance oils, loofahs, and botanicals during this hands-on class. You will learn how to layer your soaps with different colors and additives as well as other secret techniques of the trade. You will also learn how to formulate a skincare product using ingredients from your kitchen. Get ready to have fun and express your best self! Please bring an 8 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is due to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 10 11:00 AM-12:30 PM. A0152X

Soapmaking Mother's Day Trifecta Class

(adults)

We will formulate three skincare delights comprising a handmade soap, a butter balm, and a bath/foot soak. You will learn how to create these wonderful treats from scratch using milks, oils, botanicals, salts, clays, and fragrances. Each participant will create and package their very own bundle for a special Mother's Day treat. Won't you join the fun? Please bring an 8 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, May 3 11:00 AM-12:30 PM A2052X

CULINARY ARTS

A Chef's Tasting

(adults)

Enter the world of catering with Chef Stephen as he guides you through his most popular dishes from his best-selling classes. You will practice hands-on techniques and work on your knife skills. With the menu being a bit fancier than usual, these recipes will take your palate and your skills to a new level. Your guests will come back asking for more.

Menu: Palmiers with Olives, Thyme, and Red Pepper; Stuffed Parmesan Crusted Chicken; Couscous with Pine Nuts and Golden Raisins; Dessert - Sicilian Love Cake
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 17 10:00 AM-12:30 PM MAY52X

Thu, Apr 17 6:00-8:30 PM MAZ52X

Afternoon British Tea – Creating the Perfect Party Mother's Day Edition

(adults)

Spend a delightful day making all the wonderful treats found at traditional afternoon tea. From scones to finger sandwiches, you'll try your hand at some petite portioned treats and learn how to put the whole event together. Whether you're hosting a bridal or baby shower, or just spending time with dear friends, you'll have confidence that you can create an elegant afternoon tea.

Menu: Sweet Palmiers with Raspberry Jam, Cranberry Orange Scones, Tea Sandwiches, Chicken Salad (Grapes, Diced Celery & Chopped Pecans) in Phyllo Cups
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 1 10:00 AM-12:30 PM. MBB52X

Thu, May 1 6:00-8:30 PM MBC52X



American Home Cook Classics

(adults)

Let's enjoy a meal from a time when life was simpler. When we weren't attached to our cell phones and DoorDash was not an option, we more often enjoyed the simple pleasure of a home-cooked meal. These recipes are so delicious and easy that they will take you right back to the good times.

March Menu: Chef Stephen's Chicken Pot Pie with Puff Pastry Tops, Hearty Winter Chili, and a Cast Iron Skillet Surprise Dessert

May Menu: Pasta Primavera with Seasonal Vegetables, Cilantro and Lime Chicken, Chunky Veggie and Bean Salad
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 13 10:00 AM-12:30 PM MA452X

Thu, Mar 13 6:00-8:30 PM MA552X

Fri, May 2 10:00 AM-12:30 PM MA652X

Best Burgers EVER!

(adults)

Around the country, people are daring to experiment with that iconic American classic – the burger. Dare to join them and ditch the beef in favor of pork, turkey, or seafood. Add your favorite flavor profiles – like American Classic, Latin, or Asian – almost any cuisine you can name. The Chef will give you the culinary skills to create a heavenly bite for your taste buds, as we mix it up to create the best burgers ever!

Menu: Salmon Burger with Honey Soy Glaze, Napa Valley Cabernet Burger, and Chicken Taco Burger

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 30 6:00-8:30 PM MB552X

Tue, May 27 10:00 AM-12:30 PM MB652X

Tue, May 27 6:00-8:30 PM MB752X

Buttercream Flowers

(adults)

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

Instructor: Kimberly Megill

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Apr 28 6:00-8:00 PM A6352X

Mon, May 19 6:00-8:00 PM. A6452X

Cast Iron Skillet Cooking - Traditions with a Twist

(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 and Chocolate Chip Bar Cookie Cake
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Mar 10 6:00-8:30 PM M9552X

Tue, Mar 11 10:00 AM-12:30 PM M9652X

Mon, May 12 6:00-8:30 PM. M9752X

Tue, May 13 10:00 AM-12:30 PM M9852X

Cast Iron Skillet Tribute Class: Kent Rollins

(adults)

The original non-stick pan. Whether you are dusting off the pan that was handed down by your grandparents or bought one and were never sure what to do with it, this class is for you! Let's up your kitchen repertoire by cooking the Kent Rollins Cast Iron Skillet way. You will see how this true Oklahoman Cowboy Cook has taught the country how versatile these pans are. You will also learn how to season and properly care for your pans.

Menu: Pinwheel Steak Pie, Mexican Tres Corn Bake, and a skillet Black Forest Cherry dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 16 10:00 AM-12:30 PM MA152X

Wed, Apr 16 6:00-8:30 PM MA252X

Thu, May 8 6:00-8:30 PM MA352X



Attending cooking classes at any age offers the opportunity to become more confident in the kitchen, better understand ingredients and nutrition, and learn to properly plan your menus.

DID YOU KNOW?

Cast Iron Skillet/Catch of the Day "Mash Up"

(adults)

Are you casting your line in the water this summer or visiting your favorite seafood market? How about taking out your cast iron skillet for your Catch of the Day. With Chef Stephen Wolff's guidance, we'll explore different techniques using your cast iron to cook our fish to perfection. This class is a mash up of our two popular classes.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 7 6:00-8:30 PM MBF52X

Catch of the Day

(adults)

Have you been intimidated to cook fish at home? Are you curious how to get your fish crispy yet still juicy? Chef Stephen Wolff will show you how to cook restaurant quality seafood right in your own home. Pair that with a delicious sauce or glaze and you are on your way to a five-star meal cooked fresh by you!

Menu: Baked Flounder Parmesan, Sesame Crusted Salmon, and a Sweet and Tangy Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 5 6:00-8:30 PM. M8852X

Fri, Mar 7 10:00 AM-12:30 PM. M8552X

Wed, Apr 23 10:00 AM-12:30 PM. M8652X

Wed, Apr 23 6:00-8:30 PM M8952X

Chocolate Making Basics

(adults)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructor: Kimberly Megill

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 24 6:00-9:00 PM. A6252X

Clams and Shrimp

(adults)

Tonight, let's cook two of our favorite kinds of seafood – clams and shrimp – three ways each. Clams were made for white wine, butter, garlic, and linguini. Next, steamed in a spicy tomato sauce – Fra Diablo – with just a touch of crushed red pepper. Then, deep fried with three sauces: garlic mayo, horseradish cream, and the classic remoulade. For the shrimp, we'll start with lemon roasted served over risotto; next sautéed with sausage; and lastly fried with three sauces: honey mustard, orange hoisin, and a bang-type sweet chili sauce. We'll end our feast with a delicious chocolate chip ice cream. Please bring your knife and apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 1 6:00-9:30 PM A9952X

Cooking 101

(adults)

Professional tips and popular kitchen "hacks" will make your time in the kitchen more enjoyable. Let's start at the very beginning, with some basic skills and hands-on practice. Raise your confidence by learning how to properly season your food, understanding those tricky culinary terms in recipes, knife skills, and more. You'll leave class ready to create some delicious meals for you and your loved ones!

Menu: Pan Seared Chicken Scampi with Rice Pilaf, Mexican Sliced Beef Fajitas, and an Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Mar 18 10:00 AM-12:30 PM MA752X

Cooking with Liquor & Spirits

(adults)

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

Menu: Napa Valley Cabernet Burgers, Easy Coq au Vin, and Cherries Jubilee with cream

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 20 10:00 AM-12:30 PM MAB52X

Mon, Mar 24 6:00-8:30 PM MAC52X

Tue, Mar 25 10:00 AM-12:30 PM MAD52X

Cue' Around the World

(adults)

Let's take that quintessential American favorite – the backyard barbecue – to a whole new level. We'll explore barbecue flavors and techniques from around the world through mouth-watering recipes you'll enjoy making again and again. Techniques for this class include temperature, marinades, dipping sauces with paired sides, and more.

Menu: Grilled Cuban Mojo Pork Chops with Lime Cilantro Rice and Tandoori Chicken aka Chicken Murghi with Grilled Flatbreads

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 22 10:00 AM-12:30 PM MBQ52X

Thu, May 22 6:00-8:30 PM MBR52X

Thu, May 29 10:00 AM-12:30 PM MBS52X

Thu, May 29 6:00-8:30 PM MBT52X

Dinner in 20 Minutes

(adults)

Everyone wants a good meal on the table after a long workday. Tonight, Chef Stephen Wolff will give you the tools to get a delicious meal on the table within 20 minutes. Join us in the kitchen as the chef shows you knife skills, helpful hints, tips, and tricks.

Menu: Unstuffed Peppers, Easy Baked Chicken Cordon Bleu & Skillet Berry Cobbler

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Apr 1 10:00 AM-12:30 PM MAN52X

Group Cooking Classes

Book a private class for family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef. Perfect for parents' night out, teen groups, and more!

Cost: \$325.00 for 4-6 people, ages 13-adult, for a 2 1/2 hour weeknight class

Location: Fort Monmouth Recreation Center

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, call 848-456-4278, ext. 9#.



Eat to Beat Illness

(adults)

Health begins at the end of your fork! Many modern chronic health conditions are preventable and reversible with lifestyle medicine. Nutrition is the prevention and the cure. The key to a healthy and happy life all begins in the kitchen. Forget all the trendy diets promising instant relief and weight loss, come learn foundational principles of healthy eating that are delicious and sustainable! Be prepared to join in the fun of cooking during this combo demonstration and hands-on class.

Instructor: Lisa Vento, CFHC

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 31 6:00-8:00 PM AAC52X

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 Stephen guides you through the skills to prep your meats and veggies for those summer cookouts. Get your practice now, before those Memorial Day BBQs begin!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, May 5 6:00-8:30 PM MBD52X

Tue, May 6 10:00 AM-12:30 PM MBE52X

Flavors of Eastern European

(adults)

When one thinks of European food, many countries come to mind. Today, we will take a culinary trip to Poland, Ukraine, and Hungary. Comfort foods from our ancestors that sustained them through the good times and bad. Let's get some hands-on experience making these traditional dishes.

Menu: Stuffed Cabbage, Easy Goulash, and an Old-Fashioned Honey Babka Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 12 10:00 AM-12:30 PM M9952X

Wed, Mar 12 6:00-8:30 PM MA052X

Flavors of the Mediterranean

(adults)

Why not liven up your weekly dinners with some wonderful Mediterranean flavors? Well known for their healthy lifestyle and flavorful dishes, Chef Stephen will help you get there with three fantastic recipes. This is a hands-on class so get ready!

Menu: Farro Salad with Arugula, Spanakopita Triangles & Baklava Cigars

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Apr 25 10:00 AM-12:30 PM MB852X

Mon, Apr 28 6:00-8:30 PM MB952X

Tue, Apr 29 10:00 AM-12:30 PM MBA52X



Flavors of the Orient: Thailand and The Philippines

(adults)

When one thinks of Asian cuisine, many ideas come to mind. Some people go right to Chinese food while others may think of Japan and sushi, Thai, or Southeast Asia. We'll focus on Southeast Asia, where the flavors are more tropical – think lemons, fresh ingredients – and our focus will be on authentic regional dishes!

Menu: Lumpia (Filipino Spring Rolls) and Shrimp Pad Thai

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 19 6:00-8:30 PM MA852X

Wed, Apr 2 10:00 AM-12:30 PM MA952X

Wed, Apr 2 6:00-8:30 PM MAA52X

Frugal Gourmet

(adults)

Do you want to step up your culinary skills and prepare a gourmet meal without breaking the bank? Why not join Chef Stephen in the kitchen as he gives you tips and tricks to prepare a fabulous gourmet meal on a budget?

Menu: Meatless Stuffed Mushrooms, Chicken Roulade, and Chef Stephen's Bananas Foster in Pastry Cups with fresh cream

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 26 10:00 AM-12:30 PM MAF52X

Wed, Mar 26 6:00-8:30 PM MAG52X

Fun with Phyllo

(adults)

Always wanted to play with phyllo dough but not sure where to start? Tonight, Chef Stephen will present one savory and one sweet phyllo recipe to get you into the groove.

Menu: Spanakopita Triangles and Baklava Cigars

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Mar 28 10:00 AM-12:30 PM MAK52X

Mon, Mar 31 6:00-8:30 PM MAM52X

Garden to Table

(adults)

Get creative with fresh fruits and vegetables from your garden or favorite farmer's market. Chef Stephen has some clever ideas to reinvent your veggie dishes.

Menu: Vegetable Towers with sliced mozzarella and balsamic glaze, Stuffed Zucchini Boats with fresh herbs, and Chilled Thai Watermelon Soup

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, May 19 6:00-8:30 PM MBK52X

Tue, May 20 10:00 AM-12:30 PM MBM52X

Wed, May 28 10:00 AM-12:30 PM MBN52X

Wed, May 28 6:00-8:30 PM MBP52X

Hawaiian Luau

(adults)

Summer is the best time to get together with your friends. Why not wow your friends with a Hawaiian Luau? We have some fun recipes to present so grab your grass skirt and leis and join Chef Stephen as he helps you plan the perfect summer luau.

Menu: Huli Huli Chicken, Hawaiian Cole Claw, and Virgin Mai Tai

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, May 21 10:00 AM-12:30 PM MBU52X

Wed, May 21 6:00-8:30 PM. MBV52X

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays out the steps to make the perfect pierogi, just like her grandmother taught her. Learn how to create the dough, mix a traditional, homestyle potato filling, and practice the technique for rolling, cutting, and stuffing the pierogi. Grab a kielbasa and invite your friends over for a true Pierogi Party!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 1 10:00 AM-1:30 PM M9352X

Sat, Apr 5 10:00 AM-1:30 PM M9452X

Irish Pub Food

(adults)

What better way to kick off the month of March than paying tribute to St. Patrick's Day with delicious Irish pub food? Tonight, Chef Stephen Wolff will invoke the luck of the Irish with a menu that will have our students of every nationality wearing Kelly green for the month. Menu: Guinness Irish Stew, Beer Battered Cod & Chips, and a surprise dessert made by Mrs. Chef!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Mar 3 6:00-8:30 PM. M8252X

Tue, Mar 4 10:00 AM-12:30 PM M8352X

Mon, Mar 17 6:00-8:30 PM. M8452X

“

Peter De Celie is one of the best instructors I've encountered for cooking classes. He's incredibly well-prepared and makes sure we understand any potential kitchen hazards for safety.

”

Italian BBQ

(adults)

Italian flavors and ingredients will be cooked and tasted outside over charcoal tonight. We'll start with grilling ciabatta rubbed with garlic and tomato to warm up your palate. Next, a grilled asparagus warm antipasto, followed by shrimp, basil, and oranges. Eggplant grilled and topped with peppers and oregano will accompany the flank steak and asiago "muffuletta". This savory meal has to be finished with an affogato. Tonight's version will be hazelnut chocolate ice cream and espresso with a grilled strawberry sauce and mint sauce. Sit back and relax tonight. Tonight, Chef Peter De Celie will cook for you. Ciao!

One Session \$69.00 Per Person

Dorbrook Rec Area Act Ctr Barnview Shelter Bldg

Tue, May 20 6:00-9:30 PM AA052X

Mangiare Bene!

(adults)

Eat Well, Be Well - the Italian way! Enjoy an evening learning about the Italian way with food, how to nourish the body with food, choose the right healing foods, and how to prepare and mindfully enjoy an Italian feast. Participation is optional, deliciousness is guaranteed. Feast on your favorite Italian meals prepared with seasonal, local healthy ingredients.

Instructor: Lisa Vento, CFHC

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Apr 7 6:00-8:30 PM AAE52X

Mexican Grille

(adults)

Take those fabulous Mexican flavors and put them on the grill! Chef Stephen will introduce you to making your own taco seasoning mix, chili lime rub, to create the perfect Mexican grilling experience at home.

Menu: Mexican Steak Torta, Margarita Grilled Shrimp, and Street Corn with all the fixins'

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, May 9 10:00 AM-12:30 PM MBG52X

Wed, May 14 10:00 AM-12:30 PM MBH52X

Wed, May 14 6:00-8:30 PM. MBJ52X

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 \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Apr 21 6:00-8:30 PM MB052X

Tue, Apr 22 10:00 AM-12:30 PM MB152X

Puff Pastry Magic

(adults)

Would you like to learn the magic behind puff pastry? Although we will not be making it from "scratch," as that's a three-hour process in itself, you will see how you can take a simple store-bought dough and turn it into a gourmet treat. Experience the magic that is puff pastry in this hands-on class.

Menu: Roasted Veggie Turnover with Goat Cheese, Asparagus and Leek Tart, and a Fresh Apple Galette

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Apr 14 6:00-8:30 PM MAW52X

Tue, Apr 15 10:00 AM-12:30 PM MAX52X

Springtime Appetizers and Hors D'ouvres

(adults)

Thinking of having the ladies and gents over for a springtime lunch? Instead of a heavy meal, why not invite them over for a "pass-around" party? Chef Stephen will dazzle you with edible delights as you learn flavors that will please even the pickiest guests. These small bites will be big in flavor!

Menu: Asparagus Bundles, B.L.A.T. (bacon, lettuce, avocado, tomato) Toasts, Stuffed Baby Potatoes, Savory Skewers, and Homemade Hummus

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Apr 9 10:00 AM-12:30 PM. MAR52X

Wed, Apr 9 6:00-8:30 PM MAS52X

Fri, Apr 11 10:00 AM-12:30 PM MAT52X

Sushi for Beginners

(adults)

We are on a roll with homemade Sushi. Chef Stephen will demonstrate and then you will get hands-on instruction so you can make your own sushi rolls. Start with the specialty rice cooked to perfection followed by the authentic Nori paper, and traditional fillings and sauce. Your friends and family will think you just got back from a year in Japan!

Menu: California Roll, Spicy Tuna Roll, Salmon Roll, Veggie Roll

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 6 6:00-8:30 PM M9052X

Fri, May 16 10:00 AM-12:30 PM. M9152X

Fri, May 16 6:00-8:30 PM M9252X

Sweet and Savory Calzones

(adults)

Calzones are an Italian turnover stuffed with an array of ingredients. Pretty much anything that goes on a pizza can go into a calzone, but did you know you can make them sweet as well? Today you will make your own fresh dough and learn the techniques of mixing, kneading, and shaping it to make a delicious treat.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Mar 21 10:00 AM-12:30 PM MAE52X

The Art of Fruit Carving... and Veggies Too!

(adults)

Fun ways to turn your favorite fruits and vegetables into beautiful works of art. Who doesn't love the midnight buffet on a cruise ship or a wonderful centerpiece at a wedding or Bar Mitzvah? Chef Stephen will demonstrate food art you can do in your own home. You will be able to present food artistically at your next party or get together. Get ready for some advanced knife skills.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 10 10:00 AM-12:30 PM MAU52X

Thu, Apr 10 6:00-8:30 PM MAV52X

Tribute Class: Lidia Bastianich

(adults)

If you watched Lidia's Kitchen on PBS you learned how wonderful her simple, delicious, and fresh meals are. Renowned chef Lidia Bastianich was one of the first television chefs to make Italian-American cuisine approachable to viewers. Join us as we recreate some of her time-honored favorites.

Menu: Chicken Scallopine in Lemon Caper Sauce with Spinach, Wild Berry and Fruit Lasagna, and Fennel Salad with Mozzarella, Celery, Red Onion, and Salami

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 27 10:00 AM-12:30 PM MAH52X

Thu, Mar 27 6:00-8:30 PM MAJ52X

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), Loose Meat Sandwiches aka Sloppy Joes with a Twist (Midwest), and Easy Boston Crème Trifle

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 24 10:00 AM-12:30 PM MB252X

Thu, Apr 24 6:00-8:30 PM MB352X

Thu, May 15 6:00-8:30 PM MB452X

You Had Me at Bacon!

(adults)

Who doesn't love the smell or taste of bacon? Did you know you can do more with bacon than just serve it at breakfast as a side dish with eggs? Chef Stephen will introduce you to some fun dishes you can make using bacon.

Menu: Maple and Brown Sugar Candied Bacon, Cranberry and Bacon Jam, Loaded Bacon and Potato Chowder, and more

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$69.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Apr 7 6:00-8:30 PM MAP52X

Tue, Apr 8 10:00 AM-12:30 PM MAQ52X

EDUCATION & ENRICHMENT

GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game. This is not an instructional program; for experienced players only.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Mar 3-Apr 14 10:00 AM-12:00 PM . M2452X

Mon, Apr 28-Jun 9 10:00 AM-12:00 PM . . MCG52X

Learning Mahjong for Beginners

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. Our instructor will guide you through how to play using American rules of the game. This is a program for those with little to no experience.

Seven Sessions \$40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 4-Apr 15 11:30 AM-1:30 PM . . . M2752X

Fort Monmouth Rec Ctr Atrium Room

Thu, Mar 6-Apr 17 12:30-2:30 PM MCH52X

Fort Monmouth Rec Ctr Program Room C

Tue, Apr 29-Jun 10 11:30 AM-1:30 PM . . MCE52X

Fort Monmouth Rec Ctr Atrium Room

Thu, May 1-Jun 12 12:30-2:30 PM MCJ52X



Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open-play format.

Please Note: No instruction is provided. These sessions are for players who have knowledge of how to play. Those with no previous knowledge of the game should register for Learning Mahjong for Beginners.

Seven Sessions \$30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong. Please see our Beginner Mahjong description for instructional classes.

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 3-Apr 14 10:00 AM-12:00 PM . M2552X

Mon, Apr 21-Jun 2 10:00 AM-12:00 PM. . MCA52X

Wed, Mar 5-Apr 16 10:00 AM-12:00 PM. . MC752X

Wed, Apr 23-Jun 4 10:00 AM-12:00 PM. . MCD52X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 4-Apr 15 9:30-11:30 AM M2652X

Tue, Apr 29-Jun 10 9:30-11:30 AM. MCF52X

Wed, Mar 5-Apr 16 9:30-11:30 AM. MC652X

Fort Monmouth Rec Ctr Program Room C

Thu, Mar 6-Apr 17 9:30-11:30 AM MC852X

Fort Monmouth Rec Ctr Atrium Room

Wed, Apr 23-Jun 4 9:30-11:30 AM MCC52X

GENEALOGY

Organizing Your Research NEW

(ages 14 and up)

All the documents, notes, websites, photographs, and correspondence related to genealogy research can accumulate quickly. Explore how to utilize family group sheets, creating ancestor charts, and other methods to keep your family details organized. We will also discuss how to file your research onto your computer and what to take when you leave home to do additional research. The presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 5 2:00-4:00 PM. Q3352X

SAFETY

Boat America

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks.

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$82.50 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 1 8:30 AM-5:00 PM Q2952A

Sat, Apr 12 8:30 AM-5:00 PM Q3052A

Sat, May 3 8:30 AM-5:00 PM. Q3152A

Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely, and effective manner. Certified instructors will guide you through various learning stations to you're your ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 19 6:30-10:00 PM Q2252A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent, or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children, and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

One Session \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Apr 26 10:00 AM-12:30 PM. Q2052A

Thu, May 29 7:00-9:30 PM Q2152A

Thompson Pk Vis Ctr Beech Room

Wed, Mar 5 7:00-9:30 PM. Q1652A

Sat, Mar 22 10:00 AM-12:30 PM Q1752A

Wed, Apr 9 7:00-9:30 PM Q1852A

Sat, May 10 10:00 AM-12:30 PM Q1952A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury, and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, May 3 10:00 AM-12:30 PM Q2552A

Thompson Pk Vis Ctr Beech Room

Sat, Mar 8 10:00 AM-12:30 PM Q2352A

Wed, Apr 16 7:00-9:30 PM Q2452A

SPEAKING

Getting Paid to Talk

(adults)

From audiobooks to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind the scenes in the voice-over field for a fun and realistic look at how the process really works. You'll gain inside perspective on developing skills, how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice-over under the direction of the instructor.

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Apr 21 6:30-9:00 PM A1052X

Hablemos-Spanish Conversation Group

(adults)

Grupo de Conversacion en Español. Are you looking for ways to practice your Spanish? Our Spanish Conversation Group allows you to meet people interested in learning the language and provides you with a safe space where you can practice what you've learned in a fun, casual conversational manner. From beginners to native speakers, all are welcome. Topics may include culture, literature, movies, food, hobbies, and games. Basic Spanish knowledge is required.

Six Sessions \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 6-May 22 6:00-7:00 PM D2152X

Class meets 3/6, 3/20, 4/10, 4/24, 5/8 & 5/22

WRITING

Writing Out Loud: Writing from the Heart for Women

(adults)

Do you love to write? To journal? To muse? To unleash your inner voice and the power it holds for you and possibly for others? Do you wish you had an enthusiastic and supportive group of like-minded women to do it with? Then, you've found your writing home. This four-week workshop is very similar to the "Write Out Loud: Writing Your Memoir" workshop offered in April, but without the memoir-writing specific information. It is about being a part of a supportive and creative group of women who love to write, not critique and technique. Bring a notebook and a writing utensil to class. Bring a notebook and writing utensil or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 4-25 6:30-9:00 PM A4752X

Tue, May 6-27 6:30-9:00 PM AAS52X

Write Out Loud: Writing Your Memoir

(adults)

Writing a memoir can be like jumping off a cliff and diving into the depths. It takes courage, heart, and a desire to unearth our truth. In this four-week workshop, we will silence our inner critic and find our voice. We will discuss memoir writing (theme, purpose, audience, narrative, authenticity, memory, dialogue, and more) and work on related take-home assignments each week. Those who wish to can read their stories out loud in a safe and supportive environment. This workshop is about empowerment, encouragement, trust, and heart, not critique. If you're already in the process of writing your memoir or have been looking for an opportunity to get started or just want to write your stories (but not a full memoir), this workshop is a highly interactive, motivational, and fun place to do it! Bring a notebook and writing implement or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Apr 2-23 6:30-9:00 PM A4852X

HEALTH & WELLNESS

Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. We will learn about seven of the wheelhouses (Chakras), their individual sounds, and how to focus in on them as part of our daily meditation so we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 27-Apr 17 7:00-8:00 PM Q0152X

Thu, May 1-22 7:00-8:00 PM Q0252X

Manasquan River Greenway Winter Run Act Ctr Barn

Sat, Apr 26-May 24 9:00-10:00 AM. Q1552X

No class 5/17

Emotional Eating Workshop Series *(adults)*

Do you struggle with constant cravings especially for "feel good" foods? Do you eat when you are bored, nervous, excited, or sad? Do you habitually overeat? In this workshop, we will talk about the physiological, mental, and spiritual causes of emotional eating. You will learn how to nourish, cleanse, move, and relax to reduce cravings and excessive hunger. We will practice breathwork, mindfulness, meditation, and releasing emotions to improve your relationship with food and feel better mentally and physically. Bring a pen, journal, and blanket or yoga mat.

Instructed by: Lisa Vento, CFHC

Four Sessions \$100.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, May 1-22 6:00-7:15 PM AAF52X

Emotional Spring Cleaning Workshop *(adults)*

Do you experience digestive issues, pain, fatigue, or low energy? Do you feel like you are on an emotional roller coaster most of the time? If so, you could be holding on to unwanted emotional baggage that could potentially lead to chronic illness. There are many ways to clear, release, and recover from physical and emotional pain once and for all. With practice and consistency, you can master your emotional intelligence and regain your well-being. We will work with essential oils, journaling, tuning forks, and EFT (emotional freedom technique) to support emotional release.

Instructed by: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Apr 17 6:00-8:00 PM AAG52X

Functional Principles of Digestion and Detoxification*(adults)*

"Health begins in the gut." - Hippocrates

Discover how and why your gut and liver hold the secret to overall well-being. Learn how to eat, cleanse, and destress to improve gut function, and support innate detoxification thereby improving your overall health. Eight steps to optimize your physical and mental wellness will be discussed. You CAN improve chronic health conditions, prevent disease, and age beautifully!

Presented by: Lisa Vento, CFHC

One Session \$30.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Mar 10 6:00-8:00 PM AAB52X

Heart-Healthy Living *(adults)*

Join Lauren Grogan, Holistic Health Coach & Registered Yoga Teacher, and explore how to maintain a strong and healthy heart through nutrition, exercise, and stress management. This seminar focuses on understanding heart disease risk factors and implementing important lifestyle changes to support cardiovascular health. Handout will be provided.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Apr 30 6:00-7:30 PM A2252X

Meal Planning Basics *(adults)*

Lauren Grogan, Holistic Health Coach & Registered Yoga Teacher, will teach you the basics of meal planning. You'll save time, reduce stress, and create balanced meals. We'll cover meal structure, using leftovers, and planning efficiently to suit your family's needs. You'll leave with practical tips and a sample plan to get started!

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Apr 2 6:00-7:30 PM A2152X

Meditation Retreat*(adults)*

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with morning meditation. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice mindful mealtime. We will finish our day with Chakra and Reiki meditations. Please pack a lunch/snacks and outer weather gear for walking.

One Session \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, May 17 9:00 AM-3:00 PM Q0652X

Morning Meditation*(adults)*

Mornings can set the tone for the energy you have for the rest of the day. We will learn different exercises in breath control, imagery, mindfulness, and Reiki. These will help you bring the energy of peace and strength to your day. We will finish each session with a gentle walk outside where we will make our connection to the earth. Please bring a yoga mat/blanket. Chairs will also be provided.

Four Sessions \$65.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Fri, Mar 21-Apr 11 9:00-10:30 AM Q1352X

Physical Healing & Rebuilding Core Strength

(adults)

This workshop is dedicated to helping new mothers reconnect with their bodies after birth. A certified postpartum specialist will cover gentle core and pelvic floor exercises, posture alignment, and safe movement techniques that aid recovery and reduce common postpartum discomforts. Come restore strength and confidence in a supportive setting. Wear comfortable clothing and bring a yoga mat to class.

Presented by: Chrissy Signore of Correlation.Fit

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Mar 25 10:30 AM-12:00 PM AA252X

Qi-Facial & Acupressure Points

(adults)

Practice stroking and tapping techniques on acupressure points all over your face to stimulate the movements of Qi throughout your internal organs. Learn how to massage your face and neck to move your lymphatic fluids to detox waste for a healthier glow to your skin. We will combine these techniques with the use of essential oils and butter balms for anti-aging as well as discuss foods that support the skin's vitality and youthful appearance. All these self-care techniques will release stress and help you practice mindfulness.

Instructor: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, May 13 6:00-7:30 PM A4352X

Reclaim and Recharge

(adults)

This four-part series is designed for moms in the fourth trimester, focusing on physical, emotional, and personal recovery. Each session will cover gentle core and pelvic floor exercises, mindful self-care practices, and group support to navigate postpartum changes. Week by week, you'll work on rebuilding strength, exploring your new identity, managing stress, and finding balance in motherhood. This supportive program empowers you with tools and techniques to feel grounded, confident, and recharged. Connect with other moms on a journey to reclaim wellness in a warm, encouraging environment. Wear comfortable clothing and bring a yoga mat to class.

Presented by: Chrissy Signore of Correlation.Fit

Four Sessions \$95.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 27-May 8 11:00-11:45 AM AA352A

Small Steps, Big Impact: Mastering Sustainable Habits

(adults)

In this interactive workshop, learn how to create lasting change through the power of small, manageable habits. We'll explore the science behind behavior change and identify effective strategies for forming new habits while letting go of those that no longer serve you. By the end of the session, each participant will have a personalized action plan, empowering them to make sustainable shifts in daily routines. Discover how tiny steps can lead to powerful, lasting transformation in your life!

Presented by: Chrissy Signore of Correlation.Fit

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 26 6:00-7:30 PM AA152X

Spring Renewal with Meditation and Manifestation

(adults)

Spring is a time for rebirthing ideas and desires. You can renew your mindset, gain clarity about your desires, and manifest your dream life. You will be led through intention setting, guided meditation, and vision boarding to gain tools to live a more purpose-driven and happier life.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Tatum Pk Holland Act Ctr

Mon, May 12 6:00-8:00 PM. AAH52X

T'ai Chi Chih & Meditation

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Three Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 7-28 10:30 AM-12:30 PM A8252X

No class 4/21

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose solidly based on long-existing Asian principles of Chi cultivation. This enjoyable, easy-to-learn evidence-based and unique practice is user-friendly for Western culture. The movements are active balance and circulate the vital life force energy. Regular practice can result in significant favorable effects on stress, body function, balance, ease of movement, mind clarity, and general health.

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

Beginner

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Mar 21-Apr 25 11:30 AM-12:50 PM . . . A8752X

Begin or Review!

This class is both an initial exposure for the new student and a review for the returning student. If the weather is nice, class may be outdoors, but held indoors in inclement weather.

Four Sessions \$98.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Apr 3-24 12:30-2:00 PM A8352X

Sat, Apr 5-26 10:30 AM-12:00 PM A8452X

Sat, May 31-Jun 21 10:30 AM-12:00 PM . . A8552X

Manasquan River Greenway Winter Run

Thu, May 22-Jun 12 6:30-8:00 PM A8652X

Intermediate

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Mar 21-Apr 25 10:00-11:20 AM A8852X

The Practice of Possibilities & The Power to Change

(adults)

What practices and strategies create the inspiration for positive possibilities to occur? How we are affected by the lasting changes we seek.

Instructor: Grace Conte, M.A, Educator & Certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 11 6:00-7:30 PM A5252X

Vagal Toning

(adults)

Stress is a fact of life, but you can shut off the stress response, calm the nervous system, and recover from the effects of stress. Regulate, recover, and rejuvenate with vagal toning. Learn all about the vagus nerve and the impact it has on your mental and physical well-being. Benefits include better digestion, immunity boost, improved stress response, lower blood pressure and blood glucose, and minimized pain, headaches, and overall inflammation. Dress comfortably, bring a yoga mat and bottle of water.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Mar 17 6:00-8:00 PM AAD52X

PROGRAMS FOR CAREGIVERS & INDIVIDUALS WITH MEMORY LOSS

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie, and support with others on a similar journey. This is a free program; however, registration is required.

Three Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Apr 8-Jun 10 7:00-8:00 PM #D0652A

Program meets 4/8, 5/13 & 6/10

Memory Cafe

(adults, with age-related memory loss)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn, and remain socially engaged with others traveling the same journey.

Please contact Anne Simon for more information at 732-460-1167, ext. 4643.

This is a free program; however, registration is required.

Two Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Apr 22-May 27 10:30 AM-12:00 PM #PD035A

Program meets 4/22 & 5/27

HORTICULTURE

Botanicals and Booze: Herbs and Plants in Liquor Production

(adults)

Join local historian Greg Caggiano for an intriguing presentation where he gives you the scoop on the origin and evolution of liquor. Many of the world's most popular spirits are steeped in history and botanicals! Learn about the production of gin, absinthe, and Chartreuse among others. Find out why there are so many types of vermouth and how bitters are made. Also, discover what the trendy "shrub" is and how you can make them at home! Join us for this fascinating dive into botanical spirits along with a distillation demonstration with the garden's own fragrant herbs.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Mar 7 5:30-7:30 PM H0752X

Fri, Apr 25 5:30-7:30 PM H0652X

Fri, May 16 5:30-7:30 PM H0852X

Germinating Seeds at Home

(adults)

Growing plants from seed can save a significant amount of money and give you access to a vast variety of plants that are not available for sale in the spring. Join us for this hands-on workshop on seed germination. We will cover techniques and tools to help you successfully germinate seeds in your own home. Be prepared to get a little dirty and let's sow some seeds!

One Session \$20.00 Per Person

Deep Cut Gardens Gardener's Cottage

Sun, Mar 2 10:30 AM-12:30 PM H0152X

Grow Your Own Mushrooms

(adults)

In this mushroom-growing workshop, we will introduce you to the art of growing and cultivating mushrooms in your very own backyard. You will learn all about the fantastical world of fungi and have the opportunity to assemble and take home your very own oyster mushroom growing kit.

One Session \$36.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 29 10:30 AM-12:00 PM H1052X

Fri, May 9 5:00-6:30 PM H1152X

Native Plant Workshop & Exchange

Saturday, May 17 at Deep Cut Gardens

Attend a free native plant lecture and exchange native plants from your garden with others.

NATIVE PLANTS LECTURE

This lecture, from 9:15-10:15 AM in the Gardener's Cottage, discusses using native plants in your landscape to prepare your garden for climate change. Space is limited; seating will be first come, first served.

PLANT EXCHANGE

- Drop-off from 8:30-10:00 AM in the Deep Cut parking lot.
- Only plants native to the Mid-Atlantic Region of the United States will be accepted.
- Bring plants established in four-inch, one quart, or 1-2 gallon containers to exchange with like sizes. Label all plants.
- Houseplants may be exchanged (do not need to be native).
- Each participating household will receive one free native plant (while supplies last).
- Visit the Deep Cut Gardens website for list of acceptable species.

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 covers how and why we compost while demonstrating different methods.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 6 10:30 AM-12:00 PM H2152X

Sun, Apr 13 10:30 AM-12:00 PM H2252X

Kokedama-Inspired Arrangement

(adults)

Kokedama is the centuries-old Japanese tradition of wrapping a plant's roots in a living ball of moss. Join this class to create a beautiful kokedama-inspired arrangement with moss and a small plant. Spherical floral foam acts as the base for a layer of carefully-placed moss. Finish the arrangement with a small plant placed inside the moss ball and you are left with a stunning, unique arrangement that can be suspended with string or placed atop a vase. All materials are provided.

One Session \$55.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 15 10:00 AM-12:00 PM H0252X

Spring Felting Fun!

(adults)

Join us in creating a felted bluebird to welcome spring! In this 90-minute class you'll learn how to turn un-spun wool into your own miniature 3D creation, and you'll walk away with a finished project and some basic ideas to continue crafting beyond the classroom. This class is great for beginners and experienced needle felters alike.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 3 10:00 AM-11:45 PM H2552X

Spring into Fitness: Morning Walks in the Garden

(adults)

Watch the garden come alive during crisp, spring morning walks. Get your steps in while exploring Deep Cut's gardens, forest trails, and meadows. Take steps towards a healthy habit while enjoying our numerous walking trails. Each walk will cover about 2-3 miles. Meet at the gazebo by the parking lot, dress for the weather, bring a water bottle, and be prepared for uneven terrain.

One Session \$10.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Mar 13 9:00-10:30 AM H1652X

Thu, Mar 27 9:00-10:30 AM H1752X

Thu, Apr 24 9:00-10:30 AM H1852X

Thu, May 22 9:00-10:30 AM H1952X

Thu, May 29 9:00-10:30 AM H2052A

Springtime in Normandy: The History and Significance of Monet's Garden in Giverny

(adults)

French painter Claude Monet had one of the most famous gardens in history. Forever memorialized in his world-renowned impressionist paintings, the colors and the composition of this garden are known by any art lover. In this course, we take a virtual tour of the garden while discussing the history of its creation. We will also discuss Monet's gardening philosophies and how he was able to cultivate an inspirational garden for generations of nature lovers.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, May 31 10:00-11:00 AM H1552A

Vegetable Garden Planning in Spring

(adults)

Are you growing a vegetable garden this year? Confused about when to start your seeds or how to prep your soil? Stop by for tips, tricks, and a handout to help you jump start your vegetable garden this year. Perfect for beginner gardeners or those who want some help staying organized in the busy seed-sowing months ahead.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 5 10:00-11:00 AM H0952X



Spending time in the garden provides moderate exercise, building strength in your arms, legs, and back while assisting in lowering blood pressure, improving sleep, increasing balance, and more.

DID YOU KNOW?

NATURE

Bird and Wildlife Boat Tour of the Manasquan Reservoir*(all ages, under 18 with adult)*

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready as we will be stopping periodically along our ride if the opportunity for wildlife photography arises. Dress for the weather and bring binoculars.

One Session \$11.00 Per Person**Manasquan Res Vis Ctr****Fri, Apr 25 6:00-7:30 PM I2452X****Fri, May 23 6:30-8:00 PM I2552X****Birding Conaskonk Point***(adults)*

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shorebirds, seaside and saltmarsh sparrows, herons, egrets, rails, gulls, terns, and many other birds depend on these areas for food, shelter, and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard-to-locate birds. Wear your waterproof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach (on-street parking only).

One Session \$12.00 Per Person**Conaskonk Point, Union Beach Chingarora St./ Edmunds Ave.****Mon, May 5 8:00-9:30 AM I2652X****Wed, May 21 8:00-9:30 AM. I2752X****Birds and Brews***(ages 21 and up)*

Join a Park System Naturalist for an afternoon bird walk and see what birds are a "brewing". We'll meander through the park for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds. A limited number of binoculars will be available to borrow if needed. Then, to celebrate after the program, participants can take a quick drive down the road and join us for an optional picnic and beer tasting (pay on your own). Birding walk will take place as scheduled (weather permitting), but the trip to the brewery is contingent on the facility being open for business.

One Session \$16.00 Per Person**Thompson Pk Longbridge Annex Training Center****Sat, Apr 26 4:00-5:30 PM I2852X****Clayton Pk Emley's Hill Lot****Sat, May 17 9:30-11:00 AM I2952X****Celebrate the Spring Equinox***(adults)*

Put down the hot cocoa and kick off that cozy blanket! Winter is over and the spring equinox is here. Let's celebrate life and new beginnings as we design a nature themed plant pot and search for signs of spring on a guided nature walk of the beautiful new trail at Winter Run, complete with rolling meadows and an upland forest. Please wear sturdy footwear as the trail may be uneven/wet. Weather permitting; if weather is inclement, the walk may be replaced by an indoor lecture. Get excited to connect with nature and allow yourself to bloom!

One Session \$27.50 Per Person**Manasquan River Greenway Winter Run Act Ctr****Thu, Mar 20 10:00 AM-12:30 PM I0452X****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 blossoming, birds are returning from migration, and there are tons of topics to discuss!

Please Note: Sturdy footwear is recommended, trails used may have inclines or tree roots to step over.

Join us on the following Wednesdays from 10:00-11:30 AM:

March 5 at Huber Wds Env Ctr Parking Lot

March 19 at Hartshorne Wds Rocky Point Parking Lot

April 9 at Freneau Woods Pk Vis Ctr Parking Area

April 30 at Clayton Pk Emley's Hill Lot

May 14 at Big Brook Pk Lower Pond Lot

May 21 at Manasquan Res Env Ctr Parking Lot

Duke Farms Day Trip

(all ages, under 18 with adult)

Come for a ride as we make our way to Duke Farms. Choose your own adventure as there is so much to do. Explore up to 18 miles of walking trails, discover the Orchid Range, learn about local history, admire the serene lake system, and even rent bikes. Bring your own lunch and comfortable walking shoes.

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, May 2 8:30 AM-4:00 PM IK352X

Fish Hawk Frenzy!

(ages 14 and up, under 18 with adult)

Celebrate the return of spring with the osprey, aka fish hawk, one of the iconic birds of the Bayshore and a sure sign of warmer days to come. We will take a casual stroll along the Bayshore beach as we search for this majestic raptor, as well as other early returning migrants. A limited number of binoculars will be available to borrow for those who may need them. Please dress for the weather (layers) and wear sturdy footwear.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Mar 26 10:00-11:00 AM (approx) . . . IMD52X

Fishing Friday Along Sandy Hook Bay

(adults)

Do you wish to go saltwater fishing, but don't know where to begin? Looking to improve your saltwater fishing skills? Our experienced fishing staff is happy to help you get started or enhance your existing fishing skills at this 100% hands-on outdoors program along Sandy Hook Bay. Bring your fishing gear. If you don't have any, no worries, you can borrow ours! We can even help to evaluate the effectiveness of your equipment. The target species in May are striped bass, bluefish, and flounder. Boots or waders are not necessary on the sandy bayside beach, but please wear shoes that can get sandy and wet. Participants 16 or older must sign up with the NJ Saltwater Registry Program at <https://dep.nj.gov/njfw/fishing/marine/saltwater-registry/> (free) prior to attending this program. The program will be canceled due to inclement weather.

One Session \$25.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Fri, May 2 10:00 AM-12:00 PM (approx) . . . IKM52X

Fri, May 9 10:00 AM-12:00 PM (approx) . . . IKN52X

Fri, May 16 10:00 AM-12:00 PM (approx). . . IKQ52X

Fri, May 23 10:00 AM-12:00 PM (approx). . . IKR52X

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors, and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all of your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing all of our senses to indulge and discover the natural world around us has many proven benefits. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover around a mile. Inclement weather or muddy/icy trails will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Mar 30 11:00 AM-12:00 PM (approx) . . . IM252X

Sun, Apr 13 11:00 AM-12:00 PM (approx) . . . IM352X

Fri, Apr 25 6:00-7:00 PM (approx) IM452X

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 several other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$15.00 Per Person

Manasquan River Greenway Outdoor Area

Wed, Apr 30 10:00-11:30 AM I1552X

Big Brook Pk Lower Pond Lot

Sun, May 4 10:00-11:30 AM I1652X

Huber Wds Pk Env Ctr Parking Lot

Sat, May 17 10:00-11:30 AM. I1752X

Thompson Pk Old Orchard Parking Lot

Wed, May 21 10:00-11:30 AM I1852X



Fungi Findings

(adults)

The world of fungi and mushrooms is endlessly fascinating, but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first-timer.

One Session \$15.00 Per Person

Shark River Pk Outdoor Area

Sat, Apr 26 10:00-11:30 AM I1952X

Sun, May 11 10:00-11:30 AM I2052X

Gentle Walks for Gentle Souls

(adults)

Are you the type of person who prefers music from birds overhead to headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than the breeze from other walkers? If you answered "yes" to any or all of these questions, 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 so please wear sturdy shoes.

One Session \$11.00 Per Person

Freneau Wds Pk Greenwood Rd Access Area

Tue, Mar 18 10:00-11:30 AM (approx). . . . IM652X

Turkey Swamp Pk Oak Point Picnic Shelter

Tue, Apr 15 10:00-11:30 AM (approx). . . . IM752X

Huber Wds Pk Env Ctr Parking Lot

Tue, May 13 10:00-11:30 AM (approx) . . . IM852X

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 \$55.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Thu, May 29 10:30 AM-2:30 PM. IK952X

Hammer Art

(adults)

Unwind and de-stress as we practice the Japanese art form of tataki-zome, best translated as "flower-pounding." After immersing ourselves in nature via a guided walk with a Park System Naturalist, you will gather your plant materials and hammer away your frustrations, channeling that energy into creativity by designing your beautiful botanical artwork. All materials will be provided.

One Session \$26.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Wed, May 7 9:00-11:30 AM. I1252X

Teacher's Workshop: The Horseshoe Crab & Shorebird Connection in Sandy Hook Bay

(adults)

Tuesday, May 13, 8:30 AM-2:30 PM

Freneau Woods Park Visitor Center

Fee: \$50.00 Per Person

The Atlantic horseshoe crab (*Limulus polyphemus*), also known as the American horseshoe crab, is a species of horseshoe crab, which is a type of marine arthropod more closely related to spiders and scorpions than to crabs. It can be found in the Gulf of Mexico and along the Atlantic coast including along the Bayshore region of Raritan Bay and Sandy Hook Bay in Monmouth County. While much attention is often given to the Delaware Bay population, there is also a nesting population of horseshoe crabs along the northern Jersey Shore. Join a Park System Naturalist as we discover the biology and ecology of horseshoe crabs as well as their important connection to migratory shorebirds, various species of fish and shellfish, and the overall estuarine environment. Participants will learn how their students might join a local horseshoe crab monitoring program in Monmouth County and help conserve the local population. A field trip to a local bayside beach will be included in the workshop to observe and tag horseshoe crabs to better understand their natural habitat.

To register, please call the Huber Woods Environmental Center at 732-872-7369.

For additional details about the workshop, contact Jenna Reynolds at 732-264-7277, ext. 1.

Hidden Stories of Nature

(adults)

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees and out of place mounds to mysterious bare patches in the woods. During this hike we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of the forest that often go unnoticed and hidden.

One Session \$15.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sun, Mar 30 11:00 AM-12:30 PM I2152X

Invasive Species Walk and Workshop

(adults)

In an ever-changing world invasive plant species are becoming a growing problem. Enjoy a slow-paced hike through fields and forest learning how to identify and eradicate invasive plants along the way.

One Session \$15.00 Per Person

Manasquan River Greenway Outdoor Area

Sun, Apr 27 10:00-11:30 AM. I2252X

Tue, May 13 10:00-11:30 AM I2352X

Native Wildflower Gardening

(all ages, under 18 with adult)

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species no matter what your yard conditions are at home.

One Session \$11.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sun, May 18 10:00-11:30 AM IK552X



Primitive Fire

(adults)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire-making skills from an anthropological and wilderness survival perspective. This program will be held rain or shine.

Instructor: Dr. Randall Chalnack, D.C.

One Session \$25.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sat, May 17 10:00 AM-1:00 PM I3152X

Sat, May 31 10:00 AM-1:00 PM I3252X

Sounds of Spring Night Walk

(adults)

Sound is important at night. Wildlife depends heavily on their hearing to find food or to stay away from predators. Join a Park System Naturalist as we head out in the fields, forests, and wetlands at Freneau Woods Park, which includes the headwaters of Matawan Creek, to uncover the sights and sounds of mysteries lurking in the dark. This is a fun program, especially if you ever wanted to know what goes on at night in nature. Activities along the way will demonstrate how wildlife has adapted to nocturnal life. Please wear shoes that can get dirty or muddy and don't forget a flashlight. The program will cancel due to inclement weather.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Mar 29 7:30-8:30 PM. IKZ52X

Spring Migration at Sandy Hook!

(ages 14 and up, under 18 with adult)

Sandy Hook is one of the premier birding locations in the state. Join us at this well-known migrant trap during the exciting spring season when birds are singing and in their glorious breeding plumage. We will scour the woods and shoreline for migrant warblers, shorebirds, and raptors, and hopefully come up with a surprise or two. Please dress for the weather (layers) and wear sturdy footwear as we will likely be walking 2-4 miles. A limited number of binoculars will be available for those who may need them. Meet at B Lot (the first large lot on the right after entering the park).

One Session \$10.00 Per Person

Sandy Hook

Wed, Apr 23 9:00-10:00 AM (approx) IMA52X

Wed, May 7 9:00-10:00 AM (approx) IMB52X

Wed, May 14 9:00-10:00 AM (approx). . . . I3752X

Spring Migration at the Bayshore!

(ages 14 and up, under 18 with adult)

April and May are the peak times for spring bird migration in NJ. Many species are returning from their wintering grounds in the southern US, Central, and South America during this time, sporting their bright breeding plumage and singing along their journey. We will search the woodland edges and beachfront to see what we can find during this exciting time of year. No need to be an expert. A limited number of binoculars will be available to borrow for those who need them. Please dress for the weather (layers) and wear sturdy footwear, as we will be walking approximately 2-3 miles. Meet at the main parking lot by the pier/restrooms.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Apr 30 9:00-10:00 AM (approx) . . . IMC52X

Wed, May 21 9:00-10:00 AM (approx) . . . I3852X

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! Program length is approximate.

One Session \$12.50 Per Person

Clayton Pk Emley's Hill Lot

Mon, Apr 21 10:00-11:30 AM IK252X

Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists and guests to discover what's lurking in or near the woods and waters of Monmouth County. The presentations are designed to inform the public of current issues, history, ecology and science research, and to inspire appreciation for the natural world.

Spring Peepers in Monmouth County

Sunday, March 16, 1:00-2:00 PM

Freneau Woods Park Visitor Center

Spring peepers are small frogs that get their name from their chirping call, which marks the beginning of spring. These cute critters are found throughout New Jersey and much of the East Coast, including right here in Monmouth County. Discover more about this often-heard but rarely seen amphibian.

Skate Fish Along the Jersey Shore

Thursday, April 24, 7:00-8:00 PM

Bayshore Waterfront Park Activity Center

Skates are flattened fish related to sharks and rays and live in the waters off the New Jersey coast. The Jersey Shore is home to numerous species of skates, with some populations being found so prevalent along the shore that people often don't realize they are swimming with skates in the bay and ocean. Discover more about this unique fish that calls the Jersey Shore home.

Horseshoe Crabs in Monmouth County

Thursday, May 22, 7:00-8:00 PM

Bayshore Waterfront Park Activity Center

Although the populations of this ancient sea creature have declined a lot in the last several decades, horseshoe crabs can still be found living along the shores of Monmouth County, especially in the spring when they come ashore to mate and lay eggs like they have been doing for over 400 million years. Find out more about this extraordinary living fossil and what you can do to help restore the population of horseshoe crabs to the Jersey Shore.

Start a Nature Journal

(adults)

So you want to start a nature journal? That's great! If you're looking to get outside more, then creating a nature journal is a perfect way to pay closer attention to nature and your surroundings while becoming more creative. Join a Park System Naturalist as we discover the different ways to keep a nature journal to record all the interesting things you see, smell, hear, feel, eat, and wonder about throughout the year. The best part, you don't need to be an artist or a poet to keep a nature journal. Anyone can do it when you head out to a park for a mini adventure. There are no wrong answers, but many wonderful ways to record a moment in time. Something you can revisit time and again.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Sat, Apr 12 11:00 AM-12:00 PM. IKX52X

Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanical garden of Rutgers University. We'll 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 will be provided.

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, May 16 9:00 AM-3:00 PM IK452X

Trekking New Jersey - A Pine Barrens Day Trip

(adults)

Whether you've visited the Pine Barrens before or haven't had the opportunity just yet, it's hard to ignore the wonder this ancient ecosystem instills. This naturalist-led day trip will visit multiple highlights, showcasing what makes the Pine Barrens truly special. Includes hikes to the Pygmy Pines, Freshwater Bog, and Mature Pine Forest. Please bring your own lunch, picnic style. Trails may be uneven so wear sturdy footwear.

One Session \$62.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 8 8:00 AM-3:00 PM IM552X

What's on the Trails?

(adults)

The beauty of spending time in nature is the unexpected. Nature can be ephemeral and fleeting, which makes the prospect of exploring even more exciting. In these sessions we will spend our time meandering a few of the many trails that weave themselves throughout the Monmouth County Park System. Who knows what we will stumble upon on our journey. What do you say? Are you ready to take a chance?

One Session \$10.00 Per Person

Shark River Pk Shelter Bldg

Thu, Apr 24 10:30-11:30 AM. IKY52X

Turkey Swamp Pk Shelter Bldg

Tue, May 13 10:30-11:30 AM IM152X

Where Nature and History Converge: Huber Woods

(adults)

Huber Woods, named for the family who generously donated their property to Monmouth County, is known to outdoor enthusiasts as a great place to enjoy nature. What is less known is the history of the land. Join a Park System Naturalist on a walk through the park that explores the nature and times past of the area. A brief tour of the former Huber summer home, now the Environmental Center, will be included. Come prepared to travel on dirt and cinder trails along moderate hills for 1 ½-2 miles.

One Session \$16.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sat, May 17 10:00-11:30 AM. IM952X



Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities that complement each other excellently: hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00, pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$16.00 Per Person

Clayton Park and Cream Ridge Winery

Clayton Pk Emley's Hill Lot

Sun, Mar 9 1:00-2:30 PM (approx) IK652X

Holmdel Park and Fox Hollow Vineyards

Holmdel Pk Hilltop Area

Sun, May 18 1:00-2:30 PM (approx) IK752X

Casual Birder

(all ages, under 18 with adult)

Join a Park System Naturalist for these FREE 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:

Tuesday, March 25

Fisherman's Cove Conservation Area

Tuesday, April 29

Big Brook Pk

Tuesday, May 6

Hartshorne Wds Rocky Point Parking Lot

Tuesday, May 20

Manasquan Res Vis Ctr Parking Lot

OUTDOOR ADVENTURES

ARCHERY

Take A Shot: Archery Series

(adults)

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

Four Sessions \$80.00 Per Person

Thompson Pk Activity Barn

Wed, Apr 2-23 7:00-9:00 PM W5252X

Take a Shot: Intro to Archery

(adults)

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

One Session \$26.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 6 7:00-9:00 PM W6652X

Tue, Apr 15 7:00-9:00 PM W6752X

Wed, May 7 7:00-9:00 PM W6852X

“

The archery instructors were very well trained, knowledgeable, attentive, and very personable.

”

BICYCLING

Celebrate Bike Month

(adults)

Make new friends and explore new horizons during this informal club-like series that takes riders throughout Monmouth County. The rides are on paved and/or gravel trails. Your Park System leaders will 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.

Rating: Easy/moderate, moderate pace, trails, cinder, dirt, paved. Miles: 8-15

Five Sessions \$85.00 Per Person

4/25 - Thompson Pk 3 Barns Lot (approx. 8 miles)

5/2 - Henry Hudson Trail, Big Brook Pk Lower Lot (approx. 12 miles)

5/9 - Allaire State Pk Edgar Felix/Rt 18 Bypass (approx. 12 miles)

5/16 - Union Transportation Trail, Millstream Road Lot (approx. 14 miles)

5/23 - Sandy Hook Gateway Natl. Rec Area Lot D (approx. 13 miles)

Fri, Apr 25-May 23 9:30-11:30 AM W6152X

Rails to Trail Bike Rides

(adults)

Let us do the driving so you can do the riding. There are four travel bike rides to choose from; most of the rides will be on dirt trails, perfect for hybrid, gravel, and mountain bike-style bikes. All rides are along various rivers and offer nice views. Be sure to have your bike ready and pack a lunch, snack, and water. All riders must wear a CPSC-certified bike helmet (CPSC label inside helmet) and carry a spare tube. Bikes will be transported in an enclosed trailer, and riders will be in our minibus.

Rating: Easy/moderate due to flat trail, bridges, dirt, paved, cinder, some single track. Miles: 10-20

One Session \$85.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Columbia Bike Trail, NJ

Sun, May 4 7:30 AM-4:30 PM (approx) . . W5952X

Delaware Raritan Trail, NJ/PA

Mon, May 19 7:30 AM-4:30 PM (approx) . W6052X

CAMPING

Round Valley Canoe Camping

(adults)

We are headed to Round Valley State Park for an overnight wilderness canoe camping experience. On Saturday, we will paddle to the campsite and spend the day fishing (with a valid fishing license), meandering around the reservoir, and resting beside the campfire. Sleep under the stars (in a hammock or tent), listen to the footfalls of forest creatures, and wake up to the fresh air and smell of coffee. On Sunday, before paddling out, we will navigate Cushetunk Mountain by foot for stunning vista views. Recharge and reconnect in this immersive experience with like-minded people. Our guides will take care of the transportation, food, and gear.

Please Note: A required pre-trip meeting will take place May 8 at 5:30 PM to discuss the details of our excursion and refresh paddling skills.

Hike Rating: Moderately strenuous, rocky trail, ascents and descents, viewpoints. Miles: 4+

Canoe Rating: Easy, flat

\$190.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat-Sun, May 17-18 9:00 AM-3:00 PM. . . W5752X

HIKING

"After Work" Board Walks

(adults)

Enjoy those precious moments after work with a brisk and motivating walk alongside our local beaches. Take this chance to lift your spirits, de-stress after a busy day, and meet like-minded people. Each week, we will meet at a different Monmouth County boardwalk. Wear sturdy shoes, and dress appropriately for the weather (rain/wind jacket and water in a day pack suggested). A schedule of meeting locations and driving directions will be emailed to you after registration.

Four Sessions \$48.00 Per Person

4/9 - Spring Lake & Belmar

4/16 - Avon-By-The-Sea & Bradley Beach

4/23 - Ocean Grove & Asbury Park

4/30 - Long Branch

Wed, Apr 30 5:45-7:30 PM W3352X

Candlewood Hill Hike

(adults)

Enjoy views of the hills and ridgelines of Fahnestock State Park and most of the East Hudson Highlands from the summit of Candlewood Hill and Oscawana Ridge.

Please Note: Hiking shoes are required.

Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5

Instructor: Andrew Imperiale

One Session \$88.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 26 6:30 AM-4:00 PM (approx) . . W1852X



Cliff Park Trail in Pennsylvania

(adults)

Take 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.

Rating: Moderately easy, moderate pace, some rocky trails, gradual ascents and descents, views. Miles: 5

One Session \$72.00 Per Person \$62.00 Additional Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 15 7:00 AM-6:00 PM (approx) . . W4352X



Hiking is a terrific way to get exercise, helping to build stronger muscles, improving heart health, and decreasing your risk for certain diseases. Plus, it adds the benefit of being out in nature, which can boost your mood and improve mental health.

DID YOU KNOW?

CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened, to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Discover Fonthill Castle and Mercer Museum

(adults)

"Castle for the New World" was the home of Henry Chapman Mercer, an archaeologist, anthropologist, ceramicist, scholar, and antiquarian. Enjoy a guided tour of the castle, featuring handcrafted ceramic tiles designed at the height of the arts and crafts movement. The next stop is the Mercer Museum, with over 17,000 pre-industrial tools famous for the unique way that artifacts are displayed throughout its Central Court as if suspended in mid-air. This is a self-guided tour through sixty different crafts and trades and is one of the world's most comprehensive portraits of pre-Industrial American material culture. Be sure to have your walking shoes ready, and pack your lunch to enjoy on the grounds.

Please Note: There are steep stairs and narrow, uneven passageways on this tour.

One Session \$98.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Apr 11 8:00 AM-5:00 PM (approx). . . W0852X

Early Riser Hikes

(adults)

Get your blood pumping early by 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*

Nine Sessions \$99.00 Per Person

3/15, 3/22, 3/29 - Huber Wds Env Ctr Lot

4/5, 4/12, 4/26 - Hartshorne Wds Claypit Creek Lot

5/3, 5/10, 5/17 - Hartshorne Wds Rocky Point Lot

Sat, Mar 15-May 17 7:30-9:30 AM W5052X

No hike 4/19

Ladies Hiking Club

(adults)

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the morning session or come early for the afternoon and enjoy your picnic lunch with our "club".

Rating: *Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+*

Ten Sessions \$129.00 Per Person

3/18 - Thompson Pk Estate Lot

3/25 - Holmdel Pk Lake

4/1 - Turkey Swamp Park Campground Office Lot

4/8 - Huber Wds Env Ctr Lot

4/15 - Shark River Pk Schoolhouse Rd Lot

4/22 - Clayton Pk Emley's Rd Lot

4/29 - Tatum Pk Red Hill Parking Area

5/6 - Manasquan Res Env Ctr Lot

5/13 - Hartshorne Wds Rocky Point Lot

5/20 - Henry Hudson Trail Popamora Point Lot

Tue, Mar 18-May 20 9:30-11:30 AM W0952X

Tue, Mar 18-May 20 12:00-2:00 PM W1152X

Laurel Falls and Sunfish Pond Hike

(adults)

Join us on a solid hike that packs Sunfish Pond, a glacier pond (7th Wonder of NJ), the start of the NJ section of the Appalachian Trail, and a beautiful waterfall all in five miles.

Please Note: Hiking shoes are required.

Rating: *Strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5*

One Session \$79.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 5 6:30 AM-4:00 PM (approx) . . . W1652X

Lion's Head Hike, CT

(adults)

Join us as we journey north to hike the Appalachian Trail in Connecticut. A nice climb to the Appalachian Trail will prepare us for a jaunt down to the Lions Head viewpoint. The AT is relatively flat on this section as we cross Brassie Brook and stop at two AT shelters. Lion's Head viewpoint is at 1,700' and has a commanding view to the east in Connecticut.

Please Note: This hike is for experienced hikers only. Hiking shoes are required and trekking poles are suggested.

Rating: *Moderately Strenuous, rocky terrain, steep ascents and descents, views. Miles: 8.8 (approx)*

One Session \$85.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 10 6:00 AM-5:00 PM (approx) . . W5852X

Macedonia State Park Hike

(adults)

Hike the Macedonia Ridge Trail in Connecticut with outstanding views of the Catskill and Taconic Mountains and the Hudson River Valley.

Please Note: Hiking boots are required. Microspikes/yak trax are suggested as trails could be icy.

Rating: *Strenuous, quick pace, steep ascents/descents/rock scramble, rocky terrain.* Miles: 6.8

Instructor: Andrew Imperiale

One Session \$80.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 22 6:30 AM-5:00 PM (approx) . . W1452X

Monday "After Work" Hiking Series

(adults)

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in day pack suggested).

Rating: *Moderate pace, dirt trails, paved paths, some hills.* Miles: 3-5

Five Sessions \$68.00 Per Person

3/17 - Thompson Pk Estate Lot

3/24 - Holmdel Pk Ramanessin Lot

3/31 - Tatum Pk Holland Rd Lot

4/7 - Huber Wds Env Ctr Lot

4/14 - Hartshorne Wds Rocky Point Lot

Mon, Mar 17-Apr 14 5:30-7:15 PM W5552X

4/21 - Thompson Pk 3 Barns Lot

4/28 - Holmdel Pk Forest Edge Lot

5/5 - Tatum Pk Red Hill Rd Lot

5/12 - Huber Wds South Lot

5/19 - Hartshorne Wds Claypit Creek Lot

Mon, Apr 21-May 19 5:30-7:15 PM. . . . W5652X

NJ Fire Tower Challenge

(adults)

Get ready for the final two fire towers left on this unique New Jersey challenge: Catfish and Culver. Join us as we discover the history of each and get outside for some well-deserved trail time. Be sure to dress for the weather, leaving room in your pack for clothes as you warm up.

Please Note: Hiking boots are required, and trekking poles are recommended.

One Session \$62.00 Per Person

Thompson Pk 3 Barns Parking Lot

Catfish Tower, Delaware Water Gap Nat'l Rec Area

Sun, Mar 2 8:00 AM-4:30 PM (approx) . . W0152X

Culver Tower, Stokes State Forest

Sun, Apr 6 8:00 AM-4:30 PM (approx) . . W0352X

NJ National Wildlife Refuge Hike

(adults)

The Edwin B. Forsythe National Wildlife Refuge protects more than 48,000 acres of southern New Jersey coastal habitat. It is one of the Atlantic Flyway's most active flight paths, making it an essential link in seasonal bird migration. We will hike the scenic trails and take the driving tour that passes through coastal wetlands, freshwater ponds, early successional fields, and woodlands while keeping an eye out for spectacular concentrations of migratory water birds. Please bring your camera and hiking boots; we are going on an adventure! The Park System provides leaders and transportation.

Rating: *Moderate, trails will include sand, dirt, roots, views, boardwalks, and pavement.* Miles: 4-5

One Session \$49.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Mar 27 7:30 AM-3:30 PM (approx) . . W3252X

Northern Harriman State Park Hike

(adults)

Hike to several prominent views from the 1919 Elk Range Lot, where 60 elk had been brought over from Yellowstone Park. You will also hike along the first section of the Appalachian Trail blazed in 1922.

Please Note: Hiking shoes are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain.* Miles: 5

One Session \$78.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Apr 29 6:30 AM-3:30 PM (approx) . . W4852X

Orienteering 101

(adults)

Orienteering is a racing sport where you use a map to find a series of checkpoints. There is no mandatory route, so it's up to you to determine where you need to go and how you will get there. You will be tasked with using a map to navigate a space in a completely new and unfamiliar way. Our goal is to help you feel confident with using a map, understanding your surroundings, and exploring the parks.

One Session \$22.00 Per Person

Turkey Swamp Pk Council Ring

Tue, May 20 10:00 AM-12:00 PM W6252X

Plattekill Falls and Codfish Point Hike *(adults)*

Visit a beautiful 70-foot waterfall and then ascend gradually past abandoned bluestone quarries to Codfish Point with sweeping views of the Hudson Valley.

Please Note: Hiking shoes are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5*

Instructor: Andrew Imperiale

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 12 6:00 AM-5:00 PM (approx) . . W1752X

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. Find out more as we hike among glacial rocks in the Devil's Half-Acre, on tranquil trails, cross babbling streams, and experience Roaring Rocks.

Please Note: Sturdy hiking shoes/boots are required.

Rating: *Moderate/Easy, some inclines/declines, rocky trails. Miles: 6*

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 29 8:00 AM-4:00 PM (approx) . W4652X

Southern Harriman Highlights Hike*(adults)*

Take a mental health day and miss the crowds as we hike to several prominent views from the Reeves Meadow Visitor Center.

Please Note: Hiking boots are required. Micro spikes/yak trax suggested.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5*

Instructor: Andrew Imperiale

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Mar 25 6:30 AM-3:30 PM (approx) . . W1552X

Take it Easy Hikes/Walks *(adults)*

Discover a different park each week with this easy-paced walk/hiking program. We will witness the parks come alive with migrating birds, flowering plants, and warm breezes.

Rating: *Easy; dirt, cinder, rooty, paved, and wooden trails. Mile. 2.5-4*

Six Sessions \$75.00 Per Person

4/10 - Thompson Pk Estate Lot

4/17 - Freneau Wds Pk Vis Ctr Logt

4/24 - Turkey Swamp Pk Nomoco Lot

5/1 - Deep Cut Gardens Parking Lot

5/8 - Shark River Pk Schoolhouse Rd Lot

5/15 - Henry Hudson Trail Popomora Point Lot

Thu, Apr 10-May 15 12:00-2:00 PM W1252X

Thursdays on the Trails*(adults)*

Looking to get moving and walking the neighborhood is not quite your style? Head to the trails on this easy to moderate paced hiking program. Learn about your county parks as we visit a different park each week. Please come prepared with a small daypack with water and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested. This program will run in snow (snowshoes will be provided); however, you must supply your own yaktracs for icy trails.

Rating: *Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5*

Six Sessions \$81.00 Per Person

3/6 - Thompson Pk Old Orchard Lot

3/13 - Shark River Pk Schoolhouse Rd Lot

3/20 - Huber Wds Env Ctr Lot

3/27 - Clayton Pk Emley's Hill Rd Lot

4/3 - Hartshorne Wds Pk Rocky Point Lot

4/10 - Holmdel Pk Ramanessin Lot

Thu, Mar 6-Apr 10 9:00-11:00 AM W4952X



Windbeam and Bear Mountain Hike *(adults)*

Hike up Windbeam Mountain, which has the most vertical climbing of any other mountain in New Jersey, and Bear Mountain in this challenging up-and-back hike in the New Jersey Highlands.

Please Note: Hiking boots are required. Microspikes/yaktrax suggested as trails could be icy. Snowshoes can be provided if needed.

Rating: *Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6.2*

Instructor: Andrew Imperiale

One Session \$67.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 7 6:30 AM-3:30 PM (approx) . . . W1352X

ON THE WATER**Paddling the Quiet Rivers***(adults)*

Enjoy a canoe paddle on Monmouth County's beautiful rivers without the crowds. This will be a relaxed paddle, so bring your camera, snack, and binoculars, and be ready to submerge (not really) yourself in nature. All equipment will be provided by the Outdoor Adventures staff. Meet at each paddle launch. Be sure to wear closed-toe/heel footwear and bring water and sunscreen.

Rating: *Moderately easy, moving water and currents.*

Three Sessions \$60.00 Per Person

4/29 - Swimming River, Swimming River Pk

5/6 - Shrewsbury River, Blackberry Bay Pk

5/13 - Navesink River, Hartshorne Wds Pk Rocky Point Lot

Tue, Apr 29-May 13 10:00 AM-12:00 PM . . W4452X

Whitewater Challengers*(adults)*

Are you up for a good old fashion adventure? Whitewater rafting is the perfect combination of outdoor adventure and whitewater action, all nestled in the pristine surroundings of the Lehigh Gorge State Park. You'll get to explore miles of spectacular wilderness scenery, and because this is a dam release date, dozens of fun-filled rapids like Initiation, Staircase, Triple Drop, Mile-Long, Tannery, Swimmer's and Z-Rapids! Bring a friend and make new ones. Transportation via the Monmouth County Park System's mini bus will be provided.

One Session \$195.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 10 7:45 AM-5:15 PM (approx). . . W4552X

PERFORMING ARTS**ACTING & SPOKEN WORD****Beginner Acting: A Journey***(adults)*

We will begin the journey of acting by learning acting techniques for theater, television, and film including improvisation, space objects, character building, and the fourth wall. We will also begin work on The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of Your Body, and The Center of the Stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class. Please wear closed-toe shoes and bring a water bottle.

Six Sessions \$110.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Mar 24-Apr 28 6:30-8:00 PM Q0752X

Manasquan River Greenway Winter Run Act Ctr Barn

Fri, Apr 25-May 30 6:30-8:00 PM Q0852X

Auditions for "A Tribute to All Things Broadway Through the Decades"

Calling all performers!

The Monmouth County Park System will be hosting one afternoon and one evening of a tribute to Broadway on September 13.

Auditions are for ages 10 through adults.

Acts will include songs from Broadway musicals through the decades from 1930 to present day. Each performer must bring an audition piece from a musical along with song lyrics and music.

Audition Date:

Saturday, May 31, 4:00-6:00 PM

Audition Location:

Dorbrook Rec Area Vis Ctr

Questions?

Contact Rachel Cohen at 732-542-1642, ext. 4648, or rachel.cohen@co.monmouth.nj.us.

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm, and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

New Beginnings

Thompson Pk Vis Ctr Beech Room

Sun, Mar 23 3:00-4:30 PM PE055A

Free Verse

Thompson Pk Vis Ctr Beech Room

Wed, Apr 23 7:00-8:30 PM PE065A

Haiku

Thompson Pk Theater Barn

Sun, May 18 3:50-5:20 PM PE075A

DANCING

5 O'Clock Latin Line Dancing

(adults)

Ready to make a splash on the dance floor? If you ever wished to learn the foundational basics of Latin dancing, our beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience. No need to worry if you've never danced before - this workshop is designed for beginners. Whether you sign up solo or with a friend, family member, or significant other, we encourage everyone to join in on the fun. Get ready to groove on the dance floor with confidence! Participants are encouraged to dress comfortably and in closed-toe/heel shoes you can easily move in.

Instructed by: Sing and Sway

Four Sessions \$77.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 5-26 5:00-5:50 PM. A9552X

Wed, Apr 16-May 7 5:00-5:50 PM. A9652X

Beyond the Sway: Beginner Wedding Line Dancing

(adults)

Are you familiar with line dances like the Wobble and the Cha Cha Slide from previous parties and weddings, but haven't felt confident to join in on the dance floor? This inclusive line dancing series is crafted for you! We'll explore a small mixture of classic and contemporary line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed-toe/heel shoes you can easily move in.

Instructed by: Sing and Sway

Four Sessions \$77.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 5-26 6:10-7:00 PM. A9752X

Wed, Apr 16-May 7 6:10-7:00 PM. A9852X

Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn the basic steps of two social dancing styles and practice in a community with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience of partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$88.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Apr 9 6:00-8:00 PM A9352X

Wed, May 21 6:00-8:00 PM. A9452X

MUSIC

Music and Piano

(adults)

Unlock the timeless joy of music with our Music and Piano class, designed for adult learners of all backgrounds. Whether starting from scratch or reigniting a past passion, our experienced instructor will guide you through the journey of reading music, playing for pleasure, enhancing memory, and fostering creativity. Our class size is intentionally kept intimate to ensure you receive the focused attention you need. Each learner will need a keyboard with a minimum of four octaves and a workbook that can be ordered at the first class. Ready to dive into the notes and let your musical story unfold? Join us and let the melodies begin!

Eight Sessions \$144.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Part 1

For students who have little to no experience.

Tue, Mar 4-Apr 22 5:00-6:00 PM MDH52X

Tue, Apr 29-Jun 17 5:00-6:00 PM MDJ52X

Part 2

For students that have previously taken Music and Piano - Part 1.

Tue, Mar 4-Apr 22 6:15-7:15 PM MDK52X

Tue, Apr 29-Jun 17 6:15-7:15 PM MDM52X

Rock to Bach - Guitar

(adults)

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

Eight Sessions \$168.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 14-Jun 9 7:00-7:55 PM MDY52X

No class 5/26

Voicing You

(adults)

Calling all shower-singers! Do you love music? Do you have fun singing in the shower or while driving your car? Are you ready to take the next step to make your music more public? The Voicing You course can help you develop your singing skills, and be more confident in both your singing and public speaking. In just five weeks, you will learn about the anatomy of the vocal mechanism; vocal pitch and range; how to present the voice with dramatic speech; and how to sing simple folk and pop songs within the group and as a soloist. This course will include gentle yoga movements and breathing exercises that are designed to strengthen and support the voice. Please bring a yoga mat and water bottle.

Instructor: Carly McIlvaine-York, Ed.D.

Five Sessions \$200.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Mar 6-Apr 3 7:00-8:30 PM Q1452X

SPORTS & FITNESS

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Three Sessions \$45.00 Per Person

Tue, Apr 8-29 5:30-6:30 PM XAD52X

No class 4/22

Four Sessions \$60.00 Per Person

Thu, Apr 3-May 1 5:30-6:30 PM XAF52X

No class 4/24

Tue, May 6-27 5:30-6:30 PM XAE52X

Thu, May 8-29 5:30-6:30 PM XAG52X

Five Sessions \$75.00 Per Person

Tue, Feb 25-Mar 25 5:30-6:30 PM XAB51X

Thu, Feb 27-Mar 27 5:30-6:30 PM XAC51X

E. Murray Todd Half Marathon

Sunday, March 9, 8:30 AM

Brookdale Community College Collins Arena, Lincroft

With over 45 years of racing tradition on one of New Jersey's most attractive courses, you will experience 13.1 miles on our beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and is \$40.00 per person (closed March 2).

Race day registration will be accepted on Sunday, March 9 beginning at 7:00 AM and is \$60.00 per person.

For additional information, please check out the "Races & Special Events" page on our website under the "Activities" tab or call 732-542-1642, ext. 4646.





Afternoon Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy- this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Apr 3-Jun 5 1:00-2:00 PM XE752X

Balanced Fitness

(adults)

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

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Jodi Kondracki

Five Sessions \$75.00 Per Person

Mon, Mar 10-Apr 7 9:15-10:15 AM MD252X

Instructor: Kim Cugini

Six Sessions \$90.00 Per Person

Wed, Mar 12-Apr 16 5:30-6:30 PM MD452X

Instructor: Jodi Kondracki

Seven Sessions \$105.00 Per Person

Mon, Apr 28-Jun 16 9:15-10:15 AM MD352X

No class 5/26

Instructor: Kim Cugini

Wed, Apr 30-Jun 11 5:30-6:30 PM MD552X

Barre Connect

(adults)

This class uses ballet and dance inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water, no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Apr 11-Jun 6 5:30-6:25 PM XEY52X

No class 5/23

Barre Connect Gold for Beginners

(adults)

An introduction to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and gentler than a regular Barre class, this format focuses on toning muscles and improving balance, while building flexibility and coordination.

Instructor: Eryka Andrex

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 7-May 19 5:00-5:55 PM XEN52X

Belly Dancing Intro

(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

Belly Dance 1

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 17-Jun 12 7:15-8:10 PM XEW52X

No class 5/22

Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning Middle Eastern dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance including Egyptian, American Cabaret, Turkish, American Fusion, and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance, and strength as we engage the arms, legs, hips, and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Instructor: Eryka Andrex

Belly Dance 2

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 7-May 19 6:00-6:55 PM XEP52X

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

Belly Dance 3

Eleven Sessions \$198.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Apr 1-Jun 10 7:25-8:55 PM. XER52X

SPONSOR A FAMILY!

With the help of donations to our RecAssist for Individuals & Families program, Monmouth County residents who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events within our beautiful Monmouth County parks.

Scan to make a donation:



Foundation Training

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that teach your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the floor (or beach) to standing. All you need is an exercise mat (indoors) or beach towel (outdoors).

Instructor: Janice Volk

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Apr 1-May 6 9:00-9:45 AM X0952X

Foundation Training Level 2

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that train your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walker to marathon runner, this program, is for you! This series will incorporate basic as well as advanced exercises to unlock your body's full potential. Participants need to feel comfortable transitioning from the floor to standing. Level 1 is not a prerequisite to this program and exercise mats are available if you don't have your own.

Instructor: Gina Girard

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Apr 4-May 9 8:00-8:45 AM X1252X

Hula Hoop Dance and Fitness

(adults)

Hula hooping, for fun, fitness, and as a dance form. Each class will include the basic "how to" of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and, time permitting, combos, while having fun with basic hoop dance. We plan to hoop outside, so wear weather appropriate clothes you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class and some are available for purchase. Feel free to bring hoops if you have them.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr Barnview Shelter Bldg

Wed, Apr 16-May 21 5:00-5:50 PM XET52X

Mindful Motion: Pilates, Yoga, and Barre Fusion

(adults)

Welcome to Mindful Motion, where Pilates, yoga, and barre unite to create a transformative fitness experience. Our meticulously crafted program offers a holistic approach to wellness, blending graceful movements, meditative flows, and dynamic strength-building exercises. With a focus on alignment, breath, and intention, Mindful Motion cultivates strength, flexibility, and balance for body and spirit alike. We provide all necessary equipment, ensuring accessibility for all levels of experience. Whether you seek muscle-sculpting, flexibility enhancement, or are looking for a combination of modalities, join us on this journey of self-discovery and empowerment through mindful movement.

Instructor: Kim Cugini

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Mar 13-Apr 17 11:30 AM-12:30 PM . . ME152X



The instructor, Kim Cugini, was amazing, caring, and attentive to all the students in the class. She was encouraging and patient with everyone.



Seated Fitness

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. A perfect fit for individuals with therapeutic or mobility issues including arthritis, Parkinson's, and multiple sclerosis. No equipment needed, just wear comfortable clothes.

Instructor: Kim Cugini

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Tue, Mar 11-Apr 15 12:30-1:15 PM MCZ52X

Seven Sessions \$105.00 Per Person

Tue, Apr 29-Jun 10 12:30-1:15 PM MDC52X

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines or off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Tue, Mar 11-Apr 15 11:30 AM-12:15 PM . MDA52X

Seven Sessions \$105.00 Per Person

Tue, Apr 29-Jun 10 11:30 AM-12:15 PM. . MDB52X

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger, and revitalized body. Improve your fitness level as we increase flexibility, strength, and self-esteem. This motivating class will incorporate a warm-up, stretch, and cool down into a toning and firming program that uses balls, bands, and hand weights. Please bring a water bottle; wear comfortable clothing and cross-training sneakers.

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Twelve Sessions \$180.00 Per Person

Mon,Wed, Mar 3-Apr 9 8:00-9:00 AM . . . MCP52X

Fourteen Sessions \$210.00 Per Person

Mon,Wed, Apr 28-Jun 16 8:00-9:00 AM. . MCQ52X

No class 5/26

Total Body Circuit Blast

(adults)

Empower yourself with this revved-up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Sat, Mar 1-Apr 12 8:00-9:00 AM XAH52X

Four Sessions \$60.00 Per Person

Sat, May 3-31 8:00-9:00 AM XAJ52X

No class 5/24

PICKLEBALL

Adult Beginners Pickleball

(ages 16 and up)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Paddles and balls are provided.

Four Sessions \$68.00 Per Person

Dorbrook Rec Area

Mon, Apr 14-May 5 4:00-5:00 PM XB252X

Fri, Apr 18-May 9 11:15 AM-12:15 PM. XB552X

Mon, May 19-Jun 16 4:00-5:00 PM. XB652X

No class 5/26

Fri, May 23-Jun 13 11:15 AM-12:15 PM. XB952X



Adult Improvers Pickleball

(ages 16 and up)

Looking to improve upon the basics of pickleball? While revisiting rules and skills, apply the basics through more in-depth drills and gameplay that touch upon not just the technical aspects, but now the tactical aspects of the sport.

Four Sessions \$100.00 Per Person

Dorbrook Rec Area

Mon, Apr 14-May 5 5:15-6:45 PM XB352X

Fri, Apr 18-May 9 9:30-11:00 AM XB452X

Mon, May 19-Jun 16 5:15-6:45 PM. XB752X

No class 5/26

Fri, May 23-Jun 13 9:30-11:00 AM XB852X

Pickleball Open Play

(adults)

Looking for some extra gameplay? Join this two-hour, open-play session that is all about playing the game, while being supervised by one of our instructors. Participants will play in rotation and play with a variety of others. Participants must be able to serve and return, and have a general understanding of rules and scoring. Sign up on a week-to-week basis, with no long commitments!

One Session \$18.00 Per Person

Dorbrook Rec Area

Wed, Apr 16 10:00 AM-12:00 PM XC652X

Wed, Apr 23 10:00 AM-12:00 PM XC852X

Wed, Apr 30 10:00 AM-12:00 PM XCA52X

Wed, May 7 10:00 AM-12:00 PM XCC52X

Wed, May 14 10:00 AM-12:00 PM XCD52X

Wed, May 21 10:00 AM-12:00 PM XCG52X

Wed, May 28 10:00 AM-12:00 PM XCJ52X

Wed, Jun 4 10:00 AM-12:00 PM. XO153X

Wed, Jun 11 10:00 AM-12:00 PM XO253X



Pickleball offers a variety of health benefits for adults including improving balance and hand-eye coordination, improving cardiovascular health, preventing osteoporosis, and boosting mood and mental health.

DID YOU KNOW?

PILATES

Pilates & Stretch for Beginners

(adults)

Take your fitness to the next level with Pilates & Stretch! Our beginner-friendly program is designed to help you strengthen and develop your "powerhouse" - the abdominals, lower back, hips, and thighs. Feel the benefits of improved posture and flexibility, work on your deep abdominals, and get in shape with our safe and effective Pilates exercises. Classes will also focus on proper stretching to maximize your workouts and reduce injuries. Plus, don't forget to bring a water bottle and wear comfortable clothing so you can get the most out of your workout.

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Wed, Mar 5-Apr 9 9:30-10:15 AM MCT52X

Fri, Apr 25-May 30 10:30-11:15 AM MCY52X

Seven Sessions \$105.00 Per Person

Wed, Apr 30-Jun 11 9:30-10:15 AM MCU52X

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 body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Twelve Sessions \$180.00 Per Person

Mon, Wed, Mar 3-Apr 9 10:30-11:30 AM . MCR52X

Fourteen Sessions \$210.00 Per Person

Mon, Wed, Apr 28-Jun 16 10:30-11:30 AM MCS52X

No class 5/26

Pilates Mat Workout

(adults)

This class will focus on your powerhouse which are the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$156.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Apr 14-May 21 7:15-8:15 PM . XAN52X

Tatum Pk Holland Act Ctr

Tue, Thu, Apr 15-May 22 6:30-7:30 PM . . .XAP52X



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

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Thu, Mar 6-Apr 10 9:15-10:15 AM MCV52X

Seven Sessions \$105.00 Per Person

Thu, May 1-Jun 12 9:15-10:15 AM MCW52X

Pilates Toning

(adults)

Maximize your fitness journey with our innovative Pilates Toning program, blending the principles of Pilates with comprehensive body conditioning. Enhance your core strength, refine posture, and achieve toned arms and legs simultaneously. Experience a boost in flexibility and endurance within a dynamic and encouraging setting. Embrace the power of leveraging your body weight and incorporating light hand weights to foster muscle growth and definition. Elevate your workout experience and embrace holistic wellness with our Pilates Toning regimen. Please bring a water bottle and wear comfortable clothing.

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Apr 25-May 30 9:15-10:15 AM MCX52X

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.



Dorbrook Rec Area

Four Sessions \$60.00 Per Person

Sat, Apr 12-May 3 11:05 AM-12:00 PM . . . X2252X

Sat, May 17-Jun 14 12:05-1:00 PM X3352X

No class 5/24

Eight Sessions \$120.00 Per Person

Mon, Wed, Apr 14-May 7 9:00-9:55 AM . . . X4652X

Mon, Wed, Apr 14-May 7 11:35 AM-12:30 PM . . X4852X

Tue, Thu, Apr 15-May 8 12:10-1:05 PM . . . X1552X

Mon, Wed, May 19-Jun 16 9:00-9:55 AM . . . X5552X

No class 5/26

Mon, Wed, May 19-Jun 16 11:35 AM-12:30 PM . . X5752X

No class 5/26

Tue, Thu, May 20-Jun 12 9:00-9:55 AM . . . X2452X

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for some individual attention.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 12-May 3 12:05-1:00 PM. X2352X

Sun, Apr 27-May 18 11:05 AM-12:00 PM . . X5452X

Sat, May 17-Jun 14 11:05 AM-12:00 PM . . X3252X

No class 5/24

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Apr 28-May 21 4:30-5:25 PM . . X6752X

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game!

Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to the class starting date.

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Apr 28-May 21 5:30-6:25 PM . . X6552X

Eight Sessions \$180.00 Per Person

Dorbrook Rec Area

Mon, Wed, Apr 14-May 7 10:00-11:30 AM . X4752X

Mon, Wed, Apr 14-May 7 6:05-7:35 PM . . . X5152X

Tue, Thu, Apr 15-May 8 9:00-10:30 AM . . . X1352X

Tue, Thu, Apr 15-May 8 10:35 AM-12:05 PM X1452X

Tue, Thu, Apr 15-May 8 6:05-7:35 PM . . . X1852X

Mon, Wed, May 19-Jun 16 10:00-11:30 AM X5652X

No class 5/26

Mon, Wed, May 19-Jun 16 6:05-7:35 PM . . X6052X

No class 5/26

Tue, Thu, May 20-Jun 12 10:00-11:30 AM. . X2552X

Tue, Thu, May 20-Jun 12 11:35 AM-1:05 PM X2652X

Tue, Thu, May 20-Jun 12 6:05-7:35 PM . . . X2952X

Thompson Pk

Tue, Thu, Apr 29-May 22 5:30-7:00 PM . . . X6952X

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice, and have fun doing it!

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$60.00 Per Person

Sun, Apr 27-May 18 9:00-10:00 AM XEA52X

Six Sessions \$90.00 Per Person

Sun, Mar 9-Apr 13 9:00-10:00 AM XE952X

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. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength, and focus. Blocks and straps are optional.

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$60.00 Per Person

Sun, Apr 27-May 18 10:15-11:15 AM XEC52X

Six Sessions \$90.00 Per Person

Sun, Mar 9-Apr 13 10:15-11:15 AM XEB52X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment, and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Mon, Apr 21-May 19 6:00-7:00 PM. X0252X

Thu, Apr 24-May 22 11:00 AM-12:00 PM . . X0452X

Six Sessions \$90.00 Per Person

Mon, Mar 3-Apr 7 6:00-7:00 PM. X0152X

Thu, Mar 6-Apr 10 11:00 AM-12:00 PM . . . X0352X

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 is necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Eryka Andrex

Fully Seated

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Wed, Apr 16-May 21 10:35-11:30 AM XF152X

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 7-May 19 4:00-4:55 PM XEM52X

Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience is necessary. This 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.

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Apr 9-May 21 4:00-4:55 PM. XES52X



Consciousness Yoga

(adults)

Each week, we will practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness.

This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat.

Please Note: Props and alternative poses are offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She owns the Registered Trademark 'Codes of Creation in Movement®'. MJ has over 800 hours of certification training, including studies in India

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Apr 3-Jun 19 9:30-10:45 AM XF252X

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, and 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 \$75.00 Per Person

Mon, Apr 21-May 19 7:00-8:00 PM. X0652X

Six Sessions \$90.00 Per Person

Mon, Mar 3-Apr 7 7:00-8:00 PM. X0552X

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility, and balance, and is designed for all body types, ages, and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Thu, Apr 24-May 22 9:30-10:30 AM X0852X

Six Sessions \$90.00 Per Person

Thu, Mar 6-Apr 10 9:30-10:30 AM X0752X

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom?

Instructor: MJ Kasliner is a national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification trainings including studies in India

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 1-Jun 17 7:00-8:15 PM. XA252X

Full Moon Yoga

(adults)

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

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

One Session \$20.00 Per Person

Deep Cut Gardens Outdoor Area

Mon, May 12 7:00-8:00 PM. XEK52X

Gentle Yoga

(adults)

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

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Six Sessions \$90.00 Per Person

Mon, Mar 3-Apr 7 12:00-1:00 PM XDZ52X

Fri, Mar 7-Apr 11 11:00 AM-12:00 PM XE552X

Five Sessions \$75.00 Per Person

Mon, Apr 21-May 19 12:00-1:00 PM XE052X

Fri, Apr 25-May 23 11:00 AM-12:00 PM XE652X

Gentle Yoga Plus

(adults)

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

Please Note: You need to be able to come down to the floor in this class section.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Five Sessions \$75.00 Per Person

Fri, Apr 25-May 23 9:30-10:30 AM XE452X

Six Sessions \$90.00 Per Person

Fri, Mar 7-Apr 11 9:30-10:30 AM XE352X

Morning Breath and Yoga

(adults)

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility, and calm. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel, and water.

Instructor: Tiffany McCann 500 hour YA-RYT, Live Grace Yoga

Twelve Sessions \$180.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Mar 15-Jun 7 7:30-8:30 AM. XAA52X

No class 5/24

Restorative/Yoga Nidra

(adults)

Restore. Renew. Refresh. Take this hour to remind yourself that you are the most important thing. This all-level class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness, this class will involve 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

Freneau Wds Pk Vis Ctr Program Room 1

Six Sessions \$90.00 Per Person

Wed, Mar 12-Apr 16 6:00-7:00 PM XEF52X

Four Sessions \$60.00 Per Person

Wed, Apr 30-May 21 6:00-7:00 PM XEG52X

Special Mother's Day Yoga

(adults)

A growing tradition amongst students which we invite you to join! This is an opportunity to play and not take yourself too seriously with planning and directing. Do something truly for yourself or maybe give the gift of class time to someone you know. In the end, it's not just rest, but a sweet treat as well! This is our advanced beginner class; however, props are available.

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

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, May 11 10:00-11:00 AM XEJ52X

Spring Equinox Yoga Nidra

(adults)

Your evening will unfold in three parts. We'll begin with soft, restorative movements to relax the body, followed by a guided Yoga Nidra to relax the mind, and end with a special closing ceremony to welcome the upcoming season. Allow the Spring Equinox to guide you towards new beginnings, new ideas, and new dreams for your life. Instructor: Melanie Mascola, 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session \$30.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 20 7:00-8:30 PM XEH52X

Spring 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. Class with sun salutations, then moves 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, so dress in layers. The class is active but can be adjusted for all skill levels. Bring a mat and water.

Instructor: Tiffany McCann 500 hour YA-RYT, Live Grace Yoga

Twelve Sessions \$240.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Mar 15-Jun 7 8:45-10:00 AM XAB52X

No class 5/24

“

Tiffany McCann is an excellent instructor. She is personable, experienced, and a very caring person. She really makes you feel welcome and comfortable.

”

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the “sequence of consciousness,” or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark ‘Codes of Creation in Movement.’ MJ Has over 800 hours of certification trainings including studies in India

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Fri, Apr 4-Jun 20 9:30-10:45 AM XA552X

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 7-Jun 16 7:00-8:15 PM XA152X

No class 5/26

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Apr 3-Jun 5 2:00-3:00 PM XE852X

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Apr 2-Jun 18 9:30-10:45 AM XA352X

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a long yoga strap, and water. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress.

Instructor: Barbara Sager, 1200 hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$180.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Apr 5-Jun 28 8:00-9:00 AM XAC52X

No class 5/24

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges." - Bryant McGill

This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome and modifications are shown.

Instructor: Laurie Vuksanovich (YogaWorks certified)

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Sat, Mar 1-Apr 12 9:00-10:00 AM XAK52X

Four Sessions \$60.00 Per Person

Sat, May 3-31 9:00-10:00 AM XAM52X

No class 5/24

Yoga Flow on the River

(adults)

Portland Place sits majestically on the Navesink River with sweeping views. Enjoy a yoga practice outdoors, in the natural world, in this beautiful spot. We will flow through sun salutations and deep stretches to release the winter chill. We will end with a relaxing savansa. All movements can be adjusted for those with limited mobility. We will practice outside so dress in layers. There is a covered porch in case of rain. Bring a mat, water and a blanket in case the grass is wet.

Instructor: Tiffany McCann, 500 hour YA-RYT, Live Grace Yoga

Eight Sessions \$120.00 Per Person

Hartshorne Wds Pk Hist. Portland Place Outdoor Area

Sat, Apr 12-Jun 7 11:00 AM-12:00 PM. . . .XA952X

No class 5/24



Yoga not only improves strength, balance, and flexibility, but also helps relieve back pain, eases arthritis symptoms, benefits heart health, and assists with stress management.

**DID YOU
KNOW?**

Yoga for Baby-Boomers

(adults)

Want to try yoga but are afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel, and bottled water for hydration.

Please Note: Sun Salutation portion of the class is modified using a chair, so that flowing movements can be done safely, without doing lunges on the ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Six Sessions \$120.00 Per Person

Tue, Mar 4-Apr 8 10:30 AM-12:00 PM XE152X

Five Sessions \$100.00 Per Person

Tue, Apr 22-May 20 10:30 AM-12:00 PM . . XE252X

ZUMBA

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories, and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Eleven Sessions \$165.00 Per Person

Tue, Apr 1-Jun 10 6:15-7:10 PM. XEQ52X

Eight Sessions \$120.00 Per Person

Thu, Apr 17-Jun 12 6:15-7:10 PM. XEV52X

No class 5/22

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. The 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 \$105.00 Per Person

Wed, Apr 9-May 21 6:00-6:55 PM. XEU52X

Eight Sessions \$120.00 Per Person

Fri, Apr 11-Jun 6 6:30-7:25 PM XEZ52X

No class 5/23

Calling all teachers, college students, and high school juniors and seniors!

We're looking for enthusiastic additions to join our team this summer for a variety of positions!

Visit our Summer Job Fair on Saturday, March 8 from 9:00 AM-12:00 PM at Fort Monmouth Recreation Center, Tinton Falls, to learn about all the amazing summer employment opportunities.

Get full details on page 44.

EQUESTRIAN



Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are needed to work as volunteers.

The minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the programs, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory four-week program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance, and control.

Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear a helmet while riding.

Four Sessions \$225.00 Per Person

Sunnyside Rec Area

Fri, Mar 21-Apr 11 4:00-5:00 PM V0352X

Fri, May 2-23 4:00-5:00 PM. V0552X

Fri, May 30-Jun 20 4:00-5:00 PM V0652X

SPUR Horseback Riding Lessons for People with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide adaptive horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information, please visit www.spuronline.org.

GOLF

Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs can be provided if needed.

Children

(ages 6-10)

Bel-Aire GC

Four Sessions \$83.00 Per Person

Sun, Apr 13-May 11 11:00 AM-12:00 PM . . . Y2352X

No class 4/20

Fri, May 16-Jun 6 6:00-7:00 PM Y4852X

Sat, May 24-Jun 14 10:15-11:15 AM Y5952X

Four Sessions \$89.00 Per Person

Mon, Apr 7-28 10:00-11:00 AM Y3852X

Tue, Apr 8-29 10:00-11:00 AM Y1852X

Tue, Apr 8-29 1:30-2:30 PM Y2052X

Wed, Apr 16-May 7 1:00-2:00 PM. Y4952X

Sun, Apr 27-May 18 12:00-1:00 PM Y5052X

Wed, May 14-Jun 4 11:30 AM-12:30 PM . . Y4652X

Wed, May 21-Jun 11 10:30-11:30 AM Y3652X

Juniors

(ages 11-14)

Four Sessions \$83.00 Per Person

Bel-Aire GC

Sat, Apr 19-May 10 10:00-11:00 AM. Y2652X

Charleston Springs GC

Sat, Apr 26-May 17 3:00-4:00 PM. T2352X

Junior Girls

(ages 11-14)

Three Sessions \$83.00 Per Person

Bel-Aire GC

Sat, Apr 19-May 3 10:30-11:50 AM. Y1452X

Women

(adults)

Four Sessions \$89.00 Per Person

Bel-Aire GC

Tue, May 13-Jun 3 10:00-11:00 AM Y5752X

Adults

(adults)

Three Sessions \$89.00 Per Person

Bel-Aire GC

Sat, Apr 19-May 3 9:00-10:20 AM Y1252X

Sun, Apr 27-May 11 10:30-11:50 AM Y1352X

Four Sessions \$89.00 Per Person

Bel-Aire GC

Mon, May 12-Jun 9 9:00-10:00 AM. Y3752X

No class 5/26

Charleston Springs GC

Thu, Apr 17-May 8 2:00-3:00 PM. T2252X

Intermediate Golf

(ages 11 and up)

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 \$104.00 Per Person

Bel-Aire GC

Sun, May 25-Jun 15 1:15-2:45 PM Y6252X

Women

(adults)

Four Sessions \$130.00 Per Person

Bel-Aire GC

Sat, Apr 19-May 10 11:15 AM-1:15 PM . . . Y2752X

Adults

(adults)

Four Sessions \$130.00 Per Person

Bel-Aire GC

Mon, Apr 7-28 10:30 AM-12:30 PM Y4052X

Tue, Apr 8-29 11:15 AM-1:15 PM Y1952X

Wed, Apr 9-30 9:00-11:00 AM Y4152X

Sun, Apr 13-May 11 12:15-2:15 PM Y2452X

No class 4/20

Mon, May 12-Jun 9 10:30 AM-12:30 PM . . Y4452X

No class 5/26

Tue, May 13-Jun 3 11:15 AM-1:15 PM . . . Y5852X

Wed, May 14-Jun 4 9:00-11:00 AM Y4552X

Howell Pk GC

Wed, Apr 9-30 5:00-7:00 PM J0352X

Four Sessions \$65.00 Per Person

Bel-Aire GC

Wed, Apr 16-May 7 2:00-3:00 PM Y5252X

Sun, Apr 27-May 18 1:00-2:00 PM Y5352X

Advanced Golf Adults

(adults)

At this level, it is vital to spend time learning the game where it is played, on the course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm-up techniques. While on the course you will receive real-time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$175.00 Per Person

Charleston Springs GC

Fri, May 16-Jun 6 5:00-8:00 PM T0652X

Sat, May 17-Jun 7 4:15-7:15 PM T0852X

Howell Pk GC

Fri, Apr 11-May 2 4:00-7:00 PM T0152X

Sat, Apr 12-May 3 2:30-5:30 PM J0752X

Wed, May 14-Jun 4 5:00-8:00 PM J1052X

60 Minute Chip/Pitch

(adults)

Learn how to turn three shots into two and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure you are having fun out on the course. Open to all levels and abilities.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Apr 16 11:15 AM-12:15 PM Y4352X

Wed, Apr 23 10:30-11:30 AM Y0752X

Fri, Apr 25 11:00 AM-12:00 PM Y1052X

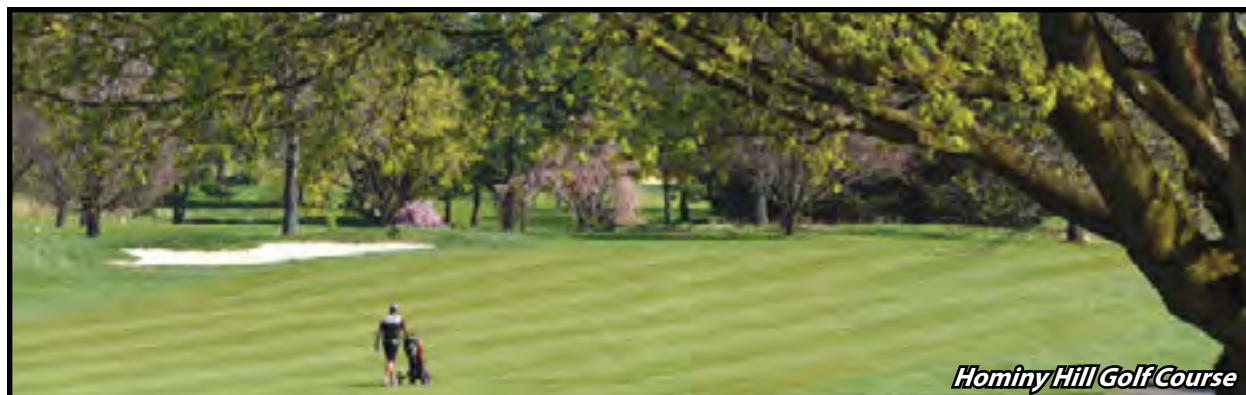
Thu, May 1 10:45-11:45 AM Y2952X

Wed, May 21 12:45-1:45 PM Y5552X

Charleston Springs GC

Fri, Apr 4 9:00-10:00 AM T1552X

Fri, May 2 9:00-10:00 AM T1752X



60 Minute Driver

(adults)

Develop more consistency and power for all levels of golfers and swing types in this 60 Minute Driver clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$35.00 Per Person

Bel-Aire GC

Thu, Apr 10 1:15-2:15 PM Y2152X
 Thu, Apr 24 10:45-11:45 AM. Y0852X
 Thu, Apr 24 1:15-2:15 PM Y2852X
 Fri, May 2 10:15-11:15 AM Y3152X
 Wed, May 7 10:30-11:30 AM. Y3252X
 Sat, May 17 8:00-9:00 AM Y4752X

Charleston Springs GC

Thu, Apr 17 1:00-2:00 PM T2552X
 Wed, Apr 23 11:15 AM-12:15 PM. T1252X
 Fri, Apr 25 10:30-11:30 AM T1452X
 Sun, May 11 10:00-11:00 AM T0452X
 Fri, May 30 10:30-11:30 AM T2152X

Howell Pk GC

Wed, Apr 9 3:45-4:45 PM J0252X
 Wed, May 14 4:00-5:00 PM. J0952X
 Sun, May 18 10:00-11:00 AM J1152X

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 are welcome.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Apr 9 11:15 AM-12:15 PM. Y4252X
 Thu, Apr 17 1:15-2:15 PM Y2552X
 Sun, Apr 27 2:15-3:15 PM Y6452X
 Wed, Apr 30 10:30-11:30 AM Y1152X
 Fri, May 2 9:00-10:00 AM. Y3052X
 Sun, May 25 3:00-4:00 PM Y6352X

Charleston Springs GC

Fri, Apr 25 9:00-10:00 AM T1352X
 Fri, May 2 10:30-11:30 AM T1852X

Howell Pk GC

Wed, Apr 9 2:30-3:30 PM J0152X

60 Minute Sand Bunker

(adults)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$35.00 Per Person

Bel-Aire GC

Thu, Apr 17 10:45-11:45 AM. Y0452X
 Thu, May 1 1:15-2:15 PM Y5652X

Charleston Springs GC

Fri, Apr 4 10:30-11:30 AM T1652X
 Fri, May 30 9:00-10:00 AM T2052X

Bel-Aire Seniors Players Club

(adults)

If you are a recent graduate of the Senior Stroke Saver clinic, this Bel-Aire Seniors Players Club is the next step for you. Golfers will receive one hour of advanced instruction and then will be responsible for booking their own tee times - whether they choose to golf on the 18-hole course or the 9-hole course. Greens fees and reserved times are not included.

Four Sessions \$100.00 Per Person

Bel-Aire GC

Wed, Apr 16-May 7 8:00-9:00 AM Y5152X
 Wed, May 21-Jun 11 8:00-9:00 AM. Y5452X

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 on the course. This one-day, three-hour clinic combines both on-range and on-course instruction. The low student-to-instructor ratio allows for individual instruction on a personal level.

One Session \$145.00 Per Person

Howell Pk GC

Thu, Apr 10 1:00-4:00 PM J0452X

Charleston Springs GC

Sat, May 17 1:00-4:00 PM T0752X

Bel-Aire GC

Sat, May 24 12:00-3:00 PM. Y6052X

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs can be provided if needed.

Three Sessions \$130.00 Per Couple

Bel-Aire GC

Sun, Apr 27-May 11 9:00-10:20 AM Y1552X

Sun, May 25-Jun 15 12:00-1:00 PM Y6152X

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence, and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level.

One Session \$96.00 Per Person

Charleston Springs GC

Fri, Apr 11 9:00-11:00 AM T1052X

Sun, Apr 27 2:00-4:00 PM T0352X

Fri, May 9 9:00-11:00 AM. T0952X

Howell Pk GC

Sat, Apr 12 12:00-2:00 PM J0552X

Sat, May 10 12:00-2:00 PM. J0852X

Bel-Aire GC

Sat, Apr 12 12:00-2:00 PM Y2252X

Wed, Apr 16 10:30 AM-12:30 PM. Y0252X

Fri, Apr 25 8:30-10:30 AM Y0952X

Thu, May 8 10:45 AM-12:45 PM. Y3352X

Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grade who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. This is NOT a beginner clinic; participants must have prior golf experience.

Four Sessions \$125.00 Per Person

Charleston Springs GC

Sat, Apr 26-May 17 4:00-7:00 PM. T2452X

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 \$32.00 Per Person

Pine Brook GC

Thu, Apr 17-Oct 23 8:00 AM-1:00 PM PB152A

Men's 60+ Touring League

(adults)

The Men's 60+ Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by three additional weeks of match play. 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 26 will be used and if your handicap is more than 26 it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st and 2nd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee covers all greens fees, weekly prizes, and season ending prizes. For power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM. League is limited to first 56 players.

Thirteen Sessions \$375.00 Per Person

Hominy Hill GC

Tue, Apr 15-Jul 8 10:00 AM-2:30 PM. . . . K0152A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting, and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory, and spin so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level - whether just starting, an accomplished player, or somewhere in between.

One Session \$135.00 Per Person

Bel-Aire GC

Fri, Apr 18 8:30-11:30 AM Y0552X

Sun, Apr 20 8:00-11:00 AM Y0652X

Fri, May 9 8:30-11:30 AM Y3452X

Charleston Springs GC

Sun, Apr 13 12:00-3:00 PM. T0252X

Fri, Apr 18 12:00-3:00 PM T1152X

Sun, May 11 12:00-3:00 PM T0552X

Fri, May 16 12:00-3:00 PM T1952X

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. The 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 \$105.00 Per Person

Bel-Aire GC

Wed, Apr 16-May 7 9:00 AM-12:30 PM . . . Y0152X

Wed, May 21-Jun 11 9:00 AM-12:30 PM . . Y3552X

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. The program fee includes instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$180.00 Per Person

Bel-Aire GC

Thu, Apr 17-May 22 9:30 AM-1:00 PM. . . Y0352X

Women's Touring League

(adults)

The Women's Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by three additional weeks of stroke play. 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 and if your handicap is more than 30 it will be reduced to 30. Handicap will carry through the additional weeks of stroke play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine the top 8 for the three additional weeks of stroke play. The top 8 will then be cut in half to the top 4 for week 2. Then the top 4 will be cut into the final 2 for the following week to determine 1st and 2nd place. Prizes will be awarded to the 1st and 2nd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The entry fee covers all greens fees, weekly prizes, and season ending prizes. For power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM before the start of the league. League is limited to first 56 players.

Thirteen Sessions \$375.00 Per Person

Hominy Hill GC

Wed, Apr 16-Jul 9 9:00 AM-1:30 PM K0252A

GOLF TOURNAMENTS

Playing in an amateur golf tournament can be a very rewarding experience. It doesn't matter what your handicap is, if you are a fan of the sport you should sign up to play – it may just help your focus and improve your game. Have fun and bask in the experience of competing in the sport you love.

Some of our tournaments include the Two Person Team Scramble, High School Two-Person Team Tournament, Ladies Scramble, Two-Person Best Ball, Juniors Tournament, Course Championships, and more!

Get details on upcoming 2025 tournaments by visiting the Golf section of our website at www.MonmouthCountyParks.com.

THERAPEUTIC RECREATION

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 29-Jun 7 10:00-11:30 AM D1052X***Class meets 3/29, 4/12, 4/26, 5/10, 5/31 & 6/7***Now We're Cooking!***(ages 16 and up, with special needs)*

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

Tex-Mex Feast!

Join your friends as we prepare a delicious South-Western-themed meal consisting of some of the classics! Our meal will include build-your-own quesadillas, beans, rice, salad, and more! Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

One Session \$45.00 Per Person**Dorbrook Rec Area Vis Ctr****Fri, Mar 7 6:00-8:30 PM D0152X****Pizza Social***(ages 16 and up, with special needs)*

Are you ready for an evening packed with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun. Think board games, card games, trivia, video games, and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in an entertaining and welcoming environment. Participants must be able to function in at least 1:4 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person**Dorbrook Rec Area Act Ctr****Fri, Mar 28 6:00-8:30 PM D2252X****Fri, Apr 25 6:00-8:30 PM D2352X****Fri, May 30 6:00-8:30 PM D2452X****Special Trip***(ages 16 and up, with special needs)*

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

Saturday at the Philadelphia Zoo

Explore creatures from around the world! Join us as we spend a fun weekend day at the amazing Philadelphia Zoo. We will be visiting the elephants, giraffes, gorillas, and more! You will be able to choose from a wide variety of foods for lunch at the zoo cafeterias. The registration fee covers the cost of your ticket, supervision, and transportation. Please bring \$40.00 to cover the cost of lunch; extra if you would like to purchase souvenirs.

One Session \$89.00 Per Person**Dorbrook Rec Area Act Ctr Parking Lot****Sat, May 17 10:00 AM-4:00 PM D1552A**

Recreation Challenge and Adult Adventures summer camp applications are being accepted now!

Available to those ages 10 & up with cognitive and neurological impairments, therapeutic recreation camps offer eight weeks of exciting activities such as sports, games, arts and crafts, water activities, and more starting the week of June 16.

Campers must be able to function in a 2:1 camper-to-staff-ratio, take care of their own personal hygiene, and adhere to our behavioral guidelines. Campers are grouped according to age and ability level.

Acceptance is based on application and interview assessment. Space is limited. For full details, contact Justin Dunn at 732-460-1167, ext. 4641, or justin.dunn@monmouthcountyparks.com.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$45.00 Per Person

Take Out and a Movie!

Tonight we will enjoy a "night in" with friends at the Dorbrook Recreation Area Activity Center. You will be able to choose from two different movies being shown in different rooms. We will be ordering dinner from a local Italian restaurant. You will be contacted the week of the event with the menu and instructions for submitting and paying for your dinner order or the cost for just pizza. Drinks and snacks are included in your registration. Feel free to bring a comfortable beach or lawn chair if you would like for the movie!

Dorbrook Rec Area Act Ctr

Thu, Apr 24 6:00-8:30 PM D1452X

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of Freehold Raceway Mall and pick-up will be from AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end time of the program will be affected by movie choices. Please bring at least \$50.00 to cover the cost of your meal and movie ticket.

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Mar 21 5:00-9:30 PM D0352A

TRIPS

2025 Philadelphia Flower Show

(all ages, under 18 with adult)

This year's show will celebrate the flourishing community and deep connections that plants can create. Join us for breathtaking gardens and floral installations by award-winning designers and the joyous, flower-filled moments that unite us all. Your visit will showcase acres of unmatched floral, garden and landscape displays, competitive entries of unique plants and artistic pieces, great shopping, live music, education, and roaming entertainers. Price includes admission to the flower show, bus transportation, and volunteer Park System leader.

\$97.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 8. A0352X

Board: 11:30 AM Return: 8:30 PM (approx)

Explore Philadelphia!

(all ages, under 18 with adult)

Start your day with a 75-minute, 1.25-mile walking tour of historic sites in Philadelphia! Then, spend the rest of your day on your own exploring the arts, food, and culture that Philadelphia has to offer! Tour Independence Hall where the Declaration of Independence was signed, see the Liberty Bell, stroll through the Museum of the American Revolution, or check out Reading Terminal Market. Plan your day as you see fit! Trip includes round-trip motor coach transportation, walking tour tickets, and a Park System volunteer leader. Rain or shine.

Please Note: Booking additional tours or museum visits may require you to purchase tickets. Admission to National Park Service sites is free or for a small fee.

\$85.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 3 A4152X

Board: 9:15 AM Return: 6:15 PM (approx)

Spring Blooms in Longwood Gardens

(adults)

At Longwood Gardens in Kennett Square, Pennsylvania, you will be greeted by a brilliant landscape of tulips, dogwoods, wisteria, and numerous horticultural highlights that are bursting into bloom. You will be transported to another place and time as you wander through the vibrant gardens and breathe in the fresh spring air. The fee includes round-trip motor coach transportation, a 60-minute guided tour, admission to the Gardens, and a Park System volunteer leader.

\$115.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, May 30 8:30 AM-6:00 PM A4052X



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 Monmouth County's only land trust, dedicated to preserving natural habitats, farmland, and open spaces which make our region so special. Founded in 1977 as an independent nonprofit to work hand in hand with the county to preserve land, we are proud to have helped to permanently protect more than 9,500 acres, including more than 4,500 acres or 1/4 of Monmouth County parklands.

What We Do

MCF works tirelessly to create parks, save open space, preserve farmland, teach environmental sustainability, safeguard waterways, and protect wildlife. We partner with federal, state, county, and municipal partners to acquire and preserve open space and farmland and conserve natural habitats throughout Monmouth County in support of outdoor recreation, agriculture, clean water, and wildlife for long-term sustainability.

Why It Matters

As development pressures increase and the impacts of climate change intensify, our water quality, real estate, natural habitats, and the very appeal of Monmouth County are at risk. Our efforts help to ensure that our green spaces and resulting quality of life are preserved for future generations. We also educate students and families about

environmental sustainability and conservation through STEM/STEAM-based engaging programs and community events.

As the new owners of the 90-acre Scudder Preserve in Middletown, we will have our first-ever home base and be the hub for Monmouth County's conservation and sustainability initiatives with access for all residents.

Our Commitment

Since 2014, MCF has been accredited by the Land Trust Accreditation Commission, demonstrating our commitment to meeting the highest national standards for excellence and conservation permanence. We are one of only 471 accredited land trusts out of 1,100 nationwide.

Get Involved

Learn more about our work and find out how you can become a Land Steward by visiting www.monmouthconservation.org or scanning the QR code. For more information, contact us at 732-671-7000 or info@monmouthconservation.org.



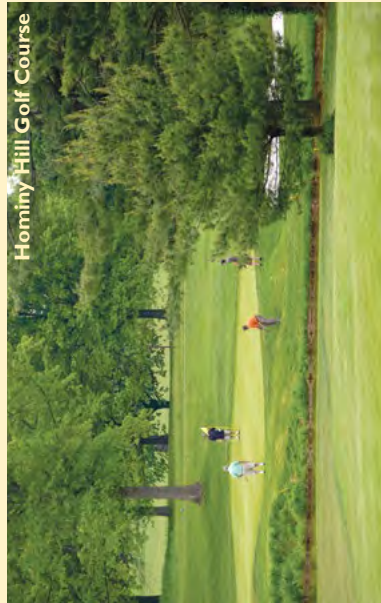
Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract[†], Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park^{*}, Route 520, Marlboro 732-834-9607
Clayton Park^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park^{*}, Upper Freehold 609-259-5794
DeBois Creek Recreation Area[†], Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643
East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278
Freneau Woods Park[†], Marlboro & Aberdeen 732-842-4000
Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670
Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033
Holmdel Park, Longstreet Road, Holmdel 732-946-9562
Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336
Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758
Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265
Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440
Mount Mitchell Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
Perrineville Lake Park^{*}, Sweetmans Lane, Millstone 609-259-5794
Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025
Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367
Swimming River Park, West Front Street, Middletown 732-741-9676
Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987
Thompson Park, Newman Springs Road, Lincroft 732-842-4000
Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail^{*}, Upper Freehold 609-259-5794
Historic Wainford, Wainford Road, Upper Freehold 609-259-6275
Weltz Conservation Area^{*}, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

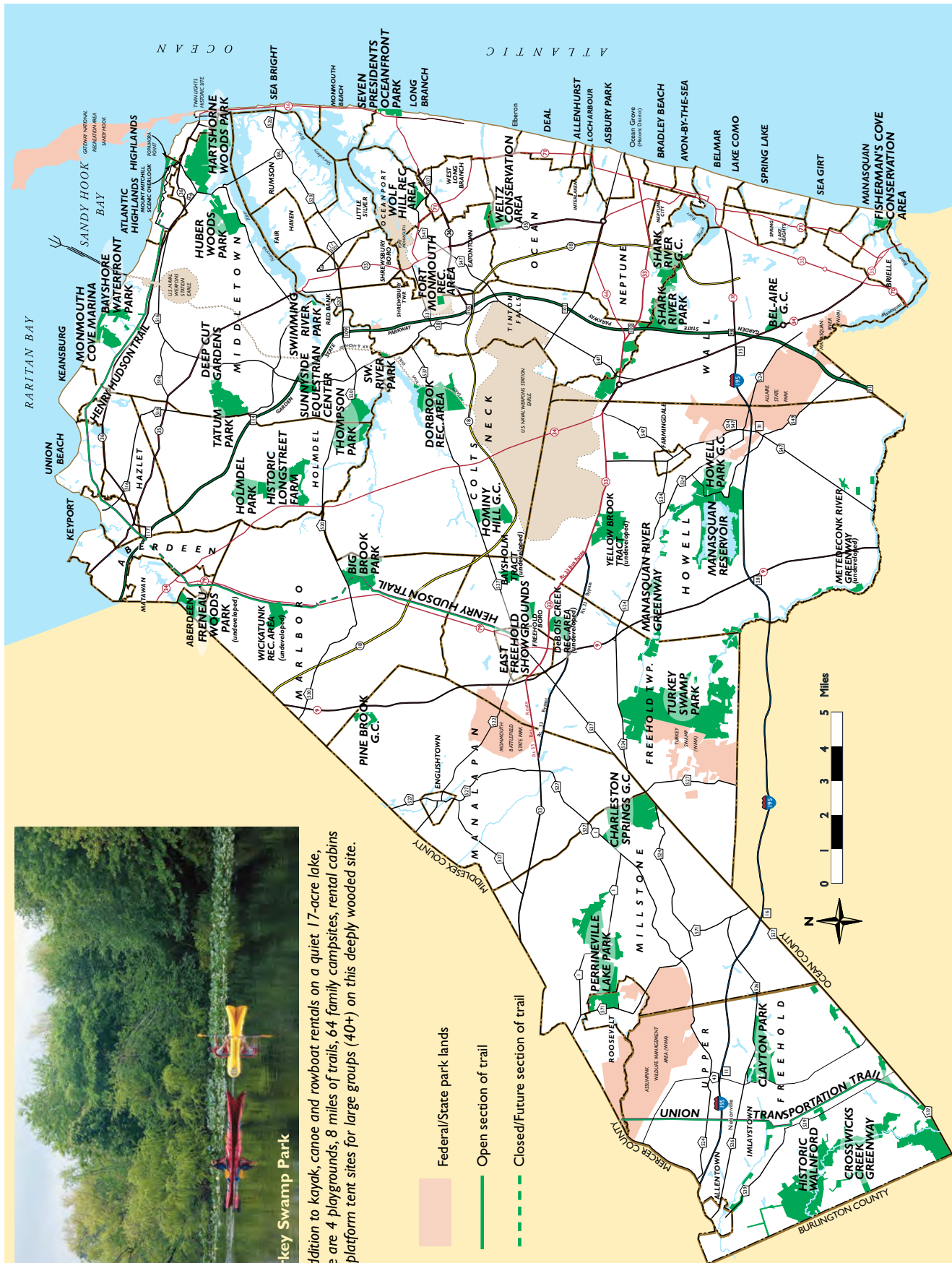
* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

- Federal/State park lands
- Open section of trail
- Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Frank Masini, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

- **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

- **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registration is on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on February 12. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on February 12.

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 12 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.

DISCOVER OUR PARKS

THIS SPRING

Spring Craft Show

Saturday, April 12, 9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Find a unique, hand-crafted gift for yourself or someone special!

Earth Day Open House

Saturday, April 26, 10:00 AM-2:00 PM

Huber Woods Environmental Center, Middletown

Celebrate Earth Day with live animal displays, guided nature walks, crafts, and much more!

Creative Arts Festival

*Saturday, May 10,
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.

Walnford Day

Sunday, May 18, 11:00 AM-5:00 PM

Historic Walnford, Upper Freehold

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



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



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

APRIL

Spring Craft Show

Saturday, April 12
9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Earth Day Open House

Saturday, April 26
10:00 AM-2:00 PM

Huber Woods Environmental Center, Middletown

Wool Days/Sheep Shearing

Saturday & Sunday, April 26 & 27
12:00-3:00 PM

Historic Longstreet Farm, Holmdel

MAY

Creative Arts Festival

Saturday, May 10,
10:00 AM-4:00 PM

Thompson Park, Lincroft

Native Plant Workshop & Exchange

Saturday, May 17
8:00-11:30 AM

Deep Cut Gardens, Middletown

Walnford Day

Sunday, May 18
11:00 AM-5:00 PM

Historic Walnford, Upper Freehold



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Dominick "Nick" DiRocco • Ross F. Licitra, Park System Liaison • Erik Anderson

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr.
David W. Horsnall • Patricia M. Butch • Thomas Adcock
Lori Ann Davidson • Brian Foster • Andrew J. Spears, Director

