



MONMOUTH  
COUNTY  
**PARK  
SYSTEM**

*Yours to Discover*

# PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

## Guide



## SUMMER 2022

REGISTRATION BEGINS MAY 11

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



47th/Annual

# MONMOUTH COUNTY FAIR

THE ORIGINAL MONMOUTH COUNTY AGRICULTURAL FAIR!

A COUNTYWIDE EVENT FOR ALL AGES!

EAST FREEHOLD SHOWGROUNDS, KOZLOSKI ROAD, FREEHOLD

**JULY  
27-31**

Admission:

**\$8.00**

Ages 17 & under admitted Free

**FREE PARKING**

4-H Events • Animal Shows & Exhibits

Rides & Amusements by Campy's Blue Star Amusements

Free Stage Entertainment • Home & Garden Competitions

Robinson's Racing Pigs • Bwana Jim Wildlife Show

Delicious Food • Crafters & Commercial Vendors

Living History Interactive Displays

Monmouth County Park System Interactive Display

And so much more!

## Become a Vendor!

Vendor opportunities are still available. Call 732-842-4000, ext. 4312, for details.

Enter the Monmouth County Fair **HOME & GARDEN COMPETITION!**

*For more information, see the inside back cover.*

*For details about this year's Monmouth County Fair, see pages 34-35.*

# TABLE OF CONTENTS

**Park System Spotlight 2-3**

**Mark Your Calendar 4-5**

**Historic Happenings 6-9**

**Families 10-19**

Arts & Crafts.....10  
Nature .....10-17  
Outdoor Adventures.....18  
Sports & Fitness .....19

**Parent & Child 19-25**

Arts & Crafts.....19  
Education & Enrichment .....20  
Nature .....21-23  
Outdoor Adventures.....23-24  
Play Groups .....24  
Sports & Fitness .....24-25

**Kids & Teens 25-33**

Arts & Crafts.....25-27  
Culinary Arts .....28  
Education & Enrichment .....28  
Horticulture .....28  
Outdoor Adventures.....29  
Performing Arts .....30  
Sports & Fitness .....30-33

**Monmouth County Fair 34-35**

**Adults 36-70**

Active Adults 55+.....36  
Arts & Crafts.....36-42  
Canine Classes .....43  
Culinary Arts .....44  
Education & Enrichment .....45  
Health & Wellness .....46  
Horticulture .....47-50  
Nature .....51-56  
Outdoor Adventures.....57-59  
Performing Arts .....59-61  
Sports & Fitness .....61-70

**Equestrian 70**

**Golf 72-77**

**Therapeutic Recreation 77**

**Trips 78-79**

**Park Locations 80-82**

**Park Partners 83**

**Registration Information 84**

*To register for programs starting Wednesday, May 11, call 732-842-4000, ext. 1,  
Monday-Friday from 8:00 AM-4:30 PM.*

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

**Find us on Social Media:**



**Icon Key**



**New Program**



**Free Program**

# Flowers: Beautiful & Beneficial

From the various plants and flowers at Deep Cut Gardens, to the pollinator gardens at Huber Woods Park and the Manasquan Reservoir, to the wildflower fields at Thompson Park, you're sure to spot gorgeous blooms in the parks from spring to fall. And though we love how much our visitors enjoy them, it's important to remember to leave the varying vegetation be. We may see the beauty in these flowers, but they are most important to our ecosystem.

## How Pollination Works

In the simplest of terms, pollination occurs when pollen moves from the anther (male part) of a flower to the stigma (female part). This can happen through self-pollination, wind and water pollination, and through the help of insects and animals that help move pollen from bloom to bloom. These insects and animals are called pollinators.

## The Importance of Pollinators

A wide variety of insects and animals are considered pollinators, such as butterflies, bees, birds, bats, flies, moths, and beetles. Pollinators are any insect or animal that feeds off the nectar or pollen of a plant and transport the pollen to other plants as they move from one to another. The types of crops that benefit from this pollination are fruits, vegetables and nuts. But this process also prevents soil erosion and accounts for 1/2 of the world's fibers and raw materials. Without pollinators our food sources would diminish and our ecosystem would be in danger.

## Declining Populations

Sadly, our pollinators are in danger. The populations have been diminishing for some time now due to a variety of issues including:

- Loss of feeding habitats
- Increasing use of chemicals
- Pollution
- Disease
- Climate change

## How We Can Help

There are many ways in which we can help our pollinator populations. For instance, in the Park System we have planted a variety of flowers that are important for pollinators in various pollinator gardens, but also in fields at parks and golf courses. It's important to remember that these flowers are helpful to our pollinators and to leave them as you found them.

At home, you can plant your own pollinator garden as well, utilizing a variety of plants you can find at your favorite local garden center. Here are just a few to check out:

- Asters
- Bee balm
- Bleeding hearts
- Brown-eyed Susan
- Foxglove beardstongue
- Milkweed
- Seaside goldenrod
- Sweet pepperbush

## POLLINATOR PROGRAMS IN THE PARKS

The Park System is offering a variety of programs this summer that will give you a glimpse of our local pollinators and/or offer you information on their importance and how to attract them.

Look for our Pollinator Program icon for these offerings.



*Look for me for  
pollinator programs!*

### NATIONAL POLLINATOR WEEK

From June 20-26 we're offering a variety of programs that celebrate pollinators and offer you insight on how you can create a garden that will bring them to your own yard.

**Floral Folklore** (p. 52)

**Hurray for Bees!** (p. 21)

**Intro to Pollinator Workshop** (p. 13)

**Make and Take a Butterfly Feeder** (p. 13)

**Nature Journaling** (p. 55)

**Plants in the Parks! What's Out There?** (p. 55)

**Raising Monarch Butterflies: "How To" at Home or in the Classroom** (p. 55)



*Aster*



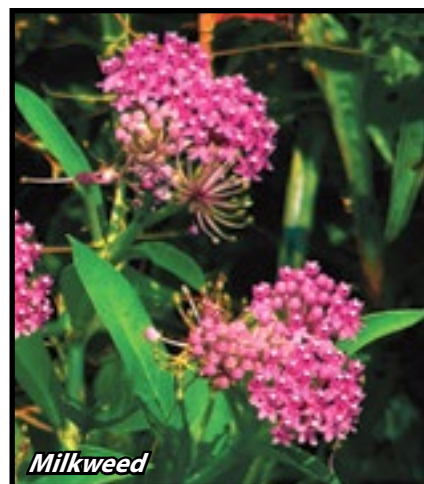
*Bee Balm*



*Bleeding Hearts*



*Foxglove Beardtongue*



*Milkweed*



*Seaside Goldenrod*



*Brown-eyed Susan*



*Sweet Pepperbush*

# JUNE 2022

## FRIDAY, JUNE 3

**Colts Neck Community Band Concert** (p. 60)  
**Naturalist Walks at Winter Run** (p. 52)

## SATURDAY, JUNE 4

**Cookstove Demonstration** (p. 6)  
**Deep Cut Gardens Open House** (p. 47)  
**Open Shoot Archery** (p. 18)  
**Piano Ballads from the Turn of the Century** (p. 6)  
**Smocking Demonstration** (p. 6)

## TUESDAY, JUNE 7

**Climb Time** (p. 18)

## SATURDAY, JUNE 11

**Canoe Rentals at Thompson Park** (p. 18)  
**Lacemaking Demonstration** (p. 6)  
**Old-Fashioned Fun & Games** (p. 8)

## SUNDAY, JUNE 12

**Canoe Rentals at Thompson Park** (p. 18)

## TUESDAY, JUNE 14

**Casual Birder** (p. 52)  
**Under the Moonlight** (p. 13)

## SATURDAY, JUNE 18

**Cookstove Demonstration** (p. 6)  
**Freshwater Fishing Derby** (p. 11)

## SUNDAY, JUNE 19

**Freshwater Fishing Derby** (p. 11)  
**Naturalist Walks at Winter Run** (p. 52)

## THURSDAY, JUNE 23

**Ospreys of Monmouth County** (p. 54)

## FRIDAY, JUNE 24

**Altha Sings - Sentimental Journey Swings!** (p. 60)

## SATURDAY, JUNE 25

**Antique Auto Display** (p. 8)  
**Canoe Rentals at Thompson Park** (p. 18)  
**Under the Summer Stars** (p. 13)

## SUNDAY, JUNE 26

**A Midsummer's Night Sonnetry** (p. 60)  
**Canoe Rentals at Thompson Park** (p. 18)

## TUESDAY, JUNE 28

**Casual Birder** (p. 52)

# JULY 2022

## SATURDAY, JULY 2

**Cookstove Demonstration** (p. 6)  
**Felting Demonstration** (p. 6)  
**Open Shoot Archery** (p. 18)

## MONDAY, JULY 4

**Independence Day Celebration** (p. 6)

## THURSDAY, JULY 7

**Enviro-Quest** (p. 28)

## SATURDAY, JULY 9

**Canoe Rentals at Thompson Park** (p. 18)  
**Old-Fashioned Fun & Games** (p. 8)  
**Threshing Demonstration** (p. 7)  
**Wheat Harvest Demonstration** (p. 6)

## SUNDAY, JULY 10

**Canoe Rentals at Thompson Park** (p. 18)  
**Threshing Demonstration** (p. 7)

## MONDAY, JULY 11

**Naturalist Walks at Winter Run** (p. 52)

## TUESDAY, JULY 12

**Casual Birder** (p. 52)

## THURSDAY, JULY 14

**Enviro-Quest** (p. 28)

## SATURDAY, JULY 16

**Cookstove Demonstration** (p. 6)  
**Edible History: Ice Cream** (p. 8)

**WEDNESDAY, JULY 20**

**Climb Time** (p. 18)  
**Under the Summer Stars** (p. 13)

**THURSDAY, JULY 21**

**Enviro-Quest** (p. 28)  
**Sharks of New Jersey** (p. 54)

**FRIDAY, JULY 22**

**Summer Concert with After the Reign** (p. 60)

**SATURDAY, JULY 23**

**19th Century Woodworking Demonstration** (p. 7)  
**Canoe Rentals at Thompson Park** (p. 18)

**SUNDAY, JULY 24**

**Canoe Rentals at Thompson Park** (p. 18)

**THURSDAY, JULY 28**

**Enviro-Quest** (p. 28)

**FRIDAY, JULY 29**

**Pollinator Garden Tour** (p. 53)

**SATURDAY, JULY 30**

**Cookstove Demonstration** (p. 6)  
**Naturalist Walks at Winter Run** (p. 52)  
**Piano Ballads from the Turn of the Century** (p. 6)

# AUGUST 2022

**THURSDAY, AUGUST 4**

**Enviro-Quest** (p. 28)

**FRIDAY, AUGUST 5**

**Pollinator Garden Tour** (p. 53)

**SATURDAY, AUGUST 6**

**Canoe Rentals at Thompson Park** (p. 18)  
**Cookstove Demonstration** (p. 6)  
**Piano Ballads from the Turn of the Century** (p. 6)  
**Spinning and Knitting Demonstration** (p. 7)

**SUNDAY, AUGUST 7**

**Canoe Rentals at Thompson Park** (p. 18)

**TUESDAY, AUGUST 9**

**Casual Birder** (p. 52)

**THURSDAY, AUGUST 11**

**Enviro-Quest** (p. 28)  
**Under the Moonlight** (p. 13)

**FRIDAY, AUGUST 12**

**Naturalist Walks at Winter Run** (p. 52)

**SATURDAY, AUGUST 13**

**Old-Fashioned Fun & Games** (p. 8)  
**Open Shoot Archery** (p. 18)  
**Penny Rug Demonstration** (p. 7)

**SUNDAY, AUGUST 14**

**Machinery Expo** (p. 7)

**WEDNESDAY, AUGUST 17**

**Under the Summer Stars** (p. 13)

**THURSDAY, AUGUST 18**

**Enviro-Quest** (p. 28)

**SATURDAY, AUGUST 20**

**Canoe Rentals at Thompson Park** (p. 18)  
**Cookstove Demonstration** (p. 6)  
**Travels Through Time: Roaring 20s Through the Fabulous 50s and Beyond** (p. 60)

**SUNDAY, AUGUST 21**

**Canoe Rentals at Thompson Park** (p. 18)

**THURSDAY, AUGUST 25**

**Box Turtles of Monmouth County** (p. 54)  
**Enviro-Quest** (p. 28)

**FRIDAY, AUGUST 26**

**Jukebox Heroes Live - Presented by The Mahoney Brothers** (p. 60)

**SATURDAY, AUGUST 27**

**Cookstove Demonstration** (p. 6)  
**Potato Harvest** (p. 7)

**SUNDAY, AUGUST 28**

**Climb Time** (p. 18)  
**Naturalist Walks at Winter Run** (p. 52)  
**Potato Harvest** (p. 8)



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

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

### 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, June 4, 1:00-3:00 PM**

### Cookstove Demonstration

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

**Saturday, June 4, 11:00 AM-3:00 PM**

**Saturday, June 18, 11:00 AM-3:00 PM**

**Saturday, July 2, 11:00 AM-3:00 PM**

**Saturday, July 16, 11:00 AM-3:00 PM**

**Saturday, July 30, 11:00 AM-3:00 PM**

**Saturday, August 6, 11:00 AM-3:00 PM**

**Saturday, August 20, 11:00 AM-3:00 PM**

**Saturday, August 27, 11:00 AM-3:00 PM**

### Piano Ballads from the Turn of the Century

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

**Saturday, June 4, 1:00-3:00 PM**

**Saturday, July 30, 1:00-3:00 PM**

**Saturday, August 6, 1:00-3:00 PM**

### Lacemaking Demonstration

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

**Saturday, June 11, 1:00-3:00 PM**

### Felting Demonstration

Felted wool is the world's oldest known textile – learn the process of felting wool that can be used in garments.

**Saturday, July 2, 1:00-3:00 PM**

### Independence Day Celebration

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.

**Monday, July 4, 12:00-3:00 PM**

### Wheat Harvest Demonstration

Take a step back in time to watch our draft animals in action. This weekend the Longstreet Farm staff will be harvesting our wheat crop. The wheat will be cut, gathered and bundled into sheaves using a horse drawn grain binder. This labour intensive way of harvesting wheat would be common in the 1890s.

**Saturday, July 9, 12:00-2:00 PM**

**Threshing Demonstration** 

This weekend the Longstreet Farm staff will be threshing our wheat crop. A thresher is a piece of farm equipment that threshes grain, that is, it removes the seeds from the stalks and the chaff that covers it.

**Saturday & Sunday, July 16 & 17, 12:00-2:00 PM**

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

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

**Saturday, July 23, 12:00-3:00 PM**

**Spinning and Knitting Demonstration** 

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

**Saturday, August 6, 1:00-3:00 PM**

**Penny Rug Demonstration** 

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, August 13, 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 14, 10:00 AM-2:00 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 27 & 28, 12:00-2:00 PM**

**How's it Growing** 

(adults)

What's planted? What's ready for harvest? Come out for a walk around the Longstreet Farm fields and garden to learn how we prepare our land for planting and how we cultivate our crops. *Pre-registration for this tour is encouraged; but not required.*

Individuals and families only. Groups can contact Longstreet Farm at 732-946-3758 to discuss tour options.

**One Session FREE!**

**Longstreet Farm**

**Sun, Jun 12 11:00 AM-12:00 PM. .... F2123A**

**Sun, Jul 10 11:00 AM-12:00 PM. .... F2223A**

**Sun, Aug 7 11:00 AM-12:00 PM. .... F2323A**

**Morning Farm Chores**

(ages 4 and up, under 14 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Children 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-toed shoes and dress for the weather.

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

**One Session \$15.00 Per Person \$10.00 Additional Sibling**

**Longstreet Farm**

**Sun, Jun 5 8:00-9:30 AM. .... F2423X**

**Sat, Jun 18 8:00-9:30 AM. .... FAE21X**

**Sun, Jul 3 8:00-9:30 AM. .... F2523X**

**Sat, Jul 23 8:00-9:30 AM. .... F2623X**

**Sat, Aug 6 8:00-9:30 AM. .... F2723X**

**Sun, Aug 21 8:00-9:30 AM. .... FAF21X**

**Outhouse Model Competition**

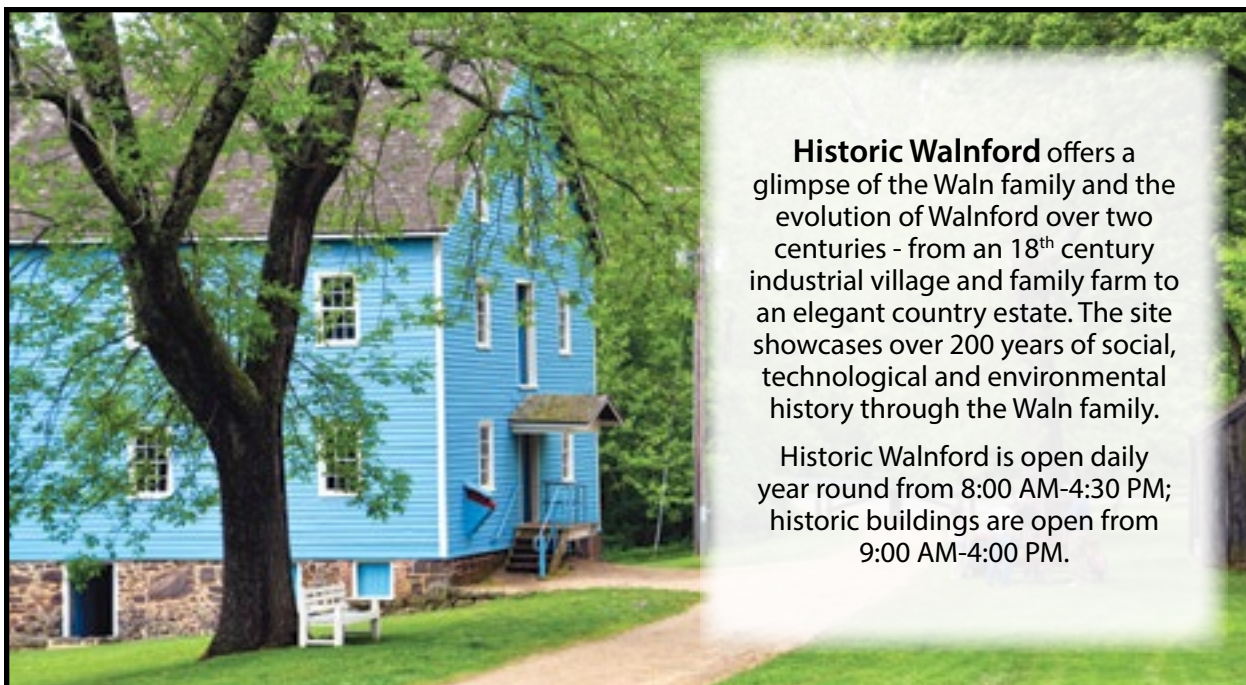
(adults)

Model and dollhouse builders wanted!

To match the theme of this year's Monmouth County Fair Living History Tent, we are looking for designers to create a 1:12 scale model outhouse for display and judging.

Traditional design or creative imagining of the outhouse are welcome.

**For entry information, visit  
[www.MonmouthCountyFair.com](http://www.MonmouthCountyFair.com).**



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

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

### Antique Auto Display *Free*

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

**Saturday, June 25, 10:00 AM-2:00 PM**

### Edible History: Ice Cream *Free*

What better way to cool down on a hot summer afternoon than by indulging in a delicious scoop of homemade ice cream? Join Walnford staff in making ice cream the old-fashioned way using 19<sup>th</sup> century recipes. Then, enjoy the fruits of our labor!

**Saturday, July 16, 2:00-3:00 PM**

### Old-Fashioned Fun & Games *Free*

Visit Walnford and play a variety of historically-themed games to delight and challenge the whole family!

**Saturday, June 11, 1:00-3:00 PM**

**Saturday, July 9, 1:00-3:00 PM**

**Saturday, August 13, 1:00-3:00 PM**

### Story Time in the Park *Free*

(ages 2-7, with adult)

Join us on Sunday mornings as we read a story in front of the picturesque Crosswicks Creek! Bring a snack and a blanket or towel. During inclement weather we will meet in the front hall of the historic house.

**Sundays, June 5-August 28, 11:00-11:45 AM**

*No session 7/31*



*Antique Auto Display*

A two-story white house with dark shutters and a chimney, set on a green lawn under a dramatic, cloudy sky.

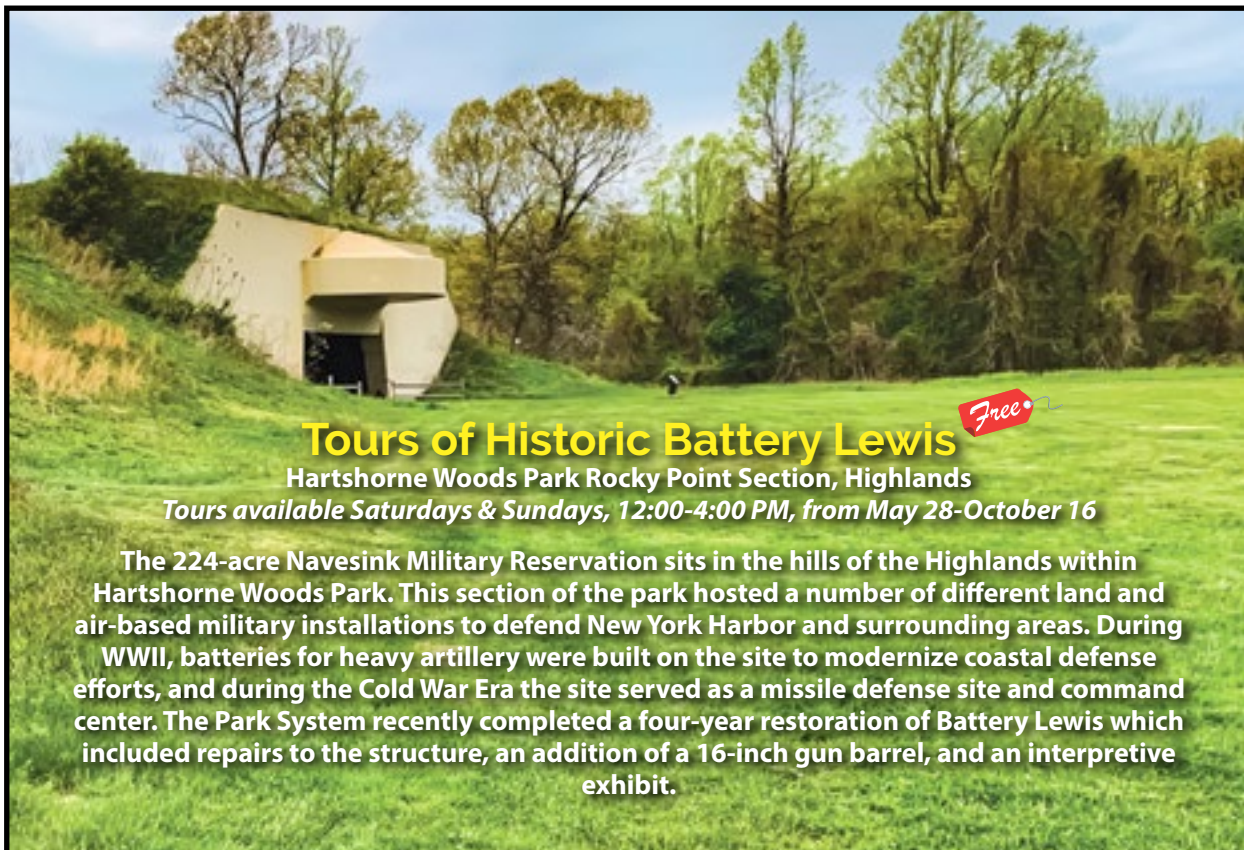
**HISTORIC SEABROOK-<sup>Free</sup>WILSON HOUSE TOURS**

**Check for upcoming dates on our website.**

[Bayshore Waterfront Park, Port Monmouth](#)

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

**For more information visit**  
**[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).**

A concrete military structure, Battery Lewis, built into a grassy hillside with trees in the background.

**Tours of Historic Battery Lewis<sup>Free</sup>**

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

**Tours available Saturdays & Sundays, 12:00-4:00 PM, from May 28-October 16**

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

## ARTS &amp; CRAFTS

**Friday Evening Pottery***(ages 11 and up)*

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

Instructor: Kayla Robinson

**Seven Sessions \$135.00 Per Person**

Thompson Pk Creative Arts Center

**Fri, Jul 8-Aug 19 6:30-8:30 PM ..... Z4823A**

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

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

**One Session \$8.00 Per Person**

Thompson Pk Creative Arts Center

**Sun, Jun 5 11:00 AM-12:00 PM ..... Z8623A**

**Sun, Jun 5 12:30-1:30 PM ..... Z8723A**

**Sun, Jun 5 2:00-3:00 PM ..... Z8823A**

**Sun, Aug 7 11:00 AM-12:00 PM ..... Z8923A**

**Sun, Aug 7 12:30-1:30 PM ..... Z9023A**

**Sun, Aug 7 2:00-3:00 PM ..... Z9123A**

## NATURE

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

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

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

Freneau Wds Pk Vis Ctr Program Room 1

**Sun, Jul 24 11:00 AM-12:00 PM ..... IM423X**

**A Sweet, Summer Serenade** *(ages 6 and up, under 18 with adult)*

What's that sound outside your window during these warm, summer nights? Join a Park System Naturalist as we learn about an infamous summer serenader, the katydid. During this evening hike we will listen to the chorus from the trees and keep our eyes open for creatures that call Tatum Park their home. Dress for the weather and bring a flashlight to help light your path.

**One Session \$6.00 Per Person**

Tatum Pk Holland Act Ctr Parking Area

**Sat, Aug 20 7:30-8:30 PM ..... IMT23A**

**ROCKIN' THE TRAILS**

Set out on a cross-county scavenger hunt adventure and get to know some of our park areas.

Here's how it works:

- Get your "Rockin' the Trails" brochure by visiting [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) (click "Rockin' the Trails" under the "Activities" menu or call 732-872-2670.
- Follow the directions in the brochure to help you locate the "Rockin' the Trails" markers
- Once completed, drop off or mail your brochure to the Huber Woods Park Environmental Center to be entered for a grand prize drawing.

*Program runs June 1 through December 31, 2022.*

**Questions? Call 732-872-2670.**

## 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 250lbs for single kayaks and 400lbs for tandems.

**One Session \$25.00 Per Person**

Manasquan Res Outdoor Area

**Sun, Aug 7 10:00-11:30 AM.....I7323A**

## Eye Spy Nature NEW

(ages 5-8, with adult)

Join one of our Park System Naturalists for a fun nature scavenger hunt throughout the park. As you search for natural items such as pine cones, insects, and flowers, you will learn fun facts along the way. Please bring water, wear comfortable closed toed walking shoes, and bug repellent is encouraged.

**One Session \$7.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Thu, Jul 14 10:00-11:00 AM (approx) .....IMU23A**

**Mon, Jul 18 10:00-11:00 AM (approx) .....IMV23A**

## Firefly Nights NEW

(ages 5 and up, with adult)

What would summer be without the flickering of fireflies? Explore the brilliant lives and habitats of these bioluminescent beetles. Communicate like a firefly and learn about other animals that glow. Create an illuminating craft before going on our twilight firefly hunt. Dress for the weather and bring your own flashlight.

**One Session \$12.00 Parent/Child \$5.00 Additional Person**

Huber Wds Pk Env Ctr

**Sat, Jul 16 7:30-9:00 PM.....IN023X**

**Wed, Jul 20 7:30-9:00 PM.....IN123X**

## Fossilling at Shark River Park

(ages 10-17, with adult)

Experience fossil hunting in the cool waters of the Shark River! A Park System 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 Shelter Bldg

**Sat, Jun 4 10:30 AM-12:00 PM .....I5223A**

**Thu, Jun 30 10:30 AM-12:00 PM.....I5323A**

# Freshwater Fishing Derby

The Park System is hosting its tenth annual fishing derbies for beginners as well as experienced anglers. This is a fantastic opportunity to get hooked on a new hobby! No idea how to fish? No problem! Our staff will provide free hands-on clinics to show you how to cast and rig as well as answer any questions you may have. Prizes will be awarded for the longest fish in three different categories. See derby rules, provided upon registration, for more details. A container of worms included with each registration. Fishing poles will be available for rent for a cost of \$5.00 per pole. Rentals are on a first come, first serve basis; limited equipment availability.

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

**Manasquan Reservoir Visitor Center, Howell**

**Saturday, June 18, 2:00-5:00 PM #W0823X**

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

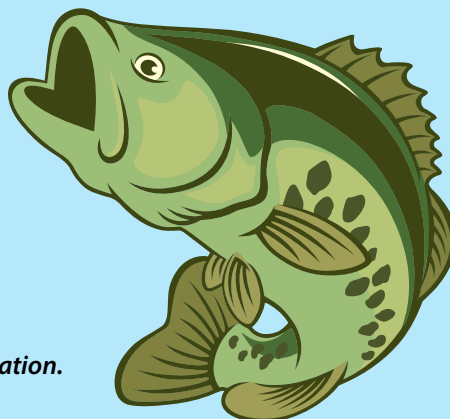
**Turkey Swamp Park, Freehold**

**Sunday, June 19, 2:00-5:00 PM #W0923X**

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

**Pre-registration is recommended. Limited space available.**

**Cash and checks only will be accepted for on-site, day of registration.**



## Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the Full Moon this summer while exploring the darker side of Freneau Woods Park, a 200+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox, or the flapping of a bat's wings. Best of all, after the walk, we will enjoy the sight of the full moon up over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather, wear shoes that can get dirty, and bring a flashlight.

**One Session \$9.00 Per Person**

Freneau Wds Pk Vis Ctr Parking Area

Wed, Jul 13 9:00-10:00 PM.....IN923A

Thu, Aug 11 8:30-9:30 PM .....INA23A

## 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 followed by ice cream?! After seeing all the sights nature has to offer, satisfy your sweet tooth by enjoying ice cream with your friends and family. All aboard!

Please Note: Life-jackets are provided and must be worn by all passengers. Participants will receive individually packaged ice cream.

**One Session \$12.00 Per Person**

Manasquan Res Env Ctr Boat Dock

Fri, Jun 17 6:00-7:00 PM.....I6123A

Fri, Jun 17 7:00-8:00 PM.....I6223A

Fri, Jul 15 6:00-7:00 PM .....I6323A

Fri, Jul 15 7:00-8:00 PM .....I6423A

Fri, Aug 19 6:00-7:00 PM .....I6523A

Fri, Aug 19 7:00-8:00 PM .....I6623A

## Public Boat Tours at the Manasquan Reservoir

Manasquan Reservoir Visitor Center, Howell

Tours are narrated by Park System Naturalists and will include opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a bald eagle! Tours are approximately forty-five minutes long.

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

**Cost: \$6.00 Per Adults, Children Ages 12 & Under \$4.00**

### WEEKEND TOURS & HOLIDAY TOURS

(Includes Memorial Day, Fourth of July & Labor Day)

**May 7–September 5 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM**

### WEDNESDAY TOURS

**Wednesdays, July 6-August 31 at 2:00 PM, 3:00 PM & 4:00 PM**

### FIRST FRIDAY EVENING TOURS

**June 3, July 1 & August 5 at 6:00 PM & 7:00 PM**



**Insect Safari** *(ages 6-10, with adult)*

Join us on an expedition into the fields and forests of Freneau Woods! We will spend our time exploring different habitats and gain a deeper understanding of why insects are important to our ecosystem. Grab your nets and bug bungalows as we catch and observe the amazing arthropods that call the forest and field their home!

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

Freneau Wds Pk Vis Ctr Program Room 2

**Tue, Aug 9 3:00-4:30 PM. .... IMY23X**

**Sun, Aug 21 10:00-11:30 AM. .... IMZ23X**

**Intro to Pollinators Workshop** *(all ages)*

Let's kick off Pollinator Week with an up close exploration of the Pollinator Garden at Huber Woods. We'll learn how to identify the various pollinators as they visit beautiful wildflowers, plus gain an understanding for their role in the environment.

**One Session \$8.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Mon, Jun 20 4:30-5:30 PM. .... IM523A**

**Make and Take a Butterfly Feeder** *(ages 7 and up, under 18 with adult)*

Celebrate National Pollinator Week by learning about one of New Jersey's most beautiful pollinators, butterflies! During this program you will learn the basics of attracting butterflies to your yard and make your own feeder to enjoy at home.

**One Session \$18.00 Per Person**

Freneau Wds Pk Vis Ctr Program Room 2

**Thu, Jun 23 5:00-6:00 PM (approx) ..... IN323A**

**Meet The Martins! Experience a Purple Martin Colony!***(ages 7 and up, under 18 with adult)*

Our naturalist will introduce you to a purple martin colony 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

**Sat, Jun 18 10:00-11:00 AM. .... I2223A**

**Sat, Jun 25 2:00-3:00 PM ..... I2423A**

Thompson Pk Creative Arts Center

**Sat, Jun 18 2:00-3:00 PM ..... I2323A**

**UNDER THE MOONLIGHT** *(all ages, under 18 with adult)*

Gather your family, a friend, or come solo as we hike by the light of the rising full moon and explore the world of nocturnal creatures. Learn the moon name of the month and its origin. Dress for the weather and plan to walk at least a mile. Bring a flashlight. Program may be cancelled due to overcast skies or inclement weather.

**Tuesday, June 14, 9:00-10:00 PM** at Huber Wds Pk Env Ctr Parking Lot

**Thursday, August 11, 8:00-9:00 PM** at Manasquan Res Env Ctr Parking Lot

**Under the Summer Stars** *(all ages, under 18 with adult)*

"The cosmos is within us. We are made of starstuff."-Carl Sagan.

Look above and connect to the starstuff visible to us from our world. Our guide will acquaint you with key objects and constellations in the summer night sky. Bring a camp chair to rest on as we star search and a flashlight to light your way in the dark. Program may be cancelled due to overcast skies or inclement weather.

**Saturday, June 25, 10:00-11:00 PM** at Bayshore Waterfront Pk Beachfront Area

**Wednesday, July 20, 10:00-11:00 PM** at Dorbrook Rec Area Soccer Field Parking Lot (across the street from main park entrance)

**Wednesday, August 17, 10:00-11:00 PM** at Perrineville Lake Pk Agress Rd Parking Lot

**Once Upon a Pond** *(ages 5-8, with adult)*

What's lurking under the surface of our parks' ponds? Join a Park System Naturalist as we spend an afternoon exploring the murky depths of Shark River or Turkey Swamp Park. We will spend our time using dip nets to capture and release the numerous critters that make up a pond's ecosystem. Please wear clothing you don't mind getting a little muddy and gear up to get wet!

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

Shark River Pk Lake

**Mon, Jul 18 10:00-11:30 AM ..... IME23X**

Turkey Swamp Pk Shelter Bldg

**Wed, Aug 3 3:30-5:00 PM ..... IMF23X**

**Summer Night Campfire in Freneau Woods** *(ages 8 and up, under 18 with adult)*

Step out for an evening of stargazing, stories and outdoor fun. Join a Park System Naturalist as we gather 'round the campfire for an evening of roasting marshmallows and Native American stories. Enjoy quality time with family and friends, and share a tale or two connected to the night sky, forests and local wildlife. A perfect way to end the day. Don't forget to bring a lawn chair or blanket to sit on, and a lantern or flashlight to light the way. The program will be canceled due to wet or windy conditions.

**One Session \$9.00 Per Person**

Freneau Wds Pk Act Ctr Parking Area

**Sat, Aug 27 8:00-9:00 PM (approx) ..... INB23A**

**Striding into Summer** *(ages 6 and up, under 18 with adult)*

It's the longest day of the year! Spend the early evening with a Park System Naturalist and enjoy the extra sunlight on this special summer solstice. During our walk throughout Tatum Park, we will discuss the changing of the season while keeping our eyes and ears open to local wildlife.

**One Session \$6.00 Per Person**

Tatum Pk Holland Act Ctr Parking Area

**Tue, Jun 21 6:30-7:30 PM ..... IMN23A**

**Summer's Wonderful World Of Moths** *(ages 6 and up, 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

**Wed, Jun 29 8:30-9:30 PM ..... I2623A**

**Wed, Jul 27 8:30-9:30 PM ..... I2723A**

**Mon, Aug 15 8:00-9:00 PM ..... I2823A**

**Life in a Freshwater Pond**  *(all ages, under 18 with adult)*

**11:00 AM-12:00 PM on Thursdays from June 23-August 25**

**Freneau Woods Park, Aberdeen**

Freneau Woods is filled with great places for outdoor exploration. Join Park System Naturalists this summer to explore a freshwater pond. We'll look for basking turtles, hopping frogs, hunting herons, splashing fish and anything else that catches our eye. We will also discover the unique life that lies underneath the water in a freshwater pond. Participants should bring closed-toe shoes. Please no flip-flops.

Meet outside the Visitor Center.

The program will not take place during inclement weather.

***This program is designed for individuals and families. Groups can reserve a date by calling 732-872-7369.***

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

## 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 \$10.00 Per Person**

Bayshore Waterfront Pk

**Sun, Jul 24 7:30-8:30 PM (approx).....IN523A**

**Sun, Aug 7 7:00-8:00 PM (approx).....IN623A**

## Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

Just in time for sunset, enjoy a peaceful naturalist-guided walk around Turkey Swamp Lake. Then we'll finish up next to a crackling bonfire. Bringing your own s-mores supplies is encouraged! Please bring appropriate footwear and a flashlight for the trails.

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

Turkey Swamp Pk Shelter Bldg

**Sat, Jun 11 7:30-9:00 PM .....IKW23X**

## 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 of New Jersey's largest freshwater fish and quite a catch. Join park naturalists lakeside at Turkey Swamp 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

**Wed, Aug 10 6:30-8:00 PM.....I7423A**

## Wild for Bats Summer Nights



(all ages, under 18 with adult)

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

**One Session \$10.00 Per Person**

Clayton Pk Act Ctr Classroom 1

**Thu, Jun 30 7:00-8:00 PM.....I2923A**

## Bat House Build

Each participant registered for the build portion will receive one Bat House Kit with everything needed to build including in person instruction from your guide and will be there to answer any questions.

**\$48.00 Per Kit**

**Thu, Jun 30 8:15-8:45 PM.....I3023A**

## SEINING ALONG SANDY HOOK

(all ages, under 18 with adult)

**Mondays, Wednesdays & Fridays, 11:00 AM-12:00 PM,  
from June 20-August 26**

Bayshore Waterfront Park, Port Monmouth

Discover a variety of fish, crabs, and other sea creatures as we pull a long seine net towards the edge of Sandy Hook Bay. It will be a fun time for everyone as we discover 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 take place 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 program, call 732-264-7277, ext. 1.***





**SATURDAY**  
**SEPTEMBER 18**

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

**BAYSHORE WATERFRONT PARK, PORT MONMOUTH**

**FREE ADMISSION • FREE PARKING**

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

#### ACTIVITIES LIST:

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



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

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

## TIDAL TUESDAYS - SUMMER ACTIVITIES

*(ages 5 and up, with adult)*

Looking for some Tuesday fun by the shore this summer?

Join a Park System Naturalist 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 \$6.00 Per Child**

**Fisherman's Cove Conservation Area**

**Tuesday, July 5, 9:30-10:15 AM #I3923A • Tuesday, July 12, 9:30-10:15 AM #I4023A**

**Tuesday, July 19, 9:30-10:15 AM #I4123A • Tuesday, July 26, 9:30-10:15 AM #I4223A**

**Tuesday, August 2, 9:30-10:15 AM #I4323A • Tuesday, August 9, 9:30-10:15 AM #I4423A**

**Tuesday, August 16, 9:30-10:15 AM #I4523A • Tuesday, August 23, 9:30-10:15 AM #I4623A**

**Tuesday, August 30, 9:30-10:15 AM #I4723A**

## TIDAL TUESDAYS - SEINE THE COVE

*(all ages, under 18 with adult)*

**Tuesdays, July 5-August 30 from 11:00 AM-12:00 PM**

**Fisherman's Cove Conservation Area**

Looking for some Tuesday fun by the shore? Stop by Fisherman's Cove and join a Park System Naturalist to see what creatures may be found swimming along Fisherman's Cove. Discover a variety of fish, crabs and other sea creatures as we pull in our seine net. Space is limited on a first come first serve basis.

- Closed-toe shoes required.
- 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.



## OUTDOOR ADVENTURES

### Archery Golf

(ages 9 and up, under 18 with adult)

Enjoy this twist on archery to score a birdie instead of a bullseye! 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 Bird Pavilion

**Thu, Jun 16 5:00-7:00 PM (approx) ..... U2623A**

Wolf Hill Rec Area Disc Golf Course

**Thu, Jul 7 5:00-7:00 PM (approx) ..... U2723A**

Shark River Pk Gully Road Parking Lot

**Thu, Aug 18 4:00-6:00 PM (approx) ..... U2823A**

### Family Canoe Experience & S'mores

(ages 7-10, with adult)

Treat your family to an afternoon exploring the waterways of Turkey Swamp Park on National S'mores Day! An experienced Outdoor Adventure Staff will assist your family with the canoeing basics. Afterwards stick around and roast s'mores with newly acquired friends. Take plenty of photos and post to social media using #NationalSmoesDay.

**One Session \$28.00 Parent/Child \$21.00 Additional Sibling**

Turkey Swamp Pk Shelter Bldg

**Sat, Aug 6 2:00-4:30 PM ..... W6623X**

### Paint by Arrow

(ages 9 and up, under 18 with adult)

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

**One Session \$28.00 Per Person**

Big Brook Pk Bird Pavilion

**Wed, Jun 22 5:00-7:00 PM (approx) ..... U2123A**

**Wed, Jul 13 5:00-7:00 PM (approx) ..... U2223A**

**Wed, Aug 10 5:00-7:00 PM (approx) ..... U2323A**

### Zip and 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 zipline and then enjoy a supervised swim in the pool.

**One Session \$38.00 Per Person**

Big Brook Pk

**Fri, Jun 24 5:00-8:00 PM ..... U2423A**

**Tue, Jul 26 5:00-8:00 PM ..... U2523A**

## Canoe Rentals at Thompson Park

(all ages, under 18 with adult)

Rent a canoe on Marlu Lake and enjoy paddling locally. All equipment is provided.

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

Thompson Park Marlu Lake

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

**May 28 & 29, June 11 & 12, June 25 & 26,**

**July 9 & 10, July 23 & 24, August 6 & 7,**

**August 20 & 21, September 3 & 4**

*All rentals must be returned by 3:00 PM.*

## Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will 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.

**Tuesday, June 7, 3:00-6:00 PM**

Seven Presidents Oceanfront Park

**Wednesday, July 20, 3:00-6:00 PM**

Clayton Park Activity Center

**Sunday, August 28, 12:00-3:00 PM**

Freneau Woods Park

## Open Shoot Archery

(ages 10 and up, under 18 with adult)

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

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

Thompson Park Activity Barn

**Saturday, June 4, 10:00 AM-2:00 PM**

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

**Saturday, August 13, 10:00 AM-2:00 PM**

*For more information please call*

*732-842-4000, ext. 4236, or email*

*douglas.kalucki@monmouthcountyparks.com.*

## SPORTS &amp; FITNESS

**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 hoops if you have them. Sessions are held outdoors, so dress for the weather.

Instructor: Eryka Andrex

**Four Sessions \$72.00 Parent/Child****Dorbrook Rec Area Barnview Shelter Bldg****Sat, Jun 4-25 11:15 AM-12:15 PM ..... XK223A**

## ARTS &amp; CRAFTS

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

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 \$64.00 Parent/Child****Freneau Wds Pk Vis Ctr Art Room****Tue, Jun 14-Jul 19 11:15 AM-12:00 PM. ... A3423A****Tue, Jun 14-Jul 19 1:00-1:45 PM. .... A3623A****Tue, Jul 26-Aug 30 11:15 AM-12:00 PM ... A3523A****Tue, Jul 26-Aug 30 1:00-1:45 PM ..... A3723A****The Summer Song** *(ages 2-4, with adult)*

Have you played all summer long and are now looking forward to our next season? Let's celebrate all our summer fun and then welcome in fall! We'll read a story together and complete a creative art project to take home.

**One Session \$20.00 Per Person****Shark River Pk Shelter Bldg****Sat, Aug 27 10:30-11:30 AM ..... A5823A****Summertime Swimming at Fort Monmouth Recreation Area**

Cool off this summer in our 3,500 sq. ft. swimming pool!

Season and monthly passes are currently available for purchase and daily passes will be available.

**Pool Season: Saturday, May 28-Monday, September 5**

Monthly schedules will be posted on the Fort Monmouth Recreation Area Calendar of Events.

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

Get in some early morning exercise with our lap lanes!

**2022 Open Swim Fees****Season Passes**

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

**Monthly Passes**

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

**Monday-Friday Daily Passes**

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

**Weekend & Holiday Daily Passes**

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

**For more information, call the Recreation Center at 848-456-4278, ext. 2#, through May 28;  
May 28-September 5, call the pool house at 732-440-4179.**

## EXPLORE ADVENTURES THROUGH LITERACY THIS SUMMER

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

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

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

**Dorbrook Rec Area Tent 5**

**Thu, Jun 16-Jul 21 10:00-11:00 AM..... A3223A**

**Thu, Jul 28-Sep 1 10:00-11:00 AM..... A3323A**

**Discovering Authors** *(ages 5-7, with adult)*

Discover some engaging children's authors and their stories. We will read three stories from each author and share our thoughts together. We will follow up with fun games, movement and activities for reinforcement. To finish up, we'll complete a creative art project to bring home. Let's discover our favorite new authors!

**One Session \$20.00 Parent/Child**

**Laura Numeroff**

Can we be the characters of our own story and find an adventure to embark on?

**Dorbrook Rec Area Prog Bldg**

**Sat, Jun 25 1:00-2:00 PM ..... A6123A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Jun 26 1:00-2:00 PM..... A6523A**

**Marianne Berkes**

Explore where different animals call home.

**Dorbrook Rec Area Prog Bldg**

**Sat, Jul 23 1:00-2:00 PM ..... A5923A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Jul 24 1:00-2:00 PM ..... A6023A**

**Jan Brett**

Let's celebrate winter in the middle of summer.

**Dorbrook Rec Area Prog Bldg**

**Sat, Aug 6 1:00-2:00 PM .....A6323A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Aug 7 1:00-2:00 PM .....A6423A**

**Summer Reading Fun!** *(ages 2-4, with adult)*

Explore summer through classic stories about this wonderful, hot and sunny season. We will recreate our own versions of the summer activities we read about through music, movement and sensory play. To remember our day, we will finish up with a creative art project. Which summer story sounds like fun to you?

**One Session \$20.00 Parent/Child**

**The Very Lonely Firefly**

Share your stories and hear this special one about a lonely firefly and all that glows on a special summer night.

**Dorbrook Rec Area Prog Bldg**

**Sat, Jun 25 10:30-11:30 AM..... A5023A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Jun 26 10:30-11:30 AM ..... A5123A**

**Beach Feet**

Share a day at a pretend beach!

**Dorbrook Rec Area Prog Bldg**

**Sat, Jul 9 10:30-11:30 AM..... A5223A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Jul 10 10:30-11:30 AM..... A5323A**

**How to Catch a Mermaid**

Have you ever thought of a plan to catch a mermaid?

**Dorbrook Rec Area Prog Bldg**

**Sat, Jul 23 10:30-11:30 AM ..... A5423A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Jul 24 10:30-11:30 AM..... A5523A**

**The Sandcastle that Lola Built**

Let's build a sandcastle just like Lola!

**Dorbrook Rec Area Prog Bldg**

**Sat, Aug 6 10:30-11:30 AM ..... A5623A**

**Freneau Wds Pk Vis Ctr Art Room**

**Sun, Aug 7 10:30-11:30 AM..... A5723A**

## NATURE

**Bio Bingo** *(ages 5-10, with adult)*

Practice your observation skills and explore nature by playing a game of bingo on the trails. Nature changes every day so you never know what exciting bird you might see or cool new fact you might learn. This program is designed for families so an adult must be present.

**One Session \$9.00 Parent/Child**

Freneau Wds Pk Act Ctr Parking Area

**Mon, Jul 11 10:00-11:00 AM (approx) .... IMM23A**

**Sat, Jul 23 10:00-11:00 AM (approx) ..... IMP23A**

**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 Pk Env Ctr

**Sat, Jun 11 10:00-11:30 AM ..... IKS23X**

**Sat, Jun 11 1:30-3:00 PM ..... IKT23X**

**Hurray for Bees!** *(ages 4-6, with adult)*

Celebrate one of our busiest pollinators: the bee! Your little naturalist will love making their own bee puppets and explore the ins and outs of pollination through story and song. Together we'll learn how to "bee" kind, so bees are not so scary. Weather permitting, we will visit our pollinator gardens and see bees at work. Let's get the real buzz about bees and how they keep our plant world growing!

**One Session \$12.00 Per Child**

Manasquan Res Env Ctr

**Thu, Jun 23 11:00 AM-12:00 PM ..... I5823A**

**Kids Love Monarchs!** *(ages 4-10, with adult)*

Your child will be thrilled to see caterpillars and butterflies up close! They will love the monarch's amazing life story and learn how to help them on their way. You will too! This program includes a short butterfly walk.

**One Session \$11.00 Per Child**

Manasquan Res Env Ctr

**Thu, Aug 11 11:00 AM-12:00 PM ..... I5623A**

**Sat, Aug 13 11:00 AM-12:00 PM ..... I5723A**

**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

**Wed, Jul 6 11:00 AM-12:30 PM ..... I6723A**

**Sun, Jul 24 11:00 AM-12:30 PM ..... I6823A**

**Nature & Me***(ages 2-5, with adult)*

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

**One Session \$14.00 Parent/Child**

Huber Wds Pk

**Wed, Jun 1 2:00-3:00 PM ..... IM923A**

Freneau Wds Pk Act Ctr Parking Area

**Mon, Jun 20 2:00-3:00 PM ..... IMA23A**

**Wed, Jun 22 10:00-11:00 AM ..... IMC23A**

Holmdel Pk Shelter Bldg

**Tue, Jul 12 10:00-11:00 AM ..... IMB23A**

**Summer Sunshine** *(ages 3-5, with adult)*

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

**Three Sessions \$36.00 Parent/Child**

Huber Wds Pk Env Ctr

**Mon, Jun 6-20 2:00-3:30 PM ..... IMG23A**

# NATURE WATCH



**EASTERN PAINTED TURTLES** can be found throughout New Jersey in standing bodies of water such as ponds and lakes. In the Park System, you may often find them sunning atop logs at the Manasquan Reservoir, Howell, or at Thompson Park's Marlu Lake, Lincroft.

## WHAT DO THEY EAT?

*Eastern painted turtles are omnivores, which means they eat meat and vegetation. Their diets will often consist of aquatic insects, fish, algae and other plant matter.*



## WHAT ARE THEIR RECOGNIZABLE FEATURES?

*The Eastern painted turtle has two bright yellow spots or streaks pointing back from the eye. Their necks, legs and tails also have markings that are red, orange or yellow. The scutes - or plate-like scales - on their shells line up in even rows across the carapace and are often dark and smooth with yellow, olive or red borders. Adults are approximately 4-6 inches.*

## HOW LONG DO THEY LIVE?

*The average life expectancy of the Eastern painted turtle is between 20-30 years.*

## DID YOU KNOW...

**An Eastern painted turtle hatchling can be as small as a quarter.**

**Winter Run Wednesdays** *(ages 4-7, with adult)*

Join a Park System Naturalist this summer at the new Winter Run Activity Center located on the beautiful Manasquan River Greenway and adjacent to the Manasquan Reservoir. This program will combine a themed activity and short nature walk near the Activity Center. Bug spray and walking shoes are recommended. The address for the Activity Center is 270 Southard Avenue, Farmingdale.

**One Session \$4.00 Per Child****Manasquan River Greenway Winter Run Act Ctr****Amphibians****Wed, Jul 6 11:00 AM-12:00 PM .....I8323A****Reptiles****Wed, Jul 20 11:00 AM-12:00 PM .....I8423A****Insects****Wed, Aug 10 11:00 AM-12:00 PM .....I8523A****Birds and Mammals****Wed, Aug 24 11:00 AM-12:00 PM .....I8623A****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).

**One Session \$93.00 Per Person****Thompson Pk Activity Barn****Sat, Jun 11 10:30-11:30 AM .....W0123A****Sat, Jun 11 11:45 AM-12:45 PM .....W0223A****Sat, Jun 11 1:00-2:00 PM .....W0323A****Sat, Jun 18 10:30-11:30 AM .....W0423A****Sat, Jun 18 11:45 AM-12:45 PM .....W0523A****Sat, Jun 18 1:00-2:00 PM .....W0623A****Bicycle Basics: Throw Away Those Training Wheels***(ages 5-9)*

Get your child off their training wheels and onto two wheels! Watch their confidence soar during this two day training. They will practice riding in a enclosed area with a hard surface floor. Small classes provide individual attention as the rider builds bicycle skills. 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 check up. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet). Parents will be asked to assist the instructor as necessary and to practice riding in between sessions.

**Two Sessions \$52.00 Per Person****Thompson Pk Activity Barn****Sat, Jun 11-18 9:00-10:15 AM .....W0723A****Hiking Adventures - A Toddler's Perspective***(ages 2-5, with adult)*

Enjoy a peaceful 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 two are welcome to join in at no charge.

**One Session \$16.00 Parent/Child \$6.50 Additional Sibling****Holmdel Pk Shelter Bldg****Sat, Jun 18 10:00-11:30 AM .....W5123X****Henry Hudson Trail Popamora Point Parking Lot****Sat, Jul 23 10:00-11:30 AM .....W5223X****Huber Wds Pk Env Ctr Parking Lot****Sat, Aug 20 10:00-11:30 AM .....W5323X****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 \$17.00 Parent/Child****Huber Wds Pk Env Ctr Parking Lot****Thu, Jul 7 6:00-7:30 PM .....W4423A**



## 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 \$45.00 Parent/Child \$18.00 Additional Sibling**

### Bullfrog Series

June 3 - Dorbrook Rec Area Vis Ctr Parking Lot

June 10 - Tatum Pk Red Hill Parking Lot

June 17 - Shark River Pk Shelter Bldg

**Fri, Jun 3-17 10:00-11:30 AM .....W4723X**

### Egret Series

July 7 - Holmdel Pk Hilltop Shelter Bldg

July 14 - Manasquan Res Env Ctr

July 21 - Thompson Pk Old Orchard Shelter

**Thu, Jul 7-21 10:00-11:30 AM .....W4823X**

### Mantis Series

Aug 10 - Hartshorne Wds Rocky Point Lot

Aug 17 - Big Brook Pk Lower Pond Lot

Aug 24 - Huber Wds Env Ctr Parking Lot

**Wed, Aug 10-24 10:00-11:30 AM .....W4923X**

## 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 parents' participation to the coolest children's musical experience ever.

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 12-Aug 30 9:30-10:15 AM ..... A7123X**

**Tue, Jul 12-Aug 30 10:30-11:15 AM ..... A7223X**

**Tue, Jul 12-Aug 30 11:30 AM-12:15 PM ... A8223X**

## 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 \$60.00 Per Pair**

All American Gymnastics Cindy Lane, Ocean

**Sat, Jun 4-25 9:00-9:45 AM .....M8623A**

**Sat, Jun 4-25 11:00-11:45 AM .....M8723A**

**Sat, Jul 9-30 9:00-9:45 AM .....M8823A**

**Sat, Jul 9-30 11:00-11:45 AM .....M8923A**

**Sat, Aug 6-27 9:00-9:45 AM .....M9023A**

**Sat, Aug 6-27 11:00-11:45 AM .....M9123A**

**Six Sessions \$90.00 Per Pair**

Shrewsbury Gymnastics School Broad Street, Shrewsbury

**Thu, Jul 7-Aug 11 4:00-4:45 PM .....M6223A**

**Thu, Jul 7-Aug 11 5:00-5:45 PM .....M6323A**

**Thu, Jul 7-Aug 11 6:00-6:45 PM .....M6423A**

**Sat, Jul 9-Aug 13 9:00-9:45 AM .....M6523A**

**Sat, Jul 9-Aug 13 10:00-10:45 AM .....M6623A**

**Sat, Jul 9-Aug 13 11:00-11:45 AM .....M6723A**

## 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**

**Thu, Jun 23-Jul 14 4:00-4:45 PM .....XHB23A**

**Sat, Jul 9-30 10:00-10:45 AM .....XG523A**

**Thu, Jul 28-Aug 18 4:00-4:45 PM .....XHD23A**

## 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. The class is geared for 4-6 year old children. Come join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your kids favorite stuffed animal. Instructor: Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Mediation instructor

**Seven Sessions \$112.00 Parent/Child**

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

**Sun, Jun 5-Jul 17 11:30 AM-12:15 PM .... XJC23A**

**Sun, Aug 7-Sep 25 11:30 AM-12:15 PM ... XJF23A**

*No class 9/4*

## T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

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

**Dorbrook Rec Area**

**Sat, Jul 9-30 9:00-9:55 AM ..... XFY23A**

## ARTS & CRAFTS

### CERAMICS & POTTERY

#### Children's Wheel-Thrown Pottery

(ages 11-17)

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

**Seven Sessions \$135.00 Per Child**

**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

**Thu, Jul 7-Aug 18 4:00-6:00 PM ..... Z4923A**

Instructor: John Fossa

**Sat, Jul 9-Aug 20 9:00-11:00 AM ..... Z5023A**

#### Father's Day Ceramic Mug

(ages 7-12)

Want to make Dad feel special everyday? Give him a hand decorated ceramic mug suitable for any of his favorite beverages! Our ceramics instructor will show you a variety of techniques to make your gift unique. Class includes mug, glazes and firing. Your piece will be fired and ready to pick up for Father's Day.

**One Session \$32.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sat, Jun 4 12:00-1:30 PM ..... Z5123A**

**Sat, Jun 4 2:00-3:30 PM ..... Z5223A**



## DRAWING &amp; PAINTING

**Aspiring Artists® Masterpiece Medley™***(ages 5-6)*

Young artists will study and paint a medley of compositions from Monet, van Gogh, Matisse, Cross, and Cassatt. Students will learn the layering techniques and brushstrokes of these painters, so they can create their own personal renditions of famous masterpieces. Color mixing will be introduced. We will be using acrylic paint on heavy cardstock paper. Acrylic paints stain clothing, so please have your child wear "painting clothes" to class. If your child prefers to paint on canvas, please bring your own 11"x14" canvases to class.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists LLC

**Five Sessions \$90.00 Per Child**

Thompson Pk Creative Arts Center

**Mon-Fri, Jul 11-15 2:00-3:30 PM ..... Z0923A**

**Mon-Fri, Aug 1-5 2:00-3:30 PM ..... Z1023A**

**Great Impressionism for 5, 6 & 7 Year Olds™***(ages 5-7)*

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

Artwork:

Picasso's The Doves

Monet's Poppies at Argenteuil

ORIGINAL tropical fish painting

**Three Sessions \$45.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Jun 4-18 9:30-10:30 AM ..... Z6023A**

**Sat, Jun 4-18 11:00 AM-12:00 PM ..... Z6123A**

**Great Impressionism for Aspiring Young Artists™***(ages 8-13)*

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. Please bring a cardboard box to transport your painting home, approximately 14"x14" a pizza box works well.

Artwork:

Picasso's The Doves; Monet's Poppy Field in a Hollow near Giverny; ORIGINAL tropical fish painting

**Three Sessions \$75.00 Per Person**

Fort Monmouth Rec Ctr Program Room A

**Wed, Jun 1-15 4:30-6:30 PM ..... Z6223A**

Thompson Pk Creative Arts Center

**Fri, Jun 3-17 4:30-6:30 PM ..... Z6423A**

**Great Impressionism for Home Schoolers***(ages 7-13)*

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

Artwork:

van Gogh's Three Sunflowers in a Vase; Monet's The Japanese Footbridge; van Gogh's Starry Night

**Three Sessions \$66.00 Per Child**

Fort Monmouth Rec Ctr Program Room A

**Wed, Jun 1-15 1:00-2:30 PM ..... Z6823A**

**KidzArt Painting Workshop***(ages 7-11)*

Create a beautiful painting on Bristol paper. Instructor will provide step by step instruction and students will be encouraged to add their own creativity.

**One Session \$26.00 Per Person**

**Father's Day Fish**

Henry Hudson Trail Act Ctr

**Sat, Jun 11 10:30 AM-12:00 PM ..... Z4323A**

Thompson Pk Creative Arts Center

**Sat, Jun 11 1:30-3:00 PM ..... Z4423A**

**Kidzart Painting Workshop**

(ages 7-11)

Create a beautiful painting on Bristol Paper. The instructor will provide step-by-step instruction, while encouraging students to engage their own creativity to make their painting unique. All supplies included.

**One Session \$26.00 Per Child**

Thompson Pk Creative Arts Center

**Sea Turtle**

Thu, Jul 7 3:00-4:30 PM..... Z9223A

**Jellyfish**

Tue, Jul 12 3:00-4:30 PM..... Z9323A

**Birdsong**

Thu, Jul 21 4:30-6:00 PM ..... Z9423A

**Summer Evening**

Thu, Jul 28 4:30-6:00 PM ..... Z9523A

**Sailing**

Tue, Aug 2 3:00-4:30 PM..... Z9623A

Henry Hudson Trail Act Ctr

**Flamingo**

Thu, Aug 11 4:30-6:00 PM ..... Z9723A

**Sun & Moon**

Tue, Aug 16 4:30-6:00 PM ..... Z9823A

**Sand Castle**

Tue, Aug 23 4:30-6:00 PM ..... Z9923A

**Pollinator Garden Painting Workshop** NEW

(ages 12 and up)

Wildflowers are some of nature's most beautiful treasures. In this outdoor workshop, you'll have the chance to sit and observe the Huber Woods Pollinator Garden. Under the guidance of an instructor, you'll create a wonderful painting of native flowers, pollinators, and more! All materials provided.

Instructor: Eileen Bolognese

**One Session \$30.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

Tue, Jul 26 9:30 AM-12:30 PM..... IMS23A

*Huber Woods Park*

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

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

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

**Activities include:**

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

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

732-431-7260, ext. 7264

4H@co.monmouth.nj.us

**4-H WE R HERE**

## CULINARY ARTS

**Let's Make Buttercream Flowers** *(ages 13-15)*

Create roses, daisies, primroses and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers and flower nails. This detail-oriented class is a little more advanced and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included. Instructor Kimberly Megill

**One Session \$60.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Sat, Jul 16 10:00 AM-12:00 PM ..... A8123A**

## HORTICULTURE

**Vintage Box Desk Garden for Dad** *(ages 10 and up)*

With Father's Day coming up, now is the perfect time to think of meaningful and useful gifts for your father. Why not a garden for his home office? We think that succulents are a perfect choice as they represent all the characteristics of a father: strong, enduring and reliable. Together we will make beautiful succulent gardens. This is a true one-of-a-kind gift for a spectacular father.

**One Session \$30.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Jun 18 2:00-3:00 PM ..... H1823A****Sun, Jun 19 9:30-10:30 AM ..... H1723A**

## EDUCATION &amp; ENRICHMENT

**Child and Babysitting Safety***(ages 10-17)*

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

**One Session \$60.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Sat, Jun 4 10:00 AM-12:00 PM ..... QA123A****Sat, Aug 13 10:00 AM-12:00 PM ..... QA223A****ENVIRO-QUEST** *(all ages, under 18 with adult)*

Don't know what to do on a weekday this summer break? Seek out some nature fun!

Head to the parks below and follow the signs to where the Park System Naturalist is waiting. Once you are there you can join 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.

**The following Thursdays at 11:00 AM:**

**July 7** at Dorbrook Rec Area Basketball Court  
Parking Lot

**July 14** at Tatum Pk Red Hill Act Ctr Parking Lot

**July 21** at Thompson Pk Old Orchard Parking Lot

**July 28** at Big Brook Pk Dock

**August 4** at Freneau Wds Pk Vis Ctr Parking Lot

**August 11** at Crosswicks Creek Province Line Rd.  
Parking Lot

**August 18** at Clayton Pk Emley's Hill Rd Parking Lot

**August 25** at Perrineville Lake Pk Agress Rd Parking  
Lot

**For questions or additional details, call  
732-751-9453.**

## 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 stick around and we will celebrate national chocolate ice cream day with newly acquired friends. All archery equipment will be provided.

**One Session \$23.00 Per Person**

Thompson Pk Activity Barn

**Tue, Jun 14 5:30-7:30 PM .....W4123A**

### 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 \$20.00 Per Person**

Thompson Pk Marlu Lake

**Fri, Jul 22 10:00 AM-12:00 PM .....W7023A**

### S'more Zipline!

(ages 12 and up, under 18 with adult)

Soar through the sky and experience a thrilling ride on Big Brook Park's zipline! Afterwards wrap up a fun day by enjoying some s'mores by the fire. Participants must wear closed-toe and closed-heel shoes. Equipment and s'more supplies will be provided.

**One Session \$30.00 Per Person**

Big Brook Pk Lower Zipline

**Fri, Jun 17 6:30-8:30 PM .....U2923A**

**Fri, Aug 12 6:30-8:30 PM .....U3123A**

### S'more Archery Please NEW

(ages 9-11)

Treat your little one to an archery experience that will satisfy their appetite on National S'mores Day! Learn the basic of archery from our experienced Outdoor Adventure staff. Afterwards, stick around and roast s'mores with newly acquired friends. Take plenty of photos and post to social media using #NationalSmoesDay.

**One Session \$25.00 Per Child**

Turkey Swamp Pk Archery Range

**Sat, Aug 6 6:00-8:00 PM .....W5423A**

### 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 \$22.00 Per Person**

Thompson Pk Activity Barn

**Wed, Jun 8 5:00-7:00 PM .....W6823A**

**Tue, Jun 21 4:30-6:30 PM .....W6023A**

**Wed, Jul 20 4:30-6:30 PM .....W6223A**

**Thu, Aug 18 4:30-6:30 PM .....W6423A**



## PERFORMING ARTS

**Playwriting Workshop** *(ages 13 and up)*

Have you ever seen a play and thought "I can do that!" but don't know where to start? During this class, we'll take a look at where ideas come from, how to execute them, and how to make the idea go from an idea to a fully fleshed-out play! Each student will write a full 15-minute one-act play by the end of class. Please bring a notebook and pen or a tablet to write.

Instructor: Sami DeSocio

**Six Sessions \$150.00 Per Person**

Thompson Pk Theater Barn

**Thu, Jul 28-Sep 1 5:30-7:00 PM ..... A4823A****RENT Masterclass** *(ages 15 and up)*

Everything is RENT! During this class, we will discuss the life and legacy of Jonathan Larson, and the impact the show has had on the musical theatre landscape. We will also take a look at the very real events of the time that inspired Jonathan to write the show, including the rapid spread of the HIV/AIDS virus. We will listen through the show and discuss the memorable music and the still-relevant lesson the show instills in its audiences.

Instructor: Sami DeSocio

**One Session \$125.00 Per Person**

Thompson Pk Theater Barn

**Sun, Jul 17 11:00 AM-3:00 PM ..... A4723A**

## SPORTS &amp; FITNESS

## GYMNASTICS

**Gymnastics - Kids***(ages 3-10)*

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

**Four Sessions \$60.00 Per Person**

All American Gymnastics Cindy Lane, Ocean

*(ages 3-4)***Sat, Jun 4-25 9:00-9:45 AM ..... M9223A****Sat, Jun 4-25 11:00-11:45 AM ..... M9323A****Sat, Jul 9-30 9:00-9:45 AM ..... M9423A****Sat, Jul 9-30 11:00-11:45 AM ..... M9523A****Sat, Aug 6-27 9:00-9:45 AM ..... M9623A****Sat, Aug 6-27 11:00-11:45 AM ..... M9723A***(ages 5-7)***Sat, Jun 4-25 9:00-9:45 AM ..... M9823A****Sat, Jun 4-25 11:00-11:45 AM ..... M9923A****Sat, Jul 9-30 9:00-9:45 AM ..... MA023A****Sat, Jul 9-30 11:00-11:45 AM ..... MA123A****Sat, Aug 6-27 9:00-9:45 AM ..... MA223A****Sat, Aug 6-27 11:00-11:45 AM ..... MA323A***(ages 8-10)***Sat, Jun 4-25 11:00-11:45 AM ..... MA423A****Sat, Jul 9-30 11:00-11:45 AM ..... MA523A****Sat, Aug 6-27 11:00-11:45 AM ..... MA623A****Six Sessions \$90.00 Per Person**

Shrewsbury Gymnastics School Broad Street, Shrewsbury

*(ages 3-4)***Thu, Jul 7-Aug 11 4:00-4:45 PM ..... M6823A****Thu, Jul 7-Aug 11 5:00-5:45 PM ..... M6923A****Thu, Jul 7-Aug 11 6:00-6:45 PM ..... M7023A****Sat, Jul 9-Aug 13 9:00-9:45 AM ..... M7123A****Sat, Jul 9-Aug 13 10:00-10:45 AM ..... M7223A****Sat, Jul 9-Aug 13 11:00-11:45 AM ..... M7323A***(ages 5-6)***Thu, Jul 7-Aug 11 4:00-4:45 PM ..... M7423A****Thu, Jul 7-Aug 11 5:00-5:45 PM ..... M7523A****Thu, Jul 7-Aug 11 6:00-6:45 PM ..... M7623A****Sat, Jul 9-Aug 13 9:00-9:45 AM ..... M7723A****Sat, Jul 9-Aug 13 10:00-10:45 AM ..... M7823A****Sat, Jul 9-Aug 13 11:00-11:45 AM ..... M7923A***(ages 7-10)***Thu, Jul 7-Aug 11 4:00-4:45 PM ..... M8023A****Thu, Jul 7-Aug 11 5:00-5:45 PM ..... M8123A****Thu, Jul 7-Aug 11 6:00-6:45 PM ..... M8223A****Sat, Jul 9-Aug 13 9:00-9:45 AM ..... M8323A****Sat, Jul 9-Aug 13 10:00-10:45 AM ..... M8423A****Sat, Jul 9-Aug 13 11:00-11:45 AM ..... M8523A**

## HOCKEY

### 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

**Thu, Jun 23-Jul 14 5:00-5:55 PM .....XHC23A**

**Sat, Jul 9-30 11:00-11:55 AM .....XG623A**

**Thu, Jul 28-Aug 18 5:00-5:55 PM .....XHE23A**

### Intro to Roller Hockey

(ages 6-12)

Skate to score! Learn to play roller hockey step-by-step. Stickhandling, shooting, and passing will be taught through demonstrations, drills and games.

**Please Note:** This program is designed for children with prior knowledge of rollerblading, including basic skating techniques, falling and stopping.

**Required Equipment:** in-line skates, hockey helmet with face mask, kneepads with shinguards, elbow pads, chest protector, hockey gloves, hockey stick, protective cup (optional), and a water bottle.

Please see our Safe Skating section (p. 32) for more information regarding this program.

**Four Sessions \$60.00 Per Person**

Dorbrook Rec Area

(ages 6-9)

**Fri, Jun 24-Jul 15 4:00-4:55 PM .....XHF23A**

**Fri, Jul 29-Aug 19 4:00-4:55 PM .....XHH23A**

(ages 10-12)

**Fri, Jun 24-Jul 15 5:00-5:55 PM .....XHG23A**

**Fri, Jul 29-Aug 19 5:00-5:55 PM .....XHJ23A**

## LIFEGUARD TRAINING

### Red Cross Lifeguard Certification Course

(ages 15 and up)

Looking for a way to get certified? Our Instructors will teach you team work, knowledge and skills to prevent, recognize and respond to aquatic emergencies, injuries and sudden illnesses, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to know as a professional lifeguard. Prerequisite: Be able to swim 300 yards continuously and tread water for 2 minutes using only the legs. Upon completion you will receive a two-year Lifeguard certification, First Aid and CPR/AED certification. The best is still yet to come: after you successfully complete the course you will be eligible to apply to work for the Monmouth County Park System!

**Four Sessions \$375.00 Per Person**

Dorbrook Rec Area T-Pool Upper

**Thu-Sun, May 19-22 9:00 AM-4:00 PM . . .MEZ22A**

*Class meets from 4:00-9:00 PM on Thursday & Friday and 9:00 AM-4:00 PM on Saturday & Sunday*

## RUNNING

### Cool Runners Fitness Run for Fun

(entering grades K-8)

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

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

**Six Sessions \$115.00 Per Person**

Thompson Pk Old Orchard Parking Lot

**Tue, Jul 12-Aug 16 5:30-6:30 PM .....XH823A**

**Thu, Jul 14-Aug 18 5:30-6:30 PM .....XH923A**

## SKATING & SKATEBOARDING

### Rollerblading 101

(ages 4-14)

Do you want to learn how to rollerblade? Have some fun and join us for our introductory rollerblading program. Rollerblading 101 will teach you how to have a fun and safe time while skating on Dorbrook's in-line skating rink. Our experienced instructor will provide demonstrations and lessons that focus on equipment, safety, and basic skating techniques, including falling and stopping.

**Required Equipment:** in-line skates, helmet, knee and elbow pads, wrist guards, and a water bottle.

Please see our Safe Skating section (*below*) for more information regarding this program.

**One Session \$25.00 Per Person**

**Dorbrook Rec Area**

|                            |             |
|----------------------------|-------------|
| Sat, Jun 11 4:00-4:45 PM   | .....XHN23A |
| Sat, Jun 11 5:00-5:45 PM   | .....XHP23A |
| Sat, Jun 11 6:00-6:45 PM   | .....XHQ23A |
| Sat, Jun 25 9:00-9:45 AM   | .....XHR23A |
| Sat, Jun 25 10:00-10:45 AM | .....XHS23A |
| Sat, Jun 25 11:00-11:45 AM | .....XHT23A |
| Sun, Jul 10 9:00-9:45 AM   | .....XHU23A |
| Sun, Jul 10 10:00-10:45 AM | .....XHV23A |
| Sun, Jul 10 11:00-11:45 AM | .....XHW23A |
| Sun, Jul 24 9:00-9:45 AM   | .....XHX23A |
| Sun, Jul 24 10:00-10:45 AM | .....XHY23A |
| Sun, Jul 24 11:00-11:45 AM | .....XHZ23A |
| Sat, Aug 6 9:00-9:45 AM    | .....XJ023A |
| Sat, Aug 6 10:00-10:45 AM  | .....XJ123A |
| Sat, Aug 6 11:00-11:45 AM  | .....XJ223A |
| Sat, Aug 20 9:00-9:45 AM   | .....XJ323A |
| Sat, Aug 20 10:00-10:45 AM | .....XJ423A |
| Sat, Aug 20 11:00-11:45 AM | .....XJ523A |

### Summer Skateboarding

(ages 9-15)

There is nothing better than skateboarding by the ocean! Our new Summer Skateboarding program is designed to teach the techniques, tricks, and tips that skaters need.

**Please Note:** This program is designed for children with prior knowledge including pushing, steering and drop-in techniques.

**Required Equipment:** Skateboard, helmet, knee and elbow pads, wristguards, and a water bottle.

Most rained out classes are made up on Fridays. For more information about this program, please see the Safe Skating section (*below*).

**Four Sessions \$52.00 Per Person**

**Seven Presidents Pk Skateplex**

|                                 |             |
|---------------------------------|-------------|
| Mon-Thu, Jun 20-23 1:15-2:00 PM | .....XKR23A |
| Mon-Thu, Jun 20-23 2:15-3:00 PM | .....XKS23A |
| Mon-Thu, Jun 27-30 1:15-2:00 PM | .....XKT23A |
| Mon-Thu, Jun 27-30 2:15-3:00 PM | .....XKU23A |
| Mon-Thu, Jul 18-21 1:15-2:00 PM | .....XKV23A |
| Mon-Thu, Jul 18-21 2:15-3:00 PM | .....XKW23A |
| Mon-Thu, Aug 1-4 1:15-2:00 PM   | .....XKX23A |
| Mon-Thu, Aug 1-4 2:15-3:00 PM   | .....XKY23A |
| Mon-Thu, Aug 8-11 1:15-2:00 PM  | .....XKZ23A |
| Mon-Thu, Aug 8-11 2:15-3:00 PM  | .....XM023A |
| Mon-Thu, Aug 15-18 1:15-2:00 PM | .....XM123A |
| Mon-Thu, Aug 15-18 2:15-3:00 PM | .....XM223A |

### SAFE SKATING: CHOOSING THE RIGHT PROGRAM FOR YOU!

The Monmouth County Park System offers a variety of rollerblading and skateboarding opportunities that vary in difficulty levels. Please read the following before registering for such programs:

- Read program descriptions carefully and choose which is best suited for your child's experience level.
- Realistically match your child's ability to the program descriptions. For summer skateboarding programs, we'd like all participants to have some prior knowledge/experience skateboarding. This means the instructor will expect participants to have the knowledge and skill of pushing, steering and drop-ins prior to the first session.
- Some experience is also required for the Intro to Roller Hockey programs. Participants should have some prior knowledge/experience rollerblading. This means the instructor will expect each participant to have the knowledge of some basic skating techniques, falling and stopping techniques prior to the first session.
- If you are looking to learn how to rollerblade, we recommend signing up for Rollerblading 101. This program is geared towards beginners.
- Safety is our primary concern; please know that falling is likely during these programs. Our instructors will do their best to ensure a safe and fun time while skating or boarding, but understand that there is risk involved. All safety equipment listed in the program description is **mandatory** and required to help prevent injury.

**If you have any additional questions, contact Daniel O'Connor at 732-542-1642, ext. 26.**

## T-BALL

### T-Ball

(ages 4-5)

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

**Four Sessions \$50.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 9-30 10:00-10:55 AM ..... XFZ23A**

**Sat, Jul 9-30 11:00-11:55 AM ..... XG023A**

**Sun, Jul 10-31 9:00-9:55 AM ..... XG223A**

**Sun, Jul 10-31 10:00-10:55 AM ..... XG323A**

### 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 either "T-Ball" (above) or "T-Ball with Me & Dad/Mom" (p. 25) is suggested.

**Four Sessions \$50.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 9-30 12:00-12:55 PM ..... XG123A**

**Sun, Jul 10-31 11:00-11:55 AM ..... XG423A**



## TENNIS

### 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 \$44.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 11-14 9:00-9:55 AM ..... XGK23A**

**Mon-Thu, Jul 11-14 10:00-10:55 AM ..... XGM23A**

**Mon-Thu, Jul 18-21 9:00-9:55 AM ..... XGP23A**

**Mon-Thu, Jul 25-28 9:00-9:55 AM ..... XGS23A**

**Mon-Thu, Aug 1-4 9:00-9:55 AM ..... XGV23A**

**Mon-Thu, Aug 1-4 10:00-10:55 AM ..... XGW23A**

**Mon-Thu, Aug 8-11 10:00-10:55 AM ..... XGY23A**

### 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 \$44.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 11-14 11:00-11:55 AM ..... XGN23A**

**Mon-Thu, Jul 18-21 10:00-10:55 AM ..... XGQ23A**

**Mon-Thu, Jul 18-21 11:00-11:55 AM ..... XGR23A**

**Mon-Thu, Jul 25-28 10:00-10:55 AM ..... XGT23A**

**Mon-Thu, Aug 1-4 11:00-11:55 AM ..... XGX23A**

**Mon-Thu, Aug 8-11 11:00-11:55 AM ..... XGZ23A**

### 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 \$44.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 25-28 11:00-11:55 AM ..... XGU23A**

**Mon-Thu, Aug 8-11 12:00-12:55 PM ..... XH023A**

# Monmouth County Fair

*Monmouth County's First Agricultural Fair!*



Entertainment • Rides by Campy's Blue Star Amusements  
 4-H Shows & Exhibits • Live Music on the Main Stage • Robinson's Racing Pigs  
 Bwana Jim Wildlife Show • Hilby the Skinny German Juggle Boy  
 Ready GO Dog Show • The Raptor Project Birds of Prey • Horse Shows  
 Hell on Wheels BMX Stunt Show • Living History Displays  
 Home & Garden Demonstrations & Displays  
 Monmouth County Park System Interactive Display  
 Commercial Vendors • Delicious Food Vendors • And So Much More!

**Admission: \$8.00, Children 17 and under enter FREE • FREE Parking**

**Wednesday,  
 July 27**

**4:00-11:00 PM**

- Opening Night Fireworks (*weather dependent*)
- Firemen's Competitions
- Hell on Wheels BMX Stunt Show
- The Raptor Project Birds of Prey
- Ready GO Dog Show
- Bwana Jim Wildlife Show
- Robinson's Racing Pigs
- Hilby the Skinny German Juggle Boy
- **Main Stage: The Haven**



**Thursday,  
 July 28**

**4:00-11:00 PM**

- Hell on Wheels BMX Stunt Show
- The Raptor Project Birds of Prey
- Ready GO Dog Show
- Bwana Jim Wildlife Show
- Robinson's Racing Pigs
- Hilby the Skinny German Juggle Boy
- **Main Stage: The Chuck Lambert Band**



**Friday,  
July 29**

**4:00-11:00 PM**

- Hell on Wheels BMX Stunt Show
- The Raptor Project Birds of Prey
- Ready GO Dog Show
- Bwana Jim Wildlife Show
- Robinson's Racing Pigs
- Hilby the Skinny German Juggle Boy
- **Main Stage: Yasgur's Farm**



**Saturday,  
July 30**

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

- Hell on Wheels BMX Stunt Show
- The Raptor Project Birds of Prey
- Ready GO Dog Show
- Bwana Jim Wildlife Show
- Robinson's Racing Pigs
- Hilby the Skinny German Juggle Boy
- **Main Stage: Waiting on Mongo**



**Sunday,  
July 31**

**11:00 AM-  
6:00 PM**

- Hell on Wheels BMX Stunt Show
- The Raptor Project Birds of Prey
- Ready GO Dog Show
- Bwana Jim Wildlife Show
- Robinson's Racing Pigs
- Hilby the Skinny German Juggle Boy
- Funny Factory Clown Band
- **Main Stage:**
  - Dark City Strings
  - School of Rock - Red Bank



**A County-Wide Event for All Ages!**

**For More Information:**

**732-842-4000, ext. 4312 • [info@monmouthcountyparks.com](mailto:info@monmouthcountyparks.com)**

**[www.MonmouthCountyFair.com](http://www.MonmouthCountyFair.com)**

**ACTIVE ADULTS 55+****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 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. Reclined poses will be done poolside. Bring a mat, towel and drinking water.

Instructor: Tiffany McCann, Live Grace Yoga

**Ten Sessions \$90.00 Per Person**

Big Brook Pk Main Pool

**Thu, Jul 21-Aug 25 11:00 AM-12:00 PM... XKF23A**

**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. Please note the starting time of your hike.

Location Varies Week to Week

**Level 1**

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

**Nine Sessions \$41.00 Per Person**

**Tue, Jul 5-Aug 30 8:30-10:00 AM ..... D2523A**

**Thu, Jul 7-Sep 1 9:30-11:00 AM ..... D2623A**

**Level 2**

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

**Nine Sessions \$54.00 Per Person**

**Wed, Jul 6-Aug 31 9:30-11:30 AM ..... D2723A**

**Thu, Jul 7-Sep 1 8:30-10:30 AM ..... D2823A**

**Fri, Jul 8-Sep 2 8:30-10:30 AM ..... D2923A**

**Level 3**

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

**Nine Sessions \$54.00 Per Person**

**Tue, Jul 5-Aug 30 8:30-10:30 AM ..... D3023A**

**Level 4**

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

**Eight Sessions \$48.00 Per Person**

**Mon, Jul 11-Aug 29 8:30-10:30 AM ..... D3123A**

**Zumba Gold***(ages 55 and up)*

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

Instructor: Eryka Andrex

**Four Sessions \$52.00 Per Person**

Dorbrook Rec Area Act Ctr

**Sat, Jun 4-25 10:00-11:00 AM..... XK123A**

**ARTS & CRAFTS****CERAMICS & POTTERY****Advanced Wheel-Thrown Pottery***(adults)*

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes. Please note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The park system reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

**Seven Sessions \$185.00 Per Person**

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

**Tue, Jul 5-Aug 16 7:00-10:00 PM ..... Z5823A**

Instructor: TBA

**Thu, Jul 7-Aug 18 6:30-9:30 PM ..... Z5923A**



## All Level Pottery Classes

(adults)

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

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

**Seven Sessions \$185.00 Per Person**

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

**Tue, Jul 5-Aug 16 9:00 AM-12:00 PM ..... Z7223A**

Instructor: TBA

**Tue, Jul 5-Aug 16 4:00-7:00 PM ..... Z7323A**

Instructor: Joanne Traskiewicz

**Wed, Jul 6-Aug 17 9:00 AM-12:00 PM. .... Z7423A**

**Wed, Jul 6-Aug 17 1:00-4:00 PM. .... Z7523A**

Instructor: Laura Copeland

**Wed, Jul 6-Aug 17 6:30-9:30 PM. .... Z7623A**

Instructor: Joyce Nokes

**Fri, Jul 8-Aug 19 9:00 AM-12:00 PM ..... Z7723A**

**Fri, Jul 8-Aug 19 1:00-4:00 PM ..... Z7823A**

Instructor: John Fossa

**Sat, Jul 9-Aug 20 11:30 AM-2:30 PM. .... Z7923A**

Instructor: Laura Copeland

**Mon, Jul 11-Aug 29 9:00 AM-12:00 PM ... Z8023A**

*No class 8/22*

Instructor: Helen Cole

**Mon, Jul 11-Aug 29 1:00-4:00 PM ..... Z8123A**

*No class 8/22*

Instructor: Brian Farro

**Mon, Jul 11-Aug 29 6:00-9:00 PM ..... Z8223A**

*No class 8/22*

## Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own handbuilt creations. Class includes 25 lbs. of clay, glazes and firings. Please note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The park system reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

**Seven Sessions \$185.00 Per Person**

Thompson Pk Creative Arts Center

Instructor: Helen Cole

**Wed, Jul 6-Aug 17 1:00-4:00 PM. .... Z4623A**

Instructor: Kathy Bennett

**Wed, Jul 6-Aug 17 6:30-9:30 PM. .... Z4723A**

## Hand-Built Ceramic Mug

(adults)

Enjoy the satisfaction of drinking your coffee or tea from a mug made by your own hands. In this workshop you will create a mug with a handle using traditional hand-building ceramic techniques and stoneware clay. This is a perfect introduction to clay and a fun way to spend the afternoon. Pieces will be kiln fired and ready for pick up in about two weeks.

Instructor: Mary Leather

**One Session \$40.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Jun 25 1:00-3:30 PM ..... Z8523A**

## Raku Pottery

(adults)

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

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

Instructor: Christina Carlson

**Seven Sessions \$185.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Jul 7-Aug 18 9:30 AM-12:30 PM ..... Z5323A**

## DRAWING & PAINTING

### A Day with the Impressionists

(adults)

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

Instructor : Debra Stasiak, Founder of Aspiring Artists

**One Session \$38.00 Per Person**

Thompson Pk Creative Arts Center

Picasso's The Doves

**Sat, Jun 4 2:00-5:00 PM ..... Z6923A**

Monet's Poppy Field in a Hollow near Giverny

**Sat, Jun 11 2:00-5:00 PM ..... Z7023A**

van Gogh's Three Sunflowers in a Vase

**Sat, Jun 18 2:00-5:00 PM ..... Z7123A**

### A Journey in Botanical Illustration

(adults)

Learn the art of botanical illustration while enjoying the natural beauty of our park system. This new 3 day series takes an in depth look at the art of botanical illustration. We'll start our journey onto the trails with a park system naturalist to learn about native plants: including their medicinal properties, uses and unique features. From there, we'll come indoors to have the opportunity to learn the basics of how to capture likenesses of plants. Each class will look at this art form from a different angle, examining different mediums and concepts. Hikes will offer a few new grouping of plant species as the focus of the week.

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

Naturalist: Blake Beyer; Artist/Instructor: Katie Stone

**Three Sessions \$90.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Jun 1-15 10:00 AM-1:00 PM ..... Z0123A**

### 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 \$98.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Jul 5-Aug 16 6:30-8:30 PM ..... Z5423A**

No class 7/26

**Thu, Jul 7-Aug 18 6:30-8:30 PM ..... Z5523A**

No class 7/28

**Fri, Jul 8-Aug 19 10:00 AM-12:00 PM ..... Z5623A**

No class 7/29

### Drawing Fundamentals

(adults)

Most people would love to learn how to draw. In this class, you will learn fundamental techniques which will allow you to draw any subject matter. Whether you are beginning or advanced, this class will help you enhance your skills. You will learn how to see light on form, become comfortable using drawing materials, learn about values and how to draw with more accuracy.

Artist/Instructor: Lauren Rosenblum

**Six Sessions \$125.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Jul 14-Aug 18 4:00-6:00 PM ..... Z6523A**

### Dyeing Fabric In and Out

(adults)

In this workshop you will learn about the various products and processes that can be used to create beautiful permanently dyed fabric. Participants will be given firsthand experience in this brand new technique of removing color from fabric as a design element. This technique is the perfect way to enhance any creation, whether you frame your works or incorporate them into a quilt, pillow or even wearable art! This class is great for beginners and advanced artists of all types. A supply fee of \$17.00 (cash) will be due to the instructor the first day of class.

Artist/Instructor: Lauren Rosenblum

**Two Sessions \$75.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Jun 7-14 1:00-4:00 PM ..... Z6723A**

## Great Impressionism Workshop

(adults)

During this three week series, students will paint impressionistic renditions of classic summer images. Students will choose their own images and paint original renditions of the prints that they bring to class. Please bring an 8"x10" or 11"x14" canvas to each class. Acrylic paints are provided by instructor.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

**Three Sessions \$75.00 Per Person**

Thompson Pk Creative Arts Center

**Fri, Jun 3-17 10:00 AM-12:00 PM ..... Z5723A**

## 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

**Five Sessions \$81.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Jul 14-Aug 11 1:00-3:00 PM ..... Z3823A**

## Illustrating Birds: Summer Songbirds NEW

(adults)

The diversity of sounds and shapes of our native New Jersey songbirds makes them the perfect subject for any artist and birder alike. In this workshop, we'll begin with a park naturalist learning about our native songbirds on site. After the hike, we move indoors to learn the art of ornithological (bird) illustration. Participants will develop an understanding of the proper approach to drawing birds. Class will cover pertinent features of this bird grouping including feathers, markings, and anatomical form. Some drawing experience is a plus, but not a necessity.

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

Naturalist: Paul Mandala; Artist/Instructor: Katie Stone

**One Session \$38.00 Per Person**

Thompson Pk Creative Arts Center

**Thu, Jun 16 8:00-11:00 AM ..... Z4123A**

## Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

**Five Sessions \$81.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Jul 12-Aug 9 9:00-11:00 AM ..... Z3723A**

# THE GALLERY

at Thompson Park Creative Arts Center



**The Gallery at the Thompson Park Creative Arts Center, Lincroft, offers a variety of fine art exhibits from talented local artists throughout the year. Details on upcoming exhibits are available on our website.**

**[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)**

## Painting: All-Level

(adults)

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

Artist/Instructor: Katie Stone

**Five Sessions \$81.00 Per Person**

Thompson Pk Creative Arts Center

**Tue, Jul 12-Aug 9 11:30 AM-1:30 PM ..... Z3523A**

**Tue, Jul 12-Aug 9 2:00-4:00 PM ..... Z3623A**

## Pollinator Garden Painting Workshop

(adults)

Wildflowers are some of nature's most beautiful treasures. In this outdoor workshop, you'll have the chance to sit and observe the Huber Woods Pollinator Garden. Under the guidance of an instructor, you'll create a wonderful painting of native flowers, pollinators, and more! All materials provided.

Instructor: Eileen Bolognese

**One Session \$30.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Thu, Jul 28 9:30 AM-12:30 PM ..... IMR23A**

## Still Life Oil Painting for Beginners

(adults)

Creating beautiful still life paintings can be a challenge without the appropriate techniques and approach. In this class, students will learn the basics of this art form; covering fundamentals, such as preparing a canvas, planning composition, color mixing and application. This is the perfect class to begin your journey into this timeless artistic tradition. A supply list will be provided upon registration.

Artist/Instructor: Jane Manco

**Six Sessions \$125.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Jul 13-Aug 17 6:30-8:30 PM ..... Z4523A**

## The Art of Entomology: Magnificent Moths

(adults)

New Jersey is home to some of the most splendid and exotic insects. Every summer season, silk moths emerge in our parks. We begin the class with an hour and a half painting workshop: learning how to tackle elaborate patterns with accuracy, believability, and symmetry, capturing appropriate proportions, and building up an underpainting. We end the class outside searching out these beautiful moths in their nighttime habitat, learning about them and their unique roles in our ecosystem from a park naturalist. Some painting experience is preferable, but not a necessity.

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

**One Session \$38.00 Per Person**

Naturalist: Paul Mandala; Artist/Instructor: Katie Stone

Thompson Pk Creative Arts Center

**Wed, Jul 13 6:30-9:30 PM ..... Z4223A**

## 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 color theory, drawing and composition, 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 \$120.00 Per Person**

Thompson Pk Creative Arts Center

**Mon, Jul 11-Aug 15 6:00-9:00 PM ..... Z4023A**

*Teachers and staff are very pleasant and helpful. Thank you for providing such great creative programs.*

## KNITTING &amp; 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 materials fee of \$5.00 is due to the instructor at the start of class.

Artist/Instructor: Jennifer Santa Maria

**One Session \$29.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Jul 20 5:00-7:00 PM..... Z3923A**

**Hooks and Needles Club***(adults)*

Do you crochet, knit or weave? Join the Deep Cut Gardens "Hooks and Needles" club. Every Wednesday afternoon, knitters, hookers, and weavers come to Deep Cut to relax, work on projects and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or, you might make a quick hat or scarf in just one session. Bring your supplies and your companionship and we'll provide the space.

Deep Cut Gardens Horticultural Center

**Four Sessions \$5.00 Per Person**

**Wed, Jul 6-27 1:00-3:00 PM..... H2723A**

**Five Sessions \$6.25 Per Person**

**Wed, Jun 1-29 1:00-3:00 PM..... H2823A**

**Wed, Aug 3-31 1:00-3:00 PM..... H2423A**

## MISCELLANEOUS

**Beginner Soapmaking***(adults)*

Roll up your sleeves and begin making cute, artistic and novelty soap with natural melt and pour soap base. Techniques taught include mosaic soap bar (a stained-glass effect), and your choice of loofah soap or a botanical soap bar. Unleash your creativity by customizing your soaps with color, fragrance and other additives such as herbs. This hands-on class is a great start to the world of soapmaking. Please bring a 16oz (or more) Pyrex mixing bowl and a shirt to protect your clothing. A supply fee of \$20.00 is to be paid to instructor upon arrival.

**One Session \$60.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Sat, Jun 4 11:00 AM-12:30 PM ..... A4323A**

**Tue, Jun 7 11:00 AM-12:30 PM ..... A4423A**

**Thu, Aug 11 1:30-3:00 PM ..... A4523A**

**Framing Can Be Easier and Cheaper Than You Think!***(adults)*

This information packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. During these two hours you will learn: 1) how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media, 2) how to correctly wire your work to hang safely and securely, 3) how to create a "Basic Framing Tool Kit," and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

**One Session \$38.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Jul 27 10:00 AM-12:00 PM..... Z8323A**

**Handmade Incense with Clay Holder** *(adults)*

Learn the basics of making your own natural incense and discover how to create custom scents from your own spice cabinet. We will make approximately eight cones or joss sticks. Each participant will also use hand-building clay techniques to make one personal incense holder that will be kiln fired and ready to pick up about a week after the program.

Instructor: Mary Leather

**One Session \$40.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Jul 16 1:00-4:00 PM..... Z8423A**

## MIXED MEDIA

### Gelli® Printing Plate Mixed Media Workshop

(adults)

Introducing the Gelli® printing plate! We will create unique papers in a similar color scheme. Then we will use our papers to collage and embellish a home decor item. Students are required to purchase their own 8 x 10 or 5 x 7 Gelli® plate and a speedball rubber brayer. All other supplies are included.

Instructor: Monique Topp

**One Session \$55.00 Per Person**

Henry Hudson Trail Act Ctr

**Sat, Jul 9 12:30-5:30 PM ..... A7923A**

### Kitchen Art

(adults)

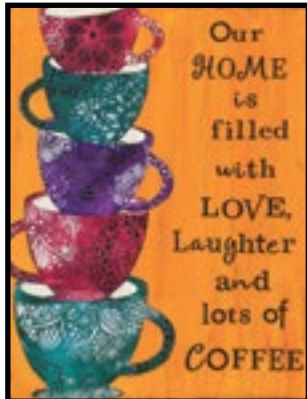
Using primarily paint and stencils, we will create the background and focal point of the canvas. We will also add a phrase and additional embellishments to finish the project. Theme choices will be coffee, cake or tea. All supplies are included to complete an 11'x14' canvas.

Instructor: Monique Topp

**One Session \$45.00 Per Person**

Henry Hudson Trail Act Ctr

**Sat, Jun 4 12:00-4:00 PM ..... A7723A**



### NJ Mixed Media Canvas

(adults)

Create a unique piece of art for your home with your city name, exit number, zip code or NJ phrase. In this class, we paint the background of a 10"x20" or 16"x20" canvas. Then we will cut out each county from unique papers, collage them to a template and then onto our canvas. We will finish the canvas with a phrase and heart to reference your city's location. All supplies are included.

Instructor: Monique Topp

**One Session \$45.00 Per Person**

Henry Hudson Trail Act Ctr

**Sat, Aug 6 12:00-4:00 PM ..... A7823A**

## PHOTOGRAPHY

### Mobile Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. Either an iOS or Android device is required. A digital camera with WiFi, in addition to your mobile device, is optional.

Instructor: Gary Dates

**Three Sessions \$48.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Aug 6-20 10:30 AM-12:30 PM ..... ZA023A**

### Photography - Digital SLR 2

(adults)

This class is specifically designed for those who have participated in the "Meet Your DSLR" class at Thompson Park or anyone with a basic understanding of the so-called "exposure Triangle": shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode. Please consult photography instructor Gary Dates for camera eligibility (gary@garydatesphotos.com.)

**Four Sessions \$56.00 Per Person**

Thompson Pk Creative Arts Center

**Wed, Jul 27-Aug 17 6:30-8:30 PM ..... Z6623A**

### Photography - Meet Your Digital SLR\*

(adults)

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations. Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with the instructor, Gary Dates at gary@garydatesphotos.com to make sure you have a qualifying camera.

**Six Sessions \$84.00 Per Person**

Thompson Pk Creative Arts Center

**Sat, Jun 11-Jul 23 10:00 AM-12:00 PM .... Z6323A**

No class 7/2

## 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. Classes will be held at a shelter building and may be cancelled due to severe weather.

Instructor: Loni Lucina

**Seven Sessions \$84.00 Per Person**

[Big Brook Pk Elsas Lodge](#)

**Tue, Jun 14-Jul 26 7:15-8:15 PM.....QA423A**

**Sat, Jun 18-Aug 6 9:45-10:45 AM.....QA523A**

*No class 7/2*

### Dog Obedience: Canine Good Citizen Class (CGC)

(ages 17 and up)

This class is designed to prepare your dog to take the American Kennel Club's Canine Good Citizen (CGC) test. The curriculum will review each AKC testing requirement while providing the opportunity for you to practice and strengthen your dog's skills. The CGC test will be offered to all dogs successfully completing this class. Prior completion of the Basic Obedience class is strongly encouraged. Classes will be held at a shelter building and may be cancelled due to severe weather.

Instructor: Loni Lucina

**Seven Sessions \$84.00 Per Person**

[Big Brook Pk Elsas Lodge](#)

**Sat, Jun 18-Aug 6 11:00 AM-12:00 PM....QA723A**

*No class 7/2*



### Dog Obedience: Pint-Sized Pooches

(ages 17 and up)

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

Instructor: Loni Lucina

**Seven Sessions \$84.00 Per Person**

[Big Brook Pk Elsas Lodge](#)

**Tue, Jun 14-Jul 26 6:00-7:00 PM.....QA323A**

### Dog Obedience: Puppy Kindergarten

(ages 17 and up)

This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies 8 weeks to 5 months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class. Classes will be held under outdoor tent cover and may be cancelled due to severe weather.

Instructor: Loni Lucina

**Seven Sessions \$84.00 Per Person**

[Big Brook Pk Elsas Lodge](#)

**Sat, Jun 18-Aug 6 8:30-9:30 AM.....QA623A**

*No class 7/2*

*Loni presented as a knowledgeable, dedicated trainer who cared about the owner's experience just as much as our dogs!*

## CULINARY ARTS

### Best Burgers EVER!

(adults)

Around the country people are daring to experiment with that iconic American classic – the burger. Dare to join them and ditch the beef in favor of pork, turkey or seafood. Add your favorite flavor profiles – like American Classic, Latin or Asian – almost any cuisine you can name. The Chef will give you the culinary skills to create a heavenly bite for your taste buds, as we mix it up to create the best burgers ever!

Menu: Stephen's Salmon Burger with Old Bay Remoulade, Italian Pork Burger and Sesame-Ginger Chicken with Honey Soy Glaze

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Thu, Jul 7 6:00-8:30 PM.....M5723A**

### Buttercream Flowers

(adults)

Create roses, daisies, primroses and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers and flower nails. This detail-oriented class is a little more advanced and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

**One Session \$60.00 Per Person**

Dorbrook Rec Area Vis Ctr

**Mon, Jul 11 6:00-8:00 PM.....A8023A**

### 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.

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 7 6:00-8:30 PM.....M5423A**

### Catch of the Day: Grilling Edition

(adults)

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

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

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$59.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Thu, Jun 9 6:00-8:30 PM.....M5523A**

### Classic BBQ Recipes You Should Know

(adults)

These are the classics! We will start with simple side dishes of coleslaw and watermelon salad. Then we'll grill up some bratwursts and buttery corn. Next we'll discuss the merits of dry rub vs. marinade and cook samples of each: a spicy sesame chicken and an ancho tequila chicken. For our three main courses: grilled honey mustard basted pork tenderloin, zesty garlic marinated flat iron steak, and lime and cilantro flavored shrimp. For dessert it's strawberry ice cream! Purchasing, basting, off-heat cooking, sauces, dry-rubs, carving and serving will be discussed. Summer is almost here, so learn how simple preparation of these classics will pay yummy dividends in the backyard for you and your guests! So, sit back, relax and enjoy what is cooked for you tonight during this demonstration format class.

Instructor: Chef Peter De Celie

**One Session \$50.00 Per Person**

Dorbrook Rec Area Barnview Shelter Bldg

**Tue, Jun 14 6:00-9:30 PM.....A7623A**

### 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: Grilled Summer Ratatouille, Gazpacho Reinvented and Summer Fruit Parfait

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

**One Session \$55.00 Per Person**

Fort Monmouth Rec Ctr Kitchen

**Tue, Jul 5 6:00-8:30 PM.....M5623A**

## EDUCATION & ENRICHMENT

### Boat America

(ages 13 and up)

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

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

**One Session \$75.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Sat, Jun 11 8:30 AM-5:00 PM..... Q0923A**

**Sat, Jul 9 8:30 AM-5:00 PM ..... Q1023A**

### Getting Paid to Talk

(adults)

This upbeat and realistic introduction to the field of Voice Acting is appropriate for anyone who is in any way curious about the voice over field or has been told they have a good voice. Students have the opportunity to record a script under the direction of a producer and have it played back at the end of the session.

**One Session \$25.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Mon, Jun 13 6:30-9:00 PM ..... A0123A**

**Tue, Aug 2 6:30-9:00 PM..... A4623A**

### Relax, Play, Learn DIY Handicrafts

(adults)

Find a craft that relaxes you, takes away your stress, and keeps away the boredom. Join a community of DIY crafters and get creative trying out an array of handicrafts. Knit, knot, stitch, or embroider. Make decor for your home, handmade cards, something unique with air-dry clay, and many more ideas. Best of all you'll learn a new skill in the serene setting of our garden.

**Six Sessions \$125.00 Per Person**

Deep Cut Gardens Horticultural Center

**Tue, Jun 14-Aug 23 6:00-7:15 PM ..... H2023A**

### 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 13 6:30-10:00 PM..... Q9223A**

**Mon, Jul 18 6:30-10:00 PM ..... Q9323A**

**Mon, Aug 15 6:30-10:00 PM ..... Q9423A**

### Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

**One Session \$65.00 Per Person**

Freneau Wds Pk Vis Ctr Program Room 2

**Sat, Jun 25 10:00 AM-12:30 PM ..... Q9923A**

**Sat, Aug 27 10:00 AM-12:30 PM..... QA023A**

Thompson Pk Vis Ctr Beech Room

**Tue, Jun 7 7:00-9:30 PM ..... Q9523A**

**Tue, Jul 5 7:00-9:30 PM..... Q9623A**

**Sat, Jul 16 10:00 AM-12:30 PM..... Q9723A**

**Mon, Aug 1 7:00-9:30 PM..... Q9823A**

## HEALTH &amp; WELLNESS

**Chakra Bowls Meditation***(adults)*

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program we will learn about 7 of the wheel houses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided. Please note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

**Four Sessions \$45.00 Per Person**

Freneau Woods Park Vis Ctr Program Room 1

**Thu, Jun 16-Jul 7 7:00-8:00 PM..... Q1823A****Morning Meditation at Freneau Woods Park***(adults)*

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will begin with exercises in breath control, focus, imagery and basic Reiki techniques. We will then take a quiet walk in the tranquil woods of Freneau Woods Park (weather permitting). Feel free to bring a light breakfast to share after class and enjoy in the park.

**Four Sessions \$50.00 Per Person**

Freneau Wds Pk Vis Ctr Program Room 1

**Tue, Jun 14-Jul 12 9:00-10:30 AM ..... Q9123A***No class 7/5***T'ai Chi Chih Joy Thru Movement®***(adults)*

This is a great way to learn more about Tai Chi Chih! The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner. If the weather permits, we will hold class outdoors.

**Two Sessions \$45.00 Per Person**

Manasquan Res Vis Ctr Program Room 1

**Thu, Aug 4-18 6:15-7:45 PM ..... A7023A***No class 8/11*

Thompson Pk Vis Ctr Tulip Room

**Tue, Aug 9-16 6:15-7:45 PM ..... A6923A****Tai Chi Chih® Discipline - Joy Through Movement***(adults)*

The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Instructor: Dan Pieniac, International Teacher Trainer

**Four Sessions \$72.00 Per Person****Begin or Review!**

This class is both an initial exposure for the new student and a review for the returning student.

Manasquan Res Vis Ctr Program Room 1

**Thu, Jun 16-Jul 7 6:30-8:00 PM..... A6623A**

Dorbrook Rec Area Vis Ctr

**Fri, Jul 15-Aug 12 10:30 AM-12:00 PM .... A6723A***No class 8/5***Mon, Jul 25-Aug 15 10:30 AM-12:00 PM .. A6823A****CORNHOLE TOURNAMENT****June 4, 2022****Dorbrook Recreation Area, Colts Neck***All proceeds benefit the Friends of the Monmouth County Park System, Inc.**Pre-registration is required.**Visit [www.FriendsOfMonmouthCountyParks.org](http://www.FriendsOfMonmouthCountyParks.org) to register.*

**FRIENDS of the  
Monmouth County  
Park System, Inc.**

## HORTICULTURE

### Edible Flowers

(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 \$30.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Jun 18 9:30-10:45 AM ..... H0923A**

### Edible Garden Tour

(adults)

Gardeners learn from one another and you are our neighbors so let's have fun sharing wisdom! Come and get a brief overview of the edible garden, while we explore the bounty of herbs, vegetables, leafy greens, and flowers alike. There will be plenty of time for questions and how-to (s), tasting, and exploration.

**One Session \$9.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Aug 5 9:00-10:00 AM ..... H2523A**

**Sat, Aug 6 9:00-10:00 AM ..... H2623A**

### 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 \$35.00 Per Person**

Deep Cut Gardens Horticultural Center

**Wed, Aug 17 9:30-11:30 AM ..... H1023A**

**Sat, Aug 27 9:30-11:30 AM ..... H1123A**

### Garden Happy Cats and Dogs

(adults)

Did you know that you can grow supportive botanicals for your pets? Mother Nature's green pharmacy offers hundreds of herbs that are beneficial to domestic cats and dogs. Attending this class will give you a solid background on specific herbs and their uses and confidence so you can care for your furry friends in a safe and effective manner. Well-behaved cats and dogs are welcome to attend the class.

**One Session \$30.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Jul 17 9:00-10:00 AM ..... H1923A**

### Gardening for Caterpillars – Native Woody Host Plants

(adults)

A landscape that provides for pollinators not only has flowers for adults, but also feeds their young – the caterpillars. Learn about the native woody plants that support many of our pollinators when they are juveniles and become familiar with some of our favorite insects in their larval stage.

**One Session \$12.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Jun 26 10:30 AM-12:00 PM ..... H0723A**

### Hellstrip Transformation and Curb Appeal

(adults)

Join us as we share helpful tips and professional advice on converting that lonely space between the sidewalk and the street aka the "hellstrip" into a productive, sustainable, and prettier garden.

**One Session \$26.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Jun 24 4:00-6:00 PM ..... H3023A**

**Sat, Jul 16 9:30-11:30 AM ..... H3123A**

## Deep Cut Gardens Open House

**Saturday, June 4, 10:00 AM-2:00 PM**

Deep Cut Gardens, Middletown

Celebrate Deep Cut Gardens, your community treasure!

Our wonderful park is in full glory with displays and colorful gardens in peak bloom.

Our Open House will feature:

- Garden tours
- Demonstrations
- Children's activities
- And more!

# Garden Corner

## Yarrow

(*Achillea millefolium*)

Native to North America, yarrow grows to about three feet tall with alternating leaves of varying size that give a fern-like appearance, and flower heads atop long stems, each with 20-25 small flowers.



## Planting

This summer blooming perennial requires full sunlight and prefers drier locations. Yarrow will grow quickly and has been known to live for approximately 10 years. In winter it will die back to the crown, and in spring will grow from the base.

## High Maintenance

Due to self-seeding and how easily yarrow spreads, gardeners will want to take regular care. However, simple maintenance measures are all you need, such as cleaning up your plants in early spring before growth resumes and pruning to keep the its spread manageable for your garden space as needed.



## Pollinators

The white or pink flowers of the yarrow attract bees, butterflies and hummingbirds.

## Not Just for Gardens

Yarrow can also be planted in outdoor pots or containers. Because of its growth rate and spreading, it's best used as the "spiller" plant along the edges of your containers.

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](http://www.MonmouthCountyParks.com).



### Help with Hydrangeas **NEW**

(adults)

Hydrangeas are amongst the best-loved flowering shrubs and vines with their long-lasting blooms and soft colors. Keeping up with their growing needs and care doesn't have to be overwhelming. In this session, we will demystify the selection, care, and culture of hydrangeas by offering you "hands-in-the-soil" advice so you can be confident in caring, pruning, and celebrating their beauty.

**One Session \$25.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Jul 10 10:00-11:45 AM..... H1623A**

### Introduction to Ornamental Grasses **NEW**

(adults)

Ornamental grasses are the quintessential component of the American garden. They come in a huge variety of shapes, sizes, and textures and are very easy to grow with many remaining beautiful even throughout the winter. Learn which of these low-maintenance plants are well-suited for your landscape.

**One Session \$26.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Jul 8 4:00-6:00 PM..... H3223A**

**Sat, Jul 23 9:30-11:30 AM..... H3323A**

### Mobsters and Mayhem **NEW**

(adults)

Join a local historian on a tour of our garden and learn about its rich history. Enjoy a fun-filled and entertaining evening touring the estate, including a special signature mocktail while we share our prohibition-era stories with you.

**One Session \$25.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Jul 30 4:00-6:00 PM..... H2223A**

### Presto Garden Pesto **NEW**

(adults)

We love basil pesto! Have you ever wondered what would happen to its flavor if you used other herbs and vegetables than basil? If you dare to try, check out our seasonal plant-based takes on "garden pesto". We will compare standard Genovese basil pesto to arugula, mint, seasonal leafy greens even red pepper pestos. We will provide pesto samples offering inspiration and creative ways to use these ingredients in recipes. Experience the satisfaction of making your own pesto with fresh herbs from right outside your kitchen window all summer long!

**One Session \$30.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Aug 28 10:00-11:15 AM..... H2323A**

### Rose Growing Tips **NEW**

(adults)

Roses outperform every other kind of garden plant in the number of flowers they produce, in the length of their blooming season, and in their normal life expectancy. Meet the world's best-known and most popular ornamental plant and let us introduce you to its secrets. Roses have an irresistible combination of elegance and charm, thorny strength, and satin-petaled delicacy, and their blooms come forth in a wonderful variety of colors, sizes, shapes and fragrances.

**One Session \$25.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Jun 5 10:00-11:45 AM..... H1523A**

## Rosewater, Rose Bathsoaks, Rose Salves, and Rosepetal Jam NEW

(adults)

This wild rose skincare workshop will reveal traditional uses of rose petals for DIY cosmetics, syrups, tinctures, salves and jam, as well as each of their health benefits. Participants will be making bath salts followed by a facial serum suitable for all skin types. There will be rose tea to drink throughout the class and a sweet rose petal jam-making demonstration - recipes provided. The knowledge acquired in this workshop will empower you to create your own organic, natural and chemical-free rose-inspired products that are safe and nourishing for you and your family.

**One Session \$40.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sat, Jun 11 10:00-11:45 AM..... H2123A**

## Summer Camp for House Plants NEW

(adults)

This summer don't forget your house plants! Instead, show them some much-deserved love and affection with these simple, summer care tips. Indoor plants, either tropicals or succulents, will greatly benefit from spending the warm season outside, and there are a few precautions needed to ensure success with summer camp. Join us to find out.

**One Session \$15.00 Per Person**

Deep Cut Gardens Horticultural Center

**Sun, Jun 12 10:00-11:00 AM..... H2923A**

## The Rose Garden NEW

(adults)

Tumbling masses of fragrant roses, a mix of climbing, shrub, old and English varieties, greet you in our historic rose garden. Full of soft pink and white blooms of Floribunda and hybrid tea roses, it's a romantic and beautiful retreat from the bustle of daily life. Join us for a guided sensory walk and enjoy the rich sights and scents.

**One Session \$15.00 Per Person**

Deep Cut Gardens Horticultural Center

**Fri, Jun 3 10:00-11:15 AM..... H1223A**

**Wed, Jun 8 10:00-11:15 AM..... H1323A**

**Thu, Jun 9 10:00-11:15 AM..... H1423A**

## Water Wise Gardening NEW

(adults)

The heat this time of year 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, wisely using our finite freshwater resources also becomes more essential. Explore gardening methods that help reduce the water needs of your property as well as the runoff that flows from your yard. 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, Aug 17 5:30-6:30 PM..... H0823A**

## Deep Cut Gardens 2023 Photography Exhibit Call for Entries

This year we are challenging all photographers to discover and capture the amazing colors of our garden.

**Exhibit Theme:** Under the Rainbow, A Kaleidoscope of Colors!

**Categories:** General Photography or Under the Rainbow, A Kaleidoscope of Colors

*Each photographer must choose to enter into one of the two divisions.*

**Entry Deadline:** November 30, 2022

*The exhibit will be on display at the Horticultural Center from January 3-31, 2023.*

*For more information and entry forms please visit the Deep Cut Gardens page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).*



## NATURE

**After Work Bird Walk***(adults)*

Join a Park System Naturalist for a laid-back evening bird walk. We'll meander through the parks to see what birds we can find in the afternoon light. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. Come prepared to walk 1-4 miles over varied terrain. Waterproof footwear and long pants and bug spray are recommended.

**One Session \$8.00 Per Person**

Holmdel Pk Shelter Bldg

**Thu, Jun 16 6:00-7:30 PM.....I2123A**

Manasquan Res Env Ctr

**Thu, Jul 14 6:00-7:30 PM .....I3723A**

Thompson Pk Marlu Lake

**Thu, Aug 11 6:00-7:30 PM .....I3823A****Ales and Trails***(ages 21 and up)*

Something is "brewing" as we pair two local treasures into one great experience! Tag along with a Park System Naturalist on an exciting 90-minute nature walk, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then, to celebrate after the program, participants can take a quick drive and join us for an optional picnic and beer tasting (pay on your own). Nature walk will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

**One Session \$12.00 Per Person**

Clayton Pk Emley's Hill Lot

**Sat, Jun 18 1:00-2:30 PM (approx).....IKY23A****Beach Chair Birding** *(all ages, under 18 with adult)*

Do you love the beach and bird watching? If so, this program is for you! Enjoy a relaxing morning at the beach and let the birds come to you. You don't even have to worry about being an expert, you will be joined by one of our knowledgeable park naturalists. A limited number of binoculars will be available to borrow if needed.

**One Session \$7.00 Per Person**

Bayshore Waterfront Pk

**Tue, Jul 19 8:30-9:30 AM (approx).....IMH23A****Mon, Aug 1 8:30-9:30 AM (approx).....IMJ23A****Mon, Aug 15 8:30-9:30 AM (approx).....IMK23A****Birding Conaskonk Point***(adults)*

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and sharp-tailed sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach, NJ, is an ideal location to view these wonderful migrants and summer visitors. Join a park naturalist for a walk through this specialized niche and possibly see many of these sometimes hard to locate birds. Wear your water proof boots as these areas will be damp.

**One Session \$8.00 Per Person**Conaskonk Point, Union Beach, Chingarora St./  
Edmunds Ave. (on street parking only)**Wed, Jun 15 6:00-7:30 PM .....I2023A****Sat, Jun 25 9:00-10:30 AM .....I2523A****Mon, Jul 11 9:00-10:30 AM .....I3123A****Fri, Jul 15 6:00-7:30 PM .....I3223A****Thu, Aug 4 9:00-10:30 AM .....I3323A****Fri, Aug 12 5:30-7:00 PM .....I3423A****SUMMER CAMP ISN'T JUST FOR KIDS!***Check out this brand new nature camp geared toward our adult birding enthusiasts.***Birding Boot Camp** *(adults)*

Retired and looking for something different to do this summer or just ready to take some time for yourself? If you love birds, this experience is for you. Each day we'll go in search of interesting and unusual birds on a hike at a different birding hotspot location throughout the state. Let us guide you to some new locations; field trip highlights include visiting endangered beach nesting bird sites and an egret and heron rookery. You will be glad you joined us for this eventful week of day-long trips. Bring your binoculars or borrow a set from us (limited number available) and we will bring a scope along as well. Sessions may be canceled due to inclement weather. Daily hiking totals will be roughly 2-6 miles per day.

**Five Sessions \$276.00 Per Person**

Thompson Pk Vis Ctr Walnut Room

**Monday-Friday, June 20-24, 8:00 AM-4:30 PM #I1823A**

## Butterfly Walks at Deep Cut Gardens

(adults)

Butterflies are exciting to see and fun to identify! And what better place to look for butterflies than beautiful Deep Cut Gardens! Bring your cameras! Closed-toe shoes, a hat and sunscreen are recommended. Paths are uneven, hilly and can be unpaved. Walks may be a mile or more. Program may be cancelled due to rain. Call 732-751-9453 for more information.

**One Session \$3.00 Per Person**

Deep Cut Gardens Outdoor Area

**Tue, Aug 9 9:00-10:00 AM .....I7523A**

**Fri, Aug 12 9:00-10:00 AM .....I7623A**

## Floral Folklore

**NEW**

(ages 14 and up, under 18 with adult)

What's in a name? Join a Park Naturalist as we dive into the stories and folklore of some of our most beloved native wildflowers. As we stroll the gardens of Huber Woods we will discover the story behind Queen Anne's lace, how hepatica got its name, and other fascinating facts about these beguiling blossoms.

**One Session \$6.00 Per Person**

Huber Wds Pk Env Ctr Parking Lot

**Thu, Jun 23 10:00-11:00 AM .....IN423A**

## 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 \$12.00 Per Person**

Huber Wds Pk Env Ctr Parking Lot

**Thu, Jul 7 10:00-11:30 AM .....I6923A**

Freneau Wds Pk Act Ctr Parking Area

**Fri, Jul 29 10:00-11:30 AM .....I7023A**

Thompson Pk Old Orchard Parking Lot

**Sat, Aug 6 10:00-11:30 AM .....I7123A**

Big Brook Pk Parking Lot

**Tue, Aug 9 10:00-11:30 AM .....I7223A**

## Free Summer Nature Walks

### Naturalist Walks at Winter Run Activity Center

(adults)

Join a Park System Naturalist at the new Winter Run Activity Center property, part of the beautiful Manasquan River Greenway and adjacent to the Manasquan Reservoir. Walks are approximately 45 minutes and a mile in length. Sturdy shoes and bug spray are highly recommended.

Winter Run Activity Center, 270 Southard Road, Farmingdale

**Friday, June 3, 3:30 PM • Sunday, June 19, 10:00 AM**

**Monday, July 11, 8:00 AM • Saturday, July 30, 10:00 AM**

**Friday, August 12, 6:30 PM • Sunday, August 28, 9:00 AM**

### 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 basis. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain, so please come dressed for the weather with appropriate footwear.

**The following Tuesdays at 9:00 AM:**

**June 14** at Big Brook Pk Main Parking Area

**June 28** at Manasquan Res Env Ctr Parking Area

**July 12** at Crosswicks Creek Pk Provinceline Rd Parking Area

**August 9** at Perrineville Lake Pk Agress Rd Parking Area

## Gentle Walks for Gentle Souls

(adults)

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

**One Session \$6.00 Per Person**

Deep Cut Gardens Outdoor Area

**Tue, Jun 14 9:00-10:15 AM (approx) . . . . . INR23A**

Sunnyside Rec Area Sunnyside Rd Parking Lot

**Tue, Jul 19 9:00-10:15 AM (approx) . . . . . INF22A**

Freneau Wds Pk Vis Ctr Parking Area

**Tue, Aug 16 9:00-10:15 AM (approx) . . . . . INS23A**

## Half Day Hike and Paddle

(adults)

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

**One Session \$45.00 Per Person**

Hartshorne Wds Pk Rocky Point Parking Lot

**Wed, Jun 1 9:00 AM-1:00 PM . . . . . IKR23A**

**Wed, Jun 15 9:00 AM-1:00 PM . . . . . IKQ23A**

## Huber Woods, Scudder Preserve, and the Brookdale Community College

### Meditation Garden Combo Tour

(adults)

Herbalist-author Liz Neves wonders, "When did we start thinking we were separate from nature?" Monmouth County is home to a wonderful diversity of native wildflowers. Travel via Park System minibus on our guided garden tours of Huber Woods Park, NJ Audubon Scudder Preserve, and Brookdale Community College to learn about the varied uses of everyday weeds and the amazing benefits of growing native in your backyard! Wear comfortable trail footwear.

**One Session \$20.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Mon, Jul 25 9:30 AM-12:30 PM . . . . . IMD23A**



## POLLINATOR GARDEN TOUR

(adults)

**Friday, July 29 & Friday, August 5,  
10:00-11:00 AM**



Manasquan Reservoir Environmental Center

This special garden is beautiful and designed to provide habitat for wildlife, especially pollinators and butterflies. Get a personal tour and learn about the native plants which make it a home.

Meet at the Environmental Center parking lot.

Program may be cancelled due to rain.

**Call 732-751-9453 for more information.**

## Kayak Crabbing

(adults)

Time for beautiful swimmers! After a full season of molting and growing, blue claw crabs should reach their largest size of the year now. We'll try scalping with pole nets and drop-lining for these delicious beautiful swimmers in the calm back waters of the Navesink River. No license is required for recreational crabbing, one bushel/person/day is the limit. Hard shell crabs must measure a minimum of 4.5 inches point to point. Please Note: Polarized sunglasses, sunscreen, water, and a hat are recommended. Weight limit for kayaks are 250 lbs for a single and a 400 lbs for a double. Remember to bring sunscreen and plenty of water. Not recommended for those with recent back, hip or wrist injuries. Participants will assist carrying their gear up and down from the launch site.

**One Session \$45.00 Per Person**

Hartshorne Wds Pk Claypit Creek Parking Lot

**Mon, Aug 29 9:00 AM-1:00 PM (approx) . . INM23A**

**Tue, Aug 30 10:00 AM-2:00 PM (approx) . . INN23A**

**Wed, Aug 31 10:00 AM-2:00 PM (approx) . . INP23A**

## Kayak Fishing for Fluke & Bass

(adults)

Fluke and striped bass are two of the most sought after game fish on the in New Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks along the Sandy Hook Bay in Middletown Township, at the Bayshore Waterfront Park's Pews Creek East Parking lot (adjacent to the marina). We will paddle out two miles and drift the bay with the goal of fishing some choice channels and holes with the beach in sight. With the help of tides, we will return to the shore with fish. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and the bait. Wear your sunscreen, floppy hat and water shoes, dress to get wet. A FREE NJ Saltwater Fishing Registration is required and you must have it with you. It is available at [www.nj.gov/dep/saltwaterregistry](http://www.nj.gov/dep/saltwaterregistry). This program has a limited number of spaces so register early and get ready to fish for fluke and bass.

**One Session \$48.00 Per Person**

**Monmouth Cove Marina Beach Parking Area**

**Tue, Jun 7 10:00 AM-3:00 PM ..... ING23A**

**Thu, Jun 9 11:00 AM-4:00 PM ..... INH23A**

**Tue, Jun 21 10:00 AM-3:00 PM ..... INJ23A**

**Wed, Jun 22 11:00 AM-4:00 PM ..... INK23A**

## Morning Bird & Wildlife Walks in Monmouth County

(adults)

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

**One Session \$6.00 Per Person**

**Big Brook Pk Parking Lot**

**Sat, Jun 11 9:00-10:00 AM(approx).....IND23A**

**Freneau Wds Pk Vis Ctr Parking Area**

**Sat, Jul 16 9:00-10:00 AM(approx).....INE23A**

**Bayshore Waterfront Pk Bay House**

**Sun, Aug 14 9:00-10:00 AM(approx).....INF23A**

## Drop-in Local Nature Lecture Series

(adults)

Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters and woods 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.

### Ospreys of Monmouth County

**Thursday, June 23, 7:00-8:00 PM**

**Bayshore Waterfront Pk Act Ctr**

Also known as fish hawks, ospreys are raptors that survive on a diet of 99 percent fish. Every spring and summer, they can be found across Monmouth County feeding in reservoirs, ponds, bays, and wherever else there are fish to be caught. Discover more about this amazing aquatic raptor from foraging for fish to raising a family to threats for its survival during this eye-opening presentation.

### Sharks of New Jersey

**Thursday, July 21, 7:00-8:00 PM**

**Bayshore Waterfront Pk Act Ctr**

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 so many more. Find out more about sharks such as why they are important to protect, why sharks are unique, and threats to sharks. Plus we will take a closer look at some shark species that are commonly found along the Jersey Shore including great whites. Not to be missed by any shark enthusiast.

### Box Turtles of Monmouth County

**Thursday, August 25, 7:00-8:00 PM**

**Freneau Wds Pk Vis Ctr**

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.

**Nature Journaling**  *(adults)*

We invite you to connect with nature and take inspiration from its wonders. Participants will have plenty of time to pick any subject they like and let their creativity flow in the form of sketches, poems, short stories and more. Afterwards, everyone will reconvene and have a lively discussion about what everyone created. Nature journals and art supplies are provided.

**One Session \$20.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Thu, Jun 23 5:00-6:30 PM..... IM723A****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 \$10.00 Per Person**

Clayton Pk Emley's Hill Lot

**Fri, Jun 3 9:30-11:00 AM..... I4823A**

Freneau Wds Pk Act Ctr Parking Area

**Fri, Jun 10 9:30-11:00 AM ..... I4923A**

Shark River Pk Shelter Bldg

**Tue, Jun 14 9:30-11:00 AM ..... I5023A**

Manasquan Res Env Ctr Parking Lot

**Wed, Jun 22 9:30-11:00 AM..... I5123A****Raising Monarch Butterflies: "How to" at Home or in the Classroom**  *(adults)*

Rearing monarchs butterflies from the egg to adult is a delicate and magical process. It requires dedication and know how. This program is designed for those who want to rear monarch butterflies in captivity for educational or conservation purposes. We will cover monarch life stages, cages, handling, feeding and general issues encountered. No live butterflies or caterpillars will be used during this program.

**One Session \$12.00 Per Person**

Thompson Pk Vis Ctr Beech Room

**Fri, Jun 24 10:00 AM-12:00 PM..... I5923A****Sat, Jun 25 10:00 AM-12:00 PM ..... I6023A****Summer Solstice Stroll** *(all ages)*

What better way to celebrate the first day of summer and longest day of the year, than being outside in nature? Join one of our Park System Naturalists for a stroll through Freneau Woods. Please bring water, wear comfortable walking shoes, and bug repellent is encouraged.

**One Session \$6.00 Per Person**

Freneau Wds Pk Vis Ctr Parking Area

**Tue, Jun 21 4:30-5:30 PM..... IN223A****Sunrise Summer Beachcombing** *(adults)*

Join a Park System Naturalist for a great way to start the day! Scanning the edge of Sandy Hook Bay for shells and other interesting finds that have washed in with the tide — sea shells, driftwood, sea glass, etc. The modern meaning of beachcombing is the leisurely act of strolling along the seashore and gathering and identifying interesting items. At the Bayshore Waterfront Park there is a remarkable selection of stuff that can be found, from mussels, moon shells and whelks to jingle shells, sea glass, bird feathers and more! Join us as we find treasures on the shore, while learning about the natural treasure of Sandy Hook Bay. Please bring your own container or cloth bag to collect items and wear shoes that can get wet, no bare feet.

**One Session \$8.00 Per Person**

Bayshore Waterfront Pk

**Sun, Aug 28 7:00-8:00 AM..... INC23A****Sunset Beach Combing** *(ages 4 and up, under 18 with adult)*

Did you know shells are nature's original tiny homes? Join one of our Park System Naturalists for a walk along the beach and learn about what organisms once lived inside the shells you find. Please wear closed-toe shoes and bring a reusable bag for shell collecting.

**One Session \$7.00 Per Person**

Bayshore Waterfront Pk

**Mon, Jun 6 7:30-8:30 PM (approx)..... IMW23A****Tue, Jun 14 7:30-8:30 PM (approx) ..... IMX23A**

## Sunset Kayak Tour of the Navesink

(ages 14 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, Park System 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 Pk Claypit Creek Parking Lot

**Sun, Jun 12 6:30-8:30 PM..... IKU23A**

**Sun, Jul 24 6:30-8:30 PM .....IKV23A**



## 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 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 of binoculars will be available to borrow if needed. All levels of birders are welcome.

**One Session \$5.00 Per Person**

Manasquan Res Vis Ctr

**Mon, Jun 13 7:00-8:30 AM.....I1923A**

Thompson Pk Marlu Lake

**Wed, Jul 13 7:00-8:30 AM.....I3523A**

Big Brook Pk Pond

**Wed, Aug 10 7:00-8:30 AM .....I3623A**

## Where Nature and History Converge:

### Huber Woods NEW

(adults)

Huber Woods, named for the family who generously donated their property to Monmouth County, is known to outdoor enthusiasts as a great place to enjoy nature. What is less known is the history of the land. Join a Park System Naturalist on a walk through the park that explores the nature and times past of the area. A brief tour of the former Huber summer home, now the Environmental Center, will be included. Come prepared to travel on dirt and cinder trails along moderate hills for 1 ½-2 miles.

**One Session \$14.00 Per Person**

Huber Wds Pk Env Ctr Courtyard

**Thu, Jul 7 9:00-10:30 AM .....INT23A**

**Thu, Aug 4 9:00-10:30 AM .....INU23A**

## Manasquan Reservoir 2023 Photography Exhibit Call for Entries

Calling all photographers! Don't miss your opportunity to enter our exhibition!

The exhibit will be on display at the Environmental Center from February 1-28, 2023.

**Exhibit Theme:** Treasures of Nature

**Divisions:** Youth or Adult

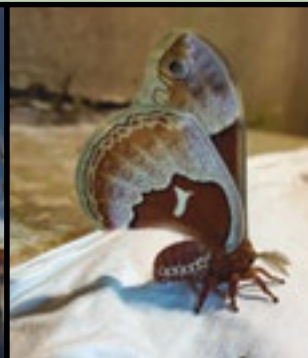
**Categories:** General Photography or Wildlife Photography

*Each photographer may enter one photo for each category per season.*

**Entry Fee:** \$5.00 per photo (youth submissions are free to enter)

**Seasonal Entry Deadlines:** Spring - June 26 • Summer - September 25 • Fall - December 4

*For entry rules and forms, visit the Manasquan Reservoir Environmental Center page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).*



## OUTDOOR ADVENTURES

### ARCHERY

#### 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 \$22.00 Per Person**

Thompson Pk Activity Barn

**Tue, Jun 21 7:00-9:00 PM .....W6123A**

**Wed, Jul 20 7:00-9:00 PM .....W6323A**

**Thu, Aug 18 7:00-9:00 PM .....W6923A**



### HIKING

#### Full Moon Hikes

(adults)

Hiking in the dark! A new way to experience our natural world. Grab your night pack, put batteries in your headlamp, and away we go. Experience your local park in a "new light". Hiking shoes are highly recommended.

**Rating: Moderate, inclines and declines, views.**

**Miles: 3+**

**One Session \$22.00 Per Person**

#### Strawberry Moon

Thompson Pk 3 Barns Parking Lot

**Tue, Jun 14 8:00-10:00 PM (approx) .....W5823A**

#### Buck Moon

Manasquan Res Env Ctr Parking Lot

**Wed, Jul 13 7:45-9:45 PM (approx) .....W5723A**

#### Sturgeon Moon

Hartshorne Wds Pk Rocky Point Parking Lot

**Thu, Aug 11 7:30-9:30 PM (approx) .....W5623A**

#### Section Hikes on the Appalachian Trail

(adults)

South bounders wanted! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states, Maine to Georgia. Join in this year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT in NJ, 5-10 miles per trip. Hiking boots are required, trekking poles highly suggested. Hikers age 14 and up are welcome to register with a registered adult.

**Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky.**

#### #8 - Stoney Brooks Trail - 7 miles

**One Session \$65.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

**Sun, Jun 12 6:30 AM-5:30 PM (approx) ...W4523A**

*Jan is an excellent guide and a true asset to MCPS. I appreciate her sharing her experiences and introducing me to new places. She's encouraging and extremely knowledgeable.*

## ON THE WATER

### Almost Full Moon SUP

(adults)

Head out to the Manasquan Reservoir for this late night paddle. We will supply the boards, paddles, PFDs, and leaders, all you need to do is be ready for a night experience on the water. Be prepared and bring a headlamp, water bottle, wear closed-toed/heeled footwear and have a change of clothes with you. The Sturgeon Moon will shed some light on our paddle as we discover the Manasquan Reservoir's creatures of the night.

**One Session \$35.00 Per Person**

Manasquan Res Env Ctr

**Mon, Aug 8 8:00-10:00 PM (approx) .....W5923A**

## SAILING AT MANASQUAN RESERVOIR

### Private Sail Lessons

Catch the wind during your private sailing lesson in our 15' American Sailboats. An experienced sailing instructor will be with you on the boat to answer all of your sailing questions. Novice and experienced sailors looking for a refresher are encouraged to register. Learn proper sailing techniques including how to read the wind, maneuver your sailboat, and how to be a captain! Be sure to call in advance for your private lesson. Sailors age 8 and up can join with an adult.

**Cost: One 3-hour hands-on lesson \$165 for two people, \$125 for any additional lessons**

**Lessons available June 18-September 30, 2022**

**Call 732-842-4000, ext. 4238, to arrange your lesson.**

### Sailboat Rentals

(adults)

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 MCPS sailing card, if you do not have a certification please call to discuss your sailing experience/skills.

**Cost: \$70.00 per boat for a 2 hour rental (cash or check only)**

**Rentals available June 18-September 25**

**Pre-registration is required at LEAST 48 hours in advance. For questions or registrations, call 732-842-4000, ext. 4238.**

### Evening Canoe Paddles

(adults)

One of the best way to finish the day is out on the water. We will provide all the equipment: canoes, PFDs, paddles, and leaders - you just need to come ready to enjoy an evening on your local waterways. We will meet at a different location each week. All levels of paddlers welcome and we will provide instruction along the way.

**Four Sessions \$82.00 Per Person**

June 1 - Thompson Pk Marlu Lake

June 8 - Deal Lake, Asbury Park

June 15 - Swimming River, launch site TBA

June 22 - Hartshorne Wds Black Fish Cove

**Wed, Jun 1-22 6:30-8:30 PM .....W4623A**

### Intro to Touring Kayaks

(adults)

Tired of sit-on-top kayaking? Join our experienced instructors as they introduce you to the benefits of touring kayaks. Participants will learn basic paddling techniques as well as the skills needed to paddle a touring kayak. Then you'll head out onto the water to test out the kayaks and explore the Manasquan Reservoir. All equipment is provided. Prior kayak experience is recommended.

**One Session \$32.00 Per Person**

Manasquan Res West Dock

**Thu, Jul 21 9:00-11:00 AM .....W6723A**

### Stand Up Paddle Board, Sit-On-Top Kayak and Canoe Experience

(ages 17 and up)

Which water craft 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 \$26.00 Per Person**

Manasquan Res West Dock

**Sat, Jul 9 9:00 AM-12:00 PM .....W4223A**

**Strawberry Moon Canoe Exploration** *(ages 14 and up, under 18 with adult)*

Join us for the sweetest paddle of the summer as the strawberry moon guides us as we explore the Turkey Swamp Park at night by canoe. Learn the fundamentals of paddling before heading out on the beautiful moon-lit lake. Paddlers ages 14 and up are welcome, but must be accompanied by an adult.

**One Session \$30.00 Per Person \$25.00 Additional Person**

Turkey Swamp Pk Shelter Bldg

**Fri, Jun 24 7:30-9:30 PM.....W5813X**

## PERFORMING ARTS

**Beginner Acting***(adults)*

Acting is a healthy way for us to create and recreate human emotions and life experiences. The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of the Body and the Center of the Stage is a way for us to explore and build upon not only as actors but also as human beings in our everyday life. Each of the following programs are different avenues of acting in which we can explore and build upon together.

Freneau Wds Pk Vis Ctr Program Room 1

**Introduction**

In this class we will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting. Each class will begin with an actor's warm-up of voice, movement and imagination. A performance of story telling/monologue will be on the final day of class.

**Four Sessions \$55.00 Per Person**

**Mon, Jun 20-Jul 25 7:00-8:30 PM.....Q5823A**

*No class 7/4 & 7/18*

**Plays**

In this program we will work on performing in a play from table read to stage directions to strengthening the fourth wall.

**Seven Sessions \$96.00 Per Person**

**Wed, Jun 15-Aug 10 7:00-8:30 PM.....Q5923A**

*No class 7/20 & 8/3*

**Beginner Ballroom Dance***(adults)*

Planning to hit the dance floor at an upcoming wedding or event? Looking to connect with your partner through a new activity? If you've ever desired to learn the foundational basics of social dancing, this seven-week beginner workshop is designed with you in mind! We will cover basic steps of a few ballroom and Latin dance styles, and teach you to move and groove on the dance floor together with confidence. No prior dance experience is required! All dancers must register and participate with a partner. Please dress comfortably with shoes that won't slip off, and let's DANCE!

Instructed by: Sing and Sway LLC

**Seven Sessions \$222.00 Per Couple**

Tatum Pk Red Hill Act Ctr

**Wed, Jun 22-Aug 3 6:15-7:15 PM.....A4223A**

**Beginner Wedding Dance****Workshop** *(adults)*

Tying the knot in late summer or early fall? This 11-week, semi-private wedding dance workshop, featuring seven small group classes and four private lessons, will help you to move confidently together in your first dance! Learn the basics of romantic Waltz and sensual Rumba in small group classes. With your wedding song and chosen dance style, you will transition into private lessons to learn customized choreography, using the steps learned in group class that will make for a memorable first dance. No prior dance experience is required! Please note, the first seven classes are group classes and the remaining four are 30-minute private lessons. Private time blocks will be available on a first-come, first-serve basis.

Please email [katie.obrien@monmouthcountyparks.com](mailto:katie.obrien@monmouthcountyparks.com) with your selection after registering.

Instructed by: Sing and Sway LLC

**Eleven Sessions \$525.00 Per Couple**

Tatum Pk Red Hill Act Ctr

**Wed, Jun 22-Aug 31 7:45-8:45 PM.....A4923A**

## SUMMER CONCERTS & PERFORMANCES AT THOMPSON PARK

### Colts Neck Community Band - Concert in the Park

Enjoy an evening of music with the Colts Neck Community Band at the Thompson Park Activity Barn. The concert features selections from popular music and show tunes. Indoor seating is available or bring your lawn chairs. For more information, call 732-542-1642, ext. 24.

**Friday, June 3, 7:30 PM**

### Altha Sings - Sentimental Journey Swings!

This 17-piece Big Band brings to life the great female vocalists of the 20<sup>th</sup> century for an authentic and extraordinary experience. Altha Morton has sung in multiple styles all over the East Coast, opening for Johnny Cash and performing at the Songwriter's Hall of Fame celebration in New York City. Hear the melodies of Judy Garland, Peggy Lee, Barbra Streisand, and many others while the band rounds out the concert with favorites from the hey-day of Swing. Sentimental Journey Big Band is known for sell-out shows with new, creative musical themes. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theater Barn; however, if the weather is inclement, the concert will be moved indoors.

**Friday, June 24, 7:00-8:30 PM**

### A Midsummer's Night Sonnetry: Fourteen Sonnets by William Shakespeare

Sonnetry didn't start with William Shakespeare but he produced a great many that defined Elizabethan literature. Listen to performance readers explore and recite fourteen of his most poignant sonnets in his plays and penned sonnet collection. All in a midsummer's night recital at the Thompson Park Theatre Barn.

**Sunday, June 26, 4:00-6:00 PM**

### Country Music with After the Reign

New Jersey's premier country band After the Reign plays an array of modern country music from their 150 song list which also includes songs from their three CDs. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theater Barn; however, if the weather is inclement, the concert will be moved indoors.

**Friday, July 22, 7:00-8:30 PM**

### Travels Through Time: Roaring 20s Through the Fabulous 50s and Beyond

Sit back, relax and feel the nostalgia! Join us as in the Thompson Park Theater Barn as we take you through the history of social dance styles born in the United States from the 1920s to the fabulous 1950s and beyond. Enjoy performances of iconic dance styles like The Charleston, The Lindy Hop, The Carolina Shag and more! We'll dance through the tunes of swing to jump, blues and boogie woogie! Historical information about their cultural influences through the decades will also be shared. Performance presented by Jumpin Entertainment and The Roaring Rascals.

**Saturday, August 20, 7:00-8:00 PM**

### Jukebox Heroes Live with the Mahoney Brothers

This concert features show-stopping impersonations of many of the legendary musical acts of the last 50 years. The show includes tributes to The Beatles, Willie Nelson, Neil Diamond, Billy Joel, Roy Orbison, Jerry Lee Lewis and more! Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Thompson Park Theater Barn; however, if the weather is inclement, the concert will be moved indoors.

**Friday, August 26, 7:30-9:00 PM**

**Open Mic Poetry** *(adults)*

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. To be added to the list of readers, please contact Rachel Cohen at [rachel.cohen@monmouthcountyparks.com](mailto:rachel.cohen@monmouthcountyparks.com) or 732-542-1642, ext. 29.

**One Session FREE!****Thompson Pk Theater Barn****Sonnets****Sun, Jun 12 3:00-4:30 PM..... PE032A****American Poets****Wed, Jul 20 7:00-8:30 PM..... PE042A****Mythology****Sun, Aug 21 3:00-4:30 PM ..... PE052A****Page to Stage** *(ages 15 and up)*

Have you ever wondered how the play you're watching got from the page to the stage? Now here's your chance to find out! Follow a new show from casting to the first table reading, and through rehearsals until the night of a one-night only staged reading of a new show! You will get hands-on as the weeks go on, all in preparation for the reading! Whether a spectator, actor, or helping behind the scenes, you will step out of the audience, and into the rehearsal room with this interactive, unique look behind the scenes.

Instructor: Sami DeSocio

**Six Sessions \$200.00 Per Person****Thompson Pk Theater Barn****Wed, Jul 27-Aug 31 6:00-8:00 PM ..... A7423A****SPORTS & FITNESS****BASKETBALL****Dorbrook Park BIG 3 Basketball Round****Robin** *(ages 17 and up)*

Have some summer fun during our brand new round robin basketball event. This is a 3 vs. 3 basketball round robin where your team will get to compete against other teams to see who has the best squad. This one day event will be filled with plenty of opportunities to play. All participants who register will get a T-shirt and the top team will receive an award. If you have any questions, contact Daniel O'Connor at 732-542-1642, ext. 26.

**One Session \$100.00 Per Team****Dorbrook Rec Area****Sat, Jun 11 9:00 AM-2:00 PM..... XMB23A****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****Six Sessions \$78.00 Per Person****Thu, Tue, Jul 7-26 5:30-6:30 PM ..... XH623A****Ten Sessions \$130.00 Per Person****Tue, Thu, May 31-Jun 30 5:30-6:30 PM .... XBJ22A**

**Barre Connect****NEW***(adults)*

This class uses ballet and dance inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water, no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

**Four Sessions \$52.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Jun 3-24 6:00-7:00 PM ..... XJX23A**

**Fri, Jul 8-29 6:00-7:00 PM ..... XJY23A**

**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

**Nine Sessions \$162.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Tue, Jun 21-Aug 16 7:25-8:55 PM ..... XJQ23A**

**Hula Hoop Dance and Fitness***(adults)*

Hula hooping, for fun, fitness and as a dance form. Each class will include basic 'how to' of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and time permitting, combos, 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 and some are available for purchase. Feel free to bring hoops if you have them. Sessions will be held outdoors in good weather.

Instructor: Eryka Andrex

**Six Sessions \$72.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Jun 8-Jul 13 4:45-5:30 PM ..... XJR23X**

**Intro to Belly Dancing***(adults)*

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Instructor: Eryka Andrex

**Dorbrook Rec Area Act Ctr**

**Four Sessions \$52.00 Per Person**

**Thu, Jul 28-Aug 18 7:15-8:15 PM ..... XJW23X**

**Six Sessions \$78.00 Per Person**

**Thu, Jun 9-Jul 14 7:15-8:15 PM ..... XJU23X**

**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 \$112.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sat, Jun 11-Jul 23 8:00-9:00 AM ..... XH523X**



## 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

**Ten Sessions \$120.00 Per Person**

Tatum Pk Holland Act Ctr

**Tue, Thu, Jun 7-Jul 7 6:30-7:30 PM ..... XH323X**

**Eleven Sessions \$132.00 Per Person**

Dorbrook Rec Area Act Ctr

**Mon, Wed, Jun 6-Jul 13 7:15-8:15 PM ..... XH123X**

No class 7/4

**Twelve Sessions \$144.00 Per Person**

Dorbrook Rec Area Act Ctr

**Mon, Wed, Jul 25-Aug 31 7:15-8:15 PM ... XH223X**

Tatum Pk Holland Act Ctr

**Tue, Thu, Jul 26-Sep 1 6:30-7:30 PM ..... XH423X**

## TENNIS

### Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

**Six Sessions \$66.00 Per Person**

Dorbrook Rec Area

**Tue, Thu, Aug 9-25 5:30-6:25 PM ..... XJB23A**

**Seven Sessions \$77.00 Per Person**

Dorbrook Rec Area

**Wed, Mon, Jul 6-27 5:30-6:25 PM ..... XFW23A**

**Eight Sessions \$88.00 Per Person**

Dorbrook Rec Area

**Mon, Wed, Jun 6-29 4:30-5:25 PM ..... XHK23A**

**Mon, Wed, Jun 6-29 5:30-6:25 PM ..... XFT23A**

**Tue, Thu, Jul 5-28 4:30-5:25 PM ..... XJ623A**

**Tue, Thu, Jul 5-28 5:30-6:25 PM ..... XGH23A**

Thompson Pk

**Mon, Wed, Jun 6-29 5:30-6:25 PM ..... XG723A**

### 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 7-30 5:30-6:25 PM ..... XG923A**

**Tue, Thu, Aug 2-25 5:30-6:25 PM ..... XGD23A**

### 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

**Tue, Thu, Aug 9-25 4:30-5:25 PM ..... XJ723A**

**Tue, Thu, Aug 9-25 6:30-7:25 PM ..... XJ923A**

**Seven Sessions \$77.00 Per Person**

Dorbrook Rec Area

**Wed, Mon, Jul 6-27 4:30-5:25 PM ..... XHM23A**

**Wed, Mon, Jul 6-27 6:30-7:25 PM ..... XFX23A**

**Eight Sessions \$88.00 Per Person**

Dorbrook Rec Area

**Mon, Wed, Jun 6-29 6:30-7:25 PM ..... XFV23A**

**Tue, Thu, Jul 5-28 6:30-7:25 PM ..... XGJ23A**

Thompson Pk

**Mon, Wed, Jun 6-29 6:30-7:25 PM ..... XG823A**

**Tue, Thu, Jun 7-30 6:30-7:25 PM ..... XGA23A**

**Mon, Wed, Aug 1-24 5:30-6:25 PM ..... XGB23A**

**Mon, Wed, Aug 1-24 6:30-7:25 PM ..... XGC23A**

**Tue, Thu, Aug 2-25 6:30-7:25 PM ..... XGE23A**



## 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. Organizational and rules meeting held at 6:15 PM on first night of league.

**Nine Sessions \$162.00 Per Team**

Seven Presidents Pk

**Wed, Jun 15-Aug 10 6:30-8:00 PM. .... XFS23A**

## YOGA

### Advanced Beginners Yoga

(adults)

Breath Move Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

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

**Seven Sessions \$98.00 Per Person**

Freneau Wds Pk Vis Ctr Program Room 1

**Sun, Jun 5-Jul 17 10:15-11:15 AM. .... XJA23X**

**Sun, Aug 7-Sep 25 10:15-11:15 AM. .... XJE23X**

No class 9/4

### Afternoon Stretch

(adults)

Relax, unwind and clear your mind as we get our midday stretch on! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Seven Sessions \$112.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Thu, Jul 14-Aug 25 1:00-2:00 PM. .... XKP23A**

### Aqua Yoga!

(adults)

Regular yoga, without that pesky gravity! Familiar yoga poses will be done in the shallow end of the pool. Water's naturally buoyancy makes it easier to stretch into position and reduces the 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. Bring a yoga mat towel and drinking water.

Instructor: Tiffany McCann, owner, Live Grace Yoga

**Six Sessions \$90.00 Per Person**

Big Brook Pk Main Pool

**Thu, Jul 21-Aug 25 9:30-10:30 AM. .... XKE23A**

### Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners that want a practice of their own or for those that are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength and focus. Blocks and straps are optional.

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

**Seven Sessions \$98.00 Per Person**

Freneau Wds Pk Vis Ctr Program Room 1

**Sun, Jun 5-Jul 17 9:00-10:00 AM. .... XJ823X**

**Sun, Aug 7-Sep 25 9:00-10:00 AM. .... XJD23X**

No class 9/4

### Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Talena Ward

**Eight Sessions \$112.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Level 1**

**Mon, Jun 27-Aug 22 6:00-7:00 PM. .... XK423X**

No class 7/4

**Level 2**

**Thu, Jun 30-Aug 25 6:00-7:00 PM. .... XK723X**

No class 7/7

## Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

**Six Sessions \$84.00 Per Person**

Bayshore Waterfront Pk Act Ctr

**Wed, Jul 20-Aug 24 6:00-7:00 PM .....XKH23A**

Thompson Pk Vis Ctr Side Deck

**Tue, Jul 19-Aug 23 6:00-7:00 PM .....XKG23A**

## Chair Yoga

(adults)

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

Instructor: Eryka Andrex

**Four Sessions \$56.00 Per Person**

Dorbrook Rec Area Act Ctr

**Mon, Jun 6-27 5:00-6:00 PM .....XJM23A**

## Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ is a yoga practice devised by Mary Jane Kasliner. Yoga classes consist of a fixed sequence of 35 postures, practiced in a room with a view of the constellations. Each yoga pose is held for period of time to activate the powerful vibrations of the platonic solids described by Plato. The class begins with a specific pranayama (breathwork), to clear the energy channels in the body, and progresses through the set sequence of postures that align to a specific frequency of sound (music) that invoke the codes of creation while simultaneously shifting your physical, emotional, mental, and spiritual fields. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Wed, Jul 13-Aug 31 7:00-8:15 PM .....XKN23X**

## 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

**Eight Sessions \$112.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Mon, Jun 27-Aug 22 7:00-8:00 PM. .... XK523X**

No class 7/4

## 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

**Eight Sessions \$112.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Thu, Jun 30-Aug 25 9:30-10:30 AM ..... XK623A**

No class 7/7



**Full Moon Yoga** *(adults)*

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

Instructor: Melanie Mascola

**One Session \$20.00 Per Person**

Tatum Pk Holland Act Ctr

**Tue, Jun 14 8:00-9:00 PM .....XJJ23A**

**Thu, Aug 11 8:00-9:00 PM ..... XJK23A**

**Gentle Yoga***(adults)*

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

**Six Sessions \$84.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Mon, Jul 11-Aug 15 12:00-1:00 PM ..... XK823A**

**Fri, Jul 15-Aug 19 12:00-1:00 PM .....XKB23A**

**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

**Seven Sessions \$112.00 Per Person**

Tatum Pk Red Hill Act Ctr

**Thu, Jul 14-Aug 25 2:00-3:00 PM .....XKQ23A**

**Quiet Connection – Healing Sounds & Yin Yoga** *(adults)*

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create mindfulness and self-awareness. Bring yoga mat and water.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Oak Room

**Tue, Jul 12-Aug 30 9:30-10:45 AM .....XKK23A**

**Summer Lunar Yoga Flow***(adults)*

In yoga, we seek balance between solar and lunar, sun and moon, activation and restoration. Often, in modern life, we are so busy doing that we miss the opportunity to restore and integrate. Lunar energy is cooling and slow so it is particularly important in the summer months. This class invites you into a lunar movement meditation that includes moon salutations and seated poses for deep opening and release. We will end with seated meditation or savasana, the student's choice. The class will be outdoors weather permitting. Bring a mat and water.

Instructor: Tiffany McCann, owner, Live Grace Yoga.

**Six Sessions \$84.00 Per Person**

Thompson Pk Vis Ctr Side Deck

**Mon, Jul 18-Aug 22 7:00-8:00 PM .....XKD23A**

## Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath.

This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Tulip Room

**Mon, Jul 11-Aug 29 7:00-8:15 PM ..... XKJ23X**

## 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.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusara, and Lotus Flow

**Eight Sessions \$130.00 Per Person**

Thompson Pk Vis Ctr Oak Room

**Wed, Jul 13-Aug 31 9:30-10:45 AM ..... XKM23A**



## Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. 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 at the north end of the parking lot. Please bring a yoga mat, two yoga blocks, yoga belt, 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

**Eleven Sessions \$220.00 Per Person**

Seven Presidents Pk Act Ctr

**Sat, Jul 9-Sep 24 8:00-9:30 AM ..... XHA23A**

No class 9/3

## 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 11-Jul 23 9:00-10:00 AM ..... XH723X**

# Timberbrook Triathlon

**Saturday, October 1, 9:00 AM**

**Manasquan Reservoir, Howell**

Run three miles; canoe/kayak/SUP two miles, and mountain bike five miles.  
Individual and team entries welcome!

Course map and additional information about the race are available on our website at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) under "Races & Special Events" under the "Activities" drop-down.

Please note: There are a minimal number of canoe and kayak rentals available online. A program receipt must accompany rentals through the Park System.

## DIVISION CATEGORIES

Solo Canoe Male/Female • Solo Kayak Male/Female • Solo Stand Up Paddleboard Male/Female  
Team Canoe - Male/Female/Mixed/Family • Team Kayak - Male/Female/Mixed/Family  
Team Stand Up Paddleboard - Male/Female/Mixed/Family

## COST

\$40.00 Per Solo Registration • \$55.00 Per Team Registration

*Registration will be available online starting May 11 and ends Monday, September 26.*

***For more information, call Mike Balkovic 732-542-1642, ext. 27,  
or email [mike.balkovic@co.monmouth.nj.us](mailto:mike.balkovic@co.monmouth.nj.us).***



## Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s and up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

**Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.**

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

**Six Sessions \$117.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Jul 12-Aug 16 10:30 AM-12:00 PM ... XK923A**

**Fri, Jul 15-Aug 19 10:00-11:30 AM .....XKA23A**

## Yoga Nidra

(adults)

Yoga Nidra, also known as "yogic sleep," is a deep meditation that uses guided imagery and body scanning to aid relaxation and offer balance and healing in the body and mind. Expect to leave the practice feeling restored and rejuvenated!

Instructor: Melanie Mascola

**Seven Sessions \$98.00 Per Person**

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

**Wed, Jun 8-Jul 20 6:15-7:15 PM ..... XJG23X**

**Wed, Aug 10-Sep 28 6:15-7:15 PM ..... XJH23X**

No class 9/7

## 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 \$78.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Jun 9-Jul 14 6:00-6:50 PM. .... XJT23A**

### Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

**Dorbrook Rec Area Act Ctr**

**Four Sessions \$52.00 Per Person**

**Fri, Jun 3-24 7:10-8:10 PM ..... XJZ23A**

**Fri, Jul 8-29 7:10-8:10 PM ..... XK023A**

**Nine Sessions \$117.00 Per Person**

**Tue, Jun 21-Aug 16 6:15-7:15 PM ..... XJP23A**

## Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$52.00 Per Person

Thu, Jul 28-Aug 18 6:00-7:00 PM ..... XJV23X

Six Sessions \$78.00 Per Person

Wed, Jun 8-Jul 13 6:00-7:00 PM ..... XJS23X

## Zumba: Low Impact

(adults)

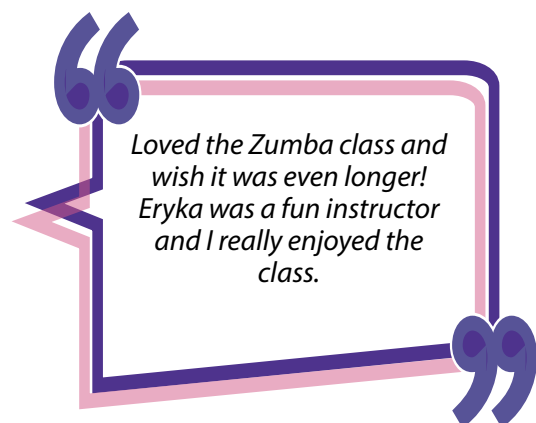
Join us for a fun Zumba fitness class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this 1 hour, low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude! Beginners welcome!

Instructor: Eryka Andrex

Four Sessions \$56.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jun 6-27 6:05-7:05 PM ..... XJN23A



## EQUESTRIAN

*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 volunteers 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.*

## 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 and workshops: Equine Harmony for Heroes and group and individual horsemanship workshops. All programs are led by PATH International Certified Instructors. 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

(all ages)

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](http://www.spuronline.org) or call 732-224-1367, ext. 3#.**

# SLEEP UNDER THE STARS



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732-462-7286 • [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)

MONMOUTH COUNTY PARK SYSTEM



# TEE UP WITH US...

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## GOLF

**Beginner Golf***(adults)*

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

**Children***(ages 6-10)***Four Sessions \$80.00 Per Person**

Mon, Jun 20-Jul 18 4:00-5:00 PM ..... Y2023A

*No class 7/4*

Tue, Jun 21-Jul 12 11:00 AM-12:00 PM .... Y2323A

Sat, Jun 25-Jul 16 10:15-11:15 AM ..... Y2523A

Mon, Jul 25-Aug 15 4:30-5:30 PM ..... Y4623A

Sun, Aug 7-28 9:00-10:00 AM ..... Y6223A

**Juniors***(ages 11-14)***Four Sessions \$80.00 Per Person**

Sat, Jun 25-Jul 16 9:00-10:00 AM ..... Y5223A

Wed, Jul 6-27 5:00-6:00 PM ..... Y4023A

Sun, Aug 7-28 10:00-11:00 AM ..... Y6323A

**Adults***(adults)***Four Sessions \$85.00 Per Person**

Fri, Jun 3-24 8:30-9:30 AM ..... Y3723A

Tue, Jun 21-Jul 12 10:00-11:00 AM ..... Y2223A

Sun, Jun 26-Jul 17 1:00-2:00 PM ..... Y5423A

Fri, Jul 15-Aug 5 10:00-11:00 AM ..... Y7223A

Sat, Jul 16-Aug 6 10:00-11:00 AM ..... Y7423A

Fri, Aug 5-26 11:15 AM-12:15 PM ..... Y6623A

Sat, Aug 6-27 9:00-10:00 AM ..... Y6723A

Mon, Aug 29-Sep 26 4:00-5:00 PM ..... Y8923A

*No class 9/5*

Tue, Aug 30-Sep 20 10:00-11:00 AM ..... Y9023A

**Women***(adults)***Four Sessions \$85.00 Per Person**

Fri, Jun 17-Jul 8 9:00-10:00 AM ..... Y5023A

Tue, Jul 26-Aug 16 10:00-11:00 AM ..... Y4523A

**Intermediate Golf***(adults)*

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

**Juniors***(ages 11-14)***Four Sessions \$100.00 Per Person**

Bel-Aire GC

Wed, Jun 22-Jul 13 5:00-6:30 PM ..... Y5123A

Sat, Jun 25-Jul 16 12:30-2:00 PM ..... Y2723A

Wed, Jul 27-Aug 17 5:00-6:30 PM ..... Y7523A

Sun, Aug 7-28 11:30 AM-1:00 PM ..... Y6423A

**Adults***(adults)***Four Sessions \$125.00 Per Person**

Bel-Aire GC

Mon, Jun 20-Jul 18 5:15-7:15 PM ..... Y2123A

*No class 7/4*

Tue, Jun 21-Jul 12 12:00-2:00 PM ..... Y2423A

Sun, Jun 26-Jul 17 12:30-2:30 PM ..... Y3423A

Mon, Jul 25-Aug 15 6:15-8:15 PM ..... Y4323A

Tue, Jul 26-Aug 16 11:15-1:15 PM ..... Y4423A

Sun, Jul 31-Aug 21 12:30-2:30 PM ..... Y6023A

Mon, Aug 29-Sep 26 6:15-8:15 PM ..... Y9123A

*No class 9/5*

Tue, Aug 30-Sep 20 11:00 AM-1:00 PM ... Y8823A

Howell Pk GC

Thu, Jun 16-Jul 7 5:00-7:00 PM ..... J0423A

Thu, Jul 21-Aug 11 5:00-7:00 PM ..... J1123A

**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 \$170.00 Per Person**

Charleston Springs GC

Fri, Jun 17-Jul 8 5:00-8:00 PM ..... T0323A

Howell Pk GC

Wed, Jun 15-Jul 6 5:00-8:00 PM ..... J0323A

Wed, Jul 20-Aug 10 5:00-8:00 PM ..... J0923A

Fri, Jul 22-Aug 12 5:00-8:00 PM ..... J1023A

## 60 Minute Chip/Pitch

(adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

**One Session \$30.00 Per Person**

Bel-Aire GC

Mon, Jun 6 5:00-6:00 PM ..... Y3823A  
 Thu, Jun 9 10:45-11:45 AM ..... Y4823A  
 Wed, Jun 22 1:00-2:00 PM ..... Y3123A  
 Fri, Jun 24 4:00-5:00 PM ..... Y3223A  
 Wed, Jul 6 12:00-1:00 PM ..... Y5623A

## 60 Minute Driver

(adults)

Develop more consistency and power for all level of golfers and swing types in this 60 Minute Driver clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

**One Session \$30.00 Per Person**

Bel-Aire GC

Sat, Jun 4 8:00-9:00 AM ..... Y3623A  
 Fri, Jul 22 11:30 AM-12:30 PM ..... Y6923A  
 Thu, Aug 11 11:15 AM-12:15 PM ..... Y8023A

Charleston Springs GC

Thu, Jun 9 9:00-10:00 AM ..... T0923A  
 Sat, Jun 25 1:30-2:30 PM ..... T0623A  
 Sat, Jul 30 1:30-2:30 PM ..... T1623A

Howell Pk GC

Wed, Jun 15 4:00-5:00 PM ..... J0223A  
 Wed, Jul 20 4:00-5:00 PM ..... J0823A  
 Wed, Aug 10 4:00-5:00 PM ..... J1423A

## 60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-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 \$30.00 Per Person**

Bel-Aire GC

Thu, Jun 2 10:45-11:45 AM ..... Y4723A  
 Sat, Jul 9 8:00-9:00 AM ..... Y8323A  
 Thu, Jul 21 10:45-11:45 AM ..... Y6823A  
 Fri, Jul 29 11:30 AM-12:30 PM ..... Y7023A  
 Thu, Aug 18 11:15 AM-12:15 PM ..... Y8123A

Howell Pk GC

Wed, Jun 1 4:00-5:00 PM ..... J0123A  
 Wed, Jun 29 4:00-5:00 PM ..... J0523A  
 Wed, Aug 3 4:00-5:00 PM ..... J1523A

## 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 \$30.00 Per Person**

Bel-Aire GC

Fri, Jun 3 6:00-7:00 PM ..... Y3523A  
 Thu, Jun 16 10:45-11:45 AM ..... Y4923A  
 Mon, Jun 27 4:00-5:00 PM ..... Y2823A  
 Fri, Jul 8 4:00-5:00 PM ..... Y5523A  
 Mon, Jul 11 3:00-4:00 PM ..... Y4123A  
 Fri, Jul 15 11:30 AM-12:30 PM ..... Y7323A  
 Thu, Aug 4 11:15 AM-12:15 PM ..... Y6523A  
 Sat, Aug 6 8:00-9:00 AM ..... Y8423A



## Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

**One Session \$140.00 Per Person**

Bel-Aire GC

**Sat, Aug 20 1:00-4:00 PM..... T2023A**

Charleston Springs GC

**Sat, Jun 11 1:00-4:00 PM ..... T0223A**

**Sat, Jul 23 1:00-4:00 PM ..... T1123A**

## 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 \$125.00 Per Couple**

Bel-Aire GC

**Sun, Jun 26-Jul 17 11:00 AM-12:00 PM ... Y5323A**

**Sun, Aug 7-28 11:00 AM-12:00 PM ..... Y7923A**

## Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level.

**One Session \$92.00 Per Person**

Charleston Springs GC

**Sat, Jun 4 12:00-2:00 PM ..... T0123A**

**Sat, Jun 11 12:00-2:00 PM ..... T0523A**

**Sat, Jul 16 10:00 AM-12:00 PM..... T1223A**

**Sat, Aug 13 10:00 AM-12:00 PM..... T1823A**

Howell Pk GC

**Sat, Jul 9 12:00-2:00 PM ..... J0623A**

**Sat, Jul 30 12:00-2:00 PM..... J0723A**

## Golf 101 for Parent and Child

(ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

**Four Sessions \$110.00 Parent/Child \$45.00 Additional Sibling**

Bel-Aire GC

**Sat, Jun 25-Jul 16 11:30 AM-12:30 PM .... Y2623X**

**Fri, Jul 1-22 6:00-7:00 PM..... Y8223X**

**Sun, Jul 24-Aug 14 11:00 AM-12:00 PM... Y7623X**

**Fri, Aug 5-26 6:00-7:00 PM ..... Y8523X**

## Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. This is NOT a Beginner clinic - participants must have prior golf experience.

**Four Sessions \$120.00 Per Person**

Charleston Springs GC

**Sat, Jun 25-Jul 16 4:00-7:00 PM ..... T0723A**

**Sat, Jul 30-Aug 20 4:00-7:00 PM ..... T1723A**



## 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 \$110.00 Per Person**

Bel-Aire GC

### Juniors

(ages 11-14)

**Sun, Jun 26-Jul 17 4:00-6:00 PM ..... Y3923A**

**Sun, Jul 31-Aug 21 4:00-6:00 PM ..... Y6123A**

### Children

(ages 6-10)

**Fri, Jun 24-Jul 15 5:00-7:00 PM ..... Y3323A**

## Men's 60+ Stableford Touring League

(ages 60 and up)

The Men's 60+ Stableford Touring League is a competitive 10 week stroke play league based off a point system each week. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used and if your handicap is more than 26 it will be reduced to 26. 70% handicap will be used during each round. At the conclusion of the 10 weeks, we will take the combined total of the most amount of points earned on 8 out of 10 rounds to determine 1st, 2nd and 3rd place.

Point System:

Eagle - 4 points; Birdie - 3 points; Par - 2 points

Bogey - 1 point; Double Bogey - 0 points

Participants must have an active USGA GHIN Handicap and a Monmouth County Golf Pass. Registration 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. League is limited to first 56 players.

**Ten Sessions \$335.00 Per Person**

Location Varies Week to Week

**Tue, Jul 12-Sep 13 10:00 AM-12:00 PM ... K0123A**

## Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

**One Session \$130.00 Per Person**

Bel-Aire GC

**Thu, Jul 14 8:00-11:00 AM ..... Y7123A**

Charleston Springs GC

**Wed, Jun 8 9:00 AM-12:00 PM ..... T0823A**

**Sun, Jun 19 12:00-3:00 PM ..... T0423A**

**Sun, Jul 17 12:00-3:00 PM ..... T1023A**

**Sun, Aug 14 12:00-3:00 PM ..... T1923A**

## Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on course observation and coaching.

Instructor: Lloyd Monroe

**Four Sessions \$100.00 Per Person**

Bel-Aire GC

**Wed, Jun 22-Jul 13 9:00 AM-12:30 PM .... Y3023A**

**Wed, Jul 27-Aug 17 9:00 AM-12:30 PM ... Y5723A**

**Wed, Aug 31-Sep 21 9:00 AM-12:30 PM... Y8723A**

## 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 2-Jul 7 9:30 AM-1:00 PM ..... Y1923A**

**Thu, Jul 21-Aug 25 9:30 AM-1:00 PM .... Y4223A**

## Women's Stableford Touring League

(adults)

The Women's Stableford Touring League is a competitive 10 week stroke play league based off a point system each week. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used and if your handicap is more than 30 it will be reduced to 26. 70% handicap will be used during each round. At the conclusion of the 10 weeks, we will take the combined total of the most amount of points earned on 8 out of 10 rounds to determine 1st, 2nd and 3rd place.

Point System:

Eagle - 4 points; Birdie - 3 points; Par - 2 points

Bogey - 1 point; Double Bogey - 0 points

Participants must have an active USGA GHIN Handicap and a Monmouth County Golf Pass. Registration 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. League is limited to first 56 players.

**Ten Sessions \$335.00 Per Person**

**Location Varies Week to Week**

**Wed, Jul 13-Sep 14 10:00 AM-12:00 PM .. K0223A**

## GOLF TOURNAMENTS

The Monmouth County Park System hosts a variety of tournaments throughout the year, giving golfers an opportunity to have some fun while putting their game to the test.

**Summer Solstice**

**Saturday, June 18**

**Charleston Springs Golf Course**

**High School Two-Person Team Tournament**

**Wednesday, July 13**

**Hominy Hill Golf Course**

**Drive, Chip, Putt Jr. Challenge**

**Sunday, July 24**

**Charleston Springs Golf Course**

**Ladies Scramble**

**Saturday, September 10**

**Pine Brook Golf Course**

**Two-Person Best Ball**

**Wednesday, September 14**

**Howell Park Golf Course**

**Check out our full list of tournaments at  
[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).**

## THERAPEUTIC RECREATION

### INCLUSION SERVICES

*It is the philosophy of the Monmouth County Park System to provide accommodations for individuals with disabilities (who meet minimum eligibility requirements - with our without an accommodation - 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. 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, fruit, snacks, dessert, 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.

**One Session \$42.00 Per Person**

**Dorbrook Rec Area Barnview Shelter Bldg**

**Sat, Aug 6 3:45-8:15 PM ..... D2323A**

### Evening at the Beach

We all love the beach, but sometimes its just too hot during the day! Join your friends for a fun "day" at our own Seven Presidents Oceanfront Park, but once it cools down. You will need a bagged meal for dinner, and \$10 for ice cream at the end of the evening. Wear your bathing suit, bring a change of clothes, and a towel. Don't forget the sunscreen! Staff supervision provided at a 1:2 staff to participant ratio. We will only go in the water by lifeguard stands while they are still on duty. A separate swimming permission slip must be filled out. Participants that attend our summer camp that day are eligible to stay from camp through the program. Pick up and drop off is from Dorbrook.

**One Session \$35.00 Per Person**

**Dorbrook Rec Area Act Ctr Parking Lot**

**Wed, Jul 13 3:30-8:00 PM ..... D2423A**

## TRIPS

**Autumnal Escape: Ladies Weekend Hike** *(adults)*

Experience the beauty of Autumn's changing colors as we hike the trails of New York's Harriman State Park. Step away from the hustle and bustle of everyday life and reconnect with nature. This weekend getaway includes a private lodge, two breakfasts, one dinner (not including lunches), transportation, and park guides. The lodge sits on the serene 64-acre Breakneck Pond, providing time for quiet and relaxation. Be sure to come to our orientation meeting where we will get to know one another and discuss the details of our escape, equipment and meal information. Beginners and seasoned hikers welcome. Pre-trip meeting Tuesday Sept 27, 7pm Thompson Park Ski Hut.

**Rating: Moderate: trails include rocky portions, woods roads, lakes, ascents/descents, and incredible views. Miles: 4-8**

*Please register early, program must meet minimum registrants by Aug 15, 2022. Registration will remain open if minimum is met by August 15, 2022.*

**\$375.00 Per Person**

[Thompson Pk Estate Grounds Parking Lot](#)

**Fri-Sun, Sep 30-Oct 2 .....W1724A**

**Board: 7:00 PM ..... Return: 4:00 PM**

**Brooklyn Botanic Gardens***(adults)*

During this visit to the Brooklyn Botanic Garden, we are excited to discover the "Native Flora Garden". "A single step into the Native Flora Garden and you forget you are in a formal botanic garden. At once a forest, an open meadow, pine barrens, and a bog, this part of Brooklyn Botanic Garden (BBG) looks like the land that it is—Lenapehoking, the home of the Lenape nation, the first people to live in this place" BBG. If you are interested in learning about the local history and observing historically curated horticulture displays - this trip is for you.

**\$110.00 Per Person**

[Tatum Pk Red Hill Act Ctr Parking Area](#)

**Sat, Jul 9 ..... H0423A**

**Board: 8:30 AM ..... Return: 4:30 PM (approx)**

**Dutch Apple Dinner Theatre - Chicago, the Musical** *(adults)*

In the 1920s, Chicago is roaring with hot jazz and cold-blooded women killers. Among them is Roxie Hart, an aspiring vaudevillian who murders her lover and goes to jail; there she meets her hero, the double murderess and nightclub entertainer Velma Kelly. The two vie for the spotlight and the attention of Chicago's slickest criminal lawyer to transform their malicious crimes into sensational headlines.

Chicago is a tale of fame and fortune with incredible dance numbers and one show-stopping song after another including "All That Jazz," "Cell Block Tango," "When You're Good to Mama," "Roxie" and more! Price includes a traditional American style buffet dinner, soup & dessert, a Broadway-caliber show, motor coach transportation and volunteer park system leader. Face coverings are suggested while on the bus and in the venue.

**\$160.00 Per Person**

[Thompson Pk Estate Grounds Parking Lot](#)

**Sat, Sep 10 ..... A0124X**

**Board: 9:15 AM ..... Return: 7:30 PM (approx)**

**Explore New York City***(all ages, under 18 with adult)*

Spend a day on your own exploring the arts, culture, food and historic sites New York City has to offer! From the city's world-renowned museums to the early leaf changing at Central Park, there's something for everyone in the city this time of year! Create your itinerary as you see fit with drop-off and pick-up locations at the Museum of Natural History – this day trip includes motorcoach transportation and park system volunteer leader only. Mask and vaccine requirements will be based on current recommendations at the time of the trip. Fees for some venues payable at the door; others are required prior. Please plan accordingly. Rain or shine.

**\$55.00 Per Person**

[Thompson Pk Estate Grounds Parking Lot](#)

**Sat, Oct 8 ..... A0224A**

**Board: 8:30 AM ..... Return: 5:00 PM (approx)**

**Longwood Gardens** **NEW***(adults)*

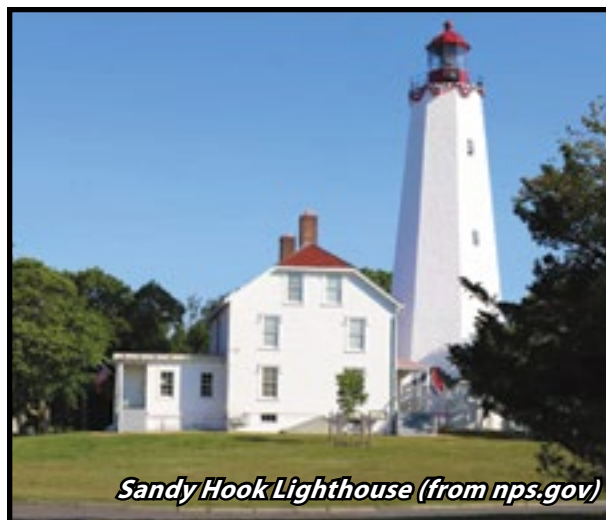
Escape everyday life with a trip to Longwood Gardens with us, where the most beautiful, most peaceful, most enthralling summer getaway awaits. Stroll through the gardens awash in brilliantly blooming annuals and perennials, learn and observe landscape design at its best, or find a quiet, shaded spot among the towering trees on the woodland paths.

**\$140.00 Per Person****Tatum Pk Red Hill Act Ctr Parking Area****Sat, Aug 20..... H0323A****Board: 8:30 AM.....Return: 5:30 PM (approx)****Mt. Cuba Horticulture Center** **NEW***(adults)*

Enjoy Mt. Cuba's native plant gardens, rolling paths, formal gardens and natural lands while learning about stewardship and conservation. This trip is perfect for those interested in ecological garden practices and landscaping with native plants.

**\$135.00 Per Person****Tatum Pk Red Hill Act Ctr Parking Area****Sat, Jun 25..... H0623A****Board: 8:00 AM.....Return: 5:00 PM (approx)****Sandy Hook Lighthouse Anniversary Tour***(ages 11 and up, under 18 with adult)*

The Sandy Hook Lighthouse, located near the tip of the Sandy Hook peninsula, is the oldest working lighthouse in the United States. It was first lit in June 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 member will be checking people in for the tour at the beginning of pier. Please make sure to get checked in before boarding. For more information about our tour boat and captain, please check out [www.classicboatrides.com](http://www.classicboatrides.com).

**One Session \$48.00 Per Person****Atlantic Highlands Municipal Marina Parking Lot****Thu, Jun 9 6:30-8:30 PM (approx) .....IN723A***Sandy Hook Lighthouse (from nps.gov)***Sunset Cruise Around Sandy Hook Bay***(adults)*

This summer why not enjoy a lovely sunset cruise around Sandy Hook Bay, one of the most beautiful bodies of water in New Jersey. The park system invites you to discover the breathtaking beauty of local waters in a natural and eco-friendly way aboard a classic wooden boat named the MARINER. Come aboard, savor the sights and take in the summer salt air. Bring binoculars, a camera, and something warm to wear as it can get chilly on the open water. Light snacks and drinks available on board or bring your own. The boat will depart on time from the Atlantic Highlands Marina. The boat is docked at Pier 1, slip 3. For more information about our tour boat and captain, please check out [www.classicboatrides.com](http://www.classicboatrides.com).

**One Session \$48.00 Per Person****Atlantic Highlands Municipal Marina Parking Lot****Wed, Aug 3 6:30-8:30 PM (approx) .....IN823A****Wildflowers for a Day** **NEW***(adults)*

Bowman's Hill Wildflower Preserve is a 134-acre nature preserve, botanical garden, and museum just across the border in Bucks County, Pennsylvania. Take this trip with us and enjoy the wildflower vistas and nature trails. This is a perfect opportunity to experience and learn about native wildflowers if you are looking to grow them yourself.

**\$125.00 Per Person****Tatum Pk Red Hill Act Ctr Parking Area****Fri, Jun 10..... H0523A****Board: 8:00 AM.....Return: 4:00 PM (approx)**

# Monmouth County Park Locations

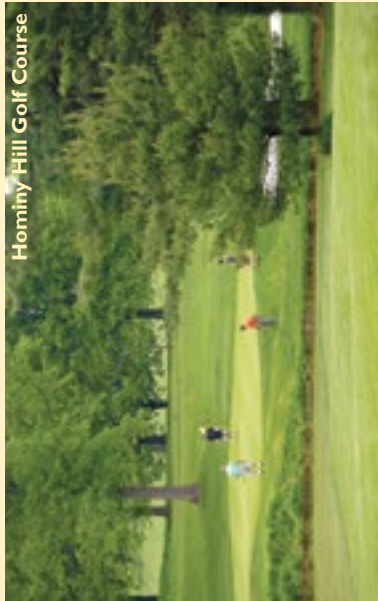
## PARKS/HISTORIC SITES

- 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 Walnford**, Walnford Road, Upper Freehold 609-259-6275
- Weltz Park\***, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area†**, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract†**, Highway 33, Howell 732-751-9453 or 732-919-0996

\* 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.

## 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.



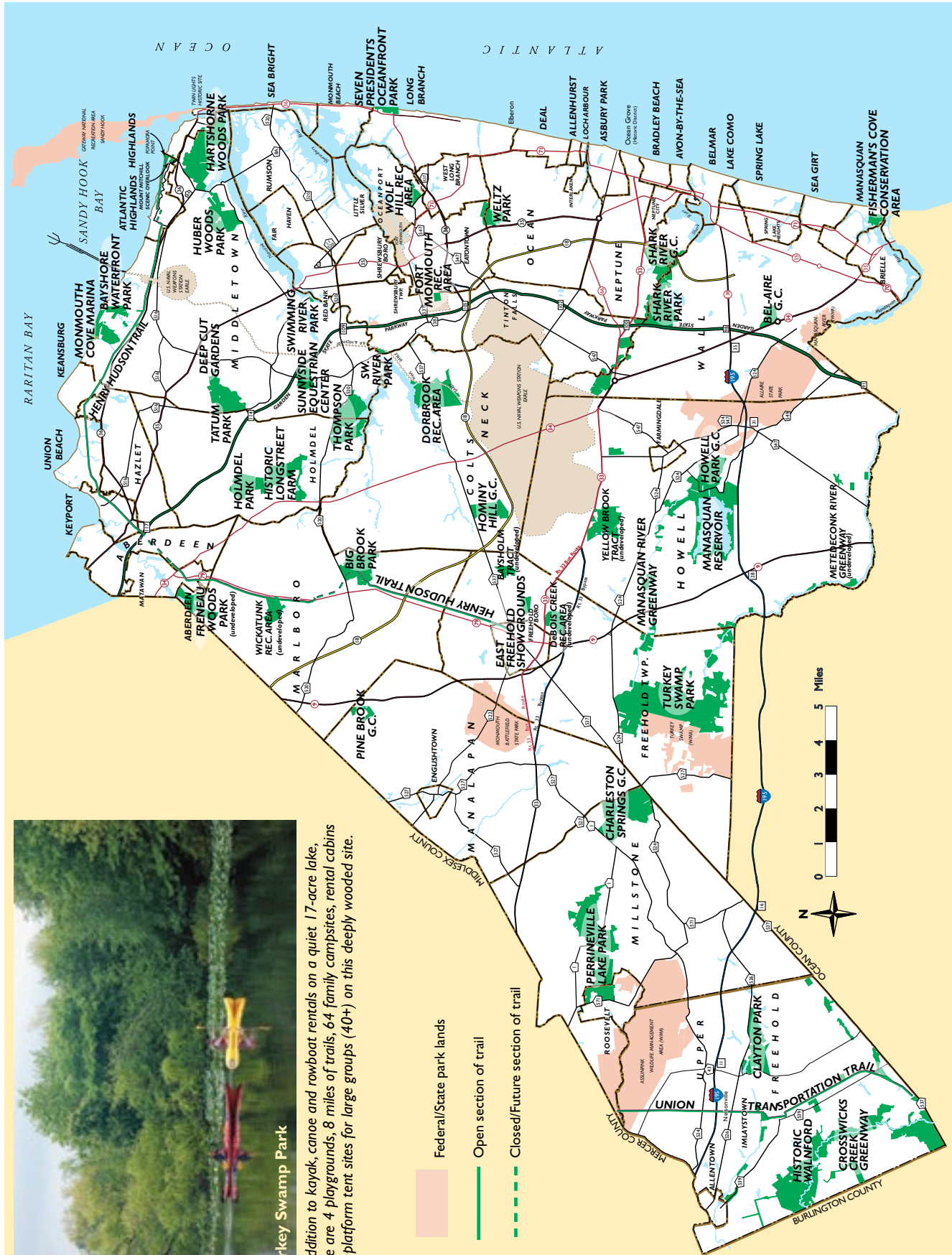
Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.



**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



**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 | FootGolf | 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               |
| 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                 |                      |                  | x               |
| Manasquan River Greenway         |                      | x                  |           |                      |                         | x              |          |      |                        |                    |            |               | x                 |                      |                  |                 |
| Mount Mitchill Scenic Overlook   |                      |                    |           |                      |                         |                |          |      |                        |                    | x          |               |                   |                      |                  |                 |
| Perrineville Lake Park           |                      | x                  |           |                      | x                       | x              |          |      |                        |                    |            |               | x                 |                      |                  |                 |
| Pine Brook Golf Course           |                      |                    |           |                      |                         |                | x        | x    |                        |                    |            |               |                   |                      |                  |                 |
| Seven Presidents Oceanfront Park |                      | 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](http://www.MonmouthCountyParks.com).*



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email [spur@monmouthcountyparks.com](mailto:spur@monmouthcountyparks.com), or visit [www.spuronline.org](http://www.spuronline.org).



## 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](http://www.friendsofmonmouthcountyparks.com).



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at [www.monmouthconservation.org](http://www.monmouthconservation.org). MCF can also be reached by calling 732-671-7000 or emailing [info@monmouthconservation.org](mailto:info@monmouthconservation.org).



## 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 Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

## Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation. Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

## Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

### Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
  2. No refunds or credits will be given for any sessions missed by the participant.
  3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
  - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
  - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

### Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

## Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

## Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

## Registration

You may register:

**Online** 24/7 beginning at 8:00 AM on May 11. Click "Register for Programs" at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**By Phone** beginning at 8:00 AM on May 11. Call 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

**In Person** beginning at 8:00 AM on May 11 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

47<sup>th</sup> ANNUAL MONMOUTH COUNTY FAIR



# Home & Garden Competition & Exhibits



A "taste" of what's going on:  
Artwork • Crafts • Honey  
Flowers • Vegetables

All children ages 6-12 entering  
the competition will receive a ribbon.

Competition and exhibit information:  
732-842-4000, ext. 3343,  
or visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).



## Arts & Crafts Competition

Entries accepted Sunday, July 24  
from 9:00 AM-3:00 PM or  
Monday, July 25 from 8:00-11:00 AM.

## Senior Center and Adult Day Program Competition

*Pre-registration required.*

Entries accepted Monday, July 25 & Tuesday, July 26  
from 9:00 AM-12:00 PM.

For more information, call Anne at  
732-460-1167, ext. 24.

## Gardeners' Day

Entries accepted on Friday, July 29  
from 8:00 AM-12:00 PM.

## Bakers Day

Entries accepted Saturday, July 30  
from 8:00-11:00 AM

Baked goods must be picked up between  
8:30-10:00 PM the same day or they will be discarded.

## Daily demonstrations provided by:

Thompson Park's Creative Arts Center, Deep Cut Gardens,  
Monmouth County Master Gardeners, and  
Central Jersey Beekeepers Association.  
Check the Fair schedule for additional demonstrators.

See the full Home & Garden Competition brochure at  
[www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

*Note: Please pick up all competition entries between 8:00 AM-6:00 PM on Monday, August 1 in the Home & Garden Tent.*



**Monmouth County Park System**  
805 Newman Springs Road  
Lincroft, NJ 07738

### June 2022

#### **DEEP CUT GARDENS OPEN HOUSE**

Saturday, June 4  
10:00 AM-2:00 PM

*Deep Cut Gardens, Middletown*

#### **FRESHWATER FISHING DERBIES**

Saturday, June 18

*Manasquan Reservoir, Howell*

Sunday, June 19

*Turkey Swamp Park, Freehold*

### July 2022

#### **AFTER THE REIGN CONCERT**

Friday, July 22  
7:00-8:30 PM

*Thompson Park, Lincroft*

#### **MONMOUTH COUNTY FAIR**

Wednesday-Sunday, July 27-31  
*East Freehold Showgrounds,  
Freehold*

### August 2022

#### **TRAVELS THROUGH TIME**

Saturday, August 20  
7:00-8:00 PM

*Thompson Park, Lincroft*

#### **JUKEBOX HEROES LIVE**

Friday, August 26  
7:30-9:00 PM

*Thompson Park, Lincroft*

**MORE DETAILS ON THESE AND OTHER GREAT PROGRAMS AND EVENTS** *inside!*

INFO: 732-842-4000, ext. 4312 • [MONMOUTHCOUNTYPARKS.COM](http://MONMOUTHCOUNTYPARKS.COM)



#### **Board of County Commissioners:**

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director  
Lillian G. Burry • Dominick "Nick" DiRocco • Ross F. Licitra

#### **Board of Recreation Commissioners:**

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman  
Michael G. Harmon • Thomas E. Hennessy, Jr. • David W. Horsnall  
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson  
Brian Foster • James J. Truncer, Secretary-Director

