



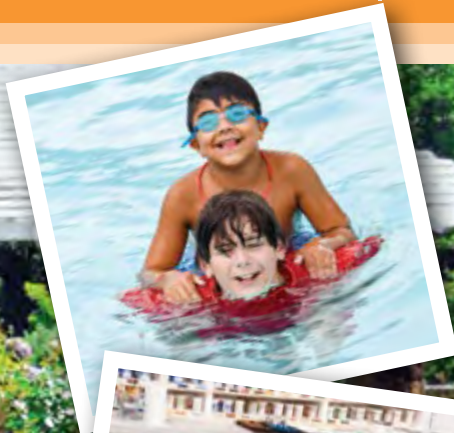
MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SUMMER 2023

REGISTRATION BEGINS MAY 10

WWW.MONMOUTHCOUNTYPARKS.COM



48th Annual
MONMOUTH COUNTY FAIR

THE ORIGINAL MONMOUTH COUNTY AGRICULTURAL FAIR!
A COUNTYWIDE EVENT FOR ALL AGES!
EAST FREEHOLD SHOWGROUNDS, KOZLOSKI ROAD, FREEHOLD

**JULY
26-30**

Admission:

\$8.00

Ages 12 & under admitted Free

FREE PARKING

Become a Vendor!

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

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

Mutts Gone Nuts • Flying Fools High Diving Show

Delicious Food • Crafters & Commercial Vendors

Living History Interactive Displays

Monmouth County Park System Interactive Display

And so much more!

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 28-29.

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*To register for programs starting Wednesday, May 10, call 732-842-4000, ext. 1,
Monday-Friday from 8:00 AM-4:30 PM, or visit www.MonmouthCountyParks.com.
For general information about your Monmouth County parks, call 732-842-4000, ext. 4312.*

Essential Eligibility Requirements for Park System Programs & Camps

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

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

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Casual Birder (p. 50)

SATURDAY, JUNE 10

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

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



HISTORIC LONGSTREET FARM

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 10, 11:00 AM-3:00 PM

Saturday, June 24, 11:00 AM-3:00 PM

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

Saturday, July 22, 11:00 AM-3:00 PM

Saturday, August 5, 11:00 AM-3:00 PM

Saturday, August 19, 11:00 AM-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 3, 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.

Sunday, June 11, 1:00-3:00 PM

Piano Ballads from the Turn of the Century

(adults)

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

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

Saturday, July 29, 1:00-3:00 PM

Saturday, August 12, 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.

Tuesday, 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 labor-intensive way of harvesting wheat would be common in the 1890s.

Sunday, July 9, 12:00-2:00 PM

Spinning, Knitting & Weaving Demonstration

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

Saturday, July 8, 1:00-3:00 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 the covers it.

Sunday, July 16, 12:00-2:00 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 5, 1:00-3:00 PM

19th Century Woodworking Demonstration

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

Saturday, August 12, 12:00-3:00 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 13, 10:00 AM- 2:00 PM

Smocking Demonstration

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

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

Potato Harvest

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

Saturday & Sunday, August 26 & 27, 12:00-2:00 PM

"Let's Go Fishing" - 1890s Adventure

(ages 6-12, with adult)

Enjoy a pleasant summer morning fishing at the pond in Holmdel Park. We will supply the bait and the bamboo fishing poles just like they used in the 1890s. After an hour of fishing enjoy a wagon ride throughout the park.

One Session \$35.00 Parent/Child \$15.00 Additional Sibling

Longstreet Farm

Sun, Jun 18 10:00-11:30 AM F1833X

Morning Farm Chores

(ages 6 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Ages 6 & up; under 18 must be accompanied by an adult (chaperones are free but please limit to one). Make sure to wear closed-toe shoes and dress for the weather.

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

One Session \$15.00 Per Person

Longstreet Farm

Sat, Jun 3 8:00-9:30 AM F1933A

Sun, Jun 18 8:00-9:30 AM F2033A

Sun, Jul 2 8:00-9:30 AM F2133A

Sat, Jul 22 8:00-9:30 AM F2233A

Sat, Aug 5 8:00-9:30 AM F2333A

Sun, Aug 20 8:00-9:30 AM F2433A

Summer Social

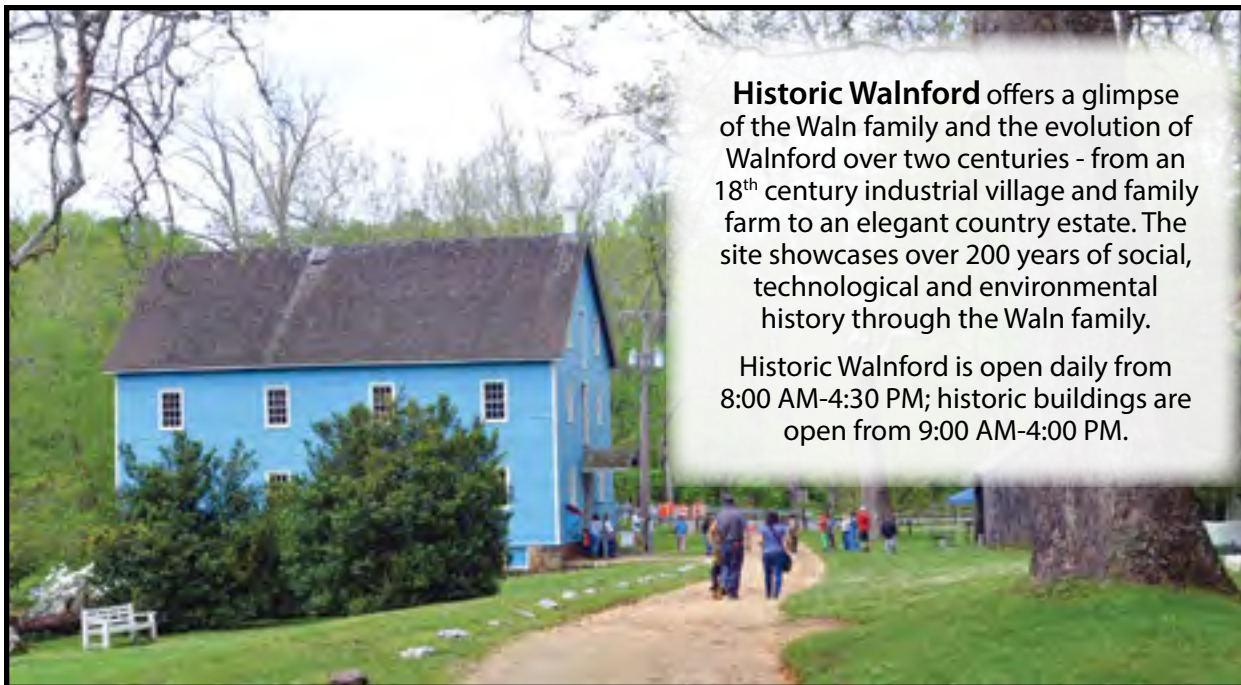
(all ages)

What could be better than starting summer with freshly made ice cream and traditional yard games? Ice cream was a popular and special treat during the Victorian era, as it is today. Learn about its history and significance as you help churn a fresh batch to enjoy. After enjoying this summer treat, have fun engaging in some of the popular yard games and activities of the era. Children under 3 can attend for free.

One Session \$10.00 Per Person

Longstreet Farm

Wed, Jun 21 6:30-8:00 PM F2533A



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

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

HISTORIC WALNFORD

Story Time in the Park

(ages 2-7, with adult)

Join us for a book reading beside the picturesque Crosswicks Creek! If you'd like, you are welcome to bring a snack and a mat, blanket or towel to sit on.

Sunday, June 11, 11:00-11:45 AM

Sunday, July 9, 11:00-11:45 AM

Sunday, August 13, 11:00-11:45 AM

Pre-WWII Auto Display

Antique automobiles dating 1941 and earlier are on display at Historic Walnford. Pack a picnic, stroll our leafy landscape, and admire these early 20th century beauties. Add a tour of the 18th century Waln house and 19th century gristmill to complete your trip across three centuries.

Saturday, June 24, 10:00 AM-2:00 PM

Woodworking at Walnford

Watch local woodworker Don demonstrate 19th century woodworking under the Carriage House porch.

Saturday, June 24, 10:00 AM-1:00 PM

Sunday, July 23, 12:00-3:00 PM

Sunday, August 13, 12:00-3:00 PM

Old-Fashioned Fun & Games

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

Sunday, July 16, 1:00-3:00 PM

Milling Demonstrations

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

Current Special Exhibits at Walnford

Thrive

Exploring the cyclical nature of the world around us, this exhibit invites visitors to experience the flow of life through the works of featured artists Alice Momm, Maureen Bennett, Susan Hoenig, and Katrina Bellow. This art exhibit is open daily from 9:00 AM-4:00 PM through July 7, 2023.

The Art of War

An exhibit exploring the role of art in uniting the country during World War I, propaganda posters, uniforms, medals and music will be on display to illustrate the involvement of artists in the war effort. The exhibit is open daily from 9:00 AM-4:00 PM through March 9, 2025.

Family Field Day at Historic Walnford *(ages 6 and up, under 18 with adult)*

Experience an old-fashioned field day with activities that the whole family can enjoy! Then, after we've worked up an appetite, enjoy ice cream made from a historical recipe!

One session \$15.00 Parent/Child \$5.00 Additional Person

Historic Walnford Outdoor Area

Sun, Aug 27 10:00 AM-1:00 PM..... G0333X

First Walnford, Then Wine! *(ages 21 and up)*

Explore over 200 years of history across five generations as we tour Historic Walnford. After the tour, participants may drive around the corner to join us for an optional picnic and wine tasting (\$10.00 pay on your own). Tour will take place as scheduled, weather permitting, but trip to winery is contingent on facility being open for business.

One Session \$10.00 Per Person

Historic Walnford Outdoor Area

Sun, Jun 4 11:00 AM-12:00 PM G0233A

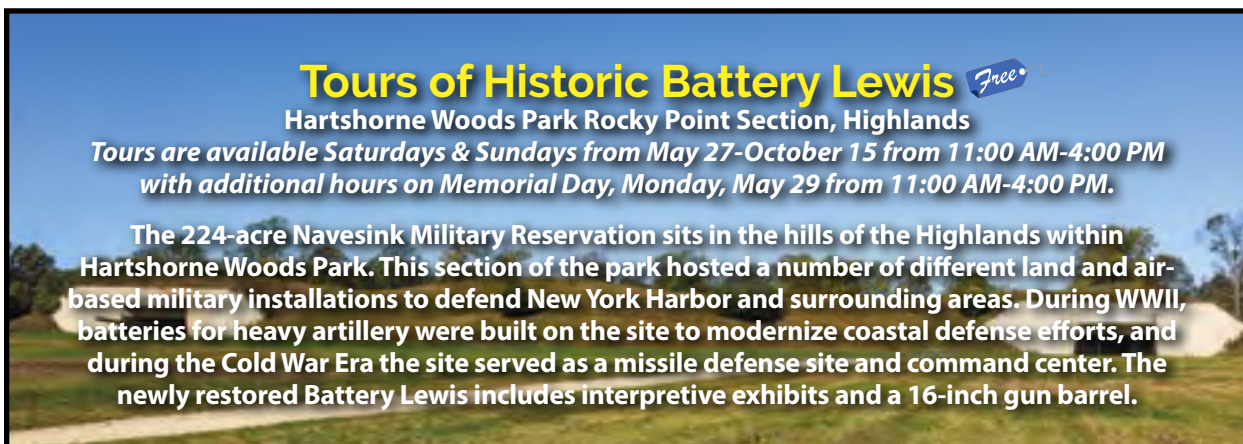


**HISTORIC SEABROOK-
WILSON HOUSE TOURS** 

Check our website for updates on this year's tours.

Bayshore Waterfront Park, Port Monmouth

Visit the 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, listed on the National Register of Historic Places, includes displays on the ecology of the bay and local history.



Tours of Historic Battery Lewis 

Hartshorne Woods Park Rocky Point Section, Highlands

Tours are available Saturdays & Sundays from May 27-October 15 from 11:00 AM-4:00 PM with additional hours on Memorial Day, Monday, May 29 from 11:00 AM-4:00 PM.

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



Historic Portland Place Tours 

The site is open Wednesday-Sunday, May 6-November 19 from 9:00 AM-4:00 PM

Docent-led tours available at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM

(Sign in at the Visitor Center; 10 people max)

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

ARTS & CRAFTS

Friday Evening Pottery*(ages 11 and up)*

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

Instructor: Kayla Robinson

Seven Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jul 7-Aug 18 6:30-8:30 PM..... Z5033A

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. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session \$10.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jun 4 11:00 AM-12:00 PM Z7733A

Sun, Jun 4 12:30-1:30 PM Z7833A

Sun, Jun 4 2:00-3:00 PM Z7933A

Sun, Aug 6 11:00 AM-12:00 PM..... Z8033A

Sun, Aug 6 12:30-1:30 PM..... Z8133A

Sun, Aug 6 2:00-3:00 PM..... Z8333A

HORTICULTURE

Herbal Pathways *(ages 16 and up)*

Rub the fuzzy, grey woolly lamb's ear; taste licorice or cucumber flavored flowers. Discover the soothing smell of lavender or perk-up your senses with citronella. Those and many more interesting herbs await your arrival here at Deep Cut Gardens. Join us and enjoy a special summer morning in our herbal garden.

One Session \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Jun 22 9:00-10:15 AM..... H2133A

DEEP CUT GARDENS
OPEN HOUSE

Saturday, June 3, 10:00 AM-2:00 PM

Deep Cut Gardens, Middletown

Celebrate the community treasure that is Deep Cut Gardens during our annual open house!

This beautiful park will be in full glory with displays and colorful gardens in peak bloom.

- Demonstrations
- Children's Activities
- Garden Tours
- And So Much More!

www.MonmouthCountyParks.com

**Rockin' the Trails** *(all ages)*

Set out on a cross-county scavenger hunt while discovering your Monmouth County parks!

Here's what to do to enjoy this family-friendly exploration:

- Get a copy of the Rockin' the Trails brochure by calling 732-872-2670 or download a copy online at www.MonmouthCountyParks.com.
- Complete the challenge by using the brochure as your guide to find hidden trail markers.
- Return your completed brochure by December 31, 2023, to be entered for a grand prize drawing.

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 \$9.00 Parent/Child \$4.50 Additional Person

Wickatunk Rec Area Spring Valley Barn

Mon, Jun 5 4:30-5:30 PM..... IM133X

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Aug 12 10:00-11:00 AM..... IM233X

Eye Spy Summer *(ages 6-9, with adult)*

Join one of our Park System Naturalists for a 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-toe walking shoes, and bug repellent is encouraged. Children must be registered with a paying adult.

One Session \$8.50 Per Person

Freneau Wds Pk Act Ctr Parking Area

Sat, Jun 10 10:00-11:00 AM..... IMH33A

Huber Wds Pk Env Ctr Courtyard

Wed, Jul 12 10:00-11:00 AM..... IMK33A

Firefly Nights*(ages 6-10, 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. Spend the early evening embarking on an insect safari before going on our twilight firefly hunt. Dress for the weather and bring your own flashlight.

One Session \$13.00 Parent/Child \$6.50 Additional Person

Huber Wds Pk Env Ctr Courtyard

Tue, Jul 18 7:30-8:30 PM..... IM533X

Thu, Jul 20 7:30-8:30 PM..... IM633X

Fireside Fireflies *(all ages, under 18 with adult)*

Join us for a mesmerizing light show from Mother Nature! This BYOC (Bring Your Own Chair) program will be packed with fun firefly facts and include a campfire with everyone's favorite fireside snack. What s'more can you ask for?

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

Wickatunk Rec Area Spring Valley Patio

Tue, Jun 13 8:30-9:30 PM (approx)..... IMR33X

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 17, 2:00-5:00 PM #W0233X

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

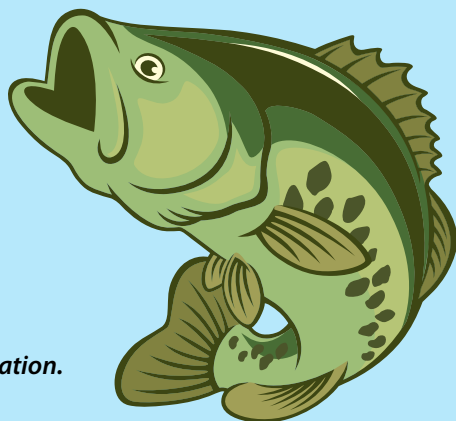
Turkey Swamp Park, Freehold

Sunday, June 18, 2:00-5:00 PM #W0333X

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.



SUMMERTIME NATURE FUN IN THE PARKS

ENVIRO-QUEST



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

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

Meet the following Thursdays at 11:00 AM:

July 6 - Perrineville Lake Park Agress Road Parking Lot

July 13 - Clayton Park Emley's Hill Road Parking Lot

July 20 - Crosswicks Creek Park Province Line Road Parking Lot

July 27 - Freneau Woods Park Visitor Center Parking Lot

August 3 - Big Brook Park Dock

August 10 - Tatum Park Red Hill Activity Center Parking Lot

August 17 - Thompson Park Old Orchard Parking Lot

August 24 - Holmdel Park Pond View Parking Lot

August 31 - Bayshore Waterfront Park Main Parking Lot

LIFE IN A FRESHWATER POND



(all ages, under 18 with adult)

Thursdays, June 29 - August 24, 11:00am to 12:00pm

Freneau Woods Park Visitor Center

Join Park System Naturalists on Thursday mornings this summer for a free exploration of 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 wear closed-toe shoes; please, no flip-flops. We will meet outside the Visitor Center near the picnic tables. The program will be canceled in cases of inclement weather.

Parents or guardians are required to stay with and supervise their children.

The 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#.

SEINING ALONG SANDY HOOK BAY



(all ages, under 18 with adult)

Mondays, Wednesdays & Fridays, June 26-August 25, 11:00 AM-12:00 PM

Bayshore Waterfront Park

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 the bay. Closed-toe shoes are required. No swimming during the event. 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. The 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.

TIDAL TUESDAY - SEINE THE COVE

(all ages, under 18 with adult)

Tuesdays, July 11-August 29 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 this summer and join a Park System Naturalist each week to take part in a free seining program to see what creatures may be found swimming along 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 are required.
- The program will not run during inclement weather.
- Parents or guardians are required to stay with and supervise their children.
 - No swimming during the program.
- This program is designed for individuals and families. No large groups please.
- Street parking is first come, first serve and during the summer may fill quickly. A municipal parking lot is also available for a fee but also at times may be full.
- Add to your morning of fun by enrolling in our Tidal Tuesday Summer Activities (*below*).

TIDAL TUESDAY SUMMER ACTIVITIES

(ages 5 and up, with adult)

Add some more fun to your Tuesday morning by the shore! With a Park System Naturalist as our guide, we'll 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 (*above*). On the street parking is available but is first come, first serve, as well as an available municipal lot for a fee. Both may fill up during the summer. **Pre-registration is required.**

One Session \$7.00 Per Child

Fisherman's Cove Act Ctr

Tue, Jul 11 9:30-10:15 AM #I3033A

Tue, Jul 18 9:30-10:15 AM #I3133A

Tue, Jul 25 9:30-10:15 AM #I3233A

Tue, Aug 1 9:30-10:15 AM #I3333A

Tue, Aug 8 9:30-10:15 AM #I3433A

Tue, Aug 15 9:30-10:15 AM #I3533A

Tue, Aug 22 9:30-10:15 AM #I3633A

Tue, Aug 29 9:30-10:15 AM #I3733A

UNDER THE SUMMER STARS

(all ages, under 18 with adult)

Sunday, June 11, 10:00-11:00 PM

Sunday, August 13, 10:00-11:00 PM

Dorbrook Recreation Area Soccer Field Parking Lot

"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.

The soccer field lot is located across the street from main park entrance.

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. Children must be registered with a paying adult.

One Session \$12.00 Per Person

Shark River Pk Shelter Bldg

Sat, Jun 3 10:30 AM-12:00 PM I1433A

Thu, Jun 29 10:30 AM-12:00 PM I1533A

Full Moon Walk at Freneau Woods

(ages 8 and up, with adult)

Enjoy the rise of the Full Moon while exploring the darker side of Freneau Woods Park, a 300+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox, 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 \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Wed, Aug 30 8:30-9:30 PM IMZ33A

How to Catch a Unicorn

(ages 4-6, with adult)

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

One Session \$14.50 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Aug 19 10:00-11:00 AM (approx) IMF33A

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: We meet at the Manasquan Reservoir Environmental Center boat dock. 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

Fri, Jun 16 6:00-7:00 PM I1633A

Fri, Jun 16 7:00-8:00 PM I1733A

Fri, Jul 21 6:00-7:00 PM I1833A

Fri, Jul 21 7:00-8:00 PM I1933A

Fri, Aug 18 6:00-7:00 PM I2033A

Fri, Aug 18 7:00-8:00 PM I2133A

Public Boat Tours of Manasquan Reservoir

Enjoy a boat tour on the beautiful Manasquan Reservoir. Tours are narrated by Park System Naturalists and include opportunities to view local wildlife including turtles, egrets, herons, ospreys and perhaps a bald eagle! Tours are approximately 45 minutes long and launch from the Visitor Center located on Windeler Road. Life jackets are required. Tours are weather and reservoir level dependent.

Cost: \$6.00 per adult, \$4.00 per child 12 and under

WEEKEND & HOLIDAY TOURS

May 6-September 4 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM

Includes Memorial Day, Fourth of July & Labor Day

WEDNESDAY TOURS

July 12-August 30, 2:00 PM, 3:00 PM & 4:00 PM

FIRST FRIDAY EVENING TOURS

June 2 at 6:00 PM & 7:00 PM

July 7 at 6:00 PM & 7:00 PM

August 4 at 6:00 PM & 7:00 PM



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 \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Jun 22 4:30-5:30 PM (approx) IMM33A

Meet The Martins! Experience a Purple Martin Colony!

(ages 7 and up, under 18 with adult)

Our Park System 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! We may see eggs and or chicks of various ages, up close, in an unforgettable nature experience for all.

One Session \$6.00 Per Person

Dorbrook Rec Area Outdoor Area

Sat, Jun 17 2:00-3:00 PM I2533A

Sun, Jun 25 10:00-11:00 AM I2633A

Once Upon a Pond

(ages 6-10, with adult)

What's lurking under the surface of our parks' ponds? Join a Park System Naturalist as we explore the murky depths of Shark River 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 \$12.00 Parent/Child \$6.00 Additional Person

Shark River Pk Lake

Tue, Jun 6 5:30-6:30 PM IKN33X

Sun, Aug 20 10:00-11:00 AM IKP33X

Pollinator Week Celebration

(all ages, under 18 with adult)

During National Pollinator Week let's celebrate with a tour of the wildflower gardens and learn about our mighty pollinators. Afterwards, all participants will get to take home their very own native plant seedlings.

One Session \$14.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, Jun 22 4:30-5:30 PM IM933A

Manasquan Reservoir Photography Contest

Calling all photographers! Don't miss your opportunity to enter your photos in our 2024 exhibition!

Each photographer may enter one photo per category per season.

Entry Deadlines

Spring: June 25, 2023 / Summer: September 24, 2023 / Fall: December 3, 2023

Exhibition Dates: February 1-29, 2024

Theme: Shapes of Nature

Divisions: Youth or Adult

Categories: General & Wildlife

Entry Fee: \$5.00 per photo for Adult Division; submissions free for Youth Division

Rules and entry form available on the Manasquan Reservoir Environmental Center page of our website.



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 23 7:30-8:30 PM (approx) IN033A

Sun, Aug 6 7:30-8:30 PM (approx) IN133A

Sunsets and Sundaes

(ages 6 and up, under 18 with adult)

What better way to spend a summer night than having ice cream at the beach! Enjoy an evening walk on the beach as we spend time looking for treasures from the ocean. Afterwards, we will head back to the Activity Center and enjoy an ice cream sundae!

One Session \$12.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jun 10 7:30-8:30 PM IMC33A

Thu, Jul 6 7:30-8:30 PM IME33A

OUTDOOR ADVENTURES

Family Canoe Experience & S'mores

(ages 7-10, with adult)

Treat your family to an afternoon exploring the waterways of Turkey Swamp Park! Experienced Outdoor Adventure staff will assist your family with the canoeing basics. Afterward stick around and roast s'mores with newly acquired friends.

One Session \$34.00 Adult & Junior \$26.00 Additional Sibling

Turkey Swamp Pk Shelter Bldg

Sat, Jun 3 2:00-4:30 PM W4433X

Canoe Rentals at Thompson Park

(all ages, under 18 with adult)

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

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

**The following Saturdays & Sundays
from 10:00 AM-3:00 PM:**

**May 27 & 28, June 10 & 11, June 24 & 25, July 8
& 9, July 22 & 23, August 5 & 6, August 19 & 20,
September 2 & 3**

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.

Cost: FREE

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

Turkey Swamp Park

Sunday, July 16, 12:00-3:00 PM

Shark River Park

Thursday, August 24, 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 at the Thompson Park Activity Barn. This is NOT a beginner instructional program.

If you are new to archery, register for one of our instructional classes prior to attending (p. 22 & p. 52). Dress for the weather as the Activity Barn is not heated. All equipment is provided.

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

Thompson Park Activity Barn

Saturday, May 20, 10:00 AM-2:00 PM

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

Saturday, July 15, 10:00 AM-2:00 PM

Saturday, August 12, 10:00 AM-2:00 PM

For more information,

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

douglas.kalucki@monmouthcountyparks.com.

ARTS & CRAFTS

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

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning or afternoon 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. **Please Note: In order for all registered participants to fully enjoy the program, please refrain from bringing additional family members and children to class.**

Six Sessions \$68.00 Parent/Child**Dorbrook Rec Area Summer Camp Tent 5****Tue, Jun 13-Jul 25 10:00-10:45 AM A6133A***No class 7/4***Tue, Jun 13-Jul 25 11:30 AM-12:15 PM A6233A***No class 7/4***Tue, Aug 1-Sep 5 10:00-10:45 AM A6333A****Tue, Aug 1-Sep 5 11:30 AM-12:15 PM A6433A****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**Summer Colors**

Let's see what beautiful colors we can find!

Dorbrook Rec Area Prog Bldg**Sat, Jun 24 10:00-11:00 AM A5033A****Freneau Wds Pk Vis Ctr Art Room****Sun, Jun 25 10:00-11:00 AM A5133A****My Ocean is Blue**

Let's share a day at our pretend beach.

Dorbrook Rec Area Prog Bldg**Sat, Jul 8 10:00-11:00 AM A5233A****Freneau Wds Pk Vis Ctr Art Room****Sun, Jul 9 10:00-11:00 AM A5333A****Snowmen All Year!**

Have winter fun in the heat of summer.

Dorbrook Rec Area Prog Bldg**Sat, Jul 29 10:00-11:00 AM A5433A****Freneau Wds Pk Vis Ctr Art Room****Sun, Jul 30 10:00-11:00 AM A5533A****We're Going on a Bear Hunt!**

Join us for an adventure searching for our bear.

Dorbrook Rec Area Prog Bldg**Sat, Aug 12 10:00-11:00 AM A5633A****Freneau Wds Pk Vis Ctr Art Room****Sun, Aug 13 10:00-11:00 AM A5733A**

EDUCATION & ENRICHMENT

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

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

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

Six Sessions \$70.00 Parent/Child**Dorbrook Rec Area Summer Camp Tent 5****Wed, Jun 14-Jul 19 10:00-11:00 AM. A6533A****Wed, Aug 2-Sep 6 10:00-11:00 AM. A6633A****Discovering Authors***(ages 5-7, with adult)*

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

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

One Session \$20.00 Parent/Child**Dorbrook Rec Area Prog Bldg****Jan Brett**

Summer is for water adventures!

Sat, Jun 24 12:30-1:30 PM A5833A**Lucille Colandro**

Laughter and silliness abound in these stories!

Sat, Jul 8 12:30-1:30 PM A5933A**Brian Lies**

Fun with winter and summer in the same day!

Sat, Aug 12 12:30-1:30 PM A6033A

HORTICULTURE

**Mr. McGregor's Garden
in My Old Boots** NEW*(ages 4 and up)*

Garden planting from scratch is a perfect opportunity to introduce your child to the wonderful world of gardening. Plant a pair of miniature gardens and be on the lookout for visits of animal friends - maybe even hungry little Pitter rabbit. Bring your worn-out boots, your old hat and garden/work gloves and let's transform them into living landscapes for you to grow and care for.

One Session \$30.00 Per Couple \$20.00 Additional Person

Deep Cut Gardens Horticultural Center

Wed, Jun 7 10:00-11:00 AM H2833X

Sniff and Snoop NEW*(ages 5 and up, with adult)*

This garden discovery walk is a perfect setting to touch, taste, smell and look! Come ready to explore the garden treasures and wildlife. Bring a magnifying glass and a bug jar.

One Session \$12.00 Per Couple \$7.00 Additional Person

Deep Cut Gardens Horticultural Center

Wed, Jun 21 9:00-10:00 AM H2033X

NATURE

A Butterfly is Patient NEW*(ages 4-6, with adult)*

Butterflies are one of the most special parts of summer! Discover the life cycle of the Monarch butterfly during this fun-filled program where we will read a story, take a butterfly walk, and look at caterpillars up close!

One Session \$14.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Aug 19 1:30-2:30 PM IMP33A

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 \$21.00 Parent/Child \$7.00 Additional Person

Huber Wds Pk Env Ctr

Sat, Jun 10 10:00-11:30 AM IKT33X

Sat, Jun 10 1:30-3:00 PM IKV33X

Nature & Me Series*(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 strollers are not recommended. A portion of this program may utilize indoor facilities and additional children under the age of two are welcome at no charge.

Four Sessions \$44.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Jun 1-22 10:00-11:00 AM (approx) ... IMQ33A

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

Four Sessions \$50.00 Parent/Child

Huber Wds Pk Env Ctr

Thu, Jun 1-22 3:00-4:15 PM (approx) IMJ33A



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 Activity Center is located at 270 Southard Avenue, Farmingdale.

One Session \$9.00 Per Child

Manasquan River Greenway Winter Run Act Ctr

Amphibians

Wed, Jun 21 10:00-11:00 AM I3833A

Insects

Wed, Jul 19 4:00-5:00 PM I3933A

Reptiles

Wed, Aug 9 1:00-2:00 PM I4033A

OUTDOOR ADVENTURES

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a calm 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 \$18.00 Parent/Child \$7.00 Additional Sibling

Dorbrook Rec Area Vis Ctr Parking Lot

Sat, Jun 10 10:00-11:30 AM W5733X

Huber Wds Pk Env Ctr Parking Lot

Sat, Jul 8 10:00-11:30 AM W5833X

Henry Hudson Trail Popamora Point Parking Lot

Sat, Aug 26 10:00-11:30 AM W5933X

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 \$19.00 Parent/Child

Huber Wds Pk Env Ctr Parking Lot

Fri, Jul 7 6:00-7:30 PM W6333A

Nature Tots

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young 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

Caterpillar Series

6/2 - Dorbrook Rec Area Vis Ctr Lot

6/9 - Bayshore Waterfront Pk

6/16 - Shark River Park Shelter Bldg

Fri, Jun 2-16 10:00-11:30 AM W5333X

Cricket Series

7/5 - Holmdel Hilltop Shelter Bldg

7/12 - Manasquan Res Env Ctr

7/19 - Thompson Pk Old Orchard Shelter

Wed, Jul 5-19 10:00-11:30 AM W5433X

Hawk Series

8/3 - Big Brook Pk Lower Pond Lot

8/10 - Hartshorne Wds Rocky Point Lot

8/17 - Tatum Pk Red Hill Lot

Thu, Aug 3-17 10:00-11:30 AM W5633X

Young Explorers

(ages 6-8)

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

One Session \$18.00 Per Child

Thompson Pk Old Orchard Picnic Shelter

Thu, Jun 22 10:00-11:30 AM W8033A

Holmdel Pk Hilltop Area

Tue, Aug 22 10:00-11:30 AM W8133A

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 11-Aug 29 9:30-10:15 AM A6833X

Tue, Jul 11-Aug 29 10:30-11:15 AM A6933X

Tue, Jul 11-Aug 29 11:30 AM-12:15 PM ... A7033X

SPORTS & FITNESS

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 \$50.00 Parent/Child

Dorbrook Rec Area

Thu, Jun 22-Jul 20 4:30-5:15 PM XCW33A

No class 7/6

Fri, Jun 23-Jul 21 4:15-5:00 PM XCY33A

No class 7/7

Thu, Aug 3-24 4:30-5:15 PM XD033A

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 \$90.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Jun 3-24 9:00-9:45 AM M6133A

Sat, Jun 3-24 11:00-11:45 AM M6533A

Sat, Jul 8-29 9:00-9:45 AM M8333A

Sat, Jul 8-29 11:00-11:45 AM M8733A

Sat, Aug 5-26 9:00-9:45 AM M9033A

Sat, Aug 5-26 11:00-11:45 AM M9433A

Six Sessions \$90.00 Per Pair

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Thu, Jul 6-Aug 10 4:00-4:45 PM M7033A

Thu, Jul 6-Aug 10 5:00-5:45 PM M7433A

Thu, Jul 6-Aug 10 6:00-6:45 PM M7933A

Sat, Jul 8-Aug 12 9:00-9:45 AM M9833A

Sat, Jul 8-Aug 12 10:00-10:45 AM MA333A

Sat, Jul 8-Aug 12 11:00-11:45 AM MA833A

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. Come join us on the mat for a joyful class. Please bring a yoga mat for you and your child, as well your child's favorite stuffed animal.

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Parent/Child

Sun, Jun 11-Jul 9 11:30 AM-12:15 PM XCM33A

Four Sessions \$60.00 Parent/Child

Sun, Aug 6-27 11:30 AM-12:15 PM XCN33A

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

Parent and child will have fun 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 \$54.00 Parent/Child

Dorbrook Rec Area

Sat, Jul 8-29 9:00-9:55 AM XB733A

Sun, Jul 9-30 9:00-9:55 AM XB833A



SATURDAY
SEPTEMBER 16

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
- 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

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, MAY 10. SEE PAGE 76 FOR FULL DETAILS.

ARTS & CRAFTS

Aspiring Artists® Masterpiece Medley™*(ages 5-7)*

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 11x14 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 10-14 2:00-3:30 PM..... Z0133A

Mon-Fri, Jul 31-Aug 4 2:00-3:30 PM..... Z0233A

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

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

Seven Sessions \$93.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jul 8-Aug 19 9:30-11:30 AM..... Z4533A

Children's Handbuilding with Clay*(ages 7-10)*

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

Six Sessions \$98.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jul 14-Aug 18 4:30-6:00 PM Z5333A

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 6-Aug 17 4:00-6:00 PM..... Z4833A

Instructor: John Fossa

Sat, Jul 8-Aug 19 9:00-11:00 AM..... Z4933A

Father's Day Ceramic Mug*(ages 7-12)*

Want to make Dad feel special every day? 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 3 12:00-1:30 PM..... Z5433A

Sat, Jun 3 2:00-3:30 PM..... Z5533A

Mini Masterpieces with Miss Debra™*(ages 5-7)*

Using an assortment of mediums, Debra Stasiak, founder of Aspiring Artists LLC, will teach children how to create stylized flowers, butterflies, fish, and animals using techniques inspired by the Impressionist, Fauvist, and Modern Art movements.

Five Sessions \$90.00 Per Child

Thompson Pk Creative Arts Center

Mon-Fri, Jun 26-30 2:00-3:30 PM Z0933A

Mon-Fri, Aug 14-18 2:00-3:30 PM..... Z0833A

EDUCATION & ENRICHMENT

Child and Babysitting Safety

(ages 13-17)

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

One Session \$65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 3 10:00 AM-12:00 PM.....Q6533A

Sat, Aug 12 10:00 AM-12:00 PM Q6633A

Stop Motion Animation Creation

Summer Session

(ages 8-12)

Bring your ideas, stories, objects and figurines to this class as we collaborate to create your very own stop motion animation video to share with family and friends. We will be using the Stop Motion Animation free app. iPad, stand and lighting will be provided for use during class.

Six Sessions \$80.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Tue,Thu, Jul 25-Aug 17 10:00-11:30 AM...Q5133A

No class 8/8 & 8/10

Is it raining and you're wondering if your program is running as scheduled?

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6.

The message includes only programs cancelled due to bad weather.

TOASTMASTERS™ YLP comes to MCPS

(ages 13-17)

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

Eight Sessions \$86.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jul 3-Aug 21 6:30-8:00 PM.....Q5333A

OUTDOOR ADVENTURES

Day Tripping for Teens

(ages 14-17)

Adventure awaits as we tackle fun, exciting outdoor activities one day at a time. Always wanted to go white water rafting, rock climbing, trap shooting, or have a fun day at the beach? Now's your chance! Invite a friend and make new ones as we enjoy the great outdoors. Be sure to have a day pack with your lunch, water, and snacks. Outfitter's release form will need to be signed during drop-off. Please register early to secure a reservation.

Thompson Pk 3 Barns Parking Lot

Rock Climb, New Paltz, NY

One Session \$215.00 Per Person

Tue, Jun 20 6:30 AM-5:30 PM (approx) . . .W4833A

White Water Raft, Pocono, PA

One Session \$175.00 Per Person

Mon, Jul 10 6:30 AM-6:00 PM (approx) . . .W4733A

Trap Shoot & Botanical Gardens, NJ

One Session \$125.00 Per Person

Wed, Jul 26 9:00 AM-3:30 PM (approx) . . .W4933A

Beach Day

One Session \$70.00 Per Person

Seven Presidents Pk South Picnic Tent

Mon, Aug 14 8:30 AM-3:30 PM (approx) . . .W5033A

Disco Archery Fever *(ages 9-11)*

Get your groove on and join us at our archery pad to travel back to the age of disco! The range will go off the hook when our arrows hit as we practice new slammin' techniques taught by our rad instructors. Get stoked, grab your flare pants and platform shoes, and join us for this far-out archery program.

One Session \$26.00 Per Child

Thompson Pk Activity Barn

Tue, Jul 18 5:30-7:30 PM W6533A**Do You Want to Build a Snowman?***(ages 9-11)*

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

One Session \$26.00 Per Person

Thompson Pk Activity Barn

Tue, Jun 13 5:30-7:30 PM W4233A**S'More Archery Please***(ages 9-11)*

Treat your child to an archery experience that will satisfy their appetite! Learn the basics of archery from our experienced Outdoor Adventures staff. Afterwards stick around and roast s'mores with newly acquired friends.

One Session \$28.00 Per Child

Turkey Swamp Pk Archery Range

Sat, Jun 3 6:00-8:00 PM W4333A**Summertime Games in the Parks** *(ages 9-11)*

No camp? No problem! Finding something fun to do is just a hop, skip and a park away. Drop your child off and we will get them all fired up with some fun, age appropriate and smile enhancing summertime games. Through the power of play, children improve on social skills, develop imagination and help rid of pent-up energy.

One Session \$15.00 Per Child

Thompson Pk Activity Barn

Mon, Jul 3 10:00-11:30 AM W7033A**Mon, Jul 3 12:30-2:00 PM W7133A****Wed, Aug 16 2:30-4:00 PM W7233A****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 \$24.00 Per Person

Thompson Pk Activity Barn

Tue, Jun 6 4:30-6:30 PM W7333A**Wed, Jul 12 4:30-6:30 PM W7433A****Thu, Aug 17 4:30-6:30 PM W7533A****Young Explorers** *(ages 6-8)*

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

One Session \$18.00 Per Child

Thompson Pk Old Orchard Picnic Shelter

Thu, Jun 22 10:00-11:30 AM W8033A

Holmdel Pk Hilltop Area

Tue, Aug 22 10:00-11:30 AM W8133A

PERFORMING ARTS

Beginner Acting Summer Session *(ages 8-17)*

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

Freneau Wds Pk Vis Ctr Program Room 1

Six Sessions \$80.00 Per Person

The Performers*(ages 8-11)*

Mon,Wed, Jul 24-Aug 16 1:30-3:00 PM Q4833A

No class 8/7 & 8/9

The Players*(ages 12-14)*

Mon,Wed, Jul 24-Aug 16 4:00-5:30 PM Q4933A

No class 8/7 & 8/9

The Troupe*(ages 15-17)*

Mon,Wed, Jul 24-Aug 16 6:30-8:00 PM Q5033A

No class 8/7 & 8/9

The Afternoon Puppet Show Summer Session*(ages 5-7)*

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

Four Sessions \$60.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue,Thu, Jul 25-Aug 3 2:00-3:30 PM. Q5233A

SPORTS & FITNESS

BASEBALL

Baseball FUNDamentals*(ages 6-8)*

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

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Sat, Jul 8-29 12:00-12:55 PM XBD33A

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 \$54.00 Per Person

Dorbrook Rec Area

Sat, Jul 8-29 10:00-10:55 AM XB933A

Sat, Jul 8-29 11:00-11:55 AM XBB33A

Sun, Jul 9-30 10:00-10:55 AM XBA33A

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

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

Four Sessions \$54.00 Per Person

Dorbrook Rec Area

Sun, Jul 9-30 11:00-11:55 AM XBC33A



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 with use gymnastics apparatus including mats and trampoline.

Four Sessions \$64.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Sat, Jun 3-24 9:00-9:45 AM.....M5933A

Sat, Jun 3-24 11:00-11:45 AM.....M6233A

Sat, Jul 8-29 9:00-9:45 AM.....M8133A

Sat, Jul 8-29 11:00-11:45 AM.....M8433A

Sat, Aug 5-26 9:00-9:45 AM.....M8833A

Sat, Aug 5-26 11:00-11:45 AM.....M9133A

(ages 5-7)

Sat, Jun 3-24 9:00-9:45 AM.....M6033A

Sat, Jun 3-24 11:00-11:45 AM.....M6333A

Sat, Jul 8-29 9:00-9:45 AM.....M8233A

Sat, Jul 8-29 11:00-11:45 AM.....M8533A

Sat, Aug 5-26 9:00-9:45 AM.....M8933A

Sat, Aug 5-26 11:00-11:45 AM.....M9233A

(ages 8-10)

Sat, Jun 3-24 11:00-11:45 AM.....M6433A

Sat, Jul 8-29 11:00-11:45 AM.....M8633A

Sat, Aug 5-26 11:00-11:45 AM.....M9333A

Six Sessions \$90.00 Per Person

Shrewsbury Gymnastics School Broad Street, Shrewsbury

(age 3)

Thu, Jul 6-Aug 10 4:00-4:45 PM.....M6633A

Thu, Jul 6-Aug 10 5:00-5:45 PM.....M7133A

Thu, Jul 6-Aug 10 6:00-6:45 PM.....M7633A

Sat, Jul 8-Aug 12 9:00-9:45 AM.....M9533A

Sat, Jul 8-Aug 12 10:00-10:45 AM.....MA033A

Sat, Jul 8-Aug 12 11:00-11:45 AM.....MA533A

(ages 4-5)

Thu, Jul 6-Aug 10 4:00-4:45 PM.....M6733A

Thu, Jul 6-Aug 10 5:00-5:45 PM.....M7233A

Thu, Jul 6-Aug 10 6:00-6:45 PM.....M7733A

Sat, Jul 8-Aug 12 9:00-9:45 AM.....M9633A

Sat, Jul 8-Aug 12 10:00-10:45 AM.....MA133A

Sat, Jul 8-Aug 12 11:00-11:45 AM.....MA633A

(ages 6-8)

Thu, Jul 6-Aug 10 4:00-4:45 PM.....M6833A

Thu, Jul 6-Aug 10 5:00-5:45 PM.....M7333A

Thu, Jul 6-Aug 10 6:00-6:45 PM.....M7833A

Sat, Jul 8-Aug 12 9:00-9:45 AM.....M9733A

Sat, Jul 8-Aug 12 10:00-10:45 AM.....MA233A

Sat, Jul 8-Aug 12 11:00-11:45 AM.....MA733A

(ages 9-10)

Thu, Jul 6-Aug 10 4:00-4:45 PM.....M6933A

Thu, Jul 6-Aug 10 5:00-5:45 PM.....M7533A

Thu, Jul 6-Aug 10 6:00-6:45 PM.....M8033A

Sat, Jul 8-Aug 12 9:00-9:45 AM.....M9933A

Sat, Jul 8-Aug 12 10:00-10:45 AM.....MA433A

Sat, Jul 8-Aug 12 11:00-11:45 AM.....MA933A

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 \$50.00 Per Person

Dorbrook Rec Area

Thu, Jun 22-Jul 20 5:30-6:25 PM.....XCX33A

No class 7/6

Thu, Aug 3-24 5:30-6:25 PM.....XD133A

Fri, Aug 4-25 4:15-5:10 PM.....XD233A

Intro to Roller Hockey*(ages 7-13)*

Skate to score! Learn to play roller hockey step-by-step. Stick handling, shooting, and passing will be taught through demonstrations, drills, and games. Intro to Roller Hockey is designed for children with prior knowledge of rollerblading including basic skating techniques, falling and stopping.

Please Note: The following equipment is required in order to participate: inline skates, hockey helmet, kneepads with shin guards, elbow pads, chest protector, hockey gloves, hockey stick, and a protective cup (optional). We have some of the required equipment to lend out if needed (with the exception of inline skates). Please see our Safe Skating section (p. 25) for more information regarding this and other skating programs. If you have any questions, please call 732-542-1642, ext. 26, or email Daniel.O'Connor@co.monmouth.nj.us.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

(ages 7-10)

Fri, Jun 23-Jul 21 5:15-6:15 PM.....XCZ33A

*No class 7/7**(ages 11-13)*

Fri, Aug 4-25 5:25-6:25 PM.....XD333A



We just love, love, love the Monmouth County Park System programs! From the remarkable staff to the variety offered, way to go MCPS!



ROLLERBLADING

Rollerblading 101

(ages 4-14)

Come 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 inline skating rink. Our experienced instructor will provide demonstrations and lessons that focus on equipment, safety, and basic skating techniques, including falling and stopping.

The following equipment is required in order to participate: inline skates, helmet, knee and elbow pads and wristguards. We have some of the required equipment to lend out if needed (with the exception of inline skates).

Please see our Safe Skating section (*below*) for more information regarding this program. If you have any questions, please call 732-542-1642, ext. 26, or email Daniel.O'Connor@co.monmouth.nj.us.

One Session \$25.00 Per Person

Dorbrook Rec Area

Sat, Jun 10 9:00-10:00 AM XD433A

Sat, Jun 10 10:15-11:15 AM XD533A

Sat, Jul 15 9:00-10:00 AM XD633A

Sat, Jul 15 10:15-11:15 AM XD733A

Sat, Aug 19 9:00-10:00 AM XD933A

Sat, Aug 19 10:15-11:15 AM XDA33A

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 \$120.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Jul 11-Aug 15 5:30-6:30 PM. XDB33A

Safe Skating

The Monmouth County Park System Sports & Fitness division offers a variety of rollerblading and skateboarding opportunities that vary in difficulty levels.

Please read the following before registering for such programs:

- Please read program descriptions carefully and choose which is best suited for your child.
- Please realistically match your child's ability to the program descriptions. For some skateboarding programs, participants should have prior experience. This means the instructor will expect them to have the knowledge and skill of pushing, steering and drop-ins prior to the first session.
- The same kind of experience is required for Intro to Roller Hockey. Participants should have some prior experience rollerblading, meaning the instructor will expect them to have the knowledge of some basic skating techniques, such as falling and stopping, prior to the first session.
- If you are looking to learn how to rollerblade or skateboard, we recommend signing up for Rollerblading 101 or Spring Skateboarding Starter, programs geared toward beginners.
- Safety is our primary concern. Please understand 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 the safety equipment listed in the program description is MANDATORY and is required to help prevent injury. Know your child's skill level and be prepared.

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

SKATEBOARDING

Skateboarding Beginner

(ages 9-15)

Learn to skate at our Beautiful Seven Presidents Oceanfront Park! Skateboarding Beginner class is designed for those who have taken the starter class and are looking to progress and become more confident on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section (p. 25).

The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Sat, Jun 17-Jul 15 9:45-10:45 AM XBK33A
No class 7/1

Thu, Jul 27-Aug 17 4:30-5:30 PM XBM33A

Sat, Jul 29-Aug 19 9:45-10:45 AM.....XBN33A

Skateboarding Intermediate

(ages 9-15)

Seeking to improve your current level of skateboarding? Skateboarding Intermediate class is designed for those who are competent skaters and want to learn more advance skills including riding ramps and bowls. For more information about this program, please see the Safe Skating section (p. 25).

The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Tue, Jun 13-Jul 11 4:30-5:30 PM XBE33A
No class 7/4

Tue, Jul 25-Aug 15 4:30-5:30 PM..... XBF33A



Skateboarding Starter

(ages 9-15)

Learn to skateboard at our beautiful Seven Presidents Oceanfront Park! Skateboarding Starter class is designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section (p. 25).

The following equipment is required in order to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed.

Four Sessions \$60.00 Per Person

Seven Presidents Pk Skateplex

Thu, Jun 15-Jul 13 4:30-5:30 PM.....XBG33A
No class 7/6

Sat, Jun 17-Jul 15 8:30-9:30 AM XBH33A
No class 7/1

Sat, Jul 29-Aug 19 8:30-9:30 AM..... XBJ33A

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 \$60.00 Per Person

Thompson Pk

Mon-Thu, Jul 10-13 9:00-9:55 AM..... XAS33A

Mon-Thu, Jul 10-13 10:00-10:55 AM XAT33A

Mon-Thu, Jul 17-20 9:00-9:55 AM..... XAV33A

Mon-Thu, Jul 24-27 9:00-9:55 AM..... XAY33A

Mon-Thu, Jul 31-Aug 3 9:00-9:55 AM XB133A

Mon-Thu, Jul 31-Aug 3 10:00-10:55 AM ... XB233A

Mon-Thu, Aug 7-10 9:00-9:55 AM..... XB433A

Mon-Thu, Aug 14-17 9:00-9:55 AM XAK33A

Mon-Thu, Aug 14-17 10:00-10:55 AM XAM33A

Mon-Thu, Aug 21-24 9:00-9:55 AM XAP33A

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 \$60.00 Per Person

Thompson Pk

Mon-Thu, Jul 10-13 11:00-11:55 AM XAU33A

Mon-Thu, Jul 17-20 10:00-10:55 AM XAW33A

Mon-Thu, Jul 17-20 11:00-11:55 AM XAX33A

Mon-Thu, Jul 24-27 10:00-10:55 AM XAZ33A

Mon-Thu, Jul 31-Aug 3 11:00-11:55 AM ... XB333A

Mon-Thu, Aug 7-10 10:00-10:55 AM XB533A

Mon-Thu, Aug 14-17 11:00-11:55 AM XAN33A

Mon-Thu, Aug 21-24 10:00-10:55 AM XAQ33A

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 \$60.00 Per Person

Thompson Pk

Mon-Thu, Jul 24-27 11:00-11:55 AM XB033A

Mon-Thu, Aug 7-10 11:00-11:55 AM XB633A

Mon-Thu, Aug 21-24 11:00-11:55 AM XAR33A

SEVEN PRESIDENTS OCEANFRONT PARK

221 Ocean Avenue, Long Branch

Spend your summer enjoying the sun and sand of this beautiful 38-acre park! Everything you need to enjoy a day at the beach is readily available during the summer months, including a snack bar, sheltered eating areas, volleyball area, outdoor showers and changing areas, designated areas for surfing and more.

Guarded Swimming

Weekends from May 27-June 11; Daily from June 17-September 4

Daily Admission

\$10.00 for individuals 18 and older; those 17 and under enter free
Daily parking is \$10.00 per car.

Season Access Passes

Park Access Passes are available for purchase at Thompson Park Headquarters, Lincroft, from 9 a.m.-4 p.m., Monday-Friday (excluding holidays), March 20-June 16. Passes will be available for purchase at Seven Presidents Oceanfront Park on weekends starting May 13; daily starting June 17.

Download an application at www.MonmouthCountyParks.com.



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
 Mutts Gone Nuts • The Raptor Project Birds of Prey • Horse Shows
 Goodwin's Good Time Photo Booth • 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 12 and under enter FREE • FREE Parking
Veterans & Active Military with ID enter FREE

**Wednesday,
 July 26**

4:00-11:00 PM

- Opening Night Fireworks (*weather dependent*)
- Firemen's Competitions
- Aaron Bonks Fire, Whips & Danger Tricks
- Flying Fools High Diving Show
- **Main Stage:** Amish Outlaws



**Thursday,
 July 27**

4:00-11:00 PM

- Aaron Bonks Fire, Whips & Danger Tricks
- Flying Fools High Diving Show
- Crunchy the T-Rex
- Team Penning Qualifying Event hosted by RSTPA
- **Main Stage:** The Nerds



Friday, July 28

4:00-11:00 PM

- Aaron Bonks Fire, Whips & Danger Tricks
- Flying Fools High Diving Show
- Crunchy the T-Rex
- Tommy Turvey's Stunt Horses & Dogs
- **Main Stage:** TBA



Saturday, July 29

11:00 AM-11:00 PM

- Aaron Bonks Fire, Whips & Danger Tricks
- Flying Fools High Diving Show
- Tommy Turvey's Stunt Horses & Dogs
- **Main Stage:** Coast 2 Coast Philly



Sunday, July 30

11:00 AM- 6:00 PM

- Aaron Bonks Fire, Whips & Danger Tricks
- Flying Fools High Diving Show
- Tommy Turvey's Stunt Horses & Dogs
- Funny Factory Clown Band
- **Main Stage:**
 - Sensational Soul Cruisers



A County-Wide Event for All Ages!

For More Information:

732-842-4000, ext. 4312 • info@monmouthcountyparks.com

www.MonmouthCountyFair.com

SWIM LESSONS

PARENT & CHILD LESSONS

Swimmin' with Mom or Dad*(ages 1-5, with adult)*

Mom or dad will assist with introducing your child to the water and in teaching some of the basics of swimming. Refunds are only granted if class is cancelled by the Park System.

[Dorbrook Rec Area White Pool](#)**Eight Sessions \$136.00 Parent/Child***(ages 6 months-18 months, with adult)***Sat, Jun 17-Aug 12 9:00-9:40 AM XKH33A***No class 7/1***Sun, Jun 18-Aug 13 10:00-10:40 AM XKP33A***No class 7/2**(ages 1-2, with adult)***Sat, Jun 17-Aug 12 10:00-10:40 AM XKJ33A***No class 7/1***Sun, Jun 18-Aug 13 12:00-12:40 PM XKR33A***No class 7/2**(ages 3-4, with adult)***Sat, Jun 17-Aug 12 11:00-11:40 AM XKK33A***No class 7/1***Sun, Jun 18-Aug 13 11:00-11:40 AM XKQ33A***No class 7/2**(ages 4-6, with adult)***Sat, Jun 17-Aug 12 12:00-12:40 PM XKM33A***No class 7/1***Sun, Jun 18-Aug 13 9:00-9:40 AM XKN33A***No class 7/2***Mussels w/ Adult***(ages 1-2, with adult)*

Introduce your child to the water in a relaxed, comfortable and playful manner. The parent joins the child in the water so his or her first experience with swimming is a positive and enjoyable one. Refunds are granted only if a class is cancelled by the Park System.

[Dorbrook Rec Area White Pool](#)**Three Sessions \$51.00 Parent/Child****Wed-Fri, Jul 5-7 9:15-9:55 AM XJK33A****Wed-Fri, Jul 5-7 6:30-7:10 PM XJQ33A****Five Sessions \$85.00 Parent/Child****Mon-Fri, Jun 12-16 10:00-10:40 AM XJ733A****Mon-Fri, Jun 19-23 5:45-6:25 PM XJC33A****Mon-Fri, Jun 26-30 5:45-6:25 PM XJH33A****Mon-Fri, Jul 10-14 5:45-6:25 PM XJU33A****Mon-Fri, Jul 17-21 5:00-5:40 PM XJY33A****Mon-Fri, Jul 24-28 6:30-7:10 PM XK533A****Mon-Fri, Jul 31-Aug 4 9:15-9:55 AM XK633A****Mon-Fri, Jul 31-Aug 4 6:30-7:10 PM XKB33A****Mon-Fri, Aug 7-11 5:45-6:25 PM XKF33A****Clams w/ Adult***(ages 3-5, with adult)*

Introduce your child to the water in a relaxed, comfortable and playful manner. The parent joins the child in the water so his or her first experience with swimming is a positive and enjoyable one. Refunds are granted only if a class is canceled by the Park System.

[Dorbrook Rec Area White Pool](#)**Three Sessions \$51.00 Per Person****Wed-Fri, Jul 5-7 5:45-6:25 PM XJP33A****Five Sessions \$85.00 Per Person****Mon-Fri, Jun 12-16 9:15-9:55 AM XJ633A****Mon-Fri, Jun 19-23 6:30-7:10 PM XJD33A****Mon-Fri, Jun 26-30 5:00-5:40 PM XJG33A****Mon-Fri, Jul 10-14 9:15-9:55 AM XJR33A****Mon-Fri, Jul 10-14 5:00-5:40 PM XJT33A****Mon-Fri, Jul 17-21 4:15-4:55 PM XJX33A****Mon-Fri, Jul 24-28 4:15-4:55 PM XK233A****Mon-Fri, Jul 31-Aug 4 5:45-6:25 PM XKA33A****Mon-Fri, Aug 7-11 9:15-9:55 AM XKC33A****Mon-Fri, Aug 7-11 5:00-5:40 PM XKE33A**

AGES 3-4

Oysters - Beginner*(ages 3-4)*

This is a water exploration class. Participants will learn elementary skills, floating on their front and back with help and basic water safety rules. At the end of the class children should be able to swim a few feet using the flutter kick and arm strokes with assistance.

[Dorbrook Rec Area White Pool](#)**Three Sessions \$51.00 Per Person****Wed-Fri, Jul 5-7 4:15-4:55 PM XJM33A****Five Sessions \$85.00 Per Person****Mon-Fri, Jun 12-16 10:45-11:25 AM XJ833A****Mon-Fri, Jun 19-23 9:15-9:55 AM XJ933A****Mon-Fri, Jun 19-23 4:15-4:55 PM XJA33A****Mon-Fri, Jun 26-30 4:15-4:55 PM XJF33A****Mon-Fri, Jul 10-14 6:30-7:10 PM XJV33A****Mon-Fri, Jul 17-21 9:15-9:55 AM XJW33A****Mon-Fri, Jul 17-21 5:45-6:25 PM XJZ33A****Mon-Fri, Jul 24-28 5:45-6:25 PM XK433A****Mon-Fri, Jul 31-Aug 4 4:15-4:55 PM XK733A****Mon-Fri, Aug 7-11 4:15-4:55 PM XKD33A**



Crayfish - Intermediate

(ages 3-4)

This is a primary skills level class. Prior to entering the class, participants should be able to fully submerge their face and head in the water. At the end of class participants should be able to float on their front and back without assistance, flutter kick on their front and back for longer distances, swim short distances using kicks and arms and also retrieve objects from the bottom of the pool. Refunds are granted only if a class is cancelled by the Park System.

[Dorbrook Rec Area White Pool](#)

Three Sessions \$51.00 Per Person

Wed-Fri, Jul 5-7 5:00-5:40 PM XJN33A

Five Sessions \$85.00 Per Person

Mon-Fri, Jun 19-23 5:00-5:40 PM XJB33A

Mon-Fri, Jun 26-30 9:15-9:55 AM XJE33A

Mon-Fri, Jun 26-30 6:30-7:10 PM XJJ33A

Mon-Fri, Jul 10-14 4:15-4:55 PM XJS33A

Mon-Fri, Jul 17-21 6:30-7:10 PM XK033A

Mon-Fri, Jul 24-28 9:15-9:55 AM XK133A

Mon-Fri, Jul 24-28 5:00-5:40 PM XK333A

Mon-Fri, Jul 31-Aug 4 5:00-5:40 PM XK933A

Mon-Fri, Aug 7-11 6:30-7:10 PM XKG33A

AGES 5-6

Crabs - Beginner

(ages 5-6)

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, able to float on their front and back with help, know the basic water safety rules and to swim a few feet using arm strokes. Refunds are given only if a class is cancelled by the Park System.

[Dorbrook Rec Area T-Pool Lower](#)

Six Sessions \$102.00 Per Person

Th,F,M,Tu, Jul 6-14 9:00-9:40 AM XEP33A

No class 7/12

Th,F,M,Tu, Jul 6-14 4:15-4:55 PM XET33A

No class 7/12

Eight Sessions \$136.00 Per Person

M,Tu,Th,F, Jun 19-30 9:00-9:40 AM XEB33A

No class 6/21 & 6/28

M,Tu,Th,F, Jun 19-30 4:15-4:55 PM XEE33A

No class 6/21 & 6/28

M,Tu,Th,F, Jul 17-28 9:00-9:40 AM XFN33A

No class 7/19 & 7/26

M,Tu,Th,F, Jul 17-28 4:15-4:55 PM XFS33A

No class 7/19 & 7/26

M,Tu,Th,F, Jul 31-Aug 11 9:00-9:40 AM... XGM33A

No class 8/2 & 8/9

Lobster - Intermediate*(ages 5-6)*

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances. They should also be comfortable putting their face in the water. Participants will learn how to float on their front and back and swim a few feet with assistance.

Six Sessions \$102.00 Per Person**Dorbrook Rec Area T Pool Lower****Th,F,M,Tu, Jul 6-14 9:45-10:25 AM XES33A***No class 7/12***Th,F,M,Tu, Jul 6-14 5:00-5:40 PM XEW33A***No class 7/12***Eight Sessions \$136.00 Per Person****Dorbrook Rec Area T-Pool Lower****M,Tu,Th,F, Jun 19-30 5:00-5:40 PM XEH33A***No class 6/21 & 6/28***M,Tu,Th,F, Jul 17-28 9:45-10:25 AM XFQ33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 17-28 5:00-5:40 PM XFV33A***No class 7/19 & 7/26***Dorbrook Rec Area T-Pool Upper****M,Tu,Th,F, Jun 19-30 9:00-9:40 AM XEA33A***No class 6/21 & 6/28***Sea Horse - Advanced***(ages 5-6)*

This is a stroke readiness level class. Prior to enrolling in the class, participants should be able to fully submerge their face and head in the water. They should also be able to swim using flutter kicks and arm strokes. At the end of the session, participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle and backstroke. Introduction to rhythmic breathing for freestyle will also be covered.

Dorbrook Rec Area T-Pool Upper**Six Sessions \$102.00 Per Child****Th,F,M,Tu, Jul 6-14 9:00-9:40 AM XEQ33A***No class 7/12***Th,F,M,Tu, Jul 6-14 6:30-7:10 PM XEZ33A***No class 7/12***Eight Sessions \$136.00 Per Child****M,Tu,Th,F, Jun 19-30 9:45-10:25 AM XEC33A***No class 6/21 & 6/28***M,Tu,Th,F, Jul 17-28 9:00-9:40 AM XFM33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 31-Aug 11 5:00-5:40 PM XGP33A***No class 8/2 & 8/9***AGES 7-9****Sea Lions - Beginner***(ages 7-9)*

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, to float on their front and back with help, know the basic water safety rules and able to swim a few feet using arm strokes.

Six Sessions \$102.00 Per Person**Dorbrook Rec Area T-Pool Lower****Th,F,M,Tu, Jul 6-14 5:45-6:25 PM XEY33A***No class 7/12***Eight Sessions \$136.00 Per Person****Dorbrook Rec Area T-Pool Lower****M,Tu,Th,F, Jun 19-30 9:45-10:25 AM XED33A***No class 6/21 & 6/28***M,Tu,Th,F, Jun 19-30 6:30-7:10 PM XEN33A***No class 6/21 & 6/28***M,Tu,Th,F, Jul 17-28 5:45-6:25 PM XFX33A***No class 7/19 & 7/26***Dorbrook Rec Area T-Pool Upper****M,Tu,Th,F, Jul 31-Aug 11 4:15-4:55 PM XGN33A***No class 8/2 & 8/9***Jellyfish - Intermediate***(ages 7-9)*

This is a primary skills level class. The goal is to improve the participants ability to swim. Participants must be comfortable jumping into the water and swimming short distances.

Six Sessions \$102.00 Per Person**Dorbrook Rec Area T-Pool Upper****Th,F,M,Tu, Jul 6-14 5:00-5:40 PM XEV33A***No class 7/12***Eight Sessions \$136.00 Per Person****Dorbrook Rec Area T-Pool Lower****M,Tu,Th,F, Jun 19-30 5:45-6:25 PM XEK33A***No class 6/21 & 6/28***Dorbrook Rec Area T-Pool Upper****M,Tu,Th,F, Jul 17-28 9:45-10:25 AM XFP33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 17-28 4:15-4:55 PM XFR33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 17-28 5:00-5:40 PM XFT33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 31-Aug 11 9:00-9:40 AM XGK33A***No class 8/2 & 8/9*

Porpoises - Advanced*(ages 7-9)*

This is a stroke readiness level class. Swimmers should be comfortable in the water and have basic knowledge of the strokes prior to enrollment. At the end of the course participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle (with rhythmic breathing) and backstroke.

Six Sessions \$102.00 Per Person**Dorbrook Rec Area T-Pool Upper****Th,F,M,Tu, Jul 6-14 9:45-10:25 AM XER33A***No class 7/12***Th,F,M,Tu, Jul 6-14 4:15-4:55 PM XEU33A***No class 7/12***Eight Sessions \$136.00 Per Person****Dorbrook Rec Area T-Pool Upper****M,Tu,Th,F, Jun 19-30 4:15-4:55 PM XEF33A***No class 6/21 & 6/28***AGES 10-12****Swordfish - Intermediate***(ages 10-12)*

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances.

Eight Sessions \$136.00 Per Person**Dorbrook Rec Area T-Pool Upper****M,Tu,Th,F, Jun 19-30 5:45-6:25 PM XEJ33A***No class 6/21 & 6/28***M,Tu,Th,F, Jul 17-28 6:30-7:10 PM XFY33A***No class 7/19 & 7/26***M,Tu,Th,F, Jul 31-Aug 11 5:45-6:25 PM XGQ33A***No class 8/2 & 8/9***Stingrays - Advanced***(ages 10-12)*

This is a stroke refinement class. Participants will refine key strokes and breathing. This class will improve participant's existing skills in freestyle, backstroke, breast stroke, and side stroke. Refunds are granted only if a class is cancelled by the Park System.

Dorbrook Rec Area T-Pool Upper**Six Sessions \$102.00 Per Person****Th,F,M,Tu, Jul 6-14 5:45-6:25 PM XEX33A***No class 7/12***Eight Sessions \$136.00 Per Person****M,Tu,Th,F, Jun 19-30 5:00-5:40 PM XEG33A***No class 6/21 & 6/28***M,Tu,Th,F, Jul 17-28 5:45-6:25 PM XFW33A***No class 7/19 & 7/26***PRIVATE SWIM LESSONS***(ages 4 and up)***Dorbrook Recreation Area, Colts Neck****Cost: \$45.00 Per Person, Per Session**

Benefit from friendly instruction in one staff to one participant learning environment with our qualified swim instructors.

Lessons will be geared toward non-swimmers to competitive strokes.

Private lessons are available on Saturday and Sunday mornings as well as select Wednesday evenings throughout the summer.

Summer Kick-off Special!

Get a full week of lessons for your family from June 12-16 for \$100.00 per family (up to 3 family members).

For dates, times and to register, visit the Registration page at www.MonmouthCountyParks.com, or call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

SPONSOR A FAMILY!

With the help of donations to our RecAssist program, Monmouth County families who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events in your beautiful county parks.

Scan to make a donation:



ACTIVE ADULTS 55+

Summer Senior Hikers*(ages 55 and up)*

Enjoy weekly hikes at a relaxed pace in beautiful parks in Monmouth County on wooded trails. Due to terrain, 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 hikes.

[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 Hiker program.

Nine Sessions \$54.00 Per Person

Thu, Jul 6-Aug 31 9:30-11:00 AM D2133A

Eight Sessions \$46.00 Per Person

Tue, Jul 11-Aug 29 8:30-10:00 AM D2033A

Level 2

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

Nine Sessions \$63.00 Per Person

Wed, Jul 5-Aug 30 9:30-11:30 AM D2233A

Thu, Jul 6-Aug 31 8:30-10:30 AM D2333A

Fri, Jul 7-Sep 1 8:30-10:30 AM D2433A

Level 3

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

Eight Sessions \$56.00 Per Person

Tue, Jul 11-Aug 29 8:30-10:30 AM D2533A

Level 4

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

Eight Sessions \$63.00 Per Person

Mon, Jul 3-Aug 28 8:30-10:30 AM D2633A

Zumba Gold*(ages 55 and up)*

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

Instructor: Eryka Andrex

Six Sessions \$78.00 Per Person

[Dorbrook Rec Area Act Ctr](#)

Fri, Jun 23-Jul 28 4:30-5:25 PM XCB33A

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 \$203.00 Per Person

[Thompson Pk Creative Arts Center](#)

Instructor: Joyce Nokes

Thu, Jul 6-Aug 17 6:30-9:30 PM. Z7033A

Instructor: Pete MacConnell

Tue, Jul 11-Aug 22 7:00-10:00 PM Z7133A

All Level Pottery - Extended*(adults)*

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

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

Seven Sessions \$270.00 Per Person

[Thompson Pk Creative Arts Center](#)

Tue, Jul 11-Aug 22 9:00 AM-1:00 PM Z6933A



All Level Pottery Classes

(adults)

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

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

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Joanne Traskiewicz

Wed, Jul 5-Aug 16 9:00 AM-12:00 PM Z5733A

Wed, Jul 5-Aug 16 1:00-4:00 PM Z5833A

Instructor: Laura Copeland

Wed, Jul 5-Aug 16 6:30-9:30 PM Z5933A

Instructor: Joyce Nokes

Fri, Jul 7-Aug 18 9:00 AM-12:00 PM Z6033A

Fri, Jul 7-Aug 18 1:00-4:00 PM Z6133A

Instructor: John Fossa

Sat, Jul 8-Aug 19 11:30 AM-2:30 PM Z6233A

Instructor: Laura Copeland

Mon, Jul 10-Aug 21 9:00 AM-12:00 PM Z6333A

Instructor: Helen Cole

Mon, Jul 10-Aug 21 1:00-4:00 PM Z6433A

Instructor: Brian Farro

Mon, Jul 10-Aug 21 6:00-9:00 PM Z6533A

Tue, Jul 11-Aug 22 4:00-7:00 PM Z6633A

Basic Sculpture & Modeling in Clay

(adults)

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

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jul 8-Aug 19 3:00-6:00 PM Z6833A

Foundations of Clay Hand-Building

(adults)

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

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

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Jul 5-Aug 16 1:00-4:00 PM Z4633A

Instructor: CJ Weir

Wed, Jul 5-Aug 16 6:30-9:30 PM Z4733A

Making Faces with Paper Clay

(adults)

Discover the art of sculpture while learning to create simple faces using kiln fired paper clay. The instructor will guide you through the basics of facial features and demonstrate how to effectively create a unique face with hand building techniques and simple tools. Participants should have some experience with clay. Class fee includes cost of paper clay, underglazes and firings. Small class size.

Instructor: Jeanine Pennell

Two Sessions \$130.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jul 23-Aug 6 12:00-5:00 PM Z4233A

Class meets July 23 from 12:00-5:00 PM and August 6 from 12:00-3:00 PM.

No class 7/30

Raku Pottery

(adults)

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

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

Instructor: Christina Carlson

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 6-Aug 17 9:30 AM-12:30 PM..... Z6733A

DRAWING & PAINTING

Art of the Sea: Shells

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientist and artist. We will journey into a fun and informative discussion and walk lead by a Park System Naturalist about the ecological roles of shells, these creatures, and the diversity of our native New Jersey marine life. After our walk and collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion of complex forms, creating a palette for rendering mollusks, handling iridescence where it appears, and more.

Please Note: This class meets rain or shine. Walk 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.

Artist/Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$42.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Jun 20 8:30-11:30 AM..... IMA33A

Basic Drawing

(adults)

This drawing class will introduce students to various traditional drawing skills such as sighting, comparative measurements and foreshortening. Students will learn how to accurately use line work to convey form. Throughout the course of this class, participants will begin to develop skills that will foster a better understanding of the visual arts. Lessons will be followed by individual critiques.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 13-Aug 17 4:30-6:30 PM Z5233A

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 \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 11-Aug 22 6:30-8:30 PM..... Z7233A

Thu, Jul 13-Aug 24 6:30-8:30 PM Z7333A

Fri, Jul 14-Aug 25 10:00 AM-12:00 PM Z7433A



Great class! MaryAnn tailors the class to accommodate the wide range of skill levels of the attendees. She is encouraging and provides a fun, engaging learning environment.



Find us on Social Media:



Drawing Wildflowers

(adults)

This specialty workshop highlights techniques and tips to the art of rendering wild florals. Participants will begin with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. After we will come inside with our live samples and begin the drawing process. The class will investigate how to approach complex petal patterns, picking floral color palettes, creating form without losing vibrancy of color, and more. This session we focus on drawing the following flowers in bloom: Wild Columbine, Blue False Indigo, Foxglove Beardtongue, Coreopsis lanceolata. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

Please Note: This class is rain or shine. If weather conditions are poor, portions may be moved inside. Supply list and directions will be emailed two weeks in advance of the class start date.

Artist/Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$42.00 Per Person

Huber Wds Pk Env Ctr

Wed, Jun 21 10:00 AM-1:00 PM..... Z3833A

Illustrating Birds: Summer Shorebirds

(adults)

This workshop takes an in depth look at creating your own bird illustrations. First, we'll spend some time learning from a Park System Naturalist about our native bird species, looking for them in their natural habitats. After the hike we come indoors to venture into the art of ornithological (bird) illustration. Participants will learn how to draw birds including: observing key features important to creating realistic representations, rendering complicated feathers and markings, and more. Our focus for this session will be shorebirds. Some drawing experience is a plus, but not a necessity. Please Note: This class meets rain or shine. Hike portion may be moved to indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

Naturalist: Paul Mandala / Artist/Instructor: Katie Stone

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 7 8:00-11:00 AM Z4033A

Intermediate Drawing

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 13-Aug 17 1:00-3:00 PM Z3733A

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

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 11-Aug 22 9:00-11:00 AM Z3433A

No class 7/25

Oil Painting Fundamentals

(adults)

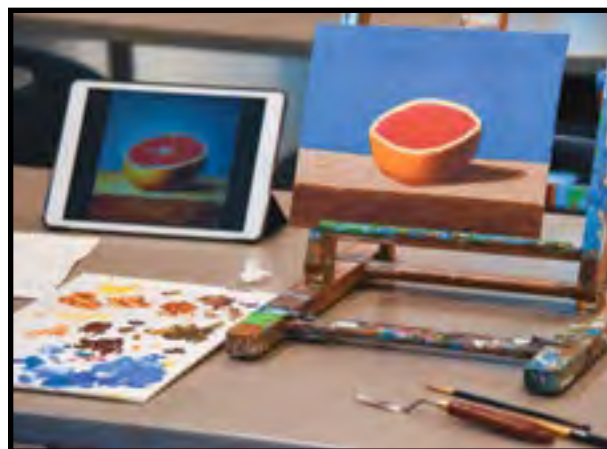
This basic painting class will focus on the fundamentals of painting, offering students a step-by-step approach to enable them to paint independently. Strategies for understanding color, paint application, and handling of the medium will be covered. Demonstrations and lectures will be followed up by individualized critiques.

Artist/ Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 12-Aug 16 6:00-8:00 PM..... Z5133A



Painting Florals

(adults)

Flowers have been the source of inspiration for artists through the ages. In this class we will work on painting florals in a direct alla prima style, building confidence in the process and honing fearless application of paint. We will emphasize a fresh approach of laying in luscious strokes to create botanicals. Artist and instructor Yana Beylinson will demonstrate the process, encouraging the students to first watch and then follow along. Guidance and discussion will be offered in: color mixing, choice of pigments and solvents, and brushes. Demonstrations will also be offered in impasto techniques, as well as creating a sense of space and movement in the painting. A flower fee of \$15.00 will be collected the first day of the workshop and is payable to the instructor.

Artist/Instructor: Yana Beylinson

Two Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Sat-Sun, Jun 10-11 12:00-4:00 PM Z3233A

Painting Sunflowers

(adults)

Sunflowers are stunning plants and a beautiful subject to paint. Historic Longstreet Farm hosts a field of 400 of these magnificent native flowers. In this workshop, participants will learn to paint these beautiful flowers on site. We will explore best practices of painting sunflowers; from capturing the flower's form, appropriate use of colors and handling patterns. Participants will come away with both some new skills and a painting to remember the season's blooms.

Artist/Instructor: Katie Stone

One Session \$42.00 Per Person

Longstreet Farm Vis Ctr

Wed, Aug 23 9:00 AM-12:00 PM Z7533A



Painting on Silk

(ages 16 and up)

Ah, the allure of silk...the softness of a flower petal and the strength of steel. Silk painting is the application of silk dyes directly onto stretched white silk fabric. A liner is applied first and then colors that are vibrant and translucent (not opaque) are painted in. Watercolor effects can be used and the results cannot be replicated in any other medium. Two full projects will be completed. A supply fee of \$20.00 (cash only) is payable to the instructor on the first day of class.

Artist/Instructor: Karin Trunz

Six Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jun 10-Jul 22 10:30 AM-12:00 PM Z4433A

No class 7/1

Painting: All-Level

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 11-Aug 22 11:30 AM-1:30 PM..... Z3533A

No class 7/25

Tue, Jul 11-Aug 22 2:00-4:00 PM..... Z3633A

No class 7/25

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 "En plein air"! 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 \$32.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Tue, Jul 25 9:00 AM-12:30 PM IM733A

Tue, Aug 15 9:00 AM-12:30 PM IM833A

The Art of Entomology: Beautiful Butterflies

(adults)

Butterflies come in an incredible diversity of size, shapes, and colors. Join us for a discussion led by a Park System Naturalist all about butterflies, as well as ways in which to attract these visually beautiful and integral pollinators to your garden. We will finish the class learning some of the basics of entomological illustration and how best to approach drawing these beautiful creatures including; how to break down complex patterns, best practices for establishing proportions and how to layer to create brilliancy of color.

Please Note: This class meets rain or shine. Outdoor 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 \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Aug 16 8:00-11:00 AM..... Z4133A

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 drawing workshop: learning how to tackle elaborate patterns with accuracy, believability and symmetry, capturing appropriate proportions, and building up a drawing. 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 System Naturalist. Some drawing experience is preferable, but not a necessity. Supply list and directions will be emailed two weeks in advance of the class start date.

Please Note: This class meets rain or shine. Outside portion may be moved to indoor lecture component if weather conditions are poor.

Naturalist: Paul Mandala / Artist/Instructor: Katie Stone

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 26 6:00-9:00 PM Z3933A

The Art of the Floor Cloth

(adults)

Art and function come together in this progressive twist on a traditional craft. Typically used to protect wood floors, this work of art doesn't need to be practical. Artist Marie Maber will demonstrate several styles of floor cloth decorations. Participants will make one (3'x4') cloth. Bring your favorite acrylic paint brushes and an apron. All other materials will be provided.

Four Sessions \$145.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jun 5-26 12:30-3:30 PM Z4333A

KNITTING & SEWING

Embroidery 101

(adults)

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

Artist/Instructor: Jennifer Santa Maria

One Session \$29.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 12 5:00-7:00 PM Z5633A

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 \$6.00 Per Person

Wed, Jun 7-28 1:00-3:00 PM..... H0833A

Wed, Jul 5-26 1:00-3:00 PM H0733A

Five Sessions \$8.00 Per Person

Wed, Aug 2-30 1:00-3:00 PM H1833A

MISCELLANEOUS CRAFTS

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 to be paid to instructor upon arrival.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jun 5 11:00 AM-12:30 PM. A4533A**Mon, Aug 14 11:00 AM-12:30 PM. A4633A****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 26 10:00 AM-12:00 PM. Z3333A

PHOTOGRAPHY

iPhone Photography*(adults)*

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smart phone or tablet. We will use free apps to organize and edit our photos. An iOS device (iPhone or iPad) is required. This class does not cover Android devices as they control the cameras differently.

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Sat, Aug 5-19 10:30 AM-12:30 PM. Z8233A**Photography - Meet Your Digital SLR****(adults)*

Are you ready to see what your Digital SLR can really do? This class will solve the mystery of controls such as Aperture, Shutter Speed, ISO, White Balance, and more. Learn how to shoot in "manual" mode with confidence in real-world shooting situations.

Please Note: This class requires a Digital SLR or mirrorless camera with an interchangeable lens mount. Point and shoot cameras are not covered. You must check with instructor Gary Dates (gary@garydatesphotos.com) to make sure you have a qualifying camera.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 11-Aug 15 6:30-9:30 PM. Z7633A

“

*The instructor Gary was excellent!
He made the topics interesting and easy to
comprehend a complex subject.
Great personality!*

”

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: Sesame-Ginger Chicken with Honey Soy Glaze, Napa Valley Beef and Cilantro Lime Pork with Guacamole
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jun 8 6:00-8:30 PM M5633A

Thu, Jul 6 6:00-8:30 PM M5733A

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: Jerk Chicken with Tropical Couscous and Peach & Berry Cobbler

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jun 1 6:00-8:30 PM M5433A

Catch of the Day: Grilling Edition

(adults)

Are you afraid to cook fish? It's time to 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 Tuna with Provencal Vegetables & Easy Aioli and Grilled Salmon with Orzo, Feta and Red Wine Vinegar

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Jun 7 6:00-8:30 PM M5533A

Classic BBQ Recipes You Should Know

(adults)

Let's get into the BBQ classics! We will begin by making two simple side dishes: coleslaw and watermelon salad. Then, we'll grill some bratwursts and buttery corn. This will be followed by a discussion about the merits of dry rub vs. marinade and cooking samples of each: a spicy sesame chicken and an ancho tequila chicken. For our three main courses we'll make grilled honey mustard basted pork tenderloin, zesty garlic marinated flat iron steak, and lime and cilantro flavored shrimp. And don't forget dessert! Delicious, fresh strawberry ice cream, of course! Purchasing, basting, off-heat cooking, sauces, dry rubs, carving and serving will all be discussed. Summer is on its way 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 while Chef Peter De Celie cooks for you in this demonstration format class.

One Session \$60.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, Jun 20 6:00-9:30 PM A4333A

Garden to Table

(adults)

Why let vegetables be an afterthought when they can be the star attraction? Deciding between the picture-perfect zucchini or the smaller one with a little blemish can be confusing. Maybe you bypass the jicama because you have no idea what to do with it. No worries, we have some creative, delicious recipes to reinvent your veggie dishes. Practice some hands-on knife skills as you spend time with Chef, learning how to combine, season, grill and cook fresh produce. You'll add excitement to your meals while capturing the summer spirit!

Menu: Grilled Summer Vegetable Kebabs, Zucchini Boats stuffed with vegetables and topped with Parmesan cheese and Chef Stephen's Signature Jicama Slaw

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Jul 5 6:00-8:30 PM M5833A

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 10 8:30 AM-5:00 PM Q1133A

Sat, Jul 8 8:30 AM-5:00 PM Q1233A

Genealogy: Beginning Your Research

(ages 14 and up)

Are you interested in researching your family history, but aren't sure where to begin? This program is for you! Learn basic genealogy techniques as well as different ways to organize your research. You will also learn how to decipher hard to read handwriting, along with how to deal with the misspelling of words and names. Research tips will be discussed, including using online resources to help you build your family tree. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 17 2:00-4:00 PM Q1333A

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 Beech Room

Tue, Jun 13 6:30-9:00 PM A4133A

Thompson Pk Vis Ctr Walnut Room

Mon, Aug 7 6:30-9:00 PM A4233A

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 \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jun 12 6:30-10:00 PM Q6233A

Mon, Jul 17 6:30-10:00 PM Q6333A

Mon, Aug 14 6:30-10:00 PM Q6433A

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 \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jun 24 10:00 AM-12:30 PM Q5633A

Sat, Aug 26 10:00 AM-12:30 PM Q5733A

Thompson Pk Vis Ctr Beech Room

Tue, Jun 6 7:00-9:30 PM Q5833A

Tue, Jul 11 7:00-9:30 PM Q5933A

Sat, Jul 22 10:00 AM-12:30 PM Q6033A

Mon, Jul 31 7:00-9:30 PM Q6133A

HEALTH & WELLNESS

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimers or other related dementias? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, registration is required.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jul 11-Sep 12 7:00-8:00 PM D2833A

Program meets 7/11, 8/8 & 9/12

Chakra Bowls Meditation

(adults)

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

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jun 22-Jul 13 7:00-8:00 PM Q0333A

Luxury Soapmaking & Skincare

(adults)

Let's jump into some summer self-care. In this workshop, you will learn to make natural luxury soaps and how to formulate a wonderful butter balm made from simple ingredients you may have on hand. Each student gets to mix and package their own personal tube of this delightful treatment. Please remember to bring an 8 oz. Pyrex/glass measuring cup. A supply fee of \$20.00 is due to the instructor the day of class.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jul 15 11:00 AM-12:30 PM A4733A

T'ai Chi Chih® Discipline - Joy Through Movement

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose, which are solidly based on long-existing Asian principles of Chi cultivation. This enjoyable and easy to learn, evidence-based and unique practice is user-friendly for Western culture. The movements active, balance and circulate the vital life force energy, so that regular practice can result in significantly favorable effects on stress, body function, balance and ease of movement, mind clarity and general health.

Instructor: 10+ year International Teacher Trainer Daniel Pienciak

Introduction

Two Sessions \$45.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Jul 11-18 6:30-7:50 PM A3933A

Beginner

The fundamental principles of how to move and a set of simpler movements are presented.

Four Sessions \$75.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jun 30-Jul 21 11:30 AM-12:50 PM A3233A

Mon, Jul 24-Aug 14 11:30 AM-12:50 PM... A3433A

Intermediate

A more in-depth study of the movements and principles and includes all 19 movements. For students who have taken Beginner level at least once.

Four Sessions \$75.00 Per Person

Fri, Jun 30-Jul 21 10:00-11:20 AM A3333A

Mon, Jul 24-Aug 14 10:00-11:20 AM A3533A

Begin or Review!

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

Four Sessions \$75.00 Per Person

Clayton Pk Act Ctr Classroom 1

Wed, Jul 12-Aug 2 10:00-11:20 AM A3633A

Thompson Pk Vis Ctr Tulip Room

Thu, Jul 27-Aug 17 6:30-7:50 PM A3833A

Mon, Aug 7-28 1:30-2:50 PM A3733A

HORTICULTURE

Beyond Nectar: Ecological Gardening to Promote Beneficial Insects

(adults)

Pollinator gardens are a great way to provide the food adult insects need, but what about all the other lifegiving resources they require? Learn gardening techniques that will help your garden perform more like habitat all year long.

One Session \$12.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jun 11 1:30-3:00 PM H3033A

Botanicals and Booze: Herbs and Plants in Liquor Production

(adults)

Many of the world's most popular spirits are steeped in history...and also botanicals! Learn about the production of gin, absinthe, and Chartreuse. Find out why there are so many types of vermouth, what a "shrub" is, and so much more in this exciting program. Cocktail recipes will be suggested along the way. Included will be a complimentary mocktail using herbs from Deep Cut Gardens.

One Session \$37.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Jun 8 6:30-8:30 PM H3733A

Clay-Loving Plants for Your Landscape

(adults)

Many homeowners in our area are dealing with clay soil and we are here to help. Join us and learn the ways of having a beautiful yard and landscape despite the clay soil challenges.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jul 21 10:00 AM-12:00 PM H4033A

Creative Coloring Club at Deep Cut

(ages 16 and up)

Worry less, create more! If you like to color or draw, we invite you to come and enjoy a peaceful hour expressing your creative side, while overlooking the weeping hemlocks, babbling rock pools, and peaceful flower gardens here at Deep Cut. All materials will be provided, but you are welcome to bring your own favorite coloring supplies.

Five Sessions \$10.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Aug 4-Sep 1 11:00 AM-12:00 PM H0233A

Discover Shrubs - A Soft Drink

(adults)

Dive into the past with us and explore specialty soft drinks made by mixing fresh fruit and vinegar - a tradition rooted in the American colonial era. Shrubs are fruit and vinegar syrups that steep over time to develop a complex body of flavor. The combination of sugars and tartness makes them eclipse any lemonade. We will explore the origin and make shrubs using vinegar and fresh fruit plus herbs from the garden.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jul 15 2:00-3:30 PM H2733A

Private Group Workshops & Programs

Deep Cut Gardens is now offering private horticultural and team building workshops you can enjoy with your own small group.

Have questions about booking a workshop at Deep Cut Gardens? Call 732-671-6050.

Did You Know?

The Monmouth County Park System offers a wide variety of programs for groups. From nature walks and talks to historic site tours, outdoor adventures to scout activities, and so much more, you're sure to find something special to do with your group.

For information on group activities in the parks, visit www.MonmouthCountyParks.com.

Easy Seashore Gardens

(adults)

Wind, salt spray, and all that sand can make gardening at the seashore very challenging! Learn which plants will not only survive these harsh conditions but will flourish and continue to give you a colorful landscape for many years.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jun 9 9:30-11:30 AM H3133A

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 \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Tue, Jun 20 9:30-10:45 AM H3433A

Felting Fungi Fantasy

(adults)

Are you fascinated by mushrooms and want to know more? Join us for this creative session of needle felting. Together we will make a mushroom forest scene inside a glass dome that will adorn your desk, mantle or table forever.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jul 29 10:00-11:45 AM H0234A

Sat, Aug 26 10:00-11:45 AM H2533A

Fresh Herbal Wreath

(adults)

Herb wreaths are fun to make. They last for weeks and continue to look and smell good long after they have dried out. As well as being decorative, this wreath is fully useful - the herbs could be taken from it and used in the kitchen as needed. Make one for yourself or give it as a gift to your favorite cook or gardener. All materials are provided.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 10 11:00 AM-12:30 PM H0133A

Floral Arrangement Workshop

(adults)

Are you looking to get some hands-on experience in floral design? Here at Deep Cut Gardens we can help you polish your technique or support your learning needs as a beginner. If you are planning to do your wedding flowers and need guidance, or if you are starting your florist business - this is a great learning and practice opportunity for you. We offer step-by-step instructions and demonstrations in an informal environment, making it easy for everyone to take the next step and create without the fear of failing. We are happy to accommodate private parties and groups, just ask for our date availability. Each individual session has its own theme and will require separate registration. All the necessary tools and materials will be provided and your design is yours to keep.

One Session \$55.00 Per Session

Deep Cut Gardens Horticultural Center

Neptune's Treasure

Inspired by the colors and myths of the sea, this light-hearted design combines elements of land and sea.

Thu, Jun 22 5:00-7:00 PM H1033A

Lavender and White

Soft as a summer day, this arrangement of pale lavender and white highlighted by summer greenery, all of which might be harvested from your back yard is an elegant touch to any special occasion setting.

Fri, Jun 30 5:00-7:00 PM H0933A

Midsummer's Dream

Celebrate summer with this lovely herbaceous border featuring soft profusion of summer colors.

Fri, Jul 14 5:00-7:00 PM H1133A

Classic American Centerpiece

This round arrangement is perfect for a special occasion. It is beginner friendly and easy to recreate with other flowers. We will feature the classic rose and carnation.

Fri, Aug 18 5:00-7:00 PM H1333A

Fruit Cocktail

Good enough to eat, this scrumptious combination of fruits and flowers is perfect for a buffet or dining table. Great gift for the lover of bright colors.

Fri, Aug 25 5:00-7:00 PM H1433A

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

Sun, Jul 16 9:30-11:30 AM H0633A

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

Thu, Jul 6 9:00-10:00 AM H3833A

Help with Hydrangeas

(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

Sat, Jul 15 10:00-11:45 AM H0533A

Introduction to Needle Felting - Botanical Pin

(adults)

Welcome to the enchanted world of felting! You will be in love as you transform these vibrant colored fibers into the delicate botanical flower of your dreams. We will go step-by-step throughout the process of felting. Along the way, you will work on a bookmark or a bracelet, coaster, and a flower. This is a fun and rewarding workshop. All of your creations are yours to keep or gift to loved ones.

One Session \$26.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 24 10:00-11:45 AM H2633A

Introduction to Ornamental Grasses

(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 \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jun 16 9:30-11:30 AM H3233A

Make Healing Herbal Salves

(adults)

Join us and learn how to craft powerful plant-infused salves to treat a variety of topical conditions, from bug bites to arthritis. We will discuss the importance of herb-infused oils and specify each of their individual qualities. Step-by-step instruction will be provided as well as a hands-on demonstration on salve making.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Aug 5 10:00 AM-12:00 PM H0333A



Mobsters and Mayhem

(adults)

Travel back in time to the prohibition era of speak easy, rum runners and gangsters to discover part of Deep Cut Garden's past. Local historian Greg Caggiano will present his findings on the matter including unknown details about the local connection to one of the biggest mafia rings and its rich history. Enjoy a fun-filled and entertaining evening touring Vito Genovese's 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

Fri, Jun 23 6:00-8:00 PM H1533A

Fri, Jul 7 6:00-8:00 PM H1633A

Fri, Aug 4 6:00-8:00 PM H1733A

Native Plants for the Shade Garden

(adults)

Discover the wealth of native plants, beneficial for our ecosystem, that love and thrive in shady conditions and how to integrate them into your gardens.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jun 23 9:30-11:30 AM H3333A

Native Plants That Thrive in NJ

(adults)

Are you looking for ways to support the environment, help save the pollinators and save money on maintenance costs at the same time? This session is going to provide you with specific native plant examples that you can incorporate in your home garden and start to build the biodiversity in your yard while saving cost on plant maintenance, feeding and replacement. We are here to help guide you on your native plant's selection, care and transition.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jul 14 10:00 AM-12:00 PM H3633A

Plants That Give You the Most Bang for Your Buck

(adults)

Discover which plants are tried-and-true workhorses, many of them are multiple award winners. Learn all the plant choices that will surely be a success in your garden, too!

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jul 7 10:00 AM-12:00 PM H3933A

Rosewater, Rose Bathsoaks, Rose Salves, and Rose Petal Jam

(adults)

This wild rose skincare workshop will reveal traditional uses of rose petals for DIY at-home cosmetics, syrups, tinctures, salves, and jam as well as each of their health benefits. Participants will be making bath salts to take home. This is followed by making 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

Sun, Jun 4 10:00-11:45 AM H0433A

Sublime Succulent Wearables

(adults)

Succulents are amazing plants, no doubt! Captivate their beauty and resilience and learn how to create dramatic botanical earrings, bracelets and hair combs with us. These one-of-a-kind wearables make great gifts and are special because the succulents can be planted and continue to grow. Price includes materials and tools; final projects are yours to keep.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Earrings

Tue, Jul 11 6:00-7:30 PM H2233A

Cuff

Tue, Jul 25 6:00-7:30 PM H2333A

Hair Comb

Tue, Aug 1 6:00-7:30 PM H2433A

Summer Camp for House Plants

(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 tropical 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

Thu, Jun 1 10:00-11:00 AM H3533A

The Bugs that Inhabit Your Garden *(adults)*

Gardeners are never alone. Bugs are always present in the garden, some are welcome companions others are always looking for something new to nibble on. Getting to know your common garden insects, their lifecycle, habits and interactions with plants will make living with them a bit easier and perhaps a fun experience. Join us on a bug discovery walk in the garden and an indoor discussion afterwards.

One Session \$13.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jun 11 8:30-10:00 AM.....H1933A**NATURE****A Morning Butterfly Walk at Deep Cut Gardens** *(adults)*

Flowers are blooming, and the butterflies are fluttering. Join a Park System Naturalist on a guided walk through Deep Cut Gardens as we identify and discuss the life histories of New Jersey's butterfly species.

One Session \$8.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Aug 3 8:30-9:30 AM (approx) IMN33A**Ales and Trails***(ages 21 and up)*

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

One Session \$14.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Aug 12 2:00-3:30 PM (approx) IM333A**Beachcombing at Night!***(adults)*

Take a rest from your computer and try hitting the beach at night for some fun when crowds of people have largely left. Low tide exposes the most treasures, but beachcombing is both a meditative treasure hunt and natural history lesson. We will discover some of the natural history about local shellfish species and other beachy finds. In addition, we will scan the beach for ghost crabs, a semi-terrestrial crab that comes out at night to hunt for smaller prey. Please bring a flashlight, and a bag to collect your finds. Wear shoes that can get muddy, please no flip-flops.

One Session \$10.00 Per Person

Bayshore Waterfront Pk

Tue, Jul 11 9:00-10:00 PM.....IN233A**Bird and Wildlife Boat Tour of the Manasquan Reservoir***(all ages, under 18 with adult)*

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready because you never know what wildlife may show up at the reservoir. Dress for the weather and bring binoculars and/or camera as we will be stopping periodically along our ride if the opportunity for wildlife photography arises.

One Session \$10.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Fri, Jun 9 6:30-8:00 PM I2233A**Fri, Jul 14 6:30-8:00 PM I2333A****Fri, Aug 11 6:00-7:30 PM.....I2433A**

 **EARLY BIRD BEACH WALKS** 

(all ages, under 18 with adult)
Bayshore Waterfront Park

Start your morning off with a relaxing walk along the beach with a Park System Naturalist. We'll slowly stroll down the beach and look for coastal treasures like seashells while also learning about the natural history of the area. Participants are encouraged to bring a container for collecting beach finds.

Meet in the main area on the following dates:
Tuesday, July 11, 8:30-9:30 AM
Wednesday, August 2, 8:30-9:30 AM

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 saltmarsh sparrows, herons, egrets, rails, gulls, terns and many other birds depend on these areas for food, shelter and raising their young. Conaskonk Point in Union Beach, NJ, is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard to locate birds. Wear your water proof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach, NJ, "On Street Parking".

One Session \$10.00 Per Person

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

Mon, Jun 12 9:00-10:30 AM I2733A

Wed, Jul 12 9:30-11:00 AM.....I2833A

Fri, Aug 25 7:30-9:00 AM.....I2933A

Duke Farms Day Trip

(all ages, under 18 with adult)

Come for a ride as we make our way to Duke Farms. Choose your own adventure as there is so much to do. Explore up to 18 miles of walking trails, discover the Orchid Range, learn about local history, admire the native habitat and serene lake system and more. Bring your own lunch or feel free to utilize the café.

One Session \$42.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Aug 16 8:30 AM-4:00 PM IM033A

Floral Folklore

(ages 14 and up, under 18 with adult)

Join a Park System Naturalist as we dive into the stories and origins of some of our most beloved wildflowers. As we stroll the gardens of Huber Woods we will discover the symbolism behind black-eyed Susan, the significance of native species, and other fascinating facts about these beguiling blossoms.

One Session \$8.50 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, Jun 22 6:00-7:00 PM IKU33A

Drop-in Local Nature Lecture Series

(adults)

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

Sea Turtles Along the Jersey Shore

Thursday, June 22, 7:00-8:00 PM

Bayshore Waterfront Park

Yes! The Jersey Shore, including coastal Monmouth County, is home to sea turtles during the warmer months of the year. Of the seven species of sea turtles that can be found around the world, at least four species can be seen along the Jersey Shore. Discover more about these beautiful but mysterious sea creatures and ways to save them from disappearing.

More to Mollusks Than You Think You Know!

Thursday, July 20, 7:00-8:00 PM

Bayshore Waterfront Park

Join a Park System Naturalist as we dive into the wonderful world of mollusks, which are soft-bodied invertebrates that include clams and oysters, squids and snails, and so much more. With over 100,000 (possibly as many as 150,000) described species, there will be lots to talk about and learn.

All About Red-Tailed Hawks

Thursday, August 24, 7:00-8:00 PM

Freneau Woods Park Visitor Center

One of the largest birds you'll see in Monmouth County, what do you really know about this widespread and common bird of prey? Join a park naturalist as we discover the life and conservation status of red-tailed hawks in Monmouth County. Trust us, there is more to this bird than just its raspy scream that you hear in so many movies and television shows.

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 \$9.00 Per Person

Hominy Hill GC Hominy Path Parking Lot

Tue, Jul 11 9:00-10:15 AM (approx) IN433A

Huber Wds Pk South Parking Lot

Tue, Aug 15 9:00-10:15 AM (approx) IN533A

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 \$50.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Wed, Jun 7 10:00 AM-2:00 PM IKS33A

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.

Join us at 9:00 AM on:

Tuesday, June 6

Big Brook Pk

Tuesday, June 20

Manasquan River Greenway Winter Run Act Ctr

Tuesday, July 11

Crosswicks Creek Pk Province Line Rd Parking Lot

Tuesday, August 29

Fisherman's Cove Conservation Area

Kayak Crabbing

(adults)

It's the season for Beautiful Swimmers! After a year of hibernating, eating, molting & growing, Blue Claw Crabs should reach their largest size of the year now. We'll try catching these feisty crabs with pole nets and drop-lining for some delicious, beautiful swimmers in the calm back waters of the Navesink River. No license is required for recreational crabbing, but one bushel/person/day is the limit. Hard shell crabs must measure a minimum of 4.5 inches point to point.

Please Note: Polarized sunglasses, sunscreen, water, and a hat are recommended. Weight limits 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 \$48.00 Per Person

Swimming River Park Parking Lot

Wed, Jul 19 8:00 AM-12:00 PM (approx) ... IMV33A

Thu, Jul 20 8:00 AM-12:00 PM (approx) .. IMW33A

Thu, Aug 17 8:00 AM-12:00 PM (approx) .. IMX33A

Fri, Aug 18 8:00 AM-12:00 PM (approx) ... IMY33A

Pollinator Garden Medley

(all ages, under 18 with adult)

Are you looking to garden with more native plants? On this garden tour, we'll get up close and personal with many beautiful species of wildflowers. You'll learn how to utilize various species for both aesthetic and ecological value.

One Session \$10.00 Per Person

Clayton Pk

Fri, Jun 16 10:00-11:30 AM IKW33A

Huber Wds Pk Env Ctr Courtyard

Mon, Jul 24 5:30-7:00 PM IKX33A

Sun, Aug 13 1:30-3:00 PM IKY33A



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 naturalists for a stroll in one of our parks. Please bring water, wear comfortable walking shoes, and bug repellent is encouraged.

One Session \$8.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Wed, Jun 21 4:30-5:30 PM.....IMG33A

Summer Walk at Spring Valley

(adults)

We will enjoy the summer season by taking an exploratory walk with a naturalist to the 115-acre Wickatunk Recreation Area and the recently acquired Spring Valley section. Take a leisurely walk into some beautiful fields, forests, and meadows within the valley as we look and listen for bird life, identify some local trees, and search for blooming wildflowers. Please wear sturdy shoes that can get muddy. Participants will meet in the parking lot. The program will cancel in case of inclement weather.

One Session \$9.00 Per Person

Wickatunk Rec Area Spring Valley Parking Area

Sun, Jun 25 1:00-2:00 PM IN333A

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 toed shoes and bring a reusable bag for shell collecting.

One Session \$8.00 Per Person

Bayshore Waterfront Pk Outdoor Area

Thu, Jun 8 7:30-8:30 PM (approx).....IMB33A

Wed, Jun 14 7:30-8:30 PM (approx).....IMD33A

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 \$40.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Thu, Jun 1 6:30-8:30 PM IKQ33A

Sun, Aug 13 6:15-8:15 PM.....IKR33A

Where Nature and History Converge: Huber Woods

(adults)

Huber Woods, named for the family who generously donated their property to Monmouth County, is known to outdoor enthusiasts as a great place to enjoy nature. What is less known is the history of the land. Join a Park System Naturalist on a walk through the park that explores the nature and times past of the area. A brief tour of the former Huber summer home, now the Environmental Center, will be included. Come prepared to travel on dirt and cinder trails along moderate hills for 1 ½-2 miles.

One Session \$15.00 Per Person

Huber Wds Pk Env Ctr Parking Lot

Sun, Jun 4 9:00-10:30 AM IN733A

Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00 pay on your own). Hike will take place as scheduled (weather permitting), but trip to winery is contingent on facility being open for business.

One Session \$14.00 Per Person

Clayton Pk Emley's Hill Lot

Fri, Jun 16 1:00-2:30 PM (approx).....IKZ33A

“

Jason did a great job explaining interesting facts about plants, trees, shrubs and wildlife in a thorough and engaging manner.

”

OUTDOOR ADVENTURES

ARCHERY & TRAP SHOOTING



Take a Shot: Intro to Archery

(adults)

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

One Session \$24.00 Per Person

Thompson Pk Activity Barn

Tue, Jun 6 7:00-9:00 PM. W7633A

Thu, Jun 22 7:00-9:00 PM W7933A

Wed, Jul 12 7:00-9:00 PM W7733A

Thu, Aug 17 7:00-9:00 PM. W7833A

Trap Shooting and NJ Botanical Gardens

(adults)

PULL! Discover the thrilling sport of trap shooting. A qualified instructor will provide guidance on safe and effective techniques as we take aim at flying clay pigeons. All equipment is provided. Experience the full beauty of New Jersey Botanical Gardens at Skyland and enjoy your bagged lunch along the shorelines of Shepherds Lake. Young adults (age 15 and up) are welcome to register with a paying adult.

One Session \$95.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Jun 7 9:00 AM-4:00 PM (approx) ...W6833A

Sun, Jun 11 9:00 AM-4:00 PM (approx) ...W6933A

HIKING

Firefly Hike!

(adults)

Experience the magic of fireflies as we meander through the woodlands, meadows and along the swimming reservoir shoreline at Thompson Park. Fireflies remind us that it's the small, simple things in life that matter the most. They inspire us to take a moment to slow down, ground ourselves in the moment, and appreciate all that surrounds us. Headlamps are suggested.

Rating: Easy, dirt trails, paved path. Miles: 3+

One Session \$21.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Jun 16 8:00-10:00 PM (approx) W8233A

2023 Catskills Fire Tower Challenge

(adults)

The Catskill Fire Tower Challenge continues! Starting January 2023 and ending December 2023, hikers who complete all six of the Catskills Fire Towers can submit the form to DECNY and are eligible to receive a prize! Join us on all or just a few tower challenge hikes and experience breathtaking views of the Catskill Mountains. The Park System provides hike leaders and transportation.

Please Note: Hiking shoes and trekking poles are highly recommended.

Rating: Moderate; trail includes rocky portions, accents and descents. Miles varies: 3-5+

Save the Date for Future Hikes - Available in the Fall Parks & Programs Guide:

9/9: Overlook Mountain - Woodstock, NY

10/14: Balsam Lake Mountain - Hardenburgh, NY

Prices will vary.

Hunter Mountain, Hunter, NY

Miles: 4+ (Scenic Skyride lift cost included)

One Session \$95.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Aug 19 6:30 AM-5:30 PM (approx) ...W6233A

Waning Crescent Moon Hike

(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 \$25.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Thu, Aug 10 7:30-9:30 PM (approx) W4631A

ON THE WATER

Evening Canoe Paddle

(adults)

Head to Swimming River Park for this evening canoe paddle experience. We will supply the equipment 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, closed-toe/heel footwear, and a change of clothes. The emerging Sturgeon Moon (August 1) will shed some light on our paddle as we discover the banks of the rivers.

One Session \$32.00 Per Person

Swimming River Park Boat Ramp

Fri, Jul 21 7:00-9:30 PM (approx) W6033A

Manasquan River Stand-Up Paddle Board Trip

(adults)

Sharpen your stand-up paddle boarding skills as we explore the waterways of the Manasquan River. We will launch at the Allenwood Wildlife Management Area (off Ramshorne Road) and paddle through estuaries and up to Brice Park. We will stop along the waterway for a snack and to explore the variety of wildlife. All stand-up paddle boarding equipment and leaders are provided. Please be prepared to get wet.

Rating: Easy-moderate

One Session \$38.00 Per Person

Allenwood Wildlife Management Area (Located off Ramshorne Rd.)

Wed, Jun 21 9:00 AM-12:00 PM. W6733A

Moon Shadow Canoe Paddle

(adults)

Experience a new adventure under the stars as you meet like-minded adventurous people. Join us for this open water canoe paddle where we might see or hear wildlife and, with any luck, our moon shadow. Park leaders and all equipment provided. Please bring a headlamp or flashlight. Paddlers ages 14 and up are welcome, but must be accompanied by a paying adult.

One Session \$32.00 Per Person

Manasquan Res West Dock

Mon, Jun 5 6:30-9:00 PM (approx) W5133A

Once in a Blue Moon Canoe Exploration

(ages 14 and up, under 18 with adult)

The blue moon will guide our exploration around the water ways of Turkey Swamp Park by canoe. Learn the fundamentals of paddling before heading out on the beautiful moon-lit lake from an experienced staff. Paddlers ages 14 and up are welcome but must be accompanied by an adult.

One Session \$32.00 Per Person \$27.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Wed, Aug 30 7:00-9:00 PM W6633X

Sailing at the Manasquan Reservoir

Drop-In & Sail

(adults)

Fill the sails of a 15' American sailboat at the Manasquan Reservoir. The Park System provides the captain; you provide the crew. This is the perfect opportunity to see if sailing is for you.

Limited number of boats available; 1-3 people per boat. Sailors age 5 and up are welcome with an adult.

Check out our website for information about private sailing lessons/rentals.

Cost: \$45.00 per boat for 30 minutes, \$75.00 for 1 hour (cash or check only)

Saturday, June 10, 10:00 AM-3:00 PM & Sunday, July 9, 10:00 AM-3:00 PM

Sailboat Rentals

(adults)

Are you a sailor without a boat? The Park System has 15' American (2-3 people) and 12' Laser Pico (1 person) 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.

Please Note: Pre-registration is required at LEAST 48 hours in advance.

For availability or questions, call 732-842-4000, ext. 4238.

Cost: \$80.00 per boat for 2-hour rental (cash or check only)

Rental Dates: June 16-September 25



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, speak with an outdoor adventure enthusiast as they guide you toward your next water adventure.

One Session \$45.00 Per Person

Manasquan Res West Dock

Sat, Jul 15 9:00 AM-12:00 PM W6433A

Trifecta Kayaking

(adults)

New to sit-on-top kayaking? Paddled a few times? Looking to meet like-minded outdoor kayakers? Hit the water on this three-part paddling program. We will start with a nice quiet lake paddle before exploring a tidal river. On our last paddle, we'll take a Park System mini bus from Thompson Park to a twisty turny Pine Barren River to test our paddling skills. All equipment, leaders and transportation to Pine Barren River are included. Please be prepared to get wet. Wear closed-heel/toe shoes, sunscreen, and a hat.

Rating: Class 1+ (easy-moderate)

Three Sessions \$110.00 Per Person

5/30 - Thompson Pk Marlu Lake

6/6 - Swimming River Pk

6/13 - Cedar Creek, Double Trouble Park; depart Thompson Park at 8:30 AM and return at approximately 3:00 PM

Tue, May 30-Jun 13 10:00 AM-12:30 PM...W8832A

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 are different avenues of acting in which we can explore and build upon together.

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Auditions

In this program we will focus on the audition process from headshots and resume to monologue(s) choice and cold copy, to entrance and exit from the audition room and other aspects of the business.

Tue, Jun 13-Jul 11 7:00-8:30 PM Q5533A

No class 7/4

Intro 2

In this program, we will continue our work on improvisational skits, listening skills on stage and character development.

Thu, Jun 15-Jul 13 3:30-5:00 PM Q5433A

No class 7/6

Film

In this program we will explore basic film acting technique such as inner monologue, acting through your eyes and listening to our partners. There will be filming in class. Please bring a thumb drive to class to save your work.

Wed, Jun 21-Jul 12 7:00-8:30 PM Q0133A

NEW

Storytelling in the Barn

Saturday, June 24, 7:00-9:00 PM

Thompson Pk Theatre Barn

Join us as we gather around for a night of storytelling in the Theatre Barn. Our host, James Dalton, invites a cast of different characters from the region, all with different voices and different perspectives, all of them sharing their stories. Light refreshments will be served.

Free

Summer Concerts at Thompson Park

Tribute to Benny and Basie!

Friday, June 16, 7:00-8:30 PM

The 17-piece Sentimental Journey Big Band brings you a salute to the "royalty" of swing music and jazz! Benny Goodman, who was crowned the King of Swing, popularized the Swing style with his concert at Carnegie Hall, his recordings, and many performances all over the world. Count Basie and his orchestra performed Swing and Jazz for almost 50 years, producing a wealth of recordings that are a standard for Big Bands. Come hear vocalist Altha Morton and the members of Sentimental Journey bring our talent and passion to this performance. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Theatre Barn; however, if the weather is inclement, the concert will be moved indoors.

Bluegrass and Old-Time Music

Sunday, June 18, 12:00-5:00 PM / Sunday, July 16, 12:00-5:00 PM / Sunday, August 20, 12:00-5:00 PM

The Bluegrass and Old-Time Music Association will meet outside Thompson Park's Headquarters for jam sessions under the trees. Bring your own bass, banjo, fiddle, mandolin or guitar to join in, or just stop by and enjoy an afternoon music.

Summer Jams with Secret Sound

Friday, August 18, 7:00-8:30 PM

Jersey Shore based, positive, funky jam rock. Led by guitarist and vocalist Kevin Hill, this energized group has shared stages with Levon Helm, Ziggy Marley, Rusted Root and more. Their clever lyrics and danceable, mind-blowing jams have delighted audiences for over 20 years. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Theatre Barn; however, if the weather is inclement, the concert will be moved indoors.

Dancing Thru the Ages- Roaring 20s to Fabulous 50s & Beyond

Saturday, August 19, 7:00-8:00 PM

Sit back, relax and feel the nostalgia! Join us in the Theatre Barn as we take you through the history of social jazz dance in America. This performance will showcase dance styles that were born in America and influenced by the unique trend-setting musical styles of those times. We'll begin in the 1920s and travel through the Fabulous 50s and beyond. The emcee will provide interesting historic and nostalgic recollections revealing how the early social jazz dances evolved into the common social dances of today.

Performance presented by: Jumpin Entertainment featuring The Roaring Rascals & Team Lindyland

Open Call Auditions: Musical Showtunes Showcase

Calling all musical performers! The Park System is hosting one afternoon and one evening of a Musical Showtunes Showcase this fall! Ages 10 through adult are invited to audition for this exciting performance.

Auditions: Saturday, June 3, 4:00-6:00 PM

Where: Dorbrook Recreation Area Visitor Center

What to Bring: All participants must bring the sheet music and lyrics for their audition piece. All music must be from a musical. Audition pieces may become your performance piece, or a piece may be assigned to you.

What to Know: For those accepted, the showcase will take place in the afternoon and evening of Saturday, September 16 at the Thompson Park Theatre Barn. There will be approximately 10 rehearsals through the summer leading up to the show.

Questions? Contact Rachel Cohen at 732-542-1642, ext. 29, or Rachel.Cohen@co.monmouth.nj.us.

Beginner Ballroom and Latin 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 8-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 experience is required, as this workshop caters to the absolute beginner. We welcome couples, friends or family members to participate together. All dancers must register and dance with a partner. Please dress comfortably with shoes that won't slip off, and let's DANCE!

Instructed by: Sing and Sway LLC

Eight Sessions \$222.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jun 21-Aug 9 6:30-7:20 PM A4833A

Wed, Jun 21-Aug 9 7:40-8:30 PM A4933A

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 29, or via rachel.cohen@monmouthcountyparks.com. FREE!

Thompson Pk Theater Barn

Time Travel

Sun, Jun 11 3:00-4:30 PM PE073A

Victorian Era Poets

Wed, Jul 19 7:00-8:30 PM PE083A

Music & Song Lyrics

SPORTS & FITNESS

BASKETBALL

BIG 3 Basketball Round Robin

(ages 17 and up)

Have some summer fun and compete in the BIG 3 Basketball Round Robin. This event 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. Teams can have up to six players, and teams will have three players on the court at a time. It is a one-day special event filled with excitement and lots of opportunities to play. Participants can register online at a first come first serve basis. All participants who register will get a T-shirt and the top team will receive an award. If you have any questions, please contact Daniel O'Connor at 732-542-1642, ext. 26.

One Session \$105.00 Per Team

Fort Monmouth Rec Ctr Gym A

Sat, Jun 10 9:00 AM-2:00 PM XBZ33A

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

Four Sessions \$60.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, May 30-Jun 20 5:30-6:30 PM XDV32X

Thu, Jun 1-22 5:30-6:30 PM XDC33X

Tue, Jun 27-Jul 25 5:30-6:30 PM XDD33X

No class 7/4

Thu, Jun 29-Jul 20 5:30-6:30 PM XDE33X

Barre Connect

(adults)

This class uses ballet and dance inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water, no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Five Sessions \$65.00 Per Person

Thu, Jun 15-Jul 13 6:30-7:25 PM XC933A

Thu, Jul 20-Aug 17 6:30-7:25 PM XCF33A

Six Sessions \$78.00 Per Person

Fri, Jun 23-Jul 28 5:30-6:25 PM XCC33A

Beyond Basic Belly Dance

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Six Sessions \$108.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jul 18-Aug 22 7:25-8:55 PM. XC433A

Foundation Training Introductory Workshop

(adults)

Move well to feel well, the way your body was originally designed to do! Correct your unwanted postural habits that can lead to chronic pain. Through a series of body-weight exercises and breath work, Foundation Training activates specific muscle groups, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. No matter your age or your fitness level, this 90-minute workshop is for you. Participants will need to bring an exercise mat and feel comfortable transitioning from floor to standing.

Instructors: Janice Volk & Gina Girard

One Session \$50.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jun 3 3:00-4:30 PM XM933A

Foundation Training – On the Beach

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that teach your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body, while improving its mobility, stability, and core strength. Enjoy the added shoreline benefits, with the sea air, the sound of the waves, and your feet grounded in the soft sand. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the sandy ground to standing. Bring a beach towel.

Seven Presidents Pk

Six Sessions \$84.00 Per Person

Instructor: Janice Volk

Fri, Jun 2-Jul 7 8:00-8:45 AM XDK33A

Instructor: Gina Girard

Fri, Jul 14-Aug 18 8:00-8:45 AM XDM33A

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

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jun 15-Jul 20 7:30-8:25 PM XCA33X

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 \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jun 3-Jul 22 8:00-9:00 AM XDF33A

No class 7/1

PILATES

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jul 24-Aug 30 7:15-8:15 PM XBU33X

Tatum Pk Holland Act Ctr

Thu, Tue, Jun 1-Jul 13 6:30-7:30 PM X0133X

No class 7/4

Tue, Thu, Jul 25-Aug 31 6:30-7:30 PM XBV33X



Ellen is great!

She's always welcoming and introduces new concepts. I've been taking her classes for over 14 years.



TENNIS

Adult Beginner Tennis

(adults)

Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, sportsmanship and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jun 5-28 5:30-6:25 PM XA333A

Tue, Thu, Jun 6-29 5:30-6:25 PM XAF33A

Tue, Thu, Jul 11-Aug 3 5:30-6:25 PM XAH33A

Thompson Pk

Mon, Wed, Jun 5-28 5:30-6:25 PM XA733A

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for some individual attention.

Eight Sessions \$120.00 Per Person

Thompson Pk

Tue, Thu, Jun 6-29 5:30-6:25 PM XA933A

Tue, Thu, Aug 1-24 5:30-6:25 PM XAD33A

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Prerequisite: All players must have received instruction on forehand, backhand, volleys and serve prior to class starting date.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jun 5-28 6:30-7:25 PM XA433A

Tue, Thu, Jun 6-29 6:30-7:25 PM XAG33A

Mon, Wed, Jul 10-Aug 2 5:30-6:25 PM XA533A

Mon, Wed, Jul 10-Aug 2 6:30-7:25 PM XA633A

Tue, Thu, Jul 11-Aug 3 6:30-7:25 PM XAJ33A

Thompson Pk

Mon, Wed, Jun 5-28 6:30-7:25 PM XA833A

Tue, Thu, Jun 6-29 6:30-7:25 PM XAA33A

Mon, Wed, Jul 31-Aug 23 5:30-6:25 PM XAB33A

Mon, Wed, Jul 31-Aug 23 6:30-7:25 PM XAC33A

Tue, Thu, Aug 1-24 6:30-7:25 PM XAE33A

VOLLEYBALL

Outdoor Oceanfront Volleyball League/ Recreation (6 v. 6)

(ages 17 and up)

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. 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 14-Aug 9 6:30-8:00 PM XM833A

YOGA

Advanced Beginners Yoga

(adults)

Breath Move Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Per Person

Sun, Jun 11-Jul 9 9:00-10:00 AM.....XCG33A

Four Sessions \$60.00 Per Person

Sun, Aug 6-27 9:00-10:00 AM XCH33A

Afternoon Stretch

(adults)

Relax, unwind and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Nine Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jun 22-Aug 24 1:00-2:00 PM.....XDH33A

No class 7/6

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Per Person

Sun, Jun 11-Jul 9 10:15-11:15 AM XCJ33A

Four Sessions \$60.00 Per Person

Sun, Aug 6-27 10:15-11:15 AM XCK33A

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Talena Ward

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jul 10-Aug 28 6:00-7:00 PM..... XBW33X



Calm Mind, Calm Body at the Ocean *(adults)*

The rhythm of the ocean is a perfect backdrop for meditation. In this class, we will move through a yoga sequence to prepare our bodies for meditation, then sit for a 20-minute meditation. Students will be offered different meditation methods that can be used in a home practice. Bring a towel, mat, water and bug spray. Instructor: Tiffany McCann, owner, Live Grace Yoga

Six Sessions \$90.00 Per Person

Bayshore Waterfront Pk

Fri, Jun 16-Jul 28 6:00-7:00 PM XC233A*No class 7/14***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

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jul 12-Aug 16 4:00-4:55 PM XC533A**Codes of Creation in Movement™***(adults)*

Invented by Mary Jane Kasliner, Codes of Creation in Movement® is a unique practice that explores the Yoganometry® sequence that energetically has a way to invoke the geometric codes of creation. This powerful set sequence propels the student into electromagnetic streams of higher dimensional consciousness. Here, the yogi can explore the vibrational relationship between yoga, heaven and earth while being inspired by their own divine consciousness. As MJ puts it: Everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Jun 21-Aug 30 7:00-8:15 PM XBS33X**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 \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jul 10-Aug 28 7:00-8:00 PM XBX33X**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 \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jul 13-Aug 31 9:30-10:30 AM XBY33A**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

Deep Cut Gardens Outdoor Area

Sat, Jun 3 7:30-8:30 PM XCR33A

Tatum Pk Holland Act Ctr

Mon, Jul 3 7:30-8:30 PM XCS33A**Tue, Aug 1 7:30-8:30 PM XCT33A**

Full Moon Yoga Nidra

(adults)

Experience deep rejuvenation under the Blue Moon. The evening is designed to prepare your body and mind for new possibilities and opportunities through a guided Yoga Nidra practice. All bodies are welcome. No experience is needed. Comfort is a must. Pillows, blankets, eye covers-let enjoyment and rest be essential. Instructor Melanie Mascola 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Aug 30 7:30-8:30 PM XCU33A

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$60.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jun 2-23 11:00 AM-12:00 PM XDU33A

Three Sessions \$45.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jun 5-19 12:00-1:00 PM XDN33A

Mon, Jul 17-Aug 7 12:00-1:00 PM.....XDP33A

No class 7/24

Henry Hudson Trail Act Ctr

Fri, Jul 21-Aug 11 11:00 AM-12:00 PM XDV33A

No class 8/4

Gentle Yoga Plus

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Please Note: You will need to be able to come down to the floor for this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Henry Hudson Trail Act Ctr

Four Sessions \$80.00 Per Person

Fri, Jun 2-23 9:30-10:30 AM XDS33A

Three Sessions \$60.00 Per Person

Fri, Jul 21-Aug 11 9:30-10:30 AM XDT33A

No class 8/4

Healing Sounds Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. The combination of specific sequenced postures also stimulates the meridians (energy channels) in the body to improve organ functionality. The healing sounds of Koshi chime, Hapi drum, and gentle music improves function to the energy body by increasing your overall vibration frequency. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. MJ encourages the yogi to fully surrender to self-awareness during this practice to clear the mind and ease the body.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jun 20-Aug 29 7:00-8:15 PM XBQ33A

No class 7/4

Morning Breath and Yoga

(adults)

On the beautiful Navesink River, start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility, and calm. Portland House is located on a ridge overlooking the Navesink, a spectacular location for a perfect start to your day. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel and water. Instructor: Tiffany McCann

Six Sessions \$90.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Sat, Jun 17-Jul 29 7:30-8:30 AM XC033A

No class 7/15

Restorative/Yoga Nidra

(adults)

Restore Renew Refresh. Take this hour to remind yourself that you are the most important thing. This all-levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness. Practice involves restorative movements followed by a guided meditation/Yoga Nidra. Props are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Jun 14-Jul 19 6:00-7:00 PM XCP33X

No class 7/5

Wed, Jul 26-Aug 23 6:00-7:00 PM XCQ33X

River Flow Yoga

(adults)

Flow like a river with a vinyasa yoga practice to build strength and fluidity. On a ridge overlooking the beautiful Navesink River, we will stretch and lengthen muscles, build core strength and end with a restful savasana. This practice will be active and will work towards more challenging poses with incremental steps. Bring a mat, towel and water.

Instructor: Tiffany McCann, owner, Live Grace Yoga.

Six Sessions \$90.00 Per Person

Hartshorne Wds Pk Portland Place Lawn

Sat, Jun 17-Jul 29 8:45-9:45 AM XC133A

No class 7/15

The Spiritual Gym

(adults)

Six weeks. Six classes. Be curious. Everything you have wanted to learn about having your own practice but were too scared to ask. Whether you are brand new or want to grow your practice, each class will have something to offer.

Week 1 The Body: Vinyasa flow, Sun Salutations A, B & C

Week 2 The Breath: Breathing exercises, Pranayama, Meditation, Mindfulness

Week 3 The Mind: Mantras, Om, Balance Asana

Week 4 The Energy: Chakras, Ayurveda, Nadis, Kundalini

Week 5 The Flow: Warrior 1,2 & 3. Triangle, Pyramid

Week 6 The Release: Restorative Asanas, Prop use, Savasana, Binaural music

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

Six Sessions \$90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jul 1-Aug 5 9:00-10:00 AM XCV33A

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Thompson Pk Vis Ctr Tulip Room

Ten Sessions \$170.00 Per Person

Fri, Jun 23-Aug 25 9:30-10:45 AM XBT33A

Nine Sessions \$153.00 Per Person

Mon, Jul 3-Aug 28 7:00-8:15 PM XBP33X

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Nine Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jun 22-Aug 24 2:00-3:00 PM..... XDJ33A

No class 7/6

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Jun 21-Aug 30 9:30-10:30 AM..... XBR33A



Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Thirteen Sessions \$182.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jul 1-Sep 30 8:00-9:00 AM XD833A

No class 9/2

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 \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jun 3-Jul 22 9:00-10:00 AM XDG33A

No class 7/1

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$80.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jun 6-27 10:30 AM-12:00 PM XDQ33A

Tue, Jul 18-Aug 8 10:30 AM-12:00 PM XDR33A

ZUMBA

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Five Sessions \$65.00 Per Person

Thu, Jun 15-Jul 13 5:30-6:25 PM XC833A

Thu, Jul 20-Aug 17 5:30-6:25 PM XCE33A

Six Sessions \$78.00 Per Person

Tue, Jul 18-Aug 22 6:15-7:10 PM XC333A

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

Six Sessions \$78.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jun 23-Jul 28 6:30-7:25 PM XCD33X

Wed, Jul 12-Aug 16 6:00-6:55 PM XC733X

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 individuals are needed to work as volunteers. Minimum age to volunteers is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.



SPUR Horseback Riding Lessons for Individuals with Disabilities

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors.

For more information visit www.spuronline.org or call 732-224-1367, ext 1#.

MONMOUTH COUNTY PARK SYSTEM



TEE UP WITH US...

BECAUSE WHERE YOU PLAY MATTERS

BEL-AIRE GOLF COURSE

3120 Allaire Road,
Wall, NJ

CHARLESTON SPRINGS GOLF COURSE

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HOMINY HILL GOLF COURSE

92 Mercer Road
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HOWELL PARK GOLF COURSE

405 Squankum-
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MONMOUTH COUNTY GOLF COURSES OFFER:

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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**

Sat, Jun 24-Jul 15 10:15-11:15 AM Y3033A

Mon, Jun 26-Jul 24 4:15-5:15 PM Y2533A

No class 7/3

Sat, Jul 29-Aug 19 11:30 AM-12:30 PM Y4833A

Sun, Aug 6-27 9:00-10:00 AM Y5433A

Fri, Aug 11-Sep 1 5:00-6:00 PM Y7633A

Junior*(ages 11-14)***Four Sessions \$80.00 Per Person**

Wed, Jun 7-28 5:00-6:00 PM Y6833A

Wed, Jul 5-26 5:00-6:00 PM Y4033A

Sun, Jul 23-Aug 13 11:00 AM-12:00 PM ... Y8633A

Sun, Aug 6-27 10:30-11:30 AM Y5533A

Junior Girls*(ages 11-14)***Four Sessions \$80.00 Per Person**

Sat, Jun 24-Jul 15 11:00 AM-12:00 PM Y8233A

Sat, Aug 26-Sep 16 11:00 AM-12:00 PM ... Y9333A

Adults**Four Sessions \$85.00 Per Person**

Tue, Jun 20-Jul 18 10:00-11:00 AM Y2833A

No class 7/4

Sun, Jun 25-Jul 16 11:00 AM-12:00 PM Y8333A

Wed, Jul 12-Aug 2 5:00-6:00 PM Y7333A

Fri, Jul 21-Aug 11 11:00 AM-12:00 PM Y8433A

Sat, Jul 29-Aug 19 10:00-11:00 AM Y4733A

Wed, Aug 16-Sep 6 5:00-6:00 PM Y7733A

Fri, Aug 25-Sep 15 11:00 AM-12:00 PM ... Y9233A

Mon, Aug 28-Sep 25 4:00-5:00 PM Y5633A

No class 9/4

Tue, Aug 29-Sep 19 10:00-11:00 AM Y5833A

Women*(adults)***Four Sessions \$85.00 Per Person**

Fri, Jun 16-Jul 7 11:00 AM-12:00 PM Y8133A

Intermediate Golf*(ages 11-14 & 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

Sat, Jun 24-Jul 15 1:00-2:30 PM Y3233A

Adults**Four Sessions \$125.00 Per Person**

Bel-Aire GC

Tue, Jun 20-Jul 18 12:00-2:00 PM Y2933A

Sun, Jun 25-Jul 16 12:30-2:30 PM Y3733A

Mon, Jun 26-Jul 24 2:00-4:00 PM Y2433A

No class 7/3

Mon, Jun 26-Jul 24 5:30-7:30 PM Y2733A

No class 7/3

Thu, Jul 27-Aug 17 1:30-3:30 PM Y4533A

Sun, Jul 30-Aug 20 12:30-2:30 PM Y5233A

Mon, Aug 28-Sep 25 5:30-7:30 PM Y5733A

No class 9/4

Tue, Aug 29-Sep 19 11:30 AM-1:30 PM Y5933A

Howell Pk GC

Thu, Jun 22-Jul 13 5:00-7:00 PM J0533A

Thu, Jul 20-Aug 10 5:00-7:00 PM J1033A

Advanced Golf for Adults*(adults)*

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$170.00 Per Person

Charleston Springs GC

Fri, Jun 23-Jul 14 5:00-8:00 PM T0833A

Howell Pk GC

Wed, Jun 21-Jul 12 5:00-8:00 PM J0433A

Wed, Jul 19-Aug 9 5:00-8:00 PM J0933A

Fri, Jul 21-Aug 11 5:00-8:00 PM J1133A

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 5 5:00-6:00 PM Y6633A
 Thu, Jun 8 11:00 AM-12:00 PM Y7933A
 Thu, Jun 8 1:15-2:15 PM Y4633A
 Wed, Jun 21 1:00-2:00 PM Y3433A
 Fri, Jun 23 4:00-5:00 PM Y3533A
 Wed, Jul 5 1:00-2:00 PM Y4933A
 Mon, Jul 10 5:00-6:00 PM Y7233A
 Thu, Jul 27 11:00 AM-12:00 PM Y8733A

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

Thu, Jun 1 11:00 AM-12:00 PM Y7833A
 Sat, Jun 3 8:00-9:00 AM Y3933A
 Thu, Jul 20 5:00-6:00 PM Y7133A
 Thu, Aug 10 11:00 AM-12:00 PM Y9033A

Charleston Springs GC

Thu, Jun 8 5:00-6:00 PM T1533A
 Sat, Jun 24 2:30-3:30 PM T0433A
 Thu, Jul 27 5:00-6:00 PM T1833A
 Sat, Jul 29 1:30-2:30 PM T1233A
 Thu, Aug 17 5:00-6:00 PM T1933A

Howell Pk GC

Wed, Jun 21 4:00-5:00 PM J0333A
 Wed, Jul 19 4:00-5:00 PM J0833A
 Wed, Aug 9 4:00-5:00 PM J1433A
 Thu, Aug 10 5:00-6:00 PM J1633A

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important, lag putting. This clinic also focuses on pre-putt routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

One Session \$30.00 Per Person

Howell Pk GC

Wed, Jun 28 4:00-5:00 PM J0633A
 Wed, Aug 2 4:00-5:00 PM J1333A

Bel-Aire GC

Mon, Jun 12 5:00-6:00 PM Y6933A
 Mon, Jul 17 5:00-6:00 PM Y7033A
 Sat, Jul 8 8:00-9:00 AM Y6333A
 Thu, Jul 20 1:15-2:15 PM Y4233A
 Thu, Aug 3 11:00 AM-12:00 PM Y8933A
 Mon, Aug 7 5:00-6:00 PM Y7533A
 Thu, Aug 17 11:00 AM-12:00 PM Y9133A

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 2 6:00-7:00 PM Y3833A
 Thu, Jun 15 11:00 AM-12:00 PM Y8033A
 Fri, Jul 7 4:00-5:00 PM Y5033A
 Sat, Aug 12 8:00-9:00 AM Y6533A
 Wed, Aug 30 1:00-2:00 PM Y6133A



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

Charleston Springs GC

Sat, Jun 10 1:00-4:00 PM T0733A

Sat, Jul 22 1:00-4:00 PM T1033A

Sat, Aug 19 1:00-4:00 PM T1733A

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

Sat, Jul 22-Aug 12 11:00 AM-12:00 PM Y8533A

Sun, Aug 27-Sep 17 11:00 AM-12:00 PM .. Y9433A

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 3 12:00-2:00 PM T0633A

Sat, Jun 10 12:00-2:00 PM T0333A

Sat, Jul 15 10:00 AM-12:00 PM T1133A

Sat, Aug 12 1:00-3:00 PM T1433A

Howell Pk GC

Sat, Jul 8 12:00-2:00 PM J0733A

Sat, Jul 29 12:00-2:00 PM J1233A

Sat, Aug 26 12:00-2:00 PM J1533A

Bel-Aire GC

Thu, Jul 20 11:00 AM-1:00 PM Y8833A

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 24-Jul 15 11:30 AM-12:30 PM Y3133X

Fri, Jul 7-28 6:00-7:00 PM Y6233X

Sun, Jul 30-Aug 20 5:00-6:00 PM Y7433X

Fri, Aug 11-Sep 1 6:00-7:00 PM Y6433X

Golf for High School Players

(ages 14-18)

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace. This is NOT a beginner clinic; participants must have prior golf experience.

Four Sessions \$120.00 Per Person

Charleston Springs GC

Sat, Jun 24-Jul 15 4:00-7:00 PM T0533A

Sat, Jul 29-Aug 19 4:00-7:00 PM T1333A

Ladies Player's Club

(adults)

Are you interested in playing golf in a fun, friendly and "ladies only" environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 AM each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Pass.

Twenty-Seven Sessions \$31.00 Per Person

Pine Brook GC

Thu, Apr 20-Oct 19 8:00 AM-1:00 PM PB132A

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

Children

(ages 6-10)

Fri, Jun 23-Jul 14 5:15-7:15 PM Y3633A

Juniors

(ages 11-14)

Sun, Jun 25-Jul 16 4:00-6:00 PM Y6733A

Sun, Jul 30-Aug 20 4:00-6:00 PM Y5333A

Men's 60+ Touring League

(adults)

The Men's 60+ Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used and if your handicap is more than 26 it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The 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 and 12:00 PM. League is limited to first 56 players.

Thirteen Sessions \$360.00 Per Person

Hominy Hill GC

Tue, Aug 1-Oct 24 10:00 AM-2:30 PM K0133A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level - whether just starting, an accomplished player or somewhere in between.

One Session \$130.00 Per Person

Charleston Springs GC

Tue, Jul 18 12:00-3:00 PM T0933A

Tue, Aug 1 4:00-7:00 PM T1633A

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 21-Jul 12 9:00 AM-12:30 PM Y3333A

Wed, Jul 26-Aug 16 9:00 AM-12:30 PM Y5133A

Wed, Aug 30-Sep 20 9:00 AM-12:30 PM ... Y6033A

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 1-Jul 6 9:30 AM-1:00 PM Y2333A

Thu, Jul 20-Aug 24 9:30 AM-1:00 PM Y4133A

Women's Touring League

(adults)

The Women's Touring League is a competitive 10 weeks of stroke play qualifying rounds followed by match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used and if your handicap is more than 30 it will be reduced to 30. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The 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 and 12:00 PM before the start of the league. League is limited to first 56 players.

Thirteen Sessions \$360.00 Per Person

Hominy Hill GC

Wed, Aug 2-Oct 25 10:00 AM-2:30 PM K0233A

THERAPEUTIC RECREATION

Special Trip

(ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Statue of Liberty and Ellis Island

Soak in the history and grandeur of the Statue of Liberty and neighboring Ellis Island. We will be taking the ferry from Liberty State Park in Jersey City. After returning, dinner will be at Chevy's Fresh Mex in Linden. Please bring at least \$50.00 for dinner, snacks and souvenirs. You will need to purchase ferry tickets online for this event. Justin will contact everyone the week prior to the event to make arrangements for this. If you are unable to purchase tickets, you will not be able to attend the program.

One Session \$89.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sun, Jun 25 9:00 AM-5:30 PM D0133A

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

Sun, Fun and End of Summer Party!

Summer time and the living was easy, but it's not over yet! Join us for our annual pool party and enjoy an evening of fun at the Dorbrook Recreation Area. Start your evening off with some games at the pavilion by the Activity Center, including cornhole, 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 \$59.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Sat, Aug 5 3:45-8:15 PM D0233A

Saturday at Monmouth Park

Let's enjoy one of our most popular local attractions by spending a day at Monmouth Park! We will enjoy a "day out" and will be sitting in the picnic area with a great view of the stretch for the races. Participants will have the option of purchasing ala carte items for lunch or opt for the all you can eat buffet (\$40 at 2022 rates). If you are feeling lucky, you can try your hand at the races; otherwise, you have the option to just enjoy the atmosphere. Mini golf is available for an extra fee.

One Session \$40.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Jun 3 11:00 AM-2:00 PM D2733A

INCLUSION SERVICES

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs.

It is our intent to provide a safe, successful and enjoyable experience for all.

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

TRIPS

Dutch Apple Dinner Theatre - Guys & Dolls

(adults)

When Nathan Detroit needs money for his floating craps game, he turns to high-rolling gambler Sky Masterson. Nathan bets that Sky can't get a date with a prim and proper missionary, but he ends up falling in love! From the bright lights of Broadway to the dance clubs of Havana, Guys and Dolls roll the dice on love with the show tunes "Sit Down You're Rocking the Boat," "I've Never Been in Love Before," and the show-stopping "Luck Be A Lady." Price includes an authentic style buffet dinner, carved entrée option and Dutch Apple's fan-favorite dessert buffet, a Broadway-caliber show, motor coach transportation and volunteer Park System leader.

\$145.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Aug 19 A4433X
Board: 7:30 AM Return: 8:00 PM (approx)

Grounds for Sculpture

(all ages, under 18 with adult)

Immerse yourself in a totally unique and whimsical atmosphere where nature and art meet! Located in Hamilton, New Jersey, Grounds for Sculpture is both an indoorsix-gallery museum and outdoor sculpture space offering more than 270 sculptures from international up-and-coming and well-known artists across 42 meticulously landscaped acres. There is no outside food permitted, so guests should plan on lunching at one of the museum's two on-site cafes. Tickets include round-trip motor coach transportation, admission to the museum for a self-guided tour, gift shop access and volunteer Park System leader.

\$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Jul 1 A4033X
Board: 9:45 AM Return: 5:00 PM (approx)

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Aug 5 A6733A
Board: 8:30AM Return: 5:15 PM (approx)

Sunset Cruise Around Sandy Hook Bay

(adults)

See a beautiful sunset over Sandy Hook Bay, one of the most charming bodies of water in New Jersey to enjoy a sunset. The Park System invites you to discover the breathtaking beauty of local waters along the northern Jersey Shore in a natural and eco-friendly way aboard the MARINER, a classic Chesapeake Bay wooden boat offering a gentle, stable ride. 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 for purchase 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 The Classic Boat Rides website at www.classicboatrides.com.

One Session \$50.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Sun, Aug 27 6:00-8:00 PM (approx) IMT33A

Sunset Cruise with the Navesink Queen

(all ages)

Leave your worries behind as you cruise around Sandy Hook Bay aboard the famous Navesink Queen, a paddle wheel boat (formerly the Elizabeth River Ferry II) that originally ran service between Norfolk and Hampton Roads Virginia. Our two-hour sunset cruise around Sandy Hook Bay takes you to see the wonderful sights of the bay including the celebrated Sandy Hook Bay Lighthouse. Bring your friends and family while you end the day watching a sunset. Don't forget to bring your camera to capture all the sights to see. Feel free to bring your own snacks. Beverages are available for purchase. The tour leaves on time. The boat is docked in Atlantic Highlands Marina at Franks Pier in slip 65.

One Session \$50.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Wed, Jul 12 6:30-8:30 PM IMU33A

Overnight Trips Are Back!

Attention travel enthusiasts!

The Park System's overnight trips are returning this fall. We will be heading to Cape Cod for 5 days & 4 nights as well as Vermont for 4 days & 3 nights.

Information will be printed in our Fall Parks & Programs Guide, available July 28.

For questions, contact Rachel Cohen at

732-542-1642, ext. 29, or

rachel.cohen@co.monmouthcountyparks.com.

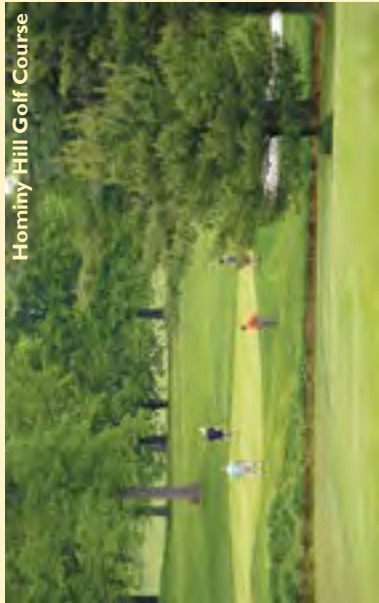
Monmouth County Park Locations

PARKS/HISTORIC SITES

Bayholm Tract[†], Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park^{*}, Route 520, Marlboro 732-834-9607
Clayton Park^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park^{*}, Upper Freehold 609-259-5794
DeBois Creek Recreation Area[†], Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643
East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278
Freneau Woods Park[†], Marlboro & Aberdeen 732-842-4000
Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670
Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033
Holmdel Park, Longstreet Road, Holmdel 732-946-9562
Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336
Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758
Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265
Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440
Mount Mitchell Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
Perrineville Lake Park^{*}, Sweetmans Lane, Millstone 609-259-5794
Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025
Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367
Swimming River Park, West Front Street, Middletown 732-741-9676
Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987
Thompson Park, Newman Springs Road, Lincroft 732-842-4000
Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail^{*}, Upper Freehold 609-259-5794
Historic Wainford, Wainford Road, Upper Freehold 609-259-6275
Waltz Conservation Area^{*}, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

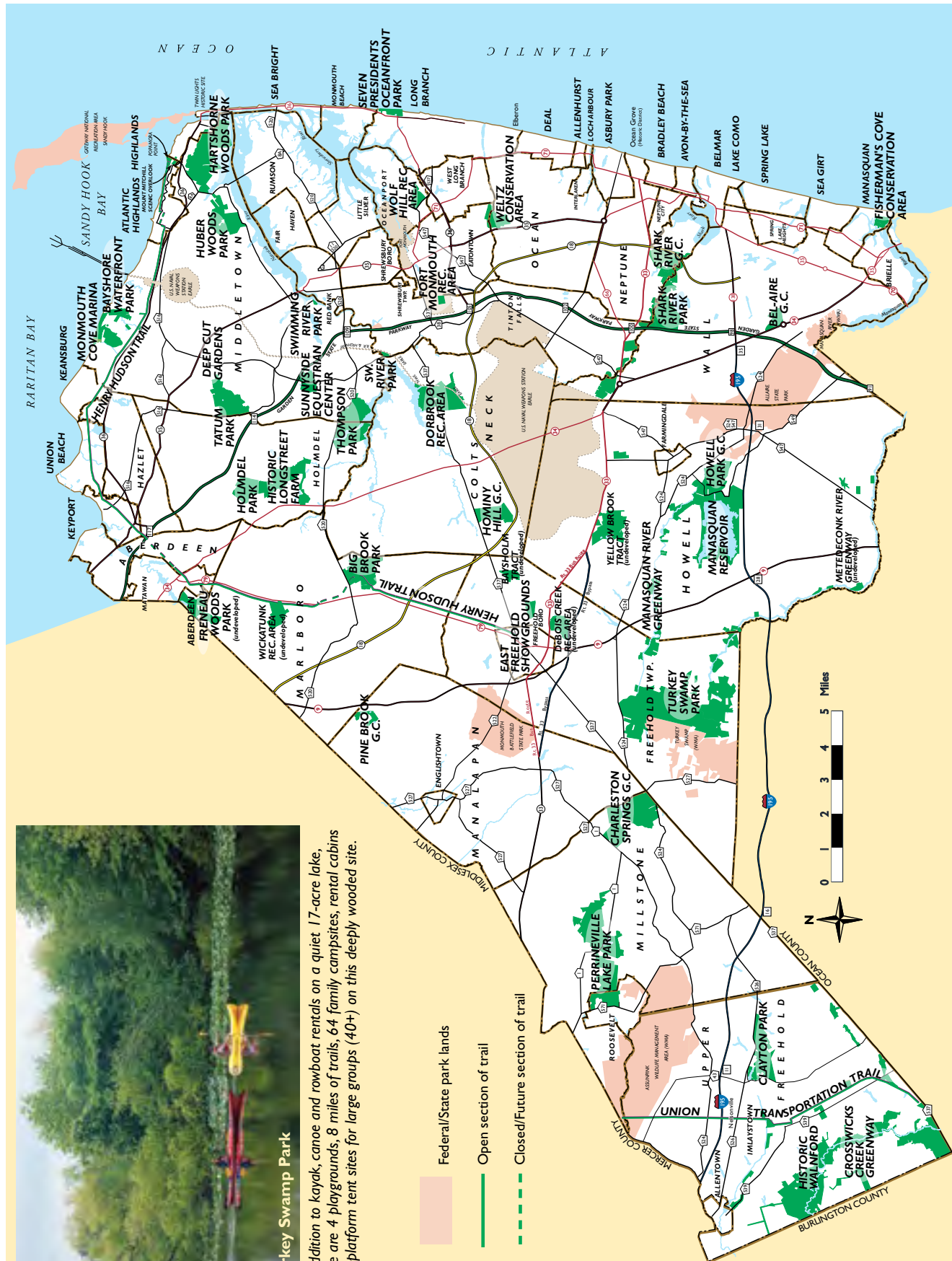
* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

- Federal/State park lands
- Open section of trail
- Closed/Future section of trail



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		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 Conservation Area												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.



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Kevin Dunn, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
- **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

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 10. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on May 10.

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 10 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday-Friday between 8:00 AM-4:30 PM.

48th 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.



Arts & Crafts Competition

Entries accepted Sunday, July 23
from 9:00 AM-3:00 PM or
Monday, July 24 from 8:00-11:00 AM.

Senior Center and Adult Day Program Competition

Pre-registration required.

Entries accepted Monday, July 24 & Tuesday, July 25
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 28
from 8:00 AM-12:00 PM.

Bakers Day

Entries accepted Saturday, July 29
from 8:00-11:00 AM

Baked goods must be picked up between
8:00-10:00 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.

Download the full Home & Garden Competition brochure at
www.MonmouthCountyParks.com.

Note: Please pick up all competition entries between 8:00 AM-6:00 PM on Monday, July 31 in the Home & Garden Tent.



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

June 2023

DEEP CUT GARDENS OPEN HOUSE

Saturday, June 3
10:00 AM-2:00 PM
Deep Cut Gardens, Middletown

TRIBUTE TO BENNY AND BASIE!

Friday, June 16
7:00-8:30 PM
Thompson Park, Lincroft

FRESHWATER FISHING DERBIES

Saturday, June 17
Manasquan Reservoir, Howell
Sunday, June 18
Turkey Swamp Park, Freehold

BLUEGRASS & OLD-TIME MUSIC

Sunday, June 18
12:00-5:00 PM
Thompson Park, Lincroft

STORYTELLING IN THE BARN

Saturday, June 24
7:00-9:00 PM
Thompson Park, Lincroft

July 2023

MONMOUTH COUNTY FAIR

Wednesday-Sunday, July 26-30
*East Freehold Showgrounds,
Freehold*

August 2023

DANCING THRU THE AGES - ROARING 20S TO FABULOUS 50S & BEYOND

Saturday, August 19
7:00-8:00 PM
Thompson Park, Lincroft

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Dominick "Nick" DiRocco, Deputy Director
Lillian G. Burry • Susan M. Kiley • 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

