



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover



PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



WINTER 2025

REGISTRATION BEGINS NOVEMBER 13

WWW.MONMOUTHCOUNTYPARKS.COM

Winter heats up in the parks...

The weather outside may be frightful, but there's always something to do in your Monmouth County parks! Here are some of the exciting winter activities available in your parks when the temperatures drop.

Sledding

When the snow falls, pack up the sleds and head to the sledding hill at Holmdel Park, Holmdel. The supervised sledding area is open when snow conditions are favorable on the hill. For current sledding conditions after a snowfall, call 732-946-9562 or visit us online.



Drop a Line...

The fish are still biting! When the ice reaches desired thickness, ice fishing is available at:

- Manasquan Reservoir, Howell
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold

See Park Rangers for designated ice fishing areas and times in each park.

Lace Up Your Skates

When the conditions are right, lace up your skates and hit the ice at the following parks:

- Holmdel Park, Holmdel
- Shark River Park, Wall
- Turkey Swamp Park, Freehold

Remember, skate only when the "Skating Today" signs are posted.



Hit the Trails

Cross-Country Skiing and Snowshoeing

Don't let the snow stop you from having fun on the trails! Cross-country ski equipment is available for rent on a first come, first serve basis at the Thompson Park Ski Hut, Lincroft, when snow conditions are favorable.

December 15, 2024 through March 15, 2025
Equipment must be returned by 5:00 PM.
Closed December 25, 2024.

Rental costs are as follows:

Ski Equipment - \$20.00 per set (children 8 & under: \$15.00)
Snowshoes - \$15.00 per person
(cash, check or credit card accepted)




For more information, call 732-842-4000, ext. 4312.

Cross-country skiers will love the groomed trails at Thompson Park, Lincroft!

Marked, ungroomed trails are available for both cross-country skiing and snowshoeing at:

- Clayton Park, Upper Freehold
- Hartshorne Woods Park, Middletown
- Holmdel Park, Holmdel
- Huber Woods Park, Middletown
- Shark River Park, Wall
- Tatum Park, Middletown
- Turkey Swamp Park, Freehold



For the most up-to-date information on winter activities in the parks, check for updates at www.MonmouthCountyParks.com or on our social media pages   .

For questions concerning winter activities, call the information line at 732-842-4000, ext. 4312.

TABLE OF CONTENTS

Mark Your Calendar 2-3

Historic Happenings 4-7

Longstreet Farm	4-6
Walnford	7

Families 8-10

Arts & Crafts	8
Family Fun	8
Horticulture	8
Nature	8-10
Outdoor Adventures	10

Parent & Child 11-20

Arts & Crafts	11
Culinary Arts	12-13
Education & Enrichment	13-14
Horticulture	14
Nature	14-15
Outdoor Adventures	16
Play Groups	16-18
Sports & Fitness	19-20

Kids & Teens 20-30

Arts & Crafts	20-24
Culinary Arts	24-25
Education & Enrichment	25-27
Outdoor Adventures	27
Performing Arts	28-29
Sports & Fitness	29-30

Summer Job Fair 31

Adults 32-81

Active Adults 55+	32
Arts & Crafts	33-44
Culinary Arts	45-52
Education & Enrichment	52-55
Health & Wellness	55-58
Horticulture	59-60
Nature	61-65
Outdoor Adventures	65-68
Performing Arts	68-70
Sports & Fitness	70-81

Equestrian 81

Therapeutic Recreation 82-84

Trips 84

Park Partners 85

Park Locations 86-87

Registration Information 88

To register for summer camps starting Wednesday, November 13, 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

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

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

DECEMBER 2024

TUESDAY, DECEMBER 3

Casual Birder (p. 62)

WEDNESDAY, DECEMBER 4

Under the Winter Stars (p. 9)
Wondrous Winter Walks (p. 61)

SATURDAY, DECEMBER 7

19th Century Christmas Ballads (p. 4)

WEDNESDAY, DECEMBER 11

Open Mic Poetry (p. 68)

SATURDAY, DECEMBER 14

19th Century Christmas Ballads (p. 4)
Seals of Monmouth County (p. 64)

SUNDAY, DECEMBER 15

Pine Barren Bonfires (p. 10)
Winter Beach Walk (p. 9)

WEDNESDAY, DECEMBER 18

Wondrous Winter Walks (p. 61)

JANUARY 2025

SUNDAY, JANUARY 5

Cutting, Splitting & Hewing (p. 4)

WEDNESDAY, JANUARY 8

Wondrous Winter Walks (p. 61)

SUNDAY, JANUARY 12

Cold Water Sharks of New Jersey (p. 64)
Open Mic Poetry (p. 68)
Parlor Games for Wintry Weather (p. 4)
Winter Beach Walk (p. 9)

MONDAY, JANUARY 13

Pine Barren Bonfires (p. 10)

TUESDAY, JANUARY 14

Casual Birder (p. 62)

SATURDAY, JANUARY 18

National Seed Swap Day (p. 60)

WEDNESDAY, JANUARY 22

Wondrous Winter Walks (p. 61)

SUNDAY, JANUARY 26

What to do with Wildlife (p. 9)

TUESDAY, JANUARY 28

Casual Birder (p. 62)

WEDNESDAY, JANUARY 29

Under the Winter Stars (p. 9)

FEBRUARY 2025

SUNDAY, FEBRUARY 2

Cutting, Splitting & Hewing (p. 4)

WEDNESDAY, FEBRUARY 5

Wondrous Winter Walks (p. 61)

SATURDAY, FEBRUARY 8

Grey Squirrels of Monmouth County (p. 64)

SUNDAY, FEBRUARY 9

Historical Valentines (p. 7)
Winter Beach Walk (p. 9)

WEDNESDAY, FEBRUARY 12

Pine Barren Bonfires (p. 10)
Sentinels of the Heart - Four Centuries
of Love Sonnets (p. 68)

FRIDAY, FEBRUARY 14

Backyard Bird Count (p. 62)

SATURDAY, FEBRUARY 15

Backyard Bird Count (p. 62)
Open Shoot Archery (p. 10)

SUNDAY, FEBRUARY 16

Backyard Bird Count (p. 62)
Parlor Games for Wintry Weather (p. 4)

TUESDAY, FEBRUARY 18

Casual Birder (p. 62)

WEDNESDAY, FEBRUARY 19

Wondrous Winter Walks (p. 61)

SUNDAY, FEBRUARY 23

Come to Your Senses (p. 69)

WEDNESDAY, FEBRUARY 26

Under the Winter Stars (p. 9)

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

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



HISTORIC LONGSTREET FARM

19th Century Christmas Ballads *Free*

This holiday season visit the Longstreet Farm Farmhouse and enjoy 19th century Christmas ballads played on the piano.

Saturday, December 7, 1:00-3:00 PM
Saturday, December 14, 1:00-3:00 PM

Cutting, Splitting & Hewing *Free*

(adults)

Wood heated the farmer three times: once when they gathered the wood, once when they split the wood, and a final time when they burned the wood. Come out to Longstreet Farm and get warmed up using a two-man saw and splitting wedge, and then learn how farmers used a froe to rive shingles or a broad axe to hew beams.

Sunday, January 5, 12:00-2:30 PM
Sunday, February 2, 12:00-2:30 PM

Parlor Games for Wintry Weather *Free*

Beat the winter blues and beat your opponent too! Strategize your best moves while playing Halma and Basilinda, two long-forgotten 1890s board games. We also have old-time favorites like Backgammon, Checkers, and Dominoes.

Sunday, January 12, 12:00-2:30 PM
Sunday, February 16, 12:00-2:30 PM

Elements of Blacksmithing

(adults)

Let us introduce you to the fundamentals of blacksmithing as you create simple projects using a forge and anvil. Focus is on hammer control, holding your work with tongs, and basic shaping techniques. Working one-on-one with our instructors, participants will apply these skills and craft decorative keychains during this hands-on class. For safety purposes, all participants must wear long pants, closed-toe shoes, and have long hair tied back.

One Session \$25.00 Per Person

Longstreet Farm Blacksmith

Sun, Feb 9 10:00-10:50 AM FA151X
Sun, Feb 9 11:00-11:50 AM FA251X
Sun, Feb 9 12:00-12:50 PM. FA351X
Sun, Feb 9 1:00-1:50 PM FA451X

Hot Cocoa Tours

(all ages, under 18 with adult)

Looking for a unique family outing this winter? Brave the crisp winter air and join us for a guided tour of Longstreet Farm as we explore the winter challenges of 19th-century farm life. Warm up at the end of the tour with a stop in the Out Kitchen for a cup of fresh hot cocoa and a winter treat. Children under 3 are free to join in.

One Session \$10.00 Per Person

Longstreet Farm

Sat, Dec 7 10:00-11:30 AM FA651X
Sun, Dec 15 10:00-11:30 AM. FA751X
Sat, Jan 4 10:00-11:30 AM FA851X
Sun, Jan 26 10:00-11:30 AM. FA951X



Visit with Santa at Historic Longstreet Farm

Father Christmas is coming to Longstreet Farm!
He invites young visitors and their families to join him and welcomes them to bring their letters for him to read. Pictures are encouraged.

One Session \$15.00 Per Family of Up to 6 People

Saturday, December 21

10:00 AM #F0251X; 10:05 AM #F0351X; 10:10 AM #F0451X; 10:15 AM #F0551X
10:20 AM #F0651X; 10:25 AM #F0751X; 10:30 AM #F0851X; 10:35 AM #F0951X
10:40 AM #F1051X; 10:45 AM #F1151X; 10:50 AM #F1251X; 10:55 AM #F1351X
11:00 AM #F1451X; 11:05 AM #F1551X; 11:10 AM #F1651X; 11:15 AM #F1751X
11:20 AM #F1851X; 11:25 AM #F1951X; 11:30 AM #F2051X; 11:35 AM #F2151X
11:40 AM #F2251X; 11:45 AM #F2351X; 11:50 AM #F2451X; 11:55 AM #F2551X
1:00 PM #F2651X; 1:05 PM #F2751X; 1:10 PM #F2851X; 1:15 PM #F2951X
1:20 PM #F3051X; 1:25 PM #F3151X; 1:30 PM #F3251X; 1:35 PM #F3351X
1:40 PM #F3451X; 1:45 PM #F3551X; 1:50 PM #F3651X; 1:55 PM #F3751X
2:00 PM #F3851X; 2:05 PM #F3951X; 2:10 PM #F4051X; 2:15 PM #F4151X
2:20 PM #F4251X; 2:25 PM #F4351X; 2:30 PM #F4451X; 2:35 PM #F4551X
2:40 PM #F4651X; 2:45 PM #F4751X; 2:50 PM #F4851X; 2:55 PM #F4951X

Sunday, December 22

10:00 AM #F5051X; 10:05 AM #F5151X; 10:10 AM #F5251X; 10:15 AM #F5351X
10:20 AM #F5451X; 10:25 AM #F5551X; 10:30 AM #F5651X; 10:35 AM #F5751X
10:40 AM #F5851X; 10:45 AM #F5951X; 10:50 AM #F6051X; 10:55 AM #F6151X
11:00 AM #F6251X; 11:05 AM #F6351X; 11:10 AM #F6451X; 11:15 AM #F6551X
11:20 AM #F6651X; 11:25 AM #F6751X; 11:30 AM #F6851X; 11:35 AM #F6951X
11:40 AM #F7051X; 11:45 AM #F7151X; 11:50 AM #F7251X; 11:55 AM #F7351X
1:00 PM #F7451X; 1:05 PM #F7551X; 1:10 PM #F7651X; 1:15 PM #F7751X
1:20 PM #F7851X; 1:25 PM #F7951X; 1:30 PM #F8051X; 1:35 PM #F8151X
1:40 PM #F8251X; 1:45 PM #F8351X; 1:50 PM #F8451X; 1:55 PM #F8551X
2:00 PM #F8651X; 2:05 PM #F8751X; 2:10 PM #F8851X; 2:15 PM #F8951X
2:20 PM #F9051X; 2:25 PM #F9151X; 2:30 PM #F9251X; 2:35 PM #F9351X
2:40 PM #F9451X; 2:45 PM #F9551X; 2:50 PM #F9651X; 2:55 PM #F9751X

Don't forget your camera!

Needlework for Novices

(ages 12 and up, under 18 with adult)

This introduction to embroidery will feature basic stitches every sewist should know. We'll create a "sampler" to help with practice stitches, and start a project using your new skills! Please bring a sharp pair of scissors; all other supplies are provided and are yours to keep.

One Session \$30.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 11 12:30-3:30 PM FAA51X

Rug Hooking Gathering

(adults)

Calling all rug hookers! Now is the time to gather with other rug hookers or come and learn techniques from experienced rug hookers. Bring an existing project or come for inspiration and get help with a new one. Be sure to bring your lunch.

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 7-Mar 11 10:00 AM-3:00 PM F0151X

Sewing Skills - Making Aprons

(ages 16 and up)

This four-week class will start with an introduction to reading a simple sewing pattern (a farm-style half apron) and basic construction methods. Working at your speed each week, build your sewing skills while creating work aprons for the farm staff. For your final project, you will construct an apron for yourself using the techniques you've learned. We supply the materials, you supply the talent! Beginners are encouraged but all sewists are welcome. Bring your machine with you, or use one of ours.

Four Sessions \$40.00 Per Person

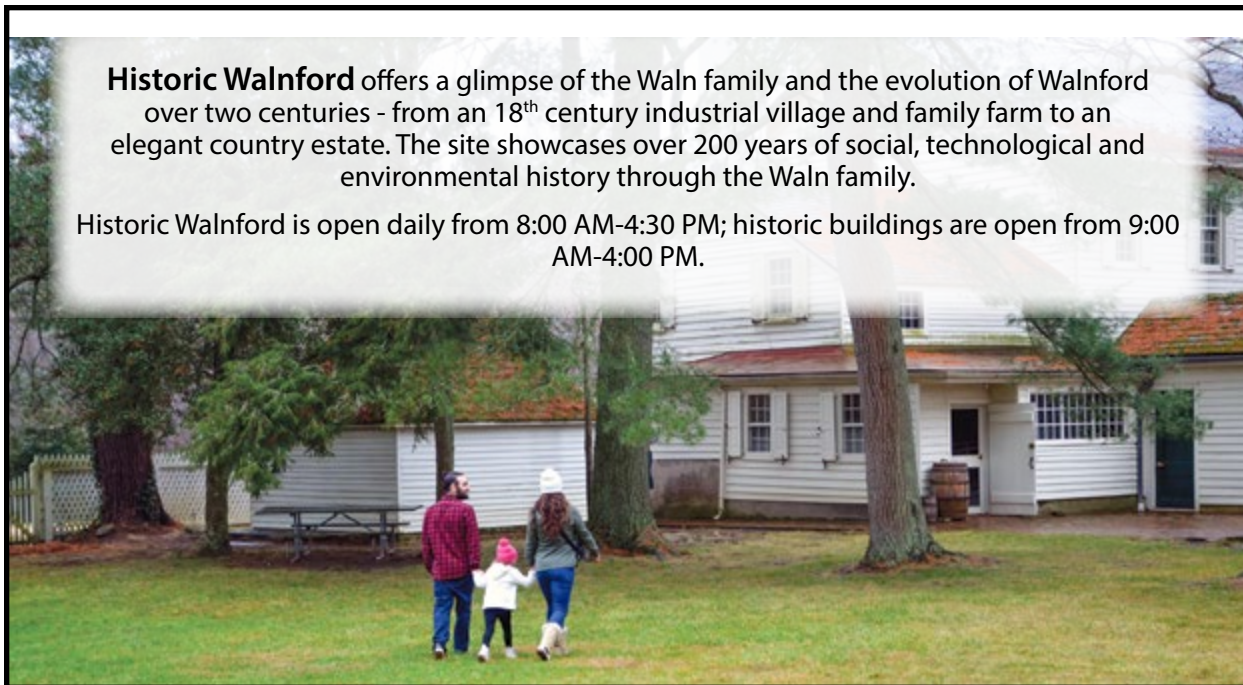
Longstreet Farm Vis Ctr

Sat, Jan 25-Feb 15 12:00-3:00 PM FA051X



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

Historical Valentines *Free*

(all ages, under 14 with adult)

February is the season of love! Discover how penmanship has changed as we view letters and valentines from the 18th and 19th centuries. Create a valentine of your own or write a letter to a friend using historically inspired materials.

Sunday, February 9, 1:00-3:00 PM

You Are Cordially Invited to Tea

(ages 17 and up)

We invite you to share in four generations of the Waln family's history as you tour this site and then sample baked goods prepared from recipes of the 18th, 19th, and early 20th centuries accompanied by freshly brewed tea. Please dress for the weather, we will be outside for a portion of this program.

One Session \$15.00 Per Person

Historic Walnford

Fri, Dec 20 12:00-1:30 PMG0151X

Fri, Jan 17 12:00-1:30 PM.G2251X

Fri, Feb 21 12:00-1:30 PMG2351X

Santa is Visiting Walnford!

(all ages, under 14 with adult)

Enjoy a cup of hot cocoa and write a letter to Santa. Then, deliver it to him yourself! Afterward, explore our 1773 house, take a selfie in our antique sleigh, and enjoy the picturesque winter landscape at Historic Walnford.

One Session \$15.00 Per Family of Up to 6 People

Historic Walnford Waln House Open Hearth Kitchen

Sunday, December 8

- 12:00 PM #G0251A; 12:05 PM #G0351A; 12:10 PM #G0451A;
- 12:15 PM #G0551A; 12:20 PM #G0651A; 12:25 PM #G0751A;
- 12:40 PM #G0851A; 12:45 PM #G0951A; 12:50 PM #G1051A;
- 12:55 PM #G1151A; 1:00 PM #G1251A; 1:05 PM #G1351A;
- 1:10 PM #G1451A; 1:25 PM #G1551A; 1:30 PM #G1651A
- 1:35 PM #G1751A; 1:40 PM #G1851A; 1:45 PM #G1951A;
- 1:50 PM #G2051A; 1:55 PM #G2151A



ARTS & CRAFTS

If You Give a Mouse a Cookie

(ages 2-5, with adult)

What might happen *If You Give a Mouse a Cookie*? Learn and enjoy this famous children's book by Felicia Bond with your young reader as we discover what else this mouse gets into on his adventure! After the story, we will create a take-home craft for reinforcement and eat a cookie or two together.

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

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Feb 22 10:30-11:30 AM A5651X

Sunday Ceramics

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

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts! Choose from a large selection of bisque-fired pottery pieces to glaze with your 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 and is to be purchased on site the day of the program. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Dec 1 11:30 AM-1:00 PM Z3551X

Sun, Dec 1 1:30-3:00 PM Z3651X

Sun, Jan 5 11:30 AM-1:00 PM Z3751X

Sun, Jan 5 1:30-3:00 PM Z3851X

Sun, Feb 2 11:30 AM-1:00 PM Z3951X

Sun, Feb 2 1:30-3:00 PM Z4051X

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Grab your flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of candy canes, and Mr. C himself is coming to supervise the cleanup. Help us collect all the candy canes, create some festive crafts, and enjoy a visit with the man himself.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Gym A

Fri, Dec 13 6:00-6:30 PM MBT51X

Fri, Dec 13 6:45-7:15 PM MBU51X

Fri, Dec 13 7:30-8:00 PM MBV51X

HORTICULTURE

Hike & Hot Chocolate

(ages 10 and up, families, with adult)

Botanical gardens can be enjoyed all year long! Join us for a fun family walk around the garden where we will enjoy the brisk winter air and learn about evergreens and conifers. Warm up afterward with a steaming cup of hot chocolate in our horticultural center.

One Session \$20.00 Per Family

Deep Cut Gardens Horticultural Center

Sun, Dec 15 10:00-11:00 AM H1051X

Sun, Jan 26 10:00-11:00 AM H1151X

Sat, Feb 1 10:00-11:00 AM H1251X

NATURE

At Home Tree Tapping

(all ages, under 18 with adult)

Make syrup from the trees right in your backyard! Learn what common trees can be tapped to produce delicious syrup using materials readily available at any hardware store. We will take a short walk to identify these trees followed by a tapping demonstration and discussion. Learn everything you need to know to make your own syrup at home this season!

One Session \$12.00 Per Person

Manasquan River Greenway Winter Run

Sun, Feb 2 11:00 AM-12:00 PM I0951X

Sun, Feb 16 11:00 AM-12:00 PM I0851X

Critter Chronicles

(ages 5-7, with adult)

Join us as we read a story and meet a few of the resident critters from the Huber Woods Reptile House. This session will also include a craft or game suited for young children.

One Session \$15.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Feb 19 5:30-6:45 PM IM351X

Eco-Sphere: Life In a Jar

(ages 8 and up, under 18 with adult)

Life on Earth is possible due to an unfathomably complicated web of interactions between plants, animals, fungi, and the elements around us. Learn about these complex systems that support life as we build our very own self-contained ecosystem. Our habitat will include members from each branch of life as well as a carefully balanced mixture of elements and minerals to provide a sustainable, sealed habitat for years to come.

One Session \$30.00 Per Person

Manasquan River Greenway Winter Run

Sun, Dec 8 11:00 AM-12:00 PM I1051X

Sun, Jan 19 11:00 AM-12:00 PM I1151X

From Sap to Maple Syrup

(ages 10 and up, under 18 with adult)

Winter is winding down and the sap is running in the trees which means it's time to make maple syrup! Bring the whole family for some old-fashioned fun as we learn the history, technique, and some of the science behind this delicious treat. Highlights include a syrup taste test and winter tree identification. Dress for the weather and wear sturdy shoes or boots.

One Session \$16.00 Per Person

Huber Wds Pk Env Ctr

Fri, Feb 21 5:00-6:15 PM (approx) INS43X

Sat, Feb 22 10:30-11:45 AM (approx) IKV51X

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Feb 28 5:00-6:15 PM (approx) IKW51X

Geminid Meteor Shower

(all ages, under 18 with adult)

Winter is the best time to view the night sky, and that includes during meteor showers! The Geminids are renowned for their high volume of shooting stars. Grab your winter gear and a chair and join us as we sip some hot cocoa and watch the magic in the sky.

One Session \$12.00 Per Person

Turkey Swamp Pk Outdoor Area

Fri, Dec 13 8:30-9:30 PM IK251X

Family Winter Nature Fun

Under the Winter Stars

(all ages, under 18 with adult)

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

Connect to the cosmos above as we gaze into the winter night skies searching for constellations, planets, satellites, and "shooting stars". Bring a camp chair or a blanket to rest on and a flashlight to light your way in the dark. The program will be canceled due to overcast skies or inclement weather.

Meet at **Dorbrook Recreation Area Soccer Field Parking Lot** on the following Wednesdays, from 7:30-8:30 PM:

December 4, January 29 & February 26

Winter Beach Walk

(all ages, under 18 with adult)

Just because it's winter doesn't mean you can't enjoy the beach! The winter months are some of the best times to go shell collecting. Take a Park System Naturalist-guided walk along the beach collecting and identifying some of the ocean's natural treasures. Dress in warm clothing and bring along something to carry shells in.

Meet at **Fisherman's Cove Conservation Area Activity Center** on the following Sundays from 11:00 AM-12:30 PM:

December 15, January 12 & February 9

What to do with Wildlife

(all ages, under 18 with adult)

Wildlife should always be enjoyed and viewed from afar, but occasionally our woodland friends need a helping hand. In this presentation, we will learn about our local fauna, how to identify signs of an animal in distress, and what we can do to help them.

Thompson Park Visitor Center

Sunday, January 26, 11:00 AM-12:00 PM

S'more Fun in the Winter NEW

(ages 6 and up, under 18 with adult)

Warm up with a fireside s'more and then go for a guided nature walk with a Park System Naturalist to appreciate the winter flora and fauna. S'more supplies will be provided and binoculars will be available to borrow. Please dress for the weather and make sure to wear comfortable walking shoes.

One Session \$18.50 Parent/Child \$9.25 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Feb 8 2:30-3:30 PM (approx) IKY51X

Snowball Fight! NEW

(ages 5-8, with adult)

Snow is the best part of winter: snowflakes, snowballs, snow-people, and much more! We will learn how snow is made, create a take-home snowflake craft, and finish by playing games with indoor "snowballs." Parent/guardian participation may be needed. Be prepared to have fun!

One Session \$14.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 5 2:00-3:00 PM I0751X

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

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

One Session \$16.50 Parent/Child \$8.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Sat, Jan 18 4:00-6:00 PM IK751X

Sat, Feb 15 4:30-6:30 PM IK851X



OUTDOOR ADVENTURES

Candy Cane Hunt NEW

(ages 8 and up, with adult)

Did you hear the latest news? A certain someone has hidden candy canes all over the grounds of Thompson Park! Bring your flashlights and help us find them. You'll get to decorate a bag for collecting the candy canes and use handheld GPS devices to navigate through the park. Afterward, enjoy a roaring fire, hot chocolate, and s'mores. Parents must accompany children. Please dress appropriately for the weather.

One Session \$28.00 Parent/Child \$10.00 Additional Person

Thompson Pk 3 Barns Parking Lot

Sat, Dec 14 5:30-8:00 PM W3951X

Pine Barren Bonfires

(all ages, under 18 with adult)

There's something about a bonfire that's so magical. The flames dancing in the night, the smell of wood smoke in the air, and the feeling of warmth and companionship around the fire. Enjoy a winter evening with us at a Turkey Swamp's council ring.

There will be games, s'mores, and a full moon!

Please dress appropriately for the weather.

Cost: \$15 per family of 4 (cash or check only)

Turkey Swamp Park Council Ring

Sunday, December 15, 6:00-8:00 PM

Monday, January 13, 6:00-8:00 PM

Wednesday, February 12, 6:00-8:00 PM

For more information, call 732-842-4000, ext. 4296, or email emma.ientile@monmouthcountyparks.com.

OPEN SHOOT ARCHERY

(ages 10 and up, under 18 with adult)

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

If you are new to archery, register for one of our instructional classes prior to attending. Please dress for the weather as the Activity Barn is not heated.

All equipment is provided.

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

Saturday, February 15, 10:00 AM-1:00 PM

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

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

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

Four Sessions \$56.00 Parent/Child \$44.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Jan 16-Feb 6 9:30-10:15 AM MCY51X

Thu, Feb 20-Mar 13 9:30-10:15 AM MCX51X

Craft 'n' Play

(ages 18 months-3 years, with adult)

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

Four Sessions \$48.00 Parent/Child \$40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Jan 15-Feb 5 9:30-10:15 AM MCR51X

Thu, Jan 16-Feb 6 10:30-11:15 AM MCT51X

Wed, Feb 19-Mar 12 9:30-10:15 AM MCS51X

Thu, Feb 20-Mar 13 10:30-11:15 AM MCU51X

Dragons Love Tacos!

(ages 2-5, with adult)

Do you love tacos? Did you know dragons do too? Let's read this silly story by Adam Rubin and learn what not to feed dragons. Afterward, we'll make a take-home craft and a dessert taco.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg

Tue, Jan 7 10:00-11:00 AM A5551X

Please Note:

For all registered participants to fully enjoy the program, please refrain from bringing additional family members and children to class unless otherwise noted in the program description.

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 story, followed with an art project to bring home.

Six Sessions \$70.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Sat, Jan 18-Feb 22 9:00-9:45 AM A5251X

Messy Art

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue, glitter, and more. They'll get to make a mess while exploring and expressing themselves through art. **Please Note: This indoor class will move outdoors during nice weather.**

Four Sessions \$48.00 Parent/Child \$40.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Jan 15-Feb 5 10:30-11:15 AM MCV51X

Wed, Feb 19-Mar 12 10:30-11:15 AM MCW51X

Totally 90s Story Week

(ages 2-5, with adult)

Travel back to the 90s with us! We'll read a story, do a craft, play some games, and enjoy a snack. Each session will focus on a different classic children's story from the 90s. Please dress for mess or bring a smock.

One Session \$22.00 Parent/Child

Dorbrook Rec Area Prog Bldg

The Magic School Bus in the Time of the Dinosaurs by Joanna Cole

Mon, Jan 13 2:00-3:00 PM A5951X

The Rainbow Fish by Marcus Pfister

Tue, Jan 14 2:00-3:00 PM A9243X

Guess How Much I Love You by Sam McBratney

Fri, Jan 17 9:00-10:00 AM A6051X

Winter Reading Fun!

(ages 2-4, with adult)

Explore winter through stories about this beautiful season. We'll read stories about all that's exciting in winter! Music, movement, and sensory play add to the fun. To remember our day, we'll finish with a creative art project. Who's ready for winter fun?

One Session \$20.00 Per Pair

Dorbrook Rec Area Prog Bldg

The Snowy Day

See the magic of the season's first snowfall!

Sat, Jan 18 10:30-11:30 AM A5351X

Over and Under the Snow

Learn how animals burrow underground during winter.

Sat, Feb 8 10:30-11:30 PM A5451X

CULINARY ARTS



Kid's Holiday Cookies

(ages 8-12, with adult)

Mix, roll, bake, and laugh as you create warm memories and delicious treats for all to enjoy during the holiday season. Revisit some of your favorite holiday baking while introducing the kids to some old-fashioned fun and new traditions. Finish with a taste test (of course!), a tray of beautiful cookies, and recipes to take home and make again.

Cookie Plate: Traditional Gingerbread for decorating, Swedish Thumbprints

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 14 10:00 AM-12:30 PM. M8051X

Kid's Homemade Food Gifts

(ages 8-12, with adult)

Do your kids want to get creative with their gifts for their loved ones in the family? Homemade food gifts are a nice way of saying "I am thinking of you" during the holidays. Chef Stephen Wolff will discuss how to create the perfect edible gift, and Mrs. Chef will show you how to wrap it up with some holiday flair!

Menu: Chocolate-dipped Strawberries, Homemade Chocolate Brownies, and one more edible holiday surprise

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 20 6:00-8:30 PM M8151X

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

Kids' Breakfast for Dinner

(ages 8-12, with adult)

Have you ever wondered how to make the perfect omelet? How about light and fluffy scrambled eggs? The tricks to golden pancakes or poached or soft-boiled eggs will not be a mystery anymore as Chef Stephen and Mrs. Chef Lisa help you become the perfect breakfast anytime chef!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 10 6:00-8:30 PM M8351X

Kids Cook Asian

(ages 8-12, with adult)

Have you ever been to a hibachi steakhouse? Have you ever watched Iron Chef? Let the young chef in your life master some basic Asian techniques. Chef Stephen Wolff will encourage your young chefs to make their own dumplings and stir fry.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 24 6:00-8:30 PM M8551X

Nailed It!

(ages 10-13, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

HO HO – OH NO!

Fri, Dec 6 6:00-8:30 PM M7951X

Spaghetti & Meatballs

Fri, Jan 31 6:00-8:30 PM M8651X

Chocolate Mousse, Anyone?

Fri, Feb 21 6:00-8:30 PM M8851X

EDUCATION & ENRICHMENT

Valentine's Day Afternoon Tea: Creating a Children's Tea Party

(ages 8-12, with adult)

Spend a delightful morning with your favorite adult while making some treats with tea-time connoisseur, Mrs. Chef. These miniature morsels are perfect for a tea party with friends, just in time for Valentine's Day. Wrap up your time in the kitchen by creating an old-fashioned Valentine's Day card for your Valentine.

Menu: Pinwheel Tea Sandwiches & Heart Shaped Homemade Pop Tarts

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 8 10:00 AM-12:30 PM M8751X

Wee Can Cook

(age 3, with adult)

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

Four Sessions \$72.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 14-Feb 4 10:00-11:00 AM A0851X

Fri, Jan 17-Feb 7 10:00-11:00 AM. A1051X

Tue, Feb 18-Mar 11 10:00-11:00 AM. A0951X

Fri, Feb 21-Mar 14 10:00-11:00 AM A1151X

Winter Penguin Cut-Up Cake

(ages 8-12, with adult)

The lost art of cut-up cakes is making a comeback. What are they, you ask? These simple cakes are made from single-layer cakes cut into geometric-shaped pieces which are then rearranged and iced to create beautiful designs, like our penguin. We'll mix and bake our cakes, see a demo of the techniques, and then have fun assembling and decorating our own.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 18 10:00 AM-12:30 PM M8451X

Keyboard Beginnings Music- Level 1

(ages 4 ½-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing and dance, and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class as they learn the names of the musical keys and play short songs on keyboards provided in the classroom. To receive the full benefits of this class, it is highly recommended your child has access to a keyboard or piano at home for short follow-up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive Keyboard Beginnings Music Book 1 for home practice, a rhythm instrument, crayons, and lesson outlines. A materials fee of \$25.00 is payable to the instructor on the first day of class.

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 6-Mar 3 4:00-4:45 PM. A7651X

No class 1/20 & 2/17

Keyboard Beginnings - Level 2

(ages 5-7, with adult)

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

Seven Sessions \$160.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 6-Mar 3 5:00-5:45 PM. A7751A

No class 1/20 & 2/17

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

Morning Tea Party

(ages 2-4, with adult)

Join us for some fun, themed stories, and snacks! We will read together and then share in the process of creating a simple snack and tea together. Best of all, we will make new friends along the way!

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

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Snow, Snow, Snow

Tue, Jan 21 11:30 AM-12:15 PM. A2951X

Valentine's Day Fun!

Tue, Feb 11 11:30 AM-12:15 PM A3051X

HORTICULTURE

Storytime for Winter:

Winter is Coming 

(ages 3-5, with adult)

Winter is on its way! Let's sit down for a cozy story time about the changing seasons along with a winter-themed craft.

One Session \$15.00 Parent/Child

Deep Cut Gardens Horticultural Center

Sat, Dec 14 10:00-11:00 AM H0951X

NATURE

Nature Story Time at the Reservoir 

(ages 2-5, with adult)

Enjoy our Naturalist staff's favorite nature-themed stories. Space is limited; therefore, pre-registration is required. While the Manasquan Reservoir Environmental Center undergoes exhibit renovations, we will meet at the Visitor Center.

One Session FREE!

Manasquan Res Vis Ctr Waterview Room

Tue, Jan 21 11:00-11:30 AM PI085A

Tue, Jan 28 11:00-11:30 AM PI095A

Tue, Feb 4 11:00-11:30 AM. PI105A

Tue, Feb 11 11:00-11:30 AM. PI115A

Tue, Feb 18 11:00-11:30 AM. PI125A

Tue, Feb 25 11:00-11:30 AM. PI135A

Hands-On Winter Science

(ages 6-10, with adult)

Embrace the cold weather by conducting fun winter science experiments with a Park System Naturalist. We will explore the science behind how animals stay warm in the colder months and much more. If you like to get messy and love science, this program is for you!

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

Huber Wds Pk Env Ctr

Sat, Jan 18 11:00 AM-12:00 PM. IKK51X

Sat, Feb 8 11:00 AM-12:00 PM IKM51X

Hoppy Valentine's Day from Mr. Frog

(ages 5-8, with adult)

Join us for a live animal presentation followed by a take-home Valentine's Day craft to give away or keep for yourself!

One Session \$12.00 Per Child

Manasquan River Greenway Winter Run

Sun, Feb 9 10:00-11:00 AM I0451X

Sun, Feb 9 1:00-2:00 PM I0551X

Let it Snow!

(ages 4-7, with adult)

Journey onto the trails of Freneau Woods as we embark on a wintry scavenger hunt. Afterward, we will warm up inside with hot chocolate and a marshmallow snowflake treat!

One Session \$15.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Jan 12 10:30-11:30 AM. IKZ51X

Reindeer Games

(ages 6-10, with adult)

Get in the holiday spirit! Inspired by our favorite games and Christmas songs, join us for an hour of nature-themed activities and games!

One Session \$14.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Dec 7 10:00-11:00 AM. I0651X

Strolling Through Winter

(ages 1-12 months, with parent)

Enjoy a winter walk with your baby while exploring some of Monmouth County's best stroller-friendly parks with other babies and their adults. We will meet at a different park each week. Each session includes an easy-to-moderate 30 to 45-minute nature walk followed by socialization time. Please feel free to bring your own snack/lunch and beverage. Come prepared to walk with your baby in a stroller or baby carrier.

Three Sessions \$33.00 Parent/Child

1/7 - Holmdel Pk Shelter Building

1/14 - Manasquan Res Env Ctr Parking Lot

1/21 - Thompson Pk Old Orchard Parking Lot

Tue, Jan 7-21 11:00 AM-12:00 PM IKQ51X

Tots, Tales, and Trails

(ages 3-5, with adult)

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

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

Huber Wds Pk Env Ctr Parking Lot

Tue, Feb 4 10:00-11:00 AM (approx) IKA51X

Freneau Wds Pk Vis Ctr Parking Area

Wed, Feb 12 10:00-11:00 AM (approx) . . . IKH51X

Holmdel Pk Shelter Bldg

Wed, Feb 19 10:00-11:00 AM (approx) . . . IKJ51X

Tracking Wildlife - Winter

(ages 7-12, with adult)

Have you ever wondered which animal left a print in your garden, backyard, or local trail? Join a Park System Naturalist to learn how to identify what wildlife left animal tracks in your area. We will learn some of our local animal tracks, take a short hike looking for fresh prints, and everyone will get to make and take home a casted plaster animal print which can be decorated. As this is an evening class, please bring a flashlight or headlamp; a limited number of headlamps are available to borrow if needed.

One Session \$12.00 Per Child

Manasquan River Greenway Winter Run

Thu, Jan 23 6:00-7:00 PM. I0151X

Thu, Feb 13 5:00-6:00 PM I0251X

Winter Story Hour

(ages 3-5, with adult)

Let's hit the trails for a short walk before reading a story and cozying up by one of the many fireplaces located throughout the Monmouth County parks!

One Session \$12.00 Per Child

Turkey Swamp Pk Shelter Bldg

Wed, Dec 11 10:00-11:00 AM IM051X

Holmdel Pk Shelter Bldg

Thu, Jan 9 10:00-11:00 AM. IM151X

Winter Wanderings

(ages 3-5, with adult)

It is awfully chilly, but that doesn't mean we can't enjoy spending time outside. Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our surroundings. Sessions will include a short walk, games, and crafts suited for young children. At times, part of this program will take place indoors.

Four Sessions \$50.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Jan 22-Feb 12 10:00-11:15 AM (approx) . IKX51X



OUTDOOR ADVENTURES

Hiking Adventures

(ages 2-5, with adult)

Enjoy a refreshing outing with your toddler while 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 additional charge.

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

Trekking In Thompson

Thompson Pk Old Orchard Parking Lot

Wed, Dec 4 10:00-11:30 AM W1651X

Chilly Shark River Ramble

Shark River Pk Shelter Bldg

Sat, Dec 14 10:00-11:30 AM W1751X

Winter Reservoir Walk

Manasquan Res Env Ctr Parking Lot

Tue, Dec 17 10:00-11:30 AM W1851X

Holly Trail Hike

Tatum Pk Red Hill Act Ctr Parking Area

Tue, Jan 7 10:00-11:30 AM W1951X

Icy Pond View

Holmdel Pk Lake

Thu, Jan 16 10:00-11:30 AM W2051X

King's Hollow March

Hartshorne Wds Pk Buttermilk Valley Parking Lot

Sun, Jan 26 10:00-11:30 AM W2151X

Valentine's Heart Hike

Turkey Swamp Pk Shelter Bldg

Fri, Feb 14 10:00-11:30 AM W2351X

Winter Discovery Hike

Huber Wds Pk EC Parking Lot

Tue, Feb 18 10:00-11:30 AM W2451X



When children begin hiking at a young age they learn about nature, weather, plants, and animals, as well as build on creative thinking and safety skills.

DID YOU KNOW?

Mini Ski Adventure

(ages 3-7, with adult)

Introduce your child to the fun of cross-country skiing. Small class sizes will enable your child to build confidence, learn new skills, and make new friends. Parents will be asked to assist the instructor as necessary. Warm up afterward at our cozy campfire and enjoy some delicious s'mores. All ski equipment is provided. If natural snow is not an option, the program will use our custom ski-mats to simulate snow.

One Session \$16.00 Per Child

Thompson Pk Ski Hut

Sun, Dec 15 10:00-11:10 AM W2851X

Sun, Dec 15 11:30 AM-12:40 PM W3451X

Thu, Jan 9 10:00-11:10 AM W3051X

Thu, Jan 9 11:30 AM-12:40 PM W3551X

Tue, Jan 14 10:00-11:10 AM W3251X

Tue, Jan 14 11:30 AM-12:40 PM W3651X

Sat, Jan 25 10:00-11:10 AM W3151X

Sat, Jan 25 11:30 AM-12:40 PM W3751X

Fri, Feb 7 10:00-11:10 AM W3351X

Fri, Feb 7 11:30 AM-12:40 PM W3851X

PLAY GROUP

Let's Explore

(ages 2-5, with adult)

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

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

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Jan 13-Feb 17 9:30-10:15 AM A2051X

Mon, Jan 13-Feb 17 10:45-11:30 AM A3351X

Mon, Jan 13-Feb 17 12:00-12:45 PM A2151X

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes was developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show! As the teacher plays guitar, the children sing and dance with parents' participation to the coolest children's musical experience ever.

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

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr

Mon, Jan 6-Mar 10 10:00-10:45 AMA8251X

No class 1/20 & 2/17

Mon, Jan 6-Mar 10 11:00-11:45 AMA8451X

No class 1/20 & 2/17

Mon, Jan 6-Mar 10 4:00-4:45 PMA8551X

No class 1/20 & 2/17

Mon, Jan 6-Mar 10 5:00-5:45 PMA8651X

No class 1/20 & 2/17

Fri, Jan 10-Feb 28 9:30-10:15 AM.A8951X

Fri, Jan 10-Feb 28 10:30-11:15 AM.A9051X

Fri, Jan 10-Feb 28 11:30 AM-12:15 PM . . .A9151X

Instructor: Ms. Elisa

Dorbrook Rec Area Prog Bldg

Wed, Jan 8-Feb 26 9:30-10:15 AMA8751X

Wed, Jan 8-Feb 26 10:30-11:15 AMA8851X

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Feb 25 9:30-10:15 AM.A9851X

Tue, Jan 7-Feb 25 10:30-11:15 AMA9951X

Tue, Jan 7-Feb 25 11:30 AM-12:15 PM . . .AA051X

Wed, Jan 8-Feb 26 9:30-10:15 AMAA151X

Wed, Jan 8-Feb 26 10:30-11:15 AMAA251X



Morning Playtime

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

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

Please Note: Parent must remain present in the room. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 12-Jan 23 9:15-10:00 AM.X0751X

No class 12/26 & 1/2

Thu, Feb 6-Mar 6 9:15-10:00 AMX1051X

Tatum Pk Holland Act Ctr

Wed, Dec 11-Jan 22 10:30-11:15 AMX1451X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 10:30-11:15 AMX1851X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 11-Jan 22 9:15-10:00 AMX0151X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 9:15-10:00 AM.X0451X

Stage 3

(ages 2-3 ½, with adult)

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 12-Jan 23 10:15-11:00 AMX0851X

No class 12/26 & 1/2

Thu, Feb 6-Mar 6 10:15-11:00 AMX1151X

Tatum Pk Holland Act Ctr

Wed, Dec 11-Jan 22 11:30 AM-12:15 PM . . .X1651X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 11:30 AM-12:15 PM . . .X1951X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 11-Jan 22 10:15-11:00 AMX0251X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 10:15-11:00 AMX0551X



I can't recommend Miss Melissa's Aardvarks enough! All of the instructors are wonderful!



Mommy & Me Ballet

(ages 2 ½-3 ½, with adult)

We are excited to offer this pre-ballet class for our youngest students! Your little ones will experience rhythms, gross motor skills, and creative movement with the help of mom and with the instructor's guidance. Moms should be dressed to move for the entire class. Students should wear ballet shoes and attire.

Ten Sessions \$125.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 9:30-10:15 AM.A6151X

Move and Groove

(ages 18 months-3 years, with adult)

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

Six Sessions \$70.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Jan 15-Feb 19 10:00-10:45 AMA3451X

My Morning Playtime

(ages 3-4, with adult)

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

Please Note: Parents/guardians may not be actively participating during class; however, they will be asked to monitor their child's behavior.

Five Sessions \$62.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 12-Jan 23 11:15 AM-12:00 PM . .X0951X

No class 12/26 & 1/2

Thu, Feb 6-Mar 6 11:15 AM-12:00 PMX1251X

Tatum Pk Holland Act Ctr

Wed, Dec 11-Jan 22 11:30 AM-12:15 PM . .X1551X

No class 12/25 & 1/1

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 11-Jan 22 11:15 AM-12:00 PM . .X0351X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 11:15 AM-12:00 PM . . .X0651X

Pre-K Prep

(ages 3-4, with adult)

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

Five Sessions \$62.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 9-Jan 20 9:30-10:15 AMX2051X

No class 12/23 & 12/30

Mon, Feb 3-Mar 3 9:30-10:15 AM.X2251X

Sensory Explorers

(ages 9 months-2 years, with adult)

Explore your child's new world together through sound, vision, and touch! Each class is filled with multi-sensory activities, messy art, song, and dance. These developmentally appropriate activities are designed to grow young children's brains and help develop their fine motor skills.

Six Sessions \$70.00 Per Pair

Dorbrook Rec Area Prog Bldg

(ages 9 months-18 months, with adult)

Tue, Jan 14-Feb 18 9:00-9:45 AM.A9143X

(ages 18 months-2 years, with adult)

Tue, Jan 14-Feb 18 10:15-11:00 AMA3651X

When You Wish Upon a Star

(ages 2-4, with adult)

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

Five Sessions \$62.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Dec 11-Jan 22 9:30-10:15 AMX1351X

No class 12/25 & 1/1

Wed, Feb 5-Mar 5 9:30-10:15 AM.X1751X

SPORTS & FITNESS

Future Stars of Tomorrow

(ages 3-5, with adult)

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several sports in a fun, noncompetitive environment. Sports covered will include soccer, t-ball, hockey, and more.

Five Sessions \$62.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 9-Jan 20 10:30-11:15 AM X2151X

No class 12/23 & 12/30

Mon, Feb 3-Mar 3 10:30-11:15 AM X2351X

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.

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$55.00 Per Pair

Sat, Dec 7-21 9:30-10:15 AM MAE51X

Sat, Dec 7-21 11:00-11:45 AM MAF51X

Sat, Dec 7-21 12:00-12:45 PM MAG51X

Four Sessions \$70.00 Per Pair

Thu, Dec 5-Jan 2 9:30-10:15 AM MAC51X

No class 12/26

Thu, Dec 5-Jan 2 10:30-11:15 AM MAD51X

No class 12/26

Sat, Jan 4-25 9:30-10:15 AM MAN51X

Sat, Jan 4-25 11:00-11:45 AM MAP51X

Sat, Jan 4-25 12:00-12:45 PM MAQ51X

Thu, Jan 9-30 9:30-10:15 AM MAH51X

Thu, Jan 9-30 10:30-11:15 AM MAJ51X

Sat, Feb 1-22 9:30-10:15 AM MB851X

Sat, Feb 1-22 11:00-11:45 AM MB951X

Sat, Feb 1-22 12:00-12:45 PM MBA51X

Thu, Feb 6-27 9:30-10:15 AM MB251X

Thu, Feb 6-27 10:30-11:15 AM MB351X

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

Fort Monmouth Rec Ctr Gym A

Sat, Jan 4-25 12:00-12:55 PM X5851X

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

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

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sun, Jan 5-26 10:30-11:15 AM X4151X

Sun, Jan 5-26 11:30 AM-12:15 PM X4251X

Tue, Jan 7-28 9:30-10:15 AM X4451X

Sun, Feb 9-Mar 2 10:30-11:15 AM X5151X

Sun, Feb 9-Mar 2 11:30 AM-12:15 PM X5251X

Tue, Feb 11-Mar 4 9:30-10:15 AM X5451X

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 as your child's favorite stuffed animal.

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

Four Sessions \$68.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 5-26 11:30 AM-12:00 PM X2851X

Sun, Feb 2-23 11:30 AM-12:00 PM X2951X



Kidz Yoga II

(ages 6-8, with adult)

Welcome to our young yogis yoga class! Here we 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 as your child's favorite stuffed animal.

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

Four Sessions \$68.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 5-26 12:10-12:40 PM. X3051X

Sun, Feb 2-23 12:10-12:40 PM X3151X

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Indoor Season

Four Sessions \$64.00 Per Person

Fort Monmouth Rec Ctr Gym A

Tue, Jan 7-28 10:30-11:15 AM. X4551X

Tue, Feb 11-Mar 4 10:30-11:15 AM. X5551X



ARTS & CRAFTS

CERAMICS & POTTERY

Children's Ceramics

(ages 8-16)

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

Six Sessions \$85.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 11-Feb 15 9:30-11:30 AM Z5151X

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions \$100.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 17-Feb 21 4:30-6:00 PM. Z2551X



The staff and instructors at the Creative Arts Center are very skilled, professional, and courteous to all their students.





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: John Fossa

Sat, Jan 4-Feb 15 9:00-11:00 AM Z2351X

Instructor: Joyce Nokes

Thu, Jan 9-Feb 20 4:00-6:00 PM. Z2251X

Christmas Tree Claytime

(ages 8-12)

Build a clay tree to celebrate the season. Students will sculpt a small Christmas tree, and learn basic hand-building techniques. Participants will also have the opportunity to add clay decorations and glazes to create a one-of-a-kind holiday keepsake. Pieces will be kiln-fired and ready for pick-up two weeks after the workshop.

One Session \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 23 12:00-1:30 PM. ZDA44X

Sat, Nov 23 2:00-3:30 PM. ZDB44X

Santa's Cookie Plate

(ages 6-9)

The night before Christmas put Santa's cookies on a special plate of your own design. Class includes a ceramic plate, glazes, and firings. Plates will be kiln-fired and ready for pick-up the following week.

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Sun, Dec 8 12:00-1:30 PM Z4151X

Sun, Dec 8 2:00-3:30 PM Z4251X

Sculpt a Snowman

(ages 6-10)

In the spirit of the snowy, winter weather, join us inside the warmth of the Creative Arts Center. We'll construct a snowman sculpture to cherish long after the snow melts. Participants will learn fun hand-building techniques, as well as painting and decorating our clay snowmen. Projects will be kiln-fired and ready for pick up two weeks after the workshop.

One Session \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 18 12:00-1:30 PM Z4551X

Sat, Jan 18 2:00-3:30 PM Z4651X

Valentine's Plate

(ages 7-11)

With Valentine's Day right around the corner, create the perfect gift for someone special! Paint a pre-cast ceramic plate with a special Valentine's Day twist, while learning some fun ceramic painting techniques. The class includes a ceramic plate, glazes, instructions, and firings. Pieces will be glaze-fired and ready to pick up in about a week.

One Session \$38.00 Per Child

Thompson Pk Creative Arts Center

Sat, Feb 1 12:00-1:30 PM Z4351X

Sat, Feb 1 2:00-3:30 PM. Z4451X

DRAWING & PAINTING

Creating Iconic Comic Book Characters

(ages 7-10)

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

One Session \$55.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Jan 25 1:00-3:30 PM AAM51X

Great Impressionism for 6 & 7 Year Olds™

(ages 6-7)

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

Four Sessions \$66.00 Per Child

Thompson Pk Creative Arts Center

Sisley's The Route to Mantes

Original Winter Scene

Renoir's Roses in a Vase

Sisley's The Dam, Loing Canal at Saint Mammes

Sat, Dec 7-28 10:30-11:30 AM. ZA551A

Sisley's The Seine at Bougival

Monet's Seacoast at Saint-Adresse, Sunset

van Gogh's Peach Tree in Blossom

Monet's The Japanese Footbridge

Sat, Jan 4-25 10:30-11:30 AM ZA651A

van Gogh's Wheatfield with Cypressess

van Gogh's Starry Night

Monet's Antibes

van Gogh's Cypressess

Sat, Feb 1-22 10:30-11:30 AM. ZA751A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Sisley's The Route to Mantes

Original Winter Scene

Renoir's Roses in a Vase

Sisley's The Dam, Loing Canal at Saint Mammes

Fri, Dec 6-27 4:30-6:30 PM ZA851A

Sisley's The Seine at Bougival

Monet's Seacoast at Saint-Adresse, Sunset

van Gogh's Peach Tree in Blossom

Monet's The Japanese Footbridge

Fri, Jan 3-24 4:30-6:30 PM ZA951A

van Gogh's Wheatfield with Cypressess

van Gogh's Starry Night

Monet's Antibes

van Gogh's Cypressess

Fri, Jan 31-Feb 21 4:30-6:30 PM. ZAA51A



My 8 year old daughter is spoiled by the quality of the programs being offered through the Park System!





KidzArt Explore

(ages 6-10)

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

Six Sessions \$100.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Jan 6-Feb 10 4:00-5:00 PM ZAK51A

Mon, Feb 24-Mar 31 4:00-5:00 PM ZAM51A

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 8-Feb 12 4:00-5:00 PM ZAN51A

Wed, Feb 26-Apr 2 4:00-5:00 PM ZAP51A

Thompson Pk Creative Arts Center

Thu, Jan 2-Feb 6 4:30-5:30 PM ZAQ51A

Thu, Feb 20-Mar 27 4:30-5:30 PM ZAR51A

KidzArt Discover

(ages 3 ½-5 years)

Learning about art and how to draw is like learning a new language. Students learn to focus and see how their wonderful world is put together. Through individual guidance and encouragement, they complete art projects that enhance drawing skills, are simple and fun, and get great results. Students develop Kindergarten readiness by learning to follow directions, focus, interact socially, build confidence, and learn problem-solving skills. The KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$100.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 7-Feb 11 1:00-2:00 PM Z8051A

Tue, Feb 25-Apr 1 1:00-2:00 PM Z8151A

KidzArt Holiday Workshop

(ages 6-11)

Need a fun activity for the kids while you wrap up your holiday errands? Bring them to our KidzArt Holiday Workshop! We will create a holiday-themed painting and clay ornaments.

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Dec 14 10:30 AM-1:00 PM ZAB51A

Sat, Dec 14 2:30-5:00 PM ZAC51A

KidzArt Painting Workshop

(ages 6-11)

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

One Session \$35.00 Per Child

Snowy Owl

Henry Hudson Trail Act Ctr

Sat, Jan 18 10:30 AM-12:00 PM Z8651A

Thompson Pk Creative Arts Center

Sat, Jan 18 1:30-3:00 PM Z8751A

Be My Valentine

Henry Hudson Trail Act Ctr

Sat, Feb 8 10:30 AM-12:00 PM Z8851A

Thompson Pk Creative Arts Center

Sat, Feb 8 1:30-3:00 PM Z8951A

TeenzArt Studio

(ages 11-17)

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

Six Sessions \$105.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 8-Feb 12 5:15-6:30 PM ZAF51A

Wed, Feb 26-Apr 2 5:15-6:30 PM ZAG51A

Thompson Pk Creative Arts Center

Thu, Jan 2-Feb 6 5:45-7:00 PM ZAH51A

Thu, Feb 20-Mar 27 5:45-7:00 PM ZAJ51A



SEWING

American Girl® Doll Design

(ages 7-10)

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

One Session \$30.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Holiday Party Outfit

She'll sparkle in a new ensemble just in time for New Year's.

Sat, Dec 14 10:30-11:30 AM MCF51X

Sat, Dec 14 12:00-1:00 PM MCG51X

Sat, Dec 14 1:30-2:30 PM MCH51X

Winter Warmers

Make accessories to keep her warm all winter.

Sat, Jan 11 10:30-11:30 AMM CJ51X

Sat, Jan 11 12:00-1:00 PMM CK51X

Sat, Jan 11 1:30-2:30 PMM CM51X

Valentine's Day Treats

Make some sweet treats to share with friends.

Sat, Feb 8 10:30-11:30 AMM CN51X

Sat, Feb 8 12:00-1:00 PMM CP51X

Sat, Feb 8 1:30-2:30 PMM CQ51X

Beginner Sewing

(ages 10-15)

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

Instructor: Gianna Giezey

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 8-Feb 12 4:00-6:00 PM ZB051X

CULINARY ARTS

Books & Cooks

(ages 4-5)

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

Please Note: Children must be fully potty trained.

Four Sessions \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 15-Feb 5 3:00-4:00 PM A1251X

Thu, Jan 16-Feb 6 3:00-4:00 PM. A1451X

Wed, Feb 19-Mar 12 3:00-4:00 PM A1351X

Dinner Party Chefs

(ages 10-13)

Designed for ambitious tween chefs 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 \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 25 2:00-5:30 PM A4951X

Sat, Feb 22 2:00-5:30 PM A5051X



When children learn cooking skills, they're also given the opportunity to better understand food and nutrition as well as the science behind cooking.

DID YOU KNOW?

Kids' Baking

(ages 10-13)

Throw on your apron and get ready for some hands-on baking! Each week we'll focus on different kinds of treats as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe, and more!

Three Sessions \$66.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 3-17 5:30-7:30 PM MC151X

Tue, Jan 28-Feb 11 5:30-7:30 PM MC251X

Let's Cook

(ages 6-7)

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

Four Sessions \$72.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 15-Feb 5 4:30-5:30 PM A1651X

Thu, Jan 16-Feb 6 4:30-5:30 PM. A1851X

Wed, Feb 19-Mar 12 4:30-5:30 PM A1751X

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, Jan 19-Feb 9 10:30 AM-12:00 PM . . . A2851X

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



“

My granddaughter loves the cooking classes. The instructor is wonderful with the children!

”

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, Feb 23-Mar 16 10:30 AM-12:00 PM . . A2751X

EDUCATION & ENRICHMENT

Magic: The Gathering™

(ages 10-15)

Learn to play the world's premier fantasy trading card game! In this introductory, three-hour session students will be introduced to the different types of Magic™ cards, build their first deck, and play their first few games of Magic. Each student will receive cards, a deck box, and dice.

One Session \$30.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Sun, Feb 2 11:00 AM-2:00 PM MC851X

Sun, Feb 16 11:00 AM-2:00 PM MCB51X

Mindfulness Monkeys

(ages 3-5)

This mindfulness class is full of dances, songs, crafts, and meditation activities. We'll do themed sessions centering around identifying emotions, gratitude, kindness, respect, and making friends.

Six Sessions \$72.00 Per Child

Dorbrook Rec Area Vis Ctr

Wed, Jan 15-Feb 19 11:00-11:45 AM . . . A4251X

Snapology STEAM Programs

(ages 6-12)

Critical thinking, creativity, problem-solving, communication, and collaboration are taught in fun, age-appropriate sessions. S.T.E.A.M. programs include LEGO® building, robotics, and hands-on creativity that strengthen your child's science, technology, engineering, art, and math skills. Instructors and all supplies are provided by Snapology.

Six Sessions \$165.00 Per Child

Mechanical Masterminds Engineering

(ages 8-12)

Is your child inquisitive, a problem-solver, a big-thinker, a tinkerer, a puzzler, a LEGO® lover, or a budding engineer? If so, they're the perfect fit for Snapology's Mechanical Masterminds program! This program supplies the tools they need to understand mechanical movement through the foundations of simple machines, physics, and engineering design. They will see moving parts up close as they follow instructions to build various machines, then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates. Whether they are the creative-constructive type or prefer the inquisitive-deductive way of learning, this program is sure to spark their interest!

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Jan 28-Mar 4 5:00-6:00 PMU0751A

Science of Superpowers

(ages 6-9)

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

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 29-Mar 5 5:00-6:00 PMU0851A

Creature Creator Robotics & Coding

(ages 7-11)

In Snapology's Creature Creator class, your animal lover will create their own animal-inspired robotic models and make them come to life! Students will learn about gear ratio, sensors, simple machines, and programming as they build insects, dolphins, gorillas, dinosaurs, and more. This robotics and coding program is a favorite amongst our students. Your child is sure to have a wild time as they build, learn, and play with these interactive animal creations!

Thompson Pk Vis Ctr Beech Room

Thu, Jan 30-Mar 6 5:00-6:00 PMU0951A

Snapology Winter Break Workshops

(ages 6-12)

Critical thinking, creativity, problem-solving, communication, and collaboration are taught in fun, age-appropriate sessions. S.T.E.A.M. programs include LEGO® building, robotics, and hands-on creativity that strengthen your child's science, technology, engineering, art, and math skills. Instructors and all supplies are provided by Snapology.

One Session \$65.00 Per Child

Robotics and Coding Workshop

(ages 6-11)

Let's bring LEGO® bricks to life using robotics and coding in this ultimate STEM workshop. Students will work on robotic projects and program their models to move using coding! Work in teams to build robotic animals, vehicles, and even moving games to play. We will learn about gear ratio, sensors, programming, and pulleys as we create fun projects using LEGO® bricks and technology.

Thompson Pk Vis Ctr Tulip Room

Thu, Dec 26 9:00 AM-12:00 PMU0151A

Mining and Building Workshop

(ages 6-11)

Travel to the Nether with Snapology, but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks and creativity as we have a blast bonding over the game we all love to play. Students will work on awesome activities that will allow them to create their own Minecraft® world using bricks, including animals, creepers, 3D Minecraft® characters, and more. Lessons involve critical thinking, architecture, socialization, and a whole lot of imagination.

Thompson Pk Vis Ctr Tulip Room

Thu, Dec 26 1:00-4:00 PMU0251A

Video Gamers Club Workshop

(ages 6-11)

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

Big Brook Pk Elsas Lodge

Fri, Dec 27 9:00 AM-12:00 PMU0351A

(continued on page 27)

Snapology Winter Break Workshops continued...

Machines and Cool Contraptions Engineering Workshop

(ages 6-9)

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

Big Brook Pk Elsas Lodge

Fri, Dec 27 1:00-4:00 AM U0451A

Pokémania Workshop

(ages 6-11)

Join Snapology for Pokémania! Students will build and explore the world of Pokémon® as they create their own poke balls, training gyms, and even their very own generation of Pokémon® characters. They will learn about real-world science while creating habitats, and architecture by building homes and gyms, and of course, there will be plenty of creativity, socialization, and fun. Prepare to have a blast becoming the best Pokémon® trainer ever!

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 30 9:00 AM-12:00 PM U0551A

Bot Builders Robotics & Coding with Cubelets® Workshop

(ages 6-11)

Join the fun as we play and code with Cubelets®: modular, robotic cubes! Snap the magnetic cubes together to create a unique robot, but what really matters is how you figure out the perfect robot recipe to solve a challenge. Students will work in small teams to figure out how to create energy-efficient lighthouses, racer bots, maze solvers, goofy animals, and so much more! Are you ready to play and tinker with Snapology?

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 30 1:00-4:00 AM U0651A

OUTDOOR ADVENTURES



Adventures in Cross-Country Skiing NEW

(ages 11-17)

Experience the Olympic sport of cross-country skiing this winter! Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. These adventures will run using natural snow or our custom ski-mats. Afterward, warm up by the fire and make some s'mores. All ski equipment is provided.

One Session \$22.00 Per Person

Thompson Pk Ski Hut

Mon, Jan 27 4:30-6:00 PM W4351X

Mon, Feb 10 4:30-6:00 PM W4451X

Mountain Creek Snow Tubing Adventure NEW

(ages 10-17)

Grab your friends and hit the slopes! Mountain Creek boasts up to 20 lanes for snow tubing and two Magic Carpet Conveyor Walkways that take you and your tube back to the summit of the snow tubing terrain. With single or double tubes, race with friends and see who can reach the bottom first, then jump on the Magic Carpet and get an effortless ride back to the top of the hill. Riders must be at least 42" tall. Transportation via a Park System minibus. Please dress appropriately for the weather and pack a lunch.

One Session \$98.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Feb 22 9:45 AM-3:45 PM (approx) . . W4251X

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

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 to be used as Fairy Tale spells in plays and stories and as lyrics in songs. A reading or singing of our poems for family and friends will be held on the last day of class. Please bring a notebook and pencil.

Four Sessions \$65.00 Per Person

Big Brook Pk Act Ctr

Fri, Feb 7-28 4:00-5:30 PMQ2051X

Beginner Acting – The Performers

(ages 8-10)

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

Six Sessions \$135.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 27-Mar 3 4:30-6:00 PMQ0451X

Headline News Show

(ages 9-11)

It's the Headline News Show starring you and your fellow actors! In this program, we will create our Headline News Show complete with headline news reports, sports, weather, and commercial breaks. A performance of our news show for family and friends will be held on the last day of class.

Six Sessions \$135.00 Per Person

Big Brook Pk Act Ctr

Wed, Jan 8-Feb 12 4:30-6:00 PMQ1951X

Manasquan River Greenway Winter Run

Tue, Jan 21-Feb 25 4:00-5:30 PMQ2151X

Night Watch in the Magical Maple Forest 

(ages 8-12)

The Elves of the Magical Maple Forest have just planted 100 new maple seedlings. They must protect the maple seedlings from being trampled on overnight. They decide to stay awake around the campfire and act out their original myths such as "How the Rabbit Got Long Ears" and "How Clouds Were Made" to pass the time as they stand guard against the neighboring Cupcake Fairies. A performance of this play for family and friends will be held on the last day of class.

Six Sessions \$135.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 16-Feb 20 4:30-6:00 PMQ0551X

Stop Motion Animation Creation

(ages 9-12)

Bring your ideas, stories, objects, and figurines to this class as we collaborate to create your very own stop-motion animation video. We will be using the Stop Motion Animation free app. iPad, stand, and lighting will be provided for use during class. Please bring a thumb drive to class to save your work. We will have a film premiere on the last day of class for our families.

Five Sessions \$135.00 Per Person

Manasquan River Greenway Winter Run

Sat, Jan 11-Feb 8 1:00-3:00 PMQ2251X

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 water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$85.00 Per Child

Big Brook Pk Act Ctr

Fri, Jan 10-31 4:00-5:30 PMQ2351X



DANCING

Little Dancers

(ages 5-6)

Calling all Kindergartners! This class teaches basic ballet movement, terminology and introduces the ballet barre for the first time. The tap section will help dancers learn rhythmic coordination and develop musicality. Children must wear ballet attire and need ballet and tap shoes. Please secure hair away from the face.

Ten Sessions \$125.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 4:45-5:30 PMA6651X

Tots in Tutus I

(ages 3-4)

Your child will discover their inner dancer as they explore the simple exercises of this graceful dance form. A professional instructor will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment are emphasized. Little dancers should be potty trained and wear leotard/tights and ballet shoes. No slippers please. Please secure hair away from the face.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 10:15-11:00 AM.A6251X

Tots in Tutus II Combo

(ages 3-4)

This fun-filled dance class introduces your dancer to ballet and tap basics using fun music and props. Dancers will build self-confidence, improve listening skills and spark imagination! Little dancers should be potty trained and wear leotard/tights and need ballet and tap shoes. No slippers please. Please secure hair away from the face.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 11:00-11:45 AM.AB651X

Tue, Jan 7-Mar 11 4:00-4:45 PMA6451X



*We love these programs!
Every instructor is so kind and
makes it such a good experience
for my children.*



SPORTS & FITNESS

BASEBALL

T-Ball

(ages 4-5)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 4-25 9:00-9:55 AM.X3851X

Sat, Jan 4-25 10:00-10:55 AM.X3951X

Sat, Feb 8-Mar 1 9:00-9:55 AMX4851X

Sat, Feb 8-Mar 1 10:00-10:55 AM.X4951X

BASKETBALL

Basketball FUNDamentals

(ages 6-8)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 4-25 11:00-11:55 AM.X4051X

Sat, Feb 8-Mar 1 11:00-11:55 AM.X5051X

FLOOR 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

Fort Monmouth Rec Ctr Gym A

Sat, Feb 8-Mar 1 12:00-12:55 PM.X5951X

GYMNASTICS & CHEERLEADING

Gymnastics- Kids

(ages 3-10)

Few activities can help your child develop 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.

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$55.00 Per Person

(ages 3-4)

Sat, Dec 7-21 9:30-10:15 AM M9951X

Sat, Dec 7-21 11:00-11:45 AM. MA051X

Sat, Dec 7-21 12:00-12:45 PM. MA151X

(ages 5-6)

Sat, Dec 7-21 9:30-10:15 AM MA251X

Sat, Dec 7-21 11:00-11:45 AM. MA351X

Sat, Dec 7-21 12:00-12:45 PM. MA451X

(ages 7-10)

Sat, Dec 7-21 9:30-10:15 AM MA551X

Sat, Dec 7-21 11:00-11:45 AM. MA651X

Sat, Dec 7-21 12:00-12:45 PM. MA751X

Four Sessions \$70.00 Per Person

(ages 3-4)

Thu, Dec 5-Jan 2 9:30-10:15 AM M9051X

No class 12/26

Thu, Dec 5-Jan 2 10:30-11:15 AM M9151X

No class 12/26

Sat, Jan 4-25 9:30-10:15 AM. MAT51X

Sat, Jan 4-25 11:00-11:45 AM. MAU51X

Sat, Jan 4-25 12:00-12:45 PM MAV51X

Thu, Jan 9-30 9:30-10:15 AM MAR51X

Thu, Jan 9-30 10:30-11:15 AM MAS51X

Sat, Feb 1-22 9:30-10:15 AM. MBB51X

Sat, Feb 1-22 11:00-11:45 AM. MBC51X

Sat, Feb 1-22 12:00-12:45 PM MBD51X

Thu, Feb 6-27 9:30-10:15 AM MB451X

Thu, Feb 6-27 10:30-11:15 AM MB551X

(ages 5-6)

Sat, Jan 4-25 9:30-10:15 AM. MAW51X

Sat, Jan 4-25 11:00-11:45 AM. MAX51X

Sat, Jan 4-25 12:00-12:45 PM MAY51X

Sat, Feb 1-22 9:30-10:15 AM. MBE51X

Sat, Feb 1-22 11:00-11:45 AM. MBF51X

Sat, Feb 1-22 12:00-12:45 PM MBG51X

(ages 7-10)

Sat, Jan 4-25 9:30-10:15 AM. MAZ51X

Sat, Jan 4-25 11:00-11:45 AM. MB051X

Sat, Jan 4-25 12:00-12:45 PM MB151X

Sat, Feb 1-22 9:30-10:15 AM. MBH51X

Sat, Feb 1-22 11:00-11:45 AM.MBJ51X

Sat, Feb 1-22 12:00-12:45 PM MBK51X

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$55.00 Per Person

Sat, Dec 7-21 9:00-9:45 AM MA851X

No class 12/27

Sat, Dec 7-21 11:00-11:45 AM. MA951X

No class 12/27

Four Sessions \$70.00 Per Person

Fri, Dec 6-Jan 3 4:00-4:45 PM M9451X

No class 12/27

Fri, Dec 6-Jan 3 5:00-5:45 PM M9551X

No class 12/27

Fri, Jan 10-31 4:00-4:45 PM MAK51X

Fri, Jan 10-31 5:00-5:45 PM MAM51X

Sat, Feb 1-22 9:00-9:45 AM MBM51X

Sat, Feb 1-22 11:00-11:45 AM. MBN51X

Fri, Feb 7-28 4:00-4:45 PM MB651X

Fri, Feb 7-28 5:00-5:45 PM MB751X

SOCCER

Kids Kixx Soccer

(ages 4-5)

Soccer made simple! Skills including dribbling, passing, and shooting will be taught by encouraging instructors using age-appropriate games, demonstrations, and drills to teach the basics of soccer.

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Jan 9-30 4:00-4:55 PM X4651X

Thu, Jan 9-30 5:00-5:55 PM X4751X

Thu, Feb 13-Mar 6 4:00-4:55 PM X5651X

Thu, Feb 13-Mar 6 5:00-5:55 PM X5751X

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sun, Jan 5-26 12:30-1:25 PM X4351X

Sun, Feb 9-Mar 2 12:30-1:25 PM X5351X

SUMMER JOB FAIR

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

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

Summer Camp Counselors

Inclusion Coaches

Pool & Beach Lifeguards

Boat Tour Operators

Sprayground Attendants

Seasonal Greenskeepers

Seasonal Rangers

**SATURDAY,
MARCH 8**

9:00 AM - 12:00 PM

Fort Monmouth Recreation
Center, Tinton Falls

Questions?

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

ACTIVE ADULTS 55+

Stronger for Longer

(ages 55 and up)

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

Five Sessions \$70.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Feb 10 11:45 AM-12:45 PMD2151X

No class 1/20

Mon, Jan 6-Feb 10 1:00-2:00 PMD2251X

No class 1/20

Six Sessions \$84.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Feb 11 10:00-11:00 AMD2551X

Tue, Jan 7-Feb 11 11:15 AM-12:15 PMD2651X

Tue, Feb 25-Apr 1 10:00-11:00 AMD2751X

Tue, Feb 25-Apr 1 11:15 AM-12:15 PMD2851X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Feb 24-Mar 31 11:45 AM-12:45 PM.D2351X

Mon, Feb 24-Mar 31 1:00-2:00 PMD2451X



Winter 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 sticks are recommended. A schedule of locations and dates will be included with your receipt.

Location Varies Week to Week

Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is faster paced than .75, but more comfortable than 2, 3, and 4.

Twelve Sessions \$72.00 Per Person

Tue, Jan 7-Mar 25 9:30-11:00 AM.D0951A

Thu, Jan 9-Mar 27 9:30-11:00 AMD1051A

Level 2

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

Twelve Sessions \$84.00 Per Person

Wed, Jan 8-Mar 26 9:30-11:30 AMD1151A

Thu, Jan 9-Mar 27 9:30-11:30 AMD1251A

Fri, Jan 10-Mar 28 9:30-11:30 AMD1351A

Level 3

These moderately-paced hikes go from 5-5 ½ miles in 2 hours. Level 3 is much brisker than Level 2 but easier than Level 4.

Twelve Sessions \$84.00 Per Person

Tue, Jan 7-Mar 25 9:30-11:30 AM.D1451A

Level 4

These brisk hikes go from 5 ½- 6 miles in 2 hours. Level 4 is the most difficult of the Senior Hiker programs.

Thirteen Sessions \$91.00 Per Person

Mon, Jan 6-Mar 31 9:30-11:30 AMD1551A

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, Jan 3-Feb 7 4:30-5:25 PMX7851X

Fri, Feb 28-Apr 4 4:30-5:25 PMX7951X

Ten Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Jan 15-Mar 19 9:30-10:25 AMX7751X

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

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

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 7-Feb 18 7:00-10:00 PM Z0451X

Instructor: TBA

Thu, Jan 9-Feb 20 9:00 AM-12:00 PM Z0551X

Instructor: Don Bradford

Thu, Jan 9-Feb 20 6:30-9:30 PM. Z0651X

All Level Pottery Classes

(adults)

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

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: John Fossa

Sat, Jan 4-Feb 15 11:30 AM-2:30 PM. Z0851X

Instructor: Laura Copeland

Mon, Jan 6-Feb 17 9:00 AM-12:00 PM. Z0951X

Instructor: TBA

Mon, Jan 6-Feb 17 1:00-4:00 PM Z1051X

Instructor: Brian Farro

Mon, Jan 6-Feb 17 6:00-9:00 PM Z1151X

Instructor: Sue Johnson

Tue, Jan 7-Feb 18 4:00-7:00 PM. Z1251X

Instructor: Joanne Traskiewicz

Wed, Jan 8-Feb 19 9:00 AM-12:00 PM. Z1351X

Wed, Jan 8-Feb 19 1:00-4:00 PM Z1451X

Instructor: Laura Copeland

Wed, Jan 8-Feb 19 6:30-9:30 PM Z1551X

Instructor: Joyce Nokes

Fri, Jan 10-Feb 21 9:00 AM-12:00 PM Z1651X

Fri, Jan 10-Feb 21 1:00-4:00 PM. Z1751X



10th Annual
Creative Arts Festival
Call for Entries

We're seeking fine art and high-quality craft artisans for our 10th Annual Creative Arts Festival at Thompson Park to be held Saturday, May 10 from 10:00 AM-4:00 PM.

This juried art festival is open to artists of all mediums.

Application fee is \$15.00. Applications are due Saturday, March 8.

In addition to our art vendors, the day will be filled with art demonstrations, live music, and food vendors.

It's a great day to celebrate the arts!

For more information, please visit www.MonmouthCountyParks.com or contact Christina at ccarlson@monmouthcountyparks.com or 732-842-4000, ext. 3343.

All Level Pottery - Extended

(adults)

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

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

Instructor: Sue Johnson

Seven Sessions \$280.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 7-Feb 18 9:00 AM-1:00 PM Z3051X

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt and model clay, and complete a 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. The course includes 25 lbs. of clay, the use of tools, and kiln firings. Additional materials may be required for armatures and will be discussed on the first day of class.

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 20 12:30-3:30 PM Z0751X



The instructors and administration, as well as the Creative Arts Center facility itself, are all excellent!



Ceramic Arts

(adults)

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

Seven Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 20 9:00 AM-12:00 PM Z5051X

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 handbuilt creations. The class includes 25 lbs. of clay, glazes, and firings.

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

Instructor: TBA

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 8-Feb 19 1:00-4:00 PM Z2651X

Wed, Jan 8-Feb 19 6:30-9:30 PM Z2751X

Friday Evening Pottery

(ages 11 and up)

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

Instructor: Kayla Robinson

Seven Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Feb 21 6:30-8:30 PM Z2451X

DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist masterpiece using Aspiring Artists step-by-step painting method. Students will learn specific brushstrokes and layering techniques to recreate their 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

van Gogh's Cypresses

Sat, Dec 7 2:00-5:00 PM. Z9351A

Monet's The Magpie

Sat, Dec 14 2:00-5:00 PM. Z9451A

Original Nativity Painting for Christmas

Sat, Dec 21 2:00-5:00 PM. Z9551A

Renoir's Flowers in a Vase

Sat, Dec 28 2:00-5:00 PM. Z9651A

Monet's Chrysanthemums

Sat, Jan 4 2:00-5:00 PM. Z9751A

Renoir's Conversation in a Rose Garden

Sat, Jan 11 2:00-5:00 PM. Z9851A

Monet's Landscape at Vernon

Sat, Jan 18 2:00-5:00 PM. Z9951A

van Gogh's Starry Night

Sat, Jan 25 2:00-5:00 PM. ZA051A

Sisley's The Dam, Loing Canal at Saint Mammes

Sat, Feb 1 2:00-5:00 PM. ZA151A

Renoir's Chestnut Tree in Bloom

Sat, Feb 8 2:00-5:00 PM. ZA251A

Monet's The Japanese Footbridge

Sat, Feb 15 2:00-5:00 PM. ZA351A

Sisley's The Seine at Bougival

Sat, Feb 22 2:00-5:00 PM. ZA451A

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 struggle to see in yourself. You will leave this workshop with a whole new perspective, empowered to use the arts as a new language you can apply to all areas of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career, and has never failed to see results. Bring a sketchbook to write and doodle in.

One Session \$44.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 3 5:00-6:30 PM ZAW51X

Mon, Jan 6 2:00-3:30 PM ZAV51X

Basic Drawing: A Classical Approach

(adults)

Explore various traditional drawing skills such as sighting, comparative measurements, and foreshortening. Students will learn how to accurately use line work to convey form. Throughout this class, participants will develop skills that will foster a better understanding of the visual arts. Lessons will be followed by individual critiques. A supply list will be discussed in further detail on the first day of class.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 16-Feb 20 4:00-6:00 PM. Z2851X

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil, and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience is necessary. A supply fee of \$10.00 is payable to the instructor on the first day of class.

Artist/Instructor: Tresse DeLorenzo or Deanna Gallaro

Six Sessions \$160.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 6-Feb 10 12:30-2:00 PM Z8251A

Mon, Feb 24-Mar 31 12:30-2:00 PM Z8351A

Fort Monmouth Rec Ctr Program Room A

Thu, Jan 2-Feb 6 11:30 AM-1:00 PM Z8451A

Thu, Feb 20-Mar 27 11:30 AM-1:00 PM Z8551A

Botanical Illustration: Evergreens *(adults)*

The majestic quality of evergreens enriches the beauty of the winter landscape as the only tree that keeps its color. We will start the class with a naturalist learning about evergreens, and their unique features, niche roles, and identification. After our hike portion we will work from cuttings to learn how to create botanical illustrations of the foliage of these winter beauties. Participants will learn key structural features, investigate how to appropriately draw the complexity of the leaf through line, and more. Attendees will learn all the basics of this branch of botanical illustration. Please note class is a rain or shine. Supply list will be provided upon registration.

Artist/Instructor: Katie Stone; Naturalist: Blake Beyer

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 15 9:00 AM-12:00 PMZAS51X

Wed, Feb 12 9:00 AM-12:00 PM.ZAT51X

Botanical Illustration:**Orchid Workshop** *(adults)*

Orchids truly are amazing and interesting plants. Composing one of the most diverse families of flowering plants on earth, they exhibit an astonishing diversity of sizes, shapes, and colors. We will be led through a guided tour in Deep Cut Garden's greenhouse, learning from an expert horticulturist all about the elusive orchid, care of plants, and more. Following our tour through the greenhouse and lecture, we will spend the remaining portion of the class learning the art of botanical illustration to render drawings of these exquisite plants.

Artist/Instructor: Katie Stone; Horticulturist: Kate Lepis

One Session \$45.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Feb 21 9:00 AM-12:00 PMZ6451A

Contemporary Watercolor Painting*(adults)*

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

Six Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Jan 6-Feb 10 1:00-3:00 PMZ3151X

Instructor: MaryAnn Goodwin

Tue, Jan 7-Feb 11 6:30-8:30 PM.Z3251X

Thu, Jan 9-Feb 13 6:30-8:30 PM.Z3351X

Fri, Jan 10-Feb 14 10:00 AM-12:00 PM . . .Z3451X

Feather Study*(adults)*

We will study a variety of feathers and choose one to render on black paper with colored pencils. This no-fail lesson will provide you with the skills, techniques, and insights to better your observational abilities and foster a deeper appreciation of the natural world.

Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 15 12:30-2:30 PMA3851X

Figure Drawing 101*(adults)*

Explore the art of figure drawing. This one-day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. Please come with a fee of \$15.00 (cash) payable to the model. All supplies will be provided by the teacher.

Artist/Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 15 6:00-8:30 PMZ4751A

Gouache Painting Class *(adults)*

Explore this exciting medium in an extremely freeing manner. Projects will be theme-based: seascapes, animals, floral designs, shells, and Italian vistas, just to name a few. All will be taught in a contemporary impressionistic style using the new inexpensive HIMI jelly gouache painting sets or your own gouache set. The instructor will teach several diverse techniques that allow the artist to free themselves from realism and allow a more emotionally based painting to evolve. Her step-by-step lessons will demonstrate color theory, color mixing, and diversity in application with brushes, palette knives, and other non-conforming methods. She will use personal references and show you how and what to choose to make a successful composition into a dynamic painting, creating a unique color palette. You will create your very own art journal during this course. Supplies are not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Feb 7 10:00 AM-12:30 PM . . .Z7651A

Fri, Feb 21-Mar 21 10:00 AM-12:30 PM . . .Z7751A



Great Impressionism Workshop™

(adults)

No painting experience is necessary during this step-by-step approach to the Impressionism and/or Fauvism method. Students will learn the specific brushstrokes, layering techniques, color mixing, and unique styles of these painters. Please bring your own 11"x14" canvas and a set of acrylic brushes to each class. Acrylic paint will be provided by the instructor.

Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists

Four Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Sisley's The Route to Mantas,

ORIGINAL winter/holiday scene of student's choice

Fri, Dec 6-27 10:00 AM-12:30 PM Z9051A

Sisley's The Seine at Bougival, 1873

Renoir's Roses in a Vase

Fri, Jan 3-24 10:00 AM-12:30 PM Z9151A

Sisley's The Dam, Loing Canal at Saint Mammes

Monet's Seacoast at Saint-Adresse, Sunset

Fri, Jan 31-Feb 21 10:00 AM-12:30 PM . . . Z9251A

Illustrating Birds: Winter Waterfowl

(adults)

This workshop takes an in-depth look at creating your bird illustrations. Our focus for this session will be ducks found at Manasquan Reservoir. We'll spend some time learning from a Park System Naturalist about our native species, looking for them in their natural habitats. Afterwards, we will venture into the art of ornithological (bird) illustration. Participants will learn how to draw birds including observing key features important to creating realistic representations, rendering complicated feathers and markings, and more. Some drawing experience is a plus, but not a necessity.

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

Artist/Instructor: Katie Stone; Naturalist: Paul Mandala

One Session \$45.00 Per Person

Manasquan Res Vis Ctr Waterview Room

Wed, Jan 22 8:00-11:00 AM Z6251X

Manasquan Res Vis Ctr Program Room 1

Wed, Feb 19 8:00-11:00 AM Z6351X

Intermediate Drawing

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 16-Feb 20 1:00-3:00 PM Z2151X

Intro to Traditional Painting

(adults)

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

Artist/Instructor: Katie Stone

Six Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 9:00-11:00 AM Z1851X

Oil Painting Fundamentals

(adults)

This painting class will focus on the fundamentals of classical painting, offering students a methodical approach to enable them to paint independently. Strategies for understanding color, paint application, and handling of the medium will be covered. Demonstrations and lectures will be followed up by individualized critiques. A supply list will be discussed in further detail on the first day of class.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 15-Feb 19 6:30-8:30 PM Z2951X

Painting on Silk-Intermediate

(adults)

Painting on silk continues. After completing the basics of our previous Painting on Silk classes, you are ready to move on to creating two new silk projects. Additional painting techniques will be explored to create unique works of art on this beautiful material! A supply fee of \$40.00 (cash) is payable to the instructor at the first session.

Please Note: To complete all projects, all sessions must be attended.

Artist/Instructor: Karin Trunz

Seven Sessions \$133.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jan 11-Feb 22 10:30 AM-12:30 PM . . . Z5251X

Painting Techniques from Life

(adults)

An exciting class for painters of all levels! Gain confidence in composing still lifes, setting up unique lighting, and exploring diverse compositional approaches while mastering various painting techniques each week. From drawing and composition, and matching to mixing vibrant new colors for your palette, the instructor will guide you through every step of the process, ensuring you finish with a detailed painting you're proud of. Transition smoothly with photos of each still life to work from in class, or choose from a collection of images. All painting mediums are encouraged, including pastels, gouache, acrylics, and watercolor, as well as the queen of all paints: oils. Delight in painting a range of subjects, including seashells, teapots, dolls, antique toy cars, glass bottles, porcelain items, animal skulls, stuffed toys, and fresh fruits and vegetables. Supplies are not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 8-Feb 5 1:00-3:30 PM Z7451A

Wed, Feb 19-Mar 19 1:00-3:30 PM Z7551A

Painting the Human Form from Life

(adults)

This brand-new course taught by Gina Torello offers partially clothed and nude figure models weekly, along with guided, structured step-by-step group and individual lessons. Over the course, you will strengthen your anatomical drawing and painting skills, learn how to sight proportions, self-correct, and follow guided standards of the human form. You will develop a free and less rigid painting style automatically while also developing your own color palette to accomplish your personal goals. Learn how to start painting the light to capture volume, dimension, and proportion from beginning to completion. Gina will teach the proper use of color theory from monochromatic to skin tonal studies, mixing tones to correspond to the individual figure we will be painting, while always keeping in mind that students create unique painting applications while developing their own personal style. This method of education allows for one-of-a-kind works of art, as unique as the individuals who create them. You are welcome to paint in your medium of choice: pastels, oils, acrylic, gouache, or watercolor. A universal supply list will be provided on your registration receipt. A model fee of \$33.00 will be collected at the first class. All levels are always welcome.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 8-Feb 5 10:00 AM-12:30 PM ZAX51A

Wed, Feb 19-Mar 19 10:00 AM-12:30 PM . . . ZAY51A

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.

Artist/Instructor: Katie Stone

Six Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 11:30 AM-1:30 PM . . . Z1951X

Tue, Jan 14-Feb 18 2:00-4:00 PM Z2051X

Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step-by-step manner, you will discover how a professional artist begins, creates, and finishes a work of art. This teaching method gives you confidence and allows you the freedom to develop your style. Color theory, composition, application methods, and diverse techniques are used to teach texture and dimension in your paintings. All levels are always welcome. Any students who have taken the course previously can bring in their own reference and one-on-one instruction will be given. Supplies are not included; a detailed supply list will be attached to your receipt.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 6-Feb 3 2:00-4:30 PM Z7051A

Mon, Feb 17-Mar 17 2:00-4:30 PM Z7151A

Portrait Painting Workshop

(adults)

Portrait painting and drawing is probably one of the hardest, but most inspiring, subject matters of art. There is nothing like a fine art portrait of someone you know and love. We will begin the class by composing the model in the correct light and wardrobe. The first session or two will focus on drawing. Accuracy in proportion, shape, line, value, and anatomical structure in the features are fundamental to capturing a likeness. The instructor will discuss these principles in depth using demos and critiques. Following the drawing portion of the class, students will be encouraged to paint. Paintings will be done with their drawing transferred to canvas. A range of traditional techniques will be utilized to best serve the painting including underpainting (ebouche) and form painting. The properties of value and color regarding beautiful flesh tones will be explored. Please bring \$43.00 for the model fee on the first day of class.

Artist/Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 6-Feb 24 9:30-11:30 PM Z5951X

No class 1/20 & 2/17

Scratch Art for Beginners

(adults)

Scratch art is an exciting graphic technique to create value drawings. You will be so impressed with your work of art in this no-fail lesson. You will learn how to transfer a design to scratchboard, and how to use different tools and techniques under the guidance of art coach and teacher Jenny Santa Maria. You can create value drawings by scratching off the black ink and revealing the whiteboard beneath. You can choose from many animal references to gain experience bringing out the texture of fur on scratchboard.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 29 12:30-2:30 PM A4051X

Studio Time with Gina

(adults)

Designed as a group art studio class with a professional artist, each student will receive individual instruction for their project. Students bring all their supplies in their specific media of preference; all mediums are welcome. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition, and various techniques of application of material in all mediums. Perspective lessons along with personal one-on-one critiques. All-level artists both beginners and seasoned are always welcome. Please remember to bring in all your supplies for your medium of choice, as supplies are not included.

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

Five Sessions \$110.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Feb 7 1:00-3:30 PM Z7851A

Fri, Feb 21-Mar 21 1:00-3:30 PM Z7951A



The instructors are the most professional, talented, caring, and intelligent group of artists and crafts people I have ever met. Each one is an expert in their respective field.



JEWELRY

Metal Clay Basics

(adults)

This versatile medium is very user-friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on market value. Please refer to the program fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 9-Feb 13 10:30 AM-1:30 PM Z6751X

Thu, Jan 9-Feb 13 6:30-9:30 PM. Z6851X

KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making something simple like lounge pants or pajama bottoms, then move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. Required supplies will be listed on your registration receipt.

Please Note: Participants must be able to operate the sewing machine they bring to class.

Six 2-Hr & 30-Min Sessions \$80.00 Per Person

Instructor: Gianna Giezey

Thompson Pk Creative Arts Center

Mon, Jan 6-Feb 10 9:30 AM-12:00 PM. . . . ZB151X

Instructor: Janice Beeby

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Jan 16-Feb 20 1:00-3:30 PM. ZAU51X

Christmas Gift Sweater Embroidery

(adults)

Create a personalized yarn-embroidered sweater to gift this Christmas! These sweaters can be made for infants, children, or adults, and can be customized with a name, saying, or design. All supplies provided, but bring your own sweater you plan to work with.

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Dec 5 5:30-7:30 PM AAN51X

Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics, including how to transfer a design, a diversity of stitches, and how to split the thread and thread a needle with ease. This workshop is a great way to start your journey into the world of embroidery while also reviewing some basics of the craft form. All skill levels are welcome. A materials fee of \$10.00 is due to the instructor on the day of the workshop.

Artist/Instructor: Jennifer Santa Maria

One Session \$36.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 14 5:00-7:00 PM. Z4851X

Get Hooked on Crochet!

(adults)

Looking for a way to relax? Grab a hook and get crocheting! Whether learning for the first time or looking to advance your skills, this class is the perfect fit. Basic projects will be offered for beginners while more advanced students can work on projects of their choice. Projects and materials will be discussed on the first day of class.

Instructor: Gianna Giezey

Six Sessions \$72.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 8-Feb 12 1:30-3:30 PM ZAZ51X

Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Join Deep Cut Gardens' Hooks and Needles Club! Four times a month 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 may be 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, Thu, Dec 4-26 1:00-3:00 PM. H0551X

Club meets 12/4, 12/11, 12/28 & 12/26

Thu, Wed, Jan 2-22 1:00-3:00 PM H1351X

Club meets 1/2, 1/8, 1/15 & 1/22

Wed, Feb 5-26 1:00-3:00 PM. H1451X

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, scarf, or hat while acquiring the skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

Six Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 11-Feb 15 10:30 AM-12:30 PM . . . Z6551X

Thompson Pk Creative Arts Center

Tue, Jan 14-Feb 18 6:30-8:30 PM Z6651X

Knitting in the Round

(adults)

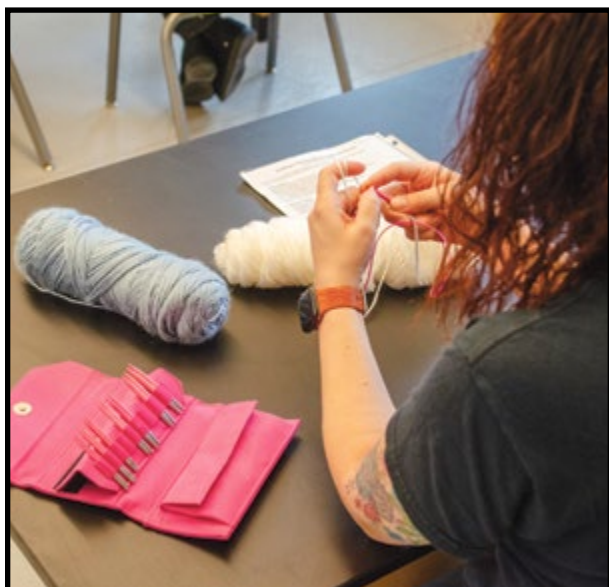
Scandinavian sweaters, fishermen's ganseys, and Fair Isle colorwork – these are beautiful examples of seamless knitting in the round. If you have knit "in the flat," such as a scarf, and are ready to expand your skills, this is the perfect class for you. Students will work on a specially selected project that will allow them to practice the techniques of colorwork and knitting on circular needles, resulting in a perfectly seamless garment. Experience in the English or Continental style of knitting is required. Students should bring to the first class the yarn and needles they currently have. The projects will be started in the second class.

Instructor: Laurel Von Gerichten

Five Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 10-Feb 7 12:30-2:00 PM. Z6951X



MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling. Art journaling is a way of documenting your daily life by incorporating "pieces" of your day into your pages, a place to experiment with different art mediums. In this course, you will learn the basics and more. Allow your art journal to become your diary, scrapbook, or art portfolio. A list of supplies will be sent upon registration. Instructor: Tara Collins



Six Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 15-Feb 19 7:00-9:00 PM AAF51X

Wed, Feb 26-Apr 2 7:00-9:00 PM AAG51X

Basket Making Workshops

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets, while still useful, have evolved into a serious art form. Fees for materials (listed below - cash or check only) are to be paid to the instructor on the day of class. All classes are suitable for beginner or experienced weavers.

Instructor: Martha Costain

Two Sessions \$40.00 Per Person

Thompson Pk Creative Arts Center

Door/Wall Basket

Wood base with an oak bushel handle; color trim optional.

Size: 12" high x 6" deep x 12" wide

Materials fee: \$35

Thu, Dec 5-12 10:00 AM-1:00 PM. Z0351X

Beginner Candle-Making Workshop

(adults)

Learn how to pour your own candle while customizing it with scents and colors during this fun, hands-on workshop! All supplies are included.

One Session \$55.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 9 5:30-7:30 PM A4551X

Thu, Feb 13 5:30-7:30 PM A4651X

Button Art

(adults)

Create festive button art as our host Jenny walks you through a floral design, or you can make a scene of your choice. Your 8"x10" masterpiece can be matted or framed. No experience is necessary.

Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 15 3:00-5:00 PM A3951X

Card Making

(adults)

Let's create unique greeting cards with papers, stamps, inks, sprays, embossing folders, embossing powders, stencils, Sizzix® dies, watercolors, markers, Gelli® plate print papers, and embellishments. Each week, we will learn a new card technique to complete cards with themes and colors of your choice (i.e. birthday, Mother's Day, Father's Day, note, thank-you, etc.). Students are required to purchase permanent adhesive (e.g. Tombow® or Adtech® Glue Runner) and bring it to class. All other supplies are included.



Instructor: Monique Topp

Six Sessions \$120.00 Per Person

Henry Hudson Trail Act Ctr

Wed, Jan 15-Feb 19 10:00 AM-12:30 PM . . . AAP51X

Macrame Wall Hangings

(adults)

Learn a variety of macramé knot techniques and make your own beautiful wall hanging!

One Session \$35.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 23 5:30-7:30 PM. A4751X

Paper Making

(adults)

Have you ever wondered how paper is made? Join this fun workshop and explore how to make your own!

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Feb 20 5:30-7:00 PM A4851X

Rubber Stamping 101

(adults)

You will learn the joys, immediacy, and inventiveness of creating works with rubber stamps. Repetition, decoration, patten, and design are explored in this fun and exciting workshop. By creatively combining stamped images, your work can go in a humorous or emotionally charged direction. The medium is an ideal introduction to any form of DIY print or collage!

Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 29 3:00-5:00 PM A4151X

The Art of Pysanky

(adults)

Celebrate spring with the beautiful, ancient art of pysanky, Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun class, we will learn the process of layering beeswax and dyes to create striking patterns and your very own stunning egg. Participants will also learn the rich history of this folk art. No experience is required. A materials fee of \$15.00 is payable to the instructor at the beginning of the class. Please bring an apron as well as an egg carton or container to bring home your creation.

Artist/Instructor: Jennifer Santa Maria

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Fri, Feb 21 5:00-7:30 PM Z4951X

To Dye For: Shibori in Color

(adults)

Discover the beauty of shibori, a series of Japanese resist dye techniques, which create unique patterns on fabric by folding and binding. Students will produce an array of designs dyed in colorful fiber-reactive dyes. Please bring 5-10 small/medium pre-washed, light-colored, 100% natural fiber items (scarves, t-shirts, napkins, etc.) to dye. Please also wear studio clothes, bring kitchen gloves, and bring a \$10.00 materials fee payable to instructor Kate Eggleston the day of class.

One Session \$55.00 Per Person

Thompson Pk Creative Arts Center

Mon, Dec 2 9:00 AM-1:00 PM Z0251X

Intermediate Mosaics

(adults)

For those who have taken the Beginner Mosaics class, students will learn more advanced tile-cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials are provided by the instructor for an \$85.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Act Ctr

Sat, Jan 11-Feb 15 10:00 AM-12:00 PM . . . Z5451X

Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. Learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns and you will advance at your own rate. A materials fee of \$125.00 (cash or check) is payable to the instructor on the first day of class.

Instructor: Harvey Altman

Six Sessions \$90.00 Per Person

Big Brook Pk Act Ctr

Mon, Jan 13-Feb 17 10:00 AM-12:00 PM . . Z5651X

Wed, Jan 15-Feb 19 10:00 AM-12:00 PM . . Z5751X

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind, and solder a stained-glass mosaic as you craft a one-of-a-kind project to take home. A materials fee of \$125.00 (cash or check) is to be paid to the instructor on the first day of class.

Instructor: Harvey Altman

Six Sessions \$90.00 Per Person

Big Brook Pk Act Ctr

Tue, Jan 14-Feb 18 1:00-3:00 PM Z5851X



PHOTOGRAPHY

iPhone Photography

(adults)

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

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 23-Feb 6 10:00 AM-12:00 PM . . . Z6151X

SOAPMAKING

Advanced Soapmaking and Skincare NEW

(adults)

This hands-on class will show you how to create beautiful and 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 due to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 11 11:00 AM-12:30 PM A2451X

Mon, Feb 10 11:00 AM-12:30 PM A2551X

Holiday Soapmaking Workshop NEW

(adults)

Step it up a notch and build on your knowledge or learn anew. This hands-on soapmaking class will get you in the mood for the holiday season. Learn how to make ribbon candy, confetti, and mosaic soaps. Additionally, a surprise wellness product will also be formulated. 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, Dec 2 11:00 AM-12:30 PM A2251X

Sat, Dec 14 11:00 AM-12:30 PM A2351X

CULINARY ARTS

Adult Holiday Cookies – All About Biscotti

(adults)

Did you know that most biscotti, regardless of the flavor, start with the same basic dough? In this class, we will show you how to start with the correct ingredients and then shape your dough into the loaf form it begins with. After baking, we will cut our loaves into the traditionally shaped biscotti and bake a second time to perfection. We will make up to three types with the same traditional "dough".

Suggestions: Cranberry/Orange, Chocolate Chip, Anisette, and others.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 13 10:00 AM-12:30 PM M2451X

Fri, Dec 13 6:00-8:30 PM M2551X

Afternoon British Tea – Creating the Perfect Party

(adults)

Spend a delightful day making all the wonderful treats found at traditional afternoon tea. From scones to finger sandwiches, you'll try your hand at some petite portioned treats and learn how to put the whole event together. Whether you're hosting a bridal or baby shower or just spending time with dear friends, you'll have confidence that you can create an elegant afternoon tea.

Menu: Sweet Palmiers with Raspberry Jam, Cranberry Orange Scones, Tea Sandwiches, and Chicken Salad (Grapes, Diced Celery & Chopped Pecans) in Phyllo Cups
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 13 10:00 AM-12:30 PM M6951X

Sat, Feb 22 10:00 AM-12:30 PM. M7051X

All About the Bowls - A Nutritious and Delicious Meal All in One

(adults)

This trendy way of eating is all the rage. Get some great flavor, fillings, and nutrition all in one bowl. Whether it be a Japanese Poke bowl, a Mexican Burrito bowl brimming with goodies, or your own invention, it's up to you. Skip the takeout and make these easy bowls instead! Chef Stephen will take you step by step to show you how much fun it is to create these fresh, flavorful, one-bowl meals!

Menu: Asian Noodle "Udon", Mexican Burrito Bowl, Citrus Shrimp & Rice

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Jan 13 6:00-8:30 PM M3851X

Tue, Jan 14 10:00 AM-12:30 PM. M3951X

American Home Cook Classics

(adults)

Let's enjoy a meal from a time when life was simpler when we weren't attached to our cell phones and DoorDash was not an option. We were able to enjoy the simple pleasure of a home-cooked meal. These recipes are so delicious and easy that they will take you right back to the good times.

Menu: Beef Stroganoff with Egg Noodles, Garlicky Green Beans, and Black Forrest Trifle

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Feb 19 10:00 AM-12:30 PM M7351X

Wed, Feb 19 6:00-8:30 PM M7451X

Group Cooking Classes

Book a private class for family or friends!

You'll have more time with the chef to absorb skills and techniques, as well as engage in culinary discussions. Create your own theme or menu with the chef. Perfect for parents' night out, teen groups and more!

Cost: \$325.00 for 4-8 people, ages 13-adult, for a 2 ½ hour weeknight class

Location: Fort Monmouth Recreation Center

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, call 848-456-4278, ext. 9#.



Buttercream Flowers

(adults)

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

Instructor Kimberly Megill

One Session \$66.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 27 6:00-8:00 PM AA351X

Cast Iron Skillet – Back to Basics

(adults)

The original non-stick pan! If you've got Grandma's hand-me-down or have bought your own and aren't sure how to use it, this is your opportunity to see how versatile this kitchen tool is. Learn about seasoning and properly cleaning your pan, then move on to creating some time-honored recipes with updated flavors. You'll be surprised at how much this pan can do!

Menu: Pinwheel Steak Potpie and Upside-Down Banana Caramel Skillet Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 10 10:00 AM-12:30 PM M3651X

Mon, Feb 24 6:00-8:30 PM M3751X

“

Chef Stephen and his wife do a wonderful job! After my last cast iron skillet course, I signed up for three more and will continue to sign up for future classes.

”

Cast Iron Skillet: Tribute to Kent Rollins Oklahoma Cowboy

(adults)

Whether you are dusting off the pan that was handed down by your grandparents or bought one and were never sure what to do with it, this class is for you! Let's up your kitchen repertoire by cooking the Kent Rollins Cast Iron Skillet way. You will see how this true Oklahoman Cowboy Cook, author, and YouTube sensation has taught the country how versatile these pans are. You will also learn how to season and properly care for your pans. Menu: Classic Shephard's Pie, Mexican Tres Corn Bake, and a surprise dessert.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Jan 29 10:00 AM-12:30 PM M5651X

Wed, Jan 29 6:00-8:30 PM M5751X

Cast Iron Skillet/Catch of the Day “Mash-Up”

(adults)

Enjoy the best of both worlds! One of the best ways to cook your proteins is in the cast iron skillet. We will cook some of the tastiest seafood dishes in our own cast iron skillets. Let Chef Stephen teach you how to sear, braise, and roast some of his favorite dishes.

Menu: Salmon Burgers, Crispy Skin Salmon Fillet with a Citrus Soy Glaze, and Garlicky Greens

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 23 10:00 AM-12:30 PM M5051X

Thu, Jan 23 6:00-8:30 PM M5151X

Thu, Feb 20 10:00 AM-12:30 PM M5251X

Catch of the Day

(adults)

Do you love seafood but aren't sure how to cook it? Chef Stephen is ready to walk you through classic techniques for pan-searing, baking, and grilling fish the easy way. He'll also explain how to create terrific side dish pairings to compliment your main dish. You'll leave with the confidence to prepare your next catch of the day!

Menu: Salmon Pinwheels with Lemon Herb Stuffing, Crab Stuffed Flounder with a Citrus Aioli, and Festive Rice Pilaf

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Dec 11 10:00 AM-12:30 PM M1751X

Wed, Dec 11 6:00-8:30 PM M1851X

Thu, Jan 2 6:00-8:30 PM M1951X

Fri, Jan 3 10:00 AM-12:30 PM M2051X

Chocolate Making Basics

(adults)

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

Instructor: Kimberly Megill

One Session \$66.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Feb 3 6:00-9:00 PM A9751X

Cooking with Liquor and Spirits

(adults)

Add some ooh la la to your sweet and savory dishes! There are many creative ways to cook with these libations, from sauces and glazes to marinated fruits, from pie dough to preserves. Learn the proper steps and amounts to create the perfect "spirited" dish, adding elegance and complexity to your next meal.

Menu: Beef Bourguignon and Poached Pears with Crème Chantilly

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Dec 4 10:00 AM-12:30 PM M0451X

Wed, Dec 4 6:00-8:30 PM M0551X

Wed, Dec 18 10:00 AM-12:30 PM M0651X

Wed, Dec 18 6:00-8:30 PM M0751X

Delicious Vegetarian Soups

(adults)

Did you know soups can be delicious, fulfilling, and good for you? Stop overpaying for those freshly made soups from the gourmet market. Avoid all the sodium and preservatives of the cans. When Chef Stephen Wolff shows you how easily and quickly a hearty soup can be made at home, you will be so surprised! This class is minimally hands-on, although knife skills will be reinforced.

Menu: Pureed Butternut Squash, Hearty Lentil with Tomato

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 13 6:00-8:30 PM M7151X

Dinner in 20 – Fast Food: Doesn't Have to Mean Bad Food

(adults)

Tired of the same old run-of-the-mill takeout food but don't have much time to make dinner? Tonight, Chef Stephen will show you how to make a good, healthy meal that tastes great in 20 minutes using fresh ingredients. The chef will even throw in a quick dessert to finish off the meal! Toss in some knife skills and you are on your way to good eating!

Menu: Unstuffed Cabbage, Chicken Marsala and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Jan 15 10:00 AM-12:30 PM M4051X

Wed, Jan 15 6:00-8:30 PM M4151X

Mon, Jan 27 10:00 AM-12:30 PM M4251X

Thu, Feb 27 6:00-8:30 PM M4351X

Empanadas and More!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy they are to make. With traditional fillings as varied as the many regions they are from, Chef Stephen Wolff will focus on creating a popular variety, with tips for stuffing them just right. Once stuffed, you'll see how to fold and crimp the edges and bake or fry your empanadas. Top it off by creating pico de gallo salsa and other sauces for one mouthwatering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 12 10:00 AM-12:30 PM M2151X

Mon, Feb 10 6:00-8:30 PM M2251X

Tue, Feb 11 10:00 AM-12:30 PM M2351X

Festive Breakfast Brunch

(adults)

Treat your family and friends to a wonderful morning surprise! A homemade breakfast smorgasbord! It's easier than you think. With a little preparation the day before, your morning treats will look like you woke up at the crack of dawn to prepare. Chef Stephen will teach you the trade secrets to getting a wonderful brunch together with minimal effort. Bon appetite!

Menu: Savory Frittata, French Toast Casserole, Omelets, and fruit carving

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 20 10:00 AM-12:30 PM M2751X

Flavors of Costa Rica and Cuba

(adults)

Travel past the burritos. Forget the tacos. Let's try our hand at some authentic Latin cuisine. In tropical climates fresh fruit, vegetables, and seasonings reign supreme. Chef Stephen will guide you in creating dishes that will have you and your guests asking for more!

Menu: Costa Rican Shrimp in Green Sauce, Juicy Pork Chuleta in Mojo Sauce, and Dulce Apple Enchilada

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 16 10:00 AM-12:30 PM M4451X

Thu, Jan 16 6:00-8:30 PM. M4551X

Flavors of Korea

(adults)

Our palates have explored China, Japan, and the Philippines. Tonight, it is all about Korean flavors. Korean cuisine mainly includes barbecue, stews, soups, and street food. If you have never experienced Korean food, you will be in for a treat with what Chef Stephen Wolff has in store.

Menu: Chef's Bulk'd Up Korean Beef Soup, Korean Cucumber Salad "Oi Muchim", and Chicken Bulgogi with Rice

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 21 6:00-8:30 PM. M4951X

Flavors of Thailand

(adults)

Exotic food, beautiful locations, and good times. Easier than traveling all day in an airplane, you will feel like you've been transported to this tropical paradise and learn delicious recipes you can make in your own home. With Chef Stephen's guidance, you will learn to cook a great Thai meal just like a Thai chef.

Menu: Thai Green Curry Chicken and Veggie Spring Rolls with a tangy dipping sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Feb 5 10:00 AM-12:30 PM. M6251X

Wed, Feb 5 6:00-8:30 PM M6151X

Flavors of the Mediterranean

(adults)

Why not liven up your weekly dinners with some wonderful Mediterranean flavors? Well known for their healthy lifestyle and flavorful dishes, Chef Stephen Wolff will help you get there with three fantastic recipes. This is a hands-on class so get ready!

Menu: Farro Salad with Arugula, Spanakopita Triangles & Baklava Cigars

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 30 10:00 AM-12:30 PM M5851X

Frugal Gourmet

(adults)

Do you want to step up your culinary skills and prepare a gourmet meal without breaking the bank? Join Chef Stephen Wolff in the kitchen as he gives you tips and tricks to prepare a fabulous gourmet meal on a budget. Knife skills, cooking times, and proper tools of the trade will also be discussed.

Menu Ideas: Cranberry, Spinach, and Almond Stuffed Chicken Breasts with Rice Pilaf; and Shrimp, Artichoke, and Roasted Tomatoes in White Wine over Farfalle

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Feb 26 10:00 AM-12:30 PM M7651X

Wed, Feb 26 6:00-8:30 PM M7751X

Heart-Warming Winter Stews

(adults)

Stick to your ribs' goodness for the busy family! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make-ahead prep, and use seasoning and healthy ingredients to add some international flair. Put some warmth into winter's cold nights with these time-honored, one-pot meals.

Menu: Chicken Cacciatore, Shrimp with Orzo, and Vegetarian Chili

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Feb 12 10:00 AM-12:30 PM M6551X

Wed, Feb 12 6:00-8:30 PM M6651X

Thu, Feb 20 6:00-8:30 PM M6751X

Fri, Feb 21 10:00 AM-12:30 PM M6851X

Holiday Appetizers and Hors d'oeuvres

(adults)

Of course, everyone loves the holiday meal but who doesn't love the bites beforehand? Tonight, Chef Stephen will work with you to plan and put together the perfect "small bites" before your holiday meal or for your New Year's Eve soiree!

Menu: Cranberry Bacon Jam with Homemade Crostini, Cheese Puffs, Italian Pinwheels

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 5 6:00-8:30 PM M0851X

Mon, Dec 16 6:00-8:30 PM M0951X

Holiday Cookie Classics

(adults)

Whether you're looking to change up your usual recipes or you've never really baked holiday cookies before, enjoy this time to relax and create in the kitchen with Lisa Consiglio-Wolff, aka Mrs. Chef. Get a refresher on measuring, mixing, and baking techniques, while you try out new recipes to adorn your holiday dessert table.

Cookie Plate Menu: Classic Oatmeal with Cranraisins, Italian Bo Peeps, and Gingerbread Characters

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 19 6:00-8:30 PM M2651X

Holiday Open House

(adults)

Stopping by? Not sure how much to prepare? Let Chef Stephen Wolff guide you through simple solutions to your "holiday woes." With some inventive menus, clever displays, and mouthwatering recipes, he will help you be the star of your gathering. With proper planning and the correct timing, you might actually get to enjoy the party yourself.

Menu: Brie Bites with Preserves, Chicken Marsala, and Gingerbread Skillet Cake with Berry Sauce.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Dec 2 6:00-8:30 PM M0151X

Tue, Dec 3 10:00 AM-12:30 PM M0251X

Tue, Dec 17 10:00 AM-12:30 PM M0351X

Holiday Time-Food Truck Favorites

(adults)

What is the best part of a street fair, carnival, or outdoor festival? In my humble opinion, it's the great fare you get from the food trucks that you cannot get any other time. Try your hand at dipping the old-fashioned corn dog. Have you ever had a dessert Apple Pie Taco? (A tried-and-true crowd pleaser.) Holiday time is a great time to bring back these memories in your home.

Menu: Corn Dog Bites, Pizza on a Stick, and Apple Pie Tacos

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 27 10:00 AM-12:30 PM M2851X

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays out the steps to make the perfect pierogi, just like her grandmother taught her. Learn how to create the dough, mix a traditional, home-style potato filling, and practice the technique for rolling, cutting, and stuffing the pierogi. And of course, enjoy a taste!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 7 10:00 AM-1:00 PM M1151X

Sat, Jan 4 10:00 AM-1:00 PM M1251X

Sat, Feb 1 10:00 AM-1:00 PM M1351X

Inspired Homemade Holiday Food Gifts

(adults)

Homemade gifts for family, friends, or co-workers (that they can take a bite out of!) are such a nice way of saying "I am thinking of you" during the holidays. Chef Stephen Wolff will discuss how to create the perfect edible gift, and Mrs. Chef will show you how to wrap it up with some holiday flair!

Menu: Chef Stephen's Cranberry Bacon Jam, Lisa's Classic Rum Balls, Chili Infused Pecans, Old-Fashioned Brownies from scratch

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Dec 9 6:00-8:30 PM M1451X

Tue, Dec 10 10:00 AM-12:30 PM M1551X

Mon, Dec 23 6:00-8:30 PM M1651X

New Year's Eve Appetizers and Hors Devours

(adults)

Of course, everyone loves the holiday meal but who doesn't love the bites beforehand? Tonight, Chef will work with you all to plan and put together the perfect "small bite" menu before the holiday meal or for your New Year's Eve soiree!

Menu: Ham and Swiss Baked Tarts, Sweet Palmier and Cucumber Cups with various fillings

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Dec 30 10:00 AM-12:30 PM M2951X

Mon, Dec 30 6:00-8:30 PM M3051X

Pizza and Zeppole

(adults)

Working with fresh dough, you'll learn the techniques of mixing, kneading, and rolling it to make your own Italian "Tomato Pie". Then it's on to one of the many sweet and savory varieties of Italian donut, the zeppole. Practice hands-on with "Mrs. Chef", as she demonstrates the skills you need to master these favorite snacks. Along the way, you'll also reinforce measuring, baking, and knife skills.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 6 10:00 AM-12:30 PM M6351X

Thu, Feb 6 6:00-8:30 PM M6451X

Satisfying Soups

(adults)

The iconic cool weather comfort food is also easy to throw together on a busy night. Learn all you need to know about adding flavor and nutrition to those cold winter days and nights, as well as techniques for adding international restaurant flair. Grab some crackers and warm up with these seasonal favorites!

Menu: Italian Wedding & Veggie Chili

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Feb 28 10:00 AM-12:30 PM M7851X

Somebody Feed Phil (The Show)

(adults)

Tonight, we pay tribute to Phil Rosenthal, host of one of the best food/travel shows on Netflix. With several seasons under his belt, Phil has traveled the globe experiencing different cultures, sampling new dishes (as well as old favorites), and making new friends along the way. From San Francisco to Chile, Tel Aviv to Italy, Phil shares his passion for food with his audiences in each episode. In this class, Chef Stephen Wolff will recreate some of those recipes from "Somebody Feed Phil: The Book"!

Menu: Emily's Red Beans and Rice with Andouille Sausage, Pink Mole, and Marrakesh Lemon Chicken

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Jan 6 6:00-8:30 PM M3151X

Tue, Jan 7 10:00 AM-12:30 PM M3251X

Southern Comfort Foods

(adults)

Mrs. Chef was fortunate enough to live in North Carolina for 10 years. She loved their BBQ, hush puppies, and their many comfort foods. Chef Stephen Wolff is lucky enough to borrow from Lisa's recipe box and he will share some of their favorites in tonight's class.

Menu: Famous Pimento Cheese with Veggie Sticks, Pat Bolton's Brunswick Stew, and Miss Carolyn's Classic Banana Pudding

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 17 10:00 AM-12:30 PM M4651X

Wed, Jan 22 10:00 AM-12:30 PM M4751X

Wed, Jan 22 6:00-8:30 PM M4851X



“Spirited” Holiday Cookies

(adults)

Definitely not for the kiddies, these grown-up cookies will be a delight at your next holiday party. Brush up on measuring, mixing, and baking techniques with Chef and Mrs. Chef, while creating cookie recipes designed with spirits in mind. Take home a recipe packet and have a taste test!

Menu: Lisa’s Classic Rum Balls and Anisette Biscotti
Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 6 10:00 AM-12:30 PM M1051X

Superbowl Eats!

(adults)

Who’s ready for some football? We are! At least with the snick-snacks and goodies. What’s better than having some good grub while enjoying a great game with friends and family? In this class, we will show that you don’t need to be a Top Chef to make some tasty morsels. Chef Stephen Wolff will even help you with the timing of your event so that you can enjoy the party too! . . .

Menu: Italian Dogs in a Blanket, Savory Tarts, Pizza Bites “on a stick”, and something sweet

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 4 10:00 AM-12:30 PM M5951X

Fri, Feb 7 10:00 AM-12:30 PM M6051X

Sushi for Beginners – You Can Do It!

(adults)

We are on a roll with homemade sushi. Chef Stephen Wolff will demonstrate and then you will get hands-on instruction so you can make your own sushi rolls. Start with the specialty rice cooked to perfection, then more onto the authentic Nori paper, and traditional fillings and sauce. Your friends and family will think you just got back from a year in Japan!

Menu: California Roll, Spicy Tuna Roll, Salmon Roll, Veggie Roll

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 24 10:00 AM-12:30 PM M5351X

Taste of Italy

(adults)

Tuscany, Florence, Venice, Rome. Just as diverse as America with Texas BBQ, New England Chowder, Southern Buttermilk Fried Chicken, or Creole Jambalaya. Today we will celebrate time-honored recipes that celebrate the Italian culinary spirit. Roll up your sleeves and get ready to cook – Mangia Diverti!

Menu Suggestions: Tuscan Sausage and white bean soup and Florentine Roast Pork Loin with Apples

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 25 10:00 AM-12:30 PM M7551X

Tribute Class: Featuring Giada De Laurentiis and Sunny Anderson

(adults)

Some of our favorite chefs and foodies are being showcased in this series. Tonight, we focus on the food stylings of Giada De Laurentiis and Sunny Anderson and a special guest dessert by our favorite home chef, Valerie Bertinelli, all veterans of the culinary scene.

Menu: Giada’s Pasta e Fagiole and Sunny’s Curry Pork Burger with Spicy Ketchup and a Surprise Dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 9 10:00 AM-12:30 PM M3551X

Tribute Class: Guy Fieri and Michael Solomonov

(adults)

Some of our favorite chefs and foodies are being showcased in this series. Tonight, we focus on the food stylings of Michael Solomonov and Guy Fieri, two veterans of the culinary scene.

Menu: Solomonov’s Bourekas with various fillings and Fieri’s Cuban Pork Chop with Mojo

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Jan 27 6:00-8:30 PM M5451X

Tue, Jan 28 10:00 AM-12:30 PM M5551X

Winter Greens – Zip Up Your Winter Blues

(adults)

Warm up those winter days and nights with some fun new side dishes. Veggies are the star of this show with creative recipes to make them not only taste better but look as appetizing as the main course, or you can make the veggie the main course with just a few additions. Tonight, you will get plenty of hands-on with knife skills, seasoning, and plating.

Menu: Stuffed Eggplant, Roasted Red Pepper Hummus, and Falafel with Tzatziki Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$66.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Jan 8 10:00 AM-12:30 PM M3351X

Wed, Jan 8 6:00-8:30 PM M3451X

EDUCATION & ENRICHMENT

GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game.

Please Note: This is not an instructional program. Experienced players only, please.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Jan 13-Feb 24 10:00 AM-12:00 PM . MBW51X

Coffee Club Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open-play format and is for players who have knowledge of how to play. No instruction is provided.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Beginners Only

Players must have some general knowledge of how to play Mahjong. Please see our Beginner Mahjong program for instructional classes.

Mon, Jan 13-Feb 24 10:00 AM-12:00 PM . MBR51X

Wed, Jan 15-Feb 26 10:00 AM-12:00 PM . MBS51X

Experienced Players

Tue, Jan 7-Feb 18 9:30-11:30 AM. MBP51X

Thu, Jan 9-Feb 20 9:30-11:30 AM. MBQ51X

MISCELLANEOUS EDUCATIONAL PROGRAMS

Intro to Fly Tying

(ages 17 and up)

Fly tying is an art dating back to the early 1500s, combining a fisherman's knowledge and an artist's touch. Learn the basic methods and techniques used in tying these functional pieces of art. No prior fishing or tying experience is required; we will provide the tools, instruction, and supplies.

One Session \$20.00 Per Person

Manasquan River Greenway Winter Run

Sun, Feb 23 11:00 AM-1:00 PM I1551X

Juggling Fun

(ages 12 and up)

Are you looking to learn how to juggle, or improve your juggling skills? Look no further! Learn how to juggle from an ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand-eye coordination. This program is designed for people with little or no juggling experience. Learn basic juggling skills, including the three-ball cascade. You will also craft your own juggling balls, which are yours to keep.

Instructor: Brenn Swanson, Ex-Ringling Brothers Circus Pro

One Session \$24.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 7 6:00-7:30 PM. Q0651A

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, Feb 8 8:30 AM-5:00 PM Q2551A

Child and Babysitting Safety

(ages 13-17)

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

One Session \$72.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jan 11 10:00 AM-12:00 PMQ1851A

Thompson Pk Vis Ctr Beech Room

Sat, Dec 14 10:00 AM-12:00 PM.Q1651A

Sat, Feb 15 10:00 AM-12:00 PM.Q1751A

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

Thu, Jan 23 6:30-10:00 PMQ1151A



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

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



MonmouthCountyParks.com

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

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



**RECASSIST
FOR
INDIVIDUALS
& FAMILIES**



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

Thu, Dec 5 7:00-9:30 PMQ0751A

Thompson Pk Vis Ctr Beech Room

Mon, Dec 9 7:00-9:30 PMQ0851A

Tue, Jan 14 7:00-9:30 PMQ0951A

Tue, Feb 11 7:00-9:30 PMQ1051A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

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

One Session \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Jan 27 7:00-9:30 PMQ1551A

Thompson Pk Vis Ctr Beech Room

Wed, Dec 4 7:00-9:30 PMQ1251A

Sat, Jan 18 10:00 AM-12:30 PMQ1351A

Thu, Feb 20 7:00-9:30 PMQ1451A

SPEAKING

Getting Paid to Talk

(adults)

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

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Feb 24 6:30-9:00 PMAA451X

Hablemos-Spanish Conversation Group

(adults)

Grupo de Conversacion en Español. Are you looking for ways to practice your Spanish? Our Spanish Conversation Group allows you to meet people interested in learning the language and provides you with a safe space where you can practice what you've learned in a fun, casual conversational manner. From beginners to native speakers, all are welcome. Topics may include culture, literature, movies, food, hobbies, and games. Basic Spanish knowledge is required.

Four Sessions \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Dec 19-Feb 20 6:00-7:00 PMD1651A

Class meets 12/19, 1/9, 1/30 & 2/20

WRITING

Write Out Loud for Women: Telling Our Tales

(adults)

If you've been to our writing workshops in the past or are looking to write with a heartfelt, open, fun, compassionate, non-judgmental, and enthusiastic group of women, this is the place to do it. Whether you've hardly (or never) written, have a regular writing practice, or have been wanting to start on that project you've been dreaming about (memoir, poetry, haiku, fiction, narrative nonfiction, stories for your children/grandchildren, etc.), and if you find you are inspired by and thrive in a motivational environment and community, join us! Bring a notebook and writing implement or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Dec 3-Jan 7 6:30-9:00 PMA9451X

No class 12/24 & 12/31

Write Out Loud: Writing with Inspiration from the Chakras ^{NEW}

(adults)

Chakras are energy centers within our body that connect our physical, mental, emotional, and spiritual selves. Each of the seven chakras has a unique meaning about our body, sense of self, instincts, creativity, sexuality, relationships, voice, and much more. Chakras give us areas to dig into in writing our stories. It's not necessary to know about them or to believe in the existence of chakras to come to this workshop. Focusing on them allows us to explore each of these components of our humanness. As we progress through each week, we will introduce the chakras and work on related writing exercises and assignments. If you are inspired by and thrive in a motivational environment and community, join us! Bring a notebook and writing implement or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Feb 6-Mar 6 2:00-4:30 PM A9651X

No class 2/27

Write Out Loud: Writing Your Memoir

(adults)

Writing a memoir can be like jumping off a cliff and diving into the depths. It takes courage, heart, and a desire to unearth our truth. In this four-week workshop, we will silence our inner critic and find our voice. We will discuss the components of memoir writing and work on related take-home assignments each week. Those who wish to can read their stories out loud in a safe and supportive environment. This workshop is about empowerment, encouragement, trust, and heart, not critique. If you're already in the process of writing your memoir, or have been looking for an opportunity to get started or just want to write your stories (but not a full memoir), this workshop is a highly interactive, motivational, and fun place to do it! Bring a notebook and writing implement or laptop to class.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Jan 22-Feb 12 6:30-9:00 PM A9551X

No class 2/27



HEALTH & WELLNESS

A Handmade Holiday: DIY Aromatherapy Gifts

(adults)

Get your crafting on just in time for the holidays! In this fun, hands-on workshop led by Kim Buono, you will make and take home two products using essential oils that you can keep for yourself or gift to others: a peppermint patty lip balm and a lemon drop sugar scrub. All recipes and supplies will be provided.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Dec 12 10:00-11:30 AM. A0451X

BE-ing Here = Powerful Presence ^{NEW}

(adults)

Let's work with crystals, guided visualizations, and other healing practices. Doing so will help release the past, and bring support, courage, and strength into the NOW. You'll hold the hope, abundance, joy, and positivity for a more energizing, stable, peace-filled future.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Dec 3 6:00-7:30 PM AB451X

Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. In this program, we will learn about seven of the wheelhouses (Chakras), their individual sounds, and how to focus on them as part of our daily meditation so we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique. 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, Jan 16-Feb 6 7:00-8:00 PM. Q0151X

Thu, Feb 13-Mar 6 7:00-8:00 PM Q0251X

Decoding Nutrition Labels: A Guide to Smarter Eating

(adults)

Learn to effectively read and understand nutrition labels. In this seminar presented by Lauren Grogan, Holistic Health Coach & Registered Yoga Teacher, we'll cover how to spot hidden sugars, unhealthy fats, misleading marketing claims, and when a product contains GMOs (genetically modified organisms). Empower yourself to make healthier, more informed food choices by understanding what's in the foods you're buying. An informational handout will be provided.

One Session \$21.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Feb 19 6:00-7:30 PMAB351X

Essential Oils for Self-Care

(adults)

Are you stressed out? Do you burn the candle at both ends? Do you feel tired or wired all the time? If so, this class is specifically designed for YOU! Join health coach and yoga teacher Kim Buono for an educational and hands-on workshop where you will learn which essential oils will easily support your self-care and will help "keep your cup full". You're only a sniff away from some of the most effective self-care - gifts from the plant world! You will also make and take home two essential oil products to support self-care. All recipes and supplies are provided.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Feb 13 10:00-11:30 AM.A0651X

Meditation Retreat

(adults)

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with a morning meditation in the Visitor Center. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice Mindful Mealtime. We will finish our day with Chakra and Reiki meditations. Please pack a lunch/snacks and outer weather gear for walking.

One Session \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 25 9:00 AM-3:00 PMQ0351X

New Year's Vision Boarding & Essential Oils

(adults)

Are you ready to level up your manifestation game and have fun while you're at it? This class, led by Kim Buono, will include a guided meditation to help clarify your vision. With clear intention, we will dive into the creative process of putting images and words on paper that support your personal vision. Essential oils will be available for blending to support the intention setting, meditation, and creative process of vision boarding. What to bring: an open mind, old magazines or other inspiration on paper, poster board, or other kind of "board" of your choice. Leave with a manifestation roller bottle blend and spray.

One Session \$40.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 16 10:00-11:30 AM.A0551X

PROGRAMS FOR CAREGIVERS & INDIVIDUALS WITH MEMORY LOSS

Caregiver Workshop Series

(adults)

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

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 14-Mar 11 7:00-8:00 PM #D3544A

Program meets 1/14, 2/11 & 3/11

Memory Cafe

(adults, with age-related memory loss)

Relax in a comfortable, safe environment for those with memory loss and their caregivers to laugh, learn, and remain socially engaged with others traveling the same journey. Join other caregivers and their care receivers.

Contact Anne Simon for more information at 732-460-1167, ext. 24.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 28-Mar 25 10:30 AM-12:00 PM #PD025A

Program meets 1/28, 2/25 & 3/25

Practicing High Vibrations *(adults)*

Let's identify ordinary places, practices and elements to provide high vibrational energies. These ordinary actions can foster extraordinary results within you. By aligning with these energies, you will be able to increase your capacity to recognize and choose what is more authentic and beneficial for your optimal well-being.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Feb 18 6:00-7:30 PM. AB51X

Square Dancing - Level 2*(adults)*

Find out why so many people have so much fun being "squares." Must have taken Square Dance Level 1 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers Square Dance Club.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 7-Mar 25 7:00-9:00 PM AAK51X

Sweet Truth About Sugar*(adults)*

Uncover the impact of sugar on your health and learn practical strategies to reduce sugar intake and cravings. This seminar presented by Lauren Grogan, Holistic Health Coach & Registered Yoga Teacher, discusses the hidden sources of sugar, its effects on the body, and how to make healthier choices without sacrificing taste. An informational handout will be provided.

One Session \$21.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 22 6:00-7:30 PM AB251X

T'ai Chi Chih® Discipline - Joy Through Movement*(adults)*

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

Instructor: Danial Pienciak, 10+ year International Teacher/Trainer

Beginner

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 3-Feb 7 11:30 AM-12:50 PM. A7851X

Mon, Feb 10-Mar 24 11:30 AM-12:50 PM. . A7951X

No class 2/17

Begin or Review!

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

Four Sessions \$95.00 Per Person

Manasquan River Greenway Winter Run

Tue, Jan 7-28 6:30-8:00 PM AA551X

Clayton Pk Act Ctr Classroom A

Wed, Jan 8-29 11:00 AM-12:30 PM. AA851X

Thompson Pk Vis Ctr Tulip Room

Thu, Feb 20-Mar 13 12:30-2:00 PM AA651X

Dorbrook Rec Area Act Ctr

Sat, Feb 22-Mar 15 10:30 AM-12:00 PM. . AA751X

Intermediate

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Feb 10-Mar 24 10:00-11:20 AM. A8051X

No class 2/17





T'ai Chi Chih is an excellent group of courses that has consistently been of the highest quality due to the renowned teacher Daniel Pienciak. The courses are life changing.



T'ai Chi Chih® Advanced Form: Seijaku

(adults)

This advanced course offers increased circulation and balancing of the Chi and is only for those students who have completed both beginner and intermediate-level T'ai Chi Chih. QiGong-style massages, guided imagery meditations, and the unique Seijaku principle are important supplements taught in this course. Practiced regularly, Seijaku may enhance improvements in balance, relieve discomfort from arthritis-related conditions, and decrease stress levels.

Instructor: Daniel Pienciak, 10+ year International Teacher/Trainer

Six Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 3-Feb 7 10:00-11:20 AMA8151X

Three Mindful Alignments: Body, Breath & Mind

(adults)

Let's practice the three mindful alignments - body, breath, and mind. Through qi-gong movements, sitting, standing, cross-body postures, breathwork, and various meditation practices we will nourish and tonify organs, calm the body and mind, balance brain chemistry, strengthen the left and right brain hemispheres, support immune health, and cultivate total relaxation.

Instructor: Grace Conte

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 14 6:00-7:30 PMA7351X

Women's Wellness Self-Love Workshop

(adults)

Take a step forward in choosing to love yourself. In this class led by Kim Buono, you'll learn ways to bring loving light into your life and build a healthy relationship with yourself. Practice self-love affirmations and a seated yoga sequence with essential oils to open your heart. Receive journaling prompts for your self-love journey.

One Session \$28.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Feb 13 1:00-2:15 PMA0751X

Women's Wellness Workshop - New Year Rest, Reflect, Renew

(adults)

The start of a New Year is a powerful time to pause, reflect, and reset your intentions and goals. Kick off 2025 with a class designed to inspire you to make meaningful, small changes that can lead to lifelong, healthy habits! This workshop, led by Health Coach & Yoga Teacher Kim Buono, will include space for intention setting, gentle yoga, and meditation.

One Session \$25.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 16 1:00-2:15 PM.AA951X

Women's Wellness Workshop - Yoga & Essential Oils

(adults)

Join health coach and yoga teacher Kim Buono on the mat for a gentle yoga sequence using essential oils to enhance your practice. Experience how essential oils can lift, ground, and relax you as we flow through poses created to do the same. Leave feeling connected, balanced, and refreshed - ready to take on both the beauty and challenges of the holiday season. Please bring a yoga mat to class.

One Session \$25.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Dec 12 1:00-2:15 PMA7551X

HORTICULTURE

A Healthy Swig: Growing a Tea Garden for a Healthy Lifestyle **NEW**

(adults)

If you are looking for a healthy lifestyle change this new year, consider becoming a tea drinker! Steeped loose-leaf teas have a lot of health benefits and this class will open your eyes to how easy it is to grow some of these beneficial botanicals in your backyard. We will also be diving into how to properly steep your teas at home while sipping on some tasty tea recipes.

One Session \$29.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 18 10:00-11:30 AMH1551X

Basics for Breathtaking and Healthy Container Gardens **NEW**

(adults)

Learn about one of the hottest trends in gardening – growing plants in a wide variety of containers. A container garden can enhance an entranceway, beautify a deck or patio, or add elegance around a pool. Learn how to choose your container and design a container planting, which will be the envy of your neighbors.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Jan 19 10:00 AM-12:00 PMH2451X

Basics for Creating a Gorgeous and Easy-Care Flower Bed **NEW**

(adults)

There's more to planting a flower garden than digging a hole and adding plants, but it's still easy enough that anyone can have a bountiful bed of blooms to adorn any landscape. Whether you are a beginner gardener or a more experienced one, this program is for you. Learn step-by-step the correct ways to create a beautiful, low-maintenance flower bed or update your current beds for maximum performance with minimal maintenance required.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Feb 9 10:00 AM-12:00 PMH2551X

Botanical Moisturizers and Salves for Winter **NEW**

(adults)

Every year the harsh winter air dries out our skin. Instead of buying products at the drugstore, try making your own healing botanical moisturizers and salves. We will explore moisturizing recipes using natural botanical ingredients. All materials provided.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 8 2:00-4:00 PM.H1751X

Deep Cut Gardens Greenhouse Tour

(adults)

Spend time in the lush, warm Display Greenhouse and get the inside scoop on our collection from the horticulturist who cares for the plants. Unique plants will be pointed out and how to care for different plants can be discussed.

One Session \$15.00 Per Person

Deep Cut Gardens Outdoor Area

Sun, Jan 26 10:30-11:45 AM.H2151X

Sun, Feb 9 10:30-11:45 AMH2251X

Evergreen Holiday Wreath

(adults)

This winter, create a fresh, beautiful wreath to embrace nature's evergreen wonders. In this class, we will create a relaxing environment filled with holiday cheer where you can make your own beautiful home décor with no experience necessary. We will provide everything you need to make an evergreen wreath with pine cone and ribbon accents. If you want to add more festive cheer to your wreath, feel free to bring your own accents to class!

Two Sessions \$60.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 7 2:00-4:00 PM.H0351X

Sat, Dec 14 2:00-4:00 PM.H0451A



Gardening with Native Plants for Multiple Seasons of Interest, Some Even Through Winter!

(adults)

Why is everybody talking about natives? Because well-adapted native plants are practical and easy-care choices to incorporate into your landscape. They are also beneficial for our birds, butterflies, hummingbirds, native pollinators, and beneficial insects, and are all-around important for our ecosystem. Discover the wealth of diverse "non-weedy" native plants available that are well-suited to integrate into your gardens and a more dynamic landscape.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Dec 6 6:00-8:00 PMH2351X

Mobsters and Mayhem

(adults)

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

One Session \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 5 5:00-6:30 PMH0651X

Fri, Jan 10 5:00-6:30 PMH0751X

Fri, Feb 28 5:00-6:30 PMH0851X

Pressed Flower Bookmarks

(ages 15 and up)

Pressed flowers make the perfect relaxing botanical craft for wintertime. Each participant will be able to take home two hand-crafted bookmarks, which are the perfect gift for avid readers. All materials are provided but participants are also welcome to bring their own pressed flowers.

One Session \$29.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Jan 31 6:00-7:30 PMH1651X

Valentine's Day Arrangement

(adults)

Celebrate the holiday of love by making a stunning arrangement showcasing the colors of passion. Vibrant oranges, deep purples, alluring pinks, and striking reds will create a splash of color in your Valentine's Day décor this season. Gift this dramatic arrangement to a loved one or show yourself some love this holiday and enjoy it for yourself. All materials provided.

One Session \$65.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Feb 13 6:00-8:00 PMH1851X

Wooly Winter Needle Felting

(adults)

Warm up with a felting class this winter! You'll learn how to turn un-spun wool into your own miniature 3D creation, and you'll walk away with a finished project and some basic ideas to continue crafting beyond the classroom. New to needle felting? Don't worry, it has a quick learning curve!

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Christmas Cookie Cutter Ornaments

Sat, Dec 7 10:30 AM-12:00 PMH0151X

Winter Snowmen Pair

Sat, Jan 11 10:30 AM-12:00 PMH0251X

National Seed Swap Day

Saturday, January 18, 10:30-11:30 AM

Freneau Woods Park Visitor Center

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds you don't need anymore? Join us at the Park System's Seed Swap Event!

Vegetable/Annual/Perennial/Native seeds are all welcome! Please, no invasive species.

Place seeds in a sealed envelope or Ziploc bag, labeled with the A) plant name, B) year collected, C) where it was bought or collected from, and D) a photo of the plant (optional).

Throughout January, if possible please deliver your seed submissions to Huber Woods Environmental Center.

**For more information on the event,
call 732-872-2670.**

NATURE



Ales and Trails

(ages 21 and up)

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

Manasquan Res Env Ctr Parking Lot

Sun, Dec 1 1:00-2:30 PM (approx) IK551X

Big Brook Pk Lower Pond Lot

Sat, Feb 8 1:00-2:30 PM (approx) IK651X

Birds and Brews 

(ages 21 and up)

Join a Park System Naturalist for an afternoon bird walk and see what birds are "brewing". We'll meander through the park for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds. A limited number of binoculars will be available to borrow if needed. Then to celebrate after the program, participants can take a quick drive down the road and join us for an optional picnic and beer tasting (pay on your own). The birding walk will take place as scheduled (weather permitting), but the trip to the brewery is contingent on the facility being open for business.

One Session \$16.00 Per Person

Manasquan Res Vis Ctr

Sun, Dec 8 1:00-2:30 PM (approx) I1251X

Bayshore Waterfront Pk Outdoor Area

Sun, Jan 19 1:00-2:30 PM (approx) I1351X

Fisherman's Cove Outdoor Area

Sun, Feb 9 1:00-2:30 PM (approx) I1451X

**Blooms to Beat the Winter Blues:
The Art of Pressed Flowers**

(ages 16 and up)

"Like wildflowers; you must allow yourself to grow in all the places people thought you never would." - E.V. Flowers blooming in winter? The beauty of flowers has the power to change our outlook and rejuvenate our spirit. Learn the techniques of flower pressing and arranging. You will use pressed flower blooms, leaves, and ferns to make your works of art.

One Session \$28.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Bookmark and Greeting Card

Sun, Jan 26 2:00-3:30 PM. IKR51X

Framed Art

Sun, Feb 2 2:00-3:30 PM IKT51X

Forest Bathing at Freneau Woods

(adults)

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

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Feb 8 11:00 AM-12:00 PM (approx) . . IKG51X



Wondrous Winter Walks

(all ages, under 18 with adult)

Nature walks are like snowflakes, each is unique in its own way. Toss on your winter gear and tag along with a Park System Naturalist as you explore the serenity that is nature in the wintertime.

Please Note: Sturdy footwear is recommended, trails used may have inclines or tree roots to step over.

Meet the following Wednesdays from 10:00-11:30 AM:

- December 4** at **Huber Wds Env Ctr Parking Lot**
- December 18** at **Clayton Pk Emley's Hill Parking Lot**
- January 8** at **Freneau Woods Pk Vis Ctr Parking Lot**
- January 22** at **Hartshorne Wds Rocky Point Parking Lot**
- February 5** at **Manasquan Res Env Ctr Parking Lot**
- February 19** at **Big Brook Pk Lower Pond Lot**

Full Moon Walk at Freneau Woods

(adults)

Enjoy the rise of the full moon while exploring the darker side of Freneau Woods Park, the 300+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl, the growl of a distant fox, or the flapping of a bat's wings. Best of all, after the walk, we will enjoy the sight of the full moon over the tall trees, provided there are not many clouds in the sky. Be sure to dress for the weather, wear shoes that can get dirty, and bring a flashlight. The program will be canceled due to inclement weather or icy trails.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Dec 15 7:00-8:00 PM IKD51X

Low-Tide Beach Walk

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones, and fossils, and find odd man-made objects cast up onto the shore. Join a Park System Naturalist for a fun, educational beach walk on the stunning shorelines of the Jersey Shore during low tide. You will be guided through a hands-on exploration of the intertidal zone, where you will discover the incredible diversity of marine life that calls our local tidal waters home. Along the way, we will enjoy views of the water to view wildlife and bird watching. It will leave you with a newfound appreciation for the beauty of our local marine environment. Please wear shoes that can get muddy. The program will be canceled due to inclement weather including high winds.

One Session \$10.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jan 11 12:00-1:00 PM IKE51X

Sun, Feb 9 12:00-1:00 PM IKF51X

Winter Birding in the Parks



Casual Birder

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. We will go even with light rain or snow so please come dressed for the weather.

Join us at 9:00 AM on the following dates:

Tuesday, December 3 at **Fisherman's Cove**

Tuesday, January 14 at **Seven Presidents Pk Pavilion**

Tuesday, January 28 at **Manasquan Res Env Ctr**

Tuesday, February 18 at **Bayshore Waterfront Pk Main Entrance**

2025 Monmouth County Parks Backyard Bird Count

(ages 14 and up, with adult)

Join a Park System Naturalist as we explore some of the County Park bird feeders and trails in celebration of the Great American Backyard Bird Count. We will start by looking at what winter birds are at our local feeders and will take a small walk to see what birds we can identify around the park. It's a great way to get started in birding and explore local park trails. A limited number of binoculars will be available to borrow if needed.

Join us from 9:00-10:00 AM on the following dates:

Friday, February 14 at **Manasquan Res Vis Ctr**

Saturday, February 15 at **Freneau Wds Pk Vis Ctr**

Sunday, February 16 at **Huber Wds Pk Env Ctr**



Nature for Beginners *(adults)*

Calling all novice naturalists! Join us as we learn the very basics of the world around us. This program is geared toward beginners and individuals with an interest in nature, but don't know where to start. Each session's subject will vary depending on the season and involve indoor and outdoor components.

One Session \$14.00 Per Person

Huber Wds Pk Env Ctr

Coniferous Trees**Thu, Dec 5 10:00-11:00 AM IM451X****Wildlife in Winter****Tue, Jan 14 10:00-11:00 AM IM551X****Owl Prowl at Freneau Woods Park***(adults)*

Head to Freneau Woods Park for an evening of fun while we discover the owls that call Monmouth County home. We will start with a short PowerPoint presentation about the variety of owls found locally and then head outside to search the woods for these night raptors. Practice your owl calls now! Although we never know if we'll get to hear or see an owl, participants will be sure to learn a lot and have a great night walk in the woods. Wear shoes that can get dirty and dress warmly. Trails can be muddy and wet. Bring a flashlight. The program will be canceled due to inclement weather or icy trails.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Dec 14 7:00-8:30 PM (approx) IKB51X**Sat, Jan 11 7:00-8:30 PM (approx) IKC51X****Start a Nature Journal** *(adults)*

So, you want to start a nature journal? That's great! If you're looking to get outside more, then creating a nature journal is a perfect way to pay closer attention to nature and its surroundings, while becoming more creative. Join a Park System Naturalist as we discover the different ways to keep a nature journal to record all the interesting things you see, smell, hear, feel, eat, and wonder about throughout the year. The best part is you don't need to be an artist or a poet to keep a nature journal. Anyone can do it when you head out to a park for a mini adventure. There are no wrong answers, but many wonderful ways to record a moment in time, something you can revisit over and over again.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Jan 12 12:00-1:00 PM IKN51X**The Bird Academy - Winter Ducks and Waterfowl ID** *(ages 14 and up, under 18 with adult)*

Trying to get into birding and looking for extra guidance? This series of classes is right for you! We will start the program with lectures on various bird-related topics focused on learning the basics of identification, behavior, and more of our local expected species. After each lecture we will go out into the field and take a walk to hone our identification skills; a scope will be provided for the group to share. A limited number of binoculars will be available to borrow if needed. We will go out even in light rain or snow, so come dressed for the weather. The class will happen once a month on Sunday mornings over the winter months.

Three Sessions \$72.00 Per Person

12/8 - Bayshore Waterfront Pk Act Ctr

1/26 - Manasquan River Greenway Winter Run Act Ctr

2/9 - Seven Presidents Pk Act Ctr

Sun, Dec 8-Feb 9 8:00-11:00 AM I0351X**Wild Winter Woody Identification***(adults)*

Take a brisk walk through Tatum Park with a trained botanist and learn how to identify woody plants in the winter. Identifying plants in the winter can be difficult. Some experience will be helpful. Bringing a 10X jeweler's loupe is also recommended.

One Session \$18.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Sun, Jan 12 10:30 AM-12:45 PM H1951X**Sun, Feb 2 10:30 AM-12:45 PM H2051X****Wines and Pines***(ages 21 and up)*

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

One Session \$16.00 Per Person

Holmdel Pk Hilltop Area

Sun, Jan 12 1:00-2:30 PM (approx) IK351X

Clayton Pk Emley's Hill Lot

Sun, Feb 9 1:00-2:30 PM (approx) IK451X

Winter Birding at Sandy Hook!

(adults)

Not all birds fly south for winter! A surprising number of species call NJ home during this season. Explore the birdlife of the "hook", which is well-known as one of the premier birding destinations in the state. We will look for ducks, loons, eagles, wintering songbirds, and hopefully a surprise or two. Please dress for potentially freezing weather (layers) and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them.

One Session \$10.00 Per Person

Sandy Hook B Lot

Wed, Dec 4 9:00-10:30 AM (approx) EWZ51X

Wed, Jan 15 9:00-10:30 AM (approx) EX051X

Winter Birding at the Bayshore

(ages 14 and up, under 18 with adult)

While many birds go south in the winter, some call NJ home in winter. Join us along the Bayshore as we search for wintering ducks, loons, gulls, and hopefully a surprise or two. Please dress for potentially freezing weather (layers) and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them. Meet in the main lot near the bathrooms/pier.

Bayshore Waterfront Pk

One Session \$9.00 Per Person

Wed, Dec 11 9:00-10:00 AM (approx) INQ43X

One Session \$10.00 Per Person

Wed, Feb 26 9:00-10:30 AM (approx) IK951X

Drop-in Local Nature Lecture Series

(adults)

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

Seals of Monmouth County

Saturday, December 14, 2:00-3:00 PM

Bayshore Waterfront Pk Act Ctr

The Jersey Shore is a seasonal home to several species of seals or pinnipeds during the late fall, winter, and early spring. Join a Naturalist as we discover more about the many species of seals that call local beaches home in Monmouth County during the colder parts of the year. We will also learn the many threats the seals face along the Jersey Shore and how you can help.

Cold Water Sharks of New Jersey

Saturday, January 12, 3:00-4:00 PM

Freneau Woods Pk Vis Ctr

If you think the waters are free from sharks in the winter, you may be wrong. Join a Naturalist as we discover sharks that can not only survive in cold water but that can be found near the Jersey Shore, including porbeagles, spiny dogfish, and maybe even a great white. There are many ways these fish have adapted to feed and forage during the winter when limited resources exist. We will also discover threats to sharks and how to save them.

Grey Squirrels of Monmouth County

Saturday, February 8, 3-4:00 PM

Freneau Woods Pk Vis Ctr

In New Jersey, our most common squirrel is the Eastern gray squirrel, but just because it's common does not mean people know much about it. Join a Naturalist to discover more about these furry critters including some other species of squirrels that call New Jersey home. There is more to squirrels than just eating nuts in your backyard.



Winter Solstice Walk

(all ages, under 14 with adult)

Celebrate and embrace the first day of winter by soaking in the sunlight on the shortest day of the year! Join one of our Park System Naturalists for a walk in the park and learn all about the unique flora and fauna that call our parks home. Please dress accordingly for the weather and wear comfortable walking shoes.

One Session \$12.00 Per Person

Holmdel Pk Shelter Bldg

Sat, Dec 21 10:00-11:00 AM IM251X

Winter Tree Walk



(adults)

Most trees slow down in winter and lose their leaves. This can make it more difficult to identify them. Join a Park System Naturalist for a walk, and learn the basics of winter tree identification. This program will be held entirely outdoors, so dress for the weather and wear comfortable walking shoes.

One Session \$13.00 Per Person

Holmdel Pk Shelter Bldg

Thu, Feb 20 10:30-11:30 AM. IKU51X



Cross-Country Ski Experience

(adults)

Get outside this winter and experience the Olympic sport of cross-country skiing. Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. This program will run with or without snow. If there is no snow, we will use custom ski mats to simulate snow. All ski equipment is provided.

One Session \$28.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 21 8:30-10:30 AM W5851X

Sat, Jan 4 8:30-10:30 AM W5951X

Sat, Jan 11 8:30-10:30 AM W6051X

Sat, Jan 25 8:30-10:30 AM W6151X

Sat, Feb 8 8:30-10:30 AM. W6251X

OUTDOOR ADVENTURES

CROSS-COUNTRY SKIING

Cross-Country Ski Trip

(adults)

Cross-country ski at the highest elevation in NJ. The High Point Cross Country Ski Center will have a new snowmaking machine to ensure good trail conditions. Ski equipment and snowshoes can be supplied by the Park System or bring your own. Once at the center, you are on your own to explore. Participants are responsible for trail pass tickets (\$20.00-\$25.00 for full day). Price includes cross-country ski or snowshoe equipment, leader, and transportation. When registering, let reservations know your shoe size, height, and weight. Rating: Beginner to advanced. Miles: TBD by you.

One Session \$89.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Feb 1 6:30 AM-4:00 PM (approx) . . . W1151X

Full Moon Cross-Country Ski

(adults)

Experience a new adventure skiing under February's Full Snow Moon at Thompson Park. Warm drinks will be provided. This is a snow-dependent program; check the weather cancellation number if there is concern it may be canceled. If using Monmouth County Park System equipment, please have shoe size/height/weight ready at registration.

Please Note: This is not a beginner clinic so participants will need to have prior cross-country ski experience.

One Session \$25.00 Per Person

Thompson Pk 3 Barns Parking Lot

Thu, Feb 13 5:30-7:30 PM W1251X

Cross-Country Ski & Snowshoe Rentals

December 15-March 15, 9:00 AM-5:00 PM
(conditions permitting; closed December 25)

Cross-country ski and snowshoe equipment is available for rent at the Thompson Park Ski Hut.

Equipment must be returned by 5:00 PM.

Ski Equipment: \$20.00 per person
(Children 8 & Under: \$15.00)

Snowshoes: \$15.00 per person

For more information, call 732-842-4000, ext. 4312.

"Split Pea" Cross Country Ski

(adults)

Learn the basics of cross-country skiing and then enjoy our fire pit with some warm, delicious soup and drinks. If nature does not supply us with snow, we will have class on our outdoor ski mats. All equipment provided. When registering, provide your height, weight, and shoe size so we can prepare your equipment.

One Session \$32.00 Per Person

Thompson Pk Ski Hut

Thu, Jan 30 10:00 AM-12:00 PM (approx) W1351X

HIKING

A Handful of Harriman Hike

(adults)

Enjoy an uncrowded Harriman State Park on a loop hike that climbs five peaks with several outstanding views and much up-and-down hiking.

Please Note: Hiking boots are required. Yak tracks and snowshoes can be provided or bring your own. Trekking poles are highly recommended.

Rating: Strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5

Instructor: Andrew Imperiale

One Session \$65.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Feb 22 6:30 AM-3:00 PM (approx) . . W1051X

Armchair Travel Adventures for Inspiration

(adults)

Escape the winter blues by planting the seeds of ideas for active recreational vacations. By viewing the beauty of nature with experienced travelers, we can help you plan your own trip to maximize your adventures. Pull up a chair and get ready for a great evening. We provide the coffee and the answers to your questions. Registration is requested; however, walk-ins will be welcome.

One Session \$6.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mountaineering on Mt. Rainier

Wed, Jan 15 6:45-8:45 PM W5551X

Pedaling Through America

Thu, Feb 20 6:45-8:45 PM W5651X

Between the Holidays Hikes

(adults)

Being in nature can boost your mood and improve your mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Be inspired to learn more about your county parks with this "Between the Holidays" hiking series. This program will meet at three different parks and hike a combination of dirt trails and paths. Experience for yourself that the forest is good for the soul.

Rating: Moderate pace, rocky terrain, sandy/dirt trails, some ascents and descents. Miles: 3-5

Three Sessions \$48.00 Per Person

12/3 - Thompson Pk 3 Barns Lot

12/10 - Tatum Pk Red Hill Lot

12/17 - Hartshorne Wds Rocky Point Lot

Tue, Dec 3-17 10:00 AM-12:00 PM W0751X

Double Trouble Hike

(adults)

Step back in time and discover this historic pine barren village named Double Trouble, dating back to the 1770s with the surrounding cedar swamps, creeks, and bogs.

Rating: Easy/moderate, flat sandy/hardpack, forest trails and dirt roads. Miles: 5+

One Session \$54.00 Per Person

Thompson Pk 3 Barns Parking Lot

Mon, Jan 6 8:00 AM-3:00 PM (approx) . . W4951X

Mount Minsi Hike *(adults)*

Hike to the summit of Mt. Minsi on the Appalachian Trail with spectacular views of the Delaware Water Gap. **Please Note: Hiking boots are required.**

Rating: Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5.5

Instructor: Andrew Imperiale

One Session \$65.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Dec 28 7:00 AM-3:30 PM (approx) . . W0951X

NJ Fire Tower Challenge *(adults)*

We'll start with the first the four fire towers we'll be hiking to on this unique New Jersey challenge: Apple Pie and Budd Lake. Join us as we discover the history of each tower and get outside for some well-deserved trail time. Be sure to dress for the weather, leaving room in your pack for clothes as you warm up. Watch for hikes to Catfish and Culver coming this spring.

Please Note: Hiking boots are required, and trekking poles are recommended.

Rating: Moderate, rocky, sandy, bridges, ascents, descents, creek crossings. Miles: 5+

One Session \$62.00 Per Person

Thompson Pk 3 Barns Parking Lot

Apple Pie Hill Tower, Wharton State Park

Sun, Jan 12 8:00 AM-4:30 PM (approx) . . W5451X

Budd Lake Tower, Allamuchy State Park

Sun, Feb 9 8:00 AM-4:30 PM (approx) . . . W5151X

Thursdays on the Trails*(adults)*

Looking to get moving and walking the neighborhood is not quite your style? Head to the trails on this easy to moderate-paced hiking program. Learn about your county parks as we visit a different park each week. Please come prepared with a small daypack with water and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested. This program will run in snow (snowshoes will be provided); however, you must supply your own yaktracs for icy trails.

Rating: Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5

Instructor: Andrew Imperiale

Six Sessions \$81.00 Per Person

1/9 - Holmdel Pk Ramanessin Lot

1/16 - Clayton Pk Emley's Hill Rd.

1/23 - Tatum Pk Red Hill Lot

1/30 - Allaire State Pk Hospital Rd Lot

2/6 - Hartshorne Wds Pk Buttermilk Lot

2/13 - Shark River Pk Schoolhouse Rd

Thu, Jan 9-Feb 13 8:30-10:30 AM. W1551X

Two State Hike *(adults)*

Climb to Bearfort Ridge with its unusual puddingstone conglomerate rock and pitch pines, follow the Appalachian Trail from New Jersey into New York to the "Grand View," and pass two beautiful secluded lakes.

Please Note: Hiking boots are required.

Rating: Strenuous, moderate pace, steep ascents, and descents, rocky terrain. Miles: 6

Instructor: Andrew Imperiale

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 7 6:30 AM-3:00 PM (approx) . . . W0351X

White Lake Hike *(adults)*

Discover this hidden gem of a park outside of Blairstown, NJ. Hopefully, Mother Nature will provide us with snow on this beautiful loop trail around White Lake. A stop at the Blairstown Diner will finish our day (pay your own way).

Please Note: Hiking boots are required, and trekking poles are highly recommended. Snowshoes/yak tracks can be provided if needed.

Rating: Easy/moderate, slight ascent/descents, woods roads, single tack, dirt, roots, snow. Miles: 3.5+

One Session \$56.00 Per Person

Thompson Pk 3 Barns Parking Lot

Fri, Feb 7 8:30 AM-4:00 PM (approx) . . . W5051X

HORSEBACK RIDING**Mountain Creek Horseback Trail****Riding** *(adults)*

Join us in the beautiful Poconos Mountains for a one-of-a-kind adventure at the Mountain Creek Riding Stable. These guided horseback trail rides are scenic, leisurely, and ideal for beginner riders. Enjoy the winter scenery from a unique perspective and make memories that will last a lifetime. Transportation is via a Park System minibus. Please dress appropriately for the weather and bring water, lunch, and your adventurous spirit.

One Session \$170.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Jan 11 8:00 AM-2:30 PM (approx) . . W4551X

JUST THE LADIES

Ladies Weekend of Adventure and Relaxation

(adults)

Join "just the ladies" hiking during the daylight and a warm cabin to relax in the evening. We will stay at the AMC's Mohican Outdoor Center, surrounded by the beautiful Kittatinny Mountains. Lodging amenities include bunk rooms, private baths, a full kitchen, and a fireplace. Price includes one dinner, two breakfasts, snacks, warm drinks, snowshoes, transportation, and Park System leaders.

Rating: Moderate, rocky terrain, some steep ascents, and descents. Miles: 3-6 per day

REGISTRATION DEADLINE: December 19 (registration will remain open until January 2 if the minimum is met)

\$365.00 Per Person

Orientation

Thompson Pk Ski Hut

Fri, Jan 3, 6:30-8:30 PM

Program

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Jan 24-26 7:00-3:00 PM W4651X

Ladies Winter Hiking Club

(adults)

Don't let the cold temperatures of winter keep you indoors! Join us as we tackle the trails during one of the most beautiful seasons outdoors. We will meet you at a different park each week for this winter adventure.

Please Note: Hiking boots are required, and trekking poles and yak tracks are recommended.

Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2-4

Nine Sessions \$117.00 Per Person

1/7 - Tatum Pk Red Hill Rd Lot

1/14 - Freneau Wds Pk Vis Ctr Lot

1/21 - Holmdel Pk Lake Lot

1/28 - Shark River Pk Schoolhouse Rd

2/4 - Clayton Pk Emley's Hill Lot

2/11 - Thompson Pk 3 Barns Lot

2/18 - Turkey Swamp Pk Campground Office Lot

2/25 - Manasquan Res Env Ctr Lot

3/4 - Hartshorne Wds Rocky Point Lot

Tue, Jan 7-Mar 4 10:00 AM-12:00 PM . . . W4851X

Tue, Jan 7-Mar 4 12:30-2:30 PM W4751X

PERFORMING ARTS

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke various thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm, and verse. All are welcome to read their work aloud or read work from their favorite poet(s). Themes are suggested and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins 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 Vis Ctr Beech Room

The Five Senses

Wed, Dec 11 7:00-8:30 PM PE015A

Abecedarian Poems

Each line or stanza begins with the first letter of the alphabet and is followed by the successive letter until the final letter is reached.

Sun, Jan 12 3:00-4:30 PM. PE045A

Sentinels of the Heart - Four Centuries of Love Sonnets

(adults)

Join us for a captivating evening of spoken word poetry celebrating the enduring power of love. This special event will feature a diverse collection of love sonnets from renowned poets spanning centuries, from Shakespeare to contemporary voices. Prepare to be moved, inspired, and entertained as talented performers bring these timeless works of literature to life. Discover the beauty and complexity of love through the words of some of the greatest poets of all time. Don't miss this unique opportunity to experience the magic of love sonnets through the spoken word. Light refreshments will be served during a brief intermission. Registration is highly recommended, but not required. Light refreshments will be served following the performance.

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Wed, Feb 12 6:30-8:30 PM PA015A

Adult Ballet - Beginner Level 1

(adults)

Have you always wanted to try ballet? It's never too late to learn! Discover the grace and elegance of ballet in this introductory course designed for those with little or no dance experience. This class covers basic ballet positions, steps, and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance, and flexibility. Wear comfortable clothes and ballet shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 8-Mar 12 1:00-1:45 PMA7051X

Adult Ballet - Beginner Level 2

(adults)

Dust off your ballet shoes! This beginner level is designed for adults who have a basic understanding of the foundations of ballet. Students will work on refining basic positions, vocabulary, and mechanics in a nurturing and fun environment. Wear comfortable clothes and ballet shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 8-Mar 12 2:00-2:45 PMA7151X

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and loved it? Then, this class is for you! Calling all beginner or better tap dancers for a fun adult-only class with Miss Marcy. Learn a complete routine in the 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 2:00-2:45 PMA6751X

Tue, Jan 7-Mar 11 5:30-6:15 PMAB751X

Tue, Jan 7-Mar 11 6:15-7:00 PMA6851X

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for students who enjoy tap dancing and already know the basics. We'll explore rhythms with new combinations and really get our feet moving! Please wear comfortable clothes and the tap shoes of your choice. A bottle of water is recommended. **Pre-requisite: 2-3 sessions of Adult Tap - Beginner Level 1 or similar experience.**

Ten Sessions \$125.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Mar 11 3:00-3:45 PMA6951X

Special People United to Ride & Musicians on a Mission present

Come to your Senses

A SPECIAL EVENING
FEATURING A FEAST
FOR THE SENSES

Sunday, February 23, 3:00-7:00 PM
The Gallery at Thompson Park
Art Exhibit • Live Music
Gourmet Fare • Gift Auctions
Fragrant Soaps & Candles

\$20
per person

Tickets available at the door
or in advance at
www.musiciansonamission.com

Beyond the Sway: Beginner Wedding Line Dancing

(adults)

Are you familiar with line dances like the Wobble and the Cha Cha Slide from previous parties and weddings, but have never felt confident to join in? We'll explore a small mixture of classic and contemporary line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed-toe/heel shoes they can easily move in.

Instructed by: Sing and Sway

Four Sessions \$77.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 22-Feb 12 6:10-7:00 PMAAE51X

Five 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, this four-week beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience as we rotate partners among participants. No previous dance experience is necessary. 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/heel shoes you can easily move in.

Instructed by: Sing and Sway

Four Sessions \$77.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 22-Feb 12 5:00-5:50 PMAAD51X

Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn the basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is intended for engaged couples, all couples are invited to this introductory experience of partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$88.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Dec 11 6:00-8:00 PMAAA51X

Wed, Jan 15 6:00-8:00 PMAAB51X

Wed, Feb 26 6:00-8:00 PMAAC51X

SPORTS & FITNESS

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun, 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

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-Feb 11 5:30-6:30 PMX6251X

Thu, Jan 9-Feb 13 5:30-6:30 PMX6351X

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 your body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 9-Mar 13 1:00-2:00 PMX6051X

Balanced Fitness

(adults)

The four building blocks of fitness will be used to create a new, fitter you! Cardio endurance, strength/power training, flexibility, and balance will be emphasized as we encourage you to begin or continue exercising. See what the benefits of exercising will do for you!

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Instructor: Jodi Kondracki

Mon, Jan 6-Feb 24 9:15-10:15 AM MC451X

No class 1/27 & 2/17

Instructor: Kim Cugini

Wed, Jan 8-Feb 12 5:30-6:30 PM MC551X

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

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 3-Feb 7 5:30-6:25 PM X9051X

Fri, Feb 28-Apr 4 5:30-6:25 PM X9151X

Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. This class is more low-impact and gentler than a regular barre class. The class format will focus on toning muscles and improving balance while building flexibility and coordination.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$60.00 Per Person

Thu, Feb 6-27 5:00-5:55 PM X8751X

Five Sessions \$75.00 Per Person

Sat, Jan 11-Feb 8 11:00-11:55 AM X8851X

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! Some belly dance experience is required 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 or in socks or dance shoes.

Instructor: Eryka Andrex

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 22-Mar 12 5:00-5:55 PM X8351X

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 or in socks or dance shoes.

Instructor: Eryka Andrex

Eleven Sessions \$198.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Mar 18 7:25-8:55 PM X7651X

Dance Tone Stretch

(adults)

This one-hour class is a fun mix of cardio dance, light toning, and a stretching session. Each class will open with a fun and easy five-song cardio dance fitness routine, using pop Latin, and World music. Then we will use light weights, bands, and body weight exercises to do a toning routine. Each class will end with an overall body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners are welcome!

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 27-Mar 10 5:00-5:55 PM aX7151X

No class 2/17

E. Murray Todd Half Marathon

Sunday, March 9, 8:30 AM

Brookdale Community College Collins Arena, Lincroft

With over 45 years of racing tradition on one of New Jersey's most attractive courses, you will experience 13.1 miles on our beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and is \$40.00 per person (closed March 2).

Race day registration will be accepted on Sunday, March 9 beginning at 7:00 AM and is \$60.00 per person.

For additional information, please check out the "Races & Special Events" page on our website under the "Activities" tab or call 732-542-1642, ext. 4646.



Foundation Training

(adults)

Do you want to change the way you move, correct unwanted postural habits that can often 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 will teach your body to move well - the way it was originally designed to. This unique, widely recognized program provides the building blocks for lifelong fitness helping you move effortlessly in the activities throughout your day. Foundation Training lengthens and strengthens the body while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walkers to marathon runners, this program is for you! All you need is an exercise mat, comfortable clothing, and a willingness to learn. Participants need to feel comfortable transitioning to the floor and back to standing. The Introductory Workshop is NOT a prerequisite but can be a valuable kickstart. All levels of prior FT experience are welcome!

Instructor: Janice Volk

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Feb 4-Mar 11 9:00-9:45 AMXA751X

Foundation Training Introductory Workshop

(adults)

Move well to feel well, the way your body was originally designed! Correct your unwanted postural habits that can lead to chronic pain. Through a series of body-weight exercises and breathwork, Foundation Training activates specific muscle groups, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. No matter your age or fitness level, this 90-minute workshop is for you. As part of your fee, you will have access to a helpful at-home video. Exercise mats will be available if you don't have your own. This is a great introduction to the upcoming winter six-week series, which expands on the practice and will take your body to a whole new level.

Instructor: Janice Volk & Gina Girard

One Session \$50.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 18 2:00-3:30 PMX9951A

Foundation Training Level 2

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain, or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that train your body to move the way it was originally designed. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body while improving its mobility, stability, and core strength. Designed for many levels of fitness, from recreational walkers to marathon runners, this program is for you! This series will incorporate basic as well as advanced exercises to unlock your body's full potential. Participants need to feel comfortable transitioning from the floor to standing. Level 1 is not a prerequisite to this program and exercise mats are available if you don't have your own.

Instructor: Gina Girard

Six Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Feb 7-Mar 14 8:00-8:45 AMXA851X

Gentle Aerobics

(adults)

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

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Thu, Jan 9-Feb 20 10:30-11:15 AMMCC51X

No class 1/30

Eight Sessions \$120.00 Per Person

Fri, Feb 7-Mar 28 10:30-11:15 AMMCD51X

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern dance! Learn the fluid movements of belly dancing 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, or in socks or dance shoes.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Ten Sessions \$150.00 Per Person

Thu, Jan 16-Mar 20 7:15-8:10 PM X8951X

Six Sessions \$90.00 Per Person

Mon, Jan 27-Mar 10 6:05-7:00 PM X7251X

No class 2/17

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger, and revitalized body. Improve your fitness level as we increase flexibility, strength, and self-esteem. This motivating class will incorporate a warm-up, stretch, and cool-down into a toning and firming program that uses balls, bands, and hand weights. Please bring a water bottle; wear comfortable clothing and cross-training sneakers.

Instructor: Jodi Kondracki

Twelve Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 6-Feb 24 8:00-9:00 AM. . . MC351X

No class 1/27, 1/29 & 2/17



*Jodi is a phenomenal instructor.
She always gives a variety of
adaptations to make the activity
easier or more challenging.*



Total Body Circuit Blast

(adults)

Empower yourself with this revved-up workout to blast calories! We will start each 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. 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, Jan 4-Feb 22 8:00-9:00 AM X6451X

No class 2/15

PILATES

Pilates & Stretch for Beginners

(adults)

Take your fitness to the next level with Pilates & Stretch! Our beginner-friendly program is designed to help you strengthen and develop your "powerhouse" - the abdominals, lower back, hips, and thighs. Feel the benefits of improved posture and flexibility, work on your deep abdominals, and get in shape with our safe and effective Pilates exercises. Classes will also focus on proper stretching to maximize your workouts and reduce injuries. Plus, don't forget to bring a water bottle and wear comfortable clothing so you can get the most out of your workout.

Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Wed, Jan 8-Feb 19 9:30-10:15 AM MC751X

No class 1/29

Eight Sessions \$120.00 Per Person

Fri, Feb 7-Mar 28 11:30 AM-12:15 PM. . . MC951X

Pilates Fusion

(adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

Twelve Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 6-Feb 24 10:30-11:30 AM . MC651X

No class 1/27, 1/29 & 2/17

Pilates Mat Workout

(adults)

This class focuses on your powerhouse which are the abdominals, lower back, hips, and thighs. Pilates helps strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$156.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 6-Feb 12 7:15-8:15 PM. . . . X9651X

Mon, Wed, Feb 24-Apr 2 7:15-8:15 PM. . . . X9751X

Tatum Pk Holland Act Ctr

Thu, Tue, Jan 2-Feb 11 6:30-7:30 PM. . . . X9451X

Tue, Thu, Feb 25-Apr 3 6:30-7:30 PM. . . . X9551X

Pilates Mat Workout - Fort Monmouth

(adults)

Focus on your "powerhouse" - the abdominals, lower back, hips, and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Please bring a water bottle; wear comfortable clothing and cross-training sneakers.

Instructor: Jodi Kondracki

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 9-Feb 20 9:15-10:15 AM. . . . MCA51X

No class 1/30

Pilates Toning

(adults)

Maximize your fitness journey with our innovative Pilates Toning program, blending the principles of Pilates with comprehensive body conditioning. Enhance your core strength, refine posture, and achieve toned arms and legs simultaneously. Experience a boost in flexibility and endurance within a dynamic and encouraging setting. Embrace the power of leveraging your body weight and incorporating light hand weights to foster muscle growth and definition. Elevate your workout experience and embrace holistic wellness with our Pilates Toning regimen. Please bring a water bottle and wear comfortable clothing.

Eight sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Feb 7-Mar 28 9:15-10:15 AM MCE51X

VOLLEYBALL

Indoor Winter Volleyball League

(ages 17 and up)

Join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience is necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out on the first night of the league. Captains sign up for the team; pre-registration is required. An organizational and rules meeting will be held at 6:15 PM on the first night of the league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 8-Mar 19 6:00-8:00 PM MC051X



Increasing physical activity as an adult offers a variety of health benefits, such as reducing the risk of heart disease, managing a healthy weight, and lowering your risk for certain types of cancer.

**DID YOU
KNOW?**

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

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 5-26 9:00-10:00 AM X2451X

Sun, Feb 2-23 9:00-10:00 AM X2551X

Ayurveda and Yoga Workshop

(adults)

In this workshop, you will learn yoga and Ayurveda techniques to incorporate into your daily life at home and at work, and when you are on vacation. You will learn how to calm, balance, and nourish your body, mind, and soul with movement, breathing techniques, and different food. You will also begin to understand your connection with the world/universe around you, and the people that you live with and work with. Bring a mat and join this fun and informative 2.5-hours workshop where you will learn powerful and simple techniques to incorporate into your daily life through movement, breathing techniques and daily tips.

One Session \$80.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sun, Jan 12 9:00-11:30 PM XA951A

Beginners Yoga

(adults)

This class covers all things yoga and is perfect for beginners wanting a practice of their own or those who are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. You will reduce stress while gaining 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

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 5-26 10:15-11:15 AM X2651X

Sun, Feb 2-23 10:15-11:15 AM X2751X

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.

Ten 1-Hr Sessions \$115.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Mar 24 6:00-7:00 PM XAM41A

No class 1/20 & 2/17

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Mar 11 11:00 AM-12:00 PM XAN41A

Tatum Pk Red Hill Act Ctr

Thu, Jan 9-Mar 13 10:00-11:00 AM XAP41A



Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into meditation, learning skills you can take into a home meditation practice. No prior yoga or meditation experience is necessary and all levels of movement are welcome.

Instructor: Tiffany McCann

Eight Sessions \$120.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 11-Mar 1 10:30-11:30 AMXA551X

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

Sit and Stand

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 27-Mar 10 4:00-4:55 PMX7051X

No class 2/17

Fully Seated

Ten Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 15-Mar 19 10:35-11:30 AMX8051X

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.

Dorbrook Rec Area Act Ctr

Five Sessions \$75.00 Per Person

Sat, Jan 11-Feb 8 9:00-9:55 AMX8251X

Eight Sessions \$120.00 Per Person

Wed, Jan 22-Mar 12 4:00-4:55 PMX8151X

Codes of Creation in Movement™

(adults)

Invented by Mary Jane Kasliner, Codes of Creation in Movement™ is a unique practice encompassing a precise sequence of postures. In these postures, the body assumes geometrical forms of straight and diagonal lines, circles, squares, and triangles. These geometrical forms are force fields of energy that encompass the codes of creation. The body becomes a hologram of light that realigns the molecular structure around the body as well as within. In this practice, we balance the auric (energy) field of the body and expand consciousness from one dimensional field to another. Instructor: MJ Kasliner, nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ has over 800 hours of certification trainings including studies in India.

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 4-Mar 26 7:00-8:15 PMX9351X

No class 12/25, 1/1 & 2/5

Calling all teachers, college students, and high school juniors and seniors!

We're looking for enthusiastic additions to join our team this summer for a variety of positions!

Visit our Summer Job Fair on March 9 from 9:00 AM-12:00 PM at Fort Monmouth Recreation Center, Tinton Falls, to learn about all the amazing summer employment opportunities.

Get full details on page 31.

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

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 6-Feb 24 7:00-8:00 PM X6851X

No class 1/20 & 2/17

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

Sunnyside Rec Area EC Program Room 2

Five 1-Hr Sessions \$62.50 Per Person

Thu, Jan 16-Feb 13 10:00-11:00 AM V0541A

Eight 1-Hr Sessions \$95.00 Per Person

Thu, Feb 20-Apr 10 10:00-11:00 AM V2141A

Flexibility and Beyond - Yin Yoga

(adults)

Designed at a slower pace with longer-held postures to stimulate the parasympathetic nervous system for deep relaxation, this class is a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restore youthfulness to your body, help manage stress, and inject wisdom into your life. Are you ready to join MJ for flexibility and wisdom? Instructor: MJ Kasliner, nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ has over 800 hours of certification training including studies in India.

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Dec 3-Mar 25 7:00-8:15 PM X3651X

No class 12/24, 12/31 & 2/4

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 in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 6-27 12:00-1:00 PM XA051X

Fri, Jan 10-31 11:00 AM-12:00 PM XA251X

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 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.

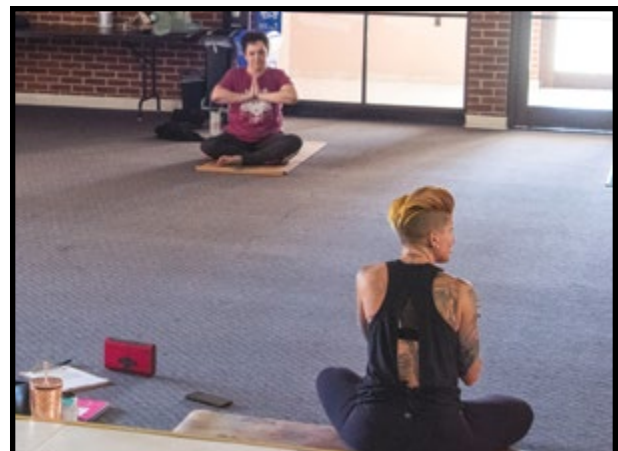
Please Note: Participants must be able to come down to the floor in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Fri, Jan 10-31 9:30-10:30 AM XA351X



Intro to Mobility and Flexibility Using Foam Roller/Ball

(adults)

A gentle introduction to using tools, including a foam roller, to practice the art of self-massage or self-myofascial release. Learn and practice the basics of "rolling out" your muscles, tissue, and fascia. This class consists of a standing warm-up and then floor work on a mat. Mats and foam rollers are provided for use during class. Please bring two tennis balls and a clean sock to put them into for each class, we will make a "peanut" roller that you can use at home.

Please Note: Participants must be able to come down to the floor.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 7-Feb 11 5:00-5:55 PM X9251X

Morning Breath and Yoga

(adults)

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility, and calm. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel, and water.

Instructor: Tiffany McCann 500 hour YA-RYT, Live Grace Yoga

Eight Sessions \$120.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 9-Feb 27 7:30-8:30 AM XA651X

Restorative/Yoga Nidra

(adults)

Restore, renew, and refresh. Take this hour to remind yourself that you are the most important thing. This all-level class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness, this 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

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Jan 8-29 6:00-7:00 PM X3251X

Wed, Feb 5-26 6:00-7:00 PM X3351X

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice which connects every action of our lives with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so 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. The focus will be on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring a yoga mat and water.

Instructor: MJ Kasliner, nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ Has over 800 hours of certification training including studies in India.

Seventeen Sessions \$289.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 2-Mar 31 7:00-8:15 PM X3451X

No class 2/3

Sixteen Sessions \$272.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Fri, Dec 6-Mar 28 9:30-10:45 AM X3551X

No class 2/7

Winter Yoga

(adults)

Looking for a way to feel strong and grounded through winter? Treat yourself to a yoga practice to accomplish both. We begin the class with slow sun salutations, then move to poses to build strength. Our practice will focus on feeling grounded through the season as we prepare our bodies for spring. Weather permitting, we will practice outdoors. The class is appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann, 500 Hr RYT, Owner Live Grace Yoga

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 11-Mar 1 8:45-10:00 AM XA451X

Yin Yoga

(adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments, and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$155.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 9-Mar 13 2:00-3:00 PM X6151X

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 help 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 a relaxing meditation and foot massage. Some yoga experience is recommended. Bring a Yoga mat and water.

Instructor: MJ Kasliner, nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ Has over 800 hours of certification training including studies in India.

Fourteen Sessions \$238.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Dec 4-Mar 26 9:30-10:45 AM X3751X

No class 12/25, 1/1 & 2/5

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 strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap, and water. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Please bring a yoga mat, two yoga blocks, a long yoga strap, a towel or blanket, and water. Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with the International Association of Yoga Therapists

Thirteen Sessions \$195.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jan 4-Mar 29 8:00-9:00 AM. X9851X

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 geared for those in their 50s, 60s & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and is 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 the class is modified using a chair, so that flowing movements can be done safely, without doing lunges on the ground or full downward-facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$80.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 7-28 10:30 AM-12:00 PM XA151X

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, Jan 4-Feb 22 9:00-10:00 AMX6551X

No class 2/15

ZUMBA

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

Eleven Sessions \$165.00 Per Person

Tue, Jan 7-Mar 18 6:15-7:10 PMX7351X

Five Sessions \$75.00 Per Person

Sat, Jan 11-Feb 8 10:00-10:55 AMX7551X

Ten Sessions \$150.00 Per Person

Thu, Jan 16-Mar 20 6:15-7:10 PMX7451X

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio workout! 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. This class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Six Sessions \$90.00 Per Person

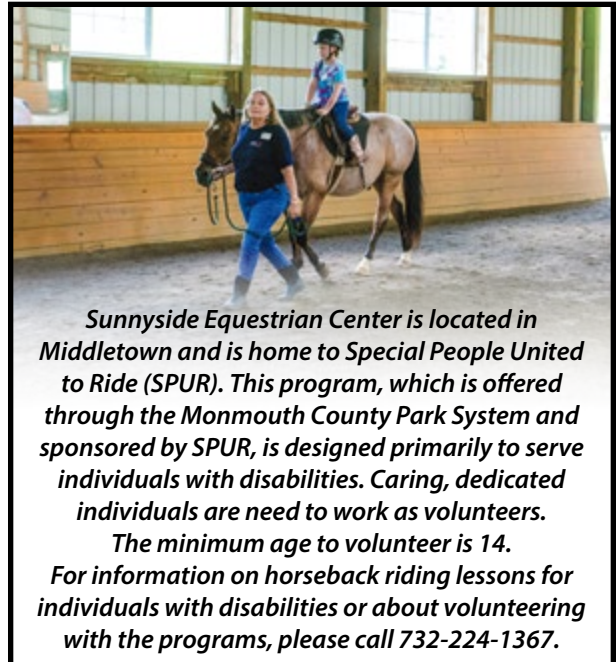
Fri, Jan 3-Feb 7 6:30-7:25 PMX8551X

Fri, Feb 28-Apr 4 6:30-7:25 PMX8651X

Eight Sessions \$120.00 Per Person

Wed, Jan 22-Mar 12 6:00-6:55 PMX8451X

EQUESTRIAN



Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are need to work as volunteers.

The minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the programs, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory four-week program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with a focus on safety, balance, and control.

Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear long pants and a helmet while riding.

Four Sessions \$225.00 Per Person

Sunnyside Rec Area

Fri, Jan 10-31 4:00-5:00 PMV0351X

Fri, Feb 21-Mar 14 4:00-5:00 PMV0451X

THERAPEUTIC RECREATION

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation, and building self-confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media to found art, club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Six Sessions \$66.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 4-Mar 15 9:30-11:00 AMD1851X

Class meets 1/4, 1/18, 2/1, 2/15, 3/1 & 3/15

Sat, Jan 4-Mar 15 11:30 AM-1:00 PMD1951X

Class meets 1/4, 1/18, 2/1, 2/15, 3/1 & 3/15

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. The performance will take place during the final session. Contact Justin at 732-460-1167, ext. 4641, for more information.

Thirteen Sessions \$234.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 8-Apr 2 6:00-7:00 PMD0551A



*All the instructors in the
Therapeutic Recreation
department are amazing!
No other park system offers what
Monmouth County does.
Thank you!*



MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 4643, for more information.

Mindful Adaptive Cooking Class

(ages 16 and up, with special needs)

Join "The Heart Space Community" in preparing a healthy and delicious meal of whole food ingredients in a mindful way. A menu honoring creativity, choices, and trying new things! The class will include education, hands-on meal prep, and cooking. The evening will conclude with time for new friends to socialize and connect over mindful games. Supervision is provided at a 1:4 staff-to-participant ratio. 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.

Instructors: Danica Zolofra The Heart Space NJ & Valerie O'Donell RN/Integrative Nutritionist

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Be My Valentine: Healthy Sweet Treats

We will make healthier variations of your favorite sweet treats just in time for Valentine's Day. Each participant will take home a goodie box of their homemade treats!

Sat, Feb 8 1:30-4:00 PM.D2951A

Burger Night

Join us for a fun-filled evening where you can build your own burger and create perfect French fries. It's a great opportunity to spend quality time with friends, meet new people, and enjoy a tasty meal. Let's make delicious memories together!

Sat, Mar 22 4:30-7:00 PM.D0252A

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.

One Session \$42.00 Per Person

Take Out and a Holiday Movie!

Tonight, we will enjoy a "night in" with friends at the Dorbrook Recreation Area Activity Center. You will be able to choose from two different movies (with a Christmas or holiday theme!) being shown in different rooms. We will be ordering dinner from a local Italian restaurant. You will be contacted the week of the event with the menu and instructions for submitting and paying for your dinner order or the cost of just pizza. Drinks and snacks are included in your registration. Feel free to bring a comfortable beach or lawn chair if you would like for the movie!

Dorbrook Rec Area Act Ctr

Fri, Dec 13 6:30-9:00 PMD0151X

Dave & Buster's

Enjoy an evening of games and good food as we travel to Dave & Buster's in Woodbridge! There are tons of games to play and a wide selection of meals, snacks, and desserts. Please plan to bring a minimum of \$50.00 to cover the cost of your meal and games. A link to the food menu and gaming options will be emailed the week of the event. Drop off and pick up is from Dorbrook only.

Dorbrook Rec Area Act Ctr Parking Lot

Fri, Jan 17 5:00-9:30 PMD0851A

Inclement Weather Date 1/24

Dinner and a Movie - Freehold

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days before the event; the start and end times of the program will be affected by the movie choices. Please bring at least \$45.00 to cover the cost of your meal and movie ticket.

Fri, Feb 7 5:00-9:30 PMD0651A

Pizza Social

(ages 16 and up, with special needs)

Are you ready for an evening pack with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun; think board games, card games, trivia, video games and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in a fun and welcoming environment. Participants must be able to function in at least 1:4 staff to participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$15.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Dec 6 6:00-8:30 PMD1751A

Fri, Jan 10 6:00-8:30 PMD3151A

Fri, Jan 31 6:00-8:30 PMD3251A

Fri, Feb 28 6:00-8:30 PMD3351A

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$89.00 Per Person

Adventure Aquarium

Looking to get out of the house on a cold winter's day? Join us as we enjoy a fun afternoon at the Adventure Aquarium on the waterfront across from Philadelphia. You can view the shark tank, rainforest, 3D show, or the Piranha Falls exhibition. We will be eating lunch at the Feeding Frenzy Café which is located on the premises. Please bring \$20.00-\$30.00 to cover the cost of lunch and a snack. Your general admission and special exhibit ticket are included in the registration fee.

Dorbrook Rec Area Act Ctr Parking Lot

Sun, Feb 23 10:00 AM-4:00 PMD0751A

Inclement weather date TBD

Valentine's Day Pizza Social

(ages 16 and up, with special needs)

You're invited to a Valentine's Day gathering that celebrates the love of friendship! Join us on February 14th for an evening packed with fun activities, including dancing, singing, crafting, pastry decorating, and exciting games. It's the perfect chance to enjoy great company, share laughs, and create lasting memories as we celebrate the unique connections we have with friends. With engaging activities and delicious treats, we'll come together to appreciate and honor the love and support of true friendships. We look forward to a fantastic evening filled with joy and connection! Participants must be able to function in 1:4 staff-to-participant ratio. 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 \$30.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Feb 14 6:00-8:30 PMD2051A

TRIPS

2025 Philadelphia Flower Show

(all ages, under 18 with adult)

This year's show will celebrate the flourishing community and deep connections that plants can create. Join us for breathtaking gardens and floral installations by award-winning designers and the joyous, flower-filled moments that unite us all. Your visit will showcase acres of unmatched floral, garden, and landscape displays, competitive entries of unique plants and artistic pieces, great shopping, live music, education, and roaming entertainers. Price includes admission to the flower show, bus transportation, and volunteer Park System leader.

\$97.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 7A0252X

Board: 11:30 AM Return: 8:30 PM (approx)

Sat, Mar 8.A0352X

Board: 11:30 AM Return: 8:30 PM (approx)

American Museum of Natural History

(all ages, under 18 with adult)

Explore the Rose Center for Earth and Space, dinosaur fossil displays, four floors of exhibits, and the IMAX theater. There is something for everyone! The fee includes bus transportation and Park System leader only. Purchase tickets online at amnhn.org - timed ticket entry must be purchased before arrival to guarantee admittance to the museum.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Jan 18A4451X

Board: 9:00 AM Return: 6:00 PM (approx)

Museum of Modern Art (MOMA)

(all ages, under 18 with adult)

MOMA is ranked as one of the top museums in the world! See works by Monet, Matisse, Picasso, Cézanne, Van Gogh, Dali, Warhol, and Pollock. The fee includes round-trip coach bus transportation and Park System leader only; purchase museum admission tickets online at moma.org.

\$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 22A4351X

Board: 9:00 AM Return: 6:00 PM (approx)

Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-a-kind celebration for family, friends, and loved ones. The radiant Radio City Music Hall is decked out for the season and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker, and the unforgettable live nativity. Price includes reserved orchestra seating, round-trip bus transportation, and a volunteer Park System leader. There will be time for dinner and sightseeing after the performance.

1:00 PM Show

\$185.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Dec 13A0351X

Board: 10:45 AM Return: 7:45 PM (approx)



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to

improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is Monmouth County's only land trust, dedicated to preserving natural habitats, farmland, and open spaces which make our region so special. Founded in 1977 as an independent, nonprofit to work hand in hand with the county to preserve land, we are proud to have helped to permanently protect more than 9,500 acres, including more than 4,500 acres, or 1/4 of, Monmouth County parklands.

What We Do

MCF works tirelessly to create parks, save open space, preserve farmland, teach environmental sustainability, safeguard waterways, and protect wildlife. We partner with federal, state, county, and municipal partners to acquire and preserve open space and farmland and conserve natural habitats throughout Monmouth County in support of outdoor recreation, agriculture, clean water, and wildlife for long-term sustainability.

Why It Matters

As development pressures increase and the impacts of climate change intensify, our water quality, real estate, natural habitats, and the very appeal of Monmouth County are at risk. Our efforts help to ensure that our green spaces and resulting quality of life are preserved for future generations. We also educate students and families about

environmental sustainability and conservation through STEM/STEAM-based engaging programs and community events.

As the new owners of the 90-acre Scudder Preserve in Middletown, we will have our first-ever home base and be the hub for Monmouth County's conservation and sustainability initiatives with access for all residents.

Our Commitment

Since 2014, MCF has been accredited by the Land Trust Accreditation Commission, demonstrating our commitment to meeting the highest national standards for excellence and conservation permanence. We are one of only 471 accredited land trusts out of 1,100 nationwide.

Get Involved

Learn more about our work and find out how you can become a Land Steward by visiting our website at www.monmouthconservation.org or scanning the QR code. For more information, contact us at 732-671-7000 or info@monmouthconservation.org.



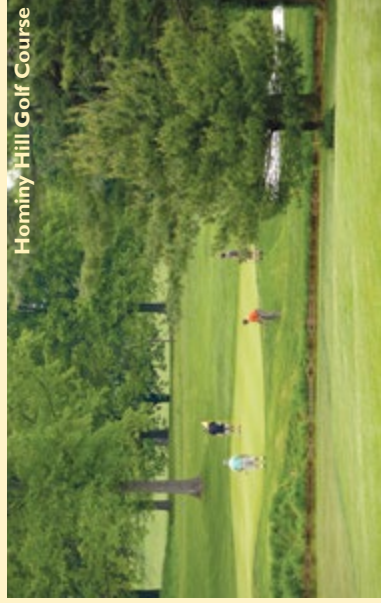
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract**[†], Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**^{*}, Route 520, Marlboro 732-834-9607
- Clayton Park**^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**^{*}, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**[†], Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**[†], Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**[†], Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**^{*}, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail**^{*}, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area**^{*}, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**[†], Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

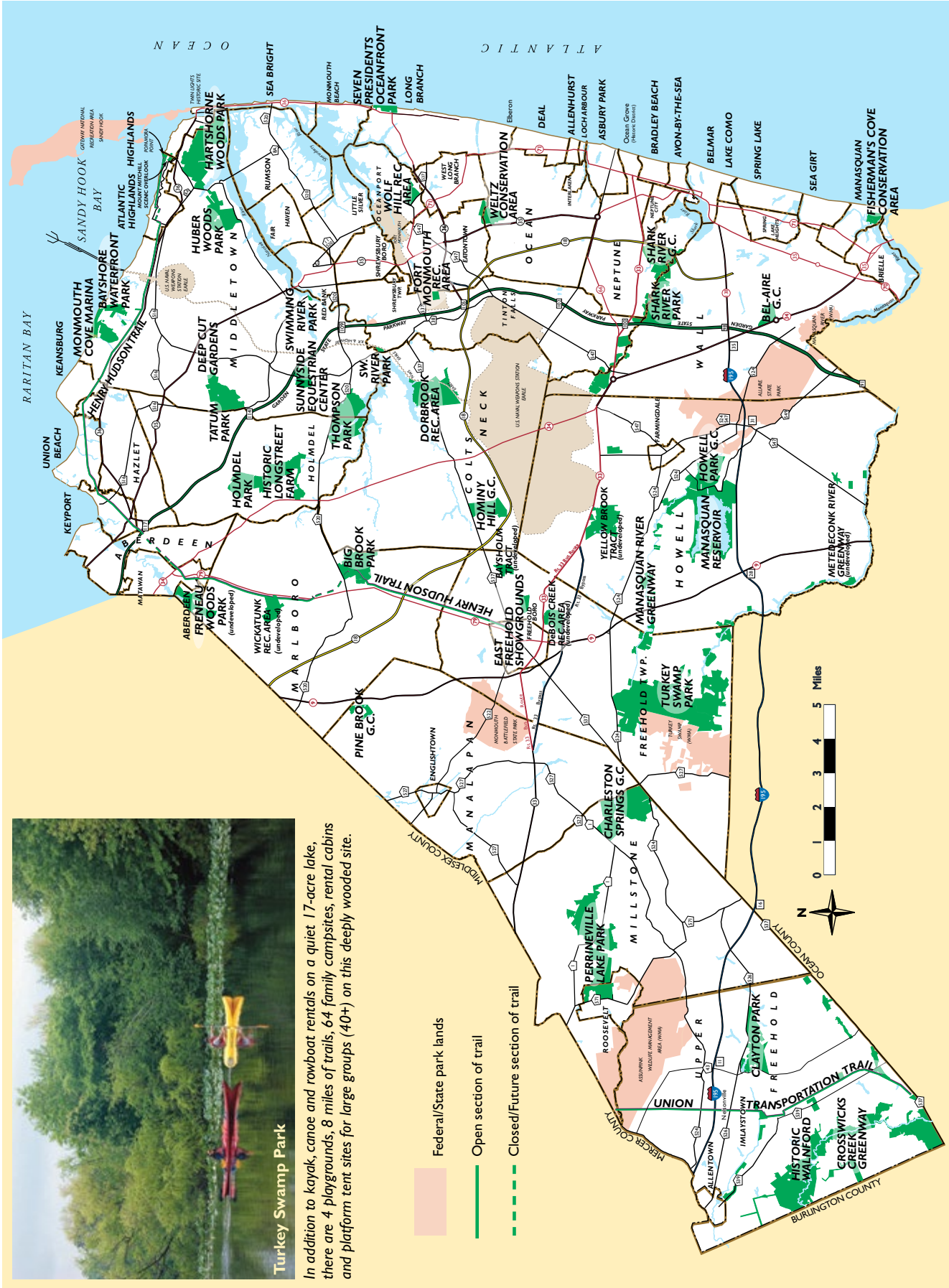
* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
 † Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

- Federal/State park lands
- Open section of trail
- Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication.

It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. 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 November 13. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 13.

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 November 13 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.

The Creative Arts Center proudly showcases the work of our talented students and instructors who participate in a variety of fine arts and craft classes throughout the year.

CREATIVE ARTS CENTER



EXHIBIT & SALE

Saturday-Friday,
December 7-13, 11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft

Kick off your holiday shopping with original pieces created by our students and instructors, including paintings, photography, jewelry, pottery and more!



For more information, contact Barbara Zarella at
bzarella@monmouthcountyparks.com
or 732-842-4000, ext. 4253.





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

DECEMBER

The Creative Arts Center Exhibit & Sale

Saturday-Friday, December 7-13
11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft

19th Century Christmas Ballads

Saturday, December 7 &
Saturday, December 14
1:00-3:00 PM
Historic Longstreet Farm, Holmdel

JANUARY

National Seed Swap Day

Saturday, January 18
10:30-11:30 AM
Freneau Woods Park, Aberdeen

FEBRUARY

Photography Exhibit

February 1-28
Manasquan Reservoir Visitor Center, Howell

Historical Valentines

Sunday, February 9
1:00-3:00 PM
Historic Walnford, Upper Freehold



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Ross F. Licitra, Deputy Director
Dominick "Nick" DiRocco • Susan M. Kiley • Erik Anderson

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr.
David W. Horsnall • Patricia M. Butch • Thomas Adcock
Lori Ann Davidson • Brian Foster • Andrew J. Spears, Director

