



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover



PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



WINTER 2026

REGISTRATION BEGINS NOVEMBER 12

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, 2025 through March 15, 2026
Equipment must be returned by 5:00 PM.
Closed December 25, 2025.

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.

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To register for winter programs starting Wednesday, November 12, 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

- Age:** Must fall within the listed age/grade for a program.
- 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.

DECEMBER 2025

WEDNESDAY, DECEMBER 3

Wondrous Winter Walks (p. 54)

SATURDAY, DECEMBER 6

19th Century Christmas Ballads (p. 4)

Holiday Tree Trimming (p. 4)

SATURDAY-FRIDAY, DECEMBER 6-12

Creative Arts Center Exhibit & Sale
(inside back cover)

TUESDAY, DECEMBER 9

Casual Birder (p. 52)

SATURDAY, DECEMBER 13

The Sounds of Christmas (p. 4)

Visit with Santa (p. 4)

Winter Beach Walk (p. 7)

SUNDAY, DECEMBER 14

Explore the Galapagos Islands (p. 53)

Under the Winter Stars (p. 5)

Visit with Santa (p. 4)

WEDNESDAY, DECEMBER 17

Wondrous Winter Walks (p. 54)

SATURDAY, DECEMBER 20

19th Century Christmas Ballads (p. 4)

JANUARY 2026

TUESDAY, JANUARY 6

Casual Birder (p. 52)

SATURDAY, JANUARY 10

Under the Winter Stars (p. 5)

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WEDNESDAY, JANUARY 14

Wondrous Winter Walks (p. 54)

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Casual Birder (p. 52)

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Brook Trout: The State Fish of New Jersey (p. 53)

WEDNESDAY, JANUARY 28

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SATURDAY, JANUARY 31

National Seed Swap Day (p. 50)

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Casual Birder (p. 52)

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FRIDAY, FEBRUARY 13

Monmouth County Parks Backyard Bird Count (p. 52)

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Historical Valentines (p. 5)

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SUNDAY, FEBRUARY 15

Monmouth County Parks Backyard Bird Count (p. 52)

SUNDAY, FEBRUARY 22

Come to Your Senses (p. 48)

**Coming Soon
Mark Your Calendar!**

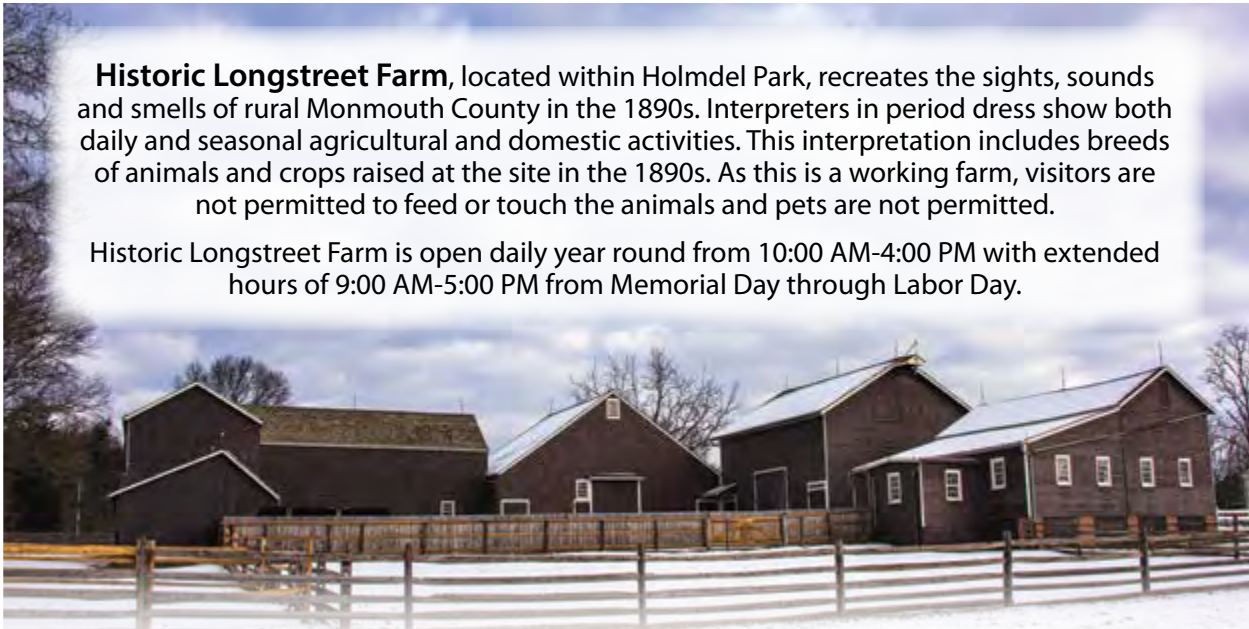
MARCH 2026

SATURDAY, MARCH 7

Summer Job Fair (p. 28)

SUNDAY, MARCH 8

E. Murray Todd Half Marathon (p. 64)



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 come to the Longstreet farmhouse and enjoy 19th century Christmas ballads played on the piano.

Saturday, December 6, 1:00-3:00 PM

Saturday, December 20, 1:00-3:00 PM

Holiday Tree Trimming *Free*

Homemade ornaments are so much fun to make, and this year we're decorating for Christmas with your help! Meet us at the Longstreet Farm Visitor Center to create Victorian Christmas tree ornaments, featuring pipe cleaner candy canes and stars, paper chains, snowflake, and more! Your artwork will be displayed on the Visitor Center Christmas tree for all to see!

Saturday, December 6, 11:00 AM-2:00 PM

The Sounds of Christmas *Free*

Celebrate the holidays visiting the Longstreet farmhouse this season. Enjoy the tranquil music as Max Rowland and the Stark & Steady band plays Christmas carols from the Victorian era.

Saturday, December 13, 1:00-3:00 PM

Visit with Santa *Free*

(all ages, under 18 with adult)

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. No appointment needed and pictures are encouraged.

Saturday, December 13, 12:00-3:00 PM

Sunday, December 14, 12:00-3:00 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 reasons, all participants must wear pants, closed-toe shoes, and have long hair tied back.

One Session \$30.00 Per Person

Longstreet Farm Blacksmith

Sun, Feb 22 10:00-10:50 AM F3961X

Sun, Feb 22 11:00-11:50 AM F4061X

Sun, Feb 22 12:00-12:50 PM F4161X

Sun, Feb 22 1:00-1:50 PM F4261X

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 5-Hr Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 8-Mar 12 10:00 AM-3:00 PM F0161X



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

Groundhogs, Woodchucks & Whistlepigs... Oh My! *Free*

Are their forecasts accurate? We're not so sure, but they certainly are cute! Stop by to learn about groundhogs and make a groundhog of your own in our historical kitchen!

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

Historical Valentines *Free*

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

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

Holiday Lantern Tour *NEW*

Take a lantern-lit stroll through Historic Walnford during this staff-led guided tour. Then, warm up with a cup of hot cocoa in our early 20th century Cow Barn. Please dress for the weather as we will be outdoors and in un-heated, historical buildings for the duration of the program. Tour departs from the Cow Barn.

One session \$20.00 Per Person

Historic Walnford

Thu, Dec 11 5:00-5:45 PMG0161X
Thu, Dec 11 6:00-6:45 PMG0261X

Santa is Visiting Walnford!

(all ages, under 14 with adult)

Santa is coming to Walnford and you can meet him yourself in our historical kitchen! After, explore our 1773 house, take a selfie in our antique sleigh, and enjoy the picturesque winter landscape at Historic Walnford. Pre-registration is required for this program. Limit of 6 people per reservation.

One Session \$15.00 Per Group Up to 6

Historic Walnford

- Sun, Dec 7 12:00 PMG0461X**
- Sun, Dec 7 12:05 PMG0561X**
- Sun, Dec 7 12:10 PMG0661X**
- Sun, Dec 7 12:15 PMG0761X**
- Sun, Dec 7 12:20 PMG0861X**
- Sun, Dec 7 12:25 PMG0961X**
- Sun, Dec 7 12:45 PMG1061X**
- Sun, Dec 7 12:50 PMG1161X**
- Sun, Dec 7 12:55 PMG1261X**
- Sun, Dec 7 1:00 PMG1361X**
- Sun, Dec 7 1:05 PMG1461X**
- Sun, Dec 7 1:10 PMG1561X**
- Sun, Dec 7 1:30 PMG1661X**
- Sun, Dec 7 1:35 PMG1761X**
- Sun, Dec 7 1:40 PMG1861X**
- Sun, Dec 7 1:45 PMG1961X**
- Sun, Dec 7 1:50 PMG2061X**
- Sun, Dec 7 1:55 PMG2161X**

ARTS & CRAFTS

Friday Evening Pottery

(ages 11 and up)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, fittings, 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 9-Feb 20 6:30-8:30 PM Z1061X

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 own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week. Pre-registration is required, and space is limited. Registration fee pays for your studio time; purchase of bisqueware is separate and can be purchased on site the day of the program.

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Dec 7 11:30 AM-1:00 PM ZAP61X

Sun, Dec 7 1:30-3:00 PM ZAQ61X

Sun, Jan 4 11:30 AM-1:00 PM ZAR61X

Sun, Jan 4 1:30-3:00 PM ZAS61X

Sun, Feb 1 11:30 AM-1:00 PM ZAT61X

Sun, Feb 1 1:30-3:00 PM ZAU61X



I honestly didn't expect to like this program this much! The teacher was great and the turn around to get my piece was exactly as stated. I absolutely love the Creative Arts Center at Thompson Park!



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 clean up. 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 12 6:00-6:30 PM MA161X

Fri, Dec 12 6:45-7:15 PM MA261X

HORTICULTURE

Winter Evergreen Hike

(all ages)

Nature doesn't stop in the winter so why not go out and see it? Winter hikes are a great way to improve our overall mental and physical wellbeing. Learn about the role our conifers and evergreens play in supporting local ecosystems. See if you can spot birds on the bare tree branches or ducks at the natural pond.

One Session \$15.00 Per Family

Deep Cut Gardens Outdoor Area

Thu, Jan 8 10:00-11:00 AM H1661X

Thu, Jan 22 10:00-11:00 AM H1761X

Thu, Feb 5 10:00-11:00 AM H2061X

Thu, Feb 19 10:00-11:00 AM H2161A

NATURE

Animal Hours at a Library Near You

(all ages, under 18 with adult)

Can a turtle really pop out of its shell? Are snakes slimy in real life? These are some of the fun questions that might pop up during this fun animal meet and greet. Enjoy spending time with some of the animals that normally live at the Huber Woods Reptile House.

One Session \$20.00 Parent/Child \$10.00 Additional Person

Navesink Library The Theater

Mon, Dec 8 4:00-5:00 PM IM061X

At Home Tree Tapping

(all ages)

Make syrup from the trees right in your backyard! Learn what common trees can be tapped to produce a delicious syrup using only 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 right at home this season!

One Session \$12.00 Per Person

Manasquan River Greenway Outdoor Area

Tue, Feb 3 11:00 AM-12:00 PM I0961X

Sat, Feb 7 11:00 AM-12:00 PM I1061X

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

Tue, Dec 2 11:00 AM-12:00 PM I1161X

Sat, Feb 7 11:00 AM-12:00 PM I1261X

Family Nature Days!

(ages 4 and up, under 18 with adult)

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

One Session \$17.00 Parent/Child \$8.50 Additional Person

Huber Wds Pk Env Ctr

Sat, Dec 6 10:00-11:30 AM IKP61X

From Sap to Maple Syrup

(ages 6 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 \$16.50 Per Person

Huber Wds Pk Env Ctr

Sat, Feb 21 10:30-11:45 AM (approx) IKR61X

Sat, Feb 28 10:30-11:45 AM (approx) IKS61X

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 if you'd like. Join us as we sip on some hot cocoa and watch the magic in the sky.

One Session \$14.00 Per Person

Turkey Swamp Pk Outdoor Area

Sat, Dec 13 8:00-9:00 PM IK161X

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. Then we'll finish up next to a crackling bonfire. Bringing your own s'mores supplies is encouraged! Please bring appropriate footwear and a flashlight for the trails.

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

Turkey Swamp Pk Oak Point Picnic Shelter

Sat, Jan 3 4:00-6:00 PM IK561X

WINTER NATURE DROP-INS

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 us 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. Program will be cancelled due to overcast skies or inclement weather.

Meet at the Dorbrook Rec Area Soccer Field Parking

Lot from 7:30-8:30 PM on the following dates:

Sunday, December 14 • Saturday, January 10

Saturday, February 7

Winter Beach Walk

(all ages, under 18 with adult)

Just because its wintertime 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 oceans natural treasures.

Make sure you dress in warm clothing and bring along something to carry shells in.

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

Saturday, December 13 • Saturday, January 10

Saturday, February 14

ARTS & CRAFTS

Daddy and Me for Christmas 

(ages 6-10, with adult)

Together, a father with his child, can create three hand-painted Christmas cards to mail to family and friends this holiday season. All supplies included for three cards per person. Acrylic paints stain, so please wear "painting clothes" to class.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$50.00 Per Pair

Thompson Pk Creative Arts Center

Sat, Dec 6 11:30 AM-12:30 PM Z7361A

KidzArt Squiggles to Grins

(ages 2-3, with adult)

In these art classes, artful squiggles are soon followed by proud grins! Your child will be inspired by fun, creative activities designed to enhance motor skills and develop language and social skills while completing projects using fun and safe materials.

Six Sessions \$102.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 6-Feb 10 11:45 AM-12:30 PM . . . ZA061A

Tue, Feb 17-Mar 24 11:45 AM-12:30 PM ..ZA161A

Henry Hudson Trail Act Ctr

Thu, Jan 8-Feb 12 9:45-10:30 AM ZA261A

Thu, Feb 19-Mar 26 9:45-10:30 AM ZA361A

Let's Create!

(ages 2-4, with adult)

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

Six Sessions \$72.00 Parent/Child

Dorbrook Rec Area Bldg

Fri, Jan 16-Feb 20 11:00-11:45 AM A0961X

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.

Mommy and Me for Christmas 

(ages 6-10, with adult)

Together, a mother with her child, can create two decorative holiday reindeer using acrylic paint and piping bags on canvas board. All supplies included for two reindeer (one reindeer per person). Acrylic paints stain, so please wear "painting clothes" to class.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$50.00 Per Pair

Thompson Pk Creative Arts Center

Sat, Dec 6 10:00-11:00 AM Z6961A

CULINARY ARTS

Empanadas

(ages 8-12, with adult)

Whether you've never tried this South American hand pie, or you are already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions they are from, Mrs. Chef will focus on creating a popular variety, with tips for stuffi it just right. Once stuffed you will see how to bake or fry the empanada to perfection. Top it off by creating fresh dipping sauces for one mouthwatering meal!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 30 6:00-8:30 PM M6261X

Fun with Minions

(ages 8-12, with adult)

Have you always wanted to be super creative in the kitchen with something as simple as cake and frosting but you're not quite sure where to start? Join Lisa Consiglio-Wolff, aka as "Mrs. Chef," as she helps you find your inner baker and take your cakes to the next level. Tonight, we will concentrate on the design by using a chocolate box mix. You will be amazed at what you can do with what you purchase from the grocery store shelf! Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 16 6:00-8:30 PM M5961X

Fri, Feb 27 6:00-8:30 PM M6061X

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.

Today's Cookie Plate: Traditional Gingerbread for decorating; Original Chocolate Chip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 6 10:00 AM-12:30 PM M5761X

Homemade Holiday 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 such a nice way of saying "I am thinking of you" during the holidays. Lisa Consiglio-Wolff, aka "Mrs. Chef," will discuss how to create the perfect edible gift and will then demonstrate how to wrap it up with some holiday flair

Menu: Chocolate Dipped Strawberries; Homemade Chocolate Brownies and one more edible surprise!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 19 6:00-8:30 PM M5861X

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 your friends, just in time for Valentine's Day. Wrap up your time in the kitchen creating an old-fashioned Valentine's Day card for your Valentine.

Menu: Pinwheel Tea Sandwiches & Heart Shaped Homemade "Pop Tarts" and one more edible treat!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 7 10:00 AM-12:30 PM M6361X

Winter Cupcakes

(ages 8-12, with adult)

Who doesn't love a good cupcake? Today, we will take our vanilla box mix up to the next level. This class is all about creativity and designing some fun cupcakes with a winter theme in mind. Mrs. Chef will work with our teams on how to follow directions, mix ingredients, and design fun cupcakes to bring smiles to all.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Feb 13 6:00-8:30 PM M6461X

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 that are cut into geometric shaped pieces, rearranged, and iced to make beautiful designs, like our winter penguin. We will focus on design after we mix up our chocolate cake mix, see a demo of the techniques, and then have fun assembling and decorating our own cakes.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$67.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 24 10:00 AM-12:30 PM M6161X

EDUCATION & ENRICHMENT

Born that Way: Kindness Is YOU

(ages 6-9, with adult)

Join author and holistic health facilitator Grace Conte with her children's book "Born that Way, Within & Through, Kindness is You." This playful, mindfulness class will help children recognize and strengthen their innate ability to act with compassion towards themselves and others, grow more at ease in their instinctive drive toward growth and development, and trust in their own capabilities to build their self-confidence. This session will be a gift to the adults present as they celebrate the deeper connection to their own inherent goodness. This class will consist of affirming playfulness and feel-good practices to increase awareness, focus, and attention to reinforce children's empowerment.

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

One Session \$40.00 Per Pair

Thompson Pk Vis Ctr Walnut Room

Thu, Dec 11 6:00-7:30 PM A5061X

Keyboard Beginnings - Level 1 Beginners

(ages 4 1/2-6, 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, dance, and are curious about musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended your child has access to a keyboard or piano at home for short follow-up assignments. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of \$25.00 is due on the first day of class.

Seven Sessions \$162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 1-Jan 26 4:00-4:45 PM A4761X

No class 12/29 & 1/19

Keyboard Beginnings - Level 2

(ages 5-7)

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, flash cards and a concentration game. A materials fee of \$25.00 is due on the first day of class.

Seven Sessions \$162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 1-Jan 26 5:00-5:45 PM A4861X

Little Learners

(ages 2-4, with adult)

Join us for an introduction to literacy that is fun and engaging for your curious little ones! We will work on reading skills using play, movement, art, stories, and circle time activities! It's never too early to introduce your child to literacy in an exciting way that will give them a love for learning and reading! We will be spending much of the session outdoors if the weather allows. Each session will offer a theme linked to each story.

Six Sessions \$72.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Jan 16-Feb 20 9:30-10:15 AM A0861X

Morning Tea Party

(ages 2-4, with adult)

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

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

North Pole Magic

Thu, Dec 11 10:00-10:45 AM A1661X

Thu, Dec 11 11:15 AM-12:00 PM A1761X

Snow, Snow, Snow

Thu, Jan 22 10:00-10:45 AM A1261X

Thu, Jan 22 11:15 AM-12:00 PM A1361X

Valentine's Day Fun!

Thu, Feb 12 10:00-10:45 AM A1461X

Thu, Feb 12 11:15 AM-12:00 PM A1561X

You, Me & Karaoke: A Family-Friendly Holiday Karaoke Dance Party

(ages 6-12, with adult)

Get ready for a festive and interactive celebration where YOU are the stars! This lively karaoke and dance party is designed for parents and kids to share the joy of music together. We'll take song requests for solo performances and encourage group sing-alongs of your favorite tunes, including holiday classics that everyone will love. Dancing is highly encouraged, so bring your energy and holiday spirit! Sing your favorite songs, dance along to the music, join in on group sing-alongs, and bring your own snacks and non-alcoholic drinks! We're about to make magical memories with music, movement, and holiday cheer.

Hosted by: Sing and Sway

One Session \$77.00 Per Family of 4

Tatum Pk Red Hill Act Ctr

Sun, Dec 7 2:00-4:00 PM AAJ61X

Wed, Dec 10 5:00-7:00 PM AAH61X

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.

HORTICULTURE

Mommy and Me Natural Bird Feeders NEW (ages 4-6, with adult)

Take a family-friendly stroll through the garden to look for birds. After our walk we will craft natural bird feeders from fruit, peanut butter, bird seed, twigs, and twine so you can attract birds to our backyard too!

Please Note: This class will use nuts and peanut butter for making bird feeders.

One Session \$20.00 Parent/Child

Deep Cut Gardens Horticultural Center

Sat, Jan 24 10:00-11:00 AMH1161X

Fri, Feb 20 10:00-11:00 AMH1261X

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 observing the changing seasons. After the story we will make a winter-themed craft.

One Session \$12.00 Parent/Child

Deep Cut Gardens Horticultural Center

Fri, Dec 12 10:00-11:00 AMH0661X

Fri, Dec 19 10:00-11:00 AMH0761X

NATURE

Curious Kids (ages 3-5, with adult)

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

Four Sessions \$52.00 Parent/Child

Huber Wds Pk Env Ctr

Tue, Jan 6-27 10:00-11:00 AM (approx) . . .IKK61X



Frosty Forest Adventure NEW (ages 3-5, with adult)

Let's take an enchanting walk through the forest as we try and complete a wintery themed scavenger hunt. From red berries to frozen icicles and evergreen trees you never know what's waiting around the next bend of the trail. Afterwards, we will head inside and warm up with some hot cocoa and marshmallows!

One Session \$14.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jan 10 10:30-11:30 AMIKY61X

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 \$17.50 Parent/Child \$8.75 Additional Person

Huber Wds Pk Env Ctr

Sat, Jan 10 11:00 AM-12:00 PMIKJ61X

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

Sat, Feb 14 1:00-2:00 PMI0661X

How to Catch a Snowman NEW (ages 3-6, with adult)

Get ready for "snow" much fun on this program! We will read "How to Catch a Snowman", take a guided winter walk, and then create our own snow to take home. Parts of this program will be held outdoors, so please come dressed for the weather.

One Session \$15.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Dec 17 10:00-11:00 AMIKX61X

Nature Story Time at Huber Woods 
(ages 2-5, with adult)

Join us for a nature-themed story time! Each session will be approximately 30 minutes and offer the opportunity to get hands-on with nature knick-knacks.

Please Note: This is a free program; however, pre-registration is required. Space is limited.

One Session FREE!

Huber Wds Pk Env Ctr

- Thu, Dec 11 10:00-10:30 AMPIK36A**
- Thu, Jan 8 10:00-10:30 AMPIK56A**
- Thu, Feb 12 10:00-10:30 AMPIK66A**

Nature Story Time at the Manasquan Reservoir 
(ages 2-5, with adult)

Enjoy our staff's favorite nature themed stories. While the Manasquan Reservoir Environmental Center undergoes its exhibit renovations, we will meet at the Visitor Center.

Please Note: This is a free program; however, pre-registration is required. Space is limited.

One Session FREE!

Manasquan Res Vis Ctr Waterview Room

- Tue, Jan 6 11:00-11:30 AMPI305A**
- Tue, Jan 13 11:00-11:30 AMPI086A**
- Tue, Jan 20 11:00-11:30 AMPI096A**
- Tue, Jan 27 11:00-11:30 AMPI106A**
- Tue, Feb 3 11:00-11:30 AMPI116A**
- Tue, Feb 10 11:00-11:30 AMPI126A**
- Tue, Feb 17 11:00-11:30 AMPI136A**
- Tue, Feb 24 11:00-11:30 AMPI146A**

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 various surroundings. Sessions will include a short walk, games, and crafts suited for young children. At times, part of this program will take place indoors.

Four Sessions \$52.00 Parent/Child

Huber Wds Pk Env Ctr

- Wed, Jan 14-Feb 4 10:00-11:15 AM (approx) . . IKQ61X**

OUTDOOR ADVENTURES

Hiking Adventures
(ages 2-5, with adult)

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

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

Thompson Pk Old Orchard Parking Lot

- Wed, Dec 3 10:00-11:30 AM W1461X**

Shark River Pk Shelter Bldg

- Sat, Dec 13 10:00-11:30 AM W1561X**

Holmdel Pk Forest Edge Shelter

- Sat, Jan 10 10:00-11:30 AM W1661X**

Huber Wds Pk Env Ctr Parking Lot

- Thu, Jan 22 10:00-11:30 AM W1761X**

Hartshorne Wds Pk Buttermilk Valley Parking Lot

- Sat, Feb 7 10:00-11:30 AM W1861X**

Turkey Swamp Pk Shelter Bldg

- Wed, Feb 18 10:00-11:30 AM W1961X**

Mini Ski Adventure
(ages 3-7, with adult)

Introduce your child to the fun of cross-country skiing. This small class 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 afterwards 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 \$17.00 Per Child

Thompson Pk Ski Hut

- Sun, Dec 14 10:00-11:10 AM W2061X**
- Sun, Dec 14 11:30 AM-12:40 PM W2161X**
- Tue, Dec 30 10:00-11:10 AM W2261X**
- Tue, Dec 30 11:30 AM-12:40 PM W2361X**
- Fri, Jan 9 10:00-11:10 AM W2461X**
- Fri, Jan 9 11:30 AM-12:40 PM W2561X**
- Sat, Jan 17 10:30-11:40 AM W2661X**
- Sat, Jan 17 12:00-1:10 PM W2761X**
- Sun, Feb 1 10:00-11:10 AM W2861X**
- Sun, Feb 1 11:30 AM-12:40 PM W2961X**

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, story time and even some nature exploration. Dress for mess and possibly outdoor activities.

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Jan 12-Feb 16 10:00-10:45 AMA2461X

Mon, Jan 12-Feb 16 11:00-11:45 AMA2561X

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 5-Mar 9 9:30-10:15 AMA7061X

No class 1/19 & 2/16

Mon, Jan 5-Mar 9 10:30-11:15 AMA7161X

No class 1/19 & 2/16

Fri, Jan 9-Feb 27 9:30-10:15 AMA7261X

Fri, Jan 9-Feb 27 10:30-11:15 AMA7361X

Sat, Jan 10-Feb 28 9:00-9:45 AMA7461X

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-Feb 24 9:30-10:15 AMA7561X

Tue, Jan 6-Feb 24 10:30-11:15 AMA7661X

Tue, Jan 6-Feb 24 11:30 AM-12:15 PMA7761X

Wed, Jan 7-Feb 25 9:30-10:15 AMA7861X

Wed, Jan 7-Feb 25 10:30-11:15 AMA7961X

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.

Mommy & Me Ballet

(ages 2 1/2-3 1/2, with ad)

We are excited to offer this pre-ballet class for our youngest students! Ms. Marcy will introduce your little one to basic ballet movement through the use of props and fun songs. Adults 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 6-Mar 10 9:30-10:15 AMA5661X

Wed, Jan 7-Mar 11 9:30-10:15 AMA5761X

Morning Playtime

(ages 18 months-3 1/2 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, and bells.

Please Note: A parent must be present in the room at all times. Drop-offs are not permitted.

Stage 2

(ages 18 months-2 years, with adult)

Four Sessions \$52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 11-Jan 15 9:15-10:00 AMX9661X

No class 12/25 & 1/1

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Dec 11-Jan 15 9:30-10:15 AMXA461X

No class 12/25 & 1/1

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 29-Feb 26 9:15-10:00 AMX9761X

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Dec 9-Jan 20 10:30-11:15 AMX8061X

No class 12/23 & 12/30

Tue, Jan 27-Feb 24 10:30-11:15 AMX8161X

Thu, Jan 29-Feb 26 9:30-10:15 AMXA561X

Tatum Pk Holland Act Ctr

Wed, Dec 10-Jan 14 9:30-10:15 AMXA261X

No class 12/24

Wed, Jan 28-Feb 25 9:30-10:15 AMXA361X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 10-Jan 14 9:15-10:00 AMX9061X

No class 12/24

Wed, Jan 28-Feb 25 9:15-10:00 AMX9161X

(continued on next page...)

Morning Playtime continued...

Stage 3

(ages 2-3 1/2 years, with adult)

Four Sessions \$52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 11-Jan 15 10:15-11:00 AM X9861X

No class 12/25 & 1/1

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Dec 11-Jan 15 10:30-11:15 AM XA861X

No class 12/25 & 1/1

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 29-Feb 26 10:15-11:00 AM X9961X

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Dec 9-Jan 20 11:30 AM-12:15 PM . . . X8261X

No class 12/23 & 12/30

Tue, Jan 27-Feb 24 11:30 AM-12:15 PM . . . X8361X

Thu, Jan 29-Feb 26 10:30-11:15 AM XA961X

Tatum Pk Holland Act Ctr

Wed, Dec 10-Jan 14 10:30-11:15 AM XA661X

No class 12/24

Wed, Jan 28-Feb 25 10:30-11:15 AM XA761X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 10-Jan 14 10:15-11:00 AM X9261X

No class 12/24

Wed, Jan 28-Feb 25 10:15-11:00 AM X9361X

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 learning process and encourage self-expression. Parent or caregiver participation is encouraged.

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Jan 14-Feb 18 10:00-10:45 AM A1061X

Wed, Jan 14-Feb 18 11:00-11:45 AM A1161X



MOVE Grown Up and Me

(ages 18 months-3 years, with adult)

MOVE is an engaging movement class designed for children to build strong bodies and active minds. Through dance, creative play, and themed activities, children explore balance, coordination, rhythm, and self-expression while having fun! Each class blends different elements of dance to support gross motor development, boost confidence, and encourage a lifelong love of moving.

Four Sessions \$48.00 Per Pair

Dorbrook Rec Area Prog Bldg

Sat, Jan 10-31 10:00-10:45 AM AAX61X

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. Class will progress to themed and movement activities.

Please Note: Parents/guardians may not be actively participating, but will be asked to monitor child behavior.

Four Sessions \$52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 11-Jan 15 11:15 AM-12:00 PM . . XA061X

No class 12/25 & 1/1

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 29-Feb 26 11:15 AM-12:00 PM . . XA161X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 10-Jan 14 11:15 AM-12:00 PM . . X9461X

No class 12/24

Wed, Jan 28-Feb 25 11:15 AM-12:00 PM . . X9561X

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 13-Feb 17 10:00-10:45 AM A2661X

(ages 18 months-2 years, with adult)

Tue, Jan 13-Feb 17 11:00-11:45 AM A2761X

PreK 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. 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 this is geared to have your child prepared and ready to jump right in for the first day of school. Our experienced instructor will create a fun environment during the program to help everyone learn some important skills.

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions \$52.00 Per Person

Thu, Dec 11-Jan 15 11:30 AM-12:15 PM ..XAC61X

No class 12/25 & 1/1

Five Sessions \$65.00 Per Person

Fri, Dec 12-Jan 16 9:30-10:15 AM X8461X

No class 12/26

Thu, Jan 29-Feb 26 11:30 AM-12:15 PM . XAD61X

Fri, Jan 30-Feb 27 9:30-10:15 AM X8561X

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 \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Dec 9-Jan 20 9:30-10:15 AM X7861X

No class 12/23 & 12/30

Tue, Jan 27-Feb 24 9:30-10:15 AM X7961X

Tatum Pk Holland Act Ctr

Wed, Dec 10-Jan 14 11:30 AM-12:15 PM ..XAA61X

No class 12/24

Wed, Jan 28-Feb 25 11:30 AM-12:15 PM ..XAB61X

SPORTS & FITNESS

Five 4 One Sports

(ages 2 1/2-3, with adult)

Parent and child will have fun learning fundamental sports skills in a safe, noncompetitive environment. Children will improve coordination and motor skills while learning general sports skills through active games and challenges. General skills covered include throwing, catching, and kicking. Parent participation is required.

Five Sessions \$65.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 12-Jan 16 11:30 AM-12:15 PM . . . X8861X

No class 12/26

Fri, Jan 30-Feb 27 11:30 AM-12:15 PM . . . X8961X

Giggles & Gains

(ages 3-4, with adult)

What better way to start your day than by sharing some special quality time with your child? Join us for some fun and laughs while we introduce your child to some exciting ways to move their bodies. We will sing, dance, stretch and move our bodies around the room! A new obstacle course will be set up each week for the kids to explore at the beginning of class. All your child needs are sneakers, and we will provide the rest -- a whole lot of giggles and gains for each child!

Five Sessions \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 12-Jan 16 10:30-11:15 AM X8661X

No class 12/26

Fri, Jan 30-Feb 27 10:30-11:15 AM X8761X

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 3-24 12:00-12:55 PM X6061X

Gymnastics

(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

Wed, Dec 3-17 9:30-10:15 AM M8361A

Wed, Dec 3-17 10:30-11:15 AM M8661A

Four Sessions \$70.00 Per Pair

Thu, Dec 4-Jan 1 9:30-10:15 AM M0161A

No class 12/25

Thu, Dec 4-Jan 1 10:30-11:15 AM M0361A

No class 12/25

Sat, Dec 6-Jan 3 9:00-9:45 AM M0561A

No class 12/27

Sat, Dec 6-Jan 3 11:00-11:45 AM M0961A

No class 12/27

Sat, Dec 6-Jan 3 12:00-12:45 PM M1461A

No class 12/27

Wed, Jan 7-28 9:30-10:15 AM M8861A

Wed, Jan 7-28 10:30-11:15 AM M9061A

Thu, Jan 8-29 9:30-10:15 AM M1861A

Thu, Jan 8-29 10:30-11:15 AM M2061A

Sat, Jan 10-31 9:00-9:45 AM M2261A

Sat, Jan 10-31 11:00-11:45 AM M2761A

Sat, Jan 10-31 12:00-12:45 PM M3261A

Wed, Feb 4-25 9:30-10:15 AM M9261A

Wed, Feb 4-25 10:30-11:15 AM M9461A

Thu, Feb 5-26 9:30-10:15 AM M3661A

Thu, Feb 5-26 10:30-11:15 AM M3961A

Sat, Feb 7-28 9:00-9:45 AM M4161A

Sat, Feb 7-28 11:00-11:45 AM M4561A

Sat, Feb 7-28 12:00-12:45 PM M5161A



My son has been in the program a few times and I can see that the instructors genuinely enjoy what they are doing. They engage with the kids and truly inspire them. Very well run. Thank you!



Kids Kixx Pee Wee

(ages 2 1/2-3, 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 4-25 10:30-11:15 AM X3661X

Sun, Jan 4-25 11:30 AM-12:15 PM X3761X

Tue, Jan 6-27 9:30-10:15 AM X3961X

Sun, Feb 8-Mar 1 10:30-11:15 AM X4361X

Sun, Feb 8-Mar 1 11:30 AM-12:15 PM X4461X

Tue, Feb 10-Mar 3 9:30-10:15 AM X4661X

Kidz Yoga

(ages 4-6, with adult)

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

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

Five Sessions \$85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Dec 7-Jan 4 11:30 AM-12:00 PM X7361X

Sun, Jan 18-Feb 15 11:30 AM-12:00 PM . . . X7661X

Kixx Soccer & Crafts

(ages 3-5, with adult)

Learn, play, and 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 focusing on gross motor skills, then we will work on our fine motor skills creating art projects. Come 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 6-27 10:30-11:15 AM X4061X

Tue, Feb 10-Mar 3 10:30-11:15 AM X4761X

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. Class fee includes instruction, tools, fi ings, underglaze, and glaze.

Six Sessions \$85.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 17-Feb 21 9:30-11:30 AM ZBM61X

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions \$105.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 9-Feb 13 4:30-6:00 PM Z0961X

Children's Wheel-Thrown Pottery

(ages 11-17)

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

Seven Sessions \$140.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Jan 8-Feb 19 4:00-6:00 PM Z0761X

Instructor: John Fossa

Sat, Jan 10-Feb 21 9:00-11:00 AM Z0861X

Christmas Tree Claytime

(ages 8-12)

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

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Dec 6 12:00-1:30 PM Z7061X

Sat, Dec 6 2:00-3:30 PM Z7261X

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 ceramic plate, glazes and fi ings. Plate will be kiln fi ed and ready for pick-up the following week.

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Sun, Nov 30 12:00-1:30 PM Z7461X

Sun, Nov 30 2:00-3:30 PM Z7561X

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 some fun hand-building techniques, as well as painting and decorating their clay snowman. Projects will be kiln fi ed and ready for pick up two weeks after workshop.

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 10 12:00-1:30 PM Z7661X

Sat, Jan 10 2:00-3:30 PM Z7761X

Valentine's Plate

(ages 7-11)

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

One Session \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 24 12:00-1:30 PM Z8061X

Sat, Jan 24 2:00-3:30 PM Z8161X

DRAWING & PAINTING

Aspiring Artists for Homeschoolers

(ages 6-12)

In each four-week series, we will use famous masterpieces as inspiration as we paint, draw, and create mixed media collages. Students will also create an original seasonal design during the last class of each series, using a variety of art mediums.

Instructor: Debra Stasiak, Founder of Aspiring Artists LLC

Four Sessions \$96.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 7-28 10:30 AM-12:00 PMZB261A

Wed, Jan 7-28 1:00-2:30 PMZB361A

Wed, Feb 4-25 10:30 AM-12:00 PMZB461A

Wed, Feb 4-25 1:00-2:30 PMZB561A

Aspiring Artists Winter Wonderland

(ages 8-12)

Using acrylic paints on canvas board, young artists will paint a red cardinal on a snowy branch and a rabbit in a classic winter landscape. Acrylic paints stain clothing, so please have your child wear "painting clothes" to class.

Instructor: Debra Stasiak, Founder of Aspiring Artists

Two Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 5-19 4:30-6:30 PMZ6861A

No class 12/12

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 the character to life!

One Session \$40.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Feb 21 10:00-11:30 AMAAT61X



Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint a detail from the famous paintings listed below. Students will also create original compositions in an impressionistic style. 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. A supply fee of \$10.00 is payable to the instructor at the first class .

Four Sessions \$66.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie

van Gogh's Landscape at Sunset

van Gogh's Green Ears of Wheat

ORIGINAL winter landscape

Sat, Jan 3-24 9:30-10:30 AMZB961A

Sat, Jan 3-24 11:00 AM-12:00 PMZBA61A

van Gogh's Bowl with Peonies and Roses

van Gogh's Willows at Sunset

Monet's The Seine at Argenteuil

ORIGINAL Red Cardinal

Sat, Jan 31-Feb 21 9:30-10:30 AMZBB61A

Sat, Jan 31-Feb 21 11:00 AM-12:00 PMZBC61A

Great Impressionism for Aspiring Young Artists™

(ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints on canvas board, students' paintings will resemble the famous masterpieces listed below. Students will also create original compositions in an impressionistic style. 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. A supply fee of \$10.00 is payable to the instructor at the first class.

Four Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie

van Gogh's Landscape at Sunset

van Gogh's Green Ears of Wheat

ORIGINAL winter landscape

Fri, Jan 2-23 4:30-6:30 PMZBD61A

Wed, Jan 7-28 4:30-6:30 PMZBE61A

van Gogh's Bowl with Peonies and Roses

van Gogh's Willows at Sunset

Monet's The Seine at Argenteuil

ORIGINAL Red Cardinal

Fri, Jan 30-Feb 20 4:30-6:30 PMZBG61A

Wed, Feb 4-25 4:30-6:30 PMZBF61A

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 our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel, and marker to complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8.00 is payable to the instructor at the first class.

Six Sessions \$104.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Jan 5-Feb 9 4:00-5:00 PMZ3561A

Mon, Feb 16-Mar 23 4:00-5:00 PMZ3661A

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 7-Feb 11 4:00-5:00 PMZ3761A

Wed, Feb 18-Mar 25 4:00-5:00 PMZ3861A

Thompson Pk Creative Arts Center

Thu, Jan 8-Feb 12 4:15-5:15 PMZ3961A

Thu, Feb 19-Mar 26 4:15-5:15 PMZ4061A

KidzArt Discover

(ages 3 1/2-5 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 and are simple, fun, and get great results. Students develop Kindergarten readiness through learning to follow direction, focus, interact socially, build confidence, and learn problem-solving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$104.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 6-Feb 10 1:00-2:00 PMZ4161A

Tue, Feb 17-Mar 24 1:00-2:00 PMZ4261A

Henry Hudson Trail Act Ctr

Thu, Jan 8-Feb 12 1:00-2:00 PMZ4361A

Thu, Feb 19-Mar 26 1:00-2:00 PMZ4461A

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 \$45.00 Per Child

Thompson Pk Creative Arts Center

Sat, Dec 13 10:00 AM-12:30 PMZ9861A

Sat, Dec 13 1:30-4:00 PMZ9961A

KidzArt Painting Workshop

(ages 6-11)

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

One Session \$37.00 Per Child

Snowy Penguin

Henry Hudson Trail Act Ctr

Sat, Jan 17 10:30 AM-12:00 PMZ1161A

Thompson Pk Creative Arts Center

Sat, Jan 17 1:30-3:00 PMZ1261A

Be My Valentine

Henry Hudson Trail Act Ctr

Sat, Feb 14 10:30 AM-12:00 PMZ1361A

Thompson Pk Creative Arts Center

Sat, Feb 14 1:30-3:00 PMZ1461A

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, you 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 clas .

Six Sessions \$110.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Jan 5-Feb 9 5:15-6:30 PM Z2961A

Mon, Feb 16-Mar 23 5:15-6:30 PM Z3061A

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 7-Feb 11 5:15-6:30 PM Z3161A

Wed, Feb 18-Mar 25 5:15-6:30 PM Z3261A

Thompson Pk Creative Arts Center

Thu, Jan 8-Feb 12 5:30-6:45 PM Z3361A

Thu, Feb 19-Mar 26 5:30-6:45 PM Z3461A

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, children 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 \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 7-28 3:00-4:00 PM A2861X

Wed, Feb 11-Mar 4 3:00-4:00 PM A2961X

Wed, Feb 11-Mar 4 4:30-5:30 PM A3061X

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.

Cooking Basics for Teens

(ages 13-16)

Ready to level up your cooking skills? Join our exciting, hands-on cooking class. We'll dive into the delicious world of cooking, learning essential skills like chopping, measuring, and reading recipes. Each session we'll tackle fun and tasty recipes that you can recreate at home. No previous experience necessary.

Four Sessions \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 8-29 5:30-6:30 PM A4161X

Dinner Party Chefs

(ages 8-13)

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

One Session \$67.00 Per Person

Dorbrook Rec Area Vis Ctr

(ages 8-10)

Sat, Dec 13 2:00-5:30 PM A3561X

Sat, Jan 17 2:00-5:30 PM A3661X

Sat, Feb 21 2:00-5:30 PM A3761X

(ages 11-13)

Sat, Jan 10 2:00-5:30 PM A3861X

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 \$69.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 9-23 5:30-7:30 PM M9961X

Tue, Jan 6-20 5:30-7:30 PM MA061X

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 \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 7-28 4:30-5:30 PM A3161X

Wed, Jan 7-28 6:00-7:00 PM A3261X

Wed, Feb 11-Mar 4 6:00-7:00 PM A3361X

Thu, Feb 12-Mar 5 5:30-6:30 PM A3461X

Let's Decorate Cupcakes!

(ages 9-11)

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

One Session \$60.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Dec 8 5:00-7:00 PM A5161X

Star Chefs

(ages 8-10)

Ready to take your cooking skills to the next level? In this advanced class, young chefs will learn essential cooking skills and food safety practices while mastering the art of reading recipes and exploring the fascinating science behind cooking. Participants will develop creative cooking skills, make delicious dishes, and gain confidence in the kitchen as they transform into true Star Chefs!

Four Sessions \$75.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 8-29 4:00-5:00 PM A3961X

Thu, Feb 12-Mar 5 4:00-5:00 PM A4061X

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, Feb 15-Mar 8 10:30 AM-12:00 PM . . . A2361X



This was a wonderful program for my daughter to participate in. She doesn't usually like to expand her food choices. So in addition to learning some new skills and recipes, she has been very willing to try the foods they made.



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! 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 6-27 10:00-11:00 AM A1861X

Fri, Jan 9-30 10:00-11:00 AM A2061X

Tue, Feb 10-Mar 3 10:00-11:00 AM A1961X

Fri, Feb 13-Mar 6 10:00-11:00 AM A2161X

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, Jan 11-Feb 1 10:30 AM-12:00 PM . . . A2261X

EDUCATION & ENRICHMENT

GAMES

Friday Night Game Night

(ages 10 and up)

Welcome to Friday Night Game Night! While you drop the kiddos off and enjoy your own date night, our gamers will enjoy learning and playing popular games from our vast collection of modern board games, including Catan, Ticket to Ride, and King of Tokyo. Participants will also enjoy pizza and drinks during the program.

One Session \$40.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Feb 6 6:00-9:30 PM IK461X

STEM

Snapology STEAM Programs

(ages 5-11)

Critical thinking, creativity, problem solving, communication, and collaboration 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 provided by Snapology.

Six Sessions \$165.00 Per Child

Space Science

(ages 6-9)

Blast off in Snapology's Space Science class! Students will study the solar system through building hands-on STEM/STEAM projects each week. Kids will learn all about NASA®, astronauts, and the universe around them. Through building with LEGO® bricks, constructing robotic space stations, and designing engineering projects to help scientists learn more about the universe, students will study fundamental astronomy concepts and enjoy creative building fun with friends.

Big Brook Pk Elsas Lodge

Tue, Jan 13-Feb 17 5:00-6:00 PMU0161A

Elementary Engineers

(ages 5-8)

Let's get moving and learn basic engineering concepts early! Build super-cool cars, catapults, or windmills that use gears, axles, pulleys, and motors. Once built, students will have time to experiment and modify their projects to showcase their creative side. This program is designed for children who love to build, create, and invent, all while using their imagination!

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 14-Feb 18 5:00-6:00 PMU0261A

Superstructures: Architecture is Awesome!

(ages 6-9)

Can your child design the next Taj Mahal? Create and build the future using LEGO® bricks in Snapology's imaginative and awesome Superstructures Architecture class! It's never too early to encourage STEAM education, while fostering your child's engineering and creative building skills. We encourage critical thinking as students tackle hands-on building. Students will construct bridges, pyramids, skyscrapers, and cities, while learning why structures are important and how architectural plans are designed. Construction is a form of art that truly lets the architect create as they build brick by brick!

Thompson Pk Vis Ctr Beech Room

Thu, Jan 15-Feb 19 5:00-6:00 PMU0361A

Snapology Winter Break Workshops

(ages 6-11)

Critical thinking, creativity, problem solving, communication, and collaboration 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 provided by Snapology.

One Session \$80.00 Per Child

Big Brook Pk Boundary Rd Act Ctr

Game Bots Robotics & Coding

(ages 9-11)

Calling all gamers! Have a blast learning about robotics while creating robotic games and learning to program them with new coding. Students will learn about gear ratio, sensors, programming, and pulleys, as they create fun games to play using LEGO® bricks and technology. Whether creating a Hot Shot basketball game, Angry Birdies, or a Ring Toss game, your child is sure to have fun building, learning, and playing the games they create with new friends. Robotics, coding, LEGO® bricks, and games? Game on!

Mon, Dec 29 9:00 AM-12:00 PMU0561A

STEM Lab

(ages 6-8)

In Snapology's STEM Lab, students will actively experiment with the principles of science, technology, engineering, art, and mathematics. All programs and activities are hands-on, creative, and fun! Our programs utilize teamwork, communication, and creative problem solving as an essential part of creating a fun and productive atmosphere where students can learn, challenge themselves, and practice their social skills. Students will work with a partner to create a variety of structures, robots, machines using LEGO® bricks to solve challenges presented to them in this exciting enrichment club where every week focuses on a different aspect of science and STEM education.

Mon, Dec 29 1:00-4:00 PMU0661A

Mining and Building

(ages 6-8)

Travel to the Nether with Snapology but watch out for those creepers! Bring Minecraft® to life using LEGO® bricks, creativity, and maybe even in the game itself. Students will work on awesome activities that will allow them to create their own Minecraft® world, including animals, creepers, 3D Minecraft® characters, and more. Lessons involve critical thinking, architecture, socialization, and a whole lot of imagination. Minecraft® Makers will come together to make awesome builds each week!

Tue, Dec 30 9:00 AM-12:00 PMU0761A

(continued...)

Snapology Winter Break Workshops continued...

Intermediate Engineers

(ages 9-11)

Does your learner love to invent, or is he/she a learner who breaks things apart to see what's inside? If so, Snapology's Intermediate Engineers class will be a perfect fit! 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 out physics concepts, and even play fun building games with partners! This class is sure to spark engineering interests in every student!

Tue, Dec 30 1:00-4:00 PM U0861A

Creature Creator Robotics & Coding

(ages 9-11)

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 children are sure to have a wild time as they build, learn, and play with these interactive animal creations!

Wed, Dec 31 9:00 AM-12:00 PM U0961A

Snapology Favorites: Video Game Edition

(ages 6-8)

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

Wed, Dec 31 1:00-4:00 PM U1061A



NATURE

Winter Nature Science Lab 2026

(ages 9-12)

Join a NJ State Certified Science Teacher to uncover the secrets behind the natural world through immersive, hands-on investigations while developing essential laboratory skills, conducting real experiments, and building a solid foundation in scientific thinking. Every week will feature an exploratory nature walk where you'll take your lab findings into the field, observing and interacting with nature firsthand.

Topics:

2/2 - Explorations into the Microscopic World

2/9 - Frosty Investigations

2/23 - How do Arctic Animals Stay Warm?

Three Sessions \$60.00 Per Person

Huber Wds Pk Env Ctr

Mon, Feb 2-23 4:00-5:15 PM IKZ61X

No class 2/16

OUTDOOR ADVENTURES

Adventures in Cross-Country Skiing

(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. Afterwards, 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

Thu, Feb 12 4:30-6:00 PM W4261X

PERFORMING ARTS

ACTING

Beginner Acting

(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.

The Performers

Six Sessions \$135.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 26-Mar 2 4:30-6:00 PMQ0561X

Downtown Daily TV Show 

(ages 10-13)

The newscasters of the Downtown Daily TV Show are all up for "Anchor of the Year." Their friendships are put aside as each one strives to outdo the other. Watch what unfolds both in front of the camera and behind the scenes of the Downtown Daily to see who takes home the "Anchor of the Year Award" in this original play. Actors will be creating their characters and their news reports for small town funny headlines. A performance for family and friends will be held on the last day of the program. Downtown Daily News skits will be videotaped.

Six Sessions \$155.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Fri, Jan 9-Feb 13 4:30-6:00 PMQ0961X

Good Morning Puppet Show! 

(ages 5-7)

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

Four Sessions \$95.00 Per Person

Navesink Library The Theater

Wed, Jan 21-Feb 11 10:00-11:30 AMQ1861X

Homeschool Troupe of Actors 

(ages 9-17)

Come together as a Troupe of Actors and create a performance of monologues/scenes and/or a play to be performed at Navesink Library Theatre for family and friends on our last day of class. Each class will begin with an actor's warm-up of voice, movement, imagination and the playing of our favorite acting games. We will also 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 as we rehearse for our show.

Six Sessions \$135.00 Per Person

Navesink Library The Theater

(ages 9-15)

Tue, Jan 13-Feb 17 12:30-2:00 PMQ1461X

(ages 13-17)

Wed, Jan 14-Feb 18 12:30-2:00 PMQ1561X

Stop Motion Animation Creation

(ages 9-12)

Bring your ideas, stories, objects, and figures 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. A thumb drive will be provided to save your work. We will have a film premiere the last day of class for our families.

Five Sessions \$135.00 Per Person

Manasquan River Greenway Winter Run

Sat, Jan 10-Feb 7 1:00-3:00 PMQ0161X

The Afternoon Puppet Show

(ages 5-7)

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

Four Sessions \$85.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Dec 2-23 4:00-5:30 PMQ1061X

Winter Myths Holiday Performance 

(ages 8-12)

Did you ever wonder why no two snowflakes are alike, why penguins learned to slide, or how polar bears got their white coats? This holiday season we will create winter myths to be performed for family and friends on the last day of the program.

Four Sessions \$110.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 1-22 4:30-6:00 PMQ0861X



We love these programs. Every instructor has been so kind and makes it such a good experience for the kids.



DANCE

Little Dancers

(ages 5-6)

Calling all Kindergarteners! This class teaches basic ballet movement and 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 \$130.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-Mar 10 4:45-5:30 PMA6161X

MOVE

(ages 4-6)

MOVE is an engaging movement class designed for children under 6 to build strong bodies and active minds. Through dance, creative play, and themed activities, children explore balance, coordination, rhythm, and self-expression all while having fun! Each class blends different elements of dance to support gross motor development, boost confidence, and encourage a lifelong love of moving.

Four Sessions \$48.00 Per Child

Dorbrook Rec Area Prog Bldg

Sat, Jan 10-31 11:00-11:45 AMAAZ61X

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. Please secure hair away from face.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-Mar 10 10:15-11:00 AMA5861X

Wed, Jan 7-Mar 11 10:15-11:00 AMA5961X

Tots in Tutus II Combo

(ages 4-5)

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! Children should wear ballet attire and bring ballet and tap shoes. Please secure hair away from face.

Please Note: Children must be at least 4 years old by the start of class.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-Mar 10 4:00-4:45 PMA6061X

MUSIC

Beginner Voice 

(ages 11-13)

Together we will learn the core fundamentals of the voice to build healthy singing habits and confidence in performance and projection. We will focus on proper breathing, pitch accuracy, diction, and singing with a group. A performance of two group pieces will be performed for family and friends on the last day of the program.

Four Sessions \$90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Jan 6-27 4:00-6:00 PMQ1161X

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 into realistic mini game situations.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 3-24 9:00-9:55 AM X5461X

Sat, Jan 3-24 10:00-10:55 AM X5561X

Sat, Feb 7-28 9:00-9:55 AM X5661X

Sat, Feb 7-28 10:00-10:55 AM X5761X

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 3-24 11:00-11:55 AM X5861X

Sat, Feb 7-28 11:00-11:55 AM X5961X

CHEERLEADING & GYMNASTICS

Gymnastics - Kids

(ages 3-10)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$55.00 Per Person

(ages 3-4)

Wed, Dec 3-17 9:30-10:15 AM M8561A

Wed, Dec 3-17 10:30-11:15 AM M8761A

(continued...)

Gymnastics - Kids continued...

Four Sessions \$70.00 Per Person

Thu, Dec 4-Jan 1 9:30-10:15 AM M0261A

No class 12/25

Thu, Dec 4-Jan 1 10:30-11:15 AM M0461A

No class 12/25

Sat, Dec 6-Jan 3 9:00-9:45 AM M0661A

No class 12/27

Sat, Dec 6-Jan 3 11:00-11:45 AM M1061A

No class 12/27

Sat, Dec 6-Jan 3 12:00-12:45 PM M1561A

No class 12/27

Wed, Jan 7-21 9:30-10:15 AM M8961A

Wed, Jan 7-28 10:30-11:15 AM M9161A

Thu, Jan 8-29 9:30-10:15 AM M1961A

Thu, Jan 8-29 10:30-11:15 AM M2161A

Sat, Jan 10-31 9:00-9:45 AM M2461A

Sat, Jan 10-31 11:00-11:45 AM M2861A

Sat, Jan 10-31 12:00-12:45 PM M3361A

Wed, Feb 4-25 9:30-10:15 AM M9361A

Wed, Feb 4-25 10:30-11:15 AM M9561A

Thu, Feb 5-26 9:30-10:15 AM M3861A

Thu, Feb 5-26 10:30-11:15 AM M4061A

Sat, Feb 7-28 9:00-9:45 AM M4261A

Sat, Feb 7-28 11:00-11:45 AM M4661A

Sat, Feb 7-28 12:00-12:45 PM M5261A

(ages 5-6)

Sat, Dec 6-Jan 3 9:00-9:45 AM M0761A

No class 12/27

Sat, Dec 6-Jan 3 11:00-11:45 AM M1161A

No class 12/27

Sat, Dec 6-Jan 3 12:00-12:45 PM M1661A

No class 12/27

Sat, Jan 10-31 9:00-9:45 AM M2561A

Sat, Jan 10-31 11:00-11:45 AM M2961A

Sat, Jan 10-31 12:00-12:45 PM M3461A

Sat, Feb 7-28 9:00-9:45 AM M4361A

Sat, Feb 7-28 11:00-11:45 AM M4761A

Sat, Feb 7-28 12:00-12:45 PM M5361A

(ages 7-10)

Sat, Dec 6-Jan 3 9:00-9:45 AM M0861A

No class 12/27

Sat, Dec 6-Jan 3 11:00-11:45 AM M1261A

No class 12/27

Sat, Dec 6-Jan 3 12:00-12:45 PM M1761A

No class 12/27

Sat, Jan 10-31 9:00-9:45 AM M2661A

Sat, Jan 10-31 11:00-11:45 AM M3061A

Sat, Jan 10-31 12:00-12:45 PM M3561A

Sat, Feb 7-28 9:00-9:45 AM M4461A

Sat, Feb 7-28 11:00-11:45 AM M4861A

Sat, Feb 7-28 12:00-12:45 PM M5461A

Introduction to Cheerleading

(ages 5-8)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Dec 6-Jan 3 11:00-11:45 AM M1361A
No class 12/27

Sat, Jan 10-31 11:00-11:45 AM M3161A

Sat, Feb 7-28 11:00-11:45 AM M4961A

HOCKEY

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Feb 7-28 12:00-12:55 PM X6161X

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 8-29 4:00-4:55 PM X4161X

Thu, Jan 8-29 5:00-5:55 PM X4261X

Thu, Feb 12-Mar 5 4:00-4:55 PM X5061X

Thu, Feb 12-Mar 5 5:00-5:55 PM X5261X

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 4-25 12:30-1:25 PM X3861X

Sun, Feb 8-Mar 1 12:30-1:25 PM X4561X

YOGA

Namaste in My Era: Taylor Swift Inspired Yoga & Friendship Bracelet Workshop

(ages 9-17)

Ready for it? Shake it off, stretch it out, and sparkle in this unique and fun workshop for kids, tweens, and teens. We'll flow through an energizing yoga class set to an all-Swiftie playlist, then settle in to create gorgeous, personalized friendship bracelets in true Eras-Tour style. No yoga experience is necessary; just bring a yoga mat, wear comfy clothes, and get ready to breathe and bejewel! Instructor: Nicole Curtis, a 200-hr Registered Yoga Teacher (RYT) with a decade of experience educating children and teens

One Session \$28.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tweens

(ages 9-12)

Sat, Jan 10 11:00 AM-12:30 PM X6861X

Teens

(ages 13-17)

Sat, Feb 21 1:00-2:30 PM X6961X

Pose & Pen: Teen Yoga and Journaling

(ages 13-17)

Curious about the benefits of yoga, meditation, and journaling? Pose & Pen is an empowering teen series that blends yoga and journaling for a mind-body reset. Each session combines energizing movement to release stress and boost focus with guided journaling to explore thoughts, build self-awareness, and spark creativity. It's a safe space to stretch, reflect, and connect — inside and out. Bring a yoga mat, a journal, and your favorite pen. Instructor: Nicole Curtis, a 200-hr Registered Yoga Teacher (RYT) with a decade of experience educating children and teens

Four Sessions \$60.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 31-Mar 7 11:00 AM-12:00 PM . . . X7061X

No class 2/14 & 2/28

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 7**

9:00 AM - 12:00 PM

**Fort Monmouth Recreation
Center, Tinton Falls**

Questions?

Call 732-842-4000, ext. 4312.

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.

Twelve Sessions \$168.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 6-Mar 24 10:00-11:00 AMD3561X

Tue, Jan 6-Mar 24 11:15 AM-12:15 PM . . .D3661X

Thu, Jan 8-Mar 26 10:00-11:00 AMD3761X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 5-Mar 23 11:45 AM-12:45 PM . . .D3361X

Mon, Jan 5-Mar 23 1:00-2:00 PMD3461X

Senior Hikers

(ages 55 and up)

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

Location Varies Week to Week

Level 1

Hikes cover 3 to 3 ½ miles in 1 ½ hours. Level 1 is a more comfortable pace than levels 2, 3, and 4.

Thirteen Sessions \$78.00 Per Person

Tue, Jan 6-Mar 31 9:30-11:00 AMD0661A

Twelve Sessions \$72.00 Per Person

Thu, Jan 8-Mar 26 9:30-11:00 AMD0761A

Level 2

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

Twelve Sessions \$84.00 Per Person

Wed, Jan 7-Mar 25 9:30-11:30 AMD0861A

Thu, Jan 8-Mar 26 9:30-11:30 AMD0961A

Fri, Jan 9-Mar 27 9:30-11:30 AMD1061A

Level 3

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

Thirteen Sessions \$91.00 Per Person

Tue, Jan 6-Mar 31 9:30-11:30 AMD1161A

Level 4

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

Twelve Sessions \$84.00 Per Person

Mon, Jan 5-Mar 30 9:30-11:30 AMD1261A

No hike 2/16

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.

Eight Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Jan 7-Feb 25 10:00-10:55 AMX1461X

Nine Sessions \$135.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 23-Mar 27 4:30-5:25 PMX2461X

No class 2/13

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 6-Feb 17 7:00-10:00 PMZ2061X

Instructor: Kayla Robinson

Thu, Jan 8-Feb 19 9:00 AM-12:00 PMZ2161X

Instructor: TBD

Thu, Jan 8-Feb 19 6:30-9:30 PMZ2261X

Due to the popularity of our pottery programs, you may only sign up for one pottery class on the first day of registration.

The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

This goes for the following classes:

- ***Advanced Wheel-Thrown Pottery***
- ***All Level Pottery Classes***
- ***All Level Pottery - Extended***
- ***Foundations of Clay Hand-Building***

All Level Pottery - Extended

(adults)

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

Instructor: Sue Johnson

Seven Sessions \$273.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 6-Feb 17 9:00 AM-1:00 PMZAA61X

All Level Pottery Classes

(adults)

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

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Jan 5-Feb 16 9:00 AM-12:00 PMZAB61X

Mon, Jan 5-Feb 16 1:00-4:00 PMZAC61X

Instructor: TBD

Mon, Jan 5-Feb 16 6:00-9:00 PMZAD61X

Instructor: Sue Johnson

Tue, Jan 6-Feb 17 4:00-7:00 PMZAE61X

Instructor: Joanne Traskiewicz

Wed, Jan 7-Feb 18 9:00 AM-12:00 PMZAF61X

Wed, Jan 7-Feb 18 1:00-4:00 PMZAG61X

Instructor: Laura Copeland

Wed, Jan 7-Feb 18 6:30-9:30 PMZAH61X

Instructor: Joyce Nokes

Fri, Jan 9-Feb 20 9:00 AM-12:00 PMZAJ61X

Fri, Jan 9-Feb 20 1:00-4:00 PMZAK61X

Instructor: John Fossa

Sat, Jan 10-Feb 21 11:30 AM-2:30 PMZAM61X

Basic Sculpture & Modeling in Clay

(adults)

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

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 5-Feb 16 6:00-9:00 PMZ1861X

Thu, Jan 8-Feb 19 12:30-3:30 PMZ1961X

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, finishing, glazes, and underglazes.

Seven Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 8-Feb 19 9:00 AM-12:00 PMZAN61X

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 finishing your own handbuilt creations. Class includes 25 lbs. of clay, glazes, and finishing.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

Wed, Jan 7-Feb 18 1:00-4:00 PMZ5361X

Instructor: Beth Couchoud

Wed, Jan 7-Feb 18 6:30-9:30 PMZ5461X

Hand-Built Sculptural Ceramic Mask *(adults)*

A twist on traditional hand-building techniques with a mix of sculpture create these whimsical masks that nod to ancient artwork. Instructor Pete MacConnell will guide you through his creative process resulting in a beautiful piece of artwork designed to hang in your home. Class includes clay, glazes, and firing.

Three Sessions \$126.00 Per Person**Thompson Pk Creative Arts Center****Sat, Jan 17-Feb 7 3:00-6:00 PMZA661X***No class 1/31***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 is going to bring out something in you that you can't 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 any and 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. A materials fee of \$5.00 is due to the instructor the day of class.

One Session \$46.00 Per Person**Thompson Pk Creative Arts Center****Wed, Feb 4 5:00-7:00 PMZ4761X****Sun, Feb 22 5:00-7:00 PMZ4861X****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 own rendition of the famous masterpiece listed. No painting experience is necessary. All materials are provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$49.00 Per Person**Thompson Pk Creative Arts Center**

Monet's The Magpie

Sat, Dec 6 2:00-5:00 PMZ8661A

Nativity Painting for Christmas

Sat, Dec 20 2:00-5:00 PMZ8761A

van Gogh's The Sower

Sat, Dec 27 2:00-5:00 PMZ8861A

Matisse's The Gulf of Saint Tropez

Sat, Jan 3 2:00-5:00 PMZ8961A

van Gogh's Starry Night over the Rhone

Sat, Jan 10 2:00-5:00 PMZ9061A

Renoir's Girl Reading Book

Sat, Jan 17 2:00-5:00 PMZ9161A

Monet's View of Argenteuil in the Snow

Sat, Jan 24 2:00-5:00 PMZ9261A

van Gogh's Bowl with Peonies and Roses

Sat, Jan 31 2:00-5:00 PMZ9361A

Renoir's Flowers in a Vase

Sat, Feb 7 2:00-5:00 PMZ9461A

Monet's Poppies at Argenteuil

Sat, Feb 14 2:00-5:00 PMZ9561A

Monet's The Promenade at Argenteuil

Sat, Feb 21 2:00-5:00 PMZ9661A

Pissarro's Cabbage Field, Pontoise

Sat, Feb 28 2:00-5:00 PMZ9761A**Anatomical Drawing of the Human Form from Life***(adults)*

Drawing the nude form through step-by-step lessons in our weekly structured course focused on life drawing and anatomy. I will be demonstrating throughout the entire course, designed to feel like an academic college-level class. Students will study the human figure's structure using both a life-size skeleton and a live nude model during every class. Several classical methods will be introduced to build each student's confidence in drawing the human form anatomically correct and in proportion, using a specific and reliable format. Working from a variety of models will challenge your observational skills. Proportion training and shading techniques will be taught to help you capture the subtle nuances needed to create volume and dimension in the figure. A \$33.00 (cash) model fee will be collected at the first class. Instruction is tailored to each artist's level of experience. A supply list will be included with your registration receipt.

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

Six Sessions \$135.00 Per Person**Thompson Pk Creative Arts Center****Wed, Jan 14-Feb 18 10:00 AM-12:30 PM . .ZA461A**

Art of the Sea: Magnificent Mollusks *(adults)*

The beautiful diversity of shapes, forms, and colors that render life from the sea have long enamored both scientist and artist. We will journey into a fun and informative discussion and walk led by a Park System Naturalist about the ecological roles of mollusks along the Jersey shore. After our walk and shell collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion, create dimension, and handling iridescence where it appears, and more.

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

Naturalist: Megan Orens / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Wed, Jan 28 9:00 AM-12:00 PM IKV61X

Sat, Feb 7 10:00 AM-1:00 PM IKW61X

Aspiring Artists' Winter Wonderland*(adults)*

Students will paint two acrylic paintings and choose their images from classic winter scenes, such as a red cardinal and blue jay on a snowy branch or animals enjoying the fresh snow. Students should bring two 11"x14" canvases and acrylic brushes to class. Acrylic paint will be provided by the instructor.

Two Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 5-19 10:00 AM-12:30 PM Z6761A

No class 12/12

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 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 the first day of class.

Six Sessions \$164.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 5-Feb 9 12:30-2:00 PM Z2561X

Mon, Feb 16-Mar 23 12:30-2:00 PM Z2661X

Fort Monmouth Rec Ctr Program Room A

Thu, Jan 8-Feb 12 11:30 AM-1:00 PM Z2761X

Thu, Feb 19-Mar 26 11:30 AM-1:00 PM Z2861X

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. Supply list will be provided upon registration.

Please Note: Class is rain or shine.

Naturalist: Blake Beyer / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 14 9:00 AM-12:00 PM Z2361X

Wed, Feb 11 9:00 AM-12:00 PM Z2461X

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.

Horticulturist: Kate Lepis / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Feb 18 9:00 AM-12:00 PM Z1661X



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 \$120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Jan 5-Feb 9 10:30 AM-12:30 PM . . . Z6161X

Mon, Jan 5-Feb 9 1:00-3:00 PM Z6261X

Instructor: MaryAnn Goodwin

Fri, Jan 9-Feb 13 10:00 AM-12:00 PM . . . Z6461X

Sat, Jan 10-Feb 14 10:00 AM-12:00 PM . . . Z6561X

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.

Instructor: Jennifer Santa Maria

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Wed, Feb 11 5:00-7:30 PM Z4961X

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism. Using acrylic paint, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Please bring two 11"x14" canvases and a set of acrylic brushes to the series. Acrylic paint will be provided by the instructor. Artist/Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Hassam's Girl in a Doorway

Hassam's Woman Reading

Fri, Jan 2-23 10:00 AM-12:30 PM Z8461A

Pissarro's Cabbage Field, Pontoise

Monet's- Lane in the Vineyards at Argenteuil

Fri, Jan 30-Feb 20 10:00 AM-12:30 PM . . . Z8561A

Illustrating Birds: Finches

(adults)

New Jersey is home to a diversity of finch species. We will begin with a birding walk led by a Park System Naturalist, looking for some of our native finches. After the hike, participants will learn the skills necessary to draw these birds including observing key facial features, rendering complicated feathers and markings, and more. Some drawing experience is a plus, but not a necessity.

Naturalist: Paul Mandala / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 7 8:00-11:00 AM Z4561X

Illustrating Birds: Woodpeckers

(adults)

Join us for an informative bird walk led by a Park System Naturalist, looking for some of our many native woodpecker species. After the hike, participants will learn the skills necessary to draw this specific grouping of birds, observing key features, such as rendering bill structure, patterns and markings, and more. Some drawing experience is a plus, but not a necessity.

Naturalist: Paul Mandala / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Wed, Feb 4 8:00-11:00 AM Z4661X

“

Katie Stone and Paul Mandala gave another wonderful class. They do an excellent job!

”

Intermediate Drawing

(adults)

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

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 8-Feb 12 1:00-3:00 PM Z1761X

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.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 13-Feb 17 9:00-11:00 AM Z0461X

Intro to Watercolor Pencil

(adults)

Watercolor pencils offer the precision of dry media, combined with the softness and fluid beauty of watercolor, giving participants greater control in their creative process. In this class, we will look to the masters for inspiration. Participants will pick a famous work from the Impressionists to sketch and paint. Students will learn observational drawing skills, techniques using brushes, while using the supplies the pros use - Derwent & CastleArts watercolor pencils. A materials fee of \$5.00 fee is due to the instructor the day of class.

Instructor: Jennifer Santa Maria

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 20 5:00-7:00 PM Z7961X

Oil Painting Techniques

(adults)

Artists, build confidence as you learn the proper structure, technique, and application of oil painting materials. In this hands-on course, students will explore a variety of painting styles and master techniques used by historical artists. We will cover essential concepts such as working lean to fat, impasto, Alla Prima, and underpainting—each technique tailored to suit specific images. Over the six-week course, students will complete three paintings and be challenged, encouraged, and empowered as artists. Finished works will be 5"x7" or 8"x10" in size, and reference photographs will be provided by the instructor. Instruction is tailored to each artist's level of experience. All levels are welcome. A supply list will be included on your registration receipt.

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

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 14-Feb 18 1:00-3:30 PM Z5761A

Wed, Feb 25-Apr 8 1:00-3:30 PM Z5861A

No class 3/18

Paint Pouring

(adults)

Learn the mesmerizing art of fluid painting as you explore color mixing and pouring techniques to create stunning abstract masterpieces. A different technique is shown in each individual workshop, so you may enjoy trying out more than one! Perfect for beginners and experienced artists. Bring your imagination, rubber gloves, and a box to work with and carry home your 9"x12" canvas. A materials fee of \$15.00 is due to the instructor at the beginning of class.

One Session \$40.00 Per Person

Henry Hudson Trail Act Ctr

Tree Ring Pour

Fri, Dec 12 12:00-1:30 PM A8461X

Fri, Dec 12 2:00-3:30 PM A8561X

Balloon Smash

Fri, Jan 23 12:00-1:30 PM A8861X

Fri, Jan 23 2:00-3:30 PM A8961X

String Pull

Fri, Feb 20 12:00-1:30 PM A9261X

Fri, Feb 20 2:00-3:30 PM A9361X

Painting the Human Form from Life

(adults)

Explore expressive painting of the human figure in this 6-week course led by Gina Torello. Through structured, step-by-step lessons and individual guidance, students will develop skills in anatomy, proportion, and color. Learn how light wraps around the figure, how to mix color diverse palettes effectively, and how to paint with confidence from start to finish. Each session a new palette is introduced includes a live model with demonstrations using diverse application and painting styles to teach flexibility. Gina's approach encourages a free, less rigid painting style while focusing on structure and observation and guidance of a life size skeleton. A model fee of \$33.00 (cash) will be collected at the first class. Instruction is tailored to each artist's level of experience. A supply list will be included with your registration receipt.

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

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Wed, Feb 25-Apr 8 10:00 AM-12:30 PM . . .ZA561A

No class 3/18

Pastel Impressionism

(adults)

Explore the forgiving and approachable medium of soft pastels. References will be provided, varying in both subject matter and style. Working step-by-step as a group, you'll learn how a professional artist begins, develops, and completes a painting. This teaching method builds confidence while encouraging you to develop your own personal style. Lessons include color theory, composition, application techniques, and methods for creating texture and dimension. Instruction is tailored to each artist's level of experience. A supply list will be included on your registration receipt.

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

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 12-Feb 16 2:00-4:30 PMZ5561A

Mon, Feb 23-Apr 6 2:00-4:30 PMZ5661A

No class 3/16

Painting: All-Level

(adults)

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 13-Feb 17 11:30 AM-1:30 PM . . . Z0561X

Tue, Jan 13-Feb 17 2:00-4:00 PMZ0661X

Studio Time with Gina

(adults)

This class offers a group studio environment with personalized instruction from a professional artist. Students are encouraged to work in their preferred medium; all mediums are welcome. Instruction includes color mixing through color theory, dynamic composition, and a variety of techniques tailored to each medium. Perspective lessons and one-on-one critiques are also provided to support artistic growth. All levels are welcome, from beginners to experienced artists. Instruction is tailored to each artist's level of experience. Please remember to bring all necessary supplies for your chosen medium, as materials are not included.

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

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 16-Feb 20 10:00 AM-1:00 PMZ5961A

Fri, Feb 27-Apr 10 10:00 AM-1:00 PMZ6061A

No class 3/20

Watercolor Studio

(adults)

Designed for artists that have a good basic experience with watercolor painting and would like time to practice their skills, work on their own project, and experiment with new techniques. Our knowledgeable instructor will give individual attention as needed and provide some inspirational demonstrations. This is not a beginner class. Students are required to have taken Contemporary Watercolor or a comparable beginner watercolor class.

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 7-Feb 11 10:00 AM-12:00 PM . . . Z6661X

JEWELRY

Knot Your Mother's Pearls!

(adults)

Hand knot and complete a pearl bracelet using traditional silk thread methods. Learn the art to become proficient with your own vintage pearl or stone jewelry. The beads in the kit are Swarovski round crystal pearls. The thread and tool to facilitate the knot placement is included in the kit. Bring along your own strand of beads that need restring or repair so instructor can advise on the materials for knotting your pearls with your learned skill. A kit fee of \$65.00 is payable to the instructor on the day of class.

Instructor: Sandra Lupo

One Session \$66.00 Per Person

Thompson Pk Creative Arts Center

Mon, Feb 23 10:00 AM-1:30 PMZA961X

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 fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 8-Feb 12 10:30 AM-1:30 PMZAY61X

Thu, Jan 8-Feb 12 6:30-9:30 PMZAZ61X

Wireworking Pendants and Bails

(adults)

Simple pleasures. Follow the path your wire and tools will take to create simple designs of beads and pendants wrapped in different types of wire. The designs will feature meaningful semi-precious stones and beads, crystal pearls and glass. Students will make up to 3 designs. Tools will be available to share but students are encouraged to bring their own plier sets to work independently. This program is suitable for all levels, beginners are welcome. A kit fee of \$45.00 is payable to the instructor the day of the workshop. Please see fact sheet for more information. Instructor: Sandra Lupo

One Session \$66.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 12 10:00 AM-1:30 PMZA761X

KNITTING & SEWING

ABC's of Sampler Cross Stitch

(adults)

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

Four Sessions \$60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sun, Jan 11-Feb 1 12:30-2:00 PMZBJ61X

**Attention
All
Artists!**

11th Annual Creative Arts Festival *Call for Entries*

We're seeking fine and high-quality craft artisans for our 11th Annual Creative Arts Festival at Thompson Park to be held Saturday, May 9 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 Monday, March 9.

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.



The instructor is very patient and knowledgeable. She clearly explains what needs to be done step-by-step, making sure we are following our patterns correctly. I look forward to taking many more classes with her.



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. The supplies needed for class will be listed on your registration receipt.

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

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Jan 15-Feb 19 1:00-3:00 PM ZBK61X

Creative Mending: Artfully Salvaging Your Beloved Items

(adults)

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

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 6 5:00-7:00 PM Z5261X

Hooks and Needles Club

(adults)

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

Four Sessions \$9.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Dec 3-24 1:00-3:00 PM H0861X

Wed, Jan 7-28 1:00-3:00 PM H1861X

Wed, Feb 4-25 1:00-3:00 PM H1961X

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 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 10-Feb 14 10:30 AM-12:30 PM . . . ZB061X

Thompson Pk Creative Arts Center

Tue, Jan 13-Feb 17 6:30-8:30 PM ZB161X



Knitting Beyond the Basics

(adults)

Learn new technical and creative approaches for crafting knitted fabric. Explore topics such as different types of colorwork (intarsia vs. Fair Isle) and how to read colorwork charts, methods for constructing and shaping garments (types of increases and decreases, German short rows, methods for seaming and finishing), and ways to clarify and simplify written instructions which are often hard to follow without visual aids. We will create some mini projects to practice skills using the needles and yarn you already have, and review questions on your current projects. This workshop aims to give you the tools and confidence for selecting patterns you may have otherwise found too complicated.

Instructor: Laurel Von Gerichten

Five Sessions \$56.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 16-Feb 13 12:30-2:00 PMZBH61X

MISCELLANEOUS CRAFTS

The Art of Pysanky

(adults)

Celebrate spring with the beautiful and ancient art of pysanky, Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun, one day 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 the day of class. Please bring an apron and an egg carton or container to bring home your creation.

Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Fri, Feb 27 5:00-7:30 PMZ0361X

Sat, Feb 28 1:00-3:30 PMZ0161X

Sat, Feb 28 4:00-6:30 PMZ0261X

This Is Your Year: Vision Boarding 101

(adults)

Kick off the year with a joyful, hands-on vision boarding workshop designed to spark clarity and creativity. Using artful collage materials and a vintage typewriter for personal quotes or affirmations, you'll create a meaningful visual map for the year ahead. This inspiring session blends intention-setting with playful exploration, helping you refocus and realign in a supportive, community-oriented space. Leave feeling energized, empowered, and connected to your goals. A materials fee of \$10.00 (cash) is due to the instructor on the day of the workshop.

Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jan 18 11:00 AM-1:00 PMZ5061X

Sun, Jan 18 1:30-3:30 PMZ5161X

Winter Warmer Silk Painting Workshop

(adults)

Let's explore the magic of silk painting to brighten up the winter landscape! In this silk painting workshop, you will learn techniques of this special medium, creating a vibrant, lasting, and wearable work of art. This workshop is open to all, and no previous experience is needed to play and create. A materials fee of \$40.00 is due to the instructor at the first class.

Instructor: Karin Trunz

Three Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jan 24-Feb 7 10:00 AM-12:00 PM . . .ZA861X

MIXED MEDIA

Art Journaling, Beginners

(adults)

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

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 22-Feb 12 6:30-8:30 PMAA661X

Tue, Feb 17-Mar 10 2:00-4:00 PMAA761X

Creative Collage Challenge Class

(adults)

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk"? Then this class is for you! Instructor Tara Collins will teach composition and various techniques. Each week you will get a new challenge to work on while allowing your intuition and subconscious brain lead the way! One week it may be a color challenge, the next a shape or seasonal/nature challenge. It will be a fun, creative setting for art exploration! This class is for those with basic collage and art material knowledge.

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 20-Feb 10 2:00-4:00 PMAA561X

Mixed Media 3-D Home Decor

(adults)

Create a 3-D home decor item using metal, chipboard, fiber, stencils, artist mediums and Gelli® print made paper and paints. In the first week, we will start by making decorative paper with a Gelli® plate in a color scheme of your choice. Then we will gather our dimensional objects and select our home decor substrates (boxes & picture frames). During the first and second weeks, we will build our unique 3-D home decor item with the help of your instructor, Monique Topp. No experience is necessary and all supplies are included.

Two Sessions \$70.00 Per Person

Henry Hudson Trail Act Ctr

Wed, Jan 21-28 6:00-9:00 PMAA861X

Thu, Feb 19-26 6:00-9:00 PMAAA61X

Mixed Media Junk Journal

(adults)

Do the white pages in an art journal seem sometimes daunting? Join me while we build your own unique junk journal. We will start by making decorative papers with a Gelli® plate in a color scheme of your choice. Then, proceed to make a cover for the junk journal. Decorate it with chipboard, metal, fiber, stencils, artist mediums, and decorative papers that you made. After that, we will fill the junk journal with colorful papers, ephemera and pockets to complete your own unique junk journal for you to fill in the weeks to come. No experience is necessary and all supplies are included.

Instructor: Monique Topp

Two Sessions \$70.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Jan 29-Feb 5 6:00-9:00 PMAA961X

Wed, Feb 11-18 6:00-9:00 PMAAB61X

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. A materials fee of \$85.00 (cash or check) is payable to the instructor on the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sat, Jan 10-Feb 14 1:00-3:00 PMZAV61X

Tue, Jan 13-Feb 17 10:00 AM-12:00 PM . .ZAW61X

Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. In this class-students will 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 supplies fee of \$150.00 (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 Boundary Road Act Ctr

Mon, Jan 12-Feb 16 10:00 AM-12:00 PM . .ZB661X

Wed, Jan 14-Feb 18 10:00 AM-12:00 PM . .ZB761X

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. Craft a one-of-a-kind project to take home. A materials fee of \$150.00 (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 Boundary Road Act Ctr

Tue, Jan 13-Feb 17 1:00-3:00 PMZB861X



Intermediate Mosaics

(adults)

Intermediate Mosaics is for students that have taken the Beginner Mosaic class with Harry Belkowitz. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. A materials fee of \$85.00 (cash or check) is payable to the instructor on the first day of class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sat, Jan 10-Feb 14 10:00 AM-12:00 PM . . .ZAX61X

PRINTMAKING & DYES

Natural Dyeing with Local Plants + Food Waste

(adults)

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

Instructor: Kelly Bahash

One Session \$75.00 Per Person

Thompson Pk Creative Arts Center

Thu, Feb 5 1:00-5:00 PM Z8361X

Printmaking: Relief/Block Printing

(adults)

Participants will learn how to carve designs into rubber blocks, techniques for printing on paper without a press, and create a small edition of original prints. All levels welcome! Please bring images for inspiration and wear studio clothes. A materials fee of \$10.00 (cash) is payable to the instructor the day of class.

Instructor: Kate Eggleston

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 20 6:00-9:00 PM Z7861X

Tue, Feb 10 6:00-9:00 PM Z8261X

SOAPMAKING

Holiday Soap & Shower Steamer Workshop

(adults)

Get into the spirit of the season with our hands-on workshop. In this festive session you'll learn how to craft beautifully scented seasonal soaps using a variety of ingredients, molds, colors, and techniques. You'll also make shower steamers from scratch and scent your way to a mini spa experience. They are perfect for gifting or for treating yourself. Please bring an 8 oz. glass measuring cup and a materials fee of \$20.00 to be paid to the instructor.

Instructor: Felicia Bonaimo of Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Dec 13 11:00 AM-12:30 PM AB061X

Winter Wellness Soapmaking

Workshop

(adults)

Warm up your creativity this winter with a hands-on soapmaking and self-care session! You'll learn the art of melt and pour soapmaking, experiment with colorants, botanicals, and natural additives to create a beautiful, nourishing bar of soap. To round out your winter wellness toolkit, we'll also craft shower steamers. These aromatic fizzing tablets infused with essential oils will transform your shower into a spa-like escape. Perfect for clearing the senses and soothing the season's chill, these little luxuries make wonderful gifts, or a treat just for you.

Please Note: Participants must bring an 8 or 16 oz. Pyrex measuring cup to class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 10 11:00 AM-12:30 PM AAK61X

Valentine's Soap & Self-Care Workshop

(adults)

Celebrate the season of love with a creative, hands-on workshop. You'll learn the basics of melt and pour soapmaking, blending colors, fragrances, and botanicals to design Valentine-inspired soaps that look as beautiful as they feel. To add a touch of self-care, we'll also create a blush stick for rosy winter cheeks, a nourishing tint that gives you a fresh glow even on the coldest days. Each project will be packaged and ready to give, making them perfect Valentine's treats for friends, family, or yourself.

Please Note: Participants must bring an 8 or 16 oz. Pyrex measuring cup to class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Feb 7 11:00 AM-12:30 PM AAM61X

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 then shape your dough into the loaf form that it begins with. Then, after baking, we will all cut our loaves into traditionally shaped biscotti and then bake a second time to perfection. We will make up to three types of Biscotti with the same traditional “dough”.

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

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 13 10:00 AM-12:30 PM M6861X

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)

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 21 10:00 AM-12:30 PM M7861X

Buttercream Flowers

(adults)

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

Instructor: Kimberly Megill

One Session \$67.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Feb 23 6:00-8:00 PM A5361X

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

(adults)

Enjoy the best of both worlds! One of the best ways to cook your “protein” is in the cast iron skillet. Today we will be cooking some of the tastiest seafood dishes in our own cast iron skillet. Let Chef Stephen teach you how to sear, braise, and roast some of his favorite dishes. Menu: Salmon Cakes; Pan Seared Trout Almondine and seasonal sides

One Session \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 15 6:00-8:30 PM M7361X



Catch of the Day

(adults)

Do you love Seafood but aren't sure how to cook it? Chef Stephen will cast your fears away as he walks you through classic techniques for pan searing, baking and grilling fish the professional 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 en Pappillote – Lemon & Julienne Vegetables; Shrimp Etoufee; Rice Pilaf

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 4 6:00-8:30 PM M6561X

Thu, Feb 12 6:00-8:30 PM M6661X

Chocolate Making Basics

(adults)

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

Instructor: Kimberly Megill

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Dec 15 6:00-9:00 PM A5261X

Cooking for Health: Anti-Inflammatory Cooking Made Easy

(adults)

When we eat well, we feel well! Following an anti-inflammatory diet has been linked to a lower risk of developing cardiovascular diseases, Type II Diabetes, and obesity as well as boosting energy levels and decreasing brain fog. In this class you'll learn the principles of an anti-inflammatory diet and prepare dishes that feature fresh fruits and vegetables, lean proteins, whole grains, and healthy fats. You'll leave with an easy-to-follow recipe packet and the confidence to make nourishing foods in your own kitchen.

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 24 11:00 AM-12:15 PM A4261X

Sat, Jan 24 1:30-2:45 PM A4361X

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 ahead, your morning treats will look like you woke up at the crack of dawn to prepare. Chef Stephen will teach you the trade secrets of getting a wonderful brunch together with minimal effort. Bon Appetite!

Menu: Classic Hollandaise to accompany asparagus or poached eggs; French Toast Casserole; Fancy Stuffed Pancakes with fun toppings

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 11 6:00-8:30 PM M6761X

Flavors of Thailand & Philippines

(adults)

Exotic food, beautiful locations, and good times. Easier than travelling all day in the airplane, you will feel like you've been transported to this tropical paradise and learn delicious recipes that you can make in your own home. With Chef Stephen's guidance, you will be able to cook great Thai and Philippines meals just like one of their very own chefs.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 8 6:00-8:30 PM M7161X

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 will help you get there with three fantastic recipes. This is a hands-on class so get ready!

Today's Menu: Shakshuka; Mediterranean Baked Cod; Spanakopita Triangles

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 5 6:00-8:30 PM M7661X

Frugal Gourmet

(adults)

Do you want to step up your culinary skills and prepare a gourmet meal without breaking the bank? Why not join Chef Stephen in the kitchen as he gives you tips and tricks for preparing a fabulous gourmet meal on a budget. Knife skills, cooking times, and proper tools of the trade will also be discussed.

Menu: Salmon Wellington; Lemon Chicken with a spinach and feta stuffing and a light herbed butter sauce; Classic French Cherries Jubilee by the famed French Chef Auguste Escoffie

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 19 6:00-8:30 PM M7761X

Hearty 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 main course. Learn all you need to know about easy, make ahead prep, use seasoning and healthy ingredients to add some international flair. Put some warmth back into your bones on those cold nights with this honored one pot meal.

Menu: Hearty Moroccan Chicken Tagine; Three Bean Vegetarian Chili; Crock-Pot Dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 29 6:00-8:30 PM M7561X

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, homestyle potato filling, and practice the technique for rolling, cutting, and stuffing the pierogi.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 10 10:00 AM-1:00 PM M7261X

Puff Pastry Magic

(adults)

Have you ever wondered how your pastry gets its many light crispy layers? Have you been longing to make your own Napoleon dessert but not quite sure what that pastry dough is? Well, the secret is out! It's puff pastry! In French it's Mille-Feuilles (1,000 layers - the process of making the dough). Chef Stephen will show you how to transform this classic dough into many sweet and savory dishes.

Menu: Brie and Raspberry Bites; Mini "Wellingtons"; Vol au Vents and more

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 26 6:00-8:30 PM M7961X

Sushi for Beginners – You Can Do It!

(adults)

We are on a roll with homemade sushi. Chef Stephen 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, followed by the authentic Nori paper, traditional filling, 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 \$79.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 22 6:00-8:30 PM M7461X

The Best of Holiday Appetizers and Hors D'oeuvres

(adults)

Of course, everyone loves the holiday meal, but who doesn't love the light bites beforehand? We will discuss the timing of your meal prep so that you can enjoy the day with your guests as well. 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: Mini Crabcakes; Rare Roast Beef Crostini with Caramelized Onions; Tex Mex Spring Rolls; Sweet & Savory Palmiers

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 18 6:00-8:30 PM M6961X

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. Not an instructional program; for experienced players.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Dec 15-Jan 26 10:00 AM-12:00 PM . M8161X

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.

Please Note: Instruction is not provided; those with no previous knowledge of the game should register for Learning Mahjong for Beginners (below).

Seven Sessions \$30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong. Please see Learning Mahjong for Beginners for instructional classes (below).

Fort Monmouth Rec Ctr Program Room C

Mon, Dec 15-Jan 26 10:00 AM-12:00 PM . . M9661X

Thu, Jan 8-Feb 19 10:00 AM-12:00 PM . . M9761X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Dec 23-Feb 3 9:30-11:30 AM M8261X

Thu, Jan 8-Feb 19 9:30-11:30 AM M9861X

Learning Mahjong for Beginners

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. Our instructor will guide you through how to play using American rules of the game. This is a program for those with little to no experience.

Seven Sessions \$45.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Dec 23-Feb 3 10:30 AM-12:30 PM . . M8061X

HISTORY & GENEALOGY

Genealogy: Understanding the Federal Census Records

(ages 14 and up)

One of the most important tools for researching your family history is the Federal Census Records. You will learn why census records exist, the many items they contain, how to access them, how to use them and how to abstract and document the information. Census records help us to follow families over their lifetime. Presenter is from the Monmouth County Genealogy Society.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 10 2:00-4:00 PM U1161X

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Are you curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey Shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey through time. The house inside can get very dark at night, please bring your own flashlight or use a cell phone to light the way.

One Session \$12.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Fri, Dec 12 7:00-8:00 PM IKD61X



*Our guide was very knowledgeable!
I enjoyed learning even more about
Monmouth County history!*



MISCELLANEOUS

Designing Your Reality*(adults)*

Your mind is a powerful force in shaping your reality. From ancient wisdom to the Law of Attraction to quantum physics and modern neuroscience, we now know that what we focus on, we amplify. In this interactive workshop, you'll explore practical ways to shift your mindset, clarify your desires, and align your energy to bring them into being. You'll leave inspired and equipped with tools you can use right away to create more of what you want in your life.

Presented by: Kate Cauley

One Session \$35.00 Per Person**Thompson Pk Vis Ctr Tulip Room****Sat, Feb 21 11:00 AM-1:00 PM A8161X****Thompson Pk Vis Ctr Walnut Room****Wed, Jan 7 7:00-9:00 PM A8061X****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****Mon, Dec 15 11:00 AM-1:00 PM I0761X****Sun, Jan 25 11:00 AM-1:00 PM I0861X****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 \$28.00 Per Person**Thompson Pk Vis Ctr Beech Room****Mon, Jan 12 6:00-7:30 PM U0461A**

PARENTING

Connection Before Correction: Building Sturdy Kids*(adults)*

Explore the methods of building heart-to-heart connections that make children feel truly seen and valued. When kids know they're loved unconditionally, they naturally want to cooperate. We'll explore how meaningful connections create the secure foundation children need to flourish. Think of it as building emotional muscles that will serve them throughout their lives.

One Session \$25.00 Per Person**Dorbrook Rec Area Vis Ctr****Tue, Jan 13 6:00-7:30 PM AAN61X****Emotional Regulation for Parents: Staying Calm When Your Child Pushes Every Button***(adults)*

Let's face it, our children have a PhD in knowing exactly which buttons to push and when! This workshop is a gentle, humor-filled exploration of how to stay centered when those little (or not-so-little) tornadoes are swirling around us. Parents will discover practical strategies for keeping their cool, so they can respond with wisdom rather than react from exhaustion.

One Session \$25.00 Parent/Child**Dorbrook Rec Area Vis Ctr****Parent & Child Session***(ages 2 and up, with adult)***Tue, Jan 13 10:00-11:30 AM AAR61X****Parents Only***(adults)***Tue, Jan 20 6:00-7:30 PM AAS61X****Reconnection: Opportunities to Strengthen Your Relationship After Conflict***(adults)*

Even the most patient parents sometimes lose their marbles! This program teaches the beautiful art of repair. Explore how to transform those inevitable bumpy moments into opportunities for deeper understanding and stronger bonds. It's about showing our children that relationships can weather storms and come out even stronger.

One Session \$25.00 Per Person**Dorbrook Rec Area Vis Ctr****Tue, Jan 27 6:00-7:30 PM AAP61X**

SAFETY

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**Thompson Pk Vis Ctr Beech Room****Mon, Dec 8 7:00-9:30 PMU1261A****Tue, Feb 3 7:00-9:30 PMU1461A****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 lifesaving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$78.00 Per Person**Thompson Pk Vis Ctr Beech Room****Sat, Jan 17 10:00 AM-12:30 PMU1561A**

SPEAKING

Get Paid to Talk: An Introduction to Voice Over*(adults)*

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

One Session \$27.00 Per Person**Thompson Pk Vis Ctr Walnut Room****Mon, Feb 23 6:30-9:00 PMA4661X****Hablemos-Spanish Conversation Group***(adults)*

Are you looking for ways to practice your Spanish? Our Spanish Conversation Group offers you the chance to meet others who are interested in practicing the language and provides a safe space where you can use what you've learned in a fun, casual environment. Topics include culture, literature, movies, food, hobbies, games and more. Since the focus is on conversation, participants should have at least a basic knowledge of Spanish to engage fully in the discussions.

Five Sessions \$30.00 Per Person**Dorbrook Rec Area Act Ctr****Thu, Jan 8-Mar 5 6:15-7:15 PMD1961A***Class meets: 1/8, 1/22, 2/5, 2/19 & 3/5*

*When you practice other languages
you increase your cognitive health
by improving your memory,
multitasking abilities, and
attention span.*

**DID YOU
KNOW?**

WRITING

Beyond the Blank Page: A Creative Journey *(adults)*

Join a supportive circle of writers for a four-week exploration of self-expression and storytelling. Each week focuses on a unique writing-related theme that begins with a thought-provoking discussion question followed by an in-class writing prompt to spark ideas and deepen your voice. A brief, guided meditation helps you release stress, quiet the mind and connect with your creativity. You'll leave each session with a takeaway prompt to keep the inspiration flying between classes. Whether you're an experienced writer or just starting out, this workshop offers a nurturing space to explore your words, share your insights and discover the joy of writing in community.

Presented by: Kate Cauley

Four Sessions \$150.00 Per Person**Deep Cut Gardens Horticultural Center****Women Only****Tue, Jan 13-Feb 3 6:30-9:00 PMA8261X****Open to All****Wed, Feb 11-Mar 4 6:30-9:00 PMA8361X**

HEALTH & WELLNESS

Afternoon Meditation *(adults)*

Let's release the stress of a hectic day by delving into the healing world of meditation together. In this program, we will learn different exercises in breath control, imagery, mindfulness, and Reiki to help you let go of the day's stress so you can welcome peace and strength into your evenings. Please bring a yoga mat/blanket; chairs will be provided.

Four Sessions \$70.00 Per Person**Navesink Library The Theater****Fri, Jan 9-30 1:00-2:00 PMQ1961X****Chakra Bowls Meditation***(adults)*

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. We will learn about seven of the wheelhouses (Chakras), their individual sound and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions \$52.00 Per Person**Freneau Wds Pk Vis Ctr Program Room 1****Thu, Jan 8-29 7:00-8:00 PMQ0261X****Thu, Feb 5-26 7:00-8:00 PMQ0361X*****Programs for Caregivers & Individuals with Memory Loss*****Caregiver Workshop Series** *(adults)*

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

Three Sessions FREE! • Dorbrook Rec Area Act Ctr**Tue, Jan 13-Mar 10 7:00-8:00 PMD3261A***Program meets 1/13, 2/10 & 3/10***Memory Cafe** *(adults, with age related memory loss)*

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. This is a free program; however, registration is required. Please contact Anne Simon for more information 732-460-1167, ext. 4643.

Three Sessions FREE! • Dorbrook Rec Area Act Ctr**Tue, Jan 27-Mar 24 10:30 AM-12:00 PM . .PD026A***Program meets: 1/27, 2/24 & 3/24*

De-Stress During the Holidays 

(adults)

The hustle and bustle during the holidays may cause stress. Discover techniques to help release this stress from your entire body utilizing the ancient practices of hand reflexology, jin-shin-jyutsu acupuncture release points, and hand mudras. These energy practices with their proven health benefits will aid in releasing emotional blockages while energizing us.

Led by: Grace Conte, M.A. Educator, Certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Dec 9 6:00-7:30 PMA5561X

Faith is Good Medicine 

(adults)

There are many ways of thriving that can improve our overall well-being. Let's explore lifestyle choices, such as food, brain-body exercises, connection techniques with self and others to increase longevity and value-based perceptions and affirmations that lend themselves to greater capacity to cope and to support immune health. Come, learn, and practice hope-filled, evidence-based methods proven to support our whole-person health.

Led by: Grace Conte, M.A. Educator, Certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Feb 12 6:00-7:30 PMA5461X

Identifying Your Wellness Goals

(adults)

Participants will learn six essential principles and practice practical tools within each category to honor their whole person: the body, mind, emotional, and spiritual aspects to health and longevity. We will learn how to combine wellness aspects from each dimension to be doable with ease. For example, food choices coupled with mindful eating will support brain and cardiovascular health in addition to calming the digestive system and nervous system for greater absorption of nutrients.

Led by: Grace Conte, M.A. Educator, Certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 13 6:00-7:30 PMA4961X

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 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 the 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 24 9:00 AM-3:00 PMQ0461X



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 22, 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





T'ai Chi Chih® Joy Through Movement

(adults)

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

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Beginner

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 9-Feb 13 11:30 AM-12:50 PM . . . AA161X

Mon, Feb 23-Mar 30 11:30 AM-12:50 PM ..AA261X

Begin or Review

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

Four Sessions \$98.00 Per Person

Manasquan River Greenway Winter Run

Thu, Jan 8-29 6:00-7:30 PM A9561X

Thu, Feb 19-Mar 12 6:00-7:30 PM A9761X

Dorbrook Rec Area Vis Ctr

Thu, Jan 22-Feb 12 12:30-2:00 PM A9661X

Sat, Feb 21-Mar 14 11:00 AM-12:30 PM . . A9861X

Intermediate

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 9-Feb 13 10:00-11:20 AM AA361X

Mon, Feb 23-Mar 30 10:00-11:20 AM . . . AA461X

T'ai Chi Chih & Meditation

(adults)

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

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Three Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 26-Feb 9 11:00 AM-1:00 PM . . . A9461X

HORTICULTURE



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, Feb 22 10:30-11:45 AM H0361X

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 pinecone and ribbon accents. If you want more festive cheer to your holiday wreath, feel free to bring your own accents!

One Session \$50.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 6 2:00-4:00 PM H0461X

Sat, Dec 13 2:00-4:00 PM H0561X

Germinating Seeds at Home

(adults)

Growing plants from seed can save a significant amount of money and give you access to a vast variety of plants that are not available for sale in the spring. Join us for this hands-on workshop in seed germination. We will cover techniques and tools that will help you successfully germinate seeds in your own home. Be prepared to get a little dirty and let's sow some seeds!

One Session \$20.00 Per Person

Deep Cut Gardens Gardener's Cottage

Sun, Jan 11 10:30 AM-12:30 PMH2561X

Keystone Native Plants for Pollinators

(adults)

A keystone species provides crucial ecosystem support. Explore the native plants that act as the building blocks for our ecosystem and learn how to incorporate these beautiful pollinator-friendly plants in your home garden.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 7 10:00 AM-12:00 PMH2261X

National Seed Swap Day

Saturday, January 31

10:30-11:30 AM

Freneau Wds Pk Vis Ctr

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds that 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). Please place your seeds in a sealed envelope/bag, labeled with the A) plant name B) year collected C) where it was obtained D) a photo of the plant (optional).

Throughout January, if possible, please deliver your seed submissions to Huber Woods Environmental Center ahead of time.

**For more information on the event,
call 732-872-2670.**

Light Up Your Shade Garden with Constant Color

(adults)

Whether you're working with deep woodland or shady corners, learn which shrubs, perennials, annuals, and even fruit will thrive in your sun challenged sites. Discover which easy-care plants will transform your shady area into a cool, serene, and beautiful oasis.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 31 10:00 AM-12:00 PMH1461X

Native Plants for Problem Areas

(adults)

Do you have a spot in your garden where nothing seems to grow? Maybe the spot is too wet, too sandy, or too shady. Learn about the beautiful native plants that can thrive in even the trickiest corner of your garden.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 28 10:00 AM-12:00 PMH2461X

No-Fail Tips for Gorgeous Container Gardens

(adults)

A container garden can enhance an entrance way, solve a landscape challenge, beautify a deck or patio, or add elegance around a pool. Learn how to design an exciting and exuberant colorful planting and how to maintain your masterpiece throughout the gardening season.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 17 10:00 AM-12:00 PMH1561X

Our Wonderful NJ Natives

(adults)

Who knew so many native plants have been growing here in NJ before human presence? The importance of many of these plants has been long overlooked. Discover which of these beauties will enhance not only your gardens and landscape but are essential in helping our ecosystem thrive.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jan 3 10:00 AM-12:00 PMH1361X

Plants that Give You the Most Bang for Your Buck

(adults)

Whether you're gardening on a budget or just love getting the most out of your plants, learn the best varieties of shrubs and perennials to incorporate into your landscape that have proven performance, are pest-free, and have multi-seasonal ornamental appeal.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 21 10:00 AM-12:00 PM H2361X

Wooly Winter Needle Felting

(adults)

Warm up with a felting class this winter! In this two-hour class you'll learn how to turn un-spun wool into your own miniature 3-D 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 \$30.00 Per Session

Deep Cut Gardens Horticultural Center

Sat, Dec 6 10:00 AM-12:00 PM H0961X

Sat, Dec 6 1:00-3:00 PM H1061X



I loved this class and can't say enough about all the great classes that the Park System offers throughout the year!



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). Nature walk will take place as scheduled (weather permitting), but trip to brewery is contingent on facility being open for business.

One Session \$18.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Sat, Jan 24 1:00-2:30 PM (approx) IK361X

Birds and Botany

(adults)

Birds and botany are intrinsically linked, forming a vital part of our ecosystem. Birds rely on plants for food, shelter, and nesting materials, while plants benefit from birds through seed dispersal, pollination, and insect control. We will take a walk through the gardens of Deep Cut to look for birds while also identifying plants along the way. This program is great for beginner birders and anyone interested in learning more about plant identification. A limited number of binoculars will be available to borrow if needed.

One Session \$15.00 Per Person

Deep Cut Gardens Outdoor Area

Fri, Jan 16 9:00-10:00 AM (approx) IKU61X

Thu, Feb 12 9:00-10:00 AM (approx) IKT61X

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing all 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

Sun, Dec 14 10:00-11:00 AM (approx) IK861X

Full Moon Walk at Freneau Woods

(adults)

Enjoy the rise of the full moon while exploring the darker side of Freneau Woods Park, a 300+ acre park of woods and wetlands that is home to the headwaters of Matawan Creek. Everything changes after dark, the trails, the trees, and even the sounds! You might hear the hooty call of an owl or the growl of a distant fox, or the flapping of a bat's wings. Best of all, we will enjoy the sight of the full moon up over the tall trees, providing there are not many clouds in the sky of course. Be sure to dress for the weather, wear shoes that can get dirty, and bring a flashlight. The program will cancel due to inclement weather or icy trails.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Jan 3 7:00-8:00 PM IKC61X



Let's Talk Seashells!

(adults)

Calling all seashell lovers! Get ready for the beachcombing season with this program that explores what makes mollusks unique and the amazing adaptations that help them survive along the Jersey Shore. There are more than 100 species to find on our back-bays and ocean beaches. Join a Park System Naturalist to learn about ethical seashell-collecting methods, how to identify shells found on local beaches, and discover a new appreciation for our beautiful coastline. This is an indoor program but may be cancelled due to snowy conditions.

One Session \$8.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Sun, Jan 11 1:00-2:00 PM IKF61X

DROP-IN 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 on the following Tuesday mornings at 9:00 AM:

December 9 at **Seven Presidents Pk Pavilion**

January 6 at **Fisherman's Cove Outdoor Area**

January 20 at **Manasquan Res Env Ctr**

February 3 at **Bayshore Waterfront Park**

2026 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:

Friday, February 13 at **Manasquan Res Vis Ctr**

Saturday, February 14 at **Freneau Wds Pk Vis Ctr**

Sunday, February 15 at **Huber Wds Pk Env Ctr**

Low-Tide Beach Walk

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones, fossils, and finding odd man-made objects cast up onto the shore. Join a Park System Naturalist for a fun and 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 the long views of the water to view wildlife and bird watching. It will be sure to 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, Dec 13 10:00-11:00 AM IK961X

Sun, Jan 4 1:00-2:00 PM IKA61X

Mindful Walk in Nature *(adults)*

Frustrated and stressed? Want to find ways to infuse nature and relaxation into your life. Try this guided walk to heighten your senses and de-stress. A Park System Naturalist will help you embark on a journey that has many mental and physical benefit, while discovering more about local nature. Please wear comfortable shoes and dress for the weather. The program will be cancelled due to inclement weather or icy trail conditions.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Feb 7 10:00-11:00 AM IK761X

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? Then this set of classes is right for you. We will start the program by having 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 help 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 please come dressed for the weather.

One Session \$25.00 Per Person

Seaducks and Saltwater Waterfowl

Bayshore Waterfront Pk Seabrook Wilson House

Sat, Dec 20 8:00-11:00 AM I0161X

Freshwater Ducks and Waterfowl

Manasquan River Greenway Winter Run

Sat, Jan 17 8:00-11:00 AM I0261X

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.

Explore the Galapagos Islands

Sunday, December 14, 1:00-2:00 PM

Freneau Wds Pk Vis Ctr

Not many people get a chance to visit this famous place for unique plants and animals found nowhere else. Recently, a Park System Naturalist travelled here to observe the sights, sounds, and biodiversity of the Galapagos. Join us as she shares her experiences and encounters, and thoughts on issues facing the Galapagos Islands today.

Brook Trout: The State Fish of New Jersey

Sunday, January 25, 12:00-1:00 PM

Freneau Wds Pk Vis Ctr

Did you know New Jersey has an official state fish? Not many people do, and fewer people know anything about brook trout, including quite a few trout fishermen. Join us for a fascinating presentation about the life and times of the brook trout in one of the most developed states in the nation. Why is the brook trout New Jersey's state fish and what is the population like today? Can brook trout be found in Monmouth County?

Seals of Monmouth County

Sunday, February 8, 12:00-1:00 PM

Bayshore Waterfront Pk Act Ctr

Believe it or not, Monmouth County has many seals that call our local beaches home every winter. February is the height of seal season when many different species of seals may be seen. Join a Park System Naturalist to discover more about our local seal population, how to identify them and what threats seals may face along the Jersey Shore.

Wild Winter Woody Identification

(adults)

You will learn the basics of how to ID trees in a classroom setting. The second half will put your newly found skills to the test by walking the trails of the park to ID more trees. Identifying plants in the winter can be difficult. Some experience will be helpful. Bringing a 10X jeweler's loupe is also recommended

One Session \$20.00 Per Person

Tatum Pk Holland Act Ctr

Sun, Jan 25 10:30 AM-1:00 PMH0161X

Sun, Feb 8 10:30 AM-1:00 PMH0261X

Wines and Pines

(ages 21 and up)

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

One Session \$18.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Feb 8 1:00-2:30 PM (approx)IK261X

Winter Bird Excursion

(ages 14 and up, under 18 with adult)

Rare and unexpected birds visit New Jersey every winter. Join our day-long adventures to state-wide destinations determined by recent "rare-bird" reports. We will likely hike 2-6 miles throughout the day in search of all the birds we can see and hear. Winter is a great time to get out and enjoy beautiful views and winter waterfowl. Participants should bring binoculars, lunch, water, and warm layers of clothing. A spotting scope will be supplied for the participants to share in use. Transport will be via mini-bus.

One Session \$52.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 10 8:00 AM-4:30 PMI0361X

Wed, Jan 21 8:00 AM-4:30 PMI0461X

Wed, Feb 11 8:00 AM-4:30 PMI0561X

Winter Birding at Bayshore Waterfront Park

(ages 14 and up, under 18 with adult)

While many birds go south in the winter, some birds 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 may need them. Meet in the main lot in near the restrooms/pier.

One Session \$10.00 Per Person

Bayshore Waterfront Pk

Wed, Dec 10 9:00-10:30 AM (approx)IKG61X

Wed, Jan 28 9:00-10:30 AM (approx)IKH61X

Winter Birding at Sandy Hook!

(ages 14 and up, under 18 with adult)

Not all birds fly south for the 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, Jan 7 9:00-10:30 AM (approx)IKB61X

Wed, Feb 25 9:00-10:30 AM (approx)IKE61X

Wondrous Winter Walks

(all ages, under 18 with adult)

Nature walks are like snowflakes; each one 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 recommended, trails used may have inclines or tree roots to step over.

Meet on the following Wednesdays from
10:00-11:30 AM:

December 3 at **Hartshorne Wds Rocky Point
Parking Lot**

December 17 at **Big Brook Pk Lower Pond Lot**

January 14 at **Clayton Pk Emley's Hill Lot**

January 28 at **Freneau Wds Pk Vis Ctr Parking Area**

February 11 at **Manasquan Res Env Ctr Parking Lot**

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 \$13.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Dec 21 10:00-11:00 AM IKN61X

Winter Tree Walk

(adults)

Most trees slowdown 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 please dress for the weather and wear comfortable walking shoes.

One Session \$13.50 Per Person

Holmdel Pk Shelter Bldg

Wed, Feb 18 10:00-11:00 AM IKM61X

YuleTIDE Beach Ornament

(ages 14 and up, under 18 with adult)

Adorn your tree this Christmas with the beauty of the Jersey shore! Spend the morning with a naturalist-led beach walk collecting and learning about all the different shells found along the coast. Then, warm up inside our activity center as we turn our findings into beautiful ornaments that can be enjoyed for years to come.

One Session \$24.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Sat, Dec 6 10:00 AM-12:30 PM I1361X

Sun, Dec 21 10:00 AM-12:30 PM I1461A



Exploring nature in winter can improve your mental health by reducing the stress and anxiety so often associated with Seasonal Affective Disorder while also increasing your cardiovascular health and boosting your immune system.

DID YOU KNOW?

OUTDOOR ADVENTURES

HIKING

Arm Chair Traveler Adventures

(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.

Please Note: Registration is requested; however, walk-ins will be welcome.

One Session \$5.00 Per Person

Thompson Pk Vis Ctr Beech Room

Antarctica...A Land of Extremes

Antarctica, often known as the "7th Continent" may be one of the coldest and darkest places on earth, but it is also one of the most beautiful places on earth. There are rugged mountains, spectacular icebergs, and many breeds of adorable penguins. This presentation, by travel photographer Joan Bruno, will include photos and videos taken on her 31-day journey across the Ross Sea of Antarctica. Enjoy the sights and sounds of Antarctica!

Tue, Jan 13 6:45-8:45 PM W3261X

Munich to the Mountains: Cycling to Italy's Prosecco Country

Join us for a lively, photo-filled journey from Munich, Germany, over the Alps to Italy's sparkling Prosecco region. We'll ride through historic Innsbruck, cross the legendary Brenner Pass, soak in the beauty of Lake Garda's northern shore, and climb the famous Monte Grappa. Whether you're a cyclist, a traveler, or just curious about the adventure, come along for stories, scenery, and a taste of the joy (and challenge!) of cycling across borders. Presenter Ward Kradjel (bike enthusiast, planner, and adventure traveler), will share his ins and outs for executing a successful trip.

Thu, Feb 19 6:45-8:45 PM W4961X

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 four 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

Four Sessions \$60.00 Per Person

12/2 - Thompson Pk Estate Lot

12/9 - Tatum Pk Red Hill Lot

12/16 - Huber Wds Env Ctr Lot

12/23 - Hartshorne Wds Claypit Creek Lot

Tue, Dec 2-23 10:00 AM-12:00 PM W0761X

Bundled-Up Hikes

(adults)

Welcome Old Man Winter with open arms by discovering some trails in your NJ State Parks. Winter can be a spectacular time to be outdoors as long as you are prepared. Our hikes will take us through deciduous forests, past meadows, scenic waterfalls, and panoramic views, which are just some of the amazing winter sights. **Rating: Moderate, moderate pace, views, sandy, rooty, rocky-icy-snowy trails possible. Miles: 4.5-6+**

One Session \$65.00 Per Session

Thompson Pk 3 Barns Parking Lot

Kittatinny State Park

Sun, Jan 11 7:00 AM-3:00 PM (approx) . . W3861X

Wharton State Forest, Apple Pie Fire Tower

Sat, Feb 7 8:00 AM-4:00 PM (approx) . . . W3961X

Hacklebarny State Park

Mon, Feb 16 8:30 AM-3:30 PM (approx) . W4061X

Jenny Jump State Park

Fri, Feb 27 8:30 AM-3:30 PM (approx) . . . W4161X

CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened, to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Hiking for Your Health *(adults)*

Winter is not a time to hibernate; it's a time to discover your county parks and build some healthy habits. Getting out on the trails is good for the heart and soul. Each park is unique in its terrain, history, and beauty. Dress for the weather and be sure to have enough room in your day pack to carry extra warm layers. Be sure to have sturdy hiking shoes and carry water. Trekking poles suggested; micro-spikes may be needed for icy conditions, and snowshoes can be provided.

Rating: *Moderate pace, moderate terrain, dirt trails, roots, wet/icy, some hills. Miles: 3+ (approx.)*

Three Sessions \$48.00 Per Person

1/10 - Thompson Pk Estate Lot

1/17 - Tatum Pk Holland Road Lot

1/24 - Turkey Swamp Pk Campground Office

Sat, Jan 10-24 9:00-11:00 AM W0661X

2/14 - Thompson Pk Estate Lot

2/21 - Clayton Pk Emley's Hill Rd Lot

2/28 - Hartshorne Wds Pk Claypit Lot

Sat, Feb 14-28 9:00-11:00 AM W1261X

Polar Bear Hiking Series *(adults)*

Explore the road less traveled as we hike a bit off the beaten path to a variety of different parks. This series runs every other Sunday throughout the winter. When we have snow, we will provide an opportunity to use our snowshoes. All programs meet at Thompson Park and travel via mini bus to different hiking locations. Be sure to wear hiking boots and have yak tracks/micro spikes; trekking poles suggested. Please dress in non-cotton layers and have a day pack with water and enough room for extra layers. We will wrap up our hike with a stop at a nearby coffee shop.

Rating: *Easy/moderate, dirt, snow, icy, rocky, wet, inclines and declines. Miles: 3-5*

1/4 - Thompson Pk

1/18 - Clayton Pk

2/1 - Huber Wds Pk

2/15 - Turkey Swamp Pk

3/1 - Hartshorne Wds Pk

Five Sessions \$99.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Jan 4-Mar 1 8:00 AM-12:00 PM (approx) .. W1361X

Popolopen Torne/Gorge Hike*(adults)*

This hike within Bear Mountain State Park climbs to the summit of Popolopen Torne with panoramic views and runs along the scenic Popolopen Gorge.

Please Note: Hiking boots are required.

Rating: *Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 5*

One Session \$75.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Jan 3 6:30 AM-3:30 PM (approx) . . . W3561X

Southern Harriman Highlights Hike*(adults)*

Hit the trails early and miss the crowds as we hike to several prominent views from the Reeves Meadow Visitor Center. Micro spikes/yaktax suggested.

Please Note: Hiking shoes are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5*

One Session \$75.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Dec 13 6:30 AM-3:30 PM (approx) . . W3661X

LADIES ONLY**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. Hiking boots are required, trekking poles and yak tracks are recommended.

Rating: *Easy/moderate, sandy, rocky, some hills, field, muddy, icy, or snowy trails. Miles: 2-4.*

Nine Sessions \$117.00 Per Person

1/7 - Thompson Pk Estate Lot

1/14 - Freneau Wds Pk Main Lot

1/21 - Holmdel Pk Lake Lot

1/28 - Shark River Pk Schoolhouse Rd Lot

2/4 - Clayton Pk Emley's Hill Lot

2/11 - Tatum Pk Holland Act Ctr Lot

2/18 - Turkey Swamp Pk Campground Office Lot

2/25 - Manasquan Res Env Ctr Lot

3/4 - Hartshorne Wds Claypit Creek Lot

Wed, Jan 7-Mar 4 10:00 AM-12:00 PM . . . W3061X

Wed, Jan 7-Mar 4 12:30-2:30 PM W3161X

Women's Weekend of Adventure and Relaxation

(adults)

Experience the wonder of winter on this women-only adventure. Our outside adventures will include hiking sections of the Appalachian Trail, exploring waterfalls, and taking in the views. Meanwhile, our lodge will provide a warm place to retreat, complete with showers, kitchen, fireplace, and bunk beds. The price includes one dinner, two breakfasts, snacks, warm drinks, snowshoes, transportation, and Park System leaders.

Rating: Moderate, rocky terrain, some steep ascents/descents, icy.

Miles: 3-6 miles (depending on group and trail conditions)

REGISTRATION DEADLINE: December 17, 2025 (registration will remain open until January 15 if the minimum is met)

\$365.00 Per Person

Pre-Trip Meeting:

Thompson Pk Ski Hut

Thu, Jan 15 6:30-8:30 PM

Program:

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Jan 23-25 7:00 PM-3:00 PMW3461X

SKIING

Blue Mountain Ski Tuesdays

(adults)

Join us at Blue Mountain Resort, PA, the home to five terrain parks and a snowtubing area, where the vertical drop of 1,082 feet makes it the highest in the state, and a place where all skiers and riders will find excellent terrain for all ability levels. Let us do the driving so you can thoroughly enjoy your ½ day of skiing. Be sure to purchase your half-day morning ticket online or at the mountain. Please register early, as we cannot plan to run the trip without a minimum number of patrons. We will evaluate the ski conditions 24 hours ahead of our departure date to ensure your optimum mountain experience. Invite your friends and family to enjoy the uncrowded weekday trails. Ages 13 and up are welcome with a paying adult. Bring your own equipment or rent at Blue Mountain.

Rating: Easy to difficult

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Jan 27 6:30 AM-3:30 PM (approx) . . W0961X

Tue, Feb 24 6:30 AM-3:30 PM (approx) . . W1161X

Inclement Weather Date: 3/3

Cross-Country Ski & Snowshoe Rentals

December 15, 2025-March 15, 2026

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.

Skis and/or snowshoes are available on a first come, first serve basis.

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.

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. In the event of no snow, we will use our custom ski-mats to simulate snow. All ski equipment is provided.

One Session \$28.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 20 8:30-10:30 AM W4361X

Sun, Jan 4 1:30-3:30 PM W4461X

Sat, Jan 17 8:30-10:30 AM W4561X

Sat, Feb 7 8:30-10:30 AM W4661X



I greatly enjoy the program even without snow! The ski mats worked well to allow us to try the techniques we learned and the instructors were experienced.



Cross-Country Ski Trip

(adults)

Cross-country ski at the highest elevation in NJ. The High Point XC Ski Center will have a new snowmaking machine to insure 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. Participant is responsible for trail pass ticket (\$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/weight.

Rating: Beginner to advanced. Miles: TBD by you.

One Session \$85.00 Per Person

Thompson Pk Ski Hut

Sat, Feb 21 6:30 AM-4:00 PM (approx) . . W3761X

Inclement weather date: 3/7

Full Moon Cross-Country Ski

(adults)

Experience a new adventure skiing under March's Worm Full Moon at Thompson Park. Warm drinks will be provided. This is not a beginner clinic, so participants will need to have prior cross-country ski experience. If using Monmouth County Park System equipment, please have your shoe size, height, and weight ready at registration.

Please Note: This is a snow-dependent program. Be sure to check our weather cancellation number if conditions are questionable.

One Session \$26.00 Per Person

Thompson Pk Ski Hut

Tue, Mar 3 5:30-7:30 PM W0861X

WILDERNESS SAFETY

SOLO Wilderness First Aid Course

(ages 16 and up)

This 16-hour, two-day entry-level course is the ideal certification for outdoor enthusiasts and trip leaders seeking knowledge on how to handle backcountry emergencies. Taught by SOLO Wilderness Medical School, this course will teach you how to employ proper prevention through trip planning, equipment selection, and preparation. You will also learn how to perform wilderness emergency care when needed. Indoor and outdoor sessions are included.

Two Sessions \$200.00 Per Person

Thompson Pk Longbridge Annex Training Center

Sat-Sun, Dec 6-7 8:00 AM-5:00 PM W4861X

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Beginner Acting: A Journey at Navesink Library Theater

(adults)

We will begin the journey of acting by learning techniques for theater, television, and film. These include 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, Your Breath, Your Body and 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. Please wear closed-toe shoes and bring a water bottle.

Six Sessions \$135.00 Per Person

Navesink Library Theater

Wed, Jan 14-Feb 18 6:30-8:00 PM Q1661X

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm and verse. All are welcome to read your work aloud or read work from your favorite poet(s). You will also get the opportunity to connect with the growing community of Monmouth County poets. Themes and prompts are suggested, and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Childhood and/or Poems Inspired by or from the Romanticism Era

Wed, Dec 10 7:00-8:30 PM PE036A

Time and/or Poems Inspired by or from the Postmodernism Era

Sun, Jan 11 3:00-4:30 PM PE046A

Faith, Hope & Love and/or Poems Inspired by or written by Contemporary Free Verse Poets

Wed, Feb 11 7:00-8:30 PM PE056A

DANCE

5 O'Clock Latin Line Dancing*(adults)*

Ready to make a splash on the dance floor? If you ever wished to learn the foundational basics of Latin dancing, our beginner workshop is crafted just for you! We'll dive into learning and practicing the basic steps, creating an enjoyable experience among participants. No need to worry if you've never danced before – this workshop is designed for beginners. Whether you sign up solo or with a friend, family member or significant other, we encourage everyone to join in on the fun. Get ready to groove on the dance floor with confidence! Participants are encouraged to dress comfortably and in closed shoes that you can easily move in. Children aged 12 and over are welcome with a participating adult.

Instructed by: Sing and Sway

Four Sessions \$88.00 Per Person**Tatum Pk Red Hill Act Ctrt Ctr****Wed, Jan 21-Feb 11 5:00-5:50 PM AAD61X****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 to 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 \$135.00 Per Person**Tatum Pk Red Hill Act Ctr****Tue, Jan 6-Mar 10 11:00-11:45 AM A6761X****Wed, Jan 7-Mar 11 1:00-1:45 PM A6861X****Adult Tap - Beginner Level 1***(adults)*

Have you ever wanted to try tap dancing? Maybe you tapped as a child and really loved it? Calling all beginner or better tap dancers for a fun adult only class with Marcy. Learn a complete routine with these 10-week sessions. Wear comfortable clothes and tap shoes of your choice.

Ten Sessions \$135.00 Per Person**Tatum Pk Red Hill Act Ctr****Tue, Jan 6-Mar 10 2:00-2:45 PM A6261X****Tue, Jan 6-Mar 10 5:30-6:15 PM A6361X****Wed, Jan 7-Mar 11 2:00-2:45 PM A6461X****Adult Tap - Beginner Level 2***(adults)*

Do you know the difference between a cramp roll and a ball change? This class is for the student that enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Wear comfortable clothing and the tap shoes of your choice.

Pre-requisite: 3-4 sessions of Adult Tap - Beginner Level 1 or similar experience**Ten Sessions \$135.00 Per Person****Tatum Pk Red Hill Act Ctr****Tue, Jan 6-Mar 10 3:00-3:45 PM A6561X****Tue, Jan 6-Mar 10 6:15-7:00 PM A6661X****Beginner Social Dancing for Couples:
Beginner Ballroom & Latin Dance***(adults)*

Attending a wedding this year? Planning a first dance for your own wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes," this beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance during class. Each week, we will review and progress forward in our ballroom and Latin dance styles. We look forward to teaching you to move and groove on the dance floor of your next event together with confidence! Dancers must register and participate with a partner. We welcome any two individuals to participate in classes together. Dress comfortably and in closed shoes you can easily move in. Instructed by: Sing and Sway

Four Sessions \$188.00 Per Couple**Tatum Pk Red Hill Act Ctr****Wed, Jan 21-Feb 11 6:10-7:00 PM AAF61X****Mon, Feb 2-Mar 2 2:00-2:50 PM AAG61X***No class 2/16*

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 haven't felt confident to join in on the dance floor? This four-week inclusive line dancing series is crafted for you! We will explore a small mixture of classic and contemporary line dances, thoughtfully selected for their beginner-friendly appeal. Lace up your dancing shoes for this lineup, designed to empower you with confidence on any dance floor. Participants are encouraged to dress comfortably and in closed shoes that you can easily move in. Children aged 12 and over are welcome with a participating adult.

Instructed by: Sing and Sway

Four Sessions \$88.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Feb 2-Mar 2 3:10-4:00 PM AAE61X

No class 2/16

Broadway Jazz - Beginner Level 1

(adults)

Hamilton! Chicago! Hairspray! This class is perfect for students who love musical theatre and will feature choreography set to songs from your favorite musicals. Class work consists of jazz warm-ups, across the floor and building a vocabulary of steps and combinations. Wear comfortable clothes and jazz shoes of your choice.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 7-Mar 11 11:00-11:45 AM A6961X



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](https://www.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



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 6-Mar 24 7:00-9:00 PM AAW61X

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 basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience to partner dancing. Dress comfortably, slip into shoes that won't let you down and let's lay the groundwork for magical moments together on the dance floor .

Instructed by: Sing and Sway

One Session \$103.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Dec 3 6:00-8:00 PM A0461X

Wed, Feb 25 6:00-8:00 PM AAC61X

MUSIC

Beginner Chorus

(adults)

Together we will learn the core fundamentals of the voice to build healthy singing habits and confidence in performance and projection. We will work on proper breathing exercises for signing, focus on pitch accuracy, diction, and singing with a group. A performance of two group pieces will be performed for family and friends on the last day of the program.

Four Sessions \$90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Jan 6-27 6:30-8:30 PM Q1261X

SPORTS & FITNESS

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy to follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome as modifications are shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Three Sessions \$45.00 Per Person

Tue, Feb 10-24 5:30-6:30 PM X6561X

Thu, Feb 12-26 5:30-6:30 PM X6761X

Four Sessions \$60.00 Per Person

Tue, Jan 6-27 5:30-6:30 PM X6461X

Thu, Jan 8-29 5:30-6:30 PM X6661X

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.

Nine Sessions \$135.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 23-Mar 27 5:30-6:25 PM X2561X

No class 2/13

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. Low impact and gentler than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 26-Mar 23 5:15-6:10 PMX0961X

No class 2/16

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, in socks, or in dance shoes. Please bring a veil and zills to each class.

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 14-Apr 1 5:00-5:55 PMX1761X

No class 3/18

Beyond Basic Belly Dance

(adults)

Take your belly dancing to the next level! Taught in the same relaxed, friendly and supportive environment our instructor will inspire you as we continue to improve flexibility, coordination, and strength in this total body workout. Learn new movements and techniques as we progress into more advanced patterns, hip movements, and combinations. Continue to explore exciting styles of belly dance as we have fun and get fit! Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes.

Instructor: Eryka Andrex

Eleven Sessions \$198.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 13-Mar 31 7:25-8:55 PMX1361X

No class 3/17

Dance Tone Stretch

(adults)

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!

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 8-Mar 12 5:00-5:55 PMX2061X

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion, and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Dorbrook Rec Area Act Ctr

Eight Sessions \$120.00 Per Person

Mon, Jan 26-Mar 23 6:30-7:25 PMX1061X

No class 2/16

Ten Sessions \$150.00 Per Person

Thu, Jan 8-Mar 12 7:20-8:15 PMX2261X

“

Eryka is a fabulous teacher who is completely knowledgeable about not only the dance and its origins, but also how the body works. She is an outstanding and caring teacher.

”

E. Murray Todd Half Marathon

Sunday, March 8, 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 this beautiful course through Lincroft, Holmdel, and Colts Neck.

Pre-registration is suggested and is \$45.00 per person (closes March 2).

Club/group rates are available (minimum of 10 walkers/runners).

Pre-registration can be done online or by phone.

Race day registration will be accepted on Sunday, March 8 beginning at 7:00 AM and is \$70.00 per person.

For additional information, call 732-542-1642, ext. 4646, or email

Michael.Williams@co.monmouth.nj.us.

To view the Runner's Info Sheet and Course Map, check out the "Races & Special Events" page on our website under the "Activities" tab.



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 fitness 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 5-Feb 23 8:00-9:00 AM . . . M3761X

No class 2/2, 2/4 & 2/16

Total Body Circuit Blast

(adults)

Empower yourself with this revved up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller, to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 3-Feb 21 8:00-9:00 AM X6361X

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. Please bring a water bottle and wear comfortable clothing so you can get the most out of your workout.

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Jan 7-Feb 18 9:30-10:15 AM M5561X

No class 2/4

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 own 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 5-Feb 23 10:30-11:30 AM . M5061X

No class 2/2, 2/4 & 2/16

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 8-Feb 19 9:15-10:15 AM M5661X

No class 2/5

QIGONG

Beginner Therapeutic Qigong

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular strength. Wear comfortable clothing and shoes; no equipment is needed.

Five Sessions \$65.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Jan 3-31 9:00-10:00 AM X3561X



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 necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league.

Please Note: Pre-registration is required; captains sign up for the team. Organizational and rules meeting held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 7-Mar 18 6:00-8:00 PM MA461X

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. This class is intended for those that have prior knowledge and capability of basic yoga movements. Continue to grow your endurance, flexibility, and aversion to stress. No fancy poses or inversions necessary! Only the simple desire to choose challenge and growth. Invest in yourself and your practice-and have fun doing it!

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Dec 7-Jan 4 9:00-10:00 AM X7161X

Sun, Jan 18-Feb 15 9:00-10:00 AM X7461X

Beginners Yoga

(adults)

This class covers all things yoga. Perfect for beginners who want a practice of their own or for those that are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength, and focus. Blocks and straps are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Dec 7-Jan 4 10:15-11:15 AM X7261X

Sun, Jan 18-Feb 15 10:15-11:15 AM X7561X

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Mon, Jan 5-Feb 23 6:00-7:00 PM X0361X

No class 2/16

Eight Sessions \$120.00 Per Person

Thu, Jan 8-Feb 26 11:00 AM-12:00 PM . . . X0761X

Chair Yoga

(adults)

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

Eight Sessions \$120.00 Per Person

Fully Seated

Dorbrook Rec Area Act Ctr

Mon, Jan 26-Mar 23 4:00-4:55 PMX0861X

No class 2/16

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 7-Feb 25 11:15 AM-12:10 PM . . .X1561X

Sit and Stand

Nine Sessions \$135.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 23-Mar 27 3:15-4:10 PMX2361X

No class 2/13

Chair Yoga with Amy

(adults)

Cultivate a sense of calmness and peace while you stretch, strengthen, and move your body in this gentle form of yoga. Learn to connect your mind and body through breath and improve your physical, mental, and spiritual health. Sequences are mostly seated with optional standing poses.

Instructor: Amy Boylan

Four Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jan 9-30 9:00-10:00 AMX3261X

Fri, Feb 13-Mar 6 9:00-10:00 AMX3361X

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 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.

Instructor: Eryka Andrex

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 14-Apr 1 4:00-4:55 PMX1661X

No class 3/18

Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness. This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat. Props and alternative poses are offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ has over 800 hours of certification training, including studies in India.

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 8-Mar 26 9:30-10:45 AMX3061X



Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath, and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 5-Feb 23 7:00-8:00 PMX0461X

No class 2/16

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility, and balance, and is designed for all body types, ages, and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-Feb 24 9:00-10:00 AMX0561X

Thu, Jan 8-Feb 26 9:30-10:30 AMX0661X

“

Talena is an exceptional instructor. She makes yoga fun. I have been taking this class for seven years and have enjoyed every minute! Five stars for Talena!

”

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom?

Instructor: MJ Kasliner is a national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ has over 800 hours of certification trainings including studies in India.

Thirteen Sessions \$221.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 6-Mar 31 7:00-8:15 PMX2861X

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off joints, and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 5-26 12:00-1:00 PMX4861X

Fri, Jan 9-30 11:00 AM-12:00 PMX5361X



Gentle Yoga Plus

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off joints, and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Please Note: Participants 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 9-30 9:30-10:30 AMX5161X

Mat Workout and Stretch

(adults)

A muscle toning workout on your mat! We will do body weight exercise and use hand weights during this medium intensity, lengthening, and strengthening full body routine. For the last 10 minutes of class we will stretch and lengthen the muscles and improve our recovery time by foam rolling. Please bring a water and a mat. We have hand weights and foam rollers to use.

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 14-Apr 1 7:15-8:10 PMX1961X

No class 3/18

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility, or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 8-Mar 12 11:00 AM-12:00 PM . . .X0261X

Restorative/Yoga Nidra

(adults)

Restore. Renew. Refresh. Take this hour to remind yourself that you are the most important thing. This all-levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness. Practice involves restorative movements followed by a guided meditation/Yoga Nidra. Props are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Jan 21-Feb 18 6:00-7:00 PMX7761X

Restore and Renew

(adults)

Enjoy a gentle and supportive form of yoga that emphasizes relaxation and rejuvenation. Experience deep peace and increased flexibility. Breathe freely through mindful stretching as the body opens more deeply and gently supported by bolsters, blocks and blankets. Restore and renew your body, mind, spirit as well as your nervous system. Enjoy the freedom to breathe and connect...and transform into peace and serenity. All levels welcome.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 8-Mar 12 12:00-1:00 PMXAE61X

Somatic Yoga for a Healthier Body

(adults)

This gentle, mindful yoga class blends traditional poses with somatic movement to help you reconnect with your body, release chronic tension, and improve mobility. Through intentional movements and breath awareness, you'll build strength, enhance flexibility, and support nervous system regulation — creating a foundation for long-term physical health and well-being. Perfect for all levels.

Five Sessions \$65.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 5-Feb 2 4:15-5:15 PMX3461X

Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ Has over 800 hours of certification trainings including studies in India.

Thirteen Sessions \$221.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jan 2-Mar 27 9:30-10:45 AMX3161X

Mon, Jan 5-Mar 30 7:00-8:15 PMX2761X

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. Instructor Mary Jane Kasliner will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. Class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring a yoga mat and water. Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. MJ Has over 800 hours of certification trainings including studies in India.

Twelve Sessions \$204.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Jan 7-Mar 25 9:30-10:45 AMX2961X

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Sessions will be held in the Activity Center. Please bring a yoga mat, two yoga blocks, a long yoga strap, towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Thirteen Sessions \$195.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jan 3-Mar 28 8:00-9:00 AMX0161X

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)

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Jan 3-Feb 21 9:00-10:00 AMX6261X



Yoga offers benefits for both your physical and mental health, including reducing pain and inflammation, improving cardiovascular health, reducing anxiety and stress, and improving concentration.

DID YOU KNOW?

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

Please Note: Sun Salutation portion of class is modified using a chair, so that fl wing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class.

Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified nstructor

Four Sessions \$80.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 6-27 10:30 AM-12:00 PMX4961X

ZUMBA

Chair Zumba

(adults)

Fully Seated Latin Dance Cardio from Zumba Fitness! Ditch the workout, join the party! This class combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Participants will tone and sculpt their bodies, burn calories, improve neurocognitive function, enjoy music and rhythm, and reenergize, all while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude. No experience needed.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Feb 3-Mar 10 4:30-5:25 PMX1161X

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories, and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude!

Dorbrook Rec Area Act Ctr

Ten Sessions \$150.00 Per Person

Thu, Jan 8-Mar 12 6:15-7:10 PMX2161X

Eleven Sessions \$165.00 Per Person

Tue, Jan 13-Mar 31 6:15-7:10 PMX1261X

No class 3/17

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Dorbrook Rec Area Act Ctr

Nine Sessions \$135.00 Per Person

Fri, Jan 23-Mar 27 6:30-7:25 PMX2661X

No class 2/13

Eleven Sessions \$165.00 Per Person

Wed, Jan 14-Apr 1 6:00-6:55 PMX1861X

No class 3/18



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 program. Children will learn the basics of grooming, tacking and leading a horse. Basic beginning riding skills will be taught with 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.

Sunnyside Rec Area

Three Sessions \$180.00 Per Person

Fri, Dec 5-19 4:00-5:00 PMV0361X

Four Sessions \$240.00 Per Person

Fri, Jan 9-30 4:00-5:00 PMV0461X

Fri, Feb 20-Mar 13 4:00-5:00 PMV0561X

Fri, Mar 20-Apr 10 4:00-5:00 PMV0661X

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, and found art, the 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 \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 10-Mar 21 10:00-11:30 AMD3861X

Class meets 1/10, 1/24, 2/7, 2/21, 3/7 & 3/21

Confident Cooking: Healthy Meals from Scratch

(ages 16 and up, with special needs)

Join us for a hands-on cooking experience that's fun, friendly, and full of flavor! We will explore how to cook simple, healthy meals from scratch. The focus is on building confidence in the kitchen and showing how easy it is to make food that is both tasty and good for you. Each session is hands-on and fun! You'll be cooking with others, learning new skills, and picking up helpful info on healthy eating along the way. You'll be part of a friendly group where you can make new friends, share ideas, and enjoy cooking together. Supervision is provided at a 1:3 staff to participant ratio. Contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

Super Bowl Hub

Get ready for game day with some tasty Super Bowl snacks! We'll show you how to make oven-baked wings, loaded nachos, quesadillas, and healthy dips. It's all about good food, good times, and hanging out with friends.

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Feb 7 4:00-6:30 PMD2561A



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. Performance will take place during the final session. Please contact Justin at 732.460.1167, ext. 4641, for more information.

Twelve Sessions \$216.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 7-Mar 25 6:00-7:00 PM D0561A

Holiday Carol-oke Night

(ages 16 and up, with special needs)

'Tis the season to sing your heart out and make unforgettable memories together! Join us for our annual karaoke night, surrounded by friends! Sing and dance to your favorite holiday classics, or any song that fills you with joy. Snack and beverages will be offered. Participants must be able to function in at least 1:3 staff to participant ratio. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information, to give song choices, and/or to give notification about any food allergies or dietary considerations.

One Session \$35.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Dec 20 5:30-8:00 PM D1761A

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 \$45.00 Per Person

Dave & Buster's

Enjoy an evening of games and good food as we travel to new Dave & Buster's at the Freehold Mall! 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 from the Freehold Mall only.

Fri, Jan 9 5:15-9:15 PM D1361A
Inclement Weather Date TBD

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 prior to the event; the start and end time 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 6 5:00-9:00 PM D1561A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. Supervision is provided at a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information and/or to give notification about any food allergies or dietary considerations.

Italian Feast!

Join your friends as we prepare a delicious meal consisting of some of classics. Our meal will include chicken parmigiana, penne pasta, garlic bread, salad, and more! Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Jan 23 6:00-8:30 PM D1461A

Pizza Social

(ages 16 and up, with special needs)

Are you ready for an evening packed 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 an entertaining 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 \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 17 4:00-6:30 PM D3061A
Fri, Feb 20 6:00-8:30 PM D3161A

TRIPS

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! Fee includes bus transportation and Park System leader only. Purchase tickets online at amnhn.org; timed ticket entry must be purchased prior to arrival to guarantee admittance to the museum.

\$57.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Jan 17A9961X
Board: 9:00AMReturn: 6:00PM (approx)

Experience the Wonder of the Philadelphia Flower Show

(all ages, under 18 with adult)

Step into a breathtaking world of color, creativity, and community at the annual Philadelphia Flower Show — the largest plant and botanical art event of its kind in the world! Whether you're a longtime garden lover, curious explorer, or just looking for a fun day out, this unforgettable experience is for everyone. Be welcomed by a stunning, immersive entrance garden blooming with vibrant beauty. Discover jaw-dropping floral displays and gardens crafted by top designers from across the country and around the world. Enjoy amazing entries from passionate amateur growers and artists in one of the most celebrated floral competitions anywhere. Shop unique finds, dance to live music, learn something new, and be surprised by roaming entertainers throughout the day! Join us for a day of inspiration, creativity, and connection! Your ticket includes round-trip bus transportation, Flower Show admission, and the support of a friendly Park System leader to guide your visit.

\$105.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Mar 6A0162X
Board: 11:30 AMReturn: 8:30PM (approx)
Sat, Mar 7A0262X
Board: 11:30 AMReturn: 8:30 PM (approx)

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

\$57.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 21 AA061X
Board: 9:00 AMReturn: 6:00 PM (approx)



Stay Safe This Winter!

Remember, ice skating is only permitted when conditions have been tested by Park System Rangers and the ice has been deemed safe.

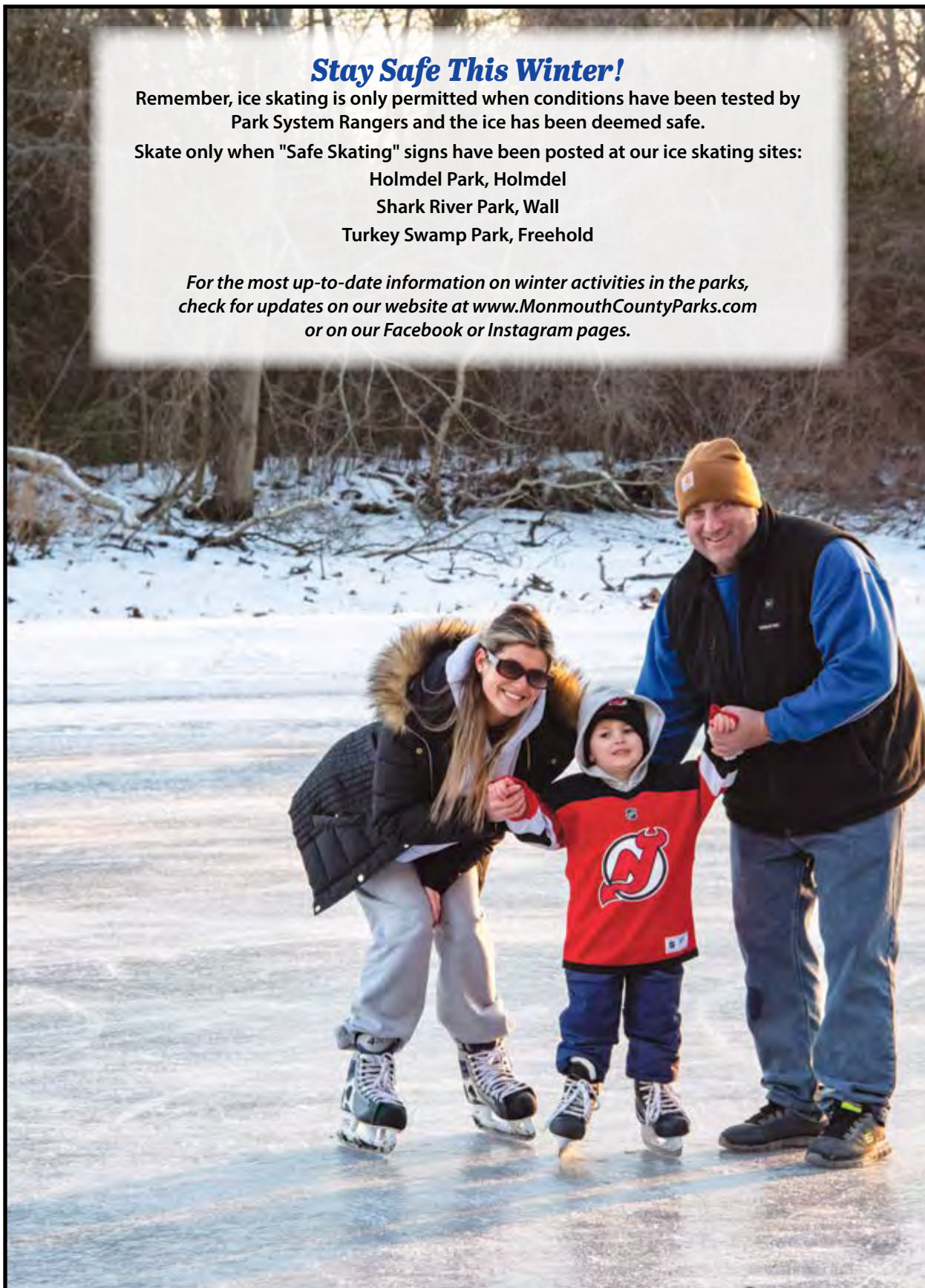
Skate only when "Safe Skating" signs have been posted at our ice skating sites:

Holmdel Park, Holmdel

Shark River Park, Wall

Turkey Swamp Park, Freehold

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



Check out the variety of amenities available in your local Monmouth County parks!

Campground (Apr-Nov)
 Canoe/Kayak Access
 Disc Golf
 Environmental Center
 Facility/Picnic Rentals
 Fishing Access
 FootGolf
 Golf
 Historic Site Location
 Off-leash Dog Area
 Playground
 Trails (easy)
 Trails (moderate)
 Trails (challenging)
 Trails (fitness)
 Trails (nature)

	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	FootGolf	Golf	Historic Site Location	Off-leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park												x	x			
Charleston Springs Golf Course								x						x		
Clayton Park												x	x			
Crosswicks Creek Park		x				x								x		
Deep Cut Gardens					x							x				
Dorbrook Recreation Area					x						x	x				
Fisherman's Cove		x			x	x										
Fort Monmouth Recreation Center					x											
Freneau Woods Park						x						x	x			
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x				x				
Howell Park Golf Course		x						x								
Huber Woods Park					x	x						x	x	x		x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x			x	x	x				x	x	x			x
Manasquan River Greenway		x					x							x		
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x				x	x							x		
Pine Brook Golf Course								x	x							
Seven Presidents Oceanfront Park		x				x	x					x				
Shark River Golf Course									x							
Shark River Park		x				x	x					x	x	x	x	x
Sunnyside Equestrian Center												x				
Swimming River Park		x					x						x			
Tatum Park						x						x	x	x		
Thompson Park			x			x	x				x	x	x	x		
Turkey Swamp Park		x	x				x	x				x	x	x		x
Union Transportation Trail													x			
Historic Walnford						x	x									
Weltz Conservation Area													x			
Wickatunk Recreation Area																
Wolf Hill Recreation Area											x					

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit of public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



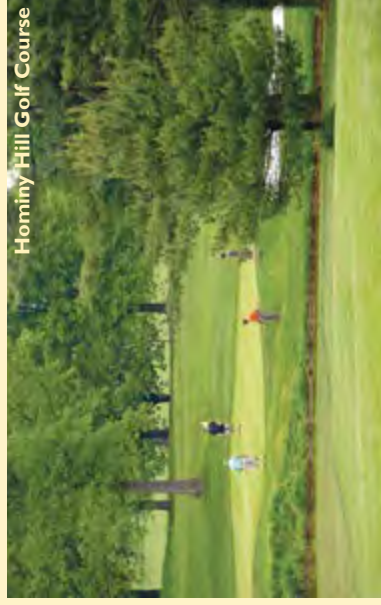
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract**[†], Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**^{*}, Route 520, Marlboro 732-834-9607
- Clayton Park**^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**^{*}, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**[†], Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**[†], Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**[†], Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**^{*}, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail**^{*}, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area**^{*}, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**[†], Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
 † Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.

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 12. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 12.

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 12 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 6-12, 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
barbara.zarella@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 6-12

11:00 AM-4:00 PM

Thompson Park Creative Arts Center,
Lincroft

Holiday Tree Trimming

Saturday, December 6

11:00 AM-2:00 PM

Historic Longstreet Farm, Holmdel

JANUARY

National Seed Swap Day

Saturday, January 31

10:30-11:30 AM

Freneau Woods Park, Aberdeen

FEBRUARY

Historical Valentines

Saturday, February 14

1:00-3:00 PM

Historic Walnford, Upper Freehold



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



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Susan M. Kiley, *Deputy Director*

Dominick "Nick" DiRocco

Ross F. Licitra, *Park System Liaison*

Erik Anderson

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