



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SUMMER 2025

REGISTRATION BEGINS MAY 14

WWW.MONMOUTHCOUNTYPARKS.COM

50th
Monmouth County
Fair
1975-2025



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

JULY
23-27

Admission:
\$10.00

Ages 12 & under
admitted Free

FREE PARKING

- **Free Entertainment**
- **4-H Shows & Exhibits**
- **Rides & Amusements by Reithoffer Shows**
- **Live Music on the Main Stage**
- **Home & Garden Competitions & Displays**
- **Robinson's Racing Pigs**
- **Bwana Jim Wildlife Show**
- **Mutts Gone Nuts**
- **Andrew's Big Show**
- **Delicious Food**
- **Crafters & Commercial Vendors**
- **Living History Interactive Displays**
- **Monmouth County Park System Interactive Display**
- **And so much more!**

For details on Home & Garden Competitions, general Fair information, or how to become a vendor, visit www.MonmouthCountyFair.com.

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To register for summer camps starting Wednesday, May 14, at 8:00 AM, visit www.MonmouthCountyParks.com or call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

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

Essential Eligibility Requirements for Park System Programs & Camps

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

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

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Casual Birder (p. 48)
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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

Dairy Day

(adults)

Visit our knowledgeable Longstreet Farm staff and discover the vital role our dairy cows play in farm life. Start your day by stopping by the Summer Kitchen to learn about cream separation and the art of cheesemaking, followed by assisting our staff as we churn fresh butter. A Dairy Day celebration would not be complete without homemade ice cream, so join us for a hands-on experience in making this delicious treat! Don't forget, before you leave the farm, at 3:00 PM you can help milk one of our dairy cows!

Sunday, June 1, 12:00-2:30 PM

Cookstove Demonstration

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

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

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

Saturday, August 2, 11:00 AM-3:00 PM

Lacemaking Demonstration

Watch lacemaking in action as our demonstrator shows the historical techniques of crochet, bobbin, and shuttlework used in the Victorian era.

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

Victorian Laundry Demonstration

We get it, laundry is agitating for everyone! But you will appreciate your modern conveniences after experiencing a late-Victorian laundry day. From lighting the wood stove to ironing the aprons, we cover loads of material during this demonstration, so make sure to hang around for a bit.

Sunday, June 8, 1:00-2:30 PM

Sunday, July 6, 1:00-2:30 PM

Sunday, August 3, 1:00-2:30 PM

Accordion Melodies of the 1890s

Enjoy melodies of the 1890s played on the accordion while you visit the Longstreet farmhouse.

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

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

Saturday, August 9, 1:00-3:00 PM

Spinning, Knitting & Weaving Demonstration

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

Saturday, June 21, 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 22, 1:00-3:00 PM

Piano Ballads from the Turn-of-the-Century

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

Saturday, June 28, 1:00-3:00 PM

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

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

Traditional Chair Caning Demonstration

(adults)

Chair caning is an intricate skill. Our demonstrator will show you the process of weaving natural plant fibers into the seat of a chair, creating a delicate but sturdy design.

Saturday, June 28, 1:00-3:30 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.

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

Saturday, August 16, 12:00-3:00 PM

Penny Rug Demonstration

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

Saturday, August 23, 1:00-3:00 PM

Smocking Demonstration

Visit Longstreet Farm to 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 30, 1:00-3:00 PM

"Let's Go Fishing" - 1890s Adventure

(ages 10-17, with adult)

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

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

Longstreet Farm Vis Ctr

Sat, Jun 14 10:00-11:30 AM F2853X

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. Participants under the age of 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 7 8:00-9:30 AM. F2953X

Sun, Jun 15 8:00-9:30 AM F3053X

Sat, Jul 5 8:00-9:30 AM F3153X

Sun, Jul 13 8:00-9:30 AM F3253X

Sat, Aug 2 8:00-9:30 AM F3353X

Sun, Aug 17 8:00-9:30 AM F3453X

Summer Social

(all ages, 14 and under with adult)

What could be better than starting summer with freshly made ice cream and traditional yard games? Ice cream was a 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 14 and under must be accompanied by a paying, registered adult; children two and under are free.

One Session \$10.00 Per Person

Longstreet Farm

Fri, Jun 20 6:30-8:00 PM F3553A



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

Basket Weaving Demonstration

(adults)

Visit the Penn/Jersey Basket Weaving Guild as they practice the historical art of basket weaving in our Cow Barn.

Friday, June 6, 10:00 AM-3:00 PM
Saturday, June 7, 10:00 AM-3:00 PM
Sunday, June 8, 10:00 AM-3:00 PM
Saturday, July 12, 10:00 AM-3:00 PM
Saturday, August 9, 10:00 AM-3:00 PM

Music on the Porch

Let the toe tapping tunes of an acoustic duo enliven your visit to Historic Walnford.

Sunday, June 15, 1:00-3:00 PM
Sunday, July 13, 1:00-3:00 PM
Sunday, August 17, 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.

Saturdays & Sundays through November 30
12:30 PM, 1:30 PM, 2:30 PM & 3:30 PM

The Little Red Hen at Waln's Mill

(ages 3-7, with adult)

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

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

Historic Walnford Gristmill

Sat, Jun 28 10:00-10:45 AM G0153X
Sat, Jul 19 10:00-10:45 AM. G0553X
Sat, Aug 16 10:00-10:45 AM. G0653X

Walnford Social Club

(adults)

Anne Meirs, owner of Walnford from 1917 until 1958, sometimes hosted her ladies' club, which met on Thursdays at Walnford. She would even have the mill run for them! All are welcome to socialize with friends and enjoy refreshments in our early 20th-century Cow Barn. Then, see the mill in action as we continue this tradition on select Thursday afternoons from June through October.

One Session \$35.00 Per Person

Historic Walnford

Thu, Jun 26 12:00-1:30 PM. G0253X
Thu, Jul 10 12:00-1:30 PM G0353X
Thu, Aug 21 12:00-1:30 PM G0453X



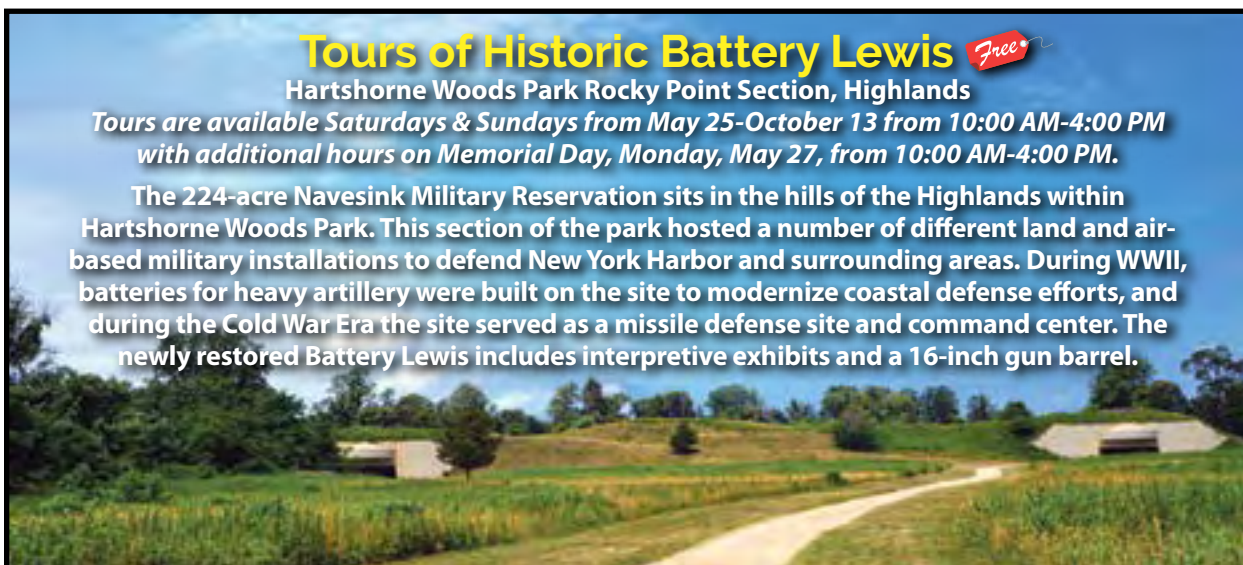
HISTORIC SEABROOK- WILSON HOUSE TOURS

**Mondays, Thursdays & Sundays
through October 31, 1:00-4:00 PM**

Bayshore Waterfront Park, Port Monmouth

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

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



Tours of Historic Battery Lewis

Hartshorne Woods Park Rocky Point Section, Highlands

Tours are available Saturdays & Sundays from May 25-October 13 from 10:00 AM-4:00 PM with additional hours on Memorial Day, Monday, May 27, from 10:00 AM-4:00 PM.

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



Historic Portland Place Tours

*Tours are available Wednesday-Sunday through November 24 at 10:30 AM, 11:30 AM, 1:30 PM & 2:30 PM
Tours are limited to 10 people; please sign in at the Visitor Center.*

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

ARTS & CRAFTS

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 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 on the day of the program. For further information, contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jun 8 11:30 AM-1:00 PM Z9953X

Sun, Jun 8 1:30-3:00 PM ZA053X

Sun, Jul 13 11:30 AM-1:00 PM. ZA153X

Sun, Jul 13 1:30-3:00 PM ZA253X

Sun, Aug 3 11:30 AM-1:00 PM. ZA353X

Sun, Aug 3 1:30-3:00 PM ZA453X

NATURE

Animal Hours at a Park Near You!

(all ages, under 18 with adult)

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

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

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jun 14 10:00-11:00 AM IM153X

Eco-Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

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

One Session \$30.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Sun, Jul 27 11:00 AM-12:30 PM. I5553X

Sun, Aug 3 11:00 AM-12:30 PM. I5653X



Family Fossiling at Shark River

(ages 8 and up, with adult)

Fossil hunting is a great pastime and requires experience to know where to look and what to keep. A park naturalist will assist you and with luck find ancient fossils. Every registered child will bring home a real fossil shark tooth as a souvenir! Light shoveling by the accompanying adult is required and each child needs an adult to assist. All persons attending the program must wear closed-toe shoes that can get wet. Rain boots are preferred; everyone will get wet!

One Session \$16.00 Per Child

Shark River Pk Outdoor Area

Sun, Jun 22 10:00-11:30 AM I3153X

Sun, Jul 20 10:00-11:30 AM I3253X

Fri, Aug 29 10:00-11:30 AM I3353X

Family Nature Days!

(ages 4 and up, under 18 with adult)

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

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

Huber Wds Pk Env Ctr

Sat, Jun 14 10:00-11:30 AM IN253X

Sun, Jul 20 10:00-11:30 AM IN353X

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.

Please Note: The boat leaves the dock promptly at the scheduled time. Life jackets will be provided and must be worn by all passengers. Children under 3 are not permitted. Participants will receive individually packaged ice cream.

One Session \$14.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Fri, Jun 20 6:00-7:00 PM I2253X

Fri, Jun 20 7:00-8:00 PM I2353X

Fri, Jul 18 6:00-7:00 PM I2453X

Fri, Jul 18 7:00-8:00 PM I2553X

Fri, Aug 15 6:00-7:00 PM I2653X

Fri, Aug 15 7:00-8:00 PM I2753X

Kayak Fishing the Manasquan Reservoir

(ages 12 and up, under 18 with adult)

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

One Session \$57.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Wed, Aug 20 10:00 AM-12:30 PM. I5853A

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. 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 \$8.00 Per Person

Dorbrook Rec Area Outdoor Area

Sun, Jun 22 10:30-11:30 AM. I3853X

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 or Turkey Swamp Park. We will use 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 \$14.00 Parent/Child \$8.00 Additional Person

Shark River Pk Lake

Sat, Jun 28 10:00-11:00 AM IM753X

Turkey Swamp Pk

Wed, Aug 13 4:00-5:00 PM IMA53X

Exploring Nature in the Parks

Monmouth County Parks Rock

Saturday, June 7, 10:00 AM-1:00 PM

Huber Wds Pk

Celebrate National Trails Day with a variety of activities including lawn games, rock painting, trail hikes, live animal presentations, and more! For full details, visit www.MonmouthCountyParks.com.

Seining Along Sandy Hook Bay

(all ages, under 18 with adult)

Mondays, Wednesdays & Fridays, June 23-August 22 from 11:00 AM-12:00 PM

Bayshore Waterfront Pk

Discover a variety of fish, crabs, and other sea creatures as we pull a long seine net toward the edge of Sandy Hook Bay. It will be a fun time for everyone as we discover what lives and swims in Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the parking lot. The program will not take place during inclement weather. Parents or guardians are required to stay with and supervise their children. No swimming during the event.

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 event, please call 732-264-7277, ext. 1.

Life in a Freshwater Pond

(all ages, under 18 with adult)

Thursdays, June 26-August 21 from 11:00 AM-12:00 PM

Freneau Wds Pk

Join Park System Naturalists for a free drop-in to explore a freshwater pond. We'll look for basking turtles, hopping frogs, hunting herons, splashing fish, and anything else that catches our eye. We will also discover the unique life lying beneath the water in a freshwater pond. Participants should bring closed-toe shoes (no flip-flops). We will meet outside the Visitor Center near the picnic tables. The program will be canceled during inclement weather. Parents/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 event, please call 732-264-7277, ext. 1#.

Tidal Tuesday - Seine the Cove

(all ages, under 18 with adult)

Tuesdays, July 1-August 26 from 11:00 AM-12:00 PM

Fisherman's Cove Conservation Area

Looking for some Tuesday fun by the shore?

Stop by to join a Park System Naturalist each week and 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 and available 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 event.

- This program is designed for individuals and families. No large groups please.

- Street parking is first come, first serve, and during the summer can be full.

A municipal parking lot is also available for a fee but also at times may also be full.

Exploring Nature in the Parks

Summer Boat Tours at Manasquan Reservoir

Enjoy a boat tour on the beautiful Manasquan Reservoir.

Tours are narrated by Park System Naturalists and will include opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a bald eagle! Tours are approximately 45 minutes long and launch from the Visitor Center. Life jackets are provided and must be worn by all passengers. All tours are weather and reservoir level dependent.

Please Note: Children must be 1-year or older to attend and able to sit independently during the duration of the tour.

Cost: \$6.00 each for ages 13 through adult, \$4.00 each for children ages 1-12
(Tickets can be purchased on the day of the tour only)

Weekend & Holiday Tours

Saturday, May 24 through Monday, September 1: 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM

Friday Evening Tours

Friday, June 6; Friday, July 11; and Friday, August 1 at 6:00 PM & 7:00 PM

Wednesday Tours

Wednesdays from July 2-August 27 at 2:00 PM, 3:00 PM & 4:00 PM

Under the Summer Stars

(all ages, under 18 with adult)

Sunday, June 29, 10:30-11:30 PM

Wednesday, August 13, 10:30-11:30 PM

Dorbrook Rec Area Soccer Field Parking Lot (across the street from park main entrance)

"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. The program may be canceled due to overcast skies or inclement weather.

Moths of the Night!

(ages 12 and up, under 18 with adult)

Friday, July 18, 9:00-10:30 PM

Bayshore Waterfront Pk

Have you ever wondered about moths? And what types can be seen in NJ?

Did you know that over 1,500 species of moths have been documented in NJ?!

Join us as we explore these mysterious creatures of the night and see which ones we can attract.

The summer months are a great time to look for moths and other nocturnal insects.

You might be surprised what shows up!

Rockin' the Trails

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

Complete this challenge by using the "Rockin' the Trails" brochure to find hidden trail markers.

Return your completed brochure to be entered into a grand prize drawing.

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



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 13 7:30-8:30 PM (approx) IMG53X

Sun, Jul 27 7:30-8:30 PM (approx) IMH53X

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. Afterward, we will head back to the Activity Center and enjoy an ice cream sundae!

One Session \$15.00 Per Person \$9.00 Additional Person

Seven Presidents Pk Act Ctr

Tue, Jul 1 7:30-8:30 PM IMZ53X

Bayshore Waterfront Pk Seabrook Wilson House

Thu, Jul 24 7:30-8:30 PM IN053X

OUTDOOR ADVENTURES

OUTDOOR FAMILY FUN

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 (tax included) for 1-3 people for 2 hours of canoeing

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

May 24 & 25, June 7 & 8, June 21 & 22,

July 5 & 6, July 19 & 20, August 2 & 3,

August 16 & 17, August 30 & 31

All rentals must be returned by 3:00 PM.

Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county's parks from a whole new angle. Climbers will get to experience the thrill of 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!

Saturday, June 21, 12:00-3:00 PM

Thompson Pk Marlu Lake

Sunday, August 24, 12:00-3:00 PM

Shark River Pk

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is NOT a beginner instructional program.

If you are new to archery, register for one of our instructional classes (pg. ?? & ??) prior to attending. Please dress for the weather as the Activity Barn is not air-conditioned. All equipment is provided.

Cost: \$10.00 Per Person (cash or check only)

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

Saturday, June 14, 10:00 AM-1:00 PM

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

Saturday, August 9, 10:00 AM-1:00 PM

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

Archery Golf *(ages 9 and up, under 18 with adult)*

Enjoy this twist on archery to score a birdie instead of a bull's eye! First, you'll learn the basics of archery by shooting at a traditional target. Then, using soft-tipped arrows, try your hand at shooting a round of archery golf on our pop-up course.

One Session \$26.00 Adult & Junior

Thompson Pk Activity Barn

Fri, Jul 18 10:00 AM-12:00 PM. W6753X

Take a Shot: Families Intro to Archery *(ages 9 and up, under 18 with adult)*

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

One Session \$28.00 Per Person \$26.00 Additional Person

Thompson Pk Activity Barn

Sat, Jul 12 1:30-3:30 PM W6853X

OPEN SWIM TIMES IN THE PARKS

Open Swim Time at Fort Monmouth Recreation Area

(all ages, under 18 with adult)

Pool season opens Memorial Day Weekend, Saturday, May 24, and closes Labor Day, September 1.

Early Bird Workout in our lap lanes is available Monday-Friday from 7:00-10:00 AM.

Monthly open swim schedules are posted on the Fort Monmouth Recreation Area page of our website at www.MonmouthCountyParks.com.

Open Swim Season Passes

Season Pass: \$210.00 per Family Pass (up to 4 people). \$105.00 per Individual Pass

Open Swim Daily Rates

Monday-Friday: \$25.00 per family (up to 4 people); \$10.00 per person

Saturdays, Sundays & Holidays - \$45.00 per family (up to 4 people); \$15.00 per person

For more information, please call the Rec Center at 848-456-4278, ext. 2#, through May 23; and from May 24-September 1, please call the pool house at 732-440-4179.

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Open Weekend Swim Time at Big Brook Park

(all ages, under 18 with adult)

Pool season opens on Fourth of July weekend, Saturday, July 5, and closes Sunday, August 17.

Monthly open swim schedules are posted on the Big Brook Park page of our website at www.MonmouthCountyParks.com.

Open Swim Daily Fees

\$45.00 per family (up to 4 people); \$15.00 per person

For more information, please call 732-834-9606.



ARTS & CRAFTS

Daddy and Me for Father's Day*(ages 5-10, with adult)*

To celebrate Father's Day, fathers and their children can recreate their own renditions of a famous seascape painting using acrylic paint on canvas board. Pricing is for two participants: father and one child.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

One Session \$50.00 Per Pair

Thompson Pk Creative Arts Center

Sat, Jun 14 2:00-3:30 PM Z5453A

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

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

Please Note: 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 Prog Bldg

Sat, Jun 21-Jul 26 9:00-9:45 AM A5953X

Sat, Aug 2-Sep 6 9:00-9:45 AM A6153X

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 with a creative art project.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Jul 12 10:15-11:15 AM. A6553X

Sat, Jul 26 10:15-11:15 AM. A6453X

Sat, Aug 9 10:15-11:15 AM. A6653X

HORTICULTURE

Tots in the Garden Plots *(ages 2-4, with adult)*

This weekly program allows toddlers to explore the garden while participating in enriching activities like outdoor story times, hands-on learning, and singing songs. Each session will feature an activity and a brief walk around the garden to see what's growing.

Four Sessions \$40.00 Parent/Child

Deep Cut Gardens Gardener's Cottage

Wed, Jun 4-25 10:00-11:00 AM H0153X

Wed, Aug 6-27 10:00-11:00 AM. H0853X

NATURE

A Butterfly is Patient*(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

Sun, Aug 24 10:30-11:30 AM IN153A

Curious Kids*(ages 3-5, with adult)*

Do you have a curious kid? During this hands-on series, we will encourage and celebrate your child's natural curiosity with nature artifacts, crafts, stories, and nature walks. Each week, we will go over a new topic. Make sure to come dressed for the weather, and feel free to bring a snack to enjoy in the park after each class.

Two Sessions \$25.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jun 16-23 10:00-11:00 AM (approx) . IM553X

Forest Fables*(ages 2-5, with adult)*

Stories are a great way for your little one to discover more about nature. Enjoy one of our staff's favorite nature-themed stories. Afterward, you may get to meet a live animal, take an educational walk, or make a nature-themed craft.

One Session \$12.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Jun 23 10:00-11:00 AM I3653X

Mon, Jul 21 10:00-11:00 AM. I3753X

Growing Up Wild

(ages 3-5, with adult)

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

Three Sessions \$42.00 Parent/Child

6/4 - Freneau Wds Pk

6/11 - Holmdel Pk Shelter Building

6/18 - Deep Cut Gardens

Wed, Jun 4-18 10:00-11:00 AM IN653X

Jr. Paleontologists

(ages 4-7, with adult)

Introduce your little one to the world of paleontology by going on a fossil hunt in Big Brook with a Park System Naturalist. Participants will take a walk down to the brook to wade in the water and learn how to identify and find fossils from animals that once lived in our area millions of years ago. All fossiling tools will be supplied, and closed-toe shoes that can get wet are required. An email will go out two weeks before the program to provide further information on suggested items to bring.

One Session \$18.50 Parent/Child \$9.00 Additional Person

Big Brook Pk Boundary Rd Parking Lot

Mon, Jul 14 9:30-10:45 AM (approx). IN753X

Tue, Aug 19 9:30-10:45 AM (approx) IN853X

Mermaid Tales

(ages 4-6, with adult)

Dive into the magical world of mermaids with one of our Park System Naturalists! You will explore the lake at Turkey Swamp Park to see what creatures live under the water's surface, read a story, and create a mermaid-themed craft. Feel free to wear your favorite mermaid attire and be ready to have a FINtastic time! This program will have both indoor and outdoor components and requires a short walk to our pond. Wearing closed-toe shoes and bug spray is strongly encouraged.

One Session \$18.00 Parent/Child \$9.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Sat, Aug 16 10:00-11:00 AM IM651X



My First Fish

(ages 6-12, with adult)

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

One Session \$16.00 Per Child

Turkey Swamp Pk

Sun, Jun 22 10:00-11:30 AM I5253X

Sun, Jul 6 10:00-11:30 AM I5353X

Mon, Aug 18 10:00-11:30 AM I5453X

Reach for the Stars

(ages 8 and up, under 18 with adult)

Just like the stars shining bright on a dark summer night, trust in your ability to overcome challenges and achieve your potential in this exclusive nighttime climbing session on our 25' portable climbing wall. Afterward, we will embrace the tranquility of the forest's edge as we search for constellations in the summer night sky. This program may be canceled due to inclement weather. Participants must be 42" or taller to climb. Bring a chair or blanket and a flashlight.

One Session \$24.00 Per Child

Turkey Swamp Pk Nomoco Volleyball Field

Tue, Aug 26 8:00-9:30 PM I4453X

Shore Sleuthing at Sunset

(all ages, under 18 with adult)

Encourage your child's curiosity during this unique exploration of the Atlantic seashore. What will we find along the shore as day turns into night? Join Park System Naturalists as we take a beach walk and seine Fisherman's Cove at night. Participants should bring a flashlight and wear closed-toe shoes. Swimming is not allowed during the program. Free street parking is available, as well as a municipal lot for a fee.

One Session \$15.00 Per Child

Fisherman's Cove Waterfront

Fri, Jun 27 6:30-7:30 PM I3453X

Fri, Aug 1 6:30-7:30 PM I3553X

The Good, The Bad, The Bugly

(ages 9-12, with adult)

Thousands of species of insects can be found on our native trees, although many of them go unnoticed. Join a Park System Naturalist to learn more about this fascinating hidden world. Get a basic introduction to insect identification as we sample trees throughout the parks using various methods that will ultimately give us all a better understanding of what hidden creatures are hiding. Magnifying glasses will be provided.

One Session \$12.00 Parent/Child

Manasquan River Greenway Winter Run Act Ctr

Thu, Jun 19 10:00-11:30 AM I4553X

Mon, Jul 28 10:00-11:30 AM I4653X

Thu, Aug 14 10:00-11:30 AM I4753X

Wildlife Wednesdays

(ages 4-8, with adult)

Are you just wild about New Jersey's animals? If so, explore new ways to enjoy nature with Wildlife Wednesdays, as you join a Park System Naturalist at a new location each month. This program will include a themed activity and/or a short nature walk. Bug spray and walking shoes are recommended.

One Session \$12.50 Per Child

Amphibians

Shark River Pk Outdoor Area

Wed, Jun 4 4:00-5:00 PM I2853X

Reptiles

Freneau Wds Pk Vis Ctr Art Room

Wed, Jul 2 4:00-5:00 PM I2953X

Insects

Turkey Swamp Pk Oak Point Picnic Shelter

Wed, Aug 6 4:00-5:00 PM I3053X

OUTDOOR ADVENTURES

Building Confidence Through Bike Riding

(ages 5-8, with adult)

Get ready for a lifetime of safe riding! Prepare your young cyclist for riding independence as we lose those training wheels. This small class will provide individual attention and teach the necessary skills for you to help your young cyclist succeed. Parents will be asked to assist the instructor as necessary and to practice riding in between sessions. All bicycles must be in good working order including tires inflated, brakes working, and cables connected. All riders must wear a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label in helmet).

Instructor: Ward Kradjel

Two Sessions \$50.00 Per Pair

Thompson Pk Activity Barn

Tue, Thu, Jun 10-12 4:00-5:15 PM. W4253X

Tue, Thu, Jun 10-12 5:30-6:45 PM. W4353X

Tue, Thu, Jun 24-26 4:00-5:15 PM. W4653X

Tue, Thu, Jun 24-26 5:30-6:45 PM. W4753X

Hiking Adventures

(ages 2-5, with adult)

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

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

Turkey Swamp Pk Shelter Bldg

Sun, Jun 22 10:00-11:30 AM. W5553X

Thompson Pk Old Orchard Parking Lot

Sun, Jul 6 10:00-11:30 AM W5653X

Shark River Pk Shelter Bldg

Sat, Aug 23 10:00-11:30 AM W5753X

Nature Tots

(ages 2-5, with adult)

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

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

Duckling Series

6/2 - Holmdel Pk Pond Lot

6/9 - Huber Wds Pk Env Ctr Lot

6/16 - Thompson Pk Old Orchard Lot

Mon, Jun 2-16 10:00-11:30 AM W4853X

Bullfrog Series

7/15- Clayton Pk Emley's Hill Lot

7/22- Turkey Swamp Pk Shelter Bldg

7/29- Manasquan Res Env Ctr Lot

Tue, Jul 15-29 10:00-11:30 AM W4953X

Butterfly Fish Series

8/6- Fisherman's Cove Conservation Area

8/13- Henry Hudson Trail Popamora Point

8/20- Bayshore Waterfront Pk

Wed, Aug 6-20 10:00-11:30 AM. W5053X



PLAY GROUPS

Toddler Dance Party NEW

(ages 18 months-3 years, with adult)

Join us for a fun night of dancing as we play our favorite kid-friendly music! Snacks and light refreshments served.

One Session \$22.00 Per Pair

Dorbrook Rec Area Prog Bldg

Fri, Jun 13 6:00-7:15 PM A6253X

PERFORMING ARTS

Miss Melissa's Music for Aardvarks

(ages 6 months-5 years)

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

Six Sessions \$205.00 Per Pair \$155.00 2nd Child

Tatum Pk Red Hill Act Ctr

Tue, Jul 8-Aug 12 9:30-10:15 AM A5353X

Tue, Jul 8-Aug 12 10:30-11:15 AM A5453X

Tue, Jul 8-Aug 12 11:30 AM-12:15 PM. A5553X

Wed, Jul 9-Aug 13 9:30-10:15 AM A5653X

Wed, Jul 9-Aug 13 10:30-11:15 AM A5753X

Wed, Jul 9-Aug 13 11:30 AM-12:15 PM A5853X

SPORTS & FITNESS

Gymnastics - Parent and Child

(ages 2-3, with adult)

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

Four Sessions \$70.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Thu, Jun 5-26 9:30-10:15 AM M5153X

Thu, Jun 5-26 10:30-11:15 AM M5353X

Sat, Jun 7-28 9:00-9:45 AM M5553X

Sat, Jun 7-28 11:00-11:45 AM M5953X

Sat, Jun 7-28 12:00-12:45 PM M6453X

Thu, Jul 10-31 9:30-10:15 AM M6853X

Thu, Jul 10-31 10:30-11:15 AM M7053X

Sat, Jul 12-Aug 2 9:00-9:45 AM M7253X

Sat, Jul 12-Aug 2 11:00-11:45 AM M7653X

Sat, Jul 12-Aug 2 12:00-12:45 PM M8153X

Thu, Aug 7-28 9:30-10:15 AM M8553X

Thu, Aug 7-28 10:30-11:15 AM M8753X

Sat, Aug 9-30 9:00-9:45 AM M8953X

Sat, Aug 9-30 11:00-11:45 AM M9353X

Sat, Aug 9-30 12:00-12:45 PM. M9853X

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 \$60.00 Parent/Child

Dorbrook Rec Area

Thu, Jun 26-Jul 17 4:30-5:25 PM XFE53X

Sat, Jul 12-Aug 2 9:00-9:55 AM XFB53X

Thu, Jul 31-Aug 21 4:30-5:25 PM XFG53X

Kidz Yoga

(ages 4-6, with adult)

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

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

Five Sessions \$85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jun 1-29 11:30 AM-12:00 PM XKS53X

Sun, Jul 27-Aug 24 11:30 AM-12:00 PM. . . XKT53X

Kidz Yoga II

(ages 6-8, with adult)

Welcome to our young yogis yoga class where we'll focus on a greater understanding of self-awareness through strength, flexibility, coordination, and building self-confidence! Lessons include basic yoga postures, breathing, visualization, and working through big emotions. 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/Meditation instructor

Five Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jun 1-29 12:10-12:40 PM. XKU53X

Sun, Jul 27-Aug 24 12:10-12:40 PM XKV53X

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Sat, Jun 28-Jul 26 9:00-9:55 AM XCM53X

No class 7/5

Sun, Jun 29-Jul 27 9:00-9:55 AM XCR53X

No class 7/6



**SATURDAY,
SEPTEMBER 20**

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 | • SEINING |
| FISHING | • SHELLING |
| KITE FLYING | • CHILDREN'S CRAFTS |
| CRABING | • NATURALIST ACTIVITIES |
| SANDCASTLE BUILDING | • 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



ARTS & CRAFTS

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

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

Six Sessions \$110.00 Per Child**Thompson Pk Creative Arts Center****Fri, Jul 11-Aug 15 4:30-6:00 PM. Z7553X****Children's Wheel-Thrown Pottery***(ages 11-17)*

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

Seven Sessions \$140.00 Per Child**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

Thu, Jul 10-Aug 21 4:00-6:00 PM. Z7753X

Instructor: John Fossa

Sat, Jul 12-Aug 23 9:00-11:00 AM. Z7853X**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 \$38.00 Per Child**Thompson Pk Creative Arts Center****Sat, Jun 7 12:00-1:30 AM. Z4553X****Great Impressionism for 5, 6 & 7 Year Olds***(ages 5-7)*

Using seasonal images as inspiration, students will create four impressionistic paintings of classic summer images.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions \$66.00 Per Person**Thompson Pk Creative Arts Center**

ORIGINAL Sunflower

ORIGINAL Seascape

ORIGINAL Hummingbird

ORIGINAL Seagull

Fri, Jun 6-27 3:30-4:30 PM. ZA553A**Sat, Jun 7-28 9:30-10:30 AM. Z4953A****Sat, Jun 7-28 11:00 AM-12:00 PM. Z5053A****KidzArt Painting Workshop***(ages 6-11)*

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

One Session \$35.00 Per Child**Henry Hudson Trail Act Ctr****Sat, Jun 14 10:30 AM-12:00 PM. Z3553A****Thompson Pk Creative Arts Center****Sat, Jun 14 1:30-3:00 PM. Z3653A****Youth Intro to Nature Photography** *(ages 12-17)*

Whether you're new to photography or already snapping away, this workshop will help you create awesome pictures that show off your unique style. By the end, you'll know how to use manual settings to capture wildlife and all kinds of other cool stuff—skills you can use on your DSLR, mirrorless, or even your phone's camera. Get ready to take your photography to the next level! Participants should bring a camera and the instruction/user manual for use during the hands-on portions.

Instructor: Troy Bynum

One Session \$56.00 Per Person**Thompson Pk Creative Arts Center****Sat, Jun 21 12:00-2:00 PM. Z3053X****Sat, Aug 16 3:00-5:00 PM. Z3153A**

CULINARY ARTS

Dinner Party Chefs*(ages 10-13)*

Designed for an ambitious tween chef who is looking for a fun culinary challenge! You'll prepare a full dinner party menu including hors d'oeuvres, salad, entrée, sides, and dessert. Throughout our time in the kitchen, you'll learn proper cooking techniques, kitchen safety, and nutrition.

One Session \$66.00 Per Person**Dorbrook Rec Area Vis Ctr****Sat, Jun 14 2:00-5:30 PM A6953X****Sat, Jul 12 2:00-5:30 PM A7053X****Sat, Aug 9 2:00-5:30 PM A7153X****Let's Cook***(ages 6-8)*

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

Four Sessions \$72.00 Per Person**Dorbrook Rec Area Vis Ctr****Sun, Aug 3-24 10:00-11:00 AM A7453X****Sun, Aug 3-24 11:30 AM-12:30 PM. A7553X****Tween Chefs***(ages 11-13)*

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

Four Sessions \$92.00 Per Person**Dorbrook Rec Area Vis Ctr****Sun, Jul 6-27 10:30 AM-12:00 PM A6853X****Young Chefs***(ages 8-10)*

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

Four Sessions \$92.00 Per Person**Dorbrook Rec Area Vis Ctr****Sun, Jun 8-29 10:30 AM-12:00 PM A6753X**

EDUCATION & ENRICHMENT

Beginner Chess*(ages 9-12)*

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

Four Sessions \$75.00 Per Person**Thompson Pk Vis Ctr Walnut Room****Tue, Jun 3-24 4:00-5:30 PM Q1753X****Child and Babysitting Safety***(ages 13-17)*

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

One Session \$72.00 Per Person**Thompson Pk Vis Ctr Beech Room****Sat, Jun 14 10:00 AM-12:00 PM. U7453A****Sat, Aug 2 10:00 AM-12:00 PM U7553A**

NATURE

Out in Nature: LGBTQ+ Inclusion *(ages 11 and up, under 18 with adult)*

Celebrate Pride Month by connecting with nature in the company of other LGBTQ+ people, allies, families, friends, and anyone who wants to enjoy an experience in nature that is inclusive. We will take an easy walk to scan the woods and wetlands for birds and other interesting wildlife. It's okay if you don't have binoculars, just bring your eyes and your authentic self. This program is all about appreciating nature and enjoying the benefits of time outdoors.

One Session \$8.00 Per Person**Freneau Wds Pk Vis Ctr Parking Area****Sat, Jun 7 11:00 AM-12:00 PM. IMC53X**

OUTDOOR ADVENTURES

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 \$28.00 Per Person

Thompson Pk Activity Barn

Wed, Jun 11 4:30-6:30 PM W6153X

Tue, Jul 8 4:30-6:30 PM W6253X

Thu, Aug 14 4:30-6:30 PM W6353X

PERFORMING ARTS

Abracadabra. Alacazam.

(ages 9-12)

"Make these feet move as fast as they can. Up above where the winds do fly, and the trees below let out a beautiful sigh."

Let's create poems together with a published songwriter/musician to be used as fairytale spells in plays and stories and as lyrics in songs. A reading or singing of our creative works for family and friends will be held on the last day of class. Please bring a notebook, a pencil, and plenty of imagination!

Four Sessions \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jun 7-28 1:30-3:00 PM. Q1953X

Beginner Voice

(ages 12-17)

Dr. Carly McIlvaine, Professor of Music and certified yoga instructor, will teach us how to connect our bodies and our breath to use our voice for dramatic speech and/or singing. A performance of our voice pieces will be held the last day of class for family and friends. Please bring a yoga mat and water bottle to class.

Four Sessions \$165.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Jun 3-24 4:30-6:00 PM Q2853A

Emotions through Movement

(ages 9-12)

Did you ever have a bad day and put music on to help change your mood? Different kinds of music can make us feel different emotions. As an ensemble, we will work together to bring emotions to life through movement to music. Our original movement pieces will be performed for family and friends on the last day of class. No dance experience is necessary. Please wear closed-toe shoes or sneakers.

Four Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jun 5-26 4:30-6:00 PM Q2653X

Guitar 1.0

(ages 10-14)

Transition from absolute beginner to guitar hero! You will learn a new appreciation for your instrument. Learn from a seasoned performer and songwriter the basics of care, exercises for practice, and how to teach yourself songs you love! Please bring your own guitar as well as a fresh pack of light-gauge strings, if you need them.

Four Sessions \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jun 7-28 10:00 AM-12:00 PM Q2053X

History, Herstory, YOURstory!

(ages 10-14)

Ever wonder where all the great songs, shows, and books come from? Stories! Bring your own story to life in lyrics, prose, or to be told out loud. Whether it's a true story or one you made up, we'll help you come up with something you'll be proud to share with the world. A storytelling performance for family and friends will be held on the last day of class.

Four Sessions \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Jun 6-27 4:00-5:30 PM Q2253X

The Afternoon Puppet Show

(ages 5-7)

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

Four Sessions \$85.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Jun 6-27 4:00-5:30 PM Q2353X

SPORTS & FITNESS

BASEBALL

Baseball FUNDamentals*(ages 6-8)*

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Jun 28-Jul 26 12:00-12:55 PM XCQ53X

No class 7/5

T-Ball*(ages 4-5)*

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Jun 28-Jul 26 10:00-10:55 AM XCN53X

No class 7/5

Sun, Jun 29-Jul 27 10:00-10:55 AM XCS53X

No class 7/6

“

*Coach Mike was wonderful!
This was the first sport activity
my almost 5 year old has
actually enjoyed!*

”

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

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Jun 28-Jul 26 11:00-11:55 AM XCP53X

No class 7/5

Sun, Jun 29-Jul 27 11:00-11:55 AM XCT53X

No class 7/6

FIELD HOCKEY

Skyhawks Field Hockey *(ages 8-12)*

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

Five Sessions \$95.00 Per Person

Dorbrook Rec Area

Sun, Jul 13-Aug 10 12:00-12:50 PM XD053A

FOOTBALL

Skyhawks Flag Football*(ages 5-12)*

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

Instructed by: Skyhawks Sports Academy

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

(ages 5-8)

Sun, Jul 13-Aug 10 9:00-9:50 AM XCU53A

(ages 9-12)

Sun, Jul 13-Aug 10 10:00-10:50 AM XCW53A

GYMNASTICS & CHEERLEADING

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

Thu, Jun 5-26 9:30-10:15 AM M5253X

Thu, Jun 5-26 10:30-11:15 AM M5453X

Sat, Jun 7-28 9:00-9:45 AM M5653X

Sat, Jun 7-28 11:00-11:45 AM M6053X

Sat, Jun 7-28 12:00-12:45 PM M6553X

Thu, Jul 10-31 9:30-10:15 AM M6953X

Thu, Jul 10-31 10:30-11:15 AM M7153X

Sat, Jul 12-Aug 2 9:00-9:45 AM M7353X

Sat, Jul 12-Aug 2 11:00-11:45 AM M7753X

Sat, Jul 12-Aug 2 12:00-12:45 PM M8253X

Thu, Aug 7-28 9:30-10:15 AM M8653X

Thu, Aug 7-28 10:30-11:15 AM M8853X

Sat, Aug 9-30 9:00-9:45 AM M9053X

Sat, Aug 9-30 11:00-11:45 AM M9453X

Sat, Aug 9-30 12:00-12:45 PM. M9953X

(ages 5-6)

Sat, Jun 7-28 9:00-9:45 AM M5753X

Sat, Jun 7-28 11:00-11:45 AM. M6153X

Sat, Jun 7-28 12:00-12:45 PM M6653X

Sat, Jul 12-Aug 2 9:00-9:45 AM M7453X

Sat, Jul 12-Aug 2 11:00-11:45 AM M7853X

Sat, Jul 12-Aug 2 12:00-12:45 PM M8353X

Sat, Aug 9-30 9:00-9:45 AM M9153X

Sat, Aug 9-30 11:00-11:45 AM M9553X

Sat, Aug 9-30 12:00-12:45 PM. MA053X

(ages 7-10)

Sat, Jun 7-28 9:00-9:45 AM M5853X

Sat, Jun 7-28 11:00-11:45 AM. M6253X

Sat, Jun 7-28 12:00-12:45 PM M6753X

Sat, Jul 12-Aug 2 9:00-9:45 AM M7553X

Sat, Jul 12-Aug 2 11:00-11:45 AM M7953X

Sat, Jul 12-Aug 2 12:00-12:45 PM M8453X

Sat, Aug 9-30 9:00-9:45 AM M9253X

Sat, Aug 9-30 11:00-11:45 AM M9653X

Sat, Aug 9-30 12:00-12:45 PM. MA153X

Introduction to Cheerleading

(ages 5-8)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Jun 7-28 11:00-11:45 AM M6353X

Sat, Jul 12-Aug 2 11:00-11:45 AM M8053X

Sat, Aug 9-30 11:00-11:45 AM M9753X

HOCKEY

Hat Trick Hockey - Floor

(ages 4-6)

Hit the rink. No skates, pads, or experience are 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 \$60.00 Per Person

Dorbrook Rec Area

Thu, Jun 26-Jul 17 5:30-6:25 PM XFF53X

Sat, Jul 12-Aug 2 10:00-10:55 AM XFC53X

Sat, Jul 12-Aug 2 11:00-11:55 AM XFD53X

Thu, Jul 31-Aug 21 5:30-6:25 PM XFH53X

TRACK & FIELD

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 \$126.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Jul 15-Aug 19 5:30-6:30 PM XKE53X

Skyhawks Track & Field *(ages 5-8)*

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

Five Sessions \$85.00 Per Person**Dorbrook Rec Area****Sun, Jul 13-Aug 10 11:00-11:50 AM XC53A****SKATEBOARDING****Skateboarding Beginner***(ages 9-15)*

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

Four Sessions \$65.00 Per Person**Seven Presidents Pk Skateplex****Mon, Jun 23-Jul 14 5:45-6:45 PM XDQ53X****Tue, Jun 24-Jul 15 6:15-7:15 PM XDS53X****Mon, Jul 28-Aug 18 5:45-6:45 PM XDW53X****Tue, Jul 29-Aug 19 6:15-7:15 PM XDY53X****Skateboarding Intermediate***(ages 9-15)*

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

Four Sessions \$98.00 Per Person**Seven Presidents Pk Skateplex****Tue, Jun 24-Jul 15 4:30-6:00 PM XDR53X****Wed, Jun 25-Jul 16 4:30-6:00 PM XDT53X****Tue, Jul 29-Aug 19 4:30-6:00 PM XDX53X****Wed, Jul 30-Aug 20 4:30-6:00 PM XDZ53X****Safe Skating**

The Park System's Sports & Fitness division offers a variety of skateboarding opportunities that vary in difficulty levels. Please read the following before registering for such programs:

- Read program descriptions carefully and choose which is best suited for your child.
- 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.
- If you are looking to learn how to skateboard, we recommend signing up for Skateboarding Starter, 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 Zach Puccia at 732-542-1642, ext. 4647.

Skateboarding Starter

(ages 9-15)

Learn to skateboard at beautiful Seven Presidents Oceanfront Park! This introductory class is designed to teach 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 to participate: skateboard, helmet, knee and elbow pads, and wristguards. We have the required equipment to lend out if needed!

Four Sessions \$65.00 Per Person

Seven Presidents Pk Skateplex

Mon, Jun 23-Jul 14 4:30-5:30 PM XDP53X

Wed, Jun 25-Jul 16 6:15-7:15 PM XDU53X

Mon, Jul 28-Aug 18 4:30-5:30 PM XDV53X

Wed, Jul 30-Aug 20 6:15-7:15 PM XE053X

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 7-10 9:00-9:55 AM XBY53X

Mon-Thu, Jul 7-10 10:00-10:55 AM XBZ53X

Mon-Thu, Jul 14-17 9:00-9:55 AM XC153X

Mon-Thu, Jul 21-24 9:00-9:55 AM XC453X

Mon-Thu, Jul 21-24 10:00-10:55 AM. XC553X

Mon-Thu, Jul 28-31 9:00-9:55 AM XC753X

Mon-Thu, Aug 4-7 9:00-9:55 AM XCA53X

Mon-Thu, Aug 4-7 10:00-10:55 AM XCB53X

Pre-Teen Tennis

(ages 9-12)

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

Four Sessions \$72.00 Per Person

Dorbrook Rec Area

Sat, Jul 12-Aug 2 10:00-10:55 AM XCJ53X

Sun, Jul 13-Aug 3 10:00-10:55 AM XDE53X

Tikes Tennis

(ages 6-8)

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

Four Sessions \$72.00 Per Person

Dorbrook Rec Area

Sat, Jul 12-Aug 2 9:00-9:55 AM XCH53X

Sun, Jul 13-Aug 3 9:00-9:55 AM XDD53X

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 7-10 11:00-11:55 AM XC053X

Mon-Thu, Jul 14-17 10:00-10:55 AM. XC253X

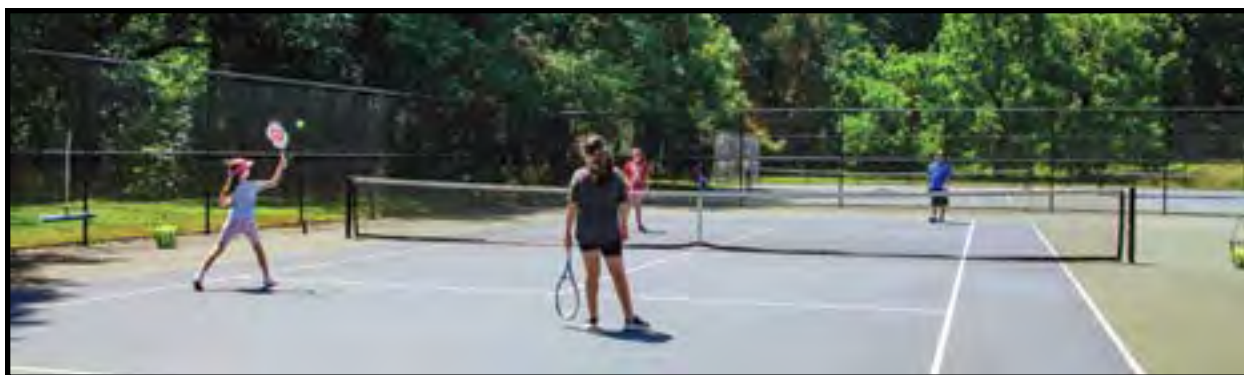
Mon-Thu, Jul 14-17 11:00-11:55 AM. XC353X

Mon-Thu, Jul 21-24 11:00-11:55 AM. XC653X

Mon-Thu, Jul 28-31 10:00-10:55 AM. XC853X

Mon-Thu, Jul 28-31 11:00-11:55 AM. XC953X

Mon-Thu, Aug 4-7 11:00-11:55 AM XCC53X



SWIM LESSONS

PARENT & CHILD

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 canceled by the Park System.

Eight Sessions \$140.00 Parent/Child**Dorbrook Rec Area White Pool***(ages 6 months-18 months, with adult)***Sat, Jun 21-Aug 16 9:00-9:40 AM. XBG53X***No class 7/5***Sun, Jun 22-Aug 17 9:00-9:40 AM. XBH53X***No class 7/6**(ages 1-2, with adult)***Sat, Jun 21-Aug 16 10:00-10:40 AM. XBJ53X***No class 7/5***Sun, Jun 22-Aug 17 10:00-10:40 AM. XBK53X***No class 7/6**(ages 3-4, with adult)***Sat, Jun 21-Aug 16 11:00-11:40 AM. XBM53X***No class 7/5***Sun, Jun 22-Aug 17 11:00-11:40 AM. XBN53X***No class 7/6**(ages 4-6, with adult)***Sat, Jun 21-Aug 16 12:00-12:40 PM. XBP53X***No class 7/5***Sun, Jun 22-Aug 17 12:00-12:40 PM. XBQ53X***No class 7/6***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 canceled by the Park System.

Dorbrook Rec Area White Pool**Four Sessions \$70.00 Parent/Child****Mon-Thu, Jun 30-Jul 3 4:15-4:55 PM. XA653X****Five Sessions \$88.00 Parent/Child****Mon-Fri, Jun 16-20 4:15-4:55 PM. XA453X****Mon-Fri, Jun 23-27 4:15-4:55 PM. XA553X****Mon-Fri, Jul 7-11 9:15-9:55 AM. XAD53X****Mon-Fri, Jul 7-11 4:15-4:55 PM. XA753X****Mon-Fri, Jul 14-18 4:15-4:55 PM. XA853X****Mon-Fri, Jul 21-25 4:15-4:55 PM. XA953X****Mon-Fri, Jul 28-Aug 1 4:15-4:55 PM. XAA53X****Mon-Fri, Aug 4-8 9:15-9:55 AM. XAE53X****Mon-Fri, Aug 4-8 4:15-4:55 PM. XAB53X****Mon-Fri, Aug 11-15 4:15-4:55 PM. XAC53X****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**Four Sessions \$70.00 Per Person****Mon-Thu, Jun 30-Jul 3 6:30-7:10 PM. XB753X****Five Sessions \$88.00 Per Person****Mon-Fri, Jun 16-20 9:15-9:55 AM. XB453X****Mon-Fri, Jun 16-20 6:30-7:10 PM. XB553X****Mon-Fri, Jun 23-27 6:30-7:10 PM. XB653X****Mon-Fri, Jul 7-11 6:30-7:10 PM. XB853X****Mon-Fri, Jul 14-18 9:15-9:55 AM. XB953X****Mon-Fri, Jul 14-18 6:30-7:10 PM. XBA53X****Mon-Fri, Jul 21-25 6:30-7:10 PM. XBB53X****Mon-Fri, Jul 28-Aug 1 6:30-7:10 PM. XBC53X****Mon-Fri, Aug 4-8 6:30-7:10 PM. XBD53X****Mon-Fri, Aug 11-15 9:15-9:55 AM. XBF53X****Mon-Fri, Aug 11-15 6:30-7:10 PM. XBE53X****Swim Lessons at Big Brook Park***(ages 4-6, with adult)*

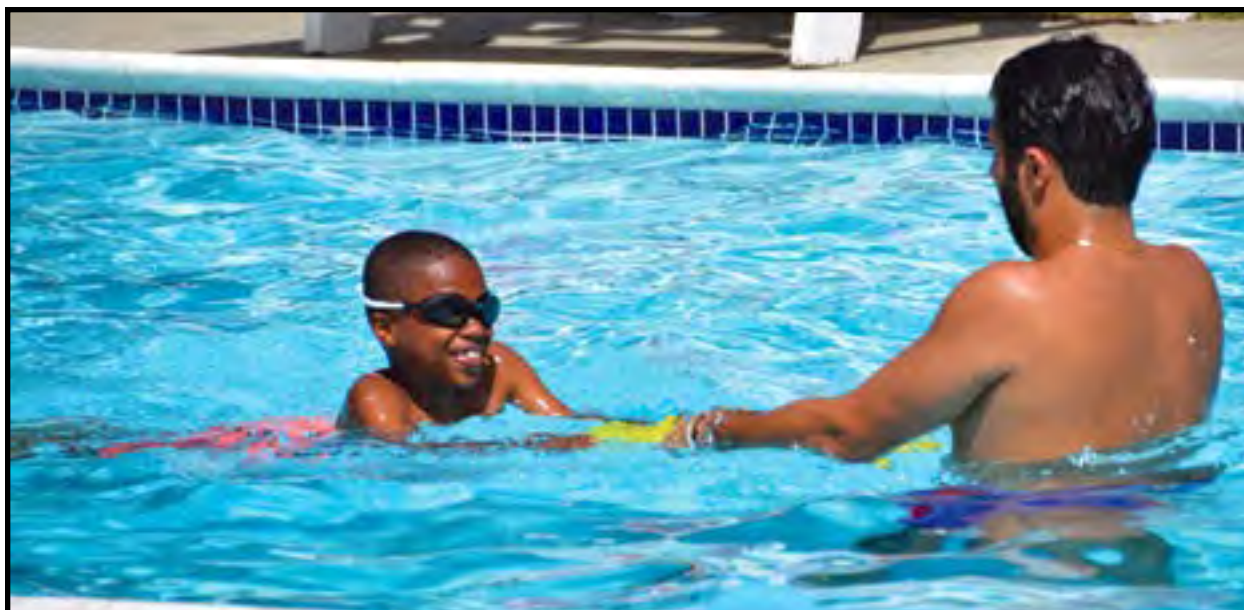
This two-week program is an introduction to the enjoyable activity of swimming. Our experienced and friendly staff will help your child become comfortable entering the water and instruct participants in pool safety, floating, and basic movements in the water. Please expect to be in the water with your child during the first week and then at the side of the pool during the second week. Parking is available but limited. Fridays will be used as a rain date should there be inclement weather.

Eight Sessions \$140.00 Per Child**Big Brook Pk Main Pool****M,Tu,W,Th, Jul 7-17 9:00-10:00 AM. U6253X****M,Tu,W,Th, Jul 21-31 9:00-10:00 AM. U6353X****M,Tu,W,Th, Aug 4-14 9:00-10:00 AM. U6453X**

“

*The instructor was excellent!
She got in the water, learned
the kids names, engaged them
the whole time, assessed their
abilities and comfort levels, and
then challenged them a little bit.*

”



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

Four Sessions \$70.00 Per Person

Mon-Thu, Jun 30-Jul 3 9:15-9:55 AM XAG53X

Mon-Thu, Jun 30-Jul 3 5:00-5:40 PM. . . . XAH53X

Five Sessions \$88.00 Per Person

Mon-Fri, Jun 16-20 5:00-5:40 PM. XAF53X

Mon-Fri, Jun 23-27 5:00-5:40 PM. XAJ53X

Mon-Fri, Jul 7-11 5:00-5:40 PM XAK53X

Mon-Fri, Jul 14-18 5:00-5:40 PM XAM53X

Mon-Fri, Jul 21-25 5:00-5:40 PM XAN53X

Mon-Fri, Jul 28-Aug 1 9:15-9:55 AM XAP53X

Mon-Fri, Jul 28-Aug 1 5:00-5:40 PM XAQ53X

Mon-Fri, Aug 4-8 5:00-5:40 PM XAR53X

Mon-Fri, Aug 11-15 5:00-5:40 PM XAS53X

Crayfish - Intermediate

(ages 3-4)

This is a primary skills level class. Prior to participating in this 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 canceled by the Park System.

Dorbrook Rec Area White Pool

Four Sessions \$70.00 Per Person

Mon-Thu, Jun 30-Jul 3 5:45-6:25 PM. . . . XAW53X

Five Sessions \$88.00 Per Person

Mon-Fri, Jun 16-20 5:45-6:25 PM. XAT53X

Mon-Fri, Jun 23-27 9:15-9:55 AM. XAU53X

Mon-Fri, Jun 23-27 5:45-6:25 PM. XAV53X

Mon-Fri, Jul 7-11 5:45-6:25 PM XAX53X

Mon-Fri, Jul 14-18 5:45-6:25 PM XAY53X

Mon-Fri, Jul 21-25 9:15-9:55 AM XAZ53X

Mon-Fri, Jul 21-25 5:45-6:25 PM XB053X

Mon-Fri, Jul 28-Aug 1 5:45-6:25 PM XB153X

Mon-Fri, Aug 4-8 5:45-6:25 PM XB253X

Mon-Fri, Aug 11-15 5:45-6:25 PM XB353X

AGES 5-6

Crabs - Beginners

(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

Five Sessions \$88.00 Per Person

Mon-Fri, Jun 16-20 9:00-9:40 AM. XE153X

Mon-Fri, Jun 16-20 4:15-4:55 PM. XE253X

Seven Sessions \$123.00 Per Person

M,Tu,Th,F, Jun 23-Jul 3 9:00-9:40 AM XE353X

M,Tu,Th,F, Jun 23-Jul 3 4:15-4:55 PM XE453X

Eight Sessions \$140.00 Per Person

M,Tu,Th,F, Jul 7-18 9:45-10:25 AM XE553X

M,Tu,Th,F, Jul 7-18 4:15-4:55 PM XE653X

M,Tu,Th,F, Jul 21-Aug 1 4:15-4:55 PM XE753X

M,Tu,Th,F, Aug 4-15 4:15-4:55 PM XE853X

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.

Dorbrook Rec Area T-Pool Lower

Five Sessions \$88.00 Per Person

Mon-Fri, Jun 16-20 9:45-10:25 AM. XE953X

Mon-Fri, Jun 16-20 5:00-5:40 PM. XEA53X

Seven Sessions \$123.00 Per Person

M,Tu,Th,F, Jun 23-Jul 3 9:45-10:25 AM XEB53X

M,Tu,Th,F, Jun 23-Jul 3 5:00-5:40 PM XEC53X

Eight Sessions \$140.00 Per Person

M,Tu,Th,F, Jul 7-18 5:00-5:40 PM XED53X

M,Tu,Th,F, Jul 21-Aug 1 9:00-9:40 AM. . . . XEE53X

M,Tu,Th,F, Jul 21-Aug 1 5:00-5:40 PM XEF53X

M,Tu,Th,F, Aug 4-15 9:45-10:25 AM XEG53X

M,Tu,Th,F, Aug 4-15 5:00-5:40 PM XEH53X

Sea Horse - Advanced

(ages 5-6)

This is a stroke readiness level class. Prior to enrolling, 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 Lower

Five Sessions \$88.00 Per Child

Mon-Fri, Jun 16-20 5:45-6:25 PM. XF553X

Seven Sessions \$123.00 Per Child

M,Tu,Th,F, Jun 23-Jul 3 5:45-6:25 PM XF653X

Eight Sessions \$140.00 Per Child

M,Tu,Th,F, Jul 7-18 5:45-6:25 PM XF753X

M,Tu,Th,F, Jul 21-Aug 1 5:45-6:25 PM XF853X

M,Tu,Th,F, Aug 4-15 9:00-9:40 AM XFA53X

M,Tu,Th,F, Aug 4-15 5:45-6:25 PM XF953X

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.

Dorbrook Rec Area T-Pool Lower

Five Sessions \$88.00 Per Person

Mon-Fri, Jun 16-20 6:30-7:10 PM. XFT53X

Seven Sessions \$123.00 Per Person

M,Tu,Th,F, Jun 23-Jul 3 6:30-7:10 PM XFV53X

Eight Sessions \$140.00 Per Person

M,Tu,Th,F, Jul 7-18 9:00-9:40 AM. XFW53X

M,Tu,Th,F, Jul 7-18 6:30-7:10 PM. XFX53X

M,Tu,Th,F, Jul 21-Aug 1 9:45-10:25 AM XFY53X

M,Tu,Th,F, Jul 21-Aug 1 6:30-7:10 PM XFZ53X

M,Tu,Th,F, Aug 4-15 6:30-7:10 PM XG053X

Jellyfish - Intermediate*(ages 7-9)*

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

Dorbrook Rec Area T-Pool Upper**Five Sessions \$88.00 Per Person****Mon-Fri, Jun 16-20 6:30-7:10 PM XFJ53X****Seven Sessions \$123.00 Per Person****M,Tu,Th,F, Jun 23-Jul 3 9:00-9:40 AM XFK53X****M,Tu,Th,F, Jun 23-Jul 3 6:30-7:10 PM XFM53X****Eight Sessions \$140.00 Per Person****M,Tu,Th,F, Jul 7-18 9:45-10:25 AM XFN53X****M,Tu,Th,F, Jul 7-18 6:30-7:10 PM XFP53X****M,Tu,Th,F, Jul 21-Aug 1 6:30-7:10 PM XFQ53X****M,Tu,Th,F, Aug 4-15 9:45-10:25 AM XFR53X****M,Tu,Th,F, Aug 4-15 6:30-7:10 PM XFS53X****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.

Dorbrook Rec Area T-Pool Upper**Five Sessions \$88.00 Per Person****Mon-Fri, Jun 16-20 5:00-5:40 PM XER53X****Seven Sessions \$123.00 Per Person****M,Tu,Th,F, Jun 23-Jul 3 9:45-10:25 AM XES53X****M,Tu,Th,F, Jun 23-Jul 3 5:00-5:40 PM XET53X****Eight Sessions \$140.00 Per Person****M,Tu,Th,F, Jul 7-18 9:00-9:40 AM XEU53X****M,Tu,Th,F, Jul 7-18 5:00-5:40 PM XEV53X****M,Tu,Th,F, Jul 21-Aug 1 5:00-5:40 PM XEW53X****M,Tu,Th,F, Aug 4-15 9:00-9:40 AM XEX53X****M,Tu,Th,F, Aug 4-15 5:00-5:40 PM XEY53X****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.

Dorbrook Rec Area T-Pool Upper**Five Sessions \$88.00 Per Person****Mon-Fri, Jun 16-20 5:45-6:25 PM XEZ53X****Seven Sessions \$123.00 Per Person****M,Tu,Th,F, Jun 23-Jul 3 5:45-6:25 PM XF053X****Eight Sessions \$140.00 Per Person****M,Tu,Th,F, Jul 7-18 5:45-6:25 PM XF153X****M,Tu,Th,F, Jul 21-Aug 1 9:00-9:40 AM XF253X****M,Tu,Th,F, Jul 21-Aug 1 5:45-6:25 PM XF353X****M,Tu,Th,F, Aug 4-15 5:45-6:25 PM XF453X****Stingrays - Advanced***(ages 10-12)*

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

Dorbrook Rec Area T-Pool Upper**Five Sessions \$88.00 Per Person****Mon-Fri, Jun 16-20 4:15-4:55 PM XEJ53X****Seven Sessions \$123.00 Per Person****M,Tu,Th,F, Jun 23-Jul 3 4:15-4:55 PM XEK53X****Eight Sessions \$140.00 Per Person****M,Tu,Th,F, Jul 7-18 4:15-4:55 PM XEM53X****M,Tu,Th,F, Jul 21-Aug 1 9:45-10:25 AM XEN53X****M,Tu,Th,F, Jul 21-Aug 1 4:15-4:55 PM XEP53X****M,Tu,Th,F, Aug 4-15 4:15-4:55 PM XEQ53X****PRIVATE SWIM LESSONS***(ages 4 and up)***Dorbrook Recreation Area, Colts Neck****Cost: \$52.00 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.

For dates 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.

**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 Recreation Center					x											
Freneau Woods Park						x					x	x				
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x			x					
Howell Park Golf Course		x						x								
Huber Woods Park				x	x							x	x	x		x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x		x	x	x					x	x	x			x
Manasquan River Greenway		x				x							x			
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x			x	x							x			
Pine Brook Golf Course							x	x								
Seven Presidents Oceanfront Park		x			x	x					x					
Shark River Golf Course								x								
Shark River Park		x			x	x					x	x	x	x	x	
Sunnyside Equestrian Center												x				
Swimming River Park		x				x						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.*



MONMOUTH COUNTY FAIR

Monmouth County's First Agricultural Fair!

\$10.00

Children 12 & under FREE!
FREE Parking!

**Wednesday-
Sunday,
July 23-27**

**East Freehold
Showgrounds,
Freehold**

A county-wide event for all ages that includes:

Entertainment • Rides & Games by Reithoffer Shows

4-H Shows & Exhibits • Live Music • Robinson's Racing Pigs

Bwana Jim Wildlife Show • Hilby the Skinny German Juggle Boy

Tommie Turvey's Stunt Horses & Dogs • Living History Displays

Mutts Gone Nuts • DAWG Pro Wrestling presents DAWG Days of Summer

Home & Garden Demonstrations & Displays

Monmouth County Park System Interactive Display

Commercial Vendors • Delicious Food Vendors

And So Much More!

For more information:

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

Wednesday, July 23

4:00-11:00 PM

- Spectacular 50th Anniversary Fireworks (*weather dependent*)
- Hot Air Balloon Rides
- Fireman's Competitions
- Ocean Avenue Stompers
- Wonderzone Dinosaurs
- Andrew's Big Show
- Ride Wristbands: \$30.00 each
- Main Stage: Yasgur's Farm from 8:15-9:00 PM & 9:30-10:15 PM

Thursday, July 24

4:00-11:00 PM

- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Ocean Avenue Stompers
- Andrew's Big Show
- Wonderzone Dinosaurs
- Ride Wristbands: \$30.00 each
- Main Stage: Mission Dance Band from 8:30-10:00 PM

Friday, July 25

4:00-11:00 PM

- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Wonderzone Dinosaurs
- Andrew's Big Show
- Ride Wristbands: \$35.00 each
- Main Stage: Nicole Atkins from 8:30-10:00 PM

Saturday, July 26

11:00 AM-11:00 PM

- Bluey & Bingo
- Sheep Herding Demonstration
- Tommie Turvey's Stunt Horses & Dogs
- Wonderzone Dinosaurs
- Andrew's Big Show
- Ride Wristbands: \$35.00 each
- Main Stage: Yellow Brick Road - A Tribute to Elton John from 8:30-10:00 PM

Sunday, July 27,

11:00 AM-6:00 PM

- Bluey & Bingo
- Tommie Turvey's Stunt Horses & Dogs
- Wonderzone Dinosaurs
- Pie Eating Contests
- Andrew's Big Show
- Ride Wristbands: \$30.00 each
- Main Stage: Rokit Academy from 2:00-2:45 PM
Jackson Pines from 4:15-5:30 PM

A County-Wide Event for All Ages!



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 to 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 3-Aug 28 9:30-11:00 AM. D2153A

Level 2

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

Nine Sessions \$63.00 Per Person

Wed, Jul 2-Aug 27 8:30-10:30 AM D2053A

Thu, Jul 3-Aug 28 8:30-10:30 AM. D2253A

Eight Sessions \$56.00 Per Person

Fri, Jul 11-Aug 29 8:30-10:30 AM. D2353A

Level 3

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

Nine Sessions \$63.00 Per Person

Tue, Jul 1-Aug 26 8:30-10:30 AM. D1953A

Level 4

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

Eight Sessions \$56.00 Per Person

Mon, Jul 7-Aug 25 8:30-10:30 AM D1853A

Zumba Gold*(ages 55 and up)*

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

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jul 18-Aug 22 4:30-5:25 PM. XN453X

ARTS & CRAFTS

CERAMICS & POTTERY**All Level Pottery Classes***(adults)*

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. 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 anyone who has registered for multiple classes in one session to provide an opportunity for someone on the waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Jul 7-Aug 18 9:00 AM-12:00 PM Z4653X

Mon, Jul 7-Aug 18 1:00-4:00 PM Z4753X

Instructor: Brian Farro

Mon, Jul 7-Aug 18 6:00-9:00 PM Z4853X

Instructor: Kathy Bennett

Tue, Jul 8-Aug 19 9:00 AM-12:00 PM Z6553X

Instructor: Krissy Skuback

Tue, Jul 8-Aug 19 4:00-7:00 PM Z6653X

Instructor: Joanne Traskiewicz

Wed, Jul 9-Aug 20 9:00 AM-12:00 PM Z6753X

Wed, Jul 9-Aug 20 1:00-4:00 PM Z6853X

Instructor: TBA

Wed, Jul 9-Aug 20 6:30-9:30 PM Z6953X

Instructor: Joyce Nokes

Fri, Jul 11-Aug 22 9:00 AM-12:00 PM Z7053X

Fri, Jul 11-Aug 22 1:00-4:00 PM. Z7153X

Instructor: John Fossa

Sat, Jul 12-Aug 23 11:30 AM-2:30 PM Z7253X

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt, 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 on the first day of class.

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jul 7-Aug 18 6:00-9:00 PM Z5553X

Thu, Jul 10-Aug 21 12:30-3:30 PM Z5653X

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 anyone who has registered for multiple classes in one session to provide an opportunity for someone on the waitlist.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jul 8-Aug 19 7:00-10:00 PM Z5853X

Instructor: Anne Zayatz

Thu, Jul 10-Aug 21 6:30-9:30 PM Z5953X



Foundations of Clay Hand-Building

(adults)

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

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

Wed, Jul 9-Aug 20 1:00-4:00 PM Z7353X

Instructor: TBA

Wed, Jul 9-Aug 20 6:30-9:30 PM Z7453X

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 along with an adult. The 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 11-Aug 22 6:30-8:30 PM. Z7653X

Raku Pottery

(adults)

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

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 10-Aug 21 9:00 AM-12:00 PM . . . Z5753X



DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Cassatt's Two Children at the Seashore

Sat, Jun 7 2:00-5:00 PM Z5153A

Degas' Blue Dancers

Sat, Jun 21 2:00-5:00 PM Z5253A

Monet's Antibes

Sat, Jun 28 2:00-5:00 PM Z5353A

A Week with the Impressionists NEW

(adults)

Using acrylic paints and canvas, students will recreate famous Impressionist and Fauvist masterpieces using the Aspiring Artists step-by-step painting method. During this week-long series, we will complete three paintings. Students will learn the specific brushstrokes, layering techniques, and color mixing to recreate their own renditions of three famous masterpieces. No painting experience is necessary. Please bring three 11"x14" canvases to class.

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

Five Sessions \$205.00 Per Child

Thompson Pk Creative Arts Center

Mon-Fri, Jul 14-18 1:00-4:00 PM Z4253A

Mon-Fri, Aug 11-15 1:00-4:00 PM Z4353A

An Art Class for the Non-Artist

(adults)

Can't even draw a stick figure? Never signed up for an art class before? Struggle with perfectionism? This one-of-a-kind workshop hosted by Jenny Santa Maria will bring out something in you that you can't see in yourself. You will leave with a whole new perspective, empowered to use the arts as a new language you can apply to any area of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career, and has never failed to see results. Bring a sketchbook to write and doodle in. A materials fee of \$5.00 is due to instructor the day of class.

One Session \$44.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jun 17 5:00-7:00 PM Z9253X

An Evening with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Japanese Footbridge

Fri, Jun 6 6:00-9:00 PM Z8753A

van Gogh's Starry Night

Fri, Jun 20 6:00-9:00 PM Z8853A

“

Debra Stasiak is so wonderful! She's positive, encouraging, and calming. I tell everyone that classes with her are as good as a therapy session. I love painting with Ms. Debra!

”

Art of the Sea: Sharks, Skates, and Rays

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientists and artists. In this session, we will journey into a fun and informative discussion and walk led by a Park System Naturalist about the native sharks, skates, and rays of our mid-Atlantic local shores and their ecological roles. The instructor will show participants how to achieve accurate proportion and shape, understand color basics, and create dimension.

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

Artist/Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$47.00 Per Person

Fisherman's Cove Act Ctr

Wed, Jun 4 9:00 AM-12:00 PM. IKR53X

Art of the Sea: Shells

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientists and artists. We will journey into a fun and informative discussion and walk led 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 the appropriate proportion of complex forms, creating a palette for rendering mollusks, handling iridescence where it appears, and more.

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

One Session \$47.00 Per Person

Fisherman's Cove Act Ctr

Tue, Jun 17 9:00 AM-12:00 PM IKS53X

Botanical Illustration: Liking Lichens

(adults)

Lichen come in a diversity of beautiful colors, forms, and textures, covering trees and rocks throughout nature. In this workshop, students will learn how to convey the nuances of these beautiful, abstract forms. Class will commence with a hike and lecture led by a park system naturalist. After we will come inside to draw from live specimens.

Please Note: Class will be held rain or shine. Outdoor components may be moved to an indoor lecture in the event of inclement weather. We will be working in both pen and colored pencil; a supply list will be attached to your receipt.

Artist/Instructor: Katie Stone / Naturalist: Blake Beyer

One Session \$47.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Sat, Jun 7 9:00 AM-12:00 PM Z6353X

Sat, Aug 9 9:00 AM-12:00 PM Z6453X

Classical Oil Painting

(adults)

This intensive painting class will focus on the fundamentals of classical painting, offering students a systematic approach based upon methods used in the atelier system. Strategies for understanding color, paint application, and handling of the medium will be covered. Instructed by award winning artist and graduate of Florence Academy, Jane Manco, students will be led through an introduction into this painting method. Supply list will be discussed in further detail the first day of class.

Six Sessions \$200.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jul 7-Aug 11 1:00-3:00 PM Z8953X

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 \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 8-Aug 12 6:30-8:30 PM Z7953X

Thu, Jul 10-Aug 14 6:30-8:30 PM Z8053X

Fri, Jul 11-Aug 15 10:00 AM-12:00 PM . . . Z8153X

Daily Art Workshops

(adults)

These daily workshops offer a creative escape for artists of all levels, each day focusing on a different artistic medium, allowing participants to explore and develop new techniques under the guidance of experienced instructor Gina Torello. Whether indoors in an air-conditioned space or outdoors in the cool shade, the workshops offer a flexible environment for creating art. Participants are to bring their own art supplies and a packed lunch, as they spend the day connecting with like-minded artists. Gina's lessons emphasize observing how light interacts with the subject from a reference or fun still lifes inside and outside. The workshop structure includes both individual exploration with a guided step-by-step lesson in composition, and technique application with group and individual instruction. Upon registration, a supply list tailored to the specific workshop and medium will be provided.

Instructor: Gina Torello, MFA, Professional Artist, Lightscares Studio LLC

One Session \$110.00 Per Person

Thompson Pk Creative Arts Center

Pastel Impressionism

Mon, Jun 23 10:00 AM-3:00 PM. Z8253A

Oil Painting Still Lives

Tue, Jun 24 10:00 AM-3:00 PM Z8453A

Painting the Human Form

Wed, Jun 25 10:00 AM-3:00 PM. Z8353A

PleinAir Painting

Thu, Jun 26 10:00 AM-3:00 PM Z8553A

Gouache Painting

Fri, Jun 27 10:00 AM-3:00 PM Z8653A

Drawing Wildflowers

(adults)

This workshop highlights techniques and tips to create drawings that are beautiful to people and pollinators alike. Class begins with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. After the talk we will begin the drawing process from live samples investigating how to approach complex petal patterns, picking floral color palettes, creating form and dimension, and more. Our focus will be the following flowers in bloom: Wild Columbine, Blue False Indigo, Foxglove Beardtongue, Coreopsis lanceolata. All levels are welcome.

Please Note: Class is rain or shine. If weather conditions are poor, portions may be moved inside. A supply list will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$47.00 Per Person

Huber Wds Pk Env Ctr

Mon, Jun 16 10:00 AM-1:00 PM. Z6253X

Drawing: A Classical Approach

(adults)

A drawing class designed for serious artists looking to further traditional skills, this intensive class will focus on skills such as sighting, comparative measurements, and foreshortening. Instructed by award-winning artist and graduate of Florence Academy, Jane Manco, students will be led through a systematic approach based upon methods used in the atelier system. A supply list will be discussed in further detail on the first day of class.

Six Sessions \$200.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 10-Aug 14 10:00 AM-12:00 PM. . . Z9053X

Great Impressionism Workshop™

(adults)

Bring two summer images, such as seascapes, sunsets, florals, butterflies, and/or birds, so you can create original impressionistic or fauvist paintings using your chosen images as inspiration. Please bring in your own 11"x14" canvases and three flat, and three round brushes sizes 8, 6, and 2.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jun 6-27 10:00 AM-12:30 PM. Z4453A

Illustrating Birds: Summer Shorebirds

(adults)

This workshop takes an in-depth look at creating 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. Afterward, we'll head 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.

Please Note: Class is rain or shine. If weather conditions are poor, portions may be moved inside. A supply list will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 18 9:00 AM-12:00 PM. Z6153X

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 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.

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 10-Aug 21 1:00-3:00 PM Z4153X

No class 7/24

Intro to Traditional Painting

(adults)

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

Instructor: TBA

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 8-Aug 19 9:00-11:00 AM Z2453X

No class 7/22

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 techniques with independent guidance and critique. Come ready with ideas on the first day to start painting.

Instructor: TBA

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 8-Aug 19 11:30 AM-1:30 PM Z3953X

No class 7/22

Tue, Jul 8-Aug 19 2:00-4:00 PM Z4053X

No class 7/22

The Art of Entomology: Magnificent Moths

(adults)

New Jersey is home to some of the most splendid and exotic insects. Every summer, silk moths emerge in our parks. Class begins with an hour-and-a-half drawing workshop as we learn how to tackle elaborate patterns with accuracy and symmetry, capture proportions, and build up colors. 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.

Please Note: Class is rain or shine. If weather conditions are poor, portions may be moved inside. A supply list will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 30 6:30-9:30 PM. Z6053X

KNITTING & SEWING

ABCs of Sampler Cross Stitch

(adults)

Have you ever thought about how cross-stitch embroidery or a sampler is made? Cross stitch is one of the easiest embroidery skills and talents that is perfect for beginners. Whether you learned this years ago or want to pick up that needle and stitch, this course will get you started on your very own sampler. We will delve into the history of how and where cross stitch was used, what types of materials can be used, and the resources for them, as well as a survey of some of the stitches used. Everyone will make their own sampler masterpiece with a step-by-step demonstration. Materials for this creation will be provided. Plenty of easy-to-make designs will also be available to take and make.

Instructor: Rachael Goldman

Four Sessions \$60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jul 12-Aug 2 10:00-11:30 AM ZA853X

Sat, Aug 9-30 10:00-11:30 AM ZA953X

Creative Mending: Artfully Salvaging Your Beloved Items

(adults)

Breathe new life into your cherished clothes or sentimental items with creative mending. This beginner-friendly class transforms worn or damaged pieces into unique works of art, blending practicality with beauty. Learn how to thread a needle with ease, simple artful stitches such as the blanket stitch, darning basics, and creating a reverse applique with patches. Join instructor Jenny Santa Maria in this inspiring and resourceful learning experience. You're welcome to bring items to repair, but all materials will be provided to help you learn new skills and explore your creativity. A materials fee of \$10.00 is due to the instructor upon arriving to class.

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Fri, Aug 1 4:00-6:00 PM Z9353X

Embroidery 101: Custom Floral Tote Bag

(adults)

Learn the basics of embroidery while designing a custom cotton tote featuring summer-inspired floral designs. A materials fee of \$30.00, which covers templates, patterns, cotton tote, and all necessary supplies, is due to the instructor upon arriving to class. Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 18 5:00-7:30 PM Z9153X

Hooks and Needles Club

(adults)

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

Four Sessions \$9.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Jun 4-25 1:00-3:00 PM H1353X

Wed, Jul 2-23 1:00-3:00 PM H1453X

Wed, Aug 6-27 1:00-3:00 PM H1553X

MISCELLANEOUS CRAFTS

Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information-packed class will help you gain the confidence to frame your art and photos. At the same time, you will learn how to save money in the process. 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 \$40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 25 10:00 AM-12:00 PM Z3853X

Fresh Leaf Indigo Dyeing

(adults)

We will use locally grown Japanese indigo (*Persicaria tinctoria*) leaves, from the instructor's personal dye garden, to create indigo dye and prints on silk fabric. Students will learn about the process of growing different varieties of indigo and ways to conjure color from the leaves. This class will focus on the process of making dye from the leaves, immersion dyeing with a fresh leaf bath, and Hapazome, the process of pounding the color out of plants onto cloth. Silk fabric and plant materials will be provided. Please wear studio clothes and bring kitchen gloves.

Instructor: Kelly Bahash

One Session \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, Aug 23 10:00 AM-2:00 PM ZA753X

Let's Create Silk Scarves!

(adults)

Enjoy this silk painting class where you will create beautiful one-of-a-kind scarves ready to wear and share! We will be using various techniques to boost your creativity for your own silk art. These techniques are simple enough for beginners while also an exciting way for more experienced painters to transfer their talents to fabric. No previous silk painting is necessary to be successful with these projects. A supply fee of \$40.00 (cash) is payable to the instructor on the first day of class. Artist/Instructor: Karin Trunz

Three Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jul 12-26 10:30 AM-12:30 PM Z9553X

Natural Dyeing with Local Plants + Food Waste

(adults)

Did you know plants can be used to make natural dyes? Explore the magic of plant color while using locally grown plants and food waste to create natural color on fabric. We will use the bundle dye method to create plant prints and patterns on cotton fabric. Students can choose either a bandana or a set of napkins to dye during class. Pre-mordanted fabric and plant materials will be provided. Please wear studio clothes and bring kitchen gloves.

Instructor: Kelly Bahash

One Session \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, Aug 9 10:00 AM-2:00 PM ZA653X

Wire & Resin Pendant

(adults)

Explore the potential resin provides in creating unique, one-of-a-kind, colorful jewelry. Create a few resin charms you can interchange and suspend from a striking, hand-forged, and formed wire pendant. Learn how to use UV resin (two versions) and two-part epoxy and how to add color and design. You will learn how to create jumpings, twist and coil wire, and shape and form a pendant you'll be proud to wear or gift! A materials fee of \$45.00 is payable to the instructors at the start of the workshop.

Please Note: We will not use two-part epoxy in your finished design due to the cure time, but we will cover information so you understand how to use this versatile medium.

Instructors: Tamara Honaman and Sandra Lupo

One Session \$150.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jun 7 10:00 AM-3:00 PM Z9453X

SPONSOR A FAMILY!

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

Scan to make a donation:



SOAPMAKING

Advanced Soapmaking and Skincare

(adults)

This hands-on class will show you how to create beautiful, healthful soaps using milks, fragrance oils, loofahs, and botanicals. You will learn how to layer your soaps with different colors and additives, as well as some other secret techniques of the trade. You will also learn how to formulate a skincare product using ingredients from your kitchen. Get ready to have fun and express your best self! Please bring an 8 oz. Pyrex® measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival to class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Aug 11 11:00 AM-12:30 PM A7653X

Beach Inspired Soaps!

(adults)

Discover the art of soap making while crafting beautiful, sea glass-inspired creations! In this hands-on class, students will learn how to make melt and pour soaps with a translucent, frosted effect that mimics the look of smooth sea glass washed ashore. By the end of the class, students will take home two full bars of their handmade sea glass creations and the knowledge to continue crafting at home! Get ready to explore your creativity! Please bring an 8 oz. Pyrex® measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jul 12 11:00 AM-12:30 PM A7753X

Beginner Soapmaking

(adults)

Roll up your sleeves and begin making wholesome, healthful, and artistic novelty soaps with a natural melt-and-pour soap base. Techniques taught include mosaic soap bars, loofah bars, and more using botanicals and additives. Unleash your creativity by customizing your soaps with color and fragrance oils. This hands-on class is a great start to the world of soapmaking. Please bring an 8 oz or 16 oz glass measuring to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jun 7 11:00 AM-12:30 PM. A0253X

PHOTOGRAPHY

Introduction to Wildlife Photography

(adults)

Perfect for beginners and seasoned photographers alike, this workshop cultivates the skills needed to capture images of nature with your own unique artistic flair. By the end, you'll confidently use manual settings to photograph wildlife, applicable across various camera types – DSLR, mirrorless, bridge, superzoom, and even your phone. Elevate your photography journey with this workshop! Participants should bring a camera and the instruction/user manual for use during the hands-on portions.

Instructor: Troy Bynum

One Session \$56.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jun 21 3:00-5:00 PM Z3253X

Sat, Aug 16 12:00-2:00 PM Z3353X

iPhone Photography

(adults)

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

Instructor: Gary Dates

Four Sessions \$64.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jul 15-Aug 5 6:00-8:00 PM Z9753X

Sat, Aug 2-30 11:00 AM-1:00 PM Z9853X

No class 8/16

Photography - Meet Your Digital SLR*

(adults)

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

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jun 3-Jul 8 6:00-9:00 PM Z9653X

CANINE CLASSES

Dog Obedience: Basic Obedience

(ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older. Classes will be held in a shelter building and may be cancelled due to severe weather. Instructor: Shelley Raskin

Five Sessions \$65.00 Per Dog

Big Brook Pk Elsas Lodge Shelter Building

Sat, Jun 7-Jul 5 9:30-10:15 AM Q3253X

Dog Obedience: Fun with Agility

(ages 14 and up, under 18 with adult)

Dog agility is a fast-growing sport that offers fun and excitement for both dogs and their owners. This class is an introduction to dog agility in which you'll learn how to teach your dog to properly negotiate jumps, run through open tunnels, and other miscellaneous obstacles in a fun and noncompetitive environment. Agility is an excellent way to provide mental stimulation, build confidence and enhance the relationship between dog and owner. Completion of Basic Obedience class required and must be able to be off leash.

Instructor: Shelley Raskin

Five Sessions \$65.00 Per Person

Big Brook Pk Elsas Lodge Shelter Building

Sat, Jun 7-Jul 5 10:30-11:30 AM U7953A

CULINARY ARTS

Outdoor Paella

(adults)

Let's go outdoors and have a paella feast! You've never tried to cook paella at home? It's simple! Think rice with goodies! Tonight, you will learn how to cook outside over an open fire with a special paella rice called Calasparra. Heat control and knowing when to mix in the "goodies" with this rice is what makes great paella. We'll use chicken, chorizo, saffron, and clams. We also use squid, shrimp, bacon, and smoked paprika. You'll think you are in Barcelona! And let's not forget a dessert of NJ strawberry ice cream! Sit back and relax – I'll cook for you tonight in this demonstration format class.

Instructor: Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, Jun 24 6:00-9:30 PM A2653X

EDUCATION & ENRICHMENT

CULTURAL

Ethiopian Coffee Ceremony

(adults)

Experience the heart of Ethiopian culture at this Ethiopian Coffee Ceremony. Hosted by Noura Huizenga, this Ethiopian Coffee Ceremony is more than an event—it's a celebration of tradition, community, and connection. Guests will witness a captivating demonstration of the traditional coffee-making process, learn about the origins and significance of coffee in Ethiopian culture, and share in meaningful moments that reflect unity and well-being. Enjoy freshly brewed Ethiopian coffee and traditional popcorn as we gather to celebrate culture, community, and the spirit of giving.

One Session \$35.00 Per Person

Thompson Pk Theater Barn

Sun, Jun 22 2:00-4:00 PM Q1653A

GENEALOGY

Genealogy: Beginning Your American Genealogy 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 and discover the many types of documents available. Research tips will be discussed, including using online resources and the need to show the linkage between generations to help you build your family tree. Our presenter is from the Monmouth County Genealogy Society.

One Session \$22.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jul 19 2:00-4:00 PM Q2953A

Genealogy: Naturalization Records, Becoming a Citizen of the US

(ages 14 and up)

Naturalization records are a great source of information to assist you in discovering your family history. You will learn various terms as well as where to find the records. We will also cover the evolving steps required to become naturalized from the 1700s to the 1940s. Photos and name changes can also be found in the records.

One Session \$22.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 14 2:00-4:00 PM Q3053A

SAFETY

Boat America

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Please bring lunch and snacks. Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$82.50 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 7 8:30 AM-5:00 PM Q1553A

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 \$85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jul 23 6:30-10:00 PM U7653A

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey. This is a free program; however, registration is requested.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jul 8-Sep 9 7:00-8:00 PM #D2553A

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

Save a Life! CPR AED Certification

(ages 14 and up)

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

One Session \$85.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jul 26 10:00 AM-12:30 PM U7053A

Thompson Pk Vis Ctr Beech Room

Tue, Jun 17 7:00-9:30 PM. U6553A

Sat, Jun 28 10:00 AM-12:30 PM. U6853A

Mon, Jul 7 7:00-9:30 PM U6653A

Sat, Aug 9 10:00 AM-12:30 PM U6953A

Tue, Aug 19 7:00-9:30 PM U6753A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury, and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jun 16 7:00-9:30 PM U7153A

Tue, Jul 15 7:00-9:30 PM U7253A

Mon, Aug 11 7:00-9:30 PM. U7353A

SPEAKING

Getting Paid to Talk

(adults)

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice-over field for a fun and realistic look at how the voice-over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests and more. You'll also have an opportunity to record a sample professional voice-over under the direction of the instructor.

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Jun 9 6:30-9:00 PM A0153X

Mon, Aug 4 6:30-9:00 PM. A4553X

HEALTH & WELLNESS

Chakra Bowls Meditation

(adults)

In each of us, there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program, we will learn about seven of the wheelhouses (Chakras), their individual sounds, and how to focus in on them as part of our daily meditation so 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 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 12-Jul 3 7:00-8:00 PM Q1853X

Practice Joy! *(adults)*

Understand and learn ways to have more balance and joy in life. We will achieve this by working on cross-body movements and other mind-body meditative practices to prepare, enhance, and cultivate a deeper link between the left and right hemispheres of the brain. Through these exercises, we will have healthier relationships with our minds and bodies that will maximize the quality of our lives and achieve greater harmony.

Instructor: Grace Conte, M.A., Educator & Certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jun 2 6:00-7:30 PM A4753X

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

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

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

Begin or Review!

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

Four Sessions \$100.00 Per Person

Clayton Pk Act Ctr Classroom A

Wed, Jul 2-23 10:30 AM-12:00 PM A6353X

Manasquan River Greenway Winter Run Act Ctr

Thu, Jun 26-Jul 17 6:30-8:00 PM A4353X

Tue, Jul 22-Aug 12 6:30-8:00 PM A4453X

Dorbrook Rec Area Act Ctr

Sat, Aug 9-30 10:30 AM-12:00 PM A3953X

Intermediate

Six Sessions \$108.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jun 2-Jul 7 10:00-11:20 AM. A2553X

Fri, Jul 11-Aug 15 10:00-11:20 AM. A4153X

Beginner

Six Sessions \$108.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jun 2-Jul 7 11:30 AM-12:50 PM . . . A2453X

Fri, Jul 11-Aug 15 11:30 AM-12:50 PM . . . A4253X

T'ai Chi Chih & Meditation*(adults)*

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

Three Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Aug 4-18 10:30 AM-12:00 PM A3853X

Tending Your Inner Garden *(adults)*

You will reflect and learn ways to cultivate and grow the sacred seed within to bring out your authentic self. Students will practice energy medicine modalities such as stillness, meditation, and gentle movements to have the body and mind recall their original vibrational blueprint that stimulates energy flow and healing.

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

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Jun 30 6:00-7:30 PM A4653X

HORTICULTURE

A Beginner's Guide to Creating a Native Garden

(adults)

Create a beautiful native garden with native shrubs, perennials, annuals, and, yes, even fruit. Not only will you have a feast for the eyes, but your native garden will also be beneficial to native pollinators such as butterflies and hummingbirds, as well as be all-around important for our ecosystem.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Aug 9 10:00 AM-12:00 PM H2153X

Botanicals and Booze: Herbs and Plants in Liquor Production

(adults)

Join local historian Greg Caggiano for an intriguing presentation where he gives you the scoop on the origin and evolution of liquor. Many of the world's most popular spirits are steeped in history and botanicals! Learn about the production of gin, absinthe, and Chartreuse, among others. Find out why there are so many types of vermouth and how bitters are made. Also, discover the trendy "shrub" and how you can make them at home! Join us for this fascinating dive into botanical spirits along with a distillation demonstration with the garden's fragrant herbs.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Jun 12 6:00-8:00 PM. H0953X

Thu, Jul 17 6:00-8:00 PM H1053X

Easy Care Annuals for Your Garden and Planters

(adults)

The great value of annuals is their ability to get up to speed quickly to add exciting color to your garden or planter and carry on for months at their full potential. Annuals are extraordinarily diverse and colorful. Learn which will fill out bare spots and add interest to your garden or will perk up your planters to enhance any spot on your property. These easy-care annuals will add color and interest to your garden or planters throughout the growing season.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 21 10:00 AM-12:00 PM. H1153X

Sat, Jul 12 10:00 AM-12:00 PM H1253X

Farm Fresh Flower Arrangement

(adults)

Enjoy a farm-to-table arranging experience using fresh, unexpected botanicals in a charming summer-themed container. All materials will be provided and no previous arrangement experience is necessary.

One Session \$60.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jul 19 10:00 AM-12:00 PM H1653A

Mobsters and Mayhem

(adults)

Travel back in time to the prohibition era of speakeasies, rum runners, and gangsters to discover a hidden part of Deep Cut's past. Local historian Greg Caggiano will present his findings on the matter including unknown details about the park's connection to one of the biggest mafia rings and its rich history. Enjoy a fun-filled and entertaining evening learning about Vito Genovese's estate, while sipping a special signature mocktail.

One Session \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jun 13 6:00-8:00 PM H0253X

Thu, Jun 26 6:00-8:00 PM. H0353X

Fri, Jul 18 6:00-8:00 PM H0453X

Thu, Jul 31 6:00-8:00 PM H0553X

Fri, Aug 8 6:00-8:00 PM H0653X

Fri, Aug 15 6:00-8:00 PM H0753X

DEEP CUT GARDENS OPEN HOUSE

Saturday, June 7, 10:00 AM-2:00 PM

Deep Cut Gardens, Middletown

A horticultural delight! Attend a free lecture on host plants that support native pollinators. Throughout the day, enjoy bonsai demonstrations, pollinator and gardening crafts, koi pond presentations, and free greenhouse tours.

**For additional information,
call 732-671-6050.**



Not Tonight My Deer: Plants Deer Don't Like to Eat

(adults)

Oh, dear! Do you have problems with deer using your garden as their local diner? Learn which easy-care plants will beautify your landscape and are LESS likely to be nibbled in our deer-visited yards.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Jul 30 6:00-8:00 PM. H1853X

Sat, Aug 16 10:00 AM-12:00 PM H1953X

Secrets of Low-Maintenance Landscaping

(adults)

Do you want to beautify your home landscape with some new plants, but without worrying about the time and effort it will take to care for them? Learn which tried and true garden favorites as well as which practical methods you can count on year in and year out to provide a beautiful landscape with truly low maintenance.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Aug 2 10:00 AM-12:00 PM H2053X

Water-Efficient Landscaping

(adults)

Water conservation is top of mind for gardeners because of our crazy and unpredictable weather. If you're looking for ways to reduce your chores, save on your water bill, and use water responsibly, learn how to grow a great-looking garden with as little extra water as possible. Don't miss out on how to make smart plant choices for a low-maintenance, water-wise but eye-catching landscape.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Jul 2 6:00-8:00 PM H1753A

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. Participants will also receive an introductory field guide illustrating some of the most commonly seen butterflies throughout the state.

One Session \$20.00 Per Person

Deep Cut Gardens Outdoor Area

Wed, Jul 23 9:00-10:00 AM (approx). . . . IN453X

Fri, Aug 15 9:00-10:00 AM (approx) IN553X

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 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 the trip to the brewery is contingent on the facility being open for business.

One Session \$16.00 Per Person

Clayton Pk Emley's Hill Lot

Sat, Jun 14 2:00-3:30 PM (approx) IKX53X

Bird and Wildlife Boat Tour of the Manasquan Reservoir

(ages 5 and up, with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready as we will be stopping periodically along our ride if the opportunity for wildlife photography arises. Dress for the weather and bring binoculars. The boat will leave from the Manasquan Reservoir Visitor Center dock. Life jackets are provided and must be worn during the entire tour.

One Session \$11.00 Per Person

Manasquan Res Outdoor Area

Fri, Jun 13 6:30-8:00 PM I4153X

Fri, Aug 8 6:00-7:30 PM I4353X

Bird Walk - One Good Tern Deserves Another!

(ages 14 and up, under 18 with adult)

Terns are charismatic birds who dive headfirst for their food. Tern activity is at its peak along the Bayshore this time of year, with several species present. We will search for these elegant birds as well as other species that call the Bayshore home in summer. Some loaner binoculars will be provided to borrow for those who may need them. Please dress for the weather and wear sturdy footwear.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Jun 18 9:00-10:00 AM (approx) IM653X

Birding Conaskonk Point

(adults)

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shorebirds, seaside and salt marsh sparrows, herons, egrets, rails, gulls, terns, and many other birds depend on these areas for food, shelter, and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard-to-locate birds. Wear your waterproof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach (on-street parking only).

One Session \$12.00 Per Person

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

Fri, Jun 20 8:00-9:30 AM I3953X

Mon, Aug 4 9:00-10:30 AM. I4053X

Birding for Beginners!

(ages 14 and up, under 18 with adult)

Are you curious about the fast-growing hobby of birdwatching, also known as birding? Join us for a quick lesson on birding basics, and tips to get you started in this wonderful and rewarding hobby. This will be followed by a casual walk along the beachfront, to see what feathered friends we can see or hear. Several pairs of binoculars will be available to borrow for those who need them. Please wear sturdy footwear (no open-toed shoes), as there may be a mile or so of walking.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Jun 11 10:00-11:00 AM IM453X

Birding in the Garden

(adults)

Let's get out the binoculars and take a walk through Deep Cut Gardens to look for some birds! The park is home to many beautifully kept gardens and plants that attract various species of birds throughout the year. A Park System Naturalist will lead you on a guided bird walk, and all participants will go home with a native plant guide for attracting birds to your yard. Binoculars will be available to borrow, but feel free to bring your own.

One Session \$12.00 Per Person

Deep Cut Gardens Outdoor Area

Tue, Jun 3 8:30-9:30 AM IM353X



 **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 on the following Tuesday mornings at 9:00 AM:

June 17 - Hartshorne Wds Pk Claypit Creek Section

July 29 - Freneau Wds Pk Vis Ctr Lot

August 19 - Hartshorne Wds Pk Rocky Point Section

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors, and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing our senses to indulge and discover the natural world around us has many proven benefits. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover approximately one mile. Inclement weather or muddy/icy trails will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Sun, Aug 3 10:00-11:00 AM (approx) . . . IMM53X

Forest Eats and Wild Treats

(adults)

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

One Session \$16.00 Per Person

Huber Wds Pk Env Ctr Parking Lot

Sun, Jun 29 10:00-11:30 AM I4853X

Thompson Pk Old Orchard Parking Lot

Sun, Jul 13 10:00-11:30 AM I4953X

Big Brook Pk Lower Pond Lot

Wed, Jul 30 10:00-11:30 AM I5153X

Manasquan River Greenway Winter Run Act Ctr

Sun, Aug 17 10:00-11:30 AM I5053X

“

Blake was amazing and gave us extra time and encouragement. We came for my mom's birthday and she was absolutely thrilled!

The Monmouth County Park System continues to impress me.

”

Fungi Findings

(adults)

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

One Session \$15.00 Per Person

Deep Cut Gardens Outdoor Area

Sun, Jun 15 10:00-11:30 AM I6253X

Shark River Pk Outdoor Area

Sun, Aug 31 11:00 AM-12:30 PM I5753X

Gentle Walks for Gentle Souls

(adults)

Are you the type of person who prefers music from the birds overhead rather 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, this activity is for you! On our Park System 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 \$11.00 Per Person

Big Brook Pk Boundary Rd Parking Lot

Tue, Jun 10 9:00-10:30 AM (approx) INA53X

Clayton Pk Emley's Hill Lot

Tue, Jul 8 9:00-10:30 AM (approx) INB53X

Deep Cut Gardens Outdoor Area

Tue, Aug 5 9:00-10:30 AM (approx) INC53X

Half-Day Hike and Paddle

(adults)

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

One Session \$55.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Mon, Jun 2 2:00-6:00 PM IKT53X

Fri, Jun 13 10:00 AM-2:00 PM IKU53X

Hidden Stories of Nature

(adults)

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees and out-of-place mounds to mysterious bare patches in the woods. During this hike, we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of the forest that often go unnoticed and hidden.

One Session \$15.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Jun 10 10:00-11:30 AM I5953X

High Tide Kayak Tour of Swimming River

(adults)

Join us for a fun high tide kayak tour of the Swimming River, where the rising waters transform the landscape into a vibrant playground of exploration. Navigate through winding channels and flooded grasslands, where the marsh comes alive with wildlife. We will work our way to Pine Brook and then wait for the tide to change and ride the tide back to the launching area. Novice paddlers welcome. Wear your sunscreen, floppy hat, and water shoes, and bring a waterproof bag to hold your gear. Weight limits for kayaking is 250 lbs. for a single. This program is not recommended for those with recent back, hip, or wrist injuries. A limited number of spaces are available, so register early.

One Session \$45.00 Per Person

Swimming River Park Boat Ramp

Tue, Jul 1 2:00-4:30 PM (approx) IMU53X

Wed, Jul 2 2:30-5:00 PM (approx) IMV53X



Kayak Crabbing at Swimming River Park

(adults)

Have fun catching crabs! It's the season for beautiful swimmers! After a year of hibernating, eating, molting, and 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 backwaters of the Navesink River. No license is required for recreational crabbing, but one bushel/person/day is the limit. Hardshell crabs must measure a minimum of 4.5 inches point to point. Polarized sunglasses, sunscreen, water, and a hat are recommended. The weight limit for kayaks is 250 lbs. for a single. This program is not recommended for those with recent back, hip, or wrist injuries. A limited number of spaces are available, so register early.

One Session \$50.00 Per Person

Swimming River Park Boat Ramp

Wed, Jun 25 9:00 AM-12:00 PM (approx) . . IMR53X

Thu, Jun 26 10:00 AM-1:00 PM (approx) . . IMS53X

Fri, Jun 27 11:00 AM-2:00 PM (approx) . . . IMT53X

Kayak Fishing for Fluke & Striped Bass

(adults)

Fluke and striped bass are two of the most sought-after game fish on the Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks along Sandy Hook Bay at Bayshore Waterfront Park's Pews Creek East parking lot (adjacent to the Monmouth Cove Marina). We will paddle out two miles and drift the bay with the goal of fishing some choice channels and holes with the beach in sight. With the help of tides, we will return to shore with fish. Bring your own light-action fishing tackle, and we will provide the kayaks, life jackets, and bait. Wear your sunscreen, floppy hat, and water shoes; dress to get wet. A FREE NJ Saltwater Fishing Registration is required, and you must have it with you. It is available at www.nj.gov/dep/saltwaterregistry. A limited number of spaces are available, so register early and get ready to fish!

One Session \$50.00 Per Person

Monmouth Cove Marina Beach Parking Area

Tue, Jun 17 1:00-4:00 PM. IMN53X

Wed, Jun 18 2:00-5:00 PM IMP53X

Thu, Jun 19 2:00-5:00 PM. IMQ53X

Mindful Birdwatching *(adults)*

Join a Park System Naturalist as we quietly and gently scan the local landscape for birds with the aim of deeply engaging in and enjoying the sights and sounds of birds and the nature around us. Our goal is not rushing around to check off lists or to identify every bird we see, but to search for a deep connection with nature through our love and curiosity about birds. It's okay if you don't have binoculars, just bring your eyes and your desire to invite more beauty, fun, and wisdom into your life. Please wear comfortable shoes that can get dirty.

One Session \$8.00 Per Person**Freneau Wds Pk Act Ctr Parking Area****Sun, Jun 8 9:00-10:00 AM (approx) IMD53X****Sat, Aug 2 9:00-10:00 AM (approx) IME53X****Bayshore Waterfront Pk****Wed, Aug 6 7:00-8:00 PM (approx). IMF53X****Native Plants for Birds** *(adults)*

Planting native species is a great way to attract birds and other wildlife to your yard. During this program, you will go on a bird walk through the gardens of Deep Cut, guided by a Park System Naturalist. Then, meet with one of our horticulturists to learn all about native plant species that birds use for food and habitat, and make your own native wildflower seed bomb to bring home with you. Binoculars will be available to borrow, and comfortable walking shoes are recommended.

One Session \$25.00 Per Person**Deep Cut Gardens Gardener's Cottage****Thu, Aug 21 9:00-11:00 AM (approx) IMY53X****Drop-in Local Nature Lecture Series** *(adults)*

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

Sea Stars and Sand Dollars of the Jersey Shore**Thursday, June 26, 7:00-8:00 PM****Bayshore Waterfront Pk Act Ctr**

These sea creatures are neither made from stars or sand, but they are well-known symbols associated with summer days at the beach. While they might not seem that complex when you find a sea star or sand dollar, these little aquatic invertebrates lead quite interesting lives to how they feed to how they move. Discover more during this interesting presentation.

Woodpeckers of Monmouth County**Sunday, July 27, 3:00-4:00 PM****Freneau Woods Pk Vis Ctr**

You hear them and maybe even see them, but how well do you know the woodpeckers that call Monmouth County home? There is more to woodpeckers than just meets the eye. Learn more from their diverse repertoire of vocalizations to how they feed.

Sea Turtles of the Jersey Shore**Thursday, August 21, 7:00-8:00 PM****Bayshore Waterfront Pk Act Ctr**

Yes, New Jersey does have a sea turtle population, especially during summer and early fall, as they search local ocean waters for food. Discover what species of sea turtles call the Jersey Shore home and the threats that exist to their survival during this eye-opening presentation.

Native Wildflower Gardening

(all ages, under 18 with adult)

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species no matter what your yard conditions are at home.

One Session \$11.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sun, Jun 1 10:00-11:30 AM. IKZ53X

Tue, Jul 22 1:00-2:30 PM IM053X

Shark Tooth Jewelry

(adults)

Jewelry-making dates back thousands of years and crosses many continents, with a rich history in personal adornment and symbolism. The shark tooth necklace is an ancient amulet that



signifies good luck, strength, and protection. We'll start by traveling to our fossiling location via Park System minibus and spending time in the stream searching for fossils. Once back in the classroom, you will learn simple wire wrapping and jewelry-making techniques during the creation of your own beaded shark tooth necklace. Necessary equipment will be provided; please bring water and a bagged lunch. Light shoveling is required and rain boots are preferred. For questions, contact Heather FitzGerald at 732-751-9453.

One Session \$36.00 Per Person

Manasquan River Greenway Winter Run Act Ctr

Thu, Aug 28 9:00 AM-2:30 PM. I6153X

Summer Birding at the Bayshore

(ages 14 and up, under 18 with adult)

While not the peak of migration, the summer is a busy time for breeding birds, early migrants, and wandering visitors to the Bayshore. Join us as we search the beach and surrounding woodland edges for local summering species such as terns, osprey, Baltimore orioles, and others. You never know what avian gems will show up! A limited number of binoculars will be available to borrow to those who may need them. Please wear sturdy footwear as we will likely be walking 2-3 miles.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Jul 16 9:00-10:30 AM (approx). . . . IM853X

Wed, Aug 20 9:00-10:30 AM (approx). . . . IM953X

Sunset Kayak Tour of Swimming River

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely Park System Naturalist-guided kayak tour of the Swimming River. While on the water we will keep an eye out for wildlife 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 \$45.00 Per Person

Swimming River Park Boat Ramp

Mon, Jun 9 6:00-8:00 PM IMW53X

Mon, Jul 21 6:00-8:00 PM. IMX53X

Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities that complement each other excellently: hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5 to \$10 pay on your own). The hike will take place as scheduled (weather permitting), but the trip to the winery is contingent on the facility being open for business.

Big Brook Park & 4JG Winery

One Session \$16.00 Per Person

Big Brook Pk Lower Pond Lot

Sun, Jun 1 1:00-2:30 PM (approx) IKY53X



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 heated or air-conditioned.

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Wed, Jun 11 7:00-9:00 PM W6453X

Tue, Jul 8 7:00-9:00 PM W6553X

Thu, Aug 14 7:00-9:00 PM W6653X

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.

One Session \$95.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Jul 16 8:30 AM-3:30 PM (approx) . . W3453X

BICYCLING

Cape Henlopen Delaware Bike Trip

(adults)

All aboard the Cape May Ferry as we cross Delaware Bay to Cape Henlopen State Park, Delaware. We'll pick up the bike path and peddle our way along beaches, pine forests, and marshes down to Rehoboth Beach before looping back to the 1700s historic town of Lewes to catch the ferry back to New Jersey. All participants must provide their own bike that is in good working condition. Please plan on packing and carrying your lunch, snacks, and water. Everyone must wear a safety helmet that meets the Consumer Product Safety Commission (CPSC) standards (label in helmet). Riders should be able to ride at a steady pace of 8-12mph. Price includes Park System leaders, transportation, and ferry.

Rating: Easy/Moderate, mostly flat, paved, cinder, pavement, and boardwalks (1/2 mile shares the road).

Miles: 20

One Session \$110.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Aug 18 6:00 AM-7:00 PM W4153X

Rails to Trail Bike Rides

(adults)

Let us do the driving so you can do the riding. There are four travel bike rides to choose from. A majority of these rides will be on dirt trails so hybrid, gravel, or mountain bike-style bicycles are required. All rides are along various rivers and offer nice views. Be sure to have your bike ready for a day of riding; pack a lunch, snack, water, and spare tire. All participants are required to wear a bike helmet and carry a spare tire tube. Riders will be transported via Park System mini bus and the bikes in an enclosed cargo trailer.

Rating: Easy/moderate due to flat trail, bridges, dirt, paved, cinder, some single track. Miles: 10-20

One Session \$85.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Paulinskill Trail, NJ

Fri, Jun 6 7:30 AM-4:30 PM (approx). . . W0453X

Sussex Branch Trail, NJ

Wed, Jun 18 7:30 AM-4:30 PM (approx). . W0353X

Sunday Morning Bike Rides *(adults)*

Get out early and beat the heat and crowds with a morning ride. These bike rides are on paved/cinder paths in different locations throughout the county. Bikes must be in good working order; hybrid and mountain bikes are recommended. All riders must wear a Safety Certified Helmet that meets the federal standards developed by the Consumer Product Safety Commission (CPSC label in helmet). Riders 14 and up welcome with a registered adult.

Rating: *Easy, flat, dirt, cinder.* **Miles:** *Varies, refer to the specific session*

One Session \$32.00 Per Person

Miles: 10 (approx)

Thompson Pk Estate Grounds Parking Lot

Sun, Jun 22 7:30-9:30 AM W3553X

Miles: 12 (approx)

Manasquan Res West Dock

Sun, Aug 10 7:30-9:30 AM W3753X

ON THE WATER**Paddle into Dusk** *(adults)*

Each week, set out on a new kayaking experience as we explore local lakes at sunset. Begin with basic kayaking instruction from our Outdoor Adventure guides and continue learning as you paddle onto the water. Sunset trips are suitable for first-timers and are a refreshing experience for seasoned kayakers. Perfect for those seeking adventure, peace, and the beauty of the world as it transitions from day to night.

Three Sessions \$75.00 Per Person

6/3 - Manasquan Reservoir West Dock

6/10 - Deal Lake Boat Ramp

6/17 - Prospertown Lake

Tue, Jun 3-17 6:15-8:30 PM W5153X

FRESHWATER FISHING

DERBIES

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

No idea how to fish? Staff will provide free hands-on clinics from 12:30-1:30 PM to show you how to cast and rig, as well as answer any questions you may have.

Prizes will be awarded for the longest fish in three different categories.

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

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

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

Saturday, June 14, 2:00-5:00 PM (#U0153X)

Manasquan Reservoir, Howell

Sunday, June 15, 2:00-5:00 PM (#U0253X)

Turkey Swamp Park, Freehold



Stand-Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke and how to capsize and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. We will provide the stand-up paddle boards, personal floatation devices, paddles, and instructions.

One Session \$36.00 Per Person

Manasquan Res West Dock

Thu, Aug 28 4:00-6:00 PM W5353X

Strawberry Moon Canoe



(adults)

Celebrate the full Strawberry Moon with an evening canoe paddle. Named for the strawberry harvest season, this full moon marks the start of summer. Meander through the water as the moonlight reflects off the surface, creating a serene and unique experience. Perfect for paddlers of all levels, this program combines the joy of canoeing with the magic of the Strawberry Moon, making for a memorable night on the water. Paddlers ages 14 and up are welcome but must be accompanied by a registered adult.

One Session \$22.00 Per Person \$18.00 Additional Person

Turkey Swamp Pk

Wed, Jun 11 8:00-9:30 PM W5253X

Rigging 101



If you are an experienced sailor but do not have a sailing certification or would like to refresh your skills, please attend one of our free Rigging 101 sessions to learn how to rig our 15' American sailboats. Sailors showing proficiency will have an opportunity to obtain a Monmouth County Park System sailing card, which will allow them to rent these boats during our drop-in sailboat rental times.

Program meets at Manasquan Reservoir West Dock/Ramp on the following dates/times:

Tuesday, June 17, 10:00 AM-12:00 PM • Saturday, July 12, 1:00-3:00 PM

Tuesday, July 15, 11:00 AM-1:00 PM

Sailboat Rentals at the Manasquan Reservoir

Are you a sailor without a boat? The Park System has sailboats available to rent on Thursdays and Saturdays, May 31 through September 20, from 10:00 AM-3:00 PM at the Manasquan Reservoir.

Renters must have a Red Cross, US Sailing, or Monmouth County Park System sailing card in order to rent. First-come, first-serve.

12' Pico Sailboat Rentals

Cost: \$75 per boat for 2-hour rental

Laser Pico 12' sailboats can accommodate one adult or two youth.

15' American Sailboat Rentals

Cost: \$90 per boat for 2-hour rental

Have experience and looking to try a larger boat? The Park System has 15' American sailboats (2-3 people). Sailors with a Monmouth County Park System sailing card are eligible to rent these boats during our drop-in rentals. Otherwise, rentals are available by appointment made at LEAST 48 hours in advance by calling 732-842-4000, ext. 4325.

Private Sail Lessons

New to sailing, need a refresher, or just want to sit back and enjoy the experience? Catch the wind during a private sailing lesson in our 15' American (2-4 people) or 12' Pico sailboats (1 adult or 2 youth). An experienced sailing instructor will be with you on the boat (or coaching from a sailing safety boat or Pico) to answer all your sailing questions. Novice and experienced sailors looking for a refresher are encouraged to register. Learn proper sailing techniques, including how to read the wind, maneuver your sailboat, and how to be a captain! Be sure to call in advance for your private lesson. Sailors age 8 and up can join with an adult.

Dates: June 17-September 22

Cost: One 3-hour hands-on lesson \$175 for two people, \$135 for any additional lessons.

For reservations or questions, please call 732-842-4000, ext. 4325.

PERFORMING ARTS

ACTING

Beginner Acting Television

(adults)

We will cover beginner acting techniques for commercials, headline news, and sitcoms. There will be filming during class. Please bring a thumb drive to class to save your work.

Four Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Jun 4-25 6:30-8:00 PM Q2453X

Getting Started in the Acting Biz

(adults)

Have you wanted to pursue an acting career but were never sure where to begin? We will discuss how to get started in the acting business, from headshots to agents and managers to casting websites. Please bring a notebook and pencil.

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 21 9:00-11:00 AM Q2553X

DANCING

5 O'Clock Latin Line Dancing

(adults)

Ready to make a splash on the dance floor? If you have ever wished to learn the foundational basics of Latin dancing, our eight-week beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience. No need to worry if you've never danced before - this workshop is designed for beginners. Whether you sign up solo or with a friend, family member, or significant other, we encourage everyone to join in the fun. Get ready to groove on the dance floor with confidence! Participants are encouraged to dress comfortably and in closed-toe and closed-heel shoes that you can easily move in.

Instructed by Sing and Sway

Eight Sessions \$166.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jun 4-Jul 30 5:00-5:50 PM. A5053X

No class 7/2

Beginner Social Dancing for Couples: Beginner Ballroom and Latin Dance

(adults)

Attending a wedding this year? Planning a first dance for your wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes" to any of the above, this eight-week beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance during class. Each week, we will review and progress forward in our Ballroom and Latin dance styles. We look forward to teaching you to move and groove on the dance floor of your next wedding or event together with confidence! Dancers must register and participate with a partner, and we welcome any two individuals who can participate in classes together. Participants are encouraged to dress comfortably and in closed-toe/closed-heel shoes they can easily move in.

Instructed by: Sing and Sway

Eight Sessions \$333.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Jun 4-Jul 30 6:00-6:50 PM. A5253X

No class 7/2



MUSICAL PERFORMANCES AT THOMPSON PARK, LINCROFT

Concert in the Park: Colts Neck Community Band

Friday, June 6, 7:30 PM

Enjoy an evening of music as Colts Neck Community Band performs a variety of music, from light classical to marches to Broadway favorites. The band has been recognized as one of the finest in the state of New Jersey. Indoor seating is available in the Activity Barn, or bring your lawn chairs or blankets and have a picnic outside before the show.

Sentimental Journey Big Band Concert

Friday, June 13, 7:00-8:30 PM

There will still be daylight when the music begins but featured vocalist Altha Morton and the talented musicians of Sentimental Journey Big Band will bring forth lots of stars from the Swing Era and beyond! The melodies of well-known names like Count Basie, Glenn Miller, Duke Ellington, and Benny Goodman are sure to be heard. These stars led their big bands and wrote arrangements for them too! Altha will recreate the stylings of vocal stars Ella Fitzgerald, Doris Day, Patsy Cline and others. These are the songs that motivate you to dance or sing and linger in your mind long after the show is over. Come share our excitement for some of the greatest American music ever written! Bring your lawn chairs or blankets, food, and soft drinks. The concert is outdoors at the Thompson Park Theatre Barn; however, inclement weather will move the concert indoors.

Country Night with Austin City Nights

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

Spend a night with them and you'll see why this is the next BIG thing in the area's country music genre. This powerful male/female co-front is turning heads with their gritty and energetic performances in the casino, private, nightclub, and municipal sectors, with rebook invites at all. Led by vocal dynamo Lee Cancela and his talented sidekick Kat Maranino, Austin City Nights isn't your typical country cover band. Putting their own takes on songs, the band goes modern country with a classic rock twist, making for a night of happy fans enjoying an incredible band. Bring your lawn chairs or blankets, food and soft drinks. The concert is outdoors at the Theatre Barn; however, inclement weather will move the concert indoors.

Bluegrass and Old-Time Music

Sunday, July 20, 1:00-3:00 PM

Sunday, August 17, 1:00-3:00 PM

The Bluegrass and Old-Time Music Association of New Jersey will meet for jam sessions under the trees outside the Theatre Barn. Bring your bass, banjo, dobro, fiddle, guitar or mandolin or come to listen and enjoy the afternoon.

Bring on the Funk with THE FUMOS in Concert!

Friday, August 15, 7:00-8:30 PM

THE FUMOS are reviving the glorious horn-heavy dance music of the 70s. From funk to rock, soul, and jazz; the tight five-piece rhythm section lays down heavy grooves to surround an outstanding three-piece horn section on an array of memorable classic tunes and jams. Bring your lawn chairs or blankets, food, and soft drinks. The concert will be held outdoors at the Theatre Barn; however, inclement weather will move the concert indoors.

American Classics: Weill, Gershwin, Bernstein in Concert

Saturday, August 23, 7:00-8:30 PM

Creative OPERATIONS celebrates the musical legacies of Kurt Weill, George Gershwin and Leonard Bernstein which showcases their profound impact on American music through beloved works and hidden gems. Enjoy an evening of music appreciation showcasing classical opera and Broadway styles at the Theatre Barn.

Beyond the Sway: Beginner Wedding Line Dancing

(adults)

Are you familiar with line dances like the Wobble and the Cupid Slide from previous parties and weddings and haven't felt confident to join in on the dance floor? This eight-week inclusive line dancing series is crafted for you! We will explore a small mixture of classic and contemporary line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed-toe/closed-heel shoes they can easily move in.

Instructed by: Sing and Sway

Eight Sessions \$166.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jun 4-Jul 30 7:00-7:50 PM. A5153X

No class 7/2

Emotions Through Movement for Adults

(adults)

Did you ever have a bad day and put music on to help change your mood? Different kinds of music can make us feel different emotions. As an ensemble, we will work together to bring emotions to life through movement to music. We will also work on finding the center of our bodies through movement on stage. Our original movement pieces will be performed for family and friends on the last day of class. No dance experience is necessary. Please wear closed-toe shoes or sneakers.

Four Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jun 2-23 6:30-8:00 PM. Q2753X

Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating private or group dance lessons, this is a beginner-friendly way to learn the basic steps of two social dancing styles and practice in a community setting with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience to partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$88.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Jul 2 6:00-8:00 PM. A4853X

Wed, Aug 6 6:00-8:00 PM. A4953X

Spoken Word Events in the Parks

Everyone Has a Story

Saturday, June 28, 6:00-8:00 PM

Thompson Pk Theatre Barn

Gather in the Theatre Barn for a night of storytelling through life experiences. James Dalton, creator of AP & Me Productions, invites a cast of different characters from the region, all with unique voices and perspectives, all sharing their stories through a variety of topical prompts. Audience members will be encouraged to share their stories that relate to the given prompts as time allows. Light refreshments will be served.

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). You will also get the opportunity to connect with the growing community of "Monmouth County Poets." Themes and prompts are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits.

Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Thompson Pk Theater Barn

Limerick & Alliteration

Wed, Jun 18 7:00-8:30 PM #PE085A

Comedy & Tragedy

Sun, Jul 20 3:00-4:30 PM #PE095A

Reinvention & The Romantic Era

Poems inspired by or from this time period.

Wed, Aug 20 7:00-8:30 PM #PE125A

SPORTS & FITNESS

FITNESS

Aerostep*(adults)*

Burn mega calories and build lean muscle mass in this fun and easy-to-follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Four Sessions \$60.00 Per Person**Tatum Pk Red Hill Act Ctr****Tue, Jun 3-24 5:30-6:30 PM XMM53X****Thu, Jun 5-26 5:30-6:30 PM XMP53X****Thu, Jul 3-24 5:30-6:30 PM XMQ53X****Tue, Jul 8-29 5:30-6:30 PM XMN53X****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

Eight Sessions \$120.00 Per Person**Tatum Pk Red Hill Act Ctr****Thu, Jul 10-Aug 28 1:00-2:00 PM XM053X****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**Six Sessions \$90.00 Per Person****Fri, Jul 18-Aug 22 5:30-6:25 PM. XN253X****Seven Sessions \$105.00 Per Person****Thu, Jul 17-Aug 28 5:15-6:10 PM XN153X****Belly Dance for Fun and Fitness***(adults)*

This class is a fun and dynamic continuation of learning Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion, and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance, and strength as we engage the arms, legs, hips, and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or dance shoes.

Instructor: Eryka Andrex

Five Sessions \$75.00 Per Person**Dorbrook Rec Area Act Ctr****Mon, Jun 16-Jul 21 6:00-6:55 PM. XMV53X***No class 6/30***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 dance shoes.

Instructor: Eryka Andrex

Eight Sessions \$144.00 Per Person**Dorbrook Rec Area Act Ctr****Tue, Jul 8-Aug 26 7:25-8:55 PM XMW53X**

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. 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 walkers to marathon runners, this program is for you! Participants need to feel comfortable transitioning from the sandy ground to standing. Please bring a beach towel

Instructor: Gina Girard

Six Sessions \$96.00 Per Person

Seven Presidents Pk

Fri, Jun 6-Jul 18 8:00-8:45 AM. XM753X

No class 7/4

Fri, Aug 1-Sep 5 8:00-8:45 AM. XM853X

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 that is low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or dance shoes.

Instructor: Eryka Andrex

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jul 17-Aug 28 7:20-8:15 PM. XN353X

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for some individual attention.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sun, Jul 13-Aug 3 11:05 AM-12:00 PM . . . XDF53X

Tue, Thu, Aug 12-21 10:00-10:55 AM . . . XD553X

Tue, Thu, Aug 12-21 5:15-6:10 PM XD853X

Six Sessions \$90.00 Per Person

Thompson Pk

Mon, Wed, Jul 7-23 5:35-6:30 PM CX53X

Tue, Thu, Jul 8-24 5:35-6:30 PM XD253X

Mon, Wed, Aug 4-20 5:30-6:25 PM XBU53X

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jun 23-Jul 16 5:15-6:10 PM . . XDB53X

Mon, Wed, Jul 28-Aug 20 5:15-6:10 PM . . XDH53X

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. This is the perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Mon, Wed, Aug 11-20 9:00-9:55 AM XDK53X

Mon, Wed, Aug 11-20 11:35 AM-12:30 PM XDN53X

Tue, Thu, Aug 12-21 9:00-9:55 AM XD453X

Tue, Thu, Aug 12-21 4:15-5:10 PM XD753X

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Tue, Thu, Jun 17-Jul 3 6:30-7:25 PM XCE53X

Tue, Thu, Jul 15-31 6:30-7:25 PM XCG53X

Thompson Pk

Mon, Wed, Jul 7-23 6:35-7:30 PM XCZ53X

Tue, Thu, Jul 8-24 6:35-7:30 PM XD353X

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area

Mon, Wed, Jun 23-Jul 16 4:15-5:10 PM . . XDA53X

Mon, Wed, Jul 28-Aug 20 4:15-5:10 PM . . XDG53X

Thompson Pk

Mon, Wed, Jun 2-25 5:30-6:25 PM XBR53X

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to the class starting date.

Four Sessions \$90.00 Per Person

Dorbrook Rec Area

Sat, Jul 12-Aug 2 11:05 AM-12:35 PM XCK53X

Mon,Wed, Aug 11-20 10:00-11:30 AM . . .XDM53X

Tue,Thu, Aug 12-21 11:00 AM-12:30 PM . .XD653X

Tue,Thu, Aug 12-21 6:15-7:45 PM XD953X

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Tue,Thu, Jun 17-Jul 3 5:30-6:30 PM XCD53X

Tue,Thu, Jul 15-31 5:30-6:30 PM XCF53X

Thompson Pk

Mon,Wed, Aug 4-20 6:30-7:30 PM XBV53X

Tue,Thu, Aug 5-21 5:30-6:30 PM XBW53X

Six Sessions \$135.00 Per Person

Thompson Pk

Mon,Wed, Jul 7-23 4:00-5:30 PM XCV53X

Tue,Thu, Jul 8-24 4:00-5:30 PM XD153X

Mon,Wed, Aug 4-20 6:30-7:30 PM XBV53X

Tue,Thu, Aug 5-21 5:30-6:30 PM XBW53X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon,Wed, Jun 2-25 6:30-7:30 PM XBS53X

Tue,Thu, Jun 3-26 5:30-6:30 PM XBT53X

Eight Sessions \$180.00 Per Person

Dorbrook Rec Area

Mon,Wed, Jun 23-Jul 16 6:15-7:45 PM . . .XDC53X

Mon,Wed, Jul 28-Aug 20 6:15-7:45 PM . . .XDJ53X

“

*The instructor was terrific!
He was patient, positive, and
very clear.
I would take another class with
him in the future.*

”

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 set up in stations. You will perform each exercise for a certain amount of time, then move on to the next station. 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 7-Jul 26 8:00-9:00 AM XMJ53X

No class 7/5

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. This class is intended for those with prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions are necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice, and have fun doing it!

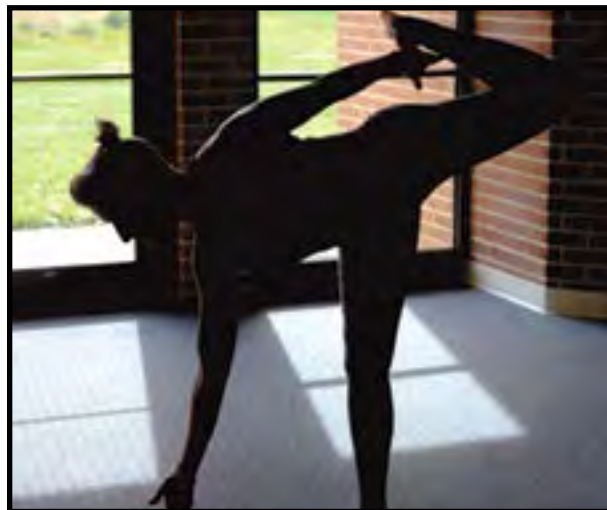
Instructor: Melanie Mascola, 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jun 1-29 9:00-10:00 AM XKN53X

Sun, Jul 27-Aug 24 9:00-10:00 AM XKP53X



Beginners Yoga

(adults)

Perfect for beginners who want a practice of their own or for those who are simply curious, this class covers all things yoga. Learn the best way to move in your body and enjoy the feeling of success. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere, reducing stress as you gain confidence, flexibility, strength, and focus. Blocks and straps are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jun 1-29 10:15-11:15 AM XKQ53X

Sun, Jul 27-Aug 24 10:15-11:15 AM XKR53X

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 while gaining confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Mon, Jul 21-Aug 18 6:00-7:00 PM XMC53X

Thu, Jul 24-Aug 21 11:00 AM-12:00 PM. .XMD53X

Six Sessions \$90.00 Per Person

Mon, Jun 2-Jul 14 6:00-7:00 PM. XMA53X

No class 6/23

Thu, Jun 5-Jul 17 11:00 AM-12:00 PM. . .XMB53X

No class 6/26

Chair Yoga

(adults)

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

Instructor: Eryka Andrex

Five Sessions \$75.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jun 16-Jul 21 4:00-4:55 PM. XMR53X

No class 6/30

Chair Yoga with Amy

(adults)

Cultivate a sense of calmness and peace while you stretch, strengthen, and move your body in this gentle form of yoga. Learn to connect your mind and body through breathe and improve your physical, mental, and spiritual health. Sequences are mostly seated with optional standing poses.

Instructor: Amy Boylan

Four Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Wed, Jun 4-25 6:00-7:00 PM XN753X

Fri, Jun 6-27 9:30-10:30 AM XN953X

Wed, Jul 9-30 6:00-7:00 PM XN853X

Fri, Jul 11-Aug 1 9:30-10:30 AM XNA53X

Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience is necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jun 25-Jul 30 4:00-4:55 PM. XMX53X

Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness.

This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat.

Please Note: Props and alternative poses will be offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She owns the Registered Trademark 'Codes of Creation in Movement®'. MJ has over 800 hours of certification training, including studies in India

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Jun 19-Sep 4 9:30-10:45 AM XKK53X

No class 8/14 & 8/21

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body and guided meditation to calm the mind, combined with Restorative and Yoga Nidra, will completely unwind the mind, body, breath, and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Mon, Jun 2-Jul 14 7:00-8:00 PM. XME53X

No class 6/23

Five Sessions \$75.00 Per Person

Mon, Jul 21-Aug 18 7:00-8:00 PM XMF53X

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility, and balance and is designed for all body types, ages, and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Thu, Jun 5-Jul 17 9:30-10:30 AM XMG53X

No class 6/26

Five Sessions \$75.00 Per Person

Thu, Jul 24-Aug 21 9:30-10:30 AM XMH53X

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom?

Instructor: MJ Kasliner is a national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification trainings including studies in India

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jun 24-Sep 2 7:00-8:15 PM. XKH53X

No class 8/19



*I absolutely love MJ's program!
As an instructor she's even better
than private studios I've been
to. I wish her classes were even
longer!*



Full Moon Yoga

(adults)

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

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

One Session \$20.00 Per Person

Deep Cut Gardens Outdoor Area

Sat, Aug 9 7:00-8:00 PM XKZ53X

Tatum Pk Holland Act Ctr

Wed, Jun 11 7:00-8:00 PM XKY53X

Thu, Jul 10 7:00-8:00 PM XN653X

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

Three Sessions \$45.00 Per Person

Tatum Pk Holland Act Ctr

Fri, May 30-Jun 27 11:00 AM-12:00 PM . . XM353X

No class 6/6 & 6/13

Four Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jun 2-30 12:00-1:00 PM XM253X

No class 6/9

Five Sessions \$75.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jul 14-Aug 11 12:00-1:00 PM XNB53X

Fri, Jul 18-Aug 15 8:30-9:30 AM XND53X

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: Participants need to be able to come down to the floor.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Three Sessions \$45.00 Per Person

Tatum Pk Holland Act Ctr

Fri, May 30-Jun 27 9:30-10:30 AM XM553X

No class 6/6 & 6/13

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. Portland House is located on a ridge overlooking the Navesink, a spectacular location for a practice to start your day. Appropriate for all levels. Practice is outdoors, so dress accordingly. Bring a towel, mat, and water.

Instructor: Tiffany McCann, owner, Live Grace Yoga

Four Sessions \$60.00 Per Person

Hartshorne Wds Pk Historic Portland Place

Sat, Jun 7-28 7:30-8:30 AM XM953X



Restorative/Yoga Nidra

(adults)

Restore. Renew. Refresh. Take this hour to remind yourself that you are the most important thing. This all-level class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness, 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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$60.00 Per Person

Wed, Jun 4-Jul 2 6:00-7:00 PM XKW53X

No class 6/11

Six Sessions \$90.00 Per Person

Wed, Jul 30-Sep 3 6:00-7:00 PM XKX53X

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

Four Sessions \$60.00 Per Person

Hartshorne Wds Pk Historic Portland Place

Sat, Jun 7-28 9:00-10:00 AM. XM653X

“

I would take any classes offered by Tiffany. I feel a connection with her that makes me feel welcomed and comfortable.

”

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our lives with the intention of moving toward what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so 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 training including studies in India.

Nine Sessions \$153.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Jun 23-Aug 25 7:00-8:15 PM XKF53X

No class 8/18

Thompson Pk Vis Ctr Side Deck

Fri, Jun 27-Sep 5 9:30-10:45 AM XKG53X

No class 7/4 & 8/15

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 while strengthening 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

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jul 10-Aug 28 2:00-3:00 PM XM153X

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring a 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

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Side Deck

Wed, Jun 25-Sep 3 9:30-10:45 AM XKJ53X

No class 8/20

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, two yoga blocks, a yoga strap, towel or blanket, and water. Weather permitting classes will be held outdoors so be prepared with a hat and sunblock.

Instructor: Barbara Sager, 1,200 hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Eleven Sessions \$165.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jul 12-Sep 27 8:00-9:00 AM XKM53X

No class 8/30

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 7-Jul 26 9:00-10:00 AM XMK53X

No class 7/5

Yoga for Baby-Boomers

(adults)

Want to try yoga but are afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s and up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing the stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel, and bottled water for hydration.

Please Note: The Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely without doing lunges on the ground or full downward-facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Four Sessions \$80.00 Per Person

Tue, Jun 3-Jul 1 10:30 AM-12:00 PM. XM453X

No class 6/10

Five Sessions \$100.00 Per Person

Tue, Jul 15-Aug 12 10:30 AM-12:00 PM. XNC53X

Yoga for Health *(adults)*

Whether you are new to yoga or have been practicing for years, bring your yoga mat to class as we engage in gentle yoga movements, relaxation, and breathing techniques. Each week, we'll explore various yoga poses that benefit our health, such as those that improve digestion or strengthen the hips and lower back to enhance our balance, flexibility, and strength.

Four Sessions \$52.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jun 7-28 10:15-11:15 AM XN553X

ZUMBA**Brand New to Zumba***(adults)*

Specifically designed for people brand new to Zumba fitness, this introductory class will break down some of the most common steps and movements. We will then practice the moves to build muscle memory and physical fitness and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people who have always wanted to try Zumba and for people who love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jun 25-Jul 30 5:00-5:55 PM XMY53X

**Zumba Fitness***(adults)*

Ditch the workout, and 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 \$75.00 Per Person

Mon, Jun 16-Jul 21 5:00-5:55 PM XMS53X

No class 6/30

Eight Sessions \$120.00 Per Person

Tue, Jul 8-Aug 26 6:15-7:10 PM XMT53X

Seven Sessions \$105.00 Per Person

Thu, Jul 17-Aug 28 6:15-7:10 PM XMU53X

Zumba Toning*(adults)*

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow-along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines to enhance rhythm while toning muscles. The class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jun 25-Jul 30 6:00-6:55 PM XMZ53X

Fri, Jul 18-Aug 22 6:30-7:25 PM XN053X

“ I recently moved to Monmouth County and I'm VERY impressed with the variety offered for all age levels through the Park System. I've signed up for 9 classes and can't wait to take more! Thank you for offering a variety of affordable activities. ”

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Yellowbrook Road,
Farmingdale, NJ

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GOLF

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 \$35.00 Per Person**Bel-Aire GC**

Thu, Jun 5 1:15-2:15 PM Y1853X
 Fri, Jun 6 4:00-5:00 PM Y8453X
 Thu, Jun 12 11:00 AM-12:00 PM Y4753X
 Thu, Jun 26 1:00-2:00 PM. Y8653X
 Wed, Jul 2 12:00-1:00 PM. Y8753X
 Thu, Jul 10 11:00 AM-12:00 PM. Y5853X
 Fri, Jul 25 9:00-10:00 AM. Y6653X
 Mon, Jul 28 10:30-11:30 AM. Y9653X
 Mon, Aug 11 9:00-10:00 AM. Y9953X
 Wed, Aug 13 9:30-10:30 AM. Y7353X
 Thu, Aug 21 11:00 AM-12:00 PM Y7653X

“

The instructor was excellent and spent plenty of time with each student. He even helped to correct my stance.

”

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 to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$35.00 Per Person**Bel-Aire GC**

Mon, Jun 2 10:00-11:00 AM Y3953X
 Fri, Jun 6 10:00-11:00 AM Y4253X
 Thu, Jun 19 11:00 AM-12:00 PM Y4953X
 Wed, Jul 2 9:30-10:30 AM Y5553X
 Thu, Jul 3 11:00 AM-12:00 PM. Y5653X
 Wed, Jul 9 12:00-1:00 PM. Y8853X
 Thu, Jul 10 1:15-2:15 PM Y2753X
 Sat, Jul 12 9:30-10:30 AM Y8353X
 Wed, Jul 30 9:30-10:30 AM. Y6853X
 Mon, Aug 4 9:00-10:00 AM. Y9753X
 Mon, Aug 11 10:30-11:30 AM YA053X
 Thu, Aug 28 11:00 AM-12:00 PM Y7853X

Charleston Springs GC

Sat, Jun 28 2:30-3:30 PM T1253X
 Sat, Jul 26 1:00-2:00 PM T1453X

Howell Pk GC

Wed, Jun 18 4:00-5:00 PM J0353X
 Wed, Jul 23 4:00-5:00 PM. J1053X
 Wed, Aug 13 4:00-5:00 PM. J1553X

60 Minute Sand Bunker*(adults)*

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

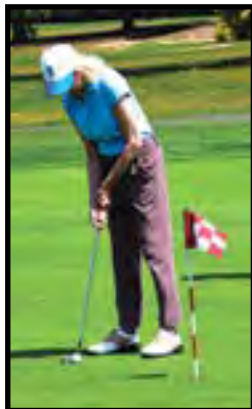
One Session \$35.00 Per Person**Bel-Aire GC**

Thu, Jun 5 11:00 AM-12:00 PM Y4153X
 Fri, Jul 11 4:00-5:00 PM. Y9053X
 Sun, Jul 13 7:30-8:30 AM. Y6253X
 Fri, Jul 25 7:30-8:30 AM. Y6553X

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all important, lag putting. This clinic also focuses on pre-put routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.



One Session \$35.00 Per Person

Bel-Aire GC

Tue, Jun 3 10:00-11:00 AM Y4053X
 Sat, Jun 21 8:00-9:00 AM Y8153X
 Thu, Jun 26 11:00 AM-12:00 PM Y5353X
 Fri, Jul 11 10:00-11:00 AM Y6053X
 Thu, Jul 17 1:15-2:15 PM Y2653X
 Mon, Jul 28 9:00-10:00 AM. Y9553X
 Mon, Aug 4 10:30-11:30 AM. Y9853X
 Wed, Aug 20 9:30-10:30 AM. Y7553X
 Wed, Aug 20 12:00-1:00 PM Y9253X

Howell Pk GC

Sun, Jun 15 10:00-11:00 AM. J0253X
 Wed, Jun 25 4:00-5:00 PM J0753X
 Wed, Aug 6 4:00-5:00 PM. J1453X

Advanced Golf 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 \$175.00 Per Person

Howell Pk GC

Wed, Jun 18-Jul 9 5:00-8:00 PM. J0453X
 Wed, Jul 23-Aug 13 5:00-8:00 PM J1153X
 Fri, Jul 25-Aug 15 5:00-8:00 PM. J1353X

Charleston Springs GC

Fri, Jun 20-Jul 18 5:00-8:00 PM T0653X
 No class 7/4

Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs can be provided if needed.

Children

(ages 6-10)

Bel-Aire GC

Four Sessions \$83.00 Per Person

Sat, Jun 28-Jul 19 10:15-11:15 AM Y2153X
 Mon, Jul 7-28 4:15-5:15 PM Y2853X
 Sat, Aug 2-23 11:30 AM-12:30 PM Y3153X
 Sun, Aug 3-24 9:00-10:00 AM Y3253X

Juniors

(ages 11-14)

Four Sessions \$83.00 Per Person

Bel-Aire GC

Sun, Jun 8-29 11:00 AM-12:00 PM Y4653X
 Fri, Jun 20-Jul 18 6:00-7:00 PM Y8053X
 No class 7/4
 Sun, Aug 3-24 10:30-11:30 AM Y3353X

Adults

Four Sessions \$89.00 Per Person

Bel-Aire GC

Sat, Jun 7-28 8:30-9:30 AM Y4353X
 Tue, Jun 17-Jul 8 10:00-11:00 AM Y1953X
 Mon, Jun 23-Jul 14 11:30 AM-12:30 PM . . Y9453X
 Fri, Jul 11-Aug 1 2:30-3:30 PM Y8953X
 Sat, Jul 12-Aug 2 8:00-9:00 AM Y8253X
 Thu, Jul 24-Aug 14 11:00 AM-12:00 PM. . . Y6453X
 Sat, Aug 2-23 10:00-11:00 AM Y3053X
 Mon, Aug 4-25 4:00-5:00 PM Y3553X
 Tue, Aug 5-26 10:00-11:00 AM Y3753X
 Fri, Aug 8-29 7:30-8:30 AM. Y7153X

Breaking 100

(adults)

Improve your scoring skills 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 three-hour clinic combines both on-range and on-course instruction. The low student-to-instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

One Session \$145.00 Per Person

Charleston Springs GC

Sat, Jun 14 1:00-4:00 PM T0553X

Sat, Jul 26 1:00-4:00 PM T0853X

Sat, Aug 23 1:00-4:00 PM. T1053X

Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couple's golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs can be provided if needed.

Four Sessions \$130.00 Per Couple

Bel-Aire GC

Sat, Jun 7-28 10:00-11:00 AM Y4453X

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Hominy Hill Golf Course

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 the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level.

One Session \$96.00 Per Person

Charleston Springs GC

Sat, Jun 7 1:00-3:00 PM T1153X

Sat, Jun 21 1:00-3:00 PM T0353X

Sat, Jul 12 1:00-3:00 PM T1353X

Fri, Jul 25 10:00 AM-12:00 PM. T1753X

Sat, Aug 9 1:00-3:00 PM T1553X

Howell Pk GC

Sat, Jul 5 12:00-2:00 PM J0853X

Sat, Jul 12 12:00-2:00 PM. J0953X

Sat, Aug 16 12:00-2:00 PM. J1653X

Bel-Aire GC

Sun, Jun 8 8:30-10:30 AM Y4553X

Sun, Jun 15 8:30-10:30 AM. Y4853X

Sun, Jun 22 8:30-10:30 AM. Y5053X

Wed, Jun 25 9:30-11:30 AM Y5253X

Sun, Jun 29 8:30-10:30 AM. Y5453X

Wed, Jul 9 9:30-11:30 AM Y5753X

Fri, Jul 11 7:30-9:30 AM. Y5953X

Sun, Jul 13 9:00-11:00 AM Y6353X

Wed, Aug 6 9:30-11:30 AM. Y7053X

Fri, Aug 8 9:00-11:00 AM Y7253X

Fri, Aug 15 9:00-11:00 AM Y7453X

Fri, Aug 22 9:00-11:00 AM Y7753X

Fri, Aug 29 9:00-11:00 AM Y7953X

Golf 101 Parent-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 can be provided if needed.

Four Sessions \$112.00 Parent/Child \$47.00 Additional Sibling

Bel-Aire GC

Sat, Jun 28-Jul 19 11:30 AM-12:30 PM . . . Y2253X

Intermediate Golf

(ages 11 and up)

The clinic focuses 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)

Bel-Aire GC

Four Sessions \$104.00 Per Person

Sat, Jun 28-Jul 19 1:00-2:30 PM. Y2353X

Adults

Four Sessions \$130.00 Per Person

Bel-Aire GC

Tue, Jun 17-Jul 8 12:00-2:00 PM Y2053X

Sun, Jun 22-Jul 13 12:30-2:30 PM Y8553X

Mon, Jun 23-Jul 14 9:00-11:00 AM. Y9353X

Mon, Jul 7-28 2:00-4:00 PM Y2953X

Thu, Jul 24-Aug 14 1:30-3:30 PM. Y2553X

Fri, Aug 1-22 12:00-2:00 PM Y9153X

Mon, Aug 4-25 5:30-7:30 PM Y3653X

Tue, Aug 5-26 11:30 AM-1:30 PM. Y3853X

Howell Pk GC

Thu, Jun 19-Jul 10 5:00-7:00 PM J0553X

Sun, Jun 22-Jul 13 1:00-3:00 PM J0653X

Thu, Jul 24-Aug 14 5:00-7:00 PM. J1253X

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting, and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory, and spin so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level, whether just starting, an accomplished player, or somewhere in between.

One Session \$135.00 Per Person

Bel-Aire GC

Sat, Jul 12 7:30-10:30 AM Y6153X

Fri, Aug 1 7:30-10:30 AM Y6953X

Charleston Springs GC

Sun, Jun 8 1:00-4:00 PM T0453X

Tue, Jul 8 12:00-3:00 PM T0753X

Fri, Jul 11 9:00 AM-12:00 PM T1653X

Tue, Aug 5 4:00-7:00 PM T0953X

Fri, Aug 8 9:00 AM-12:00 PM T1853X

Stroke Saver Golf for Seniors

(ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one-hour instructional clinic with organized recreational play. The program fee includes PGA Instructor, reserved starting times on the red and blue courses, hand carts, on-course observation, and coaching.

Please Note: Greens fees must be paid for additionally at the beginning of each session.

Instructor: Lloyd Monroe

Four Sessions \$105.00 Per Person

Bel-Aire GC

Wed, Jun 25-Jul 16 8:00-11:30 AM Y5153X

Wed, Jul 30-Aug 20 8:00-11:30 AM Y6753X

“

Lloyd Monroe is an excellent instructor.

As long as he is running a class, I will be there!

”



Women's Players Club & Clinic

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. The program fee includes the instructional clinic, reserved starting times on the red and blue courses, hand carts, on-course observation/coaching, and scoring.

Instructor: Stan Bryck

Six Sessions \$180.00 Per Person

Bel-Aire GC

Thu, Jun 5-Jul 10 9:30 AM-1:00 PM Y1753X

Thu, Jul 24-Aug 28 9:30 AM-1:00 PM Y2453X

THERAPEUTIC RECREATION

Night Out*(ages 16 and up, with special needs)*

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

Sun, Fun, and End of Summer Party!

Summertime 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. Afterward, 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 are provided.

One Session \$50.00 Per Person**Dorbrook Rec Area Barnview Shelter Bldg****Sat, Aug 9 4:00-8:00 PM D1753A***Inclement Weather Date TBD***Evening at the Boardwalk**

Enjoy a summer evening at Point Pleasant boardwalk with your friends! We will be eating dinner at one of the many food stands along the beach, and then it is your choice of mini golf and/or rides and video games. Please bring enough money for your meal and entertainment for the evening. Pick up and drop off will be from Point Pleasant only (no bus from Dorbrook). In the event of inclement weather, we will still have dinner and then visit the aquarium.

To register, contact Justin directly at 732-460-1167, ext. 4641.

One Session \$42.00 Per Person**Point Pleasant Boardwalk****Tue, Jul 8 5:30-8:30 PM D2453A****Jersey Shore BlueClaws Game!***(ages 16 and up, with special needs)*

Join us for a fun evening at the ballpark! Price covers transportation, admission, hot dog and soda, ice cream, boardwalk game ticket, and friendly staff to make sure you have a great time. The event will only be canceled if the game is postponed due to weather. If that happens, we will reach out with information about a possible rescheduled date. If you would like to visit the gift shop or buy additional items, please bring extra money. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Marco Galindo at 732-460-1167, ext. 4642, for more information. If the trip fills and creates a waitlist, a second session may be added.

One Session \$50.00 Per Person**Dorbrook Rec Area Act Ctr Parking Lot****Thu, Jul 24 5:00-10:00 PM D2753A****Summer Karaoke and Pizza Party!***(ages 16 and up, with special needs)*

Keep celebrating summer with a karaoke and pizza party! Join us for a night of singing, dancing, and enjoying delicious pizza with friends. Let's celebrate the season with your favorite tunes, tasty snacks, and drinks to keep the fun going all night long! Participants must be able to function in at least a 1:3 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person**Dorbrook Rec Area Barnview Shelter Bldg****Fri, Aug 15 6:00-8:30 PM D2653A****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, contact Justin at 732-460-1167, ext. 4641.

TRIPS

Sunset Wildlife Cruise Around Sandy Hook Bay*(adults)*

Set out on a breathtaking journey through the coastal waters of the northern Jersey Shore. We will take a relaxed sunset cruise to discover amazing marine wildlife. Staff will be on the lookout for any wildlife sightings while cruising around the bay. This trip is not to be missed for nature enthusiasts and wildlife lovers. Bring your friends and family. Don't forget to bring your camera to capture all the sights to see including catching the sunset in the distance. Feel free to bring your own snacks. Drinks are available for purchase on board. The tour leaves on time, please show up 15 minutes early to check in. The Mariner is docked in the Atlantic Highlands Marina, near Sissy's Restaurant. This is the same marina as the SeaStreak Ferry service to New York City. More information can be found at <https://classicboatrides.com/>

One Session \$55.00 Per Person**Atlantic Highlands Municipal Marina Parking Lot****Wed, Jul 16 6:30-8:30 PM. IMJ53X****Wed, Aug 20 6:00-8:00 PM. IMK53X****Lake George & 1000 Islands of New York Excursion***(adults)*

This adventure offers guided tours of 1000 Islands, Saratoga Springs and Lake Placid, a Singer Castle cruise and tour, 1000 Islands luncheon cruise, a Lake George Steamboat cruise, a self-guided tour of Boldt Castle and free time in downtown Lake George. Price includes round-trip motor coach transportation, accommodations - two nights in Lake George, NY three nights in the 1,000 Islands region, admissions to tours and attractions, round-trip Singer Castle cruise, round-trip Lake George Steamboat cruise, five breakfasts, one luncheon cruise of 1000 Islands, four dinners, taxes, baggage handling, meal gratuities, and Park System volunteer leader. There may be some free time for additional sightseeing and meals. When registering, please include an email address and mailing address to receive tour information. For more tour details and questions, call Rachel Cohen at 732-542-1642, ext. 4648, or email rachel.cohen@monmouthcountyparks.com.

\$1,800.00 Double; \$2,000.00 Single; \$1,600.00 Triple; \$1,500.00 Quadruple**Thompson Pk Estate Grounds Parking Lot****Sun-Fri, Sep 21-26 A0154X****Board: 9:00 AM Return: 5:00 PM (approx)****Winter Holiday Getaway in Newport Rhode Island****NEW***(adults)*

This holiday-themed adventure offers a round-trip Newport Harbor Cruise, visits to the beautifully decorated, well-known Newport Mansions, a tour of the Touro Synagogue, a visit to the Brick Marketplace and a visit to the Bally's Twin River Casino. Price includes round-trip motor coach transportation, accommodations - three nights in Newport, admissions to tours and attractions, round-trip Newport Harbor cruise, three breakfasts, two dinners, taxes, baggage handling, meal gratuities, and Park System volunteer leader. There may be some free time for additional sightseeing and meals. When registering, please include an email address and mailing address to receive tour information. For more tour details and questions, call Rachel Cohen at 732-542-1642, ext. 4648, or email rachel.cohen@monmouthcountyparks.com.

\$1,100.00 Double; \$1,325.00 Single; \$900.00 Triple; \$800.00 Quadruple**Thompson Pk Estate Grounds Parking Lot****Wed-Sat, Dec 3-6 A0161X****Board: 9:00 AM Return: 5:00 PM (approx)**

SLEEP UNDER THE STARS



TURKEY SWAMP PARK CAMPGROUNDS

200 Georgia Road
Freehold Township, NJ 07728

For more information:

732-462-7286 • 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.



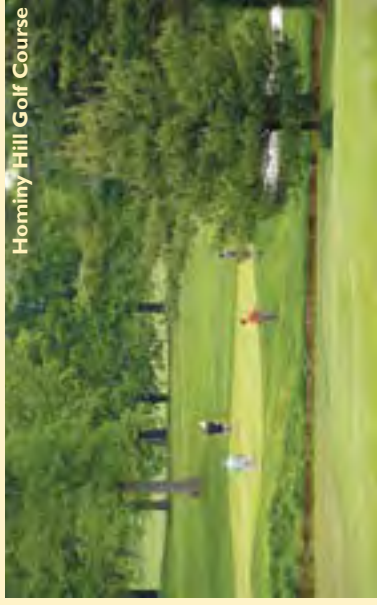
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract[†]**, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park^{*}**, Route 520, Marlboro 732-834-9607
- Clayton Park^{*}**, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park^{*}**, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area[†]**, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area^{*}**, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area^{*}**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park[†]**, Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway^{*}**, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway[†]**, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park^{*}**, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail^{*}**, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area^{*}**, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area[†]**, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract[†]**, Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Federal/State park lands

Open section of trail

— Closed/Future section of trail



Miles

79

Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Frank Masini, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.
4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registration is on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on May 14. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on May 14.

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 14 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

50th ANNUAL MONMOUTH COUNTY FAIR



Home & Garden Competition & Exhibits

A "taste" of what's going on:
Artwork • Crafts • Honey • Flowers
Vegetable • Baked Goods

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 20
from 9:00 AM-3:00 PM or
Monday, July 21 from 8:00-11:00 AM.

Senior Center & Adult Day Program Competition

Pre-registration required.

Entries accepted Monday, July 21 & Tuesday, July 22
from 9:00 AM-12:00 PM.

For more information, call Anne at
732-460-1167, ext. 4643.

Gardeners' Day

Entries accepted on Friday, July 25
from 8:00 AM-12:00 PM.

Bakers' Day

Entries accepted Saturday, July 26
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

Central Jersey Beekeepers Association

Check the Fair schedule for additional demonstrators.

Download the full Home & Garden Competition brochure at
www.MonmouthCountyFair.com.

*Note: Please pick up all competition entries, with the exception of baked goods,
between 8:00 AM-6:00 PM on Monday, July 28 in the Home & Garden Tent.*



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

PRSR STD
US POSTAGE
PAID
MONMOUTHCO.
PARK SYSTEM

Mark Your Calendars

Please deliver by 5/9/2025

JUNE

DEEP CUT GARDENS OPEN HOUSE

Saturday, June 7
10:00 AM-2:00 PM
Deep Cut Gardens, Middletown

SENTIMENTAL JOURNEY BIG BAND CONCERT

Friday, June 13
7:00-8:30 PM
Thompson Park, Lincroft

FRESHWATER FISHING DERBY

Saturday, June 14
Manasquan Reservoir, Howell
Sunday, June 15
Turkey Swamp Park, Freehold

JULY

COUNTRY NIGHT WITH AUSTIN CITY NIGHTS

Friday, July 18
7:00-8:30 PM
Thompson Park, Lincroft

MONMOUTH COUNTY FAIR

Wednesday-Sunday, July 23-27
East Freehold Showgrounds, Freehold

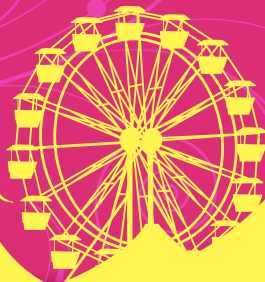
AUGUST

BRING ON THE FUNK WITH THE FUMOS IN CONCERT

Friday, August 15
7:00-8:30 PM
Thompson Park, Lincroft

AMERICAN CLASSICS: WEILL, GERSHWIN, BERNSTEIN IN CONCERT

Saturday, August 23
7:00-8:30 PM
Thompson Park, Lincroft



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Dominick "Nick" DiRocco • Ross F. Licitra, Park System Liaison • Erik Anderson

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr.
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson
Brian Foster • Rachael Stolte • Andrew J. Spears, Director

