



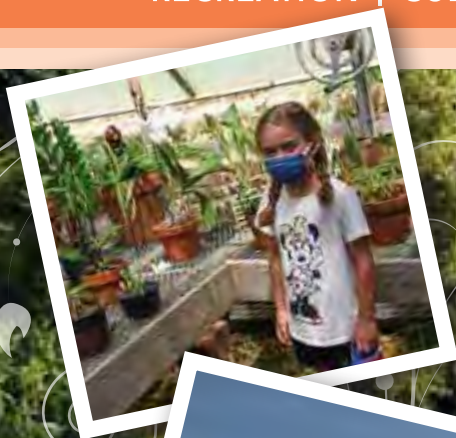
MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SUMMER 2021

REGISTRATION BEGINS MAY 5

WWW.MONMOUTHCOUNTYPARKS.COM

MONMOUTH COUNTY FAIR

As restrictions allow and are lifted,
we look forward to hosting
the **Monmouth County Fair** on
Wednesday-Sunday, July 21-25.
Look for more details on
www.MonmouthCountyParks.com.



Cultural Showcase

Saturday, August 21, 11:00 AM-4:00 PM
Thompson Park, Lincroft

- Head to the park for a fun and exciting multicultural experience you're sure to remember.
- Hear music styles from around the globe
- View stunning performances
- Decorate a square for our community quilt
- Browse unique vendors

For questions or more information,
call 732-542-1642, ext. 29.



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To register for programs starting May 5, 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.

Icon Key



New Program



Free Program

COVID-19 PREVENTATIVE MEASURES

The Park System is working hard to keep program participants and staff safe. Please note the following preventative measures put in place during the pandemic and as of the printing of this Guide.

- Stay home if you are ill.
- Maintain at least six feet from other participants and staff.
- Face coverings are required:
 - » when social distancing cannot be reasonably maintained;
 - » when arriving and departing from your program; and
 - » while in restrooms and/or common areas inside buildings (hallways, lobbies, etc.).
- » Face coverings are not required when eating/drinking or during strenuous activities or socially distanced outdoor programs.



Bayshore Waterfront Park

Summertime Explorations

As you begin to plan your summer activities, don't forget the many amazing locations that are so close to home. With over 40 Park System sites to explore, make a checklist of all the great things you plan to do and see in the parks during the warm and sunny days of summer.

Spend a Day at the Beach

One of our most popular spots for fun in the sun is **Seven Presidents Oceanfront Park**, Long Branch. This 38-acre beach-front park is a great place for swimming, sunning and surfing. Everything you need for a day at the beach is readily available during the summer: snack bar, sheltered eating areas, volleyball area, outdoor showers, changing areas, guarded swimming, designated areas for surfing, and more.

The beach opens for guarded swimming on weekends (including Memorial Day) from May 29-June 13, and daily from June 19 through Labor Day. Daily as well as season park access and parking passes are available for purchase. Visit www.MonmouthCountyParks.com for a list of fees and information on how to purchase season passes.

Catch a Winner!

Anglers, get your tackle boxes ready! Whether you enjoy saltwater or freshwater fishing, the Park System has multiple spots for you to drop a line.

Saltwater anglers will enjoy fishing from the shores of **Seven Presidents Oceanfront Park** in Long Branch or from the pier or shore at **Bayshore Waterfront Park** in Port Monmouth. Remember to register with the NJ Saltwater Angler Registry for all those 16 and up (free)!

Freshwater anglers have a larger variety of spots to choose from, ranging from the ever popular **Manasquan Reservoir** in Howell, where you'll find species such as bass, tiger muskie, and bullhead catfish, or head to the more secluded creek setting of **Crosswicks Creek Park** in Upper Freehold to find species like catfish and shad. For freshwater fishing, all anglers age 16-69 are required to have a NJ State fishing license; information on licenses can be found on the NJ Division of Fish & Wildlife's website. If fishing for trout, a trout stamp is also required.

Be sure to check out our upcoming fishing derbies on page 50. A full list of fishing sites in your Monmouth County parks can be found at www.MonmouthCountyParks.com.

Explore a Trail...

...but not one you've traversed before. Summer is a time to experience new things, so find a trail you've never been on and see what natural sights you'll experience. Some of our favorite, lesser known trails include the two-mile trail at **Charleston Springs Golf Course** in Millstone (park in the Stagecoach Road lot), the moderately-rated Lakeside Loop at **Perrineville Lake Park** in Millstone (park in the Agress Road lot), or the 1/2-mile Track Edge trail at **Freneau Woods Park** in Aberdeen (park in the Greenwood Road lot). Our website has a full list of Park System trails to check out.

Take a Moment to Smell the Roses

If you haven't been to **Deep Cut Gardens** in Middletown yet, this is the perfect time. Mid to late June is the peak time for the roses to be in bloom within the site's Rose Parterre, featuring 52 varieties of roses with over 180 bushes. Be sure to explore Deep Cut in its entirety, from the All-America Selection (AAS) Display Garden where you'll find ornamental plants and vegetables, to the greenhouse where you'll find succulents and houseplants (as well as orchids in bloom in the winter months), and the lily pond, home to gorgeous koi and goldfish and with its tropical water lilies and bog plants.

Understand Our Pollinators

Fruits, vegetables and a variety of plants all depend on pollinators, an array of insects from bees to butterflies that assist in pollination. Currently, the Park System has pollinator gardens at the following parks: **Manasquan Reservoir**, Howell; **Huber Woods Park**, Middletown; and the newest at **Clayton Park**, Upper Freehold. It's important to not disturb these gardens, but to instead merely stop by and take in their beauty (and even take a few photos to enjoy after your visit). These gardens have been specially planted with species that offer nectar and pollen for our native bees and butterflies, keeping them well-fed and nearby plants pollinating.

"Learn something new. Try something different. Convince yourself that you have no limits."

- Brian Tracy

For more ideas on how you can explore your Monmouth County Park System parks this summer, visit us at www.MonmouthCountyParks.com.



JUNE 2021

Friday, June 4

- Concert in the Park (p. 11)
- Drop-In Zip-Line (p. 19)
- Superb Summer Saunter (p. 54)

Saturday, June 5

- Deep Cut Open House (p. 12)
- Lacemaking Demo (p. 6)
- SPUR Horse Show (p. 67)
- Yarn Bee (p. 6)

Sunday, June 6

- Climb Time (p. 19)

Friday, June 11

- Superb Summer Saunter (p. 54)

Saturday, June 12

- Accordion Melodies (p. 6)
- Bayshore Fishing Derby (p. 50)
- Canoe Rentals (p. 19)

Sunday, June 13

- Canoe Rentals (p. 19)
- Seashell Sunday (p. 15)

Tuesday, June 15

- Casual Birder (p. 54)
- Climb Time (p. 19)

Wednesday, June 16

- Nature Kayak Tour (p. 54)

Thursday, June 17

- Box Turtles of Monmouth County (p. 52)

Friday, June 18

- Superb Summer Saunter (p. 54)

Saturday, June 19

- Eco-Elephant Family Flea Market (p. 36)
- Freshwater Fishing Derby (p. 50)
- Open Shoot Archery (p. 19)
- Penny Rug Demo (p. 6)

Sunday, June 20

- Freshwater Fishing Derby (p. 50)

Wednesday, June 23

- Open Mic Poetry Night (p. 59)

Friday, June 25

- Superb Summer Saunter (p. 54)

Saturday, June 26

- Antique Auto Display (p. 8)
- Canoe Rentals (p. 19)
- Spinning & Knitting Demo (p. 6)

Sunday, June 27

- Canoe Rentals (p. 19)

Tuesday, June 29

- Casual Birder (p. 54)

JULY 2021

Thursday, July 1

- Enviro-Quest (p. 17)

Saturday, July 3

- Yarn Bee (p. 6)

Sunday, July 4

- Independence Day Celebration (p. 6)

Tuesday, July 6

- Tidal Tuesday (p. 13)

Thursday, July 8

- Enviro-Quest (p. 17)

Saturday, July 10

- Canoe Rentals (p. 19)
- Edible History Series (p. 8)
- Wheat Harvest & Threshing Demo (p. 7)

Sunday, July 11

- Canoe Rentals (p. 19)
- Wheat Harvest & Threshing Demo (p. 7)

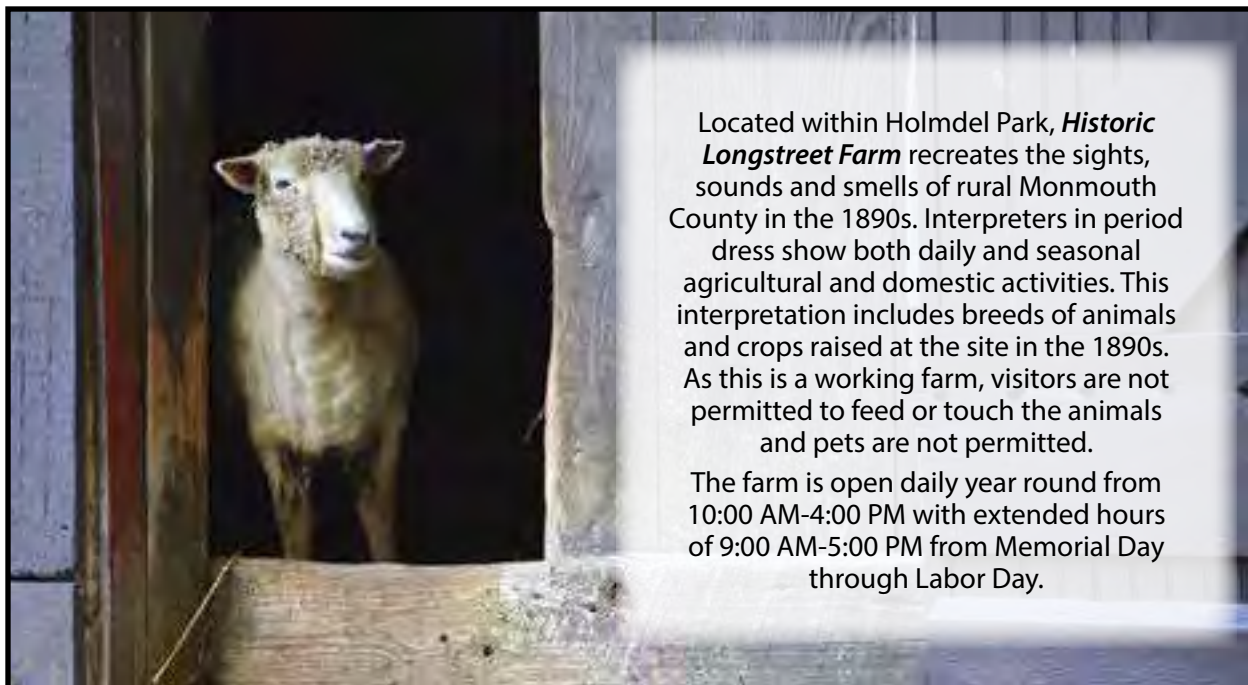
Tuesday, July 13

- Casual Birder (p. 54)
- Nature Kayak Tour (p. 54)
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Thursday, July 15 • <i>Enviro-Quest</i> (p. 17) • <i>Nature Kayak Tour</i> (p. 54) • <i>Sharks of New Jersey</i> (p. 52)	Thursday, July 22 • <i>Enviro-Quest</i> (p. 17)	Thursday, July 29 • <i>Enviro-Quest</i> (p. 17) • <i>Nature Kayak Tour</i> (p. 54)
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AUGUST 2021

Tuesday, August 3 • <i>Nature Kayak Tour</i> (p. 54) • <i>Tidal Tuesday</i> (p. 13)	Saturday, August 14 • <i>Open Shoot Archery</i> (p. 19)	Tuesday, August 24 • <i>Nature Kayak Tour</i> (p. 54) • <i>Tidal Tuesday</i> (p. 13)
Thursday, August 5 • <i>Enviro-Quest</i> (p. 17)	Sunday, August 15 • <i>Climb Time</i> (p. 19)	Wednesday, August 25 • <i>Nature Kayak Tour</i> (p. 54) • <i>Open Mic Poetry Night</i> (p. 59)
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Sunday, August 8 • <i>Canoe Rentals</i> (p. 19) • <i>Machinery Expo</i> (p. 7)	Thursday, August 19 • <i>Enviro-Quest</i> (p. 17)	Friday, August 27 • <i>Nature Kayak Tour</i> (p. 54)
Tuesday, August 10 • <i>Tidal Tuesday</i> (p. 13) • <i>Climb Time</i> (p. 19)	Saturday, August 21 • <i>Accordion Melodies</i> (p. 6) • <i>Canoe Rentals</i> (p. 19) • <i>Cultural Showcase</i> (inside front cover) • <i>Quilting Demo</i> (p. 7)	Saturday, August 28 • <i>Potato Harvest</i> (p. 7)
Thursday, August 12 • <i>Enviro-Quest</i> (p. 17)	Sunday, August 22 • <i>Canoe Rentals</i> (p. 19)	Sunday, August 29 • <i>Potato Harvest</i> (p. 7)
		Tuesday, August 31 • <i>Casual Birder</i> (p. 54) • <i>Tidal Tuesday</i> (p. 13)



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

The 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.

Yarn Bee

(ages 10 and up, under 18 with adult)

Whether just starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be on-hand to assist those needing a little extra help. Bring your own supplies.

Cost: \$5.00 per person, per session (cash or check only); no reservation required.

Saturday, June 5, 12:00-2:30 PM

Saturday, July 3, 12:00-2:30 PM

Saturday, August 7, 12:00-2:30 PM

Lacemaking Demonstration Free

Watch lacemaking in action as our demonstrator shows the historic techniques of crochet, bobbin and shuttle work used in the Victorian era.

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

Accordion Melodies of the 1890s Free

In the mid-19th century the accordion became a favorite of folk musicians. Enjoy the melodies as you visit the farm.

Saturday, June 12, 1:00-3:00 PM

Saturday, July 17, 1:00-3:00 PM

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

Penny Rug Demonstration Free

In the 1800s thrifty homemakers would use scraps of wool or felted wool from old clothing to create designs for mats or rugs. Be inspired to create your own mat or rug.

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

Spinning & Knitting Demonstration Free

Visit the farm to watch the art of spinning fleece and learn various methods of knitting.

Saturday, June 26, 1:00-3:00 PM

Independence Day Celebration Free

Independence Day was a festive time in the 1890s - patriotism was celebrated with music and games. Join the staff at Longstreet Farm as they celebrate the holiday with games and contests.

Sunday, July 4, 12:00-3:00 PM

Wheat Harvest and Threshing Demonstration

This weekend the Longstreet Farm staff will harvest and thresh this year's wheat crop. Learn how this important crop was cultivated and processed in the days before modern combines. On Saturday, the wheat will be cut, gathered and bundled into sheaves using a horse-drawn grain binder. On Sunday, the staff will use a 19th century, belt-driven Champion thresher to separate the wheat grain from the straw and the chaff.

Saturday & Sunday, July 10 & 11, 12:00-2:00 PM

19th Century Woodworking Demonstration

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

Saturday, July 17, 12:00-3:00 PM

Smocking Demonstration

View the lost art of smocking, a decorative embroidery or shirring made by gathering cloth in regularly spaced round tucks. Years ago children's clothing had this decorative embroidery.

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

Machinery Expo

Take a gander at the best "modern" technology the 1890s has to offer. Our machinery will be out of storage and in full view for one day only! Staff will be on-hand to discuss the mechanics of Longstreet Farm's horse-drawn implements and household/kitchen equipment.

Sunday, August 8, 10:00 AM-2:00 PM

Quilting Demonstration

Traditional hand quilting was one way a sewist demonstrated her talent and creativity. This skilled craft will be on display.

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

Potato Harvest

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

Saturday & Sunday, August 28 & 29, 12:00-2:00 PM

Parent/Child Morning Chores

(ages 4 and up, under 18 with adult)

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

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

Longstreet Farm

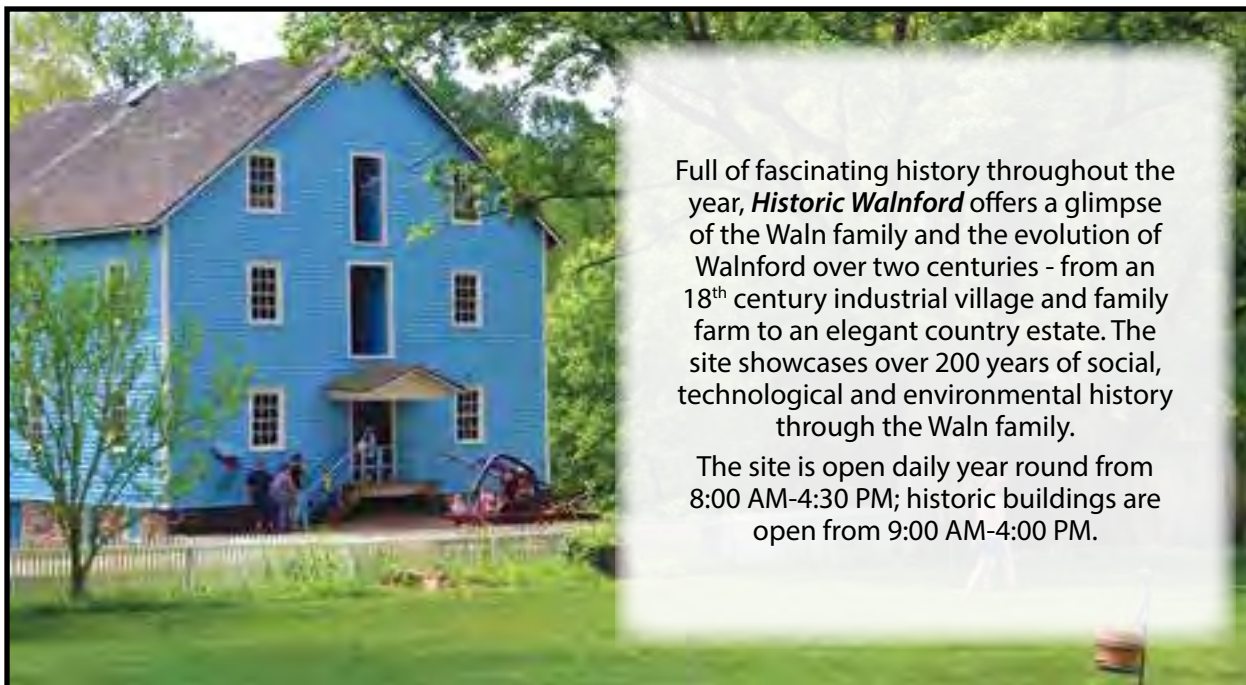
Sat, Jun 5 8:00-9:30 AM..... F1913X
Sun, Jun 20 8:00-9:30 AM..... F2013X
Sat, Jul 3 8:00-9:30 AM F2113X
Sun, Jul 18 8:00-9:30 AM..... F2213X
Sat, Aug 7 8:00-9:30 AM F2313X
Sun, Aug 22 8:00-9:30 AM F2413X

Historic Skills Instruction

As part of our effort to preserve historic skills, Longstreet Farm now offers one-on-one instruction for cookstove lessons, butter or cheese making, knitting, crochet, embroidery, cross-stitch and hand-sewing.

Are you interested in learning a skill not listed here?
Reach out to us!

For more information or to schedule a session, call 732-946-3758.



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

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

Antique Auto Display

Pre-1948 automobiles will be on display at Historic Walnford. Pack a picnic and stroll our leafy landscape admiring these early 20th century beauties. Add a tour of the 18th century Waln house and 19th century gristmill to complete your trip across three centuries.

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

Edible History Series: Ice Cream

What better way to cool off on a hot summer day? Using recipes from the 19th century, we invite everyone to help us crank ice cream in the shade of the all important ice house, and then consume the results of our labor. Free frosty family fun at Historic Walnford!

Saturday, July 10, 2:00-3:00 PM

Saturday, August 7, 2:00-3:00 PM



Tours of Historic Battery Lewis

Hartshorne Woods Park, Highlands
(Rocky Point Section)

Weekends from May 29-October 9

Saturdays: 10:00 AM-4:00 PM;

Sundays: 1:00-3:00 PM

Check our website for details.

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

The Park System recently completed a four-year restoration of Battery Lewis which included repairs to the structure, an addition of a 16-inch gun barrel and an interpretive exhibit.



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

Head to the parks with your children this spring and summer and seek out the objects listed below. Find and check off 15 items on the list and fill out the form at the bottom and mail it to the following address by August 1, 2021:

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

Ten lucky entrants will be chosen at random to win a Monmouth County Park System drawstring bag!

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

Name: _____

Street Address: _____

City, State, Zip: _____

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

ARTS & CRAFTS

Campfire and Sand Casting*(ages 5 and up, with adult)*

Create a lasting memory of your time at the shore while you make a plaster cast with your beach treasures! Bring your favorite campfire treat and join us around the campfire as you wait for your plaster cast to dry. One plaster cast per registrant. Campfire is weather permitting only. Bring your own marshmallows, roasting sticks will be provided.

One Session \$14.50 Per Person

Seven Presidents Pk Beach Campfire Area

Wed, Jun 16 6:00-7:30 PM (approx) U2613A

Bayshore Waterfront Pk

Fri, Jul 9 6:00-7:30 PM (approx) U2713A

Seven Presidents Pk Beach Campfire Area

Sun, Aug 22 6:00-7:30 PM (approx) U2813A**Nature Impressions & Campfire***(ages 5 and up, with adult)*

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

One Session \$14.50 Per Child

Big Brook Pk Lower Pond Lot

Fri, Jul 16 5:30-7:00 PM U4813A

Shark River Pk Shelter Bldg

Sun, Aug 1 1:00-2:30 PM U4913A**Storytime at Dorbrook***(ages 2-4, with adult)*

Gather with family and close friends for story time fun! We will start by reading a favorite children's book with reinforcement from our felt board. Next, we will complete a themed craft together for you to take home. Other components may include circle time, sensory activities, games and more. The program will be held outside underneath our tent and moved indoors in case of rain. Activities are subject to change. Please bring a blanket or towel to sit on. Parents may choose between two themes: *The Very Hungry Caterpillar* by Eric Carle or *Mouse Paint* by Ellen Stoll Walsh.

One Session \$85.00 Per Group

Dorbrook Rec Area Prog Bldg

Thu, Jun 3 1:30-2:30 PM A5513A**The Very Hungry Caterpillar***(ages 2-5, with adult)*

Celebrate this beloved story with us at Shark River Park! *The Very Hungry Caterpillar* by children's book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together and make a take-home craft. Please bring a blanket or towel to sit on. Program will be cancelled due to inclement weather.

One Session \$18.00 Parent/Child

Shark River Pk Shelter Bldg

Thu, Aug 19 1:30-2:30 PM A5713A**Sunday Ceramics***(all ages, under 12 with adult)*

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts! Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week.

Pre-registration is required and space is limited, please see below for dates, times and codes. Your registration pays for your studio time; bisqueware is sold separately and is to be purchased on site the day of the program (cash or check only).

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

One Session \$6.00 Per Person
Thompson Pk Creative Arts Center

Sunday, June 6**11:00 AM-12:00 PM #Z7113A****12:30-1:30 PM #Z7213A****2:00-3:00 PM #Z7313A****Sunday, August 1****11:00 AM-12:00 PM #Z7413A****12:30-1:30 PM #Z7513A****2:00-3:00 PM #Z7613A****Questions?**

Contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

FAMILY FUN

Hula Hooping: Family Fun & Fitness*(ages 5 and up, with adult)*

Hula hooping, family style. Spend some time together while learning the basic "how-to" of spinning the hula hoop, both on the core and on other body parts. Learn some hoop tricks, combos and have 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, but feel free to bring your own.

Instructor: Eryka Andrex

Six Sessions \$108.00 Parent/Child

Dorbrook Rec Area Barnview Shelter Bldg

Sun, Jun 6-Jul 11 10:00-11:00 AM X0413A**Sparks in the Park** *(ages 5 and up, with adult)*

Kick back and enjoy the best of Big Brook Park's summer activities! Take a refreshing dip in the pool and enjoy cooling down. Afterwards, dry off by our campfire; BYOS: Bring your own s'mores!

One Session \$14.50 Per Person

Big Brook Pk Sunfield Pavilion

Tue, Jun 22 6:00-8:00 PM U3613A**Sat, Jul 10 6:00-8:00 PM U3713A****Fri, Aug 13 6:00-8:00 PM U3813A****Summer Tunes in Thompson Park****Concert in the Park**

Enjoy an evening of music with the Colts Neck Community Band. The concert features selections from popular music and show tunes. Indoor seating available or bring your lawn chairs.

Friday, June 4, 7:30 PM*For more information call 732-542-1642, ext. 29.***Sentimental Journey Big Band Presents
Big Bands on Broadway!**

Take a swingin' trip down Broadway with this exciting 17-piece big band. Vocalist Altha Morton will weave stories and melodies from your most memorable show tunes. Come along and listen to the lullabies of Broadway!

*Show is free; however, preregistration is required.***Friday, June 25, 7:00-8:30 PM #PA011A****Get Down and Boogie!**

Ready to dance? Feel the beat of funky dance music from the 70s to today by the Jersey-based "Get Down Committee" - a group of groovy, jocular, high energy, formidable musicians sure to make you sway to the hep sounds of a song list encapsulating five decades. From the 60s like Jackie Wilson and The Meters, to the 70s with Stevie Wonder, Barry White, and the Isley Brothers, to Prince and Earth Wind & Fire from the 80s, Blackstreet and Dee Lite of the 90s, and new funk like Bruno Mars and today's top 40 hits.

*Show is free; however, pre-registration is required.***Sat, July 31, 7:00-8:30 PM #PA021A****Johnny Nameless -****A Live Performance**

Spend an evening indulging in the unique, genre bending rock & roll of Seaside Heights band Johnny Nameless. With their scruffy, street punk charm, this talented trio delivers a slew of original music along with covers of an array of their favorites, from The Kinks to Echo and the Bunnymen. Once you hear the danceable, high-octane tunes of Johnny Nameless, they're sure to be one of your next favorite local bands. The band will play two 45-minute sets with a 15-minute intermission.

*Show is free; however, pre-registration is required.***Friday, August 27, 7:00-8:30 PM #PA051A****A Night of Jazz and Blues**

The roots of blues and jazz music run deep at the Jersey Shore. Join us as we explore and listen to some of the talent from our own backyard.

*Show is free; however, pre-registration is required.***Saturday, August 28, 7:00-8:30 PM #PA041A****Please Note:**

Bring chairs or blankets, food and soft drinks, and your face coverings for times when social distancing can't be maintained.

HORTICULTURE

Carnivorous Plant Terrarium Build*(ages 6 and up, under 18 with adult)*

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

One Session \$39.00 Per Person

Clayton Pk Act Ctr Classroom 1

Tue, Jul 27 11:00 AM-12:00 PM I5613A**My Family as Plant People** *(ages 6 and up, under 18 with adult)*

Incorporating creativity, humor, and science in one engaging activity is sure to please your young artist. Bring a family portrait or photograph and watch them create a plant version of you and themselves. The plan people are yours to keep and grow as they will need frequent landscaping.

One Session \$23.00 Per Pair \$10.00 Additional Sibling

Deep Cut Gardens Horticultural Center

Wed, Jun 2 2:30-3:30 PM H3213X**Sun, Jun 6 10:00-11:00 AM H3313X** **Deep Cut Gardens Open House****Saturday, June 5, 10:00 AM-2:00 PM****Deep Cut Gardens, Middletown**

Celebrate Deep Cut Gardens, your community treasure! Our wonderful park will be in its full glory with displays and colorful gardens in peak bloom. This fun-filled day features tours, demonstrations, drop-in activities for children and more.



NATURE

Eco-Kayak Tour of the Manasquan Reservoir*(ages 10 and up, under 18 with adult)*

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

One Session \$25.00 Per Person

Manasquan Res Env Ctr

Sat, Jun 5 11:00 AM-12:30 PM I5713A**Sun, Jul 25 11:00 AM-12:30 PM I5813A****Forest Fairy Houses***(ages 5 and up, with adult)*

Do you believe in fairies, elves and gnomes? Whether you believe or not, you can have fun collecting natural materials and building houses fit for these spirits of the forest while learning a bit about the environment they may call home. A Park System Naturalist will guide you in finding items and places to provide fairies a cozy space to close their wings, put their feet up and rest comfortably. Feel free to come dressed up with wings (or gnome caps, elf ears etc.), but remember to wear sturdy shoes for walking in the woods. You may bring a sturdy bag for material collecting.

One Session \$12.00 Parent/Child \$8.00 Additional Sibling

Huber Wds Env Ctr

Thu, Jun 3 4:30-6:00 PM IN213X

Shark River Pk Shelter Bldg

Sun, Jun 6 10:30 AM-12:00 PM IN313X**Fossilling at Shark River Park***(ages 10-17, with adult)*

Experience fossil hunting in the cool waters of the Shark River! A park naturalist will be there to show you where to look and how to find fossilized shark teeth. All persons attending program must wear closed-toe shoes to enter the creek. Be prepared to get wet and for light shoveling into the stream bottom. Sieves are provided.

One Session \$11.00 Per Person

Shark River Pk Outdoor Area

Sat, Jun 5 10:30 AM-12:00 PM I3313A**Thu, Jun 24 10:30 AM-12:00 PM I4313A**

Tidal Tuesday - Summer Activities

(all ages, under 18 with adult)

Looking for some Tuesday fun by the shore this summer?

Join a Park System Naturalist at Fisherman's Cove to discover exciting things about nature and our coastal habitats. Each week take part in a different activity such as meeting creatures, taking an educational walk or creating crafts from natural materials found along the shore.

For details on the activity for the week please call 732-751-9453.

Bring a snack and stick around for the free seining program at 11:00 AM.

One Session \$5.00 Per Person

Fisherman's Cove Conservation Area Activity Center

Tuesday, July 6, 9:30-10:15 AM #I7813A

Tuesday, July 13, 9:30-10:15 AM #I7913A

Tuesday, July 20, 9:30-10:15 AM #I8013A

Tuesday, July 27, 9:30-10:15 AM #I8113A

Tuesday, August 3, 9:30-10:15 AM #I8213A

Tuesday, August 10, 9:30-10:15 AM #I8313A

Tuesday, August 17, 9:30-10:15 AM #I8413A

Tuesday, August 24, 9:30-10:15 AM #I8513A

Tuesday, August 31, 9:30-10:15 AM #I8613A

Tidal Tuesday - Seine the Cove

(all ages, under 18 with adult)

Tuesdays, July 6-August 31, 11:00 AM-12:00 PM

Fisherman's Cove Conservation Area

Looking for some more Tuesday fun? Stop by Fisherman's Cove this summer and join a Park System Naturalist each week to take part in a free seining program to see what creatures may be found swimming along the Cove. Discover a variety of fish, crabs and other sea creatures as we pull in our seine net.

- Closed-toe shoes are required.
- The program will not run during inclement weather.
- Parents or guardians are required to stay with and supervise their children.
- No swimming during the event.
- This program is designed for individuals and families. No large groups please.
- Street parking is first come, first serve and during the summer can be full. A municipal parking lot is also available for a fee but also at times can be full.



Ice Cream and Evening Boat Tour

(ages 3 and up, under 18 with adult)

What better way to start the weekend than with a sunset cruise on the reservoir?! After seeing all the sights nature has to offer around the reservoir, satisfy your sweet tooth by enjoying ice cream with your friends and family. All aboard!

Please note: We meet at the Manasquan Reservoir Environmental Center boat dock. Please arrive 15 minutes early as the boat will embark on our evening adventure promptly at the program starting time. Life-jackets are provided and must be worn by all passengers. Participants will receive individually packaged ice cream.

One Session \$11.50 Per Person

Manasquan Res Env Ctr

Fri, Jun 18 6:00-7:00 PM I2613A

Fri, Jun 18 7:00-8:00 PM I2713A

Fri, Jul 16 6:00-7:00 PM I2813A

Fri, Jul 16 7:00-8:00 PM I2913A

Fri, Aug 20 6:00-7:00 PM I3013A

Fri, Aug 20 7:00-8:00 PM I3113A

Meet The Martins! Experience a Purple Martin Colony

(ages 7 and up, under 18 with adult)

A Park System Naturalist will introduce you to the purple martin colony at Dorbrook, which volunteers monitor and maintain as members of our Volunteers in Parks program. Participants will learn the basics of the Purple Martin life history and see these magnificent birds up close and personal, as well as getting to interact with our wonderful volunteer monitors. It's a wonderful experience for adults and children of all ages!



One Session \$5.00 Per Person

Dorbrook Rec Area Outdoor Area

Sat, Jun 19 1:00-2:00 PM I6113A

Sat, Jun 26 1:00-2:00 PM I6213A

Boat Tours at Manasquan Reservoir

Enjoy a boat tour of the beautiful Manasquan Reservoir.

Tours are narrated by Park System Naturalists and include opportunities to view local wildlife including turtles, egrets, herons, ospreys and perhaps a bald eagle!

Tours are approximately forty-five minutes long and launch from the Visitor Center.

Life-jackets are required. All tours are weather and reservoir level dependent.

Cost: \$4.00 for children 12 and under; \$6.00 for adults and children 13 and up

Tickets can be purchased at the Visitor Center on the day of the tour.

Weekend Tours

Includes Memorial Day & Labor Day

2:00 PM, 3:00 PM & 4:00 PM & 5:00 PM

First Friday Tours

June 4, July 2 & August 6 at 6:00 PM & 7:00 PM

Wednesday Tours

July 7-August 25 at 2:00 PM, 3:00 PM & 4:00 PM



National Moth Week Celebration! *(ages 6 and up, under 18 with adult)*

Moths are fascinating creatures in the Lepidoptera family that outnumber their butterfly counterparts in diversity. Learn all about these night fliers and help us identify some of our local moth species found in Monmouth County. Every night can bring different and spectacular moths as they are attracted by our light. Join a naturalist guide for this special after hours tour and see the parks in a new light. Please bring a flashlight or/and a headlamp and dress for the weather. This program is highly weather dependent and may be canceled due to weather conditions.

One Session \$8.00 Per Person**Manasquan Res Env Ctr****Sat, Jul 17 8:30-10:00 PM I3813A****Thu, Jul 22 8:30-10:00 PM.....I3913A****Sat, Jul 24 8:30-10:00 PM I4013A****National Trails Day Walk***(all ages, under 18 with adult)*

National Trails Day is a countrywide celebration of park trails and the habitats they explore. Choose a park from below and enjoy a guided nature walk to commemorate the day! Please wear closed-toe footwear for the trails, and dress for the weather. All attendees, children and adults, must be registered to participate.

One Session \$4.00 Per Person**Freneau Wds Pk Vis Ctr Parking Area****Sat, Jun 5 10:00-11:00 AM IN813A****Sat, Jun 5 11:30 AM-12:30 PM..... IN913A****Huber Wds Env Ctr Parking Lot****Sat, Jun 5 1:00-2:00 PM IMJ12A****Sat, Jun 5 2:30-3:30 PM IN713A****Turkey Swamp Pk Shelter Bldg****Sat, Jun 5 4:00-5:00 PM INA13A****Sat, Jun 5 5:30-6:30 PM IMK12A****Summer Fun at Bayshore Waterfront Park****Seashell Sunday** *(all ages, under 18 with adult)***Sunday, June 13 from 1:00-2:00 PM**

Starting a shell collection this year? It's the best way to get to know the Jersey shore. Want to know where shells come from? Can't figure out what you found on the beach? Bring it in to the Activity Center and we will tell you all about seashells and how to collect them without harming the environment. Plus, we will feature an assortment of mollusks, crustaceans and other cool beach finds and artifacts to view.

Seining Along Sandy Hook Bay *(all ages, under 18 with adult)***Mondays, Wednesdays & Fridays, June 21-August 27, 11:00 AM-12:00 PM**

Discover a variety of fish, crabs and other sea creatures as we pull a long seine net along the edge of Sandy Hook Bay. It will be a fun time for everyone as we find out what lives and swims in Sandy Hook Bay.

Closed-toe shoes are required. Meet on the beach near the parking lot. The program will not run during inclement weather. Parents or guardians are required to stay with and supervise their children. No swimming during the event. This program is designed for individuals and families, not groups. Groups can reserve a date by calling 732-872-7369.

For more information about this event, call 732-264-7277, ext. 1.



Shark River Nature Walk *(all ages, under 18 with adult)*

Explore the shaded Pine Oak Forest of Shark River Park. On this guided nature walk, you'll learn about all kinds of wildlife and native plants. Please dress for the weather and wear appropriate trail footwear.

One Session \$5.00 Per Person

Shark River Pk Gully Road Parking Lot

Tue, Jun 22 4:00-5:00 PM IMS13A**Sat, Jul 10 10:00-11:00 AM IMT13A****Summer's Wonderful World of Moths***(all ages, under 18 with adult)*

Learn about and help us identify some of the moth species found in Monmouth County. Explore the park at night with a Park System Naturalist as your guide during this awesome hands-on program where we will be looking at the moths as they are attracted by our light. Please bring a flashlight or/and a headlamp.

One Session \$2.00 Per Person

Manasquan Res Env Ctr

Mon, Jun 21 8:30-9:30 PM PI321A**Mon, Jul 19 8:30-9:30 PM PI331A****Mon, Aug 23 8:00-9:00 PM PI341A****Sunset Seining Along Sandy Hook Bay***(ages 7 and up, under 18 with adult)*

Heave-ho! Find out what swims in the water while the sun sets over beautiful Sandy Hook Bay. Sometimes different fish come out to play as the waters get darker. Join us as we haul out a 30-foot seine net into the dark waters of the bay to discover what was caught. You never know what crabs, fish or other sea creatures we might pull in! This is a fun and popular program not to be missed! The program is intended for individual adults and families. Please bring a flashlight and dress for the weather. Wear closed-toe shoes that can get wet.

One Session \$9.50 Per Person

Bayshore Waterfront Pk

Sun, Jul 11 8:00-9:00 PM (approx) IMM13A**Sun, Aug 8 7:00-8:00 PM (approx) IMN13A****Twilight Catfishing***(ages 8 and up, under 18 with adult)*

Fishing for catfish is the perfect way to leisurely pass a summer evening. A catfish can grow to over 30 pounds, making it one on New Jersey's largest freshwater fish and quite a catch. Join Park System Naturalists lakeside at for a hands-on class covering everything needed to catch these whiskered giants. All bait, tackle and rods will be supplied, and participants are included under the Park System's Special Use Fishing License during the program. A flashlight, rag and something to sit on (folding chair or bucket) are optional but recommended.

One Session \$16.00 Per Person

Turkey Swamp Pk

Tue, Jun 29 6:30-8:00 PM I5213A**Thu, Jul 29 6:30-8:00 PM I5313A****Under the Summer Sky***(ages 8 and up, under 18 with adult)*

Take a breath, look to the horizon and above, and get to know the universe just outside our world. Our guide will acquaint you with key objects and constellations in the summer night sky. Each participant will receive their own star map to take home. Bring a blanket or a camp chair to rest on as we gaze upon the stars and a flashlight to light your way in the dark.

One Session \$10.00 Per Person \$6.00 Additional Person

Bayshore Waterfront Pk

Thu, Jun 10 9:00-10:00 PM IN413X**Thu, Aug 12 9:00-10:00 PM IN613X**

Sunnyside Rec Area Sunnyside Rd Parking Lot

Thu, Jul 8 9:00-10:00 PM IN513X**Wild for Bats Summer Nights***(all ages, under 18 with adult)*

Learn about these wonderful, misunderstood creatures of the night and why it is important to have them around. Our presentation will introduce a number of local and exotic species and what makes them so unique.

One Session \$10.00 Per Person

Clayton Pk Act Ctr Classroom 1

Fri, Jun 25 7:00-8:00 PM I6613A**Fri, Jul 30 7:00-8:00 PM I6813A****Bat House Build**

After our Wild for Bats program, stick around to build your very own bat house to take home and put up in your yard! Become a true bat ambassador by providing them a suitable habitat to survive in your own community.

Additional registration required - see below.**One Session \$48.00 Per Kit**

Clayton Pk Act Ctr

Fri, Jun 25 8:00-8:30 PM I7613A**Fri, Jul 30 8:00-8:30 PM I7713A**

ENVIRO-QUEST

(all ages, under 18 with adult)

Don't know what to do on a weekday this summer break? Why not seek out some nature fun. Follow the Enviro-Quest signs to where the Park System Naturalist is waiting. Once you are there you can join in on a mini nature lesson, activity, or walk for 30-60 minutes of nature based fun. Activities may include meeting a live animal, finding hidden treasures, or discovering animal knickknacks. Bring your sense of adventure and we'll bring the rest! We recommend packing a lunch and staying after the program to enjoy a picnic in your local parks.

Meet at 11:00 AM on the following dates:

Thursday, July 1 at Dorbrook Rec Area Basketball Court Parking Lot

Thursday, July 8 at Tatum Pk Red Hill Act Ctr Parking Lot

Thursday, July 15 at Huber Wds Pk Env Ctr Parking Lot

Thursday, July 22 at Shark River Pk Shelter Bldg Parking Lot

Thursday, July 29 at Big Brook Pk Dock Parking Lot

Thursday, August 5 at Freneau Wds Pk Vis Ctr Parking Lot

Thursday, August 12 at Crosswicks Creek Pk Province Line Rd Parking Lot

Thursday, August 19 at Clayton Pk Trail Emley's Hill Rd Parking Lot

Thursday, August 26 at Perrineville Lake Pk Agress Rd Parking Lot

For additional details, please call 732-751-9453.



OUTDOOR ADVENTURES

Archery Demo

(ages 9 and up)

Channel your inner Robin Hood, Katniss, or Hawkeye and try archery! Learn the basics and experience a few rounds of archery to see if it is the sport for you! Information about equipment and archery classes will be supplied.

One Session \$10.00 Per Person

Turkey Swamp Pk Archery Range

Sat, Jul 17 9:00-10:00 AM U4013A

Sat, Jul 17 10:15-11:15 AM U4113A

Sat, Jul 17 11:45 AM-12:45 PM U4213A

Sat, Jul 17 1:00-2:00 PM U4313A

Archery Golf

(ages 9 and up, under 18 with adult)

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

One Session \$25.00 Per Pair

Big Brook Pk Sunfield Pavilion

Sat, Jun 12 1:00-3:00 PM (approx) U2413A

Sat, Jul 10 1:00-3:00 PM (approx) U2513A

Wolf Hill Rec Area Outdoor Area

Mon, Jul 19 5:00-7:00 PM (approx) U4413A

Shark River Pk Gully Road Parking Lot

Mon, Aug 23 4:00-6:00 PM (approx) U4713A

Fun Family Canoe Day

(ages 6 and up, under 18 with adult)

Spend quality family time together on the water discovering how to canoe at Thompson Park's Marlu Lake. We'll teach you everything you need to know to get yourself paddling safely on the water. Once you get the hang of the basics we'll test out your new skills with some exciting canoe games. All equipment is provided. Combined maximum weight per canoe is 600 lbs.

One Session \$30.00 2-4 Per Family

Thompson Pk Marlu Lake

Wed, Jun 23 10:00 AM-12:00 PM W4913A

Paint by Arrow

(ages 9 and up)

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

One Session \$27.50 Per Person

Big Brook Pk Sunfield Pavilion

Thu, Jun 17 5:00-7:00 PM (approx) U1813A

Tue, Jul 13 5:00-7:00 PM (approx) U1913A

Thu, Aug 12 5:00-7:00 PM (approx) U2013A

Zip & Dip!

(ages 8 and up, with adult)

Cool off this summer with a blast of fresh air and a splash of water at Big Brook Park! Ride a 175-foot zip-line and then enjoy a supervised swim in a pool.

One Session \$38.00 Per Person

Big Brook Pk Sunfield Pavilion

Fri, Jun 25 5:00-8:00 PM U3313A

Tue, Jul 27 5:00-8:00 PM U3413A



Canoe Rentals at Thompson Park

(ages 3 and up, under 18 with adult)

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

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

All rentals must be returned by 3:00 PM.

Thompson Pk Marlu Lake

Rentals are available on the following weekends from 10:00 AM-3:00 PM:

May 29 & 30 • June 12 & 13 • June 26 & 27 • July 10 & 11 • July 24 & 25

August 7 & 8 • August 21 & 22 • September 4 & 5

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 rock climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

Sunday, June 6 from 12:00-3:00 PM at Clayton Pk Act Ctr

Tuesday, June 15 from 3:00-6:00 PM at Shark River Pk

Tuesday, August 10 from 3:00-6:00 PM at Clayton Pk Act Ctr

Sunday, August 15 from 12:00-3:00 PM at Freneau Wds Pk

Drop-In Zip-Line

(ages 8 and up, with adult)

Experience the thrill of zip-lining on our beginner zip-line! Instructors will outfit you with all safety gear and get you soaring through the sky! Park at Big Brook Park's Lower Pond lot and follow the signs to our zip-line registration table. All equipment is provided. Participants must wear closed-toed, closed-heeled shoes, and face coverings. Limited number of equipment available on a first-come basis.

Cost: \$15 per person, cash or check only; fee includes two rides down the zip-line

Friday, June 4 from 3:30-7:30 PM at Big Brook Pk Lower Pond Parking Lot

Registration ends at 6:15 PM.

For more information, call 732-834-9606, ext. 2, or email jordan.holaday@monmouthcountyparks.com.

Open Shoot Archery

(ages 10 and up, under 18 with adult)

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

Cost: \$10 per person, cash or check only

Thompson Pk Act Barn

Tuesday, May 11, 7:00 PM - 9:00 PM

Saturday, May 22, 10:00 AM-2:00 PM

Saturday, June 19, 10:00 AM-2:00 PM

Saturday, July 17, 10:00 AM-2:00 PM

Saturday, August 14, 10:00 AM-2:00 PM

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

ARTS & CRAFTS

Let's Create!

(ages 2-4, with adult)

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

Six Sessions \$62.00 Parent/Child

Henry Hudson Trail Act Ctr

Mon, Jun 14-Jul 19 10:00-10:45 AM.....A4713A

Mon, Jul 26-Aug 30 10:00-10:45 AM A4813A



EDUCATION & ENRICHMENT

Adventures in Reading

(ages 2-5, with adult)

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

Six Sessions \$65.00 Parent/Child

Henry Hudson Trail Act Ctr

Fri, Jun 11-Jul 16 10:00-11:00 AM A4513A

Fri, Jul 30-Sep 3 10:00-11:00 AM A4613A

Frogs, Turtles and Snakes!

(ages 3 and up, under 18 with adult)

Get up close to your favorite native wildlife including live frogs, turtles and snakes. This show is a great way to have fun with the ones your love!

Please Note: Fee includes one adult per child.

One Session \$8.50 Per Child

Manasquan Res Env Ctr

Fri, Jun 11 5:00-5:45 PM I2413A

Sat, Jun 19 11:00-11:45 AM I2513A

My First Fish

(ages 6-12, with adult)

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

One Session \$15.00 Per Child

Turkey Swamp Pk

Sat, Jun 5 11:00 AM-12:30 PM.....I4913A

Wed, Jul 7 11:00 AM-12:30 PM I5013A

Sat, Jul 24 11:00 AM-12:00 PM I5113A

NATURE

Dad's An Animal (And So Am I!)

(ages 4-7, with adult)

Celebrate father son/daughter time by learning about super animal dads! Each parent and child will have tons of fun listening to a story, completing an obstacle course, and creating a mini shelter in the woods.

One Session \$18.00 Parent/Child \$6.00 Additional Person

Huber Wds Env Ctr

Sun, Jun 13 10:00-11:30 AM IKY13X

Sun, Jun 13 1:30-3:00 PM IKZ13X

NATURE WATCH



BLACK SKIMMERS nest along the Atlantic Coast, from Sandy Hook to Cape May. They arrive on our shores around late April to May, and begin nesting in June, laying two to six eggs which are sandy-colored with brown spots, making them well camouflaged on the sandy beaches.

THE PERFECT SPOT

Prior to nesting, a male will present his mate with a fish. Both the male and female dig shallow scrapes (depressions) in the sand, one of which they will choose to be their nest. They choose to nest near tern colonies because of the terns tendency to aggressively defend eggs and chicks from gulls and mammals. The male and female will incubate their eggs from 21-25 days.



FEEDING TIME

Black Skimmers eat primarily small fish like minnows, killifish and herring. They glide low over the water, allowing their lower mandible to slice the water's surface. Once its bill strikes a fish, it snaps shut and the skimmer aligns the prey headfirst and swallows it whole.

DISTINCT LOOK

With their strange, uneven bill that is black at the tip and bright reddish-orange at the base, the Black Skimmer has a very unique look and is the only bird in North America that has a lower mandible that is longer than its upper. Their legs and feet are also reddish-orange. The upper parts of their bodies are brownish-black, and their foreheads and underparts are white. Males and females have a similar look, though males tend to be slightly larger.



DID YOU KNOW...

Black Skimmers are currently endangered in NJ, affected by human disturbance, tidal flooding, and predation.



OUTDOOR ADVENTURES

"I Can Ride My Bike All By Myself!"

Private Lessons

(ages 5-9)

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

Instructor: Wally Tunison

One Session \$85.00 Per Person

Thompson Pk Activity Barn

Sat, Jun 5 10:30-11:30 AM W0313A

Sat, Jun 5 11:45 AM-12:45 PM..... W0413A

Sat, Jun 5 1:00-2:00 PM W0513A

Hiking Adventures -

A Toddler's Perspective

(ages 2-5, with adult)

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

One Session \$15.00 Parent/Child \$6.00 Additional Sibling

Thompson Pk Filly Run Parking Lot

Sat, Jun 5 10:00-11:30 AM W4413X

Huber Wds Env Ctr Parking Lot

Sat, Jul 10 10:00-11:30 AM..... W4513X

Dorbrook Rec Area Vis Ctr Parking Lot

Sat, Aug 14 10:00-11:30 AM..... W4613X

National Father Daughter Take a Walk Day

(ages 6-8, with adult)

Create lasting memories with your little one on National Father Daughter Take a Walk Day. This day was created to promote the benefits of family bonding between fathers and daughters as well as the benefits of physical activity. We will make stops along the trail for some fun family play time. Bring water and a snack in a pack and dress for an outdoor adventure!

One Session \$15.00 Parent/Child

Tatum Pk Red Hill Act Ctr Parking Area

Wed, Jul 7 6:00-7:30 PM W5913A

Nature Tots & Young Explorers

(ages 2-5, with adult)

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

Instructor: Mr. Rocky

Three Sessions \$39.00 Parent/Child \$16.50

Additional Sibling

Caterpillar Series

6/4 - Tatum Pk Red Hill Act Ctr Parking Area

6/11 - Shark River Pk Shelter Bldg

6/18 - Bayshore Waterfront Pk

Fri, Jun 4-18 10:00-11:30 AM..... W3813X

Heron Series

7/8 - Dorbrook Rec Area Vis Ctr Parking Lot

7/15 - Manasquan Res Env Ctr (short boat tour included)

7/22 - Thompson Pk Old Orchard Shelter Bldg

Thu, Jul 8-22 10:00-11:30 AM W3913X

Hawk Series

8/4 - Hartshorne Wds Buttermilk Valley

8/11 - Huber Wds Env Ctr Parking Lot

8/18 - Big Brook Pk Parking Lot

Wed, Aug 4-18 10:00-11:30 AM..... W4013X

PLAY GROUP

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 parent's participation to the coolest children's musical experience ever.

Please Note: Classes will be held outdoors when weather permits. Please bring a mat, towel or blanket to sit on.

Instructor: Ms. Bri

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

Tatum Pk Red Hill Act Ctr

Tue, Jul 13-Aug 31 9:30-10:15 AM A6513X

Tue, Jul 13-Aug 31 10:30-11:15 AM A8013X

SPORTS & FITNESS

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 \$55.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Jun 5-26 9:00-9:45 AM. M9113A

Sat, Jun 5-26 10:00-10:45 AM M9213A

Sat, Jul 10-31 9:00-9:45 AM M9313A

Sat, Jul 10-31 10:00-10:45 AM M9413A

Sat, Aug 7-28 9:00-9:45 AM M9513A

Sat, Aug 7-28 10:00-10:45 AM M9613A

Hat Trick Hockey - Mites*(age 3, with adult)*

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

Four Sessions \$48.00 Parent/Child

Dorbrook Rec Area

Sat, Jul 10-31 10:00-10:45 AM XNG13A

Kids Kixx Pee Wee*(ages 2 1/2-3 years, with adult)*

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

Four Sessions \$56.00 Per Child

Summer Season 1

Dorbrook Rec Area

Sat, Jul 10-31 9:30-10:15 AM M6913A

Sat, Jul 10-31 10:30-11:15 AM M7013A

Fort Monmouth Rec Ctr Outdoor Area

Sun, Jul 11-Aug 1 10:00-10:45 AM M7113A

Sun, Jul 11-Aug 1 11:00-11:45 AM M7213A

Summer Season 2

Dorbrook Rec Area

Sat, Aug 14-Sep 11 9:30-10:15 AM M7313A

No class 9/4

Sat, Aug 14-Sep 11 10:30-11:15 AM M7413A

No class 9/4

Fort Monmouth Rec Ctr Outdoor Area

Sun, Aug 15-Sep 12 10:00-10:45 AM M7513A

No class 9/5

Sun, Aug 15-Sep 12 11:00-11:45 AM M7613A

No class 9/5

Kidz Yoga*(ages 4-6, with adult)*

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. Join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your child's favorite stuffed animal.

Instructor: Kim Buono

Six Sessions \$95.00 Parent/Child

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Jul 11-Aug 22 10:00-10:45 AM XJ313A

No class 8/1

ARTS & CRAFTS

Children's Ceramics*(ages 8-16)*

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

Seven Sessions \$91.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jul 10-Aug 21 9:30-11:30 AM.....Z6713A**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. Our 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 \$126.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jul 8-Aug 19 4:00-6:00 PM.....Z5413A**Sat, Jul 10-Aug 21 9:00-11:00 AM.....Z5513A****Friday Evening Pottery***(ages 11 and up)*

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

Seven Sessions \$126.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jul 9-Aug 20 6:30-8:30 PM.....Z5313A**Great Impressionism for 4, 5 & 6 year olds™***(ages 4-6)*

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint an excerpt from the famous paintings listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

van Gogh's Field with Rising Sun

Cezanne's Still Life with Apples

Seurat's Red Sunset

van Gogh's Starry Night

Four Sessions \$58.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Jun 2-23 1:00-2:00 PM.....Z7713A

Thompson Pk Creative Arts Center

Sat, Jun 5-26 9:30-10:30 AM Z7813A**Sat, Jun 5-26 11:00 AM-12:00 PM.....Z7913A****Great Impressionism for Aspiring Young Artists™***(ages 7-12)*

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® exclusive step-by-step methods. Students paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

van Gogh's Starry Night

Cezanne's Still Life with Apples

Monet's The Riverbank of Gennevilliers

Cezanne's Still Life Flowers in a Vase

Four Sessions \$94.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Jun 2-23 4:30-6:30 PM.....Z8013A

Thompson Pk Creative Arts Center

Fri, Jun 4-25 4:30-6:30 PM Z8113A

KidzArt Painting Workshop

(ages 6-11)

Create a beautiful painting in each session. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. Each workshop is a different lesson so come for one or two or all eight! All supplies are included.

One Session \$24.00 Per Person

Henry Hudson Trail Act Ctr

Father's Day Fish

Sat, Jun 19 10:30 AM-12:00 PM Z8713A

Sea Turtle

Tue, Jul 6 4:30-6:00 PM Z8813A

Jellyfish

Thu, Jul 15 4:30-6:00 PM Z8913A

Bird Song at Sunrise

Tue, Jul 20 4:30-6:00 PM Z9013A

Sand Castle

Thu, Jul 29 4:30-6:00 PM Z9113A

Thompson Pk Creative Arts Center

Father's Day Fish

Sat, Jun 19 1:30-3:00 PM Z9213A

Seahorse

Tue, Aug 3 4:30-6:00 PM Z9313A

Pink Flamingo

Thu, Aug 12 4:30-6:00 PM Z9413A

Catching Fireflies

Tue, Aug 17 4:30-6:00 PM Z9513A

Sailing at Sunset

Thu, Aug 26 4:30-6:00 PM Z9613A

Under the Sea

(ages 6-10)

Submerge yourself in a fun art experience as we explore life under the sea through art. Learn to draw an octopus and sea turtle, paint a jellyfish, and sculpt a clay fish! A \$5.00 supply fee is payable to the instructor.

Four Sessions \$64.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jun 3-24 4:15-5:15 PM Z8513A

Watercolor Fun

(ages 8-12)

Explore the world of watercolor using different techniques and tools. Learn wet-on-wet and wet-on-dry, wax resist and experiment with fun materials! A \$5.00 supply fee is payable to the instructor.

Four Sessions \$64.00 Per Child

Thompson Pk Creative Arts Center

Thu, Jun 3-24 5:30-6:30 PM Z8613A

Wildflower Rock Art

(ages 10 and up, under 18 with adult)

Combine your interest in art and science and get an up close look at the Huber Woods Pollinator Garden. After you've learned about our various native wildflowers. Everyone will pick their favorite ones and paint them onto river rocks.

One Session \$13.00 Per Person

Huber Wds Env Ctr

Mon, Jul 26 4:00-5:30 PM IM213A

Mon, Aug 16 4:00-5:30 PM IM313A

Sat, Aug 28 2:00-3:30 PM IM413A

CULINARY ARTS

Chocolate Fun for Everyone

(ages 8-12)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies are included.

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jul 19 5:00-8:00 PM A7413A

Mon, Aug 16 5:00-8:00 PM A7513A

Let's Decorate Cupcakes!

(ages 9-12)

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

Instructor: Kimberly Megill

One Session \$50.00 Per Child

Dorbrook Rec Area Vis Ctr

Thu, Aug 19 5:00-7:00 PM A7313A

NATURE PROGRAMS FOR FAMILIES & FRIENDS

These private nature programs offer a personal experience for just your family and friends. Maximum group size is 23 people. All programs must be scheduled 3-4 weeks in advance; call the numbers listed below to book your group.

Nature Walks

PreK-Adult • 45 min-1 hour • \$50 per group

Guided explorations of natural areas are available at many of our county parks. When requested in advance, topics can be tailored to your group's particular interests.

Locations:

Manasquan Reservoir, Fisherman's Cove Conservation Area, Shark River Park, Turkey Swamp Park, and Clayton Park - call 732-751-9453

Freneau Woods Park & Huber Woods Park (other Park locations available upon request) - call 732-872-2670

Live Animal Presentations

Pre-K-Adult • 45 min-1 hour • \$68 per group

Groups are offered a choice of presentations highlighting live specimens of reptiles, amphibians or insects. Information on the life cycle, habitat and habits of the animals are the focus of these presentations with an emphasis on the role each has in nature.

Locations:

Manasquan Reservoir Environmental Center - call 732-751-9453

Freneau Woods Park and Huber Woods Park - call 732-872-2670

Manasquan Reservoir Boat Tour

All Ages • 1 hour • \$172.50 per group

Take a fun tour of the Reservoir to learn about its construction, use and animal life. Program is offered from May-August.

Location: Manasquan Reservoir Environmental Center - call 732-751-9453

Seining at the Bayshore

Ages 7 and up, under 18 with adult • 1 hour • \$125 per group

Explore the edge of the Bayshore for fish, crabs, eels and other critters during an hour of seining and discover how these animals have adapted and endured in a world of tides, salt and surf.

Location: Bayshore Waterfront Park - call 732-872-2670

The Forest Up Close

Ages 7 and up, under 18 with adult • 1 hour • \$78 per group

Our forests are alive with many beautiful exciting plants and animals. You will be introduced to various natural items that can be encountered in our forests. Participants may count tree rings, dissect an owl pellet, touch a turtle shell, inspect bird feathers, and much more.

Locations: Freneau Woods Park and Huber Woods Park - call 732-872-2670

Additional programs may be available. Please call the numbers above to discuss your needs, interests and pricing.

EDUCATION & ENRICHMENT

Child and Babysitting Safety*(ages 10 and up)*

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

One Session \$55.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 5 10:00 AM-12:00 PM Q6813A**Sat, Aug 14 10:00 AM-12:00 PM Q6913A****Developing Your College List***(entering grades 9-12)*

Developing your college list is one of the most critical tasks in the college application process. Students will learn how to identify, research and construct a list of colleges. The class will clarify how to prioritize important factors to consider when evaluating colleges: academics/major, admission requirements, student body size, location, cost, athletics, resources, Greek life, etc. We will discuss the need to identify safety, target and reach schools, and will recommend the number of schools to apply to. We will also review resources (books, websites, Naviance) that are available to assist in research activities. We will identify the differences among the various decision dates (Early Decision I and II, Early Action and Regular Decision and Rolling Admissions), and look at the pros and cons of applying for each.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jun 29 6:00-7:30 PM A5213A**Guide to Planning for Standardized Tests***(grades 9-12)*

Determining which test to take, when, and how often can offer a strategic advantage in the application process. In this class, students will learn about the different types of standardized tests required for most college admissions including PSAT, SAT, ACT, Subject Tests, and AP tests. We will discuss how colleges factor test scores into their admission decisions and how to determine which test(s) a student should take and how often. Test schedules, recommendations for when to take the tests, and the process for test registration will be reviewed. Students will also learn where to find free online test preparation materials and practice exams. Additionally, we will discuss strategies for improving test scores such as tracking the questions answered incorrectly on practice exams. Finally, we will recommend study schedules with mock tests.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jul 20 6:00-7:30 PM A5313A**Makeup for Teens***(ages 13-17)*

Professional makeup artist Anna Olech of AKO Artistry will teach you what shades and colors work best for you and how to apply your makeup to create an everyday radiant glow whether you are in school, on Zoom or enjoying your outdoor activities. Please bring your own makeup bag and beauty mirror.

One Session \$40.00 Per Person

Henry Hudson Trail Act Ctr

Wed, Jul 14 6:00-7:30 PM Q5613A

Freneau Wds Pk Vis Ctr Prog Rm 2

Wed, Aug 18 6:00-7:30 PM Q6113A**Inclusion Services**

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

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

Snapology S.T.E.A.M. Summer One-Shots*(ages 5-12)*

Critical thinking, creativity, problem solving, communication, and collaboration programs taught in fun, age-appropriate workshops. We'll bring your child's favorite themes or movie characters to life in S.T.E.A.M. programs designed to strengthen science, technology, engineering, art and math skills.

Presented by: Snapology

One Session \$28.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Military Patriots

Army, Navy, Air Force, Marines, Coast Guard - Build your training camp, Navy flags, Air Force jets, and Coast Guard boats.

(ages 5-7)

Sat, Jul 3 9:30-11:00 AM M8913A

(ages 8-12)

Sat, Jul 3 11:30 AM-1:00 PM..... M9013A

Junior Engineers*(ages 5-7)*

Experiment by building and creating! From puppy dogs that move to seesaws to pinwheels and games, children will love what they create. With pulleys, levers, gears, wheels and axles we'll explore energy, buoyancy, and balance.

Sat, Jul 17 9:30-11:00 AM M8513A

Superhero Adventures*(ages 5-7)*

To the Batcave! Design and build superheroes, vehicles and hideouts; plus, learn about the science behind your hero's superpowers!

Sat, Jul 24 9:30-11:00 AM M8613A

Movie Fan Favorites*(ages 5-7)*

Bring your favorite movies including Toy Story™, Harry Potter™, and Trolls™ to life.

Sat, Jul 31 9:30-11:00 AM M8813A

Adventures with Star Wars™*(ages 5-7)*

Design space ships, build scenes from the movies, compete in light saber battles and more.

Sat, Aug 7 9:30-11:00 AM M8713A

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. Participants will be instructed by Shelby Holliman Carley, Toastmasters™ Area 61 Director and Adjunct Professor at Rutgers University. Each participant will receive a Toastmaster™ Workbook and Evaluation Guide to keep. A presentation for parents/guardians will be held on the last session of the program.

Eight Sessions \$76.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jun 17-Aug 5 6:30-8:00 PM Q8313A

OUTDOOR ADVENTURES**Do You Want to Build a Snowman?***(ages 9-11)*

In summer? Not an ordinary snowman found in a field of snow, but hidden in a winter scene on our indoor archery range. Use your newly acquired archery skills to gather the material and create your new frozen best buddy. Afterwards we will celebrate with a sticky treat. All archery equipment will be provided.

One Session \$19.00 Per Person

Thompson Pk Activity Barn

Thu, Jun 24 5:30-7:30 PM W0613A

Glow in the Dark Zip-Line*(ages 12 and up)*

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

One Session \$36.00 Per Person

Big Brook Pk Sunfield Pavilion

Fri, Jun 18 7:30-9:30 PM (approx).....U3113A

Tue, Aug 10 7:30-9:30 PM (approx) U3213A

H2O Scavenger Hunt *(ages 10-13)*

Now is your chance to take part in a one of a kind canoe adventure. We'll teach you the basics to get you paddling out on Marlu Lake. After some exciting canoe games, you'll take part in a one of a kind scavenger hunt; all without leaving the water. All equipment is provided.

One Session \$18.00 Per Person

Thompson Pk Marlu Lake

Thu, Jul 8 1:00-2:30 PM W6113A**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 air conditioned.

One Session \$21.00 Per Person

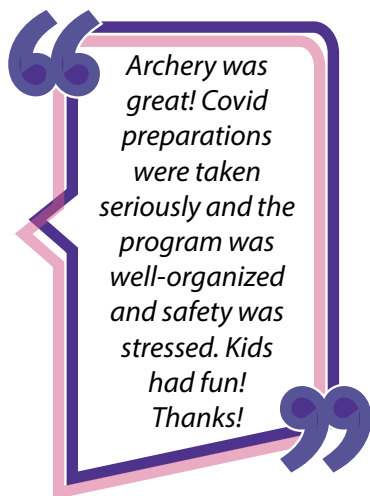
Thompson Pk Activity Barn

Tue, Jun 22 4:30-6:30 PM W5113A**Wed, Jul 14 5:00-7:00 PM W5413A****Thu, Aug 19 4:30-6:30 PM W6213A****Zippping into the Moonlight***(ages 8 and up)*

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

One Session \$27.50 Per Person

Big Brook Pk Sunfield Pavilion

Tue, Jun 15 8:00-10:00 PM U3513A**SPORTS & FITNESS****Children's Beginner Tennis***(ages 6-9)*

This is an ideal opportunity for your child to begin to develop coordination through an enjoyable lifetime sport. **Please Note: Most rained out classes are made up on Fridays.**

Four Sessions \$40.00 Per Person

Thompson Pk

Mon-Thu, Jul 12-15 9:00-9:55 AM XMC13A**Mon-Thu, Jul 12-15 10:00-10:55 AM XMD13A****Mon-Thu, Jul 19-22 9:00-9:55 AM XMF13A****Mon-Thu, Jul 26-29 9:00-9:55 AM XMJ13A****Mon-Thu, Aug 2-5 9:00-9:55 AM XMN13A****Mon-Thu, Aug 2-5 10:00-10:55 AM XMP13A****Mon-Thu, Aug 9-12 10:00-10:55 AM XMR13A****Cool Runners Fitness Run for Fun***(entering grades K-8)*

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

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

Six Sessions \$108.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Jun 8-Jul 13 5:30-6:30 PM XKU13A**Tue, Jul 20-Aug 24 5:30-6:30 PM XKV13A**

Wolf Hill Rec Area Outdoor Area

Thu, Jun 10-Jul 15 5:30-6:30 PM XKW13A**Thu, Jul 22-Aug 26 5:30-6:30 PM XKX13A**

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$55.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Jun 5-26 9:00-9:45 AM..... M9713A

Sat, Jun 5-26 10:00-10:45 AM M9813A

Sat, Jul 10-31 9:00-9:45 AM M9913A

Sat, Jul 10-31 10:00-10:45 AM..... MA013A

Sat, Aug 7-28 9:00-9:45 AM MA113A

Sat, Aug 7-28 10:00-10:45 AM..... MA213A

(ages 5-6)

Sat, Jun 5-26 9:00-9:45 AM..... MA413A

Sat, Jun 5-26 10:00-10:45 AM MA513A

Sat, Jul 10-31 9:00-9:45 AM MA313A

Sat, Jul 10-31 10:00-10:45 AM..... MA613A

Sat, Aug 7-28 9:00-9:45 AM MA713A

(ages 7-10)

Sat, Jun 5-26 10:00-10:45 AM MA813A

Sat, Jul 10-31 10:00-10:45 AM..... MA913A

Sat, Aug 7-28 10:00-10:45 AM..... MAA13A

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$48.00 Parent/Child

Dorbrook Rec Area

Sat, Jul 10-31 11:00-11:55 AM..... XNK13A

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Four Sessions \$56.00 Per Person

Dorbrook Rec Area

Sat, Jul 10-31 12:30-1:25 PM M8113A

FAMILY & FRIENDS SPORTS PROGRAMS

These private group programs are perfect for families and friends to get together and have some fun outdoors.

Held at Dorbrook Recreation Area, Colts Neck, each program is \$12 per person and must be scheduled approximately 3-4 weeks in advance.

Basketball 101

(all ages)

Are you looking for a private program for just you and your family and friends? Here is an option for you.

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

For more information or to schedule, contact Mike Balkovic at 732-542-1642, ext. 23, or

Mike.Balkovic@co.monmouth.nj.us.

T-Ball 101

(ages 4-5)

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

For more information or to schedule, contact Tyler Lucas at 732-542-1642, ext. 25, or

Tyler.Lucas@co.monmouth.nj.us.

Kids Kixx Soccer*(ages 4-5)*

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age appropriate games, demonstrations and drills to teach the basics of soccer. See Kids Kixx Pee Wee (p. 23) for parent/child classes for younger players, or Kids Kixx: Nexxt Step (below) for classes for older children.

Four Sessions \$56.00 Per Person**Summer Season 1***Dorbrook Rec Area***Sat, Jul 10-31 11:30 AM-12:25 PM M7713A***Fort Monmouth Rec Ctr Outdoor Area***Sun, Jul 11-Aug 1 9:00-9:55 AM M7813A****Summer Season 2***Dorbrook Rec Area***Sat, Aug 14-Sep 11 11:30 AM-12:25 PM.. M7913A***No class 9/4**Fort Monmouth Rec Ctr Outdoor Area***Sun, Aug 15-Sep 12 9:00-9:55 AM M8013A***No class 9/5***Kids Kixx Soccer: Nexxt Step***(ages 5-7)*

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

Four Sessions \$56.00 Per Person*Fort Monmouth Rec Ctr Outdoor Area***Sun, Aug 15-Sep 12 12:00-12:55 PM M8213A***No class 9/5***Lacrosse FUNdamentals***(ages 6-11)*

This fast-paced game will be slowed down to teach your children the fun, safe and proper fundamentals of lacrosse by using sticks and a rubber ball. Players will be taught the basic skills, such as cradling, throwing, catching, scooping and shooting the ball.

Four Sessions \$48.00 Per Child*Dorbrook Rec Area***Juniors***(ages 6-8)***Sat, Jul 10-31 11:00-11:55 AM..... XNM13A****Seniors***(ages 9-11)***Sat, Jul 10-31 10:00-10:55 AM..... XNH13A****T-Ball***(ages 4-5)*

Children 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.

Four Sessions \$50.00 Per Person*Dorbrook Rec Area***Sat, Jul 10-31 9:00-9:55 AM XNF13A****Sat, Jul 10-31 10:00-10:55 AM.....XNJ13A****Sun, Jul 11-Aug 1 9:00-9:55 AM XNP13A****Sun, Jul 11-Aug 1 10:00-10:55 AM XNQ13A****T-Ball 2***(ages 4-5)*

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

Four Sessions \$50.00 Per Person*Dorbrook Rec Area***Sat, Jul 10-31 11:00-11:55 AM..... XNN13A****Sun, Jul 11-Aug 1 11:00-11:55 AM XNR13A****Youth Advanced Beginner Tennis***(ages 10-15)*

Class is open to players who have had some tennis experience and have grasped the basics of the game. Students will learn to perfect their techniques and develop their style. *Please Note: Most rained out sessions are made up on Fridays.*

Four Sessions \$40.00 Per Person*Thompson Pk***Mon-Thu, Jul 26-29 11:00-11:55 AM XMM13A****Mon-Thu, Aug 9-12 12:00-12:55 PM XMT13A****Youth Beginner Tennis***(ages 10-15)*

An ideal intro to the game of tennis. Participants receive expert instruction in a small class. The young player develops proper grip and stance skills while grasping the concepts of ball placement and scoring. *Please Note: Most rained-out classes are made up on Fridays.*

Four Sessions \$40.00 Per Person*Thompson Pk***Mon-Thu, Jul 12-15 11:00-11:55 AM XME13A****Mon-Thu, Jul 19-22 10:00-10:55 AM XMG13A****Mon-Thu, Jul 19-22 11:00-11:55 AM XMH13A****Mon-Thu, Jul 26-29 10:00-10:55 AM XMK13A****Mon-Thu, Aug 2-5 11:00-11:55 AM XMQ13A****Mon-Thu, Aug 9-12 11:00-11:55 AM XMS13A**

Summer Swim Time at Fort Monmouth Recreation Center

Public swim times return this summer!

Season and monthly passes will be available for purchase as well as daily drop-in passes.

Pool Season: Saturday, May 29-Monday, September 6

Monthly schedules will be posted on the Fort Monmouth Recreation Area page of our website.

Early Bird Workout - Monday-Friday, 7:30-9:00 AM

Get in some early morning exercise with our lap lanes!

2021 OPEN SWIM FEES

Season Passes

Family Pass: \$200.00 (family of up to four people) • Individual Pass: \$100.00

Monthly Passes

Family Pass: \$100.00 (family of up to four people) • Individual Pass: \$60.00

Monday-Friday Daily Rates

Family: \$20.00 (family of up to four people) • Individual: \$7.00

Weekend & Holiday Daily Rates

Family: \$30.00 (family of up to four people) • Individual: \$10.00

Passes go on sale beginning Saturday, May 1 at the Fort Monmouth Recreation Center.

*For more information, call the Rec Center at 848-456-4278, ext. 2#, through May 28;
from May 29-September 6, please call the pool house at 732-440-4179.*





HELP WANTED

Work within the beautiful scenery of your
Monmouth County parks!

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

Summer Camp Counselors

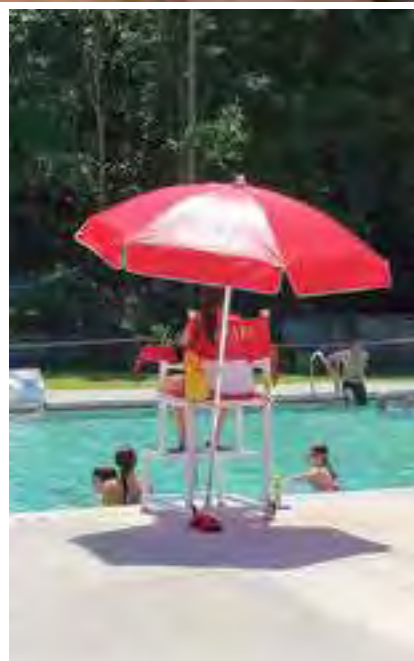
*Outdoor Adventures, Sports, Arts, Therapeutic Recreation &
Longstreet Farm*

Inclusion Coaches • Lifeguards • Swim Instructors

Sprayground Attendants • Seasonal Rangers

Seasonal Golf Greenskeepers

Visit our website for full details:
www.MonmouthCountyParks.com



ACTIVE ADULTS 55+

Chair Yoga*(adults)*

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Kimberly Buono

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Wed, Jun 2-Jul 7 5:00-6:00 PM..... XNU13A**Wed, Jul 21-Aug 25 5:00-6:00 PM..... XNV13A****Gentle Aquatic Yoga!** *(ages 55 and up)*

Are you interested in taking yoga? But you have too many aches and pains? We have the solution for you! You will do familiar yoga poses or stances in the shallow end of the pool. Water's natural buoyancy makes it easier to stretch into position and reduces any risk of falling or twisted ankles. Only standing poses are used for aqua yoga; all other poses will be done on the edge of the pool. Please bring a yoga mat and a towel or blanket.

Instructor: Tiffany McCann

Six Sessions \$90.00 Per Person

Big Brook Pk Main Pool

Thu, Jun 24-Aug 12 10:30-11:30 AM XKM13A*No class 7/22 & 8/5***Sun, Jul 11-Aug 15 8:30-9:30 AM XKK13A****Summer Senior Hikers***(ages 55 and up)*

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

Nine Sessions \$45.00 Per Person

Location Varies Week to Week

Level 1 - Thursdays

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

Thu, Jul 1-Aug 26 9:30-11:00 AM D8213A**Level 1 - Tuesdays**

Hikes cover 3-3 ½ miles. Hiking boots and walking poles are recommended. Level 1 - Tuesdays is a companion program to the main Level 1 - Thursday hikes. Please note that for the summer only, these hikes begin at 8:30 AM.

Tue, Jul 6-Aug 31 8:30-10:00 AM D8013A**Level 2 - Wednesdays**

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

Wed, Jul 7-Sep 1 9:30-11:30 AM D8113A**Level 2 - Fridays**

Hikes cover 4 ½-5 miles. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1. This program is a companion hike to our regular Level 2 - Wednesday hikes. Please note that for the summer only, these hikes begin at 8:30 AM.

Fri, Jul 2-Aug 27 8:30-10:30 AM D8313A**Level 3 - Tuesdays**

These hikes are at a moderate pace and go from 5-5 ½ miles. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4. Please note that for the summer session only, Tuesday hikes begin at 8:30 AM.

Tue, Jul 6-Aug 31 8:30-10:30 AM D7913A**Level 4 - Mondays**

These hikes are at a brisk pace and go from 5 ½-6 miles. Level 4 is the most challenging of the Senior Hiker programs. Please note that for the summer only, these hikes begin at 8:30 AM.

Mon, Jul 12-Aug 30 8:30-10:30 AM D7813A**Find us on Social Media:**

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery*(adults)*

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

Seven Sessions \$175.00 Per Person**Thompson Pk Creative Arts Center**

Instructor: Pete MacConnell

Tue, Jul 6-Aug 17 7:00-10:00 PM.....Z3813A

Instructor: Laura Copeland

Thu, Jul 8-Aug 19 6:30-9:30 PM.....Z3913A**All Level Pottery Classes***(adults)*

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

Seven Sessions \$175.00 Per Person**Thompson Pk Creative Arts Center****Mon, Jul 5-Aug 16 9:00 AM-12:00 PM.....Z4113A****Mon, Jul 5-Aug 16 1:00-4:00 PM.....Z4213A****Mon, Jul 5-Aug 16 6:00-9:00 PM.....Z4313A****Tue, Jul 6-Aug 17 9:00 AM-12:00 PM.....Z4413A****Tue, Jul 6-Aug 17 4:00-7:00 PM.....Z4513A****Wed, Jul 7-Aug 18 9:00 AM-12:00 PM.....Z4613A****Wed, Jul 7-Aug 18 1:00-4:00 PM.....Z4713A****Wed, Jul 7-Aug 18 6:30-9:30 PM.....Z4813A****Fri, Jul 9-Aug 20 9:00 AM-12:00 PM.....Z4913A****Fri, Jul 9-Aug 20 1:00-4:00 PM.....Z5013A****Sat, Jul 10-Aug 21 11:30 AM-2:30 PM.....Z5113A****Ceramic Arts***(adults)*

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

Seven Sessions \$84.00 Per Person**Thompson Pk Creative Arts Center****Thu, Jul 1-Aug 26 9:00 AM-12:00 PM.....Z6113A***No class 7/15 & 8/5***Foundations of Clay Hand-Building***(adults)*

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

Seven Sessions \$175.00 Per Person**Thompson Pk Creative Arts Center****Wed, Jul 7-Aug 18 1:00-4:00 PM.....Z6013A****Wed, Jul 7-Aug 18 6:30-9:30 PM.....Z6213A****Raku Pottery***(adults)*

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch. Please be advised that there will be no opportunities to make up missed classes. Instructor: Christina Carlson

Seven Sessions \$175.00 Per Person**Thompson Pk Creative Arts Center****Thu, Jul 8-Aug 19 9:30 AM-12:30 PM.....Z4013A**

Wild Fire Weekend*(adults)*

Pit, Saggar, Horse Hair & Raku all in one weekend! This event will explore the magic and unpredictability of these alternative firing techniques. Application of terra sigillata and burnishing techniques will also be covered. Participants are encouraged to bring as many as 15 moderately sized (less than 10"x8") bisque-fired pots (preferably burnished or terra sigged) for the saggar, pit and horsehair and three pieces for raku. No flat work, please.

Two Sessions \$170.00 Per Person**Thompson Pk Creative Arts Center****Sat-Sun, Aug 28-29 9:00 AM-4:00 PM Z7013A****DRAWING & PAINTING****A Day with the Impressionists***(adults)*

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

Instructor: Debra Stasiak

One Session \$35.00 Per Person**Thompson Pk Creative Arts Center**

van Gogh's Three Sunflowers in a Vase

Sat, Jul 24 2:00-5:00 PM Z8313A

Monet's Antibes

Sat, Aug 21 2:00-5:00 PM Z8413A**Botanical Illustration****NEW***(adults)*

Join us for this fun new two part workshop, exploring and drawing the native vegetation of Monmouth County. We'll journey onto the trails with a Park System Naturalist to learn about our native plants; including their medicinal properties, uses and unique features. The second part of the workshop, we'll get up close with the plants and learn how to draw them through examining what features are important to botanical illustration, how to draw plants from life, and introducing color to your botanical works. Be sure to dress for the weather and wear sturdy shoes. A supply list will be emailed upon registration.

Naturalist: Blake Beyer

Artist/Instructor: Katie Stone

One Session \$38.00 Per Person**Thompson Pk Creative Arts Center****Thu, Jun 10 10:00 AM-1:00 PM Z1813A****Thu, Jun 17 10:00 AM-1:00 PM Z1913A****Contemporary Watercolor Painting***(adults)*

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes; beginner and advanced students will enjoy learning cutting edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Instructor: MaryAnn Goodwin

Six Sessions \$84.00 Per Person**Thompson Pk Creative Arts Center****Tue, Jul 13-Aug 17 6:30-8:30 PM Z5613A****Thu, Jul 15-Aug 19 6:30-8:30 PM Z5713A****Fri, Jul 16-Aug 20 10:00 AM-12:00 PM Z5813A****Saturday, June 19****9:00 AM-2:00 PM****Dorbrook Recreation Area, Colts Neck**

If the words rummage, swap, bargain, vintage or collectible excite you, then search for that one-of-a-kind treasure at the Eco-Elephant Flea Market! Come peruse the vendors offering secondhand, handmade, up-cycled or new merchandise. Consider becoming a vendor and help keep the good stuff out of our landfills.

For more information and an application, contact Rachel Cohen at rachel.cohen@monmouthcountyparks.com or 732-542-1642, ext. 29.

Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists exclusive Interpretive Impressionism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, bring your own 11"x14" canvas to class.

Artist/Instructor: Debra Stasiak

Four Sessions \$94.00 Per Person

Bring in your own print of your favorite floral or fruit composition as well as your favorite seascape or landscape composition.

Thompson Pk Creative Arts Center

Fri, Jun 4-25 10:00 AM-12:00 PM Z8213A

Intermediate Drawing

(adults)

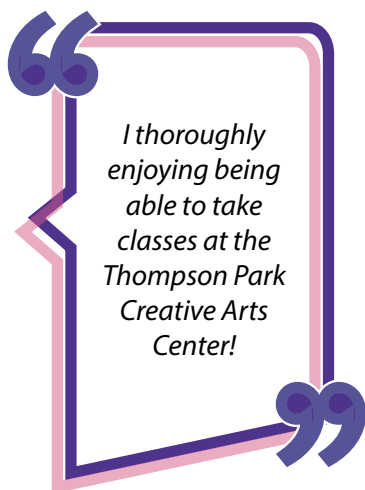
This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that will focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 8-Aug 12 1:00-3:00 PM. Z5213A



Intro to Traditional Painting

(adults)

Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.

Artist/Instructor: Katie Stone

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 6-Aug 10 9:00-11:00 AM Z3613A

Intuitive Painting

(adults)

Let's create several layers on our canvas using papers, paints, inks, stamps and stencils. We'll complete these original works of art by blocking out a focal point and adding a phrase and/or embellishments if desired. All supplies are included for a large format canvas 16"x20" or larger.

Instructor: Monique Topp

One Session \$55.00 Per Person

Henry Hudson Trail Act Ctr

Sat, Jul 17 1:00-5:30 PM A7213A

Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with some experience, the focus of this class will be fine-tuning and developing technique. Come ready with ideas the first day to start painting.

Artist/Instructor: Katie Stone

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 6-Aug 10 11:30 AM-1:30 PM Z3713A

Tue, Jul 6-Aug 10 2:00-4:00 PM. Z5913A



The Foundations of Oil Painting

(adults)

This class is dedicated to learning the art of oil painting. Students will acquire a strong understanding of the skills needed to begin their journey into the world of oils. Class will start with an introduction to the basics, such as value and color, and graduate into more complex painting techniques, learning techniques to better handling of the medium, as well as developing the artist eye of painting from life. Supply list will be provided upon registration.

Artist/ Instructor: Melissa Bronwen Pyle

Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jul 12-Aug 16 10:00 AM-12:00 PM... Z6313A

KNITTING & SEWING

Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics; from how to transfer a design to a diversity of stitches, as well as how to split the thread and thread a needle with ease. This workshop is both a great way to start your journey into the world of embroidery in addition to reviewing some basics of the craft form. All skill levels are welcome. A \$5.00 fee the day of the workshop will be paid to the instructor for materials.

Artist/Instructor: Jennifer SantaMaria

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 21 5:00-7:00 PM Z6413A

Wed, Aug 18 5:00-7:00 PM Z6513A

MISCELLANEOUS

Craft Night Out

(adults)

Calling all crafters! Do you have unfinished projects? Sign up with your group of up to nine friends/family members to use our space and get it done! Bring all of your gear and dig in to complete your projects in a casual and comfortable atmosphere. Forget the mess, use our space to spread out your supplies and let creativity flow. Our facilitator can offer suggestions if you're stuck or need a bit of inspiration.

One Session \$45.00 Per Group

Henry Hudson Trail Act Ctr

Thu, Jun 10 6:30-8:30 PM A5613A

PHOTOGRAPHY

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; point and shoot cameras are not covered. *If you have one of the newer mirrorless cameras by Fuji™, Sony™, Olympus™, Nikon™, or the Canon™ EOS-M, please check with the instructor at gary@garydatesphotos.com.

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jun 5-Jul 17 10:00 AM-12:00 PM..... Z6813A

No class 7/3

Thu, Jul 15-Aug 19 6:30-8:30 PM Z6913A

CANINE CLASSES

Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs six months and older.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Tue, Jun 15-Jul 27 7:15-8:15 PM Q7813A

Sat, Jun 19-Aug 7 9:00-10:00 AM Q7913A

No class 7/3

Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to small dogs six months and older and weighing 35 lbs. or less.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Tue, Jun 15-Jul 27 6:00-7:00 PM Q8013A



Thinking about bringing your **DOG** to the park?

Dogs are permitted in **most** Monmouth County Park System sites while they are leashed. Owners are responsible for clean-up of their pets at all times and waste should be removed and disposed of properly. Dogs **are not** permitted on- or off-leash in the following locations or at any other park location where signs are posted:

- Deep Cut Gardens
- Historic Longstreet Farm
- Dorbrook Recreation Area Sprayground
- Playgrounds
- Golf Courses
- Buildings
- Sunnyside Equestrian Center
- Visitor Centers
- Environmental Centers
- Seven Presidents Oceanfront Park (from April 1-October 31)

Be sure to check out our canine classes! Summer canine classes are listed on pages 38 & 40.

Visit a Monmouth County Off-Leash Dog Area!

LOCATIONS

Thompson Park

805 Newman Springs Road, Lincroft

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Water fountain available
- Pet waste bags and garbage cans
- Restrooms nearby

Wolf Hill Recreation Area

3 Crescent Place, Oceanport

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Sheltered picnic tables
- Pet waste bags and garbage cans
- Portable toilets

IMPORTANT INFORMATION

- Off-leash dog areas are open 7 days a week from 8:00 AM to dusk
- Puppies must be at least 4 months old, and dogs 6 months or older must be spayed or neutered
- All dogs must be up to date with vaccinations and wear a collar with a license
- Each owner may bring up to two dogs, must remain with the dogs, and must carry a leash for each
- Children under the age of 8 years old are not permitted in off-leash dog areas
- There is a limit of 20 dogs and 25 owners inside each fenced area at any one time in the Thompson Park facility
- There is a limit of 25 dogs and 25 owners inside each fenced area at any one time in the Wolf Hill Recreation Area facility

Dog Obedience: Puppy Kindergarten*(ages 17 and up)*

This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies eight weeks to five months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class.

Instructor: Loni Lucina

Seven Sessions \$84.00 Per Person

Thompson Pk Theater Barn

Sat, Jun 19-Aug 7 10:15-11:15 AM.....Q7713A*No class 7/3***CULINARY ARTS****BBQ Clam Bake***(adults)*

Tonight, over an open fire, the chef will show you how to take a few simple ingredients and turn them into a classic clambake feast. Simple and fun, this outdoor class will reward us with a wonderful supper. You will pick the ingredients and assemble them into our clambake packets. The seafood – clams, shrimp and NJ sea bass; the meats – chicken, chorizo and sweet Italian sausage; the vegetables – corn, carrots, onions and peppers; and the aromatics – garlic, lemon, parsley, chives, Old Bay, EVOO and butter. Add whatever you want, and our chef will cook'em and then you chow down – bib included. While your clambake packets are cooking, zesty shrimp skewers will be served on char-grilled tomato bread. Of course, let's not forget dessert – grilled peaches and strawberries with honey mascarpone.

Instructor: Chef Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, Jun 1 6:00-9:30 PM.....A7913A**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!

Today's Menu: Grilled Thanksgiving Turkey Burger with Cranberries; Latin Style Ground Pork Patty; and Salmon Burger with Ginger, Lime and Cilantro

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jul 27 6:00-8:30 PM M6213A**Cast Iron Skillet Cooking: Summer Grilling Edition***(adults)*

The original non-stick pan! Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. Whether it's Grandma's hand-me-down, or your own pan that's collecting dust, let Chef teach you how to get the most out of it. Tonight we'll move outside to practice grilling in our pan with recipes you can make on your summer camping trip or backyard BBQ.

Today's Menu: Campfire Jambalaya and Pound Cake & Berry Skillet

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jun 15 6:00-8:30 PM M6413A**Catch of the Day: Grilling Edition***(adults)*

Are you afraid to cook fish? It's time to face your face your fears as the chef walks you through classic techniques for grilling fish the easy way. You'll have confidence to prepare fresh fish on the grill, and no more worries about dry or (unintentionally) blackened fish again.

Today's Menu: Grilled Fresh Tuna with Teriyaki Glaze, Scallions & Spicy Dipping Sauce and Grilled Salmon with Local Jersey Tomatoes & Heart of Palm Vinaigrette

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jun 29 6:00-8:30 PM M6113A

Demo & Tasting Under the Stars

(adults)

Time to turn off the stove and fire up the grill! Spend an early summer evening with the chef, for an overview of how to get the best from your gas grill. Learn how to properly season and grill your favorite meats, vegetables and fruits while gaining confidence to try new flavors. You'll also practice some basic knife skills and enjoy some culinary Q&A under the summer night sky.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jun 10 6:00-8:30 PM M6513A



Garden to Table

(adults)

Get creative with fresh vegetables and fruits from your garden or favorite farmer's market. We've got some new and clever ideas to reinvent your veggie dishes, and tonight, soup is on! Soup, in SUMMER? This one pot staple is great year round, especially when it's refreshingly chilled. Chef turns down the heat by showing you all the steps to make a delish cold summer soup that will be an instant hit with the family.

Today's Menu: Chilled Cucumber & Mint Soup with Avocado Toast and Thai-Spice Watermelon Soup with Crabmeat

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jul 6 6:00-8:30 PM M6313A

Nostalgic Summer Recipes

(adults)

After the stews and soups of winter, it's time for some lighter fare for those cookouts with friends. If you're finding that your go-to recipes get groans instead of smiles, maybe it's time to bring back some classics from yesteryear. Try some new flavor combos and revisit childhood favorites as chef gets you started with two popular vintage dishes.

Today's Menu: Roasted Chicken Waldorf Salad and Easy Amish Market Chow Chow

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jun 24 6:00-8:30 PM M6813A

Get Your Hot Dogs Here!

(adults)

Admit it, we all love a good hot dog, especially this time of year. Celebrate the star of the ballpark concession stand with recipes from around the country. Did you know that traditional mustard and sauerkraut is not the norm across the states? From corn dogs to chili dogs, bacon wrapped to fish cake wrapped, the combinations are endlessly creative. Tonight we'll discuss - and sample - some clever combinations from around the U.S.

Today's Menu: NJ Italian Hot Dogs; Carolina-style Dogs and Classic Boardwalk Corn Dogs

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 29 6:00-8:30 PM M6713A

Street Fair

(adults)

What's the worst part of street fair food? You only get it in the summer! Missing those fairs? You can indulge at home anytime, no food truck needed. Browse the food stands, from old classics to new favorites, and bring the street fair into your own backyard.

Today's Menu: Trisha Yearwood's Grilled Pizza on a Stick and Apple Tacos

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 8 6:00-8:30 PM M6613A

EDUCATION & ENRICHMENT

About Boating Safely

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks.

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 12 8:30 AM-5:00 PM Q7413A

Sat, Jul 10 8:30 AM-5:00 PM.....Q7513A

Genealogy 101

(ages 14 and up)

You've gotten your DNA results back, now what? Learn basic genealogy techniques to get started in researching your family history. You will also learn how to use online resources to help you research your DNA matches and build your family tree.

Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Jun 5 2:00-4:00 PM Q8113A

Genealogy: Using Probate Records

(ages 14 and up)

Probate files are more than wills! Learn what documents are in them, how to access them, and how they can help you with your genealogy research. While an ancestor's estate generally left items only to close relatives and friends, the papers created as a result of settling it may contain a wonderful bequest for genealogists researching the family: their ancestors may unknowingly have left them gifts of information. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Aug 7 2:00-4:00 PM Q8213A

Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jun 14 6:30-10:00 PM Q7113A

Mon, Jul 19 6:30-10:00 PM Q7213A

Mon, Aug 16 6:30-10:00 PM.....Q7313A

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 \$55.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sat, Jun 26 10:00 AM-12:30 PM.....Q7013A

Sat, Aug 28 10:00 AM-12:30 PM.....Q6713A

Thompson Pk Vis Ctr Beech Room

Tue, Jun 8 7:00-9:30 PM.....Q6313A

Tue, Jul 6 7:00-9:30 PM.....Q6413A

Sat, Jul 17 10:00 AM-12:30 PM.....Q6513A

Mon, Aug 2 7:00-9:30 PM.....Q6613A

HEALTH & WELLNESS

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey.

This is a free program; however, registration is requested.

Two Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jul 13 & Aug 10 7:00-8:00 PM.....D8413A

Program meets 7/13 & 8/10

Forest Bathing

(adults)

Go to a forest. Walk slowly. Breathe. Open all your senses. This is the healing way of forest bathing, known as Shinrin-Yoku. It originated in Japan in the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. Join us for a gentle walk in the woods. We'll engage in mindfulness meditation, the practice of silence to enhance the senses and inner reflection, and share a cup of tea as we end our time together. Please wear long pants and comfortable walking shoes. Participants must be able to walk comfortably on uneven terrain.

Instructor: Gina Zalewski, RN RYT

One Session \$25.00 Per Person

Manasquan Res Env Ctr Parking Lot

Sat, Jul 10 10:00-11:30 AM.....A6913A

Sat, Aug 7 10:00-11:30 AM.....A7013A

Thompson Pk Estate Grounds Parking Lot

Sat, Jun 5 10:00-11:30 AM.....A6813A

Makeup for Zoom

(adults)

Professional make up artist Anna Olech of AKO Artistry will teach you how to apply your makeup for the computer lens to put your best look forward when meeting virtually with co-workers, for school or just friends and family. Please bring your own makeup bag and beauty mirror.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Tue, Jul 27 6:00-7:30 PM.....Q6013A

Stay Healthy

(adults)

Experience a variety of self-care practices such as centering meditation, healing affirmations, guided visualizations, walking meditation, qi-gong and tools to nourish the senses (e.g. essential oils, therapeutic teas and juices). Incorporating these restorative changes into your daily routine will enable you to live a more healthier, happier and integrated life.

Presented by: Grace Conte, M.A., educator & certified Reiki Master

One Session \$30.00 Per Person

Thompson Pk Theater Barn

Mon, Aug 16 6:00-8:00 PM.....A5013A

Summer Solstice *(adults)*

During the time when of the Earth's poles has its maximum tilt toward the Sun, we will utilize practices to amplify our energies to illuminate greater positivity within our lives. Some of the practices we will experience together will be qi-gong visualizations, meditation and the use of a Tibetan healing sound. All practices will build and sustain groundedness and outward-bound energy to enhance our lives.

Presented by: Grace Conte, M.A., educator & certified Reiki Master

One Session \$30.00 Per Person

Thompson Pk Theater Barn

Mon, Jun 21 6:00-8:00 PM A5113A

Summertime Makeup*(adults)*

Summertime at the Jersey shore means all day beach and ocean fun! Professional makeup artist Anna Olech will teach you how to create that fresh summer glow while protecting your skin and look from the elements. This is a hands-on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

One Session \$40.00 Per Person

Bayshore Waterfront Park Act Ctr

Tue, Jun 29 6:00-7:30 PM Q5813A

Summertime Survival with Essential Oils*(adults)*

Join Gina Zalewski for a fun and educational event focused on crafting essential-oil infused products to support us during the summertime. At this hands-on workshop, you will make and take home an outdoor spray, a minty cooling roll-on and a cellulite-be-gone body butter. All supplies will be provided.

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jun 9 7:00-8:30 PM A7113A

The Great OM Meditation *(adults)*

It is believed that OM was the first sound made in our Universe. The Ancient Yogis believed that when chanted, OM combines two of the most powerful healing resources we have: our breath and sound. In this program we will learn the basic technique to chanting OM so you can recreate this healing vibration and bring more clarity, more peace and more joy to your days to come.

One Session \$20.00 Per Person

Clayton Pk Act Ctr Classroom 1

Sat, Jul 10 1:30-3:00 PM Q5413A

Bayshore Waterfront Park Act Ctr

Wed, Jul 28 6:30-8:00 PM Q5713A

Seven Presidents Oceanfront Park

221 Ocean Avenue, Long Branch

Enjoy some fun on the sandy beaches this summer! Seven Presidents offers a great place to swim, sun and surf that's close to home with summertime amenities like a snack bar, sheltered eating areas, outdoors showers and changing areas, guarded swimming, designated areas for surfing, and more!

For details on our beautiful shore park and information on seasonal access fees and passes, visit us at www.MonmouthCountyParks.com.



What is Homeopathy?

(adults)

Do you ever hear the word "Homeopathy" and are not quite sure what it means? We'll discuss what homeopathy is, its three fundamental principles and where homeopathic remedies come from. A handout will be provided, but feel free to bring a notebook to take notes. There will be a question and answer period following class.

Instructor: Michele Demaree, Diploma of Homeopathy, Diploma of Veterinary Homeopathy

One Session \$20.00 Per Person

Henry Hudson Trail Act Ctr

Wed, Jul 7 6:30-8:00 PM Q5513A

Clayton Pk Act Ctr Classroom 1

Sat, Jul 31 2:00-3:30 PM Q6213A

HORTICULTURE

Classic American Centerpiece **NEW**

(adults)

Looking for a fun way to spend a morning? Are you getting married or hosting a special event? Flowers are powerful and cheery media to play with and we will teach you how to make your own amazing centerpiece. Join us as we demonstrate and teach you a step-by-step technique for designing a classical American centerpiece. All materials are provided and your arrangement is yours to keep and show off.

One Session \$27.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jul 18 10:30-11:45 AM H2913A

Sat, Aug 28 10:30-11:45 AM.....H3013A

Create an Outdoor Chakra Garden **NEW**

(adults)

This special garden provides you with an opportunity to relax, recharge and meditate in a natural setting while focusing on one of the energy centers of the body. The Sanskrit word chakra means 'spinning wheel', and refers to the energy or consciousness centers arrayed in an interdependent sequence along the human spine. This workshop aims to open the door of possibilities for you and your family to create a unique self-healing sanctuary. Sign up if you are curious and find the answers you seek.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jun 4 4:00-5:30 PM H2713A

Sat, Jul 3 9:00-10:30 AM H2813A

Edible Flowers **NEW**

(adults)

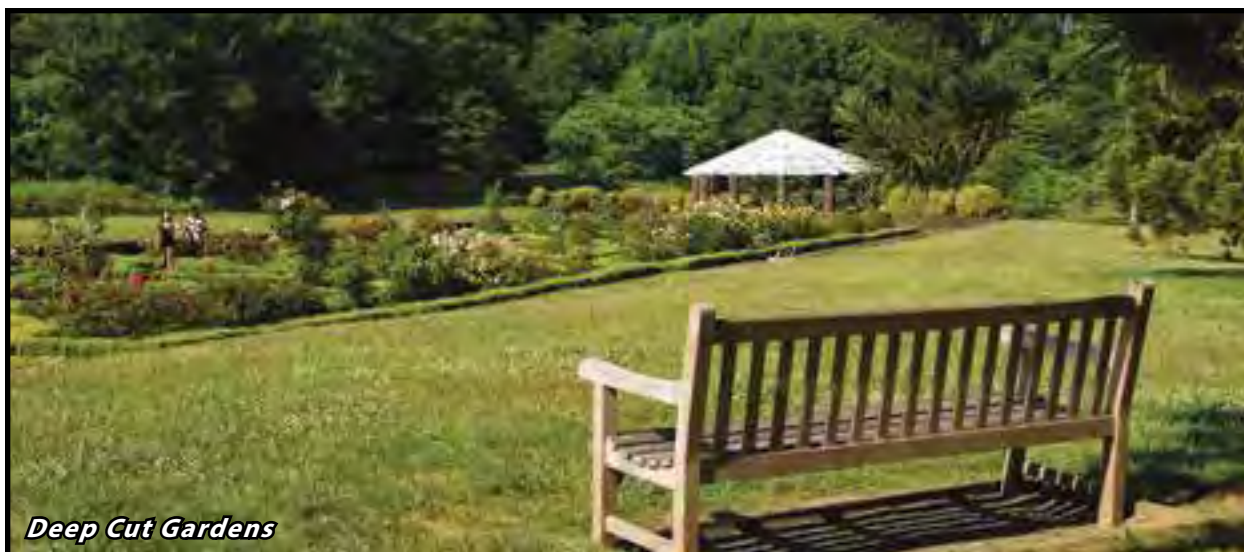
Flowers have been part of our diet since the time of the Romans. Join us for a fragrant journey in the garden. We will show you some of our edible flowers and teach you how to grow your own.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 26 9:30-10:45 AM H1413A

Sun, Jun 27 9:30-10:45 AM.....H1513A



Evening Garden Walk

(adults)

Take a relaxing evening walk with us. Soak up the beauty of nature as the sun retires over the horizon letting go of all worries and daily tasks.

One Session \$12.00 Per Person

Deep Cut Gardens Outdoor Area

Fri, Jun 25 6:30-7:45 PM H1913A

Fri, Jul 2 6:30-7:45 PM H0813A

Fri, Jul 30 6:30-7:45 PM H2013A

Fri, Aug 6 6:30-7:45 PM H2513A

Fri, Aug 27 6:30-7:45 PM H2613A

Floral Design Club

(adults)

Expressing yourself through flowers can be a personal passion and a very relaxing activity. Designing arrangements increases your focus and creates mindfulness. Our hands-on classes will help you get started with this beautiful and rewarding art. Each month we will feature a different design that you will master. All supplies are provided and the arrangement is yours to keep and enjoy. Sign up for fun, share it with friends and family.

Three Sessions \$75.00 Per Series

Deep Cut Gardens Horticultural Center

Fri, Jun 18-Aug 20 4:30-5:45 PM H0613A

From Harvest to Herbal Hydrosols

NEW

(adults)

Welcome to the garden and our new ingenious program where aromatherapy and herbalism meet to create endless opportunities for You - the home gardener! Herbal hydrosols are safer and more sustainable than essential oils, more potent than teas, and most of all you can make them at home. Together we will do just that as you learn first-hand how to distill and create your own herbal hydrosols using fresh herbs from the garden. Self-care, room fragrances, cooking, cleaning and healing are only a few of the applications of these divine treasures. Come learn a new skill and make your life healthier and happier.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jul 10 9:00-10:30 AM H1613A

Sat, Jul 17 9:00-10:30 AM H1713A

Sun, Aug 9 9:00-10:30 AM H1813A

Garden Arrangement the Sustainable Way

(adults)

Learn how the staff at Deep Cut Gardens creates flower arrangements from the garden in a way that doesn't diminish but preserves overall plantings. Use our ideas in your own flower garden and pass them along to family and friends. Please bring gloves, clippers and a vase.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jun 13 10:00 AM-12:00 PM H1013A

Sun, Jul 11 10:00 AM-12:00 PM H1113A

Sat, Aug 7 10:00 AM-12:00 PM H0513A



Deep Cut 2022 Photography Exhibit Call for Entries

This year we are challenging all photographers to connect with the amazing shapes displayed by plants all around the gardens.

Exhibit Theme: The Fractal Geometry of Nature in the Garden

Divisions: Youth or Amateur

Categories: General Photography & Fractal Geometry of Nature

Each photographer may enter up to 2 photographs for each category per season.

Seasonal Entry Deadlines

Spring: June 20, 2021

Summer: September 26, 2021

Fall: November 28, 2021

The photographs will be on exhibit at the Deep Cut Gardens Horticultural Center from January 3-31, 2022.

"Study the science of art. Study the art of science. Develop your senses – especially learn how to see. Realize that everything connects to everything else." - Leonardo da Vinci

Herbal Vinegar, Infusions and More

(adults)

Growing your own herbs is only the first step to a world of possibilities. In this session, we will open the door to the use of herbs in creating piquant, tantalizing tastes, colors and fragrances to elevate the flavor of your salads, soups, vegetables and main courses. Simple and rewarding, flavoring vinegars is the easiest of gardening crafts. Together we will create several different kinds for you to take home and we will share recipes and material for your future creations.

One Session \$15.50 Per Person

Deep Cut Gardens Horticultural Center

Tue, Jun 1 4:30-5:45 PM.....H0713A

Hodge-Podge Lodge

(adults)

Learn how to encourage the "good bugs" to stick around in your garden. Some bugs, such as beetles, bees and butterflies, carry pollen from flower to flower, which helps plants to develop seeds and fruit. And some, help keep pesky plant-eating insects under control. Together we will build four-star lodgings for beetles, bees and other creepy-crawlies. Get your builder hat on and build your own Bug Hotel!

One Session \$15.50 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jun 6 3:30-4:45 PM.....H0913A

Identifying Wild Plants

(adults)

Take a hike with a trained botanist through the fields and forests of Tatum Park. Get to know the wild plants that inhabit our preserved lands and explore the ecological processes that shape this living community. Learn basic skills in plant identification and acquaint yourself with the botanical world around us.

One Session \$10.00 Per Person

Tatum Pk Holland Act Ctr

Sun, Jun 13 10:00-11:30 AM.....EE913A

Introduction to Needle Felting - Botanical Pin

(adults)

Transform these vibrant colored fibers into a delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Along the way, you will make a bookmark, bracelet, coaster and a flower. This is a fun and rewarding workshop. All of your creations are yours to keep or gift to loved ones.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 26 1:00-3:00 PM.....H2113A

Sun, Jun 27 1:00-3:00 PM.....H2213A

So, You Bought a Plant at the Grocery Store. Now What?

(adults)

Do you find yourself rescuing flowers from the clearance rack? Or the way they look at the store and want to keep them at home? Learn how to care for your plants. We will share tips on selecting healthy plants and go over which are best suited for the growing conditions of your home. Knowing these secrets will ensure your happiness and satisfaction and you won't waste your money.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Aug 8 2:00-3:15 PM.....H2413A

Sat, Aug 21 9:30-10:45 AM.....H2313A

Succulents are Perfect First Plants

(adults)

Get a solid start on your house plants collection with this simple and easy-going workshop. We will teach you about plants and their needs as we introduce you to the easiest, hardiest and resilient succulents. Together we will help you find a plant that fits your home environment and your needs. If you are up to it, there will be succulents for you to plant and keep.

One Session \$14.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Jun 3 4:00-5:15 PM.....H1313A

Garden Corner

Allium

(*Allium sativum*)

The flower head of the allium is actually a cluster of individual florets forming an overall round, oval or cascading shape. The flowers may be purple, blue, yellow, pink or white. Blooming late spring and early summer, they add a beautiful color and whimsy to any garden.



Reach for the Sky

Heights of the allium flower stalks can vary, some only reaching five inches and others climbing to over four feet.

How to Plant

Alliums that grow from bulbs should be planted in fall, after the first frost and before the ground freezes. Herbaceous varieties have fibrous roots and can be planted at any time during the growing season.

Pollinators

Allium flowers are a wonderful nectar source for honeybees, bumblebees, native bees and butterflies, making them not just a colorful addition to your garden, but also a beneficial one.



What's that Smell?

You may notice a scent of onion or garlic to the leaves of the allium. This is because allium are actually ornamental onions. But, have no fear, the smell is only when the leaves or bulbs are dry and crushed. This also means that rodents and deer won't be interested in snacking on them.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at www.MonmouthCountyParks.com.

Tropical Plants, the August Gardener's Best Friend

(adults)

As the summer heat lingers, our gardens tend to look tired and worn out. Heat loving tropical plants can be incorporated into our flower beds and act as the star of the show when many other specimens look stressed. Think beyond the flats of annuals we plant every year by getting acquainted with some of the "dog days of summer" garden showstoppers.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Aug 19 4:30-5:30 PM.....H3413A

Water Wise Gardening

(adults)

The heat this time of year brings can be grueling for us and our gardens. Keeping your landscape well-watered can be difficult and costly. As our county becomes more densely populated, the importance of wisely using our finite freshwater resources also becomes more essential. Explore gardening methods that help reduce the water needs of your property without giving up beauty. Topics to be covered include choosing the right plants, watering techniques, good soil management and more.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Jul 14 4:30-5:30 PM H3113A

NATURE

After Work Bird Walk

(adults)

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks for an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.

One Session \$5.00 Per Person

Shark River Pk Outdoor Area

Thu, Jun 10 7:00-8:00 PM I7013A

Fisherman's Cove Outdoor Area

Thu, Jul 8 7:00-8:00 PM I7113A

Dorbrook Rec Area

Thu, Aug 12 6:30-7:30 PM.....I7213A



Manasquan Reservoir 2022 Photography Exhibit Call for Entries

Calling all photographers!

Don't miss your opportunity to enter our exhibition!

Exhibit Theme: Memorable Adventures

Divisions: Youth or Amateur

Categories: General Photography & Wildlife Photography

Each photographer may enter within one division, but can enter one photo in each category per season.

Seasonal Entry Deadlines

Spring: June 20, 2021

Summer: September 26, 2021

Fall: November 28, 2021

The photographs will be on exhibit at the Manasquan Reservoir Environmental Center from February 5-28, 2022.

Youth submissions are free to enter; amateur are \$5.00 per photo.

Rules and entry form available on the Manasquan Reservoir Environmental Center page at www.MonmouthCountyParks.com.

Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park Naturalist on an exciting 90-minute hike, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can drive a quick three minutes down the road and join us for an optional picnic and beer tasting at Screamin' Hill Brewery (\$11 pay on your own). Hike will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

One Session \$12.00 Per Person

Clayton Park Emley's Hill Lot

Sat, Jun 19 1:00-2:30 PM (approx) IM013A

Sun, Aug 29 1:00-2:30 PM (approx) IM113A

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. Have your camera ready because you never know what wildlife may show up at the reservoir. Dress for the weather and bring binoculars and/or camera as we will be stopping periodically along our ride if the opportunity for wildlife photography arises.

One Session \$10.00 Per Person

Manasquan Res Env Ctr

Fri, Jun 11 6:30-8:00 PM I6313A

Fri, Jul 9 6:30-8:00 PM I6413A

Fri, Aug 13 6:00-7:30 PM I6513A

Summer Fishing Derbies

Bayshore Fishing Derby

Get hooked on fishing while competing in our eighth annual saltwater fishing derby. Fun for the whole family, this derby is open to beginners as well as experienced anglers.

No experience in saltwater fishing? Let us teach you how to rig and cast.

Then join our Park System Naturalists as they conduct free seining demonstrations and help them identify what they catch.

Finally, try landing the longest fish. Participants must supply their own fishing poles, tackle and bait for this tournament. Prizes are awarded for the longest fish caught in three different age categories, see derby rules for more information. Only fishing from the beach is permitted.

Cost: \$8.00 Per Person \$4.00 Additional Person

Bayshore Waterfront Park, Port Monmouth

Saturday, June 12, 11:00 AM-4:00 PM #I4513X

Freshwater Fishing Derby

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

This is a great opportunity to get hooked on a new hobby! No idea how to fish? No problem!

Our staff will provide FREE hands-on clinics to show you how to cast, how to rig and answer any questions you may have.

Prizes will be awarded for the longest fish in three different categories. See derby rules, provided upon registration, for more details. A container of worms is included with each registration.

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

Cost: \$25.00 Per Family of 4; \$8.00 Per Person

Manasquan Reservoir Visitor Center, Howell

Saturday, June 19, 2:00-5:00 PM #W0113X

Free Fishing Clinic from 12:30-1:30 PM

Turkey Swamp Park, Freehold

Sunday, June 20, 2:00-5:00 PM #W0213X

Free Fishing Clinic from 12:30-1:30 PM

Birding Conaskonk Point *(adults)*

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and sharp-tailed sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach is an ideal location to view 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 will be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach; only "On Street Parking" is available.

One Session \$8.00 Per Person

Conaskonk Point, Union Beach Chingarora St./
Edmunds Ave.

Fri, Jun 4 9:00-10:30 AM IKH13A
Mon, Jun 14 6:00-7:30 PM IKN13A
Mon, Jul 19 9:00-10:30 AM IKJ13A
Thu, Jul 29 6:00-7:30 PM IKK13A
Mon, Aug 16 9:00-10:30 AM IKM13A
Fri, Aug 27 6:00-7:30 PM IKP13A

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

Calling all butterfly lovers! Are you interested in discovering more about the butterflies you are likely to encounter this season? This program will provide butterfly identification and life cycle information, as well as what host plants these lovely creatures require.

One Session \$2.00 Per Person

Clayton Pk Act Ctr Classroom 1

Fri, Jun 25 11:00 AM-12:00 PM I3213A
 Manasquan Res Env Ctr
Sat, Jun 26 11:00 AM-12:00 PM I2313A

Butterfly Walks in Gardens*(adults)*

Butterflies are exciting to see and fun to identify. Each walk takes place in a beautiful yet different garden. Bring your cameras! Closed-toe shoes, a hat and sunscreen are recommended. Walks may be a mile or more and some paths are unpaved. Program may be cancelled due to rain. Call 732-751-9453 for more information.

One Session \$2.00 Per Person

Manasquan Res Env Ctr Parking Lot

Fri, Aug 6 10:00-10:45 AM I4213A
 Huber Wds Env Ctr Parking Lot
Wed, Aug 11 10:00-10:45 AM I3713A
 Deep Cut Gardens Outdoor Area
Fri, Aug 13 10:00-10:45 AM I4113A

Discover Freshwater Fishing *(adults)*

Do want to get started and discover the fun of freshwater fishing? Our experienced fishing staff in the park system will point you in the right direction. We'll fish the horse track pond at the Greenwood Ave entrance to Freneau Woods Park. Bring your own gear or use ours. We'll practice casting bait and maybe lures while hoping to land "the big one." Dress for the weather, long pants recommended, and don't forget to bring your sun screen and bug spray. Anyone age 16 and older must have a valid NJ freshwater fishing license; you can obtain one online at <https://www.nj.gov/dep/fgw/fishneed.htm>

One Session \$20.00 Per Person

Freneau Wds Pk Greenwood Rd Access Area

Wed, Jun 9 8:30-10:00 AM (approx) IM913A**Fishing Fridays in June** *(adults)*

Want to go saltwater fishing but don't know where to start? Our experienced fishing staff gets you going at this hands on 100% outdoor program. Bring your fishing gear, or use ours. If you have your own equipment, we'll help you evaluate its effectiveness. Our target species are striped bass, bluefish and fluke. Boots or waders are not necessary on our sandy bay-side beach along Sandy Hook Bay. Participants 16 or older please sign up for the free NJ Saltwater Recreational Registry Program at www.nj.gov/dep/saltwaterregistry/.

One Session \$20.00 Per Person

Bayshore Waterfront Park Bay House

Fri, Jun 4 2:00-3:00 PM (approx) IM513A
Fri, Jun 11 2:00-3:00 PM (approx) IM613A
Fri, Jun 18 2:00-3:00 PM (approx) IM713A
Fri, Jun 25 2:30-3:30 PM (approx) IM813A

Forest Eats and Wild Treats*(adults)*

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of a number of other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$10.00 Per Person

Huber Wds Env Ctr Parking Lot

Tue, Jun 15 10:00-11:30 AM I4613A

Thompson Pk Old Orchard Parking Lot

Thu, Jul 1 10:00-11:30 AM I4713A

Freneau Wds Pk Act Ctr Parking Area

Thu, Aug 12 10:00-11:30 AM I4813A

Fungi Findings *(adults)*

The world of fungi and mushrooms is endlessly fascinating but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.



One Session \$10.00 Per Person

Shark River Pk Shelter Bldg

Sun, Jul 25 10:00-11:30 AM I5913A

Gentle Walks for Gentle Souls*(adults)*

Are you the type of person who prefers music from birds overhead than from headphones? Do you enjoy stopping to smell the roses? Would you rather feel the breeze on your face than breeze by other walkers? If you answered "yes" to any or all of these questions then this activity is for you! On our naturalist-led walks we will wander old farm roads and wide garden paths, avoiding steep or narrow forest trails. Some trail sections may be uneven, rocky or sandy; please wear sturdy shoes.

One Session \$5.00 Per Person

Holmdel Pk Ramanessin Section Parking Lot

Tue, Jun 8 9:00-10:15 AM (approx) IMW13A

Thu, Jun 24 4:30-5:45 PM (approx) IMX13A

Huber Wds South Parking Lot

Tue, Jul 6 9:00-10:15 AM (approx) IMY13A

Thu, Jul 22 4:30-5:45 PM (approx) IMZ13A

Clayton Pk Emley's Hill Lot

Tue, Aug 10 9:00-10:15 AM (approx) IN013A

Thu, Aug 26 4:30-5:45 PM (approx) IN113A

Drop-In Local Nature Lecture Series *(adults)*

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Box Turtles of Monmouth County

Thursday, June 17, 7:00-8:00 PM at **Freneau Woods Pk Visitor Center**

Learn about the eastern box turtle! Box turtles are one of the most commonly seen turtles in the wild. Find out more about this small- to medium-sized turtle with a domed shell such as what does it eat, where can it be found and what are some threats to box turtles. This program is great for any turtle enthusiast.

Sharks of New Jersey

Thursday, July 15, 7:00-8:00 PM at **Bayshore Waterfront Park Activity Center**

Yes, a variety of shark species really do call the Jersey shore home throughout the year, from threshers to blues to whites to hammerheads and many more. Find out more about sharks, such as why they are important to protect, why sharks are unique, and threats to them. Plus, we'll take a closer look at some species commonly found along the Jersey shore, including great whites. Not to be missed by any shark enthusiast.

Dolphins: Facts & Tales

Thursday, August 26, 7:00-8:00 PM at **Bayshore Waterfront Park Activity Center**

There are varieties of beautiful dolphins that can be found swimming along the shores of Monmouth County. Join a Park System Naturalist to find out the ecology associated with these delightful marine mammals. This presentation is a great opportunity to learn about the dolphins found in area waters. The talk will address the importance of dolphins to the local marine ecosystem, the factors which are affecting their survival, and ways you can help.

Half Day Hike and Paddle

(adults)

This fun, challenging and educational half-day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a naturalist-guided hike through Hartshorne Woods. Along the way we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen and footwear for both hiking and kayaking.

One Session \$45.00 Per Person

Claypit Creek Kayak Launch

Hartshorne Wds Claypit Creek Parking Lot

Mon, Jun 14 10:00 AM-2:00 PM. IKQ13A

Blackfish Cove Kayak Launch

Hartshorne Wds Rocky Point Parking Lot

Sun, Aug 1 1:45-5:45 PM. IKR13A

Kayak Fishing for Fluke

(adults)

The fish are biting now! Join our experienced fishing staff as we fish the beautiful Navesink River on kayaks for migrating Fluke. This five hour program allows us to fish the incoming tide and float back to where we started when the tide turns. Bring your own gear (recommended) or use ours. Fresh and artificial bait (Gulp) provided. We'll use our Sit on Top kayaks for fishing out in the river. Weight limit is 250 lbs. for single kayakers. Bring sunscreen and bug spray, a snack, water, dress for the weather, and wear clothes that can get wet. Please wear closed-toe shoes only. Individual saltwater anglers ages 16 and older must register with NJDEP NJ Saltwater Recreational Registry Program at <https://www.nj.gov/dep/saltwaterregistry/>

One Session \$40.00 Per Person

Hartshorne Wds Rocky Point Parking Lot

Wed, Jun 2 12:00-5:00 PM (approx) IMP13A

Tue, Jun 15 9:00 AM-2:00 PM (approx) IMQ13A

Liking the Lichens

(adults)

Welcome to the who, what and where of lichens. Take part in recognizing and locating the different types of this often overlooked organism during a naturalist guided walk. Become a lichen appreciator. You'll lichen it!

One Session \$6.00 Per Person

Freneau Woods Park Act Ctr Parking Area

Sun, Jun 13 1:00-2:00 PM IMU13A

Manasquan Res Env Ctr

Sun, Jun 20 1:00-2:00 PM IMV13A

Morning Bird & Wildlife Walks in Monmouth County

(adults)

Experience the best of morning bird activity with a Park System Naturalist. Monmouth County hosts a wide variety of wildlife year-round and is also home to some important "stopover" sites for migratory birds in eastern North America. Join us on this casual walk as we look for birds and other unique wildlife. From woodlands and freshwater wetlands to salt marshes and an ocean beach, the walks cover diverse natural communities to offer diverse wildlife sightings. These walks are a great introduction to birding and appropriate for birders and wildlife watchers of all levels. Dress for the weather and wear comfortable walking shoes. Bring binoculars if you have them. Please arrive and check-in 10 minutes before the start of the program.

One Session \$5.00 Per Person

Big Brook Pk Parking Lot

Wed, Jun 2 9:00-10:00 AM (approx) IMB13A

Thompson Pk Old Orchard Picnic Shelter

Sat, Jun 5 9:00-10:00 AM (approx) IMC13A

Huber Wds Env Ctr Parking Lot

Wed, Jul 14 9:00-10:00 AM (approx) IMD13A

Freneau Wds Pk Vis Ctr Parking Area

Sat, Jul 24 9:00-10:00 AM (approx) IME13A

Bayshore Waterfront Pk

Wed, Aug 18 9:00-10:00 AM (approx) IMF13A

Big Brook Pk Parking Lot

Sun, Aug 29 9:00-10:00 AM (approx) IMG13A

Native Plant Potpourri -

A Walk in the Garden

(all ages, under 18 with adult)

Are you interested in growing native plants at home? Would you like to attract more birds and butterflies to the yard? Here at Huber Woods, we'll tour our Pollinator Garden, Monarch Garden and Rain Garden to learn the different ways you can grow native! Participants will each take home native plant seeds to start your garden.

One Session \$10.00 Per Person

Huber Wds Env Ctr Parking Lot

Fri, Jul 30 10:00-11:00 AM (approx) IKG13A

Sat, Aug 28 10:00-11:00 AM (approx) IKF13A

Summer Nature Explorations

Casual Birder



(ages 11 and up, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We will 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 on a first come, first served basis.

Tuesday, June 15, 9:00 AM at Big Brook Pk Main Parking Lot

Tuesday, June 29, 9:00 AM at Manasquan Res Env Ctr Parking Lot

Tuesday, July 13, 9:00 AM at Crosswicks Creek Pk Polhemustown Rd Parking Lot

Tuesday, July 27, 9:00 AM at Huber Wds Pk Env Ctr Parking Lot

Tuesday, August 17, 9:00 AM at Hartshorne Wds Pk Claypit Creek Section Parking Lot

Tuesday, August 31, 9:00 AM at Dorbrook Rec Area Soccer Field Parking Lot (across the street from main park entrance)

Superb Summer Saunter



(all ages)

With Summer rearing to go, our parks are teeming with all sorts of animal and plant life. Engage your curiosity as you explore the trails with a Park Naturalist!

Friday, June 4, 10:00-11:30 AM at Freneau Wds Pk Vis Ctr Parking Lot

Friday, June 11, 10:00-11:30 AM at Clayton Pk Emley's Hill Rd Parking Lot

Friday, June 18, 10:00-11:30 AM at Manasquan Res Env Ctr Parking Lot

Friday, June 25, 10:00-11:30 AM at Big Brook Pk Lower Pond Parking Lot

Drop-In Nature Kayak Tours

(ages 12 and up, under 18 with adult)

All aboard! Explore the beauty and nature of the Swimming River. No prior kayak experience needed. We'll provide Park System Naturalists as your guides, proper instruction in kayak use and safety, and local history and wildlife information. All equipment is provided. Both single and tandem kayaks are available for use. First come, first served. All tours depart on time.

The program is limited to only twelve participants. Make sure to come early to reserve a kayak.

Wear appropriate clothing and shoes that can get wet. You must be at least age 12 years old to participate; under 18 must be accompanied by an adult. Weight limit 250 lbs. for single kayaks and 450 lbs. for tandem kayaks.

Cost: \$25.00 per person; cash or check only

Location: Swimming River Park, Red Bank

Wednesday, June 16, 3:00-4:00 PM • Tuesday, July 13, 12:30-1:30 PM

Wednesday, July 14, 1:30-2:30 PM • Thursday, July 15, 2:30-3:30 PM

Friday, July 16, 3:30-4:30 PM • Wednesday, July 28, 1:30-2:30 PM

Thursday, July 29, 2:30-3:30 PM • Friday, July 30, 3:00-4:00 PM

Tuesday, August 3, 3:00-4:00 PM • Tuesday, August 24, 11:30-12:30 PM

Wednesday, August 25, 12:00-1:00 PM • Thursday, August 26, 1:00-2:00 PM

Friday, August 27, 1:30-2:30 PM

Paddles and Pours

(ages 21 and up)

Up for some kayaking fun on the water? Come explore our local Swimming River on this 90-minute guided paddle, then to cap off the program participants can drive a quick two minutes down the road and join us for an optional beer tasting at Triumph Brewing Company (\$12 pay on your own).

One Session \$30.00 Per Person

Swimming River Park Parking Lot

Sat, Aug 28 3:00-4:30 PM (approx). IKX13A

Poets in the Woods - Summer Edition

(adults)

Let's celebrate the summer at Freneau Woods with the Park's namesake Philip Freneau and his poem "The Season's Moralized". Often nature influences poetry by embracing the beauty and patience of the outside environment. As we walk through the changing summertime habitat, we will hear the words from famous poets along the way. Some of springtime poets will include Mary Oliver and Henry David Thoreau. Please dress for the weather, including wearing shoes that can get muddy.

One Session \$5.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Jun 6 1:00-2:00 PM (approx). IMA13A

Plants in the Parks!

What's Out There?



(adults)

Explore the plants that create each park's unique identity. We will have some fun taking a closer look at the nature that surrounds us. A different park is explored each session and the group size will be small for a more individualized experience. Trails may be unpaved and uneven, sturdy shoes are recommended. So many plants, so little time!

One Session \$6.50 Per Person

Shark River Pk Shelter Bldg

Wed, Jun 2 9:30-11:00 AM I6013A

Clayton Park Emley's Hill Lot

Wed, Jun 9 9:30-11:00 AM I3513A

Freneau Wds Pk Vis Ctr Parking Area

Wed, Jun 16 9:30-11:00 AM I4413A

Manasquan Res Env Ctr Parking Lot

Wed, Jun 23 9:30-11:00 AM I3613A



Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Environmental Center and launch into the reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles and osprey as we discuss local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$25.00 Per Person

Manasquan Res Env Ctr

Wed, Jun 23 7:00-8:30 PM. I5413A

Tue, Aug 10 6:30-8:00 PM. I5513A

Sunset Kayak Tour of the Navesink

(ages 14 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for herons, egrets, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$38.00 Per Person

Hartshorne Wds Claypit Creek Parking Lot

Sun, Jun 6 6:30-8:30 PM IKV13A

Mon, Jun 21 6:30-8:30 PM IKW13A

Wake Up Bird Walks

(ages 14 and up, under 18 with adult)

Listen to the sounds of nature on these wake up bird walks. Start your day right, in the cool morning hours that wildlife is most active. Take a casual walk with us as we meander our local Monmouth County parks in search of a variety of bird species. Please dress for the weather and wear comfortable, waterproof walking shoes. Bring binoculars if you have them; a limited number will be available to borrow if needed. All levels of birders are welcome.

One Session \$5.00 Per Person

Fisherman's Cove Outdoor Area

Wed, Jun 16 8:00-9:00 AM I7513A

Shark River Pk Outdoor Area

Wed, Jul 14 8:00-9:00 AM I7313A

Big Brook Pk Elsas Lodge

Wed, Aug 18 8:00-9:00 AM I7413A

Wildlife Trivia - Summer



(ages 8 and up, under 18 with adult)

Join the Park System's Naturalist staff for a night of wildlife trivia. Get down with your animal self and test your animal instincts with our wildlife trivia. For best results each team should consist of 3-5 players. This is a free program; however, pre-registration is required. Sign up for one or multiple sessions!

One Session FREE!

Manasquan Res Env Ctr

Fri, Jun 4 7:00-8:00 PM PI351A

Fri, Jul 2 7:00-8:00 PM PI361A

Fri, Aug 6 7:00-8:00 PM PI371A

Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park 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-\$10, pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$12.00 Per Person

Big Brook & 4JG Winery

Big Brook Pk Lower Pond Lot

Sat, Jun 5 1:00-2:30 PM (approx) IKS13A

Clayton Park & Cream Ridge Winery

Clayton Pk Emley's Hill Lot

Fri, Jun 25 1:00-2:30 PM (approx)..... IKT13A

Sat, Jul 31 1:00-2:30 PM (approx)..... IKU13A

OUTDOOR ADVENTURES

ARCHERY & TRAP SHOOTING

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 air-conditioned.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Tue, Jun 22 7:00-9:00 PM W5213A

Fri, Jul 9 5:00-7:00 PM W5513A

Thu, Aug 19 7:00-9:00 PM..... W6313A

The History of Archery

(adults)

Dating back to the Stone Ages, archery is one of the oldest sports. Learn how the Lenape native people utilized bows and arrows in Monmouth County, the tools that led to the creation of the bow and arrow, how primitive bows and arrows were made, and even get a chance to use these tools to shoot a primitive target!

One Session \$22.00 Per Person

Big Brook Pk Sunfield Pavilion

Thu, Jun 10 6:30-8:30 PM U4613A

Thu, Aug 5 6:30-8:30 PM.....U4513A

Trap Shooting and the NJ Botanical Gardens

(adults)

Join us for clay pigeon excitement and the thrilling sport of trap shooting. An instructor will be provided for each small group of 4-6 people, providing guidance on safe and effective techniques. Enjoy your bagged lunches along the shorelines of Shepherds Lake and wind down with a stroll through the beautiful New Jersey Botanical Gardens at Skylands, home to gorgeous varieties of flower and plant species. There is something for the whole family. Participants age 12 and up are welcome to register with a registered adult.

One Session \$80.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Jun 9 9:00 AM-4:00 PM (approx) ... W3513A

HIKING

After Work Hikes

(adults)

You're half way there! Add outdoor exercise into your weekly routine. Both men and women are encouraged to join us in this leader-led "after work" program. Hiking is good for the body, the mind and the spirit. Thompson Park offers 14 miles of trails to discover. Sturdy hiking shoes are strongly recommended and please wear a small day-pack with water.

Rating: Moderate pace, dirt trails, hills, paved path.

Miles: 3+

Six Sessions \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Jun 15-Jul 20 5:45-7:30 PM (approx). . W5713A

Beat the Heat Hike

(adults)

Get on the trail early to beat the summer heat as we keep our legs in shape by exploring the trails of Thompson Park. This 667-acre park provides 14 miles of trails to discover. Low boots or trail running shoes are recommended as we build the pace and distance. Make a commitment to yourself to keep moving! Be sure to bring water.

Rating: Moderate pace, rooty trail, fields, paved and dirt trails. **Miles:** 3+

Six Sessions \$60.00 Per Person

Thompson Pk 3 Barns Parking Lot

Wed, Jun 16-Jul 21 5:30-7:15 AM (approx) ... W5613A

Full Moon Discoveries

(adults)

Experience your local parks in a "new light." Grab your hiking boots, water shoes, helmet and put some new batteries in your headlamp, as you join in this outdoor adventure. We'll be hiking through Hartshorne Woods, stand up paddle boarding on the Manasquan Reservoir, and biking the trails of Sandy Hook. Sign up for one adventure or all three.

Hartshorne Woods Hike

Rating: Moderate pace, dirt/pavement trails, ascents and descents. **Miles:** 4+

One Session \$22.00 Per Person

Hartshorne Wds Buttermilk Valley Parking Lot

Fri, Jun 25 7:30-10:00 PM (approx) W4113A

SUP Manasquan Reservoir

One Session \$35.00 Per Person

Manasquan Res West Dock

Sat, Jul 24 7:00-9:30 PM (approx)..... W4213A

Biking Sandy Hook National Park - 15 miles

One Session \$28.00 Per Person

Sandy Hook Lot D

Sat, Aug 21 6:30-9:00 PM (approx). W4313A

Choosing the Right Hike For You

The Monmouth County Park System Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike:

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous, and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Garret Mountain Hike & Historical Site Tours **NEW**

(adults)

Natural beauty and historic treasures are ours to enjoy on this half-day trip to Passaic County. We'll start out with a moderate three-mile hike on the rocky trails of Garret Mountain Reservation. Then we'll visit the Lambert Castle and Tower for some history and breathtaking views. Afterwards, we'll drive around the corner to Patterson Great Falls National Historic Park. We'll take a short tour of the welcome center and take in some views of the falls as we walk the surrounding gravel path. Pack a lunch/snacks to enjoy on the trail or in the outdoor seating area near the castle.

Leader: Donna Riopel

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Jun 7 9:00 AM-3:30 PM (approx) ... W3313A

History Hike at Big Brook Park

(adults)

Learn the storied past of one of our county's interesting parks. Lead by Park System staff, we will explore the fields and forests of Big Brook Park. Hike is a looped trail, beginning and ending in the same location.

Rating: Moderate, paved trails, hills, dirt. Miles: 4-5

One Session \$15.00 Per Person

Big Brook Pk Lower Pond Lot

Fri, Jun 18 4:00-5:30 PM U2113A

Big Brook Pk Boundary Rd Parking Lot

Sun, Jul 11 12:00-1:30 PM.....U2213A

Big Brook Pk Lower Pond Lot

Wed, Aug 18 4:00-5:30 PM U2313A



ON THE WATER

Stand Up Paddleboard, Sit-On-Top Kayak and Canoe Experience **NEW**

(ages 17 and up)

Which watercraft is right for you? Paddle the day away in a variety of Park System boats with instruction from our seasoned guides. Experience the way each boat handles and develop a comfort that could lead you on your next trip. Afterward, join us for a snack along the water as an Outdoor Adventure enthusiast guides you toward your next water adventure.

One Session \$21.00 Per Person

Manasquan Res West Dock

Sun, Jul 11 9:00 AM-12:00 PM W0813A

Private Sail Lessons at the Manasquan Reservoir

Catch the wind during a private sailing lesson in our 15' American sailboats.

An experienced sailing instructor will be with you to answer all of your sailing questions. Learn proper sailing techniques including how to read the wind, maneuver your sailboat, and how to be a captain!

Novice as well as experienced sailors looking for a refresher are encouraged to register.

Cost: One 3-hour lesson \$165 for two people, \$125 for each additional lesson

Lessons available June 19-August 29. Call 732-842-4000, ext. 4238, to schedule.

Sailboat Rentals at the Manasquan Reservoir

Are you a sailor without a boat?

The Park System has 15' American (2/3 people) and 12' Laser Pico (single) sailboats available for rent. Sailors should provide a Red Cross, US Sailing or Park System sailing card; if you do not have a certification, please call to discuss your sailing experience/skills.

Cost: \$70.00 per boat for 2-hour rental; cash or check only

Please Note: Pre-registration is required at LEAST 48 hours in advance.

Rentals available from June 19-August 29.

For availability or questions, please call 732-842-4000, ext. 4238.

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. All are welcome to read your work aloud or read a work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins will be welcome as time permits.

Contact Rachel Cohen to be added to list of readers at 732-542-1642, ext. 29, or rachel.cohen@monmouthcountyparks.com.

Thompson Park Theater Barn

June - Summer

Wed, Jun 23 7:00-8:30 PM. PE041A

July - Journeys

Sat, Jul 31 3:00-4:30 PM PE061A

August - Multicultural

Wed, Aug 25 7:00-8:30 PM PE071A



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

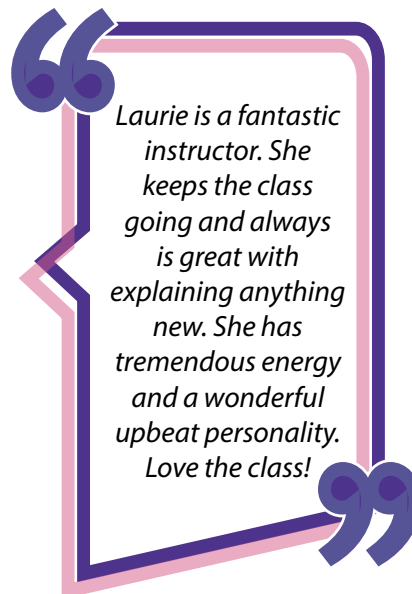
Tatum Pk Red Hill Act Ctr

Five Sessions \$60.00 Per Person

Tue, Thu, Jul 27-Aug 10 5:30-6:30 PM XM013A

Ten Sessions \$120.00 Per Person

Thu, Tue, Jun 17-Jul 20 5:30-6:30 PM XKZ13A



Intro to Belly Dancing

(adults)

During this fun and gentle introduction, 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

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Aug 5-Sep 9 7:40-8:40 PM XMA13X

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

Six Sessions \$108.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Aug 3-Sep 7 7:25-8:55 PM XM813X

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

Seven Sessions \$91.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jun 26-Aug 7 8:00-9:00 AM XM113X

PILATES

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Mon, Jun 2-Jul 12 7:15-8:15 PM X0113X

Mon, Wed, Jul 19-Aug 25 7:15-8:15 PM XKS13X

Tatum Pk Holland Act Ctr

Tue, Thu, Jun 1-Jul 8 6:30-7:30 PM X0213X

Tue, Thu, Jul 20-Aug 26 6:30-7:30 PM XKT13X

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

Eight Sessions \$88.00 Per Person

Thompson Pk

Tue, Thu, Jun 8-Jul 1 5:30-6:25 PM XN813A

Tue, Thu, Aug 3-26 5:30-6:25 PM XNC13A

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.

Six Sessions \$66.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jul 12-28 5:30-6:25 PM XMY13A

Tue, Thu, Jul 13-29 5:30-6:25 PM XN013A

Eight Sessions \$88.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jun 7-30 5:30-6:25 PM XMU13A

Tue, Thu, Jun 8-Jul 1 5:30-6:25 PM XMW13A

Mon, Wed, Aug 9-Sep 1 5:30-6:25 PM XN213A

Tue, Thu, Aug 10-Sep 2 5:30-6:25 PM XN413A

Thompson Pk

Mon, Wed, Jun 7-30 5:30-6:25 PM XN613A

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All Players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

Six Sessions \$66.00 Per Person

Dorbrook Rec Area

Mon,Wed, Jul 12-28 6:30-7:25 PM XMZ13A

Tue,Thu, Jul 13-29 6:30-7:25 PM.....XN113A

Eight Sessions \$88.00 Per Person

Dorbrook Rec Area

Mon,Wed, Jun 7-30 6:30-7:25 PM..... XMV13A

Tue,Thu, Jun 8-Jul 1 6:30-7:25 PM XMX13A

Mon,Wed, Aug 9-Sep 1 6:30-7:25 PM XN313A

Tue,Thu, Aug 10-Sep 2 6:30-7:25 PM.....XN513A

Thompson Pk

Mon,Wed, Jun 7-30 6:30-7:25 PM.....XN713A

Tue,Thu, Jun 8-Jul 1 6:30-7:25 PM XN913A

Mon,Wed, Aug 2-25 6:30-7:25 PM XNA13A

Mon,Wed, Aug 2-25 6:30-7:25 PM XNB13A

Tue,Thu, Aug 3-26 6:30-7:25 PM..... XND13A

VOLLEYBALL

Outdoor Oceanfront Volleyball League/ Recreation (6 v. 6)

(ages 17 and up)

Come exercise and compete in our recreational beach volleyball league. No previous volleyball league experience necessary. Teams must have at least six players on the roster and at least two women on the court at all times. The top team will receive an award. Pre-registration is required.

An organizational and rules meeting will be held at 6:15 PM on first night of league.

Nine Sessions \$162.00 Per Team

Seven Presidents Pk

Wed, Jun 16-Aug 11 6:30-8:00 PM XNE13A

YOGA

Aqua Yoga!



(adults)

Regular yoga, without that pesky gravity! Familiar yoga poses or stances will be done in the shallow end of the pool. Water's natural buoyancy makes it easier to stretch into position and reduces any risk of falling or twisted ankles. Only standing poses are used for aqua yoga, all other poses will be done on the edge of the pool. Please bring a yoga mat and a towel or blanket.

Instructor: Tiffany McCann

Six Sessions \$90.00 Per Person

Big Brook Pk Main Pool

Thu, Jun 24-Aug 12 9:00-10:00 AM XKN13A

No class 7/22 & 8/5

Sun, Jul 11-Aug 15 10:00-11:00 AM.....XKP13A

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.

Level 1

Instructor: Talena Ward

Five Sessions \$70.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jun 7-Jul 12 6:00-7:00 PM XHF13X

No class 7/5

Mon, Jul 26-Aug 23 6:00-7:00 PM..... XHG13X

Instructor: Kimberly Buono

Six Sessions \$84.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Jul 11-Aug 22 11:00 AM-12:00 PM ... XJ413X

No class 8/1

Wed, Jun 2-Jul 7 6:15-7:15 PM..... XJ513X

Wed, Jul 21-Aug 25 6:15-7:15 PM.....XNS13X

Level 2

Instructor: Telena Ward

Six Sessions \$84.00 Per Person

Tatum Pk Holland Act Ctr Parlor

Thu, Jun 10-Jul 15 6:00-7:00 PM..... XHH13X

Thu, Jul 29-Sep 2 6:00-7:00 PM.....XHJ13X

Beach Bash Yoga Flow *(adults)*

Shake off that quarantine and raise your vibration, as we flow together through yoga poses on the beach to uplifting tunes! This class is meant to empower through earning a good sweat, engaging your core, and guides you towards connecting to something larger than yourself. This class is for all levels, all humans. Let's start the weekend off right, with a celebration of life!

Instructor: Shannon Nelson, Seeker, 200hr Certified Yoga Teacher, 500+ hrs of ancient Himalayan Hatha yoga tradition, & owner of Seeking Self Yoga & Meditation

Seven Sessions \$98.00 Per Person

Seven Presidents Pk Act Ctr

Fri, Jun 25-Aug 6 6:15-7:15 PM XMB13A

Calm Body and Mind*(adults)*

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

Ten Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jun 3-Aug 5 7:30-8:30 PM XHM13A

Candlelit Yoga*(adults)*

Dissolve into deep relaxation and muscle relief through the use of props, bolsters and blankets. Poses will move slowly and be held for minutes at a time, to penetrate deep connective tissue and energy centers of the body (nadis). Listen to the sound of ocean waves, as we visit the poses completely supported under candlelight and allow the nervous system to unwind. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center.

Instructor: Shannon Nelson, 200 hr Certified Yoga Teacher & owner of Seeking Self Yoga & Meditation

Six Sessions \$84.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Jul 1-Aug 5 7:45-8:45 PM XHX13A

Codes of Creation in Movement™*(adults)*

Devised by Mary Jane Kasliner this yoga class consists of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$98.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Jul 14-Aug 25 7:00-8:15 PM XM613X

No class 7/21

Easy Evening Yoga*(adults)*

Restore and renew your body, mind and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Five Sessions \$70.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jun 7-Jul 12 7:00-8:00 PM XHB13X

No class 7/5

Mon, Jul 26-Aug 23 7:00-8:00 PM XHC13X

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

Six Sessions \$84.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Jun 10-Jul 15 9:30-10:30 AM XHD13A

Thu, Jul 29-Sep 2 9:30-10:30 AM XHE13A

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, RYT Yoga Alliance Certified

Four Sessions \$56.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jul 12-Aug 23 1:00-2:00 PM.....XHS13A

Class meets 7/12, 7/26, 8/9 & 8/23

Six Sessions \$84.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jul 2-Aug 13 12:00-1:00 PM XHT13A

No class 7/16

Hatha Yoga

(adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm and renewed. A well-balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jul 8-Sep 16 6:45-7:45 PM.....XKE13X

No class 9/2

Meditation for Sleep

(adults)

According to the Centers for Disease Control (CDC), more than one third of American adults are not getting enough sleep, leading to physical and mental health problems. Meditation can help relax the mind to prepare for restorative and restful sleep. In this class, learn and practice meditation techniques to aid an improved sleep routine.

Instructor: Tiffany McCann

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jun 7-Aug 23 7:30-8:30 PM XHR13X

No class 7/5 & 8/2

Quiet Connection – Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$98.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Jul 13-Aug 24 6:30-7:45 PM..... XM413A

No class 7/20

Seeking Self Yoga

(adults)

Seeking Self Yoga aims to expand our awareness of who we are in our deepest layers of self through philosophical inquiry and movement. Shannon will guide you through a breath-oriented yoga flow and meditation, beginning and ending each session with Eastern philosophy. If you are interested in deepening your connection with your body, thoughts and heart space, this is the class for you.

Instructor: Shannon Nelson, 200 hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Seven Sessions \$122.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jun 23-Aug 4 5:45-7:00 PM XHW13X

Vibrant Health & Yoga: A Woman's Wellness Series

(adults)

Have you been thinking about starting to live a more healthy, balanced lifestyle but don't know where to start? This series is designed to help guide you to take small steps that will lead to big change. Topics include self-care practices to reduce stress, nutrition & simple recipes for vibrant health, and gentle yoga & meditation to help quiet the mind and improve focus. Join Health Coach & Yoga Instructor Kim Buono on this journey of wellness over the course of the program. Please bring a yoga mat and blanket or towel, a notebook and pen, and an open heart and mind.

Six Sessions \$105.00 Per Person

Freneau Wds Pk Vis Ctr Prog Rm 2

Sun, Jul 11-Aug 22 1:30-2:45 PM XNT13X

No class 8/1

Vinyasa Yoga

(adults)

Vinyasa, a breath-synchronized practice, connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life.

Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

Six Sessions \$98.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Jul 12-Aug 23 7:00-8:15 PM..... XM313X

No class 7/19

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us.

Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward.

We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues.

Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusara, and Lotus Flow

Six Sessions \$98.00 Per Person

Holmdel Pk Forest Field Edge

Wed, Jul 14-Aug 25 9:30-10:45 AM XM513A

No class 7/21

Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen.

Instructor: Barbara Sager, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$234.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jun 5-Aug 28 8:00-9:30 AM XHQ13A

No class 7/3

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)

Seven Sessions \$91.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jun 26-Aug 7 9:10-10:10 AM XM213X



Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s & 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: The Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, RYT Yoga Alliance Certified

Instructor

Six Sessions \$117.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jun 29-Aug 10 10:30 AM-12:00 PM.. XHU13A

No class 7/13

Fri, Jul 2-Aug 13 10:00-11:30 AM XHV13A

No class 7/16

ZUMBA

Brand New to Zumba

(adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Aug 5-Sep 9 6:30-7:30 PM XM913A

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

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Aug 3-Sep 7 6:15-7:15 PM XM713X

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Sunnyside Equestrian Center is located on Middletown-Lincroft Road in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities.

Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.



EQUESTRIAN

Horses For Heroes Veterans & Active Duty Military Personnel Programs

(adults)

Sunnyside Equestrian Center is proud to offer our Veterans and active duty military personnel specially tailored Horses for Heroes Programs.

Programs include a ½-hour private horsemanship lessons, learning about horses through groundwork and unmounted activities and Harmony for Heroes, a one-hour group yoga class alongside an equine partner. All programs are led by PATH International Certified Instructors and Equine Specialists. All programs are free to veterans and active duty military personnel. Group workshops are available upon request.

For more information, please call 732-224-1367, ext 1#.

SPUR Horseback Riding Lessons for Individuals with Disabilities

(adults)

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext. 3#.

SPUR



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.

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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 provided if needed.

Bel-Aire GC

Children*(ages 6-10)***Four Sessions \$75.00 Per Person**

Mon, Jun 21-Jul 12 4:00-5:00 PM Y2613A

Tue, Jun 22-Jul 13 11:00 AM-12:00 PM Y2913A

Sat, Jun 26-Jul 17 10:15-11:15 AM..... Y3213A

Sat, Jul 17-Aug 7 10:15-11:15 AM..... Y5413A

Sun, Aug 8-29 9:00-10:00 AM Y5813A

Juniors*(ages 11-14)***Four Sessions \$75.00 Per Person**

Mon-Thu, Jun 14-17 4:30-5:30 PM Y4413A

Wed, Jul 7-28 5:00-6:00 PM Y2413A

Sun, Jul 11-Aug 1 9:30-10:30 AM Y5513A

Sun, Aug 8-29 10:00-11:00 AM Y5913A

Adults**Four Sessions \$80.00 Per Person**

Mon-Thu, Jun 14-17 6:00-7:00 PM Y4513A

Tue, Jun 22-Jul 13 10:00-11:00 AM Y3013A

Sat, Jun 26-Jul 17 9:00-10:00 AM Y4613A

Fri, Jul 16-Aug 6 10:00-11:00 AM Y5213A

Sat, Jul 17-Aug 7 9:00-10:00 AM..... Y5313A

Women*(adults)***Four Sessions \$80.00 Per Person**

Tue, Jul 27-Aug 17 10:00-11:00 AM Y2213A

Fri, Aug 6-27 11:15 AM-12:15 PM..... Y7313A

Sat, Aug 7-28 9:00-10:00 AM..... Y6413A

Mon, Aug 30-Sep 27 4:00-5:00 PM..... Y6013A

*No class 9/6***Intermediate Golf***(ages 6 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.

Children*(ages 6-10)***Four Sessions \$95.00 Per Person**

Bel-Aire GC

Sat, Jun 26-Jul 17 12:30-2:00 PM Y3413A

Mon, Jul 26-Aug 16 4:30-6:00 PM..... Y2113A

Sun, Aug 8-29 11:00 AM-12:30 PM..... Y5713A

Junior*(ages 11-14)***Four Sessions \$95.00 Per Person**

Bel-Aire GC

Wed, Jun 23-Jul 14 5:00-6:30 PM Y6713A

Wed, Jul 28-Aug 18 5:00-6:30 PM..... Y6813A

Adults**Four Sessions \$120.00 Per Person**

Bel-Aire GC

Mon, Jun 21-Jul 12 5:15-7:15 PM Y2713A

Tue, Jun 22-Jul 13 12:00-2:00 PM..... Y3113A

Sun, Jun 27-Jul 25 12:30-2:30 PM..... Y4113A

No class 7/4

Sun, Jun 27-Jul 25 1:00-2:30 PM..... Y7213A

No class 7/4

Mon, Jul 26-Aug 16 6:15-8:15 PM..... Y2013A

Tue, Jul 27-Aug 17 11:15 AM-1:15 PM..... Y2313A

Sun, Aug 1-22 12:30-2:30 PM Y6213A

Mon, Aug 30-Sep 27 5:15-7:15 PM..... Y6113A

*No class 9/6***Adults****Four Sessions \$120.00 Per Person**

Howell Pk GC

Thu, Jun 17-Jul 8 5:00-7:00 PM J1113A

Thu, Jul 22-Aug 12 5:00-7:00 PM J1513A

Advanced Golf

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$165.00 Per Person

Charleston Springs GC

Fri, Jun 18-Jul 9 5:00-8:00 PM T0413A

Fri, Jul 23-Aug 13 5:00-8:00 PM T1113A

Howell Pk GC

Wed, Jun 16-Jul 7 5:00-8:00 PM J1013A

60 Minute - Chipping/Pitching

(ages 11-14 & adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$25.00 Per Person

Bel-Aire GC

Juniors

(ages 11-14)

Wed, Jun 23 12:00-1:00 PM Y3813A

Adults

Thu, Jun 3 10:45-11:45 AM Y6913A

Fri, Jun 25 4:00-5:00 PM Y3913A

Wed, Jul 7 12:00-1:00 PM Y4913A

60 Minute Clinic - Driver

(adults)

Develop more consistency and power for all level of golfers and swing types in this full swing 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 \$25.00 Per Person

Bel-Aire GC

Fri, Jul 23 11:30 AM-12:30 PM Y7813A

Thu, Aug 12 11:15 AM-12:15 PM Y7513A

Charleston Springs GC

Sat, Jun 26 1:30-2:30 PM T0913A

Sat, Jul 31 1:30-2:30 PM T2213A

Howell Pk GC

Wed, Jun 16 4:00-5:00 PM J0313A

Wed, Jul 21 7:55-8:55 AM J1413A

Wed, Aug 11 4:00-5:00 PM J1913A

60 Minute - Putting

(ages 14 and up)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$25.00 Per Person

Juniors

(ages 14-18)

Bel-Aire GC

Thu, Jun 17 10:45-11:45 AM Y7113A

Mon, Jun 21 3:00-4:00 PM Y2813A

Thu, Aug 19 11:15 AM-12:15 PM Y7613A

Howell Pk GC

Wed, Jun 2 4:00-5:00 PM J0213A

Adults

Bel-Aire GC

Fri, Jul 30 11:30 AM-12:30 PM Y7913A

Howell Pk GC

Wed, Aug 4 4:00-5:00 PM J1813A

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 \$25.00 Per Person**Bel-Aire GC****Thu, Jun 10 10:45-11:45 AM Y7013A****Mon, Jun 28 4:00-5:00 PM Y3513A****Mon, Jul 5 3:00-4:00 PM Y1913A****Fri, Jul 9 4:00-5:00 PM Y5013A****Fri, Jul 16 11:30 AM-12:30 PM..... Y7713A****Thu, Aug 5 11:15 AM-12:15 PM..... Y7413A****Breaking 100***(adults)*

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one-day, 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.

Instructor: Dave Laudien

One Session \$135.00 Per Person**Charleston Springs GC****Sat, Jun 12 1:00-4:00 PM..... T0613A****Sat, Jul 24 1:00-4:00 PM T1313A****Sat, Aug 21 1:00-4:00 PM T2113A****MONMOUTH COUNTY PARK SYSTEM**

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Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$120.00 Per Couple

Bel-Aire GC

Sun, Jun 27-Jul 25 11:00 AM-12:00 PM.... Y4713A

No class 7/4

Sun, Aug 8-29 11:00 AM-12:00 PM..... Y6513A

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

One Session \$87.00 Per Person

Charleston Springs GC

Sat, Jun 5 12:00-2:00 PM..... T1513A

Sat, Jun 12 12:00-2:00 PM T1613A

Sat, Jul 17 10:00 AM-12:00 PM T1713A

Sat, Aug 14 10:00 AM-12:00 PM T2413A

Howell Pk GC

Sat, Jul 10 12:00-2:00 PM J0913A

Sat, Jul 31 12:00-2:00 PM J1713A

Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance and swing. Golf clubs provided if needed.

Four Sessions \$105.00 Parent/Child \$45.00

Additional Sibling

Bel-Aire GC

Sat, Jun 26-Jul 17 11:30 AM-12:30 PM Y3313X

Fri, Jul 2-23 6:00-7:00 PM Y8213X

Fri, Aug 6-27 6:00-7:00 PM Y8513X

Golf for High School Players

(entering grades 8-12)

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.

Four Sessions \$115.00 Per Person

Charleston Springs GC

Sat, Jun 26-Jul 17 3:00-6:00 PM T0813A

Sat, Jul 31-Aug 21 3:00-6:00 PM T2313A

Let's Play Golf

(ages 6-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. Program fee includes: hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

Four Sessions \$105.00 Per Person

Bel-Aire GC

Children

(ages 6-10)

Fri, Jun 25-Jul 16 5:00-7:00 PM Y4013A

Fri, Jul 30-Aug 20 5:00-7:00 PM Y5113A

Juniors

(ages 11-14)

Sun, Jun 27-Jul 25 4:00-6:00 PM..... Y4213A

No class 7/4

Sun, Aug 1-22 4:00-6:00 PM..... Y6313A

Men's 60+ Touring League

(adults)

A competitive 10 weeks of stroke play qualifying rounds followed by 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 qualifying rounds, the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top eight players will qualify for match play. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. Entry fee covers all greens fees and season ending prizes; for power carts applicable cart fees apply. Tee times will be assigned randomly. League is limited to first 48 players.

Thirteen Sessions \$325.00 Per Person

Hominy Hill GC

Tue, Jul 27-Oct 19 10:00 AM-12:00 PM K0113A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$125.00 Per Person

Charleston Springs GC

Sun, Jun 20 12:00-3:00 PM T0513A

Sun, Jul 18 12:00-3:00 PM. T1213A

Sun, Aug 15 12:00-3:00 PM T2013A

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? Stroke Saver Golf for Seniors combines a one-hour instructional clinic with organized recreational play. Program fee includes PGA instructor, reserved starting times on the red and blue courses, hand carts, on-course observation and coaching. Instructor: Lloyd Monroe

Four Sessions \$100.00 Per Person

Bel-Aire GC

Wed, Jun 23-Jul 14 9:00 AM-12:30 PM Y3713A

Wed, Jul 28-Aug 18 8:30 AM-12:00 PM Y4813A

Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$175.00 Per Person

Bel-Aire GC

Thu, Jun 3-Jul 8 9:30 AM-1:00 PM. Y3613A

Thu, Jul 22-Aug 26 9:30 AM-1:00 PM. Y2513A

Women's Touring League

(adults)

The Women's touring league is a competitive 10 weeks of stroke play qualifying rounds followed by 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 30 will be used and if your handicap is more than 30 it will be reduced to 30. 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 eight players will qualify for match play. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. Entry fee covers all greens fees and season ending prizes, for power carts: applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM-12:00 PM before the start of the league. League is limited to first 48 players.

Thirteen Sessions \$325.00 Per Person

Hominy Hill GC

Wed, Jul 28-Oct 20 10:00 AM-12:00 PM ... K0213A

THERAPEUTIC RECREATION

Inclusion Services

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

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

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Sun, Fun, and End of Summer Party!

Summer time and the living was easy, but it's not over yet! Join us for our annual pool party and enjoy an evening of fun at the Dorbrook Recreation Area. Start your evening off with some games at the pavilion by the Activity Center, including kickball, badminton, and other fun picnic games. We will then walk next door to take a dip in the pool. Afterwards enjoy a movie and BBQ of hot dogs, hamburgers, snacks and drinks. Don't forget your bathing suit, towel, sunscreen, change of clothes, and a beach chair to enjoy the movie from! Lifeguard, supervision, and food provided as part of registration cost.

\$40.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Sat, Aug 7 3:45-8:15 PM D7613A

Evening at the Boardwalk

Avoid the weekend crowds and enjoy a weekday evening at the Point Pleasant boardwalk with your friends! We will be eating dinner at one of the many food stands along the beach and then it is your choice of rides, video games, or a visit to the aquarium! Please bring enough money for your meal and entertainment for the evening. Pick up and drop off will be from the Point Pleasant Boardwalk. Participants will be contacted ahead of time to arrange the meeting spot.

\$30.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Tue, Jul 13 5:30-8:30 PM D7713A

TRIPS

Sandy Hook Lighthouse Anniversary Tour **NEW**

(ages 11 and up, with adult)

The Sandy Hook Lighthouse, located near the tip of Sandy Hook, New Jersey, is the oldest working lighthouse in the United States. It was first lit on June 11, 1764. Enjoy the opportunity to view the Sandy Hook Lighthouse as it was meant to be seen – from the water! We will enjoy the anniversary of the lighthouse being lit over 250 years ago with engaging stories about lighthouse history and lore from a guide, as well as some local nautical nature and history. It will be a fun experience not to be missed. The trip will leave on time. We will depart from the Atlantic Highlands Marina, Frank's Pier, slip 65, on the Navesink Queen, an old fashion Mississippi paddle wheel boat originally from Norfolk, Virginia. Make sure to bring something warm to wear, as it can be chilly on the open water. Feel free to bring snacks or drinks to enjoy. A park system staff person will be checking people in for the tour at the beginning of Frank's Pier, in back of Sissy's Restaurant. Please make sure you get checked in before boarding. For more information about our tour boat and captain, please check out www.classicboatrides.com.

\$45.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Fri, Jun 11 6:30-8:30 PM (approx).....IMK13A

Find us on Social Media:

Check out the variety of amenities available in your local Monmouth County parks!

	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	Foot Golf	Golf	Historic Site Location	Off-Leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park											x	x				
Charleston Springs Golf Course							x					x				
Clayton Park											x	x				
Crosswicks Creek Park		x			x							x				
Deep Cut Gardens				x							x					
Dorbrook Recreation Area				x						x	x					
Fisherman's Cove		x		x	x											
Fort Monmouth Rec Center				x												
Freneau Woods Park					x						x	x				
Hartshorne Woods Park					x			x								
Henry Hudson Trail																
Holmdel Park				x	x					x	x	x	x	x	x	x
Hominy Hill Golf Course							x				x					
Howell Park Golf Course		x					x									
Huber Woods Park				x	x						x	x	x			x
Historic Longstreet Farm				x					x							
Manasquan Reservoir		x		x	x					x	x	x				x
Manasquan River Greenway		x			x							x				
Mount Mitchell Scenic Overlook										x						
Perrineville Lake Park		x		x	x							x				
Pine Brook Golf Course							x	x								
Seven Presidents		x		x	x					x						
Shark River Golf Course							x									
Shark River Park		x		x	x					x	x	x	x	x		
Sunnyside Equestrian Center											x					
Swimming River Park		x														
Tatum Park				x						x	x	x				
Thompson Park		x		x	x				x	x	x	x				
Turkey Swamp Park	x	x		x	x					x	x	x		x		
Union Transportation Trail											x					
Historic Walnford				x	x			x								
Weltz Park											x					
Wickatunk Recreation Area																
Wolf Hill Recreation Area			x						x							

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

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 Park^{*}**, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area[†]**, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract[†]**, Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Corlies Avenue, Neptune 732-922-4141



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.

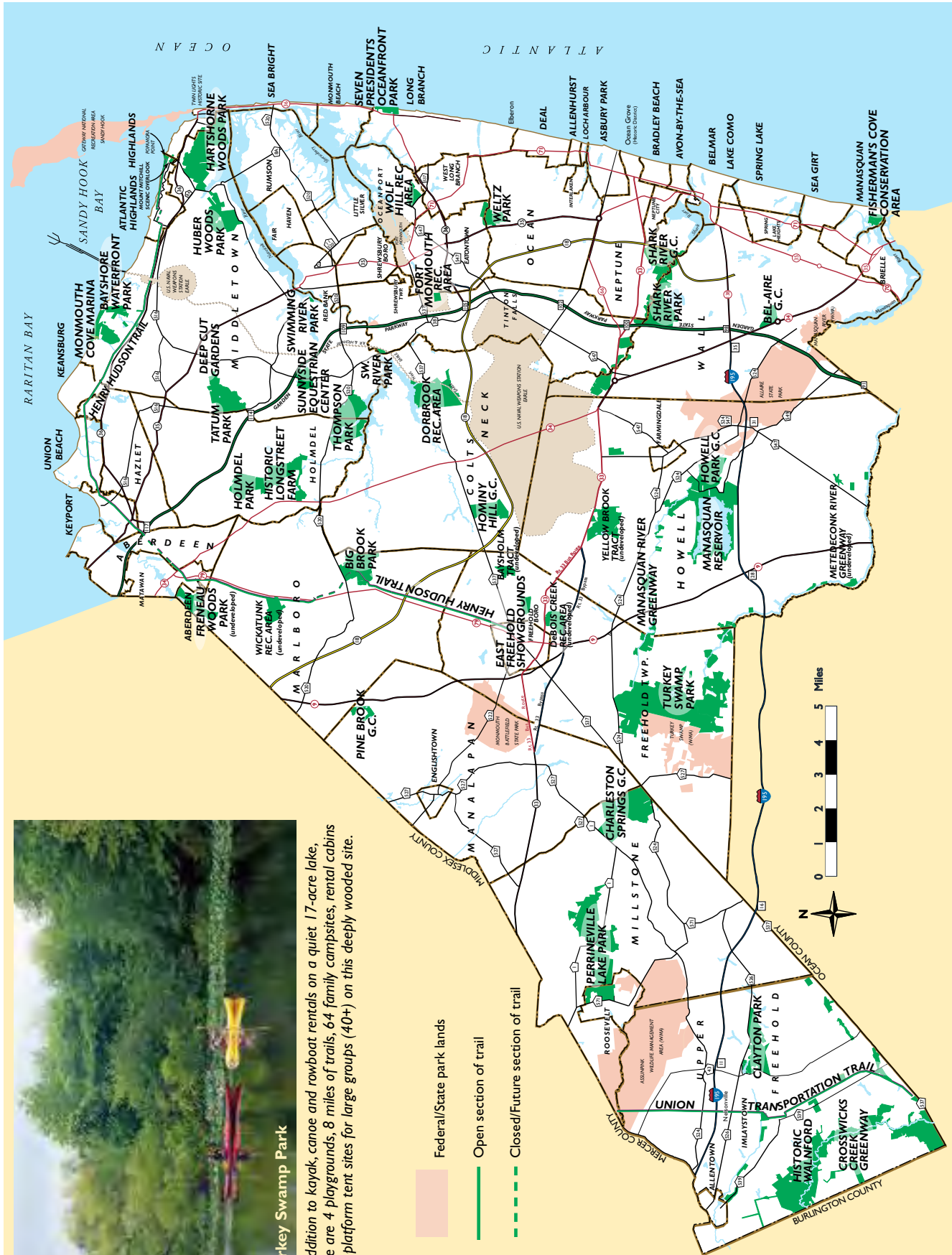
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



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 program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellation Number

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonio, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
 - **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5 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 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 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 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on Wednesday, May 5. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone: beginning at 8:00 AM on May 5. 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.

By Mail beginning at 8:00 AM on May 5 using the Registration Form (next page) and sending with your payment to:

Registrations
Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738-1695

Mail registrations are processed as received.

REGISTRATION FORM

Patron Name

Address

City/State/Zip

Day Phone Evening Phone

Payment Method: ☐ Check ☐ Visa ☐ MasterCard ☐ Discover

Card Number Expiration Date

CVV (last 3 digits in signature strip on back of card)

Do you require any special accommodations to participate in this program/activity? ☐ Yes ☐ No

If yes, please specify

PROGRAM	PROGRAM TITLE	FEE/PERSON	PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)	DATE OF BIRTH (UNDER 18)	CHILD'S AGE/GRADE

SPUR



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.



FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed.

The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.





Summer Fun Can't Be Beat at Your Monmouth County Parks!

This summer don't miss these great activities:

RESERVOIR BOAT TOURS

Manasquan Reservoir, Howell

Enjoy the sights and sounds of the Manasquan Reservoir during our 45-minute Park System Naturalist led boat tours. You will have opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a bald eagle!

For more information, visit us online or call 732-751-9453.



TEE OFF

If you love golf, be sure to visit one of our eight courses throughout Monmouth County! Golf Cards can be purchased at any of our golf courses and allow visitors use of the online Tee Time Reservation system.

For more information, visit us online or call any of our golf courses.



BEACH FUN IN THE SUN

Seven Presidents Oceanfront Park, Long Branch

Don't miss out on enjoying the sand and sun on this beautiful local beach! Get your seasonal park access passes today!

For more information, visit us online or call 732-842-4000, ext. 4312.



CAMPING UNDER THE STARS

Turkey Swamp Park, Freehold

Pack up the tents and sleeping bags and enjoy a camping trip with family and friends! Our family campgrounds feature wooded campsites, electrical service, water service, restrooms, laundry facilities, picnic tables, playgrounds, and much more! Tent camping not for you? Enjoy one of our comfortable cabins!

For more information, visit us online or call 732-462-7286.



www.MonmouthCountyParks.com



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

DATED MATERIAL
PLEASE DELIVER BY 04/30/2021



Summer camps

**ADD FUN, FRIENDSHIP
AND MEMORIES
TO YOUR CHILD'S
SUMMER BREAK!**

Check out all we have to offer at
www.MonmouthCountyParks.com.

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



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