



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS *Guide*

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS



WINTER 2023

REGISTRATION BEGINS NOVEMBER 9

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, 2022 through March 15, 2023
Equipment must be returned by 5:00 PM.
Closed December 25, 2022.

Rental costs are as follows:

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




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

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

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

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



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

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

TABLE OF CONTENTS

Mark Your Calendar 2-3

Historic Happenings 4-6

Families 7-11

| | |
|-------------------------|------|
| Arts & Crafts..... | 7-8 |
| Family Fun..... | 8 |
| Horticulture..... | 8 |
| Nature..... | 9-10 |
| Outdoor Adventures..... | 11 |

Parent & Child 12-19

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

Kids & Teens 20-31

| | |
|-----------------------------|-------|
| Arts & Crafts..... | 20-23 |
| Culinary Arts..... | 24-25 |
| Education & Enrichment..... | 25-26 |
| Nature..... | 26 |
| Outdoor Adventures..... | 27 |
| Performing Arts..... | 27-29 |
| Sports & Fitness..... | 30-31 |

Adults 32-63

| | |
|-----------------------------|-------|
| Active Adults 55+..... | 32 |
| Arts & Crafts..... | 33-40 |
| Culinary Arts..... | 41-44 |
| Education & Enrichment..... | 44-46 |
| Health & Wellness..... | 46-48 |
| Horticulture..... | 48-50 |
| Nature..... | 50-52 |
| Outdoor Adventures..... | 53-54 |
| Performing Arts..... | 55-56 |
| Sports & Fitness..... | 56-63 |

Equestrian 63

Therapeutic Recreation 64-65

Trips 65

Park Partners 67

Registration Information 68

To register for programs starting Wednesday, November 9, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

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

Find us on Social Media:



Icon Key



New Program



Free Program

DECEMBER 2022

THURSDAY, DECEMBER 1

Under the Winter Stars (p. 10)

SATURDAY, DECEMBER 3

19th Century Christmas Ballads (p. 4)

SATURDAY-SATURDAY, DECEMBER 3-10

Creative Arts Center Exhibit & Sale (inside back cover)

TUESDAY, DECEMBER 6

Casual Birder (p. 52)

WEDNESDAY, DECEMBER 7

Wondrous Winter Walks (p. 52)

SATURDAY, DECEMBER 10

19th Century Christmas Ballads (p. 4)

SUNDAY, DECEMBER 11

The Sounds of Christmas (p. 4)

THURSDAY, DECEMBER 15

Snowy Owls of Monmouth County (p. 51)

TUESDAY, DECEMBER 20

Casual Birder (p. 52)

WEDNESDAY, DECEMBER 21

Wondrous Winter Walks (p. 52)

JANUARY 2023

WEDNESDAY, JANUARY 4

Wondrous Winter Walks (p. 52)

SUNDAY, JANUARY 8

Cutting, Splitting and Hewing (p. 4)

TUESDAY, JANUARY 17

Casual Birder (p. 52)

WEDNESDAY, JANUARY 18

Wondrous Winter Walks (p. 52)

FRIDAY, JANUARY 20

All About Brook Trout - The State Fish of NJ (p. 51)

SATURDAY, JANUARY 28**National Seed Swap Day** (p. 48)**SUNDAY, JANUARY 29****Seashore Open House** (p. 10)**TUESDAY, JANUARY 31****Casual Birder** (p. 52)**FEBRUARY 2023****WEDNESDAY, FEBRUARY 1****Wondrous Winter Walks** (p. 52)**SUNDAY, FEBRUARY 5****Cutting, Splitting and Hewing** (p. 4)**TUESDAY, FEBRUARY 7****Casual Birder** (p. 52)**SUNDAY, FEBRUARY 12****Historical Valentines** (p. 6)**WEDNESDAY, FEBRUARY 15****Wondrous Winter Walks** (p. 52)**THURSDAY, FEBRUARY 16****The Real Story of Captain Kidd and His Treasure!** (p. 51)**FRIDAY, FEBRUARY 17****Monmouth County Parks Backyard Bird Count** (p. 50)**SATURDAY, FEBRUARY 18****Monmouth County Parks Backyard Bird Count** (p. 50)**SUNDAY, FEBRUARY 19****Monmouth County Parks Backyard Bird Count** (p. 50)**TUESDAY, FEBRUARY 21****Casual Birder** (p. 52)**SATURDAY, FEBRUARY 25****Open Shoot Archery** (p. 11)**SUNDAY, FEBRUARY 26****Come to Your Senses to Benefit SPUR** (p. 34)



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.

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 3, 1:00-3:00 PM
Saturday, December 10, 1:00-3:00 PM

The Sounds of Christmas *Free*

Celebrate the holidays taking a stroll on Longstreet Farm with the backdrop of wistful music as Larry Moser and Mary Nagin play Christmas carols on the hammered dulcimer and fiddle.

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

Cutting, Splitting, and Hewing *Free*

(adults)

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

Sunday, January 8, 12:00-2:30 PM
Sunday, February 5, 12:00-2:30 PM

Morning Farm Chores

(ages 4 and up, under 14 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Participants will experience lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Please wear closed-toe shoes and dress for the weather.

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

One Session \$15.00 Per Person

[Longstreet Farm](#)

- Sun, Dec 4 8:00-9:30 AM FAF31A**
- Sat, Jan 14 8:00-9:30 AM FAG31A**
- Sun, Jan 29 8:00-9:30 AM FAH31A**
- Sat, Feb 11 8:00-9:30 AM FAJ31A**
- Sun, Feb 19 8:00-9:30 AM FAK31A**

Needlework for Novices

(ages 12 and up, under 18 with adult)

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

One Session \$30.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 7 12:30-3:30 PM FAE31A

Rug Hooking Gathering

(adults)

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

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 3-Mar 7 10:00 AM-3:00 PM F0131A

Sewing Skills - Making Aprons

(ages 16 and up)

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

Four Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 21-Feb 11 12:00-3:00 PM FAD31A

Visit with Santa

(all ages)

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

Pre-registration is required for this program. Limit of 6 people per reservation.

One Session \$15.00 Per Family of Up to 6

Longstreet Farm Vis Ctr

Dates, times and registration information available at www.MonmouthCountyParks.com.





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.

WALNFORD

Historical Valentines *Free*

(ages 10 and up)
February is 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.

Sunday, February 12, 12:00-3:00 PM

Santa is Visiting Walnford! *NEW*

(all ages, under 18 with adult)
Enjoy a cup of hot cocoa while writing a letter to Santa, then deliver it to him yourself! Afterwards, explore our 1773 house, take a selfie in our antique sleigh, and enjoy the picturesque winter landscape at Historic Walnford.

Please Note: Pre-registration is required.

Cost: \$15.00 Per Family of Up to 6

[Historic Walnford Waln House](#)

Dates, times and registration information available at www.MonmouthCountyParks.com.

You are Cordially Invited to Tea

(adults)

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

One Session \$15.00 Per Person

[Historic Walnford Open Hearth Kitchen](#)

Fri, Jan 20 12:00-1:30 PM G2531A



ARTS & CRAFTS

**Chicka Chicka Boom Boom***(ages 2-5, with adult)*

Let's learn the alphabet! *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault is a vibrant children's classic that enforces the ABCs in a silly rhyme that's sure to make your little one laugh. Learn some literacy skills with us as we read the book together and finish with a themed art project. We're excited to "meet you at the top of the coconut tree!"

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 12 1:30-2:30 PM A1131A**Christmas Storytime at Dorbrook** *(ages 2-4, with adult)*

Merry Christmas! Join us with your little one for a holiday-themed storytime at Dorbrook to celebrate the season and make new friends. We will read a story, create a craft project and maybe sing a Christmas carol or two! Please dress for mess or bring a smock. Santa hats and elf-ears encouraged!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Dec 15 1:30-2:30 PM A3631A**Friday Evening Pottery***(ages 11 and up)*

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

Instructor: Kayla Robinson

Seven Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 6-Feb 17 6:30-8:30 PM Z2131A**Mouse Paint***(ages 2-5, with adult)*

Mouse Paint by Ellen Stoll Walsh is a beloved children's book that tells the story of three adventurous mice that dip their feet in paint and learn how to mix colors (by accident!). Join us at Dorbrook with your little one to read the story together, learn a little bit about color theory and create a unique art project together. We can't wait to see the colors you create!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 26 1:30-2:30 PM A1331A**Pete the Cat: I Love My White Shoes***(ages 2-5, with adult)*

"Keep on walkin' along and singin' your song." In *Pete the Cat: I Love My White Shoes*, author Eric Litwin brings us along with Pete as he steps in all kinds of things, changing the color of his beloved white shoes and teaching little ones how to cope with change. Read the story with us and follow up with a themed art project.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Feb 2 1:30-2:30 PM A1431A**Stellaluna***(ages 2-5, with adult)*

"How can we feel so different and be so much alike?" The story of *Stellaluna* by Janell Cannon reminds us that even in the most unlikely places, we are able to find friends. Join us at Dorbrook to read the famous children's book and create a themed art project together! Maybe you will find a new friend, too!

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 5 1:30-2:30 PM A1031A



Sunday Ceramics

(ages 8 and up, under 18 with paying adult)
 Looking for a relaxing and creative way to spend your Sunday? Come try your hand at ceramic arts! Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week. Pre-registration is required and space is limited, please see schedule for times and codes. Your registration pays for your studio time, bisqueware is separate. Bisqueware is to be purchased on site the day of the program. For further information please contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

- One Session \$8.00 Per Person**
- Thompson Pk Creative Arts Center
- Sun, Dec 4 11:00 AM-12:00 PM Z9831A
- Sun, Dec 4 12:30-1:30 PM Z9931A
- Sun, Dec 4 2:00-3:00 PM ZA031A
- Sun, Jan 8 11:00 AM-12:00 PM ZA131A
- Sun, Jan 8 12:30-1:30 PM ZA231A
- Sun, Jan 8 2:00-3:00 PM ZA331A
- Sun, Feb 5 11:00 AM-12:00 PM ZA431A
- Sun, Feb 5 12:30-1:30 PM ZA531A
- Sun, Feb 5 2:00-3:00 PM ZA631A

The Very Hungry Caterpillar

(ages 2-5, with adult)
 Celebrate this beloved story with us at Dorbrook Recreation Area! *The Very Hungry Caterpillar* by celebrated children’s book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together and make a take-home craft.

- One Session \$20.00 Parent/Child**
- Dorbrook Rec Area Prog Bldg
- Thu, Jan 19 1:30-2:30 PM A1231A
- Thu, Jan 19 5:00-6:00 PM A5831A

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)
 Grab your flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of candy canes, and Mr. C himself is coming to supervise the cleanup. Help us collect all the candy canes, create some festive crafts and enjoy a visit with the man himself.

- One Session \$22.00 Per Child**
- Fort Monmouth Rec Ctr
- Fri, Dec 16 6:00-6:30 PMM2931A
- Fri, Dec 16 6:45-7:15 PMM3031A
- Fri, Dec 16 7:30-8:00 PMM3131A

Fort Monmouth Flashlight Fun

(ages 4-10, with adult)
 We shine the light on family time. Unplug and engage in activities and crafts sure to wake up your brain. Turn on your flashlights, get your body moving, and hunt for treasure – in the dark! We keep it fresh with a new theme each month, so you can keep going all year long.

- One Session \$18.00 Per Child**
- Fort Monmouth Rec Ctr
- Around the World**
- Fri, Jan 20 7:00-8:00 PMM3231A
- Star Wars®**
- Fri, Feb 17 7:00-8:00 PMM3331A

HORTICULTURE

“Love Grows” DIY Gift

(ages 8 and up, under 18 with adult)
 This Valentine’s Day give your loved one a growing and lasting gift! We have exactly what you need: beautiful plants, soil and planters. In just one hour you will have the perfect green valentine!

- One Session \$18.00 Per Person**
- Deep Cut Gardens Horticultural Center
- Sun, Feb 12 2:30-3:30 PM H2531A

NATURE

From Sap to Maple Syrup

(all ages, 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 \$15.00 Per Person

Huber Wds Pk Env Ctr

Sat, Feb 25 10:00-11:30 AMIKP31A

Sat, Feb 25 1:30-3:00 PM..... IKQ31A

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Feb 26 10:30 AM-12:00 PM.....IKR31A

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 \$11.00 Per Person

Turkey Swamp Pk Outdoor Area

Wed, Dec 14 8:00-9:00 PMIK631A

Moonlight Meander

(ages 10 and up, families, with adult)

Tis' the season to enjoy the stars and a real full moon, not a virtual moon. Join a Park System Naturalist as we enjoy an evening walk in the woods, wetlands and meadows of Freneau Woods beneath the light of a full moon. Along the way we will test our senses to look and listen for nighttime wildlife. This guided walk is not to be missed. Bring a friend, bring a date, or just bring yourself for a fun night in the dark. Please bring a flashlight, wear shoes that can get wet or muddy, and dress accordingly for the weather.

One Session \$7.50 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Jan 6 7:00-8:00 PM (approx) IM031A

Sun, Feb 5 7:00-8:00 PM (approx)..... IM131A

Owl Prowl at Freneau Woods Park

(ages 8 and up, with adult)

Head to Freneau Woods Park for an evening of fun while we discover the owls that call Monmouth County home. We will start with a short PowerPoint presentation about the ecology of owls to be found locally and then head outside to search the woods and wetlands for these night raptors. Practice your owl calls now! Although we never know if we'll actually get to hear or see an owl, participants will be sure to learn a lot and have a great night walk in the woods. Wear shoes that can get dirty and dress warmly. Trails can be muddy and wet. Bring a flashlight. The program will cancel due to inclement weather or icy trails.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Fri, Dec 9 7:00-8:30 PM (approx)..... IM231A

Sat, Jan 7 7:00-8:30 PM (approx) IM331A

Manasquan Reservoir Photography Contest

Calling all photographers! Don't miss your opportunity to enter your photos in our 2024 exhibition!
Each photographer may enter one photo per category per season.

Entry Deadlines

Winter: March 26, 2023 / Spring: June 25, 2023 / Summer: September 24, 2023 / Fall: December 3, 2023

Exhibition Dates: February 1-29, 2024

Theme: Shapes of Nature

Divisions: Youth or Adult

Categories: General & Wildlife

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

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



Poets in the Woods: A New Year's Day Celebration

(all ages, under 18 with adult)

Step forward into the new year with insightful prose and a healthy stride in the woods. We will start off with wisdom from our park's namesake, Philip M. Freneau, the revolutionary war poet and his connection to Freneau Woods Park and the surrounding area. As we travel through the park, we will stop and relish stanzas regarding nature through words from other famous poets such as Robert Frost, T.S. Elliot, and Mary Oliver. Come forth and be part of a tribe of active and enthusiastic nature learners and listeners. Wear shoes/boots best for walking in the woods.

One Session \$6.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Jan 1 1:00-2:00 PM IMA31A

Pond Life in Winter

(ages 8 and up, under 18 with adult)

The ponds and waterways of Freneau Woods are still alive, even in winter! You might ask where the pond creatures are such as fish, frogs and turtles. The answer provides a unique lesson in adaptation. Join a Park System Naturalist as we look beneath the ice and hook up a microscope to a large screen television monitor inside our visitor center to show you how different freshwater creatures are surviving and thriving and making amazing transformations to live in a frozen world. The program will cancel due to inclement weather.

One Session \$7.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Feb 12 1:00-2:00 PM IM431A

Snakes, Turtles and Sweets, Oh My!

(ages 5-10, with adult)

Cozy on up with loved ones as we meet the critters of Huber Woods Reptile House! We will then end our time together with a sweet, make and take Valentine's Day treat!

One Session \$14.00 Per Child

Huber Wds Pk Env Ctr

Sat, Feb 11 10:30-11:30 AM (approx) IM831A

Sat, Feb 11 1:30-2:30 PM (approx) IM931A

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

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

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

Turkey Swamp Pk Council Ring

Sat, Dec 10 3:30-5:30 PM IK131X

Thu, Jan 19 4:00-6:00 PM IK231X

Sat, Feb 18 4:30-6:30 PM IK331X

 **NEW**

 **Free**

Under the Winter Stars

(all ages, under 18 with adult)

Thursday, December 1, 7:00-8:00 PM

Sunnyside Equestrian Center,
Sunnyside Rd Parking Lot

"The cosmos is within us. We are made of star-stuff"

- Carl Sagan

Look above and connect to the star-stuff visible to us from our world. Our guide will acquaint you with key objects and constellations in the winter night sky. Bring a camp chair to rest on as we star search, and a flashlight to light your way in the dark.

Program may be cancelled due to overcast skies or inclement weather.

SEASHORE OPEN HOUSE

Sunday, January 29, 1:00-4:00 PM

Seven Presidents Oceanfront Park Activity Center,
Long Branch

It may be winter but you can still enjoy some time at the beach! Bring back memories of the summer as we explore the seashore with engaging hands-on activities that are sure to entertain and educate you and your family about the shore and the sea. A Park System Naturalist will be available to discuss your own shell collection or the aquatic animals on display.

For more information, please call 732-872-2670.

OUTDOOR ADVENTURES



Family Paper Gift Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect gift, but not in a traditional location. Our gift shaped archery targets are one size fits all and fun for your family to locate using our hand-held GPS units. After all the gifts are found, your family will work on their aim as you use our compound bows to shoot the paper targets at our archery range.

One Session \$21.00 Parent/Child \$14.00 Additional Person

Thompson Pk Activity Barn

Sat, Dec 10 1:30-3:30 PMW0831X

Holiday Outdoor Scavenger Hunt

(ages 7-10, with adult)

Yule just love this fun packed holiday scavenger hunt! Can your family locate all of the holiday icons by using our hand-held GPS units? Once all icons have been located and all tasks have been completed, we encourage your family to stick around and spend s'more time interacting with other competing families.

One Session \$15.00 Parent/Child \$11.00 Additional Sibling

Thompson Pk Activity Barn

Sat, Dec 10 10:00-11:30 AMW0931X

Snuggies, S'mores & Science Experiments

(ages 4-7, with adult)

Grab your Snuggly and join us with your little one around an indoor campfire at one of the Park System's cozy shelter buildings. We will get you fired up with some fun, hands-on age-appropriate science experiments such as creating elephant tooth paste and Mentos™ soda rockets. Then enjoy the warmth of the fire while nibbling s'mores, supplied by your Monmouth County Park System. Participants have the option to bring their own Snuggly!

One Session \$23.00 Parent/Child \$14.00 Additional Sibling

Shark River Pk Shelter Bldg

Sat, Jan 28 2:00-3:30 PMW0531X

Sat, Feb 25 4:00-5:30 PMW0731X

Snuggies, S'mores & Science Experiments Level 2

(ages 7-9, with adult)

Hold on to your Snuggly and join us for the next level of hands-on, age-appropriate science experiments at a indoor park location. We will create such experiments as a water vortex and a bouncing egg. Then enjoy the warmth of the indoor fireplace while nibbling s'mores, supplied by your Monmouth County Park System. Participants have the option to bring their own Snuggly!

One Session \$23.00 Parent/Child \$14.00 Per Person

Shark River Pk Shelter Bldg

Sat, Feb 25 1:30-3:00 PMW1931X

OPEN SHOOT ARCHERY

(ages 10 and up, under 18 with adult)

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

Cost: \$10.00 Per Person

Location: Thompson Park Activity Barn

Saturday, February 25, 10:00 AM-2:00 PM

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

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

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

Six Sessions \$65.00 Parent/Child \$50.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Jan 19-Feb 23 9:30-10:15 AM.....M1131X

Craft 'n' Play

(ages 18 months-3 years, with adult)

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

Fort Monmouth Rec Ctr Program Room B

Four Sessions \$55.00 Parent/Child \$42.00 Additional Sibling

Wed, Jan 18-Feb 8 9:30-10:15 AMM2331X

Wed, Feb 22-Mar 15 9:30-10:15 AM.....M2431X

Six Sessions \$75.00 Parent/Child \$56.00 Additional Sibling

Thu, Jan 19-Feb 23 10:30-11:15 AM.....M2531X

Let's Create!

(ages 2-4, with adult)

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will spend the morning or afternoon with our experienced instructors working on socialization and fine motor skills featuring story and circle time, followed up with an art project to bring home. Groups will remain small and class space is limited.

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

Six Sessions \$64.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Mon, Jan 16-Feb 20 10:00-10:45 AM..... A1531A

Tue, Jan 17-Feb 21 10:00-10:45 AM..... A1631A

Wed, Jan 18-Feb 22 11:00-11:45 AM..... A1731A

Thu, Jan 19-Feb 23 10:00-10:45 AM..... A1831A

Fri, Jan 20-Feb 24 10:00-10:45 AM..... A1931A

Messy Art Sampler - Winter Fun

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue and glitter, and more. They'll get to make a mess while exploring and expressing themselves through art.

Please Note: Winter sessions are held indoors.

Four Sessions \$55.00 Parent/Child \$42.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Jan 18-Feb 8 10:30-11:15 AMM3831X

Wed, Feb 22-Mar 15 10:30-11:15 AMM3931X

CULINARY ARTS

Kids Holiday Cookie Classics

(ages 8-12, with adult)

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

Cookie Plate: Traditional Gingerbread Kids for decorating and Classic Chocolate Chip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Parent/Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 3 10:00 AM-12:30 PM.....M5031A

Nailed It! The Recreation Challenge

(ages 10-13, with adult)

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

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Ho Ho - Oh No!

Fri, Dec 2 5:30-7:30 PMM4231A

Fri, Dec 9 5:30-7:30 PMM4331A

A Real Page Turner

Fri, Jan 13 5:30-7:30 PMM4431A

Fri, Jan 20 5:30-7:30 PMM4531A

Hail to the Chief

Fri, Feb 10 5:30-7:30 PMM4631A

Fri, Feb 24 5:30-7:30 PMM4731A

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: Traditional Tea Sandwich - Chicken Salad with Bacon Crumbles & Heart Shaped Amish Whoopie Pies
Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 11 10:00 AM-1:30 PM.....M6531A

Wee Can Cook

(ages 2 ½-3 ½, with adult)

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

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

Four Sessions \$66.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 17-Feb 7 10:00-11:00 AM A2231A

Wed, Jan 18-Feb 8 1:30-2:30 PM..... A2431A

Thu, Jan 19-Feb 9 1:30-2:30 PM A2531A

Fri, Jan 20-Feb 10 11:30 AM-12:30 PM A2331A

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 penguin. We'll mix and bake our cakes, 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 \$65.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 28 10:00 AM-1:00 PM.....M6231A

EDUCATION & ENRICHMENT

Keyboard Beginnings - Level 1 Beginners

(ages 4 ½-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of 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. To receive the full benefits of the class, it is highly recommended your child has access to a keyboard or piano at home for short follow up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons and lesson outlines. A materials fee of \$20.00 is payable to the instructor on the first day of class.

Seven Sessions \$150.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 23-Mar 13 4:00-4:45 PM A6031A

No class 2/20

Keyboard Beginnings - Level 2 Intermediate

(ages 5-7, with adult)

Level 2 is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards and a concentration game. A materials fee of \$20.00 is payable to the instructor on the first day of class.

Pre-requisite: Completion of Keyboard Beginnings - Level 1 Beginners.

Seven Sessions \$150.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 23-Mar 13 5:00-5:45 PM A6131A

No class 2/20

Science Explorers

(ages 3-5, with adult)

Let's roll up our sleeves and start experimenting! In this engaging, hands-on class, children will explore various STEAM topics through creative experiments, stories and activities, encouragement and understanding of different topics. Classes will incorporate lots of different art supplies and materials, so please dress for mess or bring a smock.

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

Six Sessions \$68.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Thu, Jan 19-Feb 23 3:00-4:00 PM A2131A

HORTICULTURE

Holiday Hour at Deep Cut Gardens NEW

(ages 5 and up, with adult)

Bring your young crafters to Deep Cut Gardens and make a snow globe gingerbread house ornament, gingerbread apron and a card. Enjoy hot cocoa while posing by our festive tree, and if you dare take a winter walk after class.

One Session \$20.00 Parent/Child

Deep Cut Gardens Horticultural Center

Sat, Dec 3 2:00-3:00 PM H1531A

NATURE

A Valentine's Day Animal Show for You

(ages 3-10, with adult)

This live animal show is a great way to celebrate Valentine's Day with the ones you love! You will have the opportunity to see the Environmental Center's favorite critters up close and discover what makes them unique! It's our way of making your Valentine's Day special! Registration is required for each person attending, including adults.

One Session \$6.00 Per Person

Manasquan Res Env Ctr

Sat, Feb 11 11:00-11:45 AM I0331A

Sat, Feb 11 1:00-1:45 PM I0431A

Sat, Feb 11 3:00-3:45 PM I2231A

Brown Bear, Brown Bear: A Playtime Celebration!

(ages 2-4, with adult)

Celebrate *Brown Bear, Brown Bear* with us! This classic children's book by Bill Martin Jr. and Eric Carle is a favorite of young children and parents. Using song, play and lots of imagination, we make this story come alive for your little one.

One Session \$11.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 26 11:00-11:45 AM I0531A

Manasquan Res Env Ctr

Sat, Jan 28 11:00-11:45 AM I0631A

Critter Chronicles NEW

(ages 4-6, with adult)

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

One Session \$12.00 Parent/Child

Huber Wds Pk Env Ctr

Thu, Dec 8 10:00-11:00 AM IKU31A

Wed, Jan 11 5:30-6:30 PM IKV31A

Thu, Feb 16 10:00-11:00 AM IKW31A

Goodbye Autumn, Hello Winter NEW

(ages 4-7, with adult)

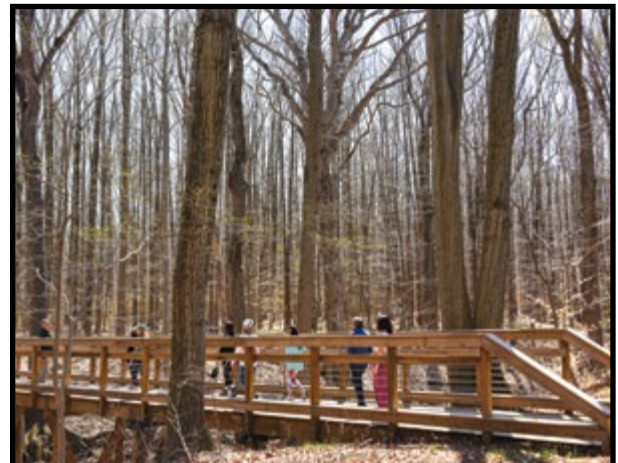
Welcome winter as we read a story about a brother and sister who explore nature's transition from one season to the next. Afterwards, we will embark on our own winter scavenger hunt through Freneau Woods. Please bundle up and dress for the weather!

One Session \$12.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Dec 17 10:00-11:00 AM IKX31A

Sat, Dec 17 12:00-1:00 PM IKY31A



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 \$14.00 Parent/Child

Huber Wds Pk Env Ctr

Sat, Jan 21 11:00 AM-12:00 PM..... IKH31A

Sat, Feb 18 11:00 AM-12:00 PM IKJ31A

Little Birds

(ages 4-6, with adult)

It's all about fun exploration as we discover how birds are different from other animals, examine nests up close and go on a fun bird scavenger hunt. Program also includes an awesome craft. You and your "little bird" will love these activities all about our avian friends!

One Session \$10.50 Per Child

Manasquan Res Env Ctr

Thu, Feb 23 11:00 AM-12:00 PM..... I0731A

Sat, Feb 25 11:00 AM-12:00 PM I0831A

Nature & Me

(ages 2-5, with adult)

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

One Session \$14.00 Parent/Child

Freneau Wds Pk Vis Ctr Art Room

Tue, Dec 6 5:00-6:00 PM IKM31A

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Dec 20 10:00-11:00 AM..... IKB31A

Tue, Jan 17 10:00-11:00 AM..... IKD31A

Tue, Feb 14 10:00-11:00 AM..... IKF31A

Huber Wds Pk Env Ctr

Tue, Dec 13 10:00-11:00 AM..... IKA31A

Tue, Jan 10 10:00-11:00 AM..... IKC31A

Tue, Feb 7 10:00-11:00 AM..... IKE31A

Tue, Feb 28 10:00-11:00 AM..... IKN31A

Nature Story Time at the Manasquan Reservoir Environmental Center

(ages 2-5, with adult)

Winter fun for your little ones! Enjoy some of our staff's favorite stories. Nature themed items related to each story will be presented at that just right level for your child. Sessions are free but space is limited. Pre-registration is required. Sessions may be cancelled due to weather. Call 732-751-9453 for more information.

One Session FREE!

Manasquan Res Env Ctr

Tue, Jan 24 11:00-11:30 AM..... PI013A

Tue, Jan 31 11:00-11:30 AM..... PI023A

Tue, Feb 7 11:00-11:30 AM..... PI033A

Tue, Feb 14 11:00-11:30 AM..... PI043A

Tue, Feb 21 11:00-11:30 AM..... PI053A

Tue, Feb 28 11:00-11:30 AM..... PI063A

Nature Tales at the Clayton Park Activity Center

(ages 3-5, with adult)

Enjoy some of our favorite nature tales as our Park System Naturalist staff reads to your little one and presents them with nature themed items to match our story. After reading, join us for a nature-themed activity to inspire your little naturalist. A great winter activity to keep warm and entertained.

One Session \$2.00 Parent/Child

Clayton Pk Act Ctr Classroom 1

Thu, Dec 8 5:00-6:00 PM I2431A

Thu, Jan 19 11:00 AM-12:00 PM I2531A

Thu, Feb 9 11:00 AM-12:00 PM I2631A

So Where Do the Animals Go?

(ages 4 and up, under 18 with adult)

How come you never see a snake in the snow or a frozen frog? Learn where these animals go and what amazing adaptations they use to get through the cold winter months during this hands-on live animal presentation. Then suit up as we go on a short nature walk outside to look for signs of winter critters.

One Session \$11.00 Per Person

Huber Wds Pk Env Ctr

Sun, Dec 18 9:30-10:30 AM IK431A

Thu, Jan 12 4:00-5:00 PM IK531A

Winter Wanderings NEW

(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.

Four Sessions \$40.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Jan 18-Feb 8 10:00-11:15 AM (approx) .. IKT31A

OUTDOOR ADVENTURES

Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

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

Instructor: Mr. Rocky

One Session \$16.00 Parent/Child \$6.50 Additional Sibling

Holmdel Pk Shelter Bldg

Fri, Dec 9 10:00-11:30 AM.....W3331X

Huber Wds Pk Env Ctr Parking Lot

Thu, Jan 12 10:00-11:30 AM.....W3831X

Turkey Swamp Pk Shelter Bldg

Fri, Jan 27 10:00-11:30 AM.....W3931X

Shark River Pk Shelter Bldg

Wed, Feb 8 10:00-11:30 AM.....W4031X

Holmdel Pk Shelter Bldg

Sat, Feb 25 10:00-11:30 AM.....W4131X

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. Feel free to bring your own s'mores supplies and we will provide the roasting sticks. 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 \$14.00 Per Child

Thompson Pk Ski Hut

Wed, Dec 28 10:00-11:10 AM.....W1131A

Wed, Dec 28 11:30 AM-12:40 PMW1231A

Tue, Jan 10 10:00-11:10 AM.....W1331A

Tue, Jan 10 11:30 AM-12:40 PMW1431A

Sun, Jan 22 10:00-11:10 AM.....W1531A

Sun, Jan 22 11:30 AM-12:40 PMW1631A

Wed, Feb 8 10:00-11:10 AMW1731A

PLAY GROUP

Baby Boomers

(ages 9 months-18 months, with adult)

Babies develop socialization skills and togetherness with mom or dad through fun-filled activities including sing-a-longs, specialized play equipment and circle time. Parents learn songs to share with their babies at home. Mom or dad will meet new people and have fun in a program designed for babies that are not yet walking.

Five Sessions \$60.00 Parent/Child

Tatum Pk Holland Act Ctr

Wed, Feb 8-Mar 8 9:15-10:00 AM X6331A



Nature Corner

Snowy Owls can often be spotted on New Jersey beaches when the temperatures drop (remember to keep your distance). These gorgeous birds spend most of their time closer to the Arctic circle in Canada, but some will head south in winter in search of a greater food supply. Their diets vary from small mammals to fish and even other birds.

Adult males are mostly white, while adult females - like the one seen here - often have darker markings on their feathers. These light colors assist them in camouflaging from predators. Due to their thick feathers that help insulate them from the cold, the snowy owl is one of the heaviest owls, weighing up to four pounds.

Math Olympics

(ages 3-5, with adult)

Mix math with fun! Math Olympics uses games, activities and crafts to help your children learn early preschool math. Our experienced instructor will create a fun environment during the program to help everyone learn some important math skills.

Five Sessions \$60.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Dec 14-Jan 25 12:15-1:00 PM X6231A
No class 12/21 & 12/28

Wed, Feb 8-Mar 8 12:15-1:00 PM X6631A

Big Brook Pk Elsas Lodge

Fri, Dec 16-Jan 27 10:15-11:00 AM X6731A
No class 12/23 & 12/30

Fri, Feb 10-Mar 10 10:15-11:00 AM X7131A

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes were 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 \$180.00 Parent/Child \$90.00 2nd Child \$70.00 Additional Sibling

Instructor: Mr. Rob

Dorbrook Rec Area Vis Ctr

Mon, Jan 9-Mar 6 10:30-11:15 AM A5031X
No class 2/20

Mon, Jan 9-Mar 6 11:30 AM-12:15 PM. A5131X
No class 2/20

Mon, Jan 9-Mar 6 4:00-4:45 PM. A5231X
No class 2/20

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Feb 28 9:30-10:15 AM A5331X

Tue, Jan 10-Feb 28 10:30-11:15 AM. A5431X

Tue, Jan 10-Feb 28 11:30 AM-12:15 PM ... A5531X

Instructor: Ms. Elisa

Dorbrook Rec Area Vis Ctr

Fri, Jan 13-Mar 3 9:30-10:15 AM. A5631X

Fri, Jan 13-Mar 3 10:30-11:15 AM. A5731X

Morning Playtime

(ages 18 months-3 years, with adult)

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

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

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 15-Jan 26 9:15-10:00 AM. X7831A
No class 12/22 & 12/29

Thu, Feb 9-Mar 9 9:15-10:00 AM. X8431A

Tatum Pk Holland Act Ctr

Wed, Dec 14-Jan 25 10:15-11:00 AM. X6031A
No class 12/21 & 12/28

Wed, Feb 8-Mar 8 10:15-11:00 AM X6431A

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 14-Jan 25 9:15-10:00 AM X7531A
No class 12/21 & 12/28

Wed, Feb 8-Mar 8 9:15-10:00 AM X8131A

Stage 3

(ages 2-3 years, with adult)

Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 15-Jan 26 10:15-11:00 AM X7931A
No class 12/22 & 12/29

Thu, Feb 9-Mar 9 10:15-11:00 AM X8531A

Tatum Pk Holland Act Ctr

Tue, Dec 13-Jan 24 10:00-10:45 AM. X5331A
No class 12/20 & 12/27

Wed, Dec 14-Jan 25 11:15 AM-12:00 PM .. X6131A
No class 12/21 & 12/28

Tue, Feb 7-Mar 7 10:00-10:45 AM. X5631A

Wed, Feb 8-Mar 8 11:15 AM-12:00 PM X6531A

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 14-Jan 25 10:15-11:00 AM. X7631A
No class 12/21 & 12/28

Wed, Feb 8-Mar 8 10:15-11:00 AM X8231A

Morning Playtime Plus Two

(ages 11 months-3 years, with adult)

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute.

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

Five Sessions \$75.00 Mom & 2 children

Tatum Pk Holland Act Ctr

Wed, Dec 14-Jan 25 9:15-10:00 AM X5931A

No class 12/21 & 12/28

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: Parent must stay present in the room. Drop-offs are not permitted.

Five Sessions \$60.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 14-Jan 25 11:15 AM-12:00 PM .. X7731A

No class 12/21 & 12/28

Wed, Feb 8-Mar 8 11:15 AM-12:00 PM X8331A

Dorbrook Rec Area Vis Ctr

Thu, Dec 15-Jan 26 11:15 AM-12:00 PM ... X8031A

No class 12/22 & 12/29

Thu, Feb 9-Mar 9 11:15 AM-12:00 PM X8631A

The Power of Play

(ages 2-5, with adult)

Few activities are more important for a child's development than play. Each structured session will use games, short demos, and recreation to reinforce following directions, taking turns, fine and gross motor skills, coordination, social and dramatic play, and the repetition necessary to learn new skills. A fun, age-appropriate introduction to competition, winning and losing, and literally overcoming obstacles. Fire up your child's muscles, socialization and imagination all at once.

Four Sessions \$40.00 Per Person

Fort Monmouth Rec Ctr Gym A

(ages 2-3, with adult)

Fri, Jan 13-Feb 3 9:30-10:15 AM MAP31A

Fri, Feb 17-Mar 10 9:30-10:15 AM MAQ31A

(ages 4-5)

Fri, Jan 13-Feb 3 10:30-11:15 AM MAR31A

Fri, Feb 17-Mar 10 10:30-11:15 AM MAS31A

Superheroes

(ages 2 ½-5, with adult)

Let your child's imagination run wild as they unleash their inner superhero! After we read a superhero story we will soar, climb, jump, run and most importantly have fun! Exciting games and activities are designed to build confidence and independence as well as encourage teamwork and problem-solving skills. This unique program will feature a different superhero every week. All your child needs are sneakers and a superhero spirit!

Five Sessions \$60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Jan 9-Feb 6 9:30-10:15 AM MAJ31A

Mon, Jan 9-Feb 6 10:30-11:15 AM MAK31A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Feb 20-Mar 20 9:30-10:15 AM. MAM31A

Mon, Feb 20-Mar 20 10:30-11:15 AM MAN31A

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 \$60.00 Per Person

Big Brook Pk Elsas Lodge

Fri, Dec 16-Jan 27 1:15-2:00 PM X7031A

No class 12/23 & 12/30

Fri, Feb 10-Mar 10 1:15-2:00 PM X7431A

Tatum Pk Holland Act Ctr

Tue, Dec 13-Jan 24 11:00-11:45 AM X5431A

No class 12/20 & 12/27

Tue, Dec 13-Jan 24 12:00-12:45 PM X5531A

No class 12/20 & 12/27

Tue, Feb 7-Mar 7 11:00-11:45 AM X5731A

Tue, Feb 7-Mar 7 12:00-12:45 PM X5831A

SPORTS & FITNESS

Five 4 One Sports

(ages 2 ½-3 ½, 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 through active games and challenges. General skills covered include throwing, catching and kicking. Parent participation is required.

Five Sessions \$60.00 Parent/Child

Big Brook Pk Elsas Lodge

Fri, Dec 16-Jan 27 11:15 AM-12:00 PM X6831A

No class 12/23 & 12/30

Fri, Feb 10-Mar 10 11:15 AM-12:00 PM. . . . X7231A

Future Stars of Tomorrow

(ages 3-5, with adult)

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

Five Sessions \$60.00 Per Child

Big Brook Pk Elsas Lodge

Fri, Dec 16-Jan 27 12:15-1:00 PM X6931A

No class 12/23 & 12/30

Fri, Feb 10-Mar 10 12:15-1:00 PM. X7331A

Gymnastics - Parent and Child

(ages 2-3, with adult)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$42.00 Per Pair

Sat, Dec 3-17 9:00-9:45 AMM8731A

Sat, Dec 3-17 11:00-11:45 AMM9131A

Four Sessions \$56.00 Per Pair

Sat, Jan 7-28 9:00-9:45 AM.M9431A

Sat, Jan 7-28 11:00-11:45 AMM9831A

Sat, Feb 4-25 9:00-9:45 AM MA131A

Sat, Feb 4-25 11:00-11:45 AM MA531A

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Twelve Sessions \$168.00 Per Pair

Tue, Jan 3-Mar 21 9:00-9:45 AMM7531A

Tue, Jan 3-Mar 21 10:00-10:45 AM.M7731A

Tue, Jan 3-Mar 21 11:00-11:45 AM.M7931A

Sat, Jan 7-Mar 25 9:00-9:45 AMM8231A

Sat, Jan 7-Mar 25 10:00-10:45 AM MA631A

Hat Trick Hockey - Mites

(age 3, with adult)

The first period of a fun start in sports. Mites wear sneakers not skates, and use specially designed soft equipment. Parental assistance during each class is required. The only equipment you should bring is a camera.

Four Sessions \$50.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Sat, Jan 7-28 12:00-12:45 PM. X4431A

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

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

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sun, Jan 8-29 10:30-11:15 AM. X8731A

Mon, Jan 9-30 4:30-5:15 PM. X9031A

Tue, Jan 10-31 9:30-10:15 AM X9231A

Sun, Feb 12-Mar 5 10:30-11:15 AM X9431A

Sun, Feb 12-Mar 5 11:30 AM-12:15 PM. . . . X9531A

Tue, Feb 14-Mar 7 9:30-10:15 AM. X9731A

Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Indoor Season 1

Tue, Jan 10-31 10:30-11:15 AM. X9331A

Indoor Season 2

Tue, Feb 14-Mar 7 10:30-11:15 AM X9831A

ARTS & CRAFTS

American Girl® Doll Design

(ages 7-10)

Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or other 18" doll and bring her to class each week.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Holiday Party Outfit

She'll be the belle of the New Year's Ball.

Sat, Dec 17 10:30-11:30 AM.....M0231A

Sat, Dec 17 12:00-1:00 PM.....M0331A

Sat, Dec 17 1:30-2:30 PM.....M0431A

Pet Accessories

Everything she needs to pamper her pet.

Sat, Jan 21 10:30-11:30 AM.....M0531A

Sat, Jan 21 12:00-1:00 PM.....M0631A

Sat, Jan 21 1:30-2:30 PM.....M0731A

Valentine's Treats

Put together some lovely treats for her friends.

Sat, Feb 11 10:30-11:30 AM.....M0831A

Sat, Feb 11 12:00-1:00 PM.....M0931A

Sat, Feb 11 1:30-2:30 PM.....M1031A

Children's Ceramics

(ages 8-16)

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

Seven Sessions \$93.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 7-Feb 18 9:30-11:30 AM..... Z2231A

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions \$98.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 13-Feb 17 4:30-6:00 PM..... Z2331A

Children's Wheel-Thrown Pottery

(ages 11-17)

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

Seven Sessions \$135.00 Per Child

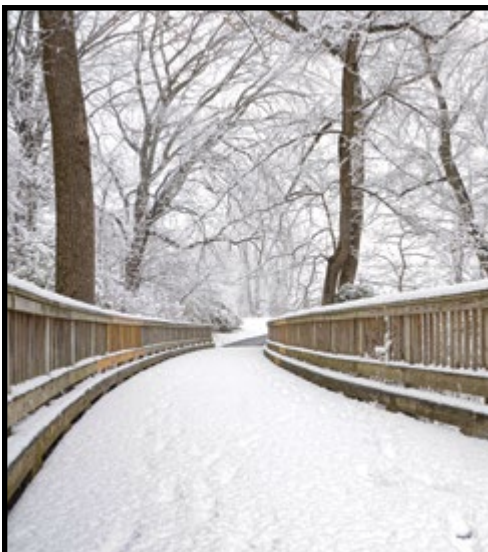
Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Jan 5-Feb 16 4:00-6:00 PM..... Z3531A

Instructor: John Fossa

Sat, Jan 7-Feb 18 9:00-11:00 AM..... Z3431A



Spotlight On: Thompson Park

805 Newman Springs Road, Lincroft

The original 215 acres of Thompson Park were donated in 1967 by Geraldine Livingston Thompson. Her donation of this section of her beloved Brookdale Farm was to preserve the land as a county park. She later told a reporter, "We've got to live with nature. Children have to feel the ground beneath them and go out in the woods and see the trees and birds."

Today, the 667-acre park is home to the Park System Headquarters as well as a Visitor Center (rebuilt in the grand colonial revival style of the original Thompson mansion after a fire in 2006), 14 miles of trails, a lake for fishing and boating, tennis courts, a playground, off-leash dog area, Creative Arts Center, a Ski Hut in winter, and more.

Learn more about Thompson Park on our website.

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 decoration and glazes to create a one-of-a-kind holiday keepsake. Pieces will be kiln-fired and ready for pick-up two weeks after the workshop.

One Session \$32.00 Per Child

Thompson Pk Creative Arts Center

Sun, Dec 4 1:00-2:30 PM Z1031A

Sun, Dec 4 3:00-4:30 PM Z1131A

Crafternoons at Dorbrook

(ages 7-11)

Does your child love arts and crafts projects? Join us for an afterschool "crafternoon!" Each session will feature a new project to take home. Children will be able to socialize in a casual, art club-like atmosphere to make new friends and let their creativity flow. We will be using many different art supplies, so please dress for mess or bring a smock.

Six Sessions \$80.00 Per Child

Dorbrook Rec Area Prog Bldg

Tue, Jan 3-Feb 7 4:00-5:15 PM A2031A

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Four Sessions \$60.00 Per Child

Thompson Pk Creative Arts Center

van Gogh's Landscape at Twilight

Monet's The Magpie

Cezanne's Mont Sainte-Victoire

van Gogh's Field with Irises near Arles

Sat, Jan 7-28 9:30-10:30 AM Z5931A

Sat, Jan 7-28 11:00 AM-12:00 PM Z6031A

van Gogh's Sower with the Setting Sun

Monet's Grainstack, Snow Effect

Degas' Blue Dancers

Cezanne's Apples and Biscuits

Sat, Feb 4-25 9:30-10:30 AM Z6131A

Sat, Feb 4-25 11:00 AM-12:00 PM Z6231A



Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions \$96.00 Per Person

van Gogh's Landscape at Twilight

Monet's The Magpie

Cezanne's Mont Sainte-Victoire

van Gogh's Field with Irises near Arles

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 4-25 4:00-6:00 PM ZAJ31A

Thompson Pk Creative Arts Center

Fri, Jan 6-27 4:00-6:00 PM ZAK31A

Matisse's Interior with a Dog

Renoir's Girl Reading a Book

van Gogh's Sower with the Setting Sun

Monet's Grainstack, Snow Effect

Fort Monmouth Rec Ctr Program Room A

Wed, Feb 1-22 4:00-6:00 PM ZAN31A

Thompson Pk Creative Arts Center

Fri, Feb 3-24 4:00-6:00 PM ZAR31A

Great Impressionism for Home Schoolers

(ages 7-13)

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

Four Sessions \$88.00 Per Child

van Gogh's Landscape at Twilight

Monet's The Magpie

Cezanne's Mont Sainte-Victoire

van Gogh's Three Sunflowers in a Vase

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 4-25 1:00-2:30 PM..... ZAS31A

Thompson Pk Creative Arts Center

Fri, Jan 6-27 1:00-2:30 PM ZAT31A

Matisse's Poppies

Renoir's Girl Reading a Book

van Gogh's Sower with the Setting Sun

Monet's Grainstack, Snow Effect

Fort Monmouth Rec Ctr Program Room A

Wed, Feb 1-22 1:00-2:30 PM.....ZAU31A

Hand Painted Christmas Card

(ages 5-12)

Using acrylic paints, students will design three hand-painted Christmas cards from an assortment of holiday images. All supplies are included.

Artist/Instructor: Debra Stasiak

One Session \$25.00 Per Child

Thompson Pk Creative Arts Center

(ages 5-7)

Sat, Dec 17 10:00-11:30 AM..... Z9531A

(ages 8-12)

Fri, Dec 16 4:00-5:30 PM Z9431A

Sat, Dec 17 12:00-1:30 PM Z9631A

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 and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$8.00 supply fee is payable to instructor at first class.

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Jan 4-Feb 8 4:00-5:00 PM Z8231A

Wed, Feb 15-Mar 22 4:00-5:00 PM Z8331A

Thompson Pk Creative Arts Center

Thu, Jan 5-Feb 9 4:15-5:15 PM..... Z8431A

Thu, Feb 16-Mar 23 4:15-5:15 PM..... Z8531A

Henry Hudson Trail Act Ctr

Mon, Jan 9-Feb 13 4:00-5:00 PM..... Z8031A

Mon, Feb 20-Mar 27 4:00-5:00 PM Z8131A

KidzArt Discover

(ages 3 ½-5)

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 \$90.00 Per Child

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 3-Feb 7 1:00-2:00 PM..... Z7831A

Tue, Feb 14-Mar 21 1:00-2:00 PM..... Z7931A

KidzArt Holiday Workshop:

Clay Gingerbread House

(ages 6-11)

Create a gingerbread house out of air-dry clay to have as a keepsake year after year!

One Session \$36.00 Per Child

Thompson Pk Creative Arts Center

Fri, Dec 2 4:30-6:30 PM Z0331A

Sat, Dec 3 1:00-3:00 PM..... Z0431A



My daughter loved this class so much that I signed her up for the next session! Thank you for having such wonderful and affordable programs!



KidzArt Painting Workshop

(ages 6-11)

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

Reindeer

One Session \$26.00 Per Child

Henry Hudson Trail Act Ctr Craft Room

Sat, Dec 17 10:30 AM-12:00 PM Z0131A

Thompson Pk Creative Arts Center

Sat, Dec 17 1:30-3:00 PM Z0231A

KidzArt Painting Workshop

(ages 7-11)

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

One Session \$27.00 Per Child

Fox in Snow

Henry Hudson Trail Act Ctr

Sat, Jan 14 10:30 AM-12:00 PM Z7231A

Thompson Pk Creative Arts Center

Sat, Jan 14 1:30-3:00 PM Z7331A

Happy Hearts

Henry Hudson Trail Act Ctr

Sat, Feb 11 10:30 AM-12:00 PM Z7431A

Thompson Pk Creative Arts Center

Sat, Feb 11 1:30-3:00 PM Z7531A

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 firings. Plate will be kiln fired and ready for pick-up the following week.

One Session \$30.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 10 12:15-1:45 PM Z1231A

Sat, Dec 10 2:15-3:45 PM Z1331A

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 snowmen. Projects will be kiln fired and ready for pick up two weeks after workshop.

One Session \$32.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Jan 21 12:00-1:30 PM Z1431A

Sat, Jan 21 2:00-3:30 PM Z1531A

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self-expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting and mixed media with projects that pack a lot of WOW! TeenzArtists are encouraged to work together to learn, design, think and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$8.00 is payable to instructor at first class.

Six Sessions \$96.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Jan 9-Feb 13 5:15-6:30 PM Z8631A

Mon, Feb 20-Mar 27 5:15-6:30 PM Z8731A

Fort Monmouth Rec Ctr Program Room C

Wed, Jan 4-Feb 8 5:15-6:30 PM Z8831A

Wed, Feb 15-Mar 22 5:15-6:30 PM Z8931A

Thompson Pk Creative Arts Center

Thu, Jan 5-Feb 9 5:30-6:45 PM Z9031A

Thu, Feb 16-Mar 23 5:30-6:45 PM Z9131A

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 firings. Pieces will be glaze fired and ready to pick up in about a week.

One Session \$30.00 Per Child

Thompson Pk Creative Arts Center

Sat, Feb 4 12:00-1:30 PM Z1631A

Sat, Feb 4 2:00-3:30 PM Z1731A

CULINARY ARTS



Books & Cooks

(ages 3-5)

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 \$66.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 18-Feb 8 3:00-4:00 PM..... A2631A

Thu, Jan 19-Feb 9 3:00-4:00 PM A2731A

Create Like Kids' Baking Championship

(ages 10-13)

Whether you're a fan of the show or just love to bake, 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, all while creating a yummy treat to take home.

Four Sessions \$86.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Mon, Jan 23-Feb 13 4:30-6:30 PMM2631A

Wed, Jan 25-Feb 15 4:30-6:30 PM.....M2731A

Mon, Feb 27-Mar 20 4:30-6:30 PMM2831A

Let's Decorate Cupcakes!

(ages 9-14)

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.

Instructor: Kimberly Megill

One Session \$50.00 Per Child

Dorbrook Rec Area Vis Ctr

(ages 9-11)

Mon, Jan 23 5:00-7:00 PM..... A6731A

(ages 12-14)

Mon, Feb 27 5:00-7:00 PM A6831A

Mrs. Claus's Bake Shoppe

(ages 8-12)

Join the famous North Pole "Master Cookie Baker" and "Sweet Treat Maker" for a chance to create some holiday goodies of your own. Along with her helpers, she'll guide you through scrumptious recipes, from measuring to mixing to baking, as you make adorable, delicious treats to brighten your holiday. Roll up your sleeves, tie on your apron and get ready for the best Christmas goodies - Santa approved!

One Session \$59.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 17 10:00 AM-1:00 PM.....M4031A

Sat, Dec 24 10:00 AM-1:00 PM.....M4131A

The Baking Lab

(ages 9-12)

Where food and science collide with delicious results! You know baking is chemistry, but do you know why and how the ingredients work? What if you use all-purpose flour instead of cake flour in your cupcakes? What happens if you substitute shortening for the butter in your cookies? Find out the answers to these and other questions as we go hands-on to experiment and bake test batches. Science never tasted so good!

One Session \$39.00 Per Child

Fort Monmouth Rec Ctr Kitchen

Sugar Cookies

The classic holiday cookie gets a makeover as we switch up a few ingredients.

Sat, Jan 21 10:00 AM-12:00 PM.....M5431A

Angel Food Cupcakes

This is a delicate recipe; change it a little bit and who knows what we'll get!

Sat, Feb 18 10:00 AM-12:00 PMM5531A

Tween Chefs

(ages 10-12)

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 \$86.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 18-Feb 8 4:30-6:00 PM A2931A

Thu, Jan 19-Feb 9 4:30-6:00 PM A3031A

Young Chefs

(ages 6-9)

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 \$86.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Jan 15-Feb 5 10:30 AM-12:00 PM A2831A

Child and Babysitting Safety

(ages 13-17)

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

One Session \$65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Dec 10 10:00 AM-12:00 PM Q4731A

Sat, Jan 14 10:00 AM-12:00 PM Q4831A

Sat, Feb 18 10:00 AM-12:00 PM Q4931A

Snapology®: Bot Builders & Coding with Cubelets®

(ages 7-10)

Join us for fun as students build and code with modular, robotic cubes known as Cubelets®! Snap the magnetic cubes together to create a unique robot, but what really matters is how you figure out the perfect robot recipe to solve a challenge. Kids will work in small teams to figure out how to create energy-efficient lighthouses, racer bots, maze-solvers, goofy animals, and so much more!

Six Sessions \$108.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Jan 10-Feb 14 4:30-5:30 PM Q3531A

Snapology®: GameBots Robotics with Spike Prime®

(ages 8-12)

Calling all gamers! Have a blast learning about robotics while creating robotic games and learning to program the bots with new coding each week using LEGO® Spike Prime® kits. Students will learn about gear ratio, sensors, programming, pulleys and coding as they create interactive games to play using LEGO® bricks and technology. Whether creating a Hot Shot basketball game, go-karts, or a ring toss game, your child is sure to have fun building, learning and playing the games they create with friends. Robotics, coding, LEGO® bricks, and games? Game on!

Six Sessions \$108.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 12-Feb 16 4:30-5:30 PM Q3631A

EDUCATION & ENRICHMENT

Among Us® at Fort Monmouth

(ages 6-14)

Crewmate or Imposter? Beam aboard the Spaceship Fort Monmouth and complete tasks in different rooms. But watch out! Some participants are trying to sabotage your mission and eliminate Crewmates undetected. Can you guess who the Imposters are before it's too late? A real-life version of the popular social deduction mobile game with time for multiple rounds and Among Us® activities.

One Session \$28.00 Per Person

Fort Monmouth Rec Ctr Gym A

(ages 6-10)

Sat, Jan 7 1:30-3:00 PM MAZ31A

Sat, Jan 28 1:30-3:00 PM MB031A

Sat, Jan 28 3:30-5:00 PM MB131A

(ages 11-14)

Sat, Jan 7 3:30-5:00 PM MB231A

Snapology®: Winter Break

(ages 7-10)

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.

Thompson Pk Vis Ctr Beech Room

Mining and Building

Travel to the Nether with Snapology, but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks and creativity. Kids 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 bond over the game they love!

Four Sessions \$152.00 Per Person

Tue-Fri, Dec 27-30 9:00 AM-12:00 PM Q3131A

Machines & Cool Contraptions

Does your learner love to invent, or are they a learner who breaks things apart to see what's inside? In Snapology's Machines & Cool Contraptions, students will be given the tools to truly understand mechanical movement through building simple LEGO® machines and making them move with motors. This program is sure to spark engineering interests in every student!

Four Sessions \$152.00 Per Person

Tue-Fri, Dec 27-30 1:00-4:00 PM Q3231A

Full Day Option

Can't decide between the morning and afternoon sessions? Take them both! Price includes both sessions plus a supervised lunch break from 12:00-1:00 PM, where children will have a chance to eat their lunch and play with LEGO® bricks. Please see half-day descriptions for full details for each session.

Four Sessions \$296.00 Per Person

Tue-Fri, Dec 27-30 9:00 AM-4:00 PM Q3431A

TOASTMASTERS™ YLP Comes to MCPS

(ages 13-17)

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

Eight Sessions \$86.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Jan 19-Mar 9 6:30-8:00 PM Q1931A

NATURE

Animal Trackers

(ages 7-12, with adult)

Animal tracks are a great way to learn about the different creatures living in your area. During this program you will make your own animal track identifier and go on a walk to put your new tracking skills to use. Make sure to wear comfortable walking shoes and dress appropriately for the weather.

One Session \$15.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Dec 3 11:00 AM-12:00 PM (approx) IKK31A

Winter Nature Science Lab Series

(ages 9-12)

Gain an understanding of the science behind nature and develop essential laboratory skills through immersive, hands-on investigations. Each week will feature a unique lab experience along with an exploratory nature walk. Sessions are developed to support Next Generation Science Standards and are led by a NJ State Certified Science Teacher. The first class will include learning about inventions sparked by animal and plant adaptations and creating your own "natural" design, followed by the second class with Operation Egg Drop and The Natural Way.

Two Sessions \$40.00 Per Person

Huber Wds Pk Env Ctr

Tue, Jan 24-Feb 7 1:00-2:30 PM IME31A

Tue, Jan 24-Feb 7 4:00-5:30 PM IMD31A

OUTDOOR ADVENTURES

Brownie Troop Leaders

(ages 7-9, with adult)

Need some help planning and running activities to help your Brownies complete their core badge requirements? Let us do the planning for you. Enroll your troop in one of the dates listed below to complete your badge requirements. Afterwards, learn how the Monmouth County Park System's group programs can assist you in the near future. Time will be allotted at the end of each program for the Girl Scout Promise + Law, Girl Scout Brownie Smile song and Make New Friends song lead by your troop leader. Please bring a drink and snack. Dress for the outdoor activities and wear sneakers or other closed-toe shoes.

Letterboxing Badge

One Session \$125.00 Per Group of 5-10 \$180.00 Per Group of 15

Thompson Pk Activity Barn

Sat, Mar 11 10:00-11:30 AM.....W2831X

Fri, Feb 24 3:30-5:00 PMW2931X

National Ice Cream for Breakfast Celebration

(ages 7-9)

Here's the scoop! We are celebrating National Ice Cream for Breakfast Day a week early and we want to celebrate with you! We'll kick off the day with a chilled treat, whip up a craft and sprinkle in some fun-filled games! Games will be played in a non-temperature regulated barn so dress in layers.

One Session \$14.00 Per Child \$10.00 Additional Sibling

Thompson Pk Activity Barn

Sat, Jan 28 9:00-11:00 AMW3631X

Tropical Paradise Archery Getaway!

(ages 9-11)

This tropical paradise is close to home - no airfare needed and located on our indoor archery range. Use your newly acquired archery skills to gather materials and create your winter getaway. Afterwards, bring your own s'more supplies and celebrate with a sticky treat! Roasting sticks and all archery equipment will be provided.

One Session \$21.00 Per Child

Thompson Pk Activity Barn

Sun, Feb 26 10:00 AM-12:00 PM.....W3031A

Sun, Feb 26 1:00-3:00 PMW3131A

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Acting for TV and Film

(ages 11-14)

Learn the basic acting skills of television and film such as inner monologue, listening, and acting through your eyes. There will be filming and playback of video in class so we can learn and grow as actors. Commercials, monologues and scenes will be distributed by the instructor. Please pack snacks, water bottle and wear closed-toe shoes/sneakers.

Four Sessions \$95.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 21-Feb 18 1:00-4:00 PM.....Q1831A

No class 2/4

Beginner Acting

(ages 8-13)

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

Four Sessions \$60.00 Per Person

The Performers

(ages 8-10)

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 23-Feb 13 4:30-6:00 PMQ0831A

Mon, Feb 27-Mar 20 4:30-6:00 PMQ0732A

Clayton Pk Act Ctr Classroom 1

Tue, Feb 14-Mar 7 4:00-5:30 PMQ1231A

The Players

(ages 11-13)

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Jan 18-Feb 8 4:30-6:00 PM.....Q0931A

Wed, Feb 15-Mar 8 4:30-6:00 PMQ1031A

Clayton Pk Act Ctr Classroom 1

Tue, Feb 14-Mar 7 6:30-8:00 PMQ1431A

Drama Games Workshop*(ages 11-13)*

Get energized and have fun with drama! This workshop will build teamwork, creativity and healthy competitiveness among actors and performers. Spend an evening on the stage playing drama games such as Party Quirks, Taxi Cab, Mime It Down the Alley and skits. For the beginner or seasoned theatre student.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 31 5:30-7:30 PM A6931A**Extemporaneous Speaking - Teen Edition***(ages 12-14)*

Want to build your confidence with public speaking in school? Want to learn how to become fearless about speaking in front of your peers and teachers? Dive right into this interactive workshop to get tips and tricks on how to become more comfortable with speaking to an audience. Participants will be given a topic and will have five minutes to prepare and present a speech on the topic. Participants may use up to two minutes to prep and three minutes to present. Feedback will be given by the instructor and participants in this encouraging and safe environment. If time permits, participants will be paired to give a joint speech with another participant.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Feb 2 5:30-7:30 PM A7131A**The Afternoon Puppet Show***(ages 5-7)*

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

Four Sessions \$55.00 Per Child

Bayshore Waterfront Pk Act Ctr

Tue, Jan 17-Feb 7 4:00-5:30 PM Q1731A**DANCE****Elementary Dance 1***(ages 6-7)*

A step up from the basics, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed along with learning several short dance routines. Ballet, tap, jazz and acro will be covered. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes. Pre-requisite: Completion of Little Dancers (September through May) or teacher recommendation.

Ten Sessions \$140.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Mar 14 4:30-5:30 PM A4131A**Freestyle Dance***(ages 6-9)*

As a dancer, most just learn dance moves from choreography or from watching another person. That's okay, but if you want to master that move, you need to learn the history and original form of how that move came to be. You also need to learn how to not just move to the music, but let the music MOVE you. This class teaches you to master those basic grooves, and rhythmic movement to make those moves your own.

Eight Sessions \$79.00 Per Child

Fort Monmouth Rec Ctr Program Room C

Mon, Jan 9-Feb 27 4:30-5:30 PM M3431A**Hip Hop Dance***(ages 5-7)*

Breaking, crumping, the Slide Glide and more high-energy moves are introduced in this athletic class. We start with stretches and warm ups, and gradually combine moves into routines to present to parents at the end of the session. Learning cool moves, quick spins and the improvisational style that is a hallmark of this street dance form, kids will improve strength, flexibility and stamina while getting in the groove. Only age-appropriate music is presented; students should wear comfortable clothes and sneakers, and bring a water bottle.

Six Sessions \$69.00 Per Child

Fort Monmouth Rec Ctr Gym A

Tue, Jan 17-Feb 21 4:30-5:15 PM M3531A

Little Dancers

(ages 5-6)

Has your child successfully graduated from Tots in Tutus 1 & 2? This is the next step for them. Ms. Michele will build upon their beginning skills to expand into a more structured class. Ballet, jazz and tap skills will be covered with an emphasis on completing a short routine for each. Children must wear ballet or jazz attire and need ballet and tap shoes. Please also secure hair away from face. Pre-requisite: Completion of two sessions of Tots in Tutus 2 or teacher recommendation.

Ten Sessions \$110.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 12-Mar 16 4:30-5:15 PM A4831A

Thu, Jan 12-Mar 16 6:00-6:45 PM A4931A

Tots in Tutus I

(ages 3-5)

Your child will discover their inner ballerina/danseur 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 is emphasized. Little dancers should be potty trained and wear leotard/tights and ballet shoes; no slippers please. Please also secure hair away from face.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Mar 14 10:00-10:45 AM A3931A

Tue, Jan 10-Mar 14 10:45-11:30 AM A4031A



Tots in Tutus II

(ages 4-5)

Your little ballerina/dancer pirouetted their way through their first year of ballet and is eager for more! Now, your teacher will focus on ballet terms, tap skills and even explore more creative movement. Little dancers should be potty trained and bring tap shoes in addition to ballet shoes and attire; no slippers please. Please also secure hair away from face. Pre-requisite: Completion of Tots in Tutus I (September through May) or teacher's recommendation.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Mar 14 11:30 AM-12:15 PM . . . A4531A

Thu, Jan 12-Mar 16 3:45-4:30 PM A4631A

Thu, Jan 12-Mar 16 5:15-6:00 PM A4731A

MUSIC

Rock to Bach - Guitar for Kids

(ages 8-16)

Move "learn to play guitar" from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we'll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

Eight Sessions \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 16-Mar 20 6:30-7:30 PM MAY31A

No class 2/13 & 2/20

Song Lyrics Literature

(ages 14-16)

Students will examine popular song lyrics through the analytical lens of reviewing poetry or literature, focusing on music as a form of artistic expression and reciting it as poetry. Bring appropriate song lyrics to recite.

Instructor: Maria Stadtmueller

Four Sessions \$125.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 7-28 3:30-5:30 PM A6431A

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 \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

- Sat, Jan 7-28 9:00-9:55 AM X3731A
- Sat, Jan 7-28 10:00-10:55 AM X3831A
- Sat, Feb 11-Mar 4 9:00-9:55 AM X3931A

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 \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

- Sat, Jan 7-28 11:00-11:55 AM X4031A
- Sat, Feb 11-Mar 4 11:00-11:55 AM X4131A

Girls' Basketball FUNdamentals

(ages 6-9)

Designed for girls to learn the fundamentals of basketball in a noncompetitive, non-intimidating 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 \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

- Sat, Feb 11-Mar 4 10:00-10:55 AM X4231A

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 use gymnastics apparatus including mats and trampoline.

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$42.00 Per Person

(ages 3-4)

- Sat, Dec 3-17 9:00-9:45 AMM8531A
- Sat, Dec 3-17 11:00-11:45 AMM8831A

(ages 5-7)

- Sat, Dec 3-17 9:00-9:45 AMM8631A
- Sat, Dec 3-17 11:00-11:45 AMM8931A

(ages 8-10)

- Sat, Dec 3-17 11:00-11:45 AMM9031A

Four Sessions \$56.00 Per Person

(ages 3-4)

- Sat, Jan 7-28 9:00-9:45 AMM9231A
- Sat, Jan 7-28 11:00-11:45 AMM9531A

- Sat, Feb 4-25 9:00-9:45 AMM9931A

- Sat, Feb 4-25 11:00-11:45 AM MA231A

(ages 5-7)

- Sat, Jan 7-28 9:00-9:45 AMM9331A

- Sat, Jan 7-28 11:00-11:45 AMM9631A

- Sat, Feb 4-25 9:00-9:45 AM MA031A

- Sat, Feb 4-25 11:00-11:45 AM MA331A

(ages 8-10)

- Sat, Jan 7-28 11:00-11:45 AMM9731A

- Sat, Feb 4-25 11:00-11:45 AM MA431A

Shrewsbury Gymnastics School Broad Street, Shrewsbury

Twelve Sessions \$168.00 Per Person

(ages 3-5)

- Tue, Jan 3-Mar 21 9:00-9:45 AMM7431A

- Tue, Jan 3-Mar 21 10:00-10:45 AMM7631A

- Tue, Jan 3-Mar 21 11:00-11:45 AMM7831A

- Sat, Jan 7-Mar 25 9:00-9:45 AMM8031A

- Sat, Jan 7-Mar 25 11:00-11:45 AMM8331A

(ages 6-10)

- Sat, Jan 7-Mar 25 9:00-9:45 AMM8131A

- Sat, Jan 7-Mar 25 11:00-11:45 AMM8431A

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 \$52.00 Per Person

Fort Monmouth Rec Ctr Gym A

- Sat, Feb 11-Mar 4 12:00-12:55 PM X4531A

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 1

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Mon, Jan 9-30 5:30-6:25 PM..... X9131A

Thu, Feb 16-Mar 9 4:00-4:55 PM..... X9931A

Thu, Feb 16-Mar 9 5:00-5:55 PM..... XA031A

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.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Indoor Season 1

Sun, Jan 8-29 11:30 AM-12:25 PM X8831A

Sun, Jan 8-29 12:30-1:25 PM X8931A

Indoor Season 2

Sun, Feb 12-Mar 5 12:30-1:25 PM..... X9631A

**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
*Arts & Crafts, Nature, Outdoors,
Sports, Longstreet Farm*

Inclusion Coaches • Lifeguards

Seasonal Greenskeepers • Seasonal Rangers

**SATURDAY,
MARCH 11**

10:00 AM – 1:00 PM
Fort Monmouth Recreation
Center, Tinton Falls

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

ACTIVE ADULTS 55+

Balanced Fitness

(ages 55 and up)

The four building blocks of fitness will be used to create a new, fitter you! Cardio endurance, strength/power training, flexibility and balance will be emphasized as we encourage you to begin or continue exercising. See what the benefits of exercising will do for you!

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 3-Feb 21 11:30 AM-12:30 PM ... MAD31A

Fri, Jan 6-Feb 24 11:30 AM-12:30 PM MAE31A

Coffee & Canvas

(adults)

Add some color to your day with a paint party! Relax and socialize as you create a guided work of art, just like those evening paint and sip classes. No art experience needed; the artist will give step-by-step instruction. Enjoy coffee or tea and watch your beautiful work of art emerge.

One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Mon, Dec 5 9:30-11:30 PMM1331A

Sat, Dec 3 10:00 AM-12:00 PM.....M1431A

Mon, Jan 23 9:30-11:30 PMM1531A

Sat, Jan 28 10:00 AM-12:00 PM.....M1631A

Mon, Feb 20 9:30-11:30 PMM1731A

Sat, Feb 18 10:00 AM-12:00 PMM1831A

Zumba Gold

(ages 55 and up)

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

Instructor: Eryka Andrex

Six Sessions \$84.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 20-Feb 24 4:30-5:25 PM X2931A

Sat, Jan 28-Mar 4 10:15-11:10 AM X3331A

Fort Monmouth Rec Ctr Group Fitness Room

Wed, Jan 25-Mar 1 9:30-10:25 AM X2231A

Winter Senior Hikers

(ages 55 and up)

Looking to start out or slow down with hiking? Enjoy weekly hikes through various parks in Monmouth County. Due to varying terrain, sturdy hiking boots and walking sticks are recommended. A schedule of locations and dates will be provided upon registration.

[Location Varies Week to Week](#)

Level .75

These hikes are at a comfortable pace and go from 1 ½-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1.

Thirteen Sessions \$52.00 Per Person

Tue, Jan 3-Mar 28 11:30 AM-12:30 PM D1231A

Level 1

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 hikes are faster paced than level .75, but more relaxed than Levels 2, 3 or 4.

Thirteen Sessions \$78.00 Per Person

Tue, Jan 3-Mar 28 9:30-11:00 AM D1331A

Thu, Jan 5-Mar 30 9:30-11:00 AM..... D1431A

Level 2

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

Thirteen Sessions \$91.00 Per Person

Wed, Jan 4-Mar 29 9:30-11:30 AM D1531A

Thu, Jan 5-Mar 30 9:30-11:30 AM..... D1631A

Fri, Jan 6-Mar 31 9:30-11:30 AM..... D1731A

Level 3

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

Thirteen Sessions \$91.00 Per Person

Tue, Jan 3-Mar 28 9:30-11:30 AM D1831A

Level 4

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

Ten Sessions \$70.00 Per Person

Mon, Jan 9-Mar 27 9:30-11:30 AM D1931A



ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

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

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

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 3-Feb 14 7:00-10:00 PM Z6531A

Instructor: Christina Carlson

Thu, Jan 5-Feb 16 9:30 AM-12:30 PM Z6631A

Instructor: Don Bradford

Thu, Jan 5-Feb 16 6:30-9:30 PM Z6731A

All Level Pottery - Extended

(adults)

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

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

Instructor: Sue Johnson

Seven Sessions \$270.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 3-Feb 14 9:00 AM-1:00 PM Z6831A

All Level Pottery Classes

(adults)

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

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

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Jan 3-Feb 14 4:00-7:00 PM Z4131A

Instructor: Joanne Traskiewicz

Wed, Jan 4-Feb 15 9:00 AM-12:00 PM Z4231A

Wed, Jan 4-Feb 15 1:00-4:00 PM Z4331A

Instructor: Laura Copeland

Wed, Jan 4-Feb 15 6:30-9:30 PM Z4431A

Instructor: Joyce Nokes

Fri, Jan 6-Feb 17 9:00 AM-12:00 PM Z4531A

Fri, Jan 6-Feb 17 1:00-4:00 PM Z4631A

Instructor: John Fossa

Sat, Jan 7-Feb 18 11:30 AM-2:30 PM Z4731A

Instructor: Laura Copeland

Mon, Jan 9-Feb 20 9:00 AM-12:00 PM Z3831A

Instructor: Helen Cole

Mon, Jan 9-Feb 20 1:00-4:00 PM Z3931A

Instructor: Brian Farro

Mon, Jan 9-Feb 20 6:00-9:00 PM Z4031A



Basic Sculpture & Modeling in Clay *(adults)*

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

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jan 7-Feb 18 3:00-6:00 PMZAH31A**Foundations of Clay Hand-Building***(adults)*

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

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

Seven Sessions \$203.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Helen Cole

Wed, Jan 4-Feb 15 1:00-4:00 PM Z3631A

Instructor: Elizabeth Couchoud

Wed, Jan 4-Feb 15 6:30-9:30 PM Z3731A**DRAWING & PAINTING****A Day with the Impressionists***(adults)*

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Landscape at Twilight**Sat, Jan 7 2:00-5:00 PM** Z4931A**Monet's The Magpie****Sat, Jan 14 2:00-5:00 PM** Z5031A**Renoir's Two Sisters on the Terrace****Sat, Jan 21 2:00-5:00 PM** Z5131A**Cezanne's Mont Sainte-Victoire****Sat, Jan 28 2:00-5:00 PM** Z5231A**Monet's The Japanese Footbridge****Sat, Feb 4 2:00-5:00 PM** Z5331A**Matisse's Interior with a Dog****Sat, Feb 11 2:00-5:00 PM** Z5431A**Renoir's Picking Flowers****Sat, Feb 18 2:00-5:00 PM** Z5531A**van Gogh's Three Sunflowers in a Vase****Sat, Feb 25 2:00-5:00 PM** Z5631A**Come to Your Senses to Benefit SPUR****Sunday, February 26, 5:00 PM**

The Gallery at Thompson Park Creative Arts Center

Special People United to Ride (SPUR) and Musicians on a Mission are pleased to present "Come to Your Senses", a special one-night fundraising event to benefit SPUR and the therapeutic horseback riding programs it provides to those with special needs. This jam-packed evening will be a "feast" for all of your senses, and will include art, music, food, drink, aromatherapy, hand massage, reiki, and a gift auction.

Tickets: \$20.00 Per Person**Tickets can be purchased at the door or in advance at www.musiciansonamission.org.**

Basic Drawing

(adults)

This drawing class will introduce students to various traditional drawing skills. Drawing exercises will include sighting, comparative measurements and foreshortening. The lessons will be followed by individual critiques. There will be an emphasis on line work as the principle conveyor of form. Students will begin to develop skills that will foster a better understanding of the visual arts.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 12-Feb 16 4:00-6:00 PMZAD31A

Contemporary Watercolor Painting

(adults)

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

Instructor: MaryAnn Goodwin

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Feb 7-Mar 14 6:30-8:30 PM Z6931A

Thu, Feb 9-Mar 16 6:30-8:30 PM Z7031A

Fri, Feb 10-Mar 17 10:00 AM-12:00 PM.... Z7131A

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. All art supplies are provided.

Artist/Instructor: Tresse DeLorenzo

Six Sessions \$150.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Thu, Jan 5-Feb 9 11:30 AM-1:00 PM..... Z7631A

Thu, Feb 16-Mar 23 11:30 AM-1:00 PM.... Z7731A



Great Impressionism Workshop™

(adults)

No painting experience necessary to take this step-by-step approach to Impressionism. Using Aspiring Artists Interpretive Impressionism and/or Fauvism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included; however, if you prefer to paint on canvas, please bring your own 11"x14" canvas to class. Returning students may bring prints of their own choice if they have completed the advertised paintings already.

Artist/Instructor: Debra Stasiak

Four Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

van Gogh's Landscape at Twilight

Renoir's Two Sisters on the Terrace

Fri, Jan 6-27 10:00 AM-12:00 PM Z5731A

Cezanne's Still Life of Apples and Biscuits

Monet's Snow at Argenteuil

Fri, Feb 3-24 10:00 AM-12:00 PM Z5831A

Hand-Painted Christmas Cards

(adults)

Using acrylic paints, students will design three hand painted Christmas cards from an assortment of holiday images. All supplies are included.

Artist/Instructor: Debra Stasiak

One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 16 10:00 AM-12:00 PM Z6331A

Sat, Dec 17 2:00-4:00 PM Z6431A

Creative Arts Festival Call for Entries

All mediums are welcome for this juried arts festival that celebrates the arts. The festival will take place Saturday, May 13 from 10:00 AM-4:00 PM.

Get full details at www.MonmouthCountyParks.com.

Questions? Contact Christina at
Christina.Carlson@co.monmouth.nj.us.

Illustrating Birds: Winter Waterfowl *(adults)*

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

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

Artist/Instructor: Katie Stone; Naturalist: Paul Mandala

One Session \$40.00 Per Person

Manasquan Res Env Ctr

Wed, Jan 18 8:00-11:00 AM Z3331A

Wed, Feb 15 8:00-11:00 AM Z3231A

Intermediate Drawing*(adults)*

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

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 12-Mar 2 1:00-3:00 PM Z0931A

No class 1/26 & 2/2

Intro to Traditional Painting*(adults)*

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

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 10-Feb 28 9:00-11:00 AM Z0631A

No class 1/24 & 1/31

Oil Painting Fundamentals*(adults)*

This basic painting class will focus on developing good skills. A step-by-step approach will enable students to work independently. Painting strategies for understanding color and paint application will be addressed. Demonstrations and lectures will be ongoing as well as individual critiques.

Artist/Instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 13-Feb 17 9:00-11:00 AM ZAG31A

Oil Painting Techniques*(adults)*

Confidence is taught by proper structure of technique and application of the materials. Through this hands-on course, students will learn diverse painting styles, as well as various master techniques. We will cover concepts such as: working lean to fat, impasto, Alla Prima and under painting specific for each image and subject within the image. Finished paintings will be 5"x7" or 8"x10" in size with references provided by your instructor in this step-by-step structured class. All levels are always welcome. A supply list is provided on your registration receipt.

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 25-Mar 1 2:00-4:30 PM Z2831A

Painting: All-Level*(adults)*

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

Artist/Instructor: Katie Stone

Six Sessions \$96.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 10-Feb 28 11:30 AM-1:30 PM Z0731A

No class 1/24 & 1/31

Tue, Jan 10-Feb 28 2:00-4:00 PM Z0831A

No class 1/24 & 1/31

Pastel Impressionism

(adults)

Explore the forgiving and simple media of soft pastels. References will be provided varying in subject matter and style. Working together as a class in a step-by-step manner, you discover how a professional artist begins, creates and finishes a work of art. This method of teaching gives you confidence and allows you freedom to develop your own style. Color theory, application methods and diverse techniques are used to teach you use of texture and dimension in your paintings. All levels are always welcome. A supply list is provided on your registration receipt.

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 24-Feb 28 2:00-4:30 PM Z2731A

Portrait Painting Workshop

(adults)

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

Artist/Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 9-Feb 13 9:30-11:30 AM Z2431A

Renaissance Drawing

(adults)

Learn how to draw from a college professor and develop the confidence in mastery of perspective, values, proper shading techniques and proportion. Learn a simple new approach on how to correct your own artwork while exploring the media of charcoal, pencil and ink all in black and white imagery. Still lifes will be set up on site in order to allow students the opportunity to practice vital drawing skills along with B/W photos that are given to you as reference to increase your success with value studies. This approach to learning is step-by-step, adding new skills weekly. Beginner, intermediate and advanced students will master and excel always with self-confidence. All levels are always welcome. A supply list is provided on your registration receipt.

Instructor: Gina Torello MFA Professional Artist, Lightscapes Studio LLC

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 23-Feb 27 2:00-4:30 PM Z2631A

Still Life Oil Painting for Beginners

(adults)

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

Artist/instructor: Jane Manco

Six Sessions \$125.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 11-Feb 15 6:30-8:30 PM..... Z2531A

Studio Time with Gina

(adults)

This class is designed as a group art studio class with a professional artist instructing each student individually. Students bring their own supplies in their specific media of preference, all media welcome. Instruction consists of color mixing through reinforcement of color theory, educating dynamic use of composition and various techniques of application of material in all mediums. Perspective lessons along with personal one-on-one constructive critiques. All level artists, both professional and beginner, are always welcome.

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 27-Mar 3 2:00-4:30 PM Z2931A

Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. Supply list will be provided upon registration.

Instructor: Jane Lux

Ten Sessions \$190.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Jan 13-Mar 17 10:00 AM-12:30 PM Z1931A

Fri, Jan 13-Mar 17 1:00-3:30 PM Z2031A

JEWELRY

Precious Metal Clay Basics

(adults)

Precious Metal Clay (PMC) is made up of metal particles, such as fine silver, suspended in an organic binder. 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.

Six Sessions \$148.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 10-Feb 14 10:00 AM-1:00 PM ZA731A

Thu, Jan 12-Feb 16 6:30-9:30 PM ZA831A



KNITTING & SEWING

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and 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. A supply list will be provided on your registration receipt.

Please Note: You must be able to operate the sewing machine you bring to class.

Instructor: Janice Beeby

Six Sessions \$84.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 10-Feb 14 7:00-9:30 PM Z1831A

Hooks and Needles Club

(adults)

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

Deep Cut Gardens Horticultural Center

Five Sessions \$7.50 Per Person

Thu, Dec 1-29 1:00-3:00 PM H0331A

Four Sessions \$6.25 Per Person

Thu, Jan 5-26 1:00-3:00 PM H2631A

Thu, Feb 2-23 1:00-3:00 PM H2731A

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 \$68.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 14-Feb 18 10:00 AM-12:00 PM. . . . ZAB31A

MISCELLANEOUS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling. Learn the basics and more as you 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; it's inexpensive and therapeutic. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 4-25 7:00-9:00 PM..... A8031A

Wed, Feb 1-22 7:00-9:00 PM..... A8131A

Basket Making Workshops

(adults)

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets, while still useful, have evolved into a serious art form. Fees for materials (listed below) are to be paid to the instructor the day of class.

Instructor: Martha Costain

Two Sessions \$38.00 Per Person

Thompson Pk Creative Arts Center

Mantel Basket

A 5"x20" base woven basket with reed on a 10" oak handle. Each end of the basket slopes downward. Nice for seasonal greens for over the fireplace.

Materials Fee: \$25.00

Thu, Dec 1-8 10:00 AM-4:00 PM Z0531A

Beginner Soapmaking

(adults)

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

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Jan 14 11:00 AM-12:30 PM..... A3131A

Mon, Feb 6 11:00 AM-12:30 PM A3231A

Christmas Gift Soapmaking

(adults)

Learn how to make layered melt-and-pour soap using different colors reminiscent of Christmas ribbon candy. What better way to bring the spirit into your bath by displaying your homemade-with-love holiday soap on a bamboo dish (provided). We will also create one surprise item from scratch using basic ingredients from your kitchen. Packaging with pretty papers and ribbon make it a delightful treat for you or for gifting. Bring medium size mixing bowl for this hands-on event. A \$20.00 supply fee is due to the instructor upon arrival. Bring a 8 oz. glass measuring cup.

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Dec 12 11:00 AM-12:30 PM A3331A

Let's Make Cards

(adults)

Elegant, formal, geometric or floral. Stamped, die-cut or embellished cards are a time-tested, effective and personal vehicle of delivering joy and care. Making a handmade card is more than just the art of creating a card; it's a gift of joy. So, join us in creating a one-of-a-kind design that reflects your unique style and make special cards. Send them to family far and near to let them know they are thought of, missed and remembered.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 3 10:30 AM-12:30 PM..... H0431A

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. All materials provided for a \$70.00 fee (cash or check) payable the first day of class to instructor Harry Belkowitz.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 7-Feb 11 1:00-3:00 PM ZAA31A

Broken China Mosaics

(adults)

China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one, you'll never want to stop. A \$70.00 materials fee (cash or check only) is due to instructor Harry Belkowitz the first day of class.

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 10-Feb 14 10:00 AM-12:00 PM ... Z9731A

Intermediate Mosaics

(adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$70.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Jan 7-Feb 11 10:00 AM-12:00 PM ZA931A

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. All supplies provided by the instructor. A materials fee of \$100.00 (cash or check) is payable to instructor Harvey Altman the first day of class.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Wed, Jan 11-Feb 15 10:00 AM-12:00 PM ..ZAQ31A



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. All materials provided by instructor Harvey Altman for a materials fee of \$100.00 (cash or check) due at the first class.

Six Sessions \$90.00 Per Person

Big Brook Pk Elsas Lodge

Tue, Jan 10-Feb 14 1:00-3:00 PMZAC31A

PHOTOGRAPHY

Mobile Photography

(adults)

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

Instructor: Gary Dates

Three Sessions \$48.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 17-31 6:30-8:30 PMZAF31A

Photography - Meet Your Digital SLR*

(adults)

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

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

Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Tue, Feb 21-Mar 28 6:30-8:30 PMZAE31A

CULINARY ARTS

Afternoon Tea: Creating the Perfect Party

(adults)

Spend a delightful Saturday making all the wonderful treats found at an 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 and Raspberry Jam, Chicken Salad with Grapes, Cran-Raisin & Chopped Pecan in Phyllo Cups, Cranberry Orange Scones and Tea Sandwiches

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 25 10:00 AM-1:30 PM.....M6831A

American Home Cook Classics

(adults)

The best home cooks know how to create satisfying and delicious no-frills meals that warm the heart – and stomach – while creating lifelong memories of the comfort of home. It doesn't take a lot of time, or a box, to bring back some of those cherished meals you loved. Brush up on your home cooking skills as we recreate classic, comforting recipes that are quick, easy and oh-so satisfying.

Today's Menu: Chef Stephen's Chicken Pot Pie w/Puff Pastry Tops & Quick Apple Crisp

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 31 6:00-8:30 PMM6331A

Buttercream Flowers

(adults)

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

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 30 6:00-8:00 PM.....A6631A

Cast Iron Skillet Cooking

(adults)

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

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Menu: Olive Garlic & Thyme Chicken Thighs and Chocolate Chip Cookie Skillet

Thu, Jan 19 6:00-8:30 PMM6031A

Menu: Pinwheel Steak Potpie and Upside-Down Pineapple Skillet Cake

Tue, Feb 21 6:00-8:30 PMM6731A

Private Group Cooking Classes

Book a private class for family or friends!

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

Cost: \$365.00 for 4-8 people, ages 13-adult, for a 2 ½ hour weeknight class

Location: Fort Monmouth Recreation Center, Tinton Falls

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, contact Ann Sage at 848-456-4278, ext. 4#, or Ann.Sage@co.monmouth.nj.us, or Tyler Lucas at ext. 9#, or Tyler.Lucas@co.monmouth.nj.us.



Catch of the Day

(adults)

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

Menu: Beer Battered Cod with Lemon Caper Sauce and Wasabi Panko Crusted Cod

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 24 6:00-8:30 PMM6131A



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 included.

Instructor: Kimberly Megill

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Feb 6 6:00-9:00 PM. A6531A

Classic Holiday Cookies

(adults)

Whether you're looking to change up your usual recipes or you've never really baked holiday cookies before, enjoy this time to relax and create in our kitchen. Get a refresher on measuring, mixing and baking techniques, while you try out new recipes to adorn your holiday dessert table.

Cookie Plate: Basic Biscotti w/ Variations, from basic to Cran-Orange Chocolate Chip and, Anisette and Almond

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 10 10:00 AM-12:30 PMM5231A

Cooking with Liquor & Spirits

(adults)

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

Menu: Napa Valley Cabernet Burgers & Easy Coq au Vin

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 2 6:00-8:30 PMM6431A

Custom Cookie Decorating with Fondant

(adults)

In this fun, hands-on beginner cookie decorating class students will turn blank cookie canvases into beautiful works of art. Learn all the secrets of decorating with fondant! Learn how to create depth, texture, and sculpt simple shapes to build on your cookie. Each student will be provided with pre-baked cookies and all the necessary tools and supplies needed to decorate with their own hands. Students will be taught how to use wafer paper and even learn to make simple little sugar flowers to be used as embellishments! Students will go home with eight beautifully decorated cookies.

Instructor: Jessica of Sweet Maria Custom Cookies

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

It's Holiday Time!

Tue, Dec 6 6:00-9:00 PM A8231A

Winter Wonderland

Tue, Jan 17 6:00-9:00 PM A8331A

Valentine's Day

Tue, Feb 7 6:00-9:00 PM A8431A

Empanadas Gone Wild!

(adults)

Whether you've never had this South American style hand pie, or you're already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions, chef will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you'll see how to fold and crimp the edges, and bake or fry your empanadas. Top it off by creating three delicious dipping sauces for one mouthwatering meal!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jan 5 6:00-8:30 PMM5631A

Sat, Jan 7 10:00 AM-12:30 PMM5831A

Flavors of Spain & Puerto Rico

(adults)

Travel past the tacos and burritos to some of the more authentic South American dishes. Explore delicious, fresh dishes and introduce your palate to a whole new world of flavors to accompany chicken, fish or pork. Your friends will be singing your praises after tasting these exciting flavor combinations.

Menu: Spanish Shrimp in Green Sauce and Sofrito Chicken

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 7 6:00-8:30 PMM7131A

Flavors of the Philippines

(adults)

When one thinks of Asian food, many ideas come to mind. Some people go right to Chinese while others may think Japanese and sushi, Thai or Southeast Asia. In today's class, we will focus on the Southeast Asian nation of the Philippines, where the flavors are more tropical (think lemons, fresh ingredients) and our focus will be on authentic regional dishes.

Menu: Lumpia (Filipino Spring Rolls) and Quick & Easy Pancit (Filipino Rice Noodle Dish with Chicken and Vegetables)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Jan 10 6:00-8:30 PMM7031A

Food Truck Favorites

(adults)

It maybe the middle of winter but you're dreaming of summertime, the county fair and all those fabulous food trucks! If you are missing those fun fair favorites, tonight Chef will show you how recreate some of those popular treats in your own kitchen. From pizza to pie and beyond, explore - and taste - the unique cuisine that is the American street fair food truck.

Menu: Grilled Pizza on a Stick, Frito Pie and Apple Pie Tacos

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Feb 16 6:00-8:30 PMM6631A

Holiday Apps & Hors d' Oeuvres

(adults)

Everyone loves the holiday meal, but who doesn't love the bites beforehand? Tonight, Chef will work with students on planning and putting together the perfect "small bite" before any holiday meal or for your New Year's Eve soiree!

Menu: Roasted Red Pepper & Parmesan Palmiers, Bacon Cranberry Jam on Homemade Crostini, Brie and Raspberry Bites in Puff Pastry, Crab Stuffed Mushroom Caps

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 13 6:00-8:30 PMM5331A

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays out the steps to make the perfect pierogi, just like her grandmother taught her. Learn how to create the dough, mix a traditional, home-style potato filling and practice the technique for rolling, cutting and stuffing the pierogi. And of course, enjoy a taste when you're done!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 14 10:00 AM-2:00 PMM5931A

Inspired Homemade Holiday Food Gifts

(adults)

Homemade gifts for family, friends or co-workers (that they can take a bite out of!) are such a nice way of saying "I am thinking of you" during the holidays. Chef will discuss with you how to create the perfect edible gift, and Mrs. Chef will show you how to wrap it up with some holiday flair!

Menu Ideas: Chef Stephen's Cranberry Bacon Chutney; Chili Infused Pecans and Classic Homemade Brownies

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 6 6:00-8:30 PMM5131A

Spirited Holiday Cookies

(adults)

Definitely not for the kiddies, these grown-up cookies will be a delight at your next holiday party. Brush up on measuring, mixing and baking techniques with Chef and Mrs. Chef, while creating cookie recipes designed with spirits in mind. Take home recipe packet (and a taste test!) included.

Cookie Plate: Classic Rum Balls and Chocolate Chip Kahlua Cookies

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Dec 1 6:00-8:30 PMM4931A

The Return of Dinner in 20 Minutes

(adults)

Tired of the same old run of the mill takeout food but don't have much time to make dinner? Fresh hot meals don't have to take hours, it's all in the planning and preparation. Chef will show you can make yourself a good healthy meal in 20 minutes using fresh ingredients, along with a quick dessert to finish off the meal. Toss in some knife skills and you are on your way to good eating! Menu: After Work Chicken Francaise, Unstuffed Peppers and Chef Stephen's Bananas Foster

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Feb 28 6:00-8:30 PMM6931A

EDUCATION & ENRICHMENT

Beginner Mahjong

(adults)

Shuffle your tiles and build your walls as you learn how to play this ancient, fast-paced Asian game. American rules will be followed. This session is for beginners only.

Seven Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 10-Feb 21 11:30-1:30 PMM1231A

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, Jan 9-Feb 20 10:00 AM-12:00 PM....M7231A

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. For players who have experience.

Seven Sessions \$30.00 Per Person

Beginners Only

Players must have some knowledge of how to play. For those who want to learn to play, see our Beginner Mahjong class.

Fort Monmouth Rec Ctr Program Room C

Mon, Jan 9-Feb 20 10:00 AM-12:00 PM....M1931A

Wed, Jan 11-Feb 22 10:00 AM-12:00 PM ..M4831A

Experienced Players

For our more experienced Mahjong players.

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 3-Feb 14 9:30-11:30 AMM2031A

Wed, Jan 4-Feb 15 9:30-11:30 AMM2131A

Thu, Jan 5-Feb 16 9:30-11:30 AMM2231A

Boat America

(ages 13 and up)

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

Instructed by: US Coast Guard Auxiliary Flotilla 16-07

One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 25 8:30 AM-5:00 PM.....Q5131A

Crafting a Resume that Gets Results

(adults)

Want to land your dream job? Kate Cauley, with over 25 years as a Managing Director in a successful staffing and consulting firm, will help you craft a resume that gets results. She'll help you re-imagine your resume as a marketing tool. It starts with your goal in mind and ends as a polished presentation of your career highlights that are integral to the job you are seeking. In addition to resume writing, Kate will also coach you to ace the interview. Recent college graduates are welcome!

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 28 11:00 AM-1:00 PM.....A8631A

Tue, Feb 21 6:30-8:30 PMA8531A

Genealogy: Understanding the Federal Census Records

(ages 14 and up)

One of the most important tools for researching your family history are 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 \$19.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Feb 4 2:00-4:00 PM Q3731A

Getting Paid to Talk

(adults)

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

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Feb 28 6:30-9:00 PM A3731A

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

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 though 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 \$10.00 Per Person

Bayshore Waterfront Pk Act Ctr

Sat, Dec 10 8:00-9:00 PM IM531A

Sat, Dec 10 9:15-10:15 PM IM631A

Myths and Legends

(ages 14 and up)

There's much more to mythology than fantastic creatures and Zeus's thunderbolts. Join us for an engaging presentation on different aspects of myths from around the world. Our informative journey will explore the history of myths and stories with time for Q&A.

Four Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Animal-Like Creatures

Thu, Jan 12-Feb 2 5:30-6:30 PM MAT31A

Mythical Creatures from Around the World

Thu, Jan 12-Feb 2 7:00-8:00 PM MAU31A

Different Mythologies from Around the World

Thu, Feb 16-Mar 9 5:30-6:30 PM MAV31A

Explaining Nature Through Myths

Thu, Feb 16-Mar 9 7:00-8:00 PM MAW31A

Re-Discovering Reading

(adults)

Do you wish you could call yourself a reader? Did you once love reading, but somehow lost touch with that part of your life? In this workshop, we'll absolve you of your book guilt, swap books and help you find your "reading wheelhouse" for those books you can't put down.

Presented by: Christina Held

Four Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Feb 4-25 2:00-4:00 PM A5931A

Save a Life! Basic Life Support (BLS) for the Healthcare Provider

(adults)

Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

One Session \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Mon, Jan 30 6:30-10:00 PM Q4531A

Thompson Pk Vis Ctr Beech Room

Tue, Dec 6 6:30-10:00 PM Q4231A

Thu, Jan 12 6:30-10:00 PM Q4331A

Thu, Feb 9 6:30-10:00 PM Q4431A

Save a Life! CPR AED Certification

(ages 14 and up)

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

One Session \$78.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Dec 8 7:00-9:30 PM Q3831A

Thompson Pk Vis Ctr Beech Room

Mon, Dec 12 7:00-9:30 PM Q3931A

Thu, Jan 26 7:00-9:30 PM Q4031A

Mon, Feb 13 7:00-9:30 PM Q4131A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

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

One Session \$70.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 21 10:00 AM-12:30 PM Q4631A



*This is my second time taking this course.
The instructor was amazing - very
knowledgeable, personable and fun to
work with.*



HEALTH & WELLNESS

Chakra Bowls Meditation

(adults)

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

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

Four Sessions \$45.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Dec 1-22 7:00-8:00 PM Q0231A

Thu, Jan 19-Feb 9 7:00-8:00 PM Q0531A

Thu, Feb 16-Mar 9 7:00-8:00 PM Q0631A

Morning Meditation

(adults)

How many of us get out of bed with our minds racing? This class will teach you exercises to help calm your mind and put your best foot forward as you begin each day. Each class will consist of exercises in breath control, focus, imagery and basic Reiki techniques. We will finish our class with a gentle walk outside where we will make our connection to the earth. Please feel free to bring a light breakfast to enjoy in the park after class.

Four Sessions \$55.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Tue, Jan 17-Feb 7 9:00-10:30 AM Q2031A

Bayshore Waterfront Pk Act Ctr

Sat, Jan 21-Feb 18 8:30-10:00 AM Q2131A

No class 2/4

New Year - Truer You: Learn to Accept Yourself No Matter What!

(adults)

We'll experience and learn how to sustain an inner state of self-acceptance by learning to raise your energy levels to feel more joy and peace. We're going to awaken feeling loved from the INSIDE. Presented by: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Jan 19 6:00-8:00 PM A6231A

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.

Twelve Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Jan 3-Mar 21 7:00-9:00 PM A3831A

T'ai Chi Chih Joy Through Movement® Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose, which are solidly based on long-existing Asian principles of Chi cultivation. This enjoyable and easy to learn, evidence-based and unique practice is user-friendly for Western culture. The movements active, balance and circulate the vital life force energy, so that regular practice can result in significant favorable effects on stress, body function, balance and ease of movement, mind clarity and general health. Instructed by 10+ year International Teacher Trainer Daniel Pieniak.

Beginner

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

Six Sessions \$92.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 6-Feb 10 11:30 AM-12:50 PM A7231A

Mon, Feb 13-Mar 27 11:30 AM-12:50 PM .. A7331A

No class 2/20

Begin or Review!

An introduction for beginners, as well as a general review for returning students.

Four Sessions \$92.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Jan 10-31 5:30-7:00 PM A7731A

Dorbrook Rec Area Vis Ctr

Thu, Feb 16-Mar 9 4:30-6:00 PM A7831A

Sat, Feb 25-Mar 18 10:30 AM-12:00 PM ... A7931A

Intermediate

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

Six Sessions \$92.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 6-Feb 10 10:00-11:20 AM A7431A

Mon, Feb 13-Mar 27 10:00-11:20 AM A7531A

No class 2/20

PROGRAMS FOR CAREGIVERS & INDIVIDUALS WITH MEMORY LOSS

Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie and support with others on a similar journey.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 10-Mar 14 7:00-8:00 PM #D0331A

Program Meets 1/10, 2/14 & 3/14

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. Please contact Anne Simon for more information at 732-460-1167, ext. 24.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 24-Mar 28 6:00-7:30 PM #PD013A

Program Meets 1/24, 2/28 & 3/28

Timeless Healing Practices

(adults)

Can we experience total renewal by nourishing our bodies, minds and spirits through age-old spiritual practices? YES! Come to learn and practice together.

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

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Thu, Feb 16 6:00-8:00 PM A6331A

Wellness Initiative for Senior Education - WISE

(ages 60 and up)

WISE uses an interactive approach to help seniors celebrate aging, make positive lifestyle choices and feel more confident and in control of their lives. Topics include medication use and misuse, stress management, the aging process, depression, alcoholism and prescription drug abuse.

Please Note: This is a free class; however, registration is required.

Six Sessions FREE!

Thompson Pk Vis Ctr Beech Room

Thu, Jan 12-Feb 16 1:00-2:30 PM PD023A

Winter Wellness DIY Toolbox with Essential Oils

(adults)

Yes, winter is coming! Fear of germs and sick days are in the air. Join Gina Zalewski for this hands-on workshop where you'll learn easy and effective ways to help you and your family stay well during the winter months using the plant power of essential oils. Learn how easy it is to make three DIY products that will help you support your wellness naturally! All supplies and recipes will be provided.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 1 10:00-11:15 AM A0131A

HORTICULTURE

Botanicals and Booze: Herbs and Plants in Liquor Production

(adults)

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

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Dec 7 4:00-6:00 PM. H0631A

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 \$12.00 Per Person

Deep Cut Gardens Outdoor Area

Sun, Dec 11 10:30-11:45 AM H1831A

Sun, Jan 29 10:30-11:45 PM. H2031A

Sun, Feb 26 10:30-11:45 AM H1931A

Evergreen Holiday Wreath

(adults)

Evergreen wreaths echo the beauty and scent of the winter season bringing the outdoors inside. Using a simple base, combining a medley of fir, pine, hemlock or arborvitae underscore the natural attractiveness of conifers. Woven satin, velvet and plaid ribbons display elegance this time of year. All of our materials are organic, fresh and sustainable.

One Session \$27.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Dec 10 2:00-3:30 PM H0731A

Sun, Dec 11 2:00-3:30 PM. H0831A

Gin & Junipers: From Garden to Glass

(adults)

Juniper berries are the primary agent for gin, yet they have a wide variety of uses and application in medicinal, culinary and cosmetic fields. Join us as we reveal the secrets to their use and learn how to harness their potential. Class participants will have an opportunity to experience juniper berry infused cosmetics and culinary products. All recipes will be shared.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Dec 9 4:00-5:30 PM H0131A

National Seed Swap Day

Saturday, January 28, 10:00-11:00 AM

Freneau Woods Park Visitor Center

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds that you don't need anymore?

Join us at the Park System's Seed Swap!

Vegetable, annual, perennial and native seeds are all welcome (*please no invasive species*).

How to Participate

- Place each seed type in a sealed envelope or Ziploc bag, labeled with the plant name, year collected, where it was bought or collected from, and a photo of the plant if available.
- A minimum of five seeds is required per item.
- Throughout January, if possible, deliver your seed submissions to the Huber Woods Park Environmental Center.
- All seed swappers will take home a native wildflower seed freebie.

For more information, call 732-872-2670.

Green Holiday Hydrosol *(adults)*

It's the holiday season of giving! Vibrant evergreens hold the secret to safe and natural fragrances that can bring cheer and joyful scents into our homes. Together we will create our own room fragrance that is safe, sustainable and budget-savvy. Treat yourself or give to others this homemade apothecary treasure.

One Session \$30.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Dec 2 4:00-5:30 PM H2431A**Herbal Vinegar, Infusions and More** *(adults)*

Growing your own herbs is only the first step to a world of possibilities. In this session, we will open the door to the use of herbs in creating piquant, tantalizing tastes, colors and fragrances to elevate the flavor of your salads, soups, vegetables and main courses. Simple and rewarding, flavoring vinegars is the easiest of gardening crafts. Together we will create several different kinds for you to take home and we will share recipes and material for your future creations.

One Session \$23.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Dec 15 4:00-5:15 PM H2931A**Holiday Décor** *(adults)*

This season make lasting memories with your loved one by trying something "new." How about a gingerbread pick-up truck and a seashell tree? Unleash your inner child's imagination to create unique holiday decor. Step-by-step instructions and all the necessary materials are included. Seasonal refreshments will be provided, feel free to bring along your favorite non-alcoholic libations and have fun.

One Session \$35.00 Per Couple

Deep Cut Gardens Horticultural Center

Sun, Dec 18 2:00-3:30 PM H1231A**Orchid Immersion** *(adults)*

Feast your eyes and charge up with tropical vibes from our amazing orchids. We are welcoming plant and art enthusiasts for this immersive experience to learn about and to draw your own orchid. Captivate the tropical vibes forever by creating an original drawing and take home the actual living specimen for continuous inspiration.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 4 1:00-4:00 PM H2131A**Painted Tote Bag and Make-up Case** *(adults)*

Do you love sunflowers? This class is for you! We will hand-paint sunflowers on a canvas market bag with fabric paints. Our instructor will be giving step-by-step, easy to follow instructions on the design and paint application specific to sunflowers. A matching blank makeup case is included in the price, that is also yours to paint. Bag dimension 12 ¾"x3"x12 ¾" with 8" nylon handles.

One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 4 1:00-3:00 PM H0931A**Wed, Dec 14 3:00-5:00 PM H1031A****Pickle Jar Garden Arrangement** *(adults)*

Bring your empty pickle jar and let's design a one-of-a-kind floral arrangement using seasonal foliage, pines and evergreens from the garden. A generous vase that would sit well on a console table. Keep for yourself or give as a gift.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Dec 4 10:30-11:30 AM H1131A**Pruning Basics***(adults)*

Winter is the best time to prune in zone 7. Take this class to learn best practices for pruning your woody trees and shrubs. Pruning techniques for both health and beauty will be discussed. You will also learn which plants you should avoid pruning in this season.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 11 10:30 AM-12:00 PM H2231A**Sun, Feb 12 10:30 AM-12:00 PM H2331A*****Deep Cut Gardens is Open Year Round!***

Solstice in the Garden *(adults)*

Occurring on December 21, 2022, the solstice marks the start of winter. The word "solstice" combines the Latin words for sol (sun) and sistere (to stand still) and is the point where the sun appears to reach its lowest point in the sky for the year and thus ancient astronomers came to know the day as one where the sun appeared to stand still. In this class, we will make a few solstice greeting cards and create a greenery swag that integrates some symbols of the beginning of winter. Bring pictures, poems, charms, dried plant material or quotes you would like to integrate with your cards. We will also supply lots of materials. If you have sharp scissors and a paper cutter, bring them.

One Session \$20.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Dec 21 1:00-3:00 PM H0231A**Using Herbs in the Landscape***(adults)*

Learn how to embrace the special richness and quality of herbs. Textures, foliage colors and softly beautiful flowers with rich historical legacy are ready to enliven your outdoor living spaces. We will cover a range of design environments, plant needs and selection, and share practical knowledge.

One Session \$19.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Feb 25 10:00-11:15 AM H2831A**Wooly Winter Needle Felting** *(adults)*

Warm up with a felting class this winter! You'll learn how to turn un-spun wool into your own miniature 3D creation, and you'll walk away with a finished project and some basic ideas to continue crafting beyond the classroom. New to needle felting? Don't worry, it has a quick learning curve!

One Session \$30.00 Per Session

Deep Cut Gardens Horticultural Center

Christmas Baubles**Sat, Dec 17 10:30 AM-12:30 PM H1331A****Winter in a Cup****Sat, Jan 21 10:30 AM-12:30 PM H1431A****NATURE****Blooms to Beat the Winter Blues:
The Art of Pressed Flowers***(ages 16 and up)*

"Like wildflowers; you must allow yourself to grow in all the places people thought you never would." - E.V.

Flowers blooming in winter? The beauty of flowers has the power to change our outlook and rejuvenate spirit. Learn the techniques of flower pressing and arranging. You will use pressed flower blooms, leaves and ferns to make your works of art.

One Session \$14.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Bookmarks & Greeting Cards**Sun, Jan 22 1:00-2:30 PM IMB31A****Framed Pressed Flower Arrangement****Sun, Feb 5 1:00-2:30 PM IMC31A****DIY Festive Feeders** *(adults)*

During this fun and festive program, you will make and take home your own custom birdseed ornament to hang in your yard or to use as decoration. They also make a great gift for family and friends all year round, and your birds will surely appreciate the tasty snack!

One Session \$15.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Jan 21 1:00-2:00 PM (approx) IKS31A**MONMOUTH COUNTY PARKS
BACKYARD BIRD COUNT** *(ages 14 and up, with adult)*

Explore some of the county park bird feeders and trails with a Park System Naturalist in celebration of the Great American Backyard Bird Count. We will start by looking at what winter birds are at our local feeders followed by a short 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 in the search from 9:00-10:00 AM on:**Friday, February 17** at Manasquan Res Env Ctr**Saturday, February 18** at Freneau Woods Pk Vis Ctr**Sunday, February 19** at Huber Wds Pk Env Ctr

Make & Take Eco Ornament

(adults)

Take a walk on the trails with one of our Park System Naturalists to forage for natural treasures. After collecting, you will have fun getting creative and make your own ornament using your new found items and an assortment of provided natural and recycled materials.

One Session \$14.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Dec 6 2:00-3:00 PM (approx).....IKZ31A

Wild Winter Woody Identification

(adults)

Take a brisk walk through Tatum Park with a trained botanist and learn how to identify woody plants in the winter. Identifying plants in winter can be difficult. Some experience is recommended

One Session \$12.00 Per Person

Tatum Pk Holland Act Ctr Parking Area

Sun, Jan 22 10:30 AM-12:00 PMH1631A

Sun, Feb 12 10:30 AM-12:00 PMH1731A

Wines and Pines

(ages 21 and up)

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

One Session \$13.00 Per Person

Clayton Pk Emley's Hill Lot

Sun, Dec 18 1:00-2:30 PM (approx)IK731A

Sat, Jan 28 1:00-2:30 PM (approx)IK831A

Sun, Feb 26 1:00-2:30 PM (approx)IK931A

Drop-in Local Nature Lecture Series

(adults)

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

Snowy Owls of Monmouth County **Thursday, December 15 7:00-8:00 PM**

Bayshore Waterfront Pk Act Ctr

Tis' the season to spot a snowy owl. Wing yourself over to this free slide presentation about snowy owls. Find out where they come from, where they go, what they eat, and why they are so mysterious. Information will also be discussed about populations of snowy owls seen in the northeast.

All About Brook Trout – The State Fish of New Jersey! **Friday, January 20, 7:00-8:00 PM**

Freneau Wds Pk Vis Ctr

This is the only trout species that is truly native to the state. Find out more about one of the most beautiful freshwater fish to be found in cool water streams and creeks. They have lived in the area since the end of the Ice Age, but few people know they even exist. Now these fish are dealing with many issues to their survival including warming waters and loss of habitat. Join a park naturalist as we explore everything there is to know about brook trout or brookies.

The Real Story of Captain Kidd and His Treasure! **Thursday, February 16, 7:00-8:00 PM**

Bayshore Waterfront Pk Act Ctr

Do you know the legend of Captain Kidd? The notorious Captain Kidd pirate was rumored to have left part of his treasure somewhere along the Jersey Shore, among other buried treasures. Yet, few people realize that the facts of his life make for a much better tale than just his treasure. Join us as we explore the legends and lore of Captain Kidd, his crew and his famous buried treasure.



*The two instructors were fantastic!
They were very knowledgeable and fun
to be around, true assets to the
Park System.*



Winter Birding Expeditions

(ages 16 and up)

Rare and unexpected birds visit New Jersey every winter. Join our day-long adventures to state-wide destinations determined by recent "hotline" reports. Participants should bring binoculars, lunch, and warm clothes. Transportation will be via mini-bus.

One Session \$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 7 8:00 AM-5:00 PM I0931A

Wed, Feb 8 8:00 AM-5:00 PM I1131A

Sat, Feb 18 8:00 AM-5:00 PM I1031A

Winter Beachcombing at Seven Presidents

(adults)

Avoid the traffic and crowds when you visit a beach in the off season. Join a Park System Naturalist as we explore the edge of the beach for shells, sea stars, seahorses, sea glass, stones, bones and other weird and wonderful finds during the mellowness of winter. Please bring an old cloth bag or pail to collect your finds. Leave your swimsuit and suntan lotion at home.

One Session \$7.00 Per Person

Seven Presidents Pk Act Ctr

Sun, Feb 26 1:00-2:00 PM (approx) IM731A

Winter Pelagic Birding Boat Tour

(adults)

Pelagic birds are those that spend most of their life out at sea and rarely come to shore. Experience one of those bucket list items as we take an eight-hour cruise along the Jersey shore in search of incredible pelagic wildlife. We will be on the lookout for sea birds as well as marine mammals and more.

Please Note: Trips are subject to varying weather and sea conditions, please dress accordingly. Trips subject to cancellation due to unsafe sea conditions.

One Session \$160.00 Per Person

Point Pleasant Manasquan Inlet

Wed, Jan 25 8:00 AM-4:00 PM I2331A

Winter Solstice Walk

(all ages)

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 stroll through Freneau Woods. Remember to dress accordingly for the weather and wear comfortable walking shoes.

One Session \$8.00 Per Person

Freneau Wds Pk Act Ctr Parking Area

Wed, Dec 21 10:00-11:00 AM IKG31A

Winter Nature Walks

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 6 at Fisherman's Cove

December 20 at Thompson Pk Marlu Lake

January 17 at Manasquan Res Env Ctr

January 31 at Seven Presidents Pk Pavilion

February 7 at Perrineville Lake Pk Agress Rd Lot

February 21 at Bayshore Waterfront Pk

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. Walks are approximately an hour and a half.

Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

Meet on the following Wednesdays at 10:00 AM:

December 7 at Huber Woods Env Ctr Courtyard

December 21 at Big Brook Pk Lower Pond Lot

January 4 at Hartshorne Wds Pk Rocky Point Lot

January 18 at Manasquan Res Env Ctr Lot

February 1 at Thompson Pk Old Orchard Lot

February 15 at Freneau Wds Pk Vis Ctr Lot

OUTDOOR ADVENTURES

HIKING

Between the Holidays Hikes

(adults)

Being in nature can boost your mood and improve 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

11/30 - Thompson Pk 3 Barns Lot

12/7 - Huber Wds Pk Env Ctr Lot

12/14 - Tatum Pk Red Hill Rd Lot

12/21 - Hartshorne Wds Pk Rocky Point Lot

Wed, Nov 30-Dec 21 10:00 AM-12:00 PM . .W7524A

Full Moon Hikes

(adults)

No need to be afraid of the dark as the brightness of the full moon will provide the light as we discover the peacefulness of a winter hike at Thompson Park. After our hike we will enjoy time around the campfire ring. A cup of chili will be served along with s'mores after the hike. Hiking boots are required, headlamps/flashlights encouraged. Dress in warm layers as this is an outside program. Snowshoes will be provided if we have snow.

Rating: Easy; icy, snowy, muddy trails, flat. Miles: 2-4

One Session \$30.00 Per Person

Thompson Pk Ski Hut

Fri, Jan 6 6:00-8:30 PM (approx)W3431A

Fri, Feb 3 6:00-8:30 PM (approx)W3531A

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 required, trekking poles and yak tracks recommended.

Rating: Easy/moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2-4

Eight Sessions \$100.00 Per Person

1/3 - Dorbrook Rec Area Basketball Court Lot

1/10 - Shark River Pk Shelter Bldg

1/17 - Huber Wds Pk Env Ctr Parking Lot

1/24 - Holmdel Pk Lake

1/31 - Thompson Pk 3 Barns Parking Lot

2/7 - Tatum Pk Holland Act Ctr Parking Lot

2/14 - Clayton Pk Parking Lot

2/21 - Hartshorne Wds Pk Rocky Point Parking Lot

Tue, Jan 3-Feb 21 10:00 AM-12:00 PMW4921A

Tue, Jan 3-Feb 21 12:30-2:30 PMW3731A

Mini Polar Bear Hikes

(adults)

This offspring of our popular Sunday Polar Bear hikes will get you on and off the trails on Saturday mornings. You will meet the leader at the designated park before heading out for your winter adventure. Be sure to have hiking boots and water. Hiking/snow boots required as snowshoes will be provided if enough snow is on the ground. Boot stabilizers (yak tracks) and trekking poles are highly recommended along with a day pack.

Rating: Easy/moderate, dirt, rocky, wet, snowy/icy, hills. Miles: 2.5-4

Four Sessions \$65.00 Per Person

2/11 - Thompson Pk 3 Barns Parking Lot

2/25 - Huber Wds Pk Env Ctr Parking Lot

3/11 - Tatum Pk Holland Act Ctr Parking Lot

3/25 - Shark River Pk Shelter Bldg

Sat, Feb 11-Mar 25 9:30-11:30 AMW1831A



Section Hikes on the Appalachian Trail

(adults)

South Bounders Wanted! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states; Maine to Georgia. Join in a year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging seven miles per trip. Hiking boots are required, trekking poles highly suggested. Hikers age 14 and up are welcome to register with a registered adult.

Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky. Miles: 5-7+

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Dec 4 6:30 AM-5:00 PM (approx)W0131A

The Timp & Bald Mountain Hike

(adults)

This hike passes a picturesque waterfall, steeply climbs to panoramic viewpoints atop the summit of Bald Mountain, and the Timp, and returns through the historic former settlement of Doodletown. Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6

Hike Leader: Andrew Imperiale

One Session \$56.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 3 7:00 AM-3:30 PM (approx)W0331A

Women's Wilderness Empowerment Winter Experience

(adults)

Experience the outdoors in an environment supported by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self-confidence and make new friends. Stick around after each adventure for hot cocoa and a snack provided by the Park System. Register a friend and receive a discount!

Winter Hiking Adventure

One Session \$18.00 Per Person \$14.00 Additional Person

Shark River Pk Shelter Bldg

Wed, Feb 8 10:00 AM-12:30 PM.W2731X

Cross-Country Ski Experience

One Session \$20.00 Per Person \$16.00 Additional Person

Thompson Pk Old Orchard Picnic Shelter

Wed, Feb 15 10:00 AM-12:30 PMW2631X

Archery Experience

One Session \$26.00 Per Person \$22.00 Additional Person

Thompson Pk Activity Barn

Wed, Feb 22 10:00 AM-12:30 PMW2531X

SKIING

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 \$27.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 17 8:30-10:30 AMW2031A

Sat, Dec 31 8:30-10:30 AMW2131A

Sat, Jan 7 8:30-10:30 AM.W2231A

Sat, Jan 21 8:30-10:30 AMW2331A

Sat, Feb 4 8:30-10:30 AMW2431A

Cross-Country Ski & Snowshoe Rentals

Cross-country ski and snowshoe equipment will be available for rent at the Thompson Park Ski Hut as conditions permit. All equipment is on a first come, first serve basis and must be returned by 5:00 PM.

December 15, 2022-March 15, 2023, 9:00 AM-5:00 PM

Closed December 25, 2022

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.

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Beginner Acting

(adults)

Acting is a healthy way for us to create and recreate human emotions and life experiences. The Four Centers of Acting: The Center of Your Focus, The Center of Your Breath, The Center of the Body and the Center of the Stage is a way for us to explore and build upon not only as actors but also as human beings in our everyday life. Each of the following programs are different avenues of acting in which we can explore and build upon together.

Four Sessions \$55.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Introduction

We will learn basic acting techniques such as improvisation, space objects, shape shifting and character building. We will also begin work on The Four Centers of Acting: 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 storytelling/monologues will be on the final day of class.

Thu, Jan 19-Feb 9 3:30-5:00 PM Q2231A

Mon, Jan 23-Feb 13 7:00-8:30 PM Q0731A

Auditions

Focus will be on the audition process, from headshots and resume, monologue(s) choice, to entrance and exit from the audition room.

Wed, Feb 15-Mar 8 7:00-8:30 PM Q0232A

Scenes

Learn the basic acting techniques for scene work such as listening to your partner, creating detail in the environment and staying in the moment. A performance of scenes for family and friends will be on the last day of class.

Wed, Jan 18-Feb 8 7:00-8:30 PM Q0331A

Mon, Feb 27-Mar 20 7:00-8:30 PM Q2331A

Monologues

Monologues are the first thing we audition with. It comes from the Greek root word monologos meaning "speaking alone". In this program we will explore performing monologues, both classical and contemporary, so we may begin to build our audition repertory.

Thu, Feb 16-Mar 9 3:30-5:00 PM Q2431A

Extemporaneous Speaking

(adults)

Want to build your confidence with public speaking? Want to deliver a more concise, clear and compelling message? Dive right into this interactive workshop to get tips and tricks on how to improve speaking "off the cuff". Participants will be given a topic and will have five minutes to prepare and present a speech on the topic. Participants may use up to two minutes to prep and three minutes to present. Feedback will be given by the instructor and participants in this encouraging and safe environment. If time permits, participants will be paired to give a joint speech with another participant.

Instructor: Maria Stadtmueller

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Feb 1 6:30-8:30 PM A7031A

DANCING

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Want to feel like a Broadway tap star? Maybe you tapped as a child and really loved it? Then this class is for you! Calling all beginner or better tap dancers for a fun adult only class with Ms. Michele. Learn a complete routine in the 10-week session. Wear black yoga pants or other comfy clothes and the tap shoes of your choice.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Mar 14 2:30-3:15 PM A8731A

Tue, Jan 10-Mar 14 3:30-4:15 PM A4231A

Tue, Jan 10-Mar 14 5:30-6:15 PM A4331A

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? Ready to challenge your "Shuffle to Buffalo"? This class is for 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! Please wear comfortable clothes and the tap shoes of your choice. Bottle of water recommended. Pre-requisite: 2-3 sessions of Adult Tap Beginner Level 1 or similar experience.

Ten Sessions \$110.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Mar 14 6:15-7:00 PM A4431A

MUSIC

Rock to Bach - Guitar

(adults)

Move “learn to play guitar” from your wish list to your list of accomplishments in a relaxed, small-group setting. From classical to rock we will read music, strum through chords, and develop techniques to practice at home. All this in a fun, hands-on program designed to teach you the basics to play the songs you want to play. There is a required workbook that will be available for purchase at the first class. You bring the guitar, we’ll bring the personalized instruction to each class. Nylon guitar strings are recommended for easier play.

Eight Sessions \$160.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 16-Mar 20 5:00-6:00 PM MAX31A

No class 2/13 & 2/20

SPORTS & FITNESS

BASKETBALL

Basketball at the Rec Center

Looking for a place to play some hoops, but don’t want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium. Winter dates begin January 3.

Cost: \$5.00 Per Person, Per Session

Adult Basketball

Sundays, 8:00-10:00 AM

Tuesdays, 7:00-9:00 PM

Open Gym

(all ages, under 16 with adult)

Schedule varies. For a complete calendar of dates and holidays, please visit the Fort Monmouth Recreation Area page at www.MonmouthCountyParks.com.

Questions? Contact us at 848-456-4278, ext. 2#.



Laurie is one of the best physical activity instructors I have ever had! Her professionalism as well as personal consideration is unsurpassed!



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

Four Sessions \$52.00 Per Person

Thu, Dec 1-22 5:30-6:30 PM X0331X

Three Sessions \$39.00 Per Person

Tue, Dec 6-20 5:30-6:30 PM X0431X

Barre Connect

(adults)

Ballet and dance inspired movements provide benefits in strength, balance, coordination, cardiovascular endurance and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water; no experience is necessary in any fitness/dance format.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Eight Sessions \$112.00 Per Person

Thu, Jan 12-Mar 2 5:15-6:10 PM X2631A

Six Sessions \$84.00 Per Person

Fri, Jan 20-Feb 24 5:30-6:25 PM X3031A

Sat, Jan 28-Mar 4 11:15 AM-12:10 PM. . . . X3431A

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

Ten Sessions \$180.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 10-Mar 14 7:25-8:55 PM X2131A

Gentle Aerobics

(adults)

For the active senior looking to increase their strength and improve balance. Class will begin with some light cardio mixed in with weight training exercises and balance. Exercises can be modified to accommodate all levels.

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 5-Feb 23 10:30-11:15 AM MAF31A

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance including Egyptian, American Cabaret, Turkish, American Fusion and more! Improve flexibility, coordination and strength as we engage the arms, legs, hips and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$52.00 Per Person

Thu, Dec 1-22 7:40-8:40 PM X0231X

Eight Sessions \$112.00 Per Person

Thu, Jan 12-Mar 2 7:15-8:10 PM X2831X

Juggling Fun

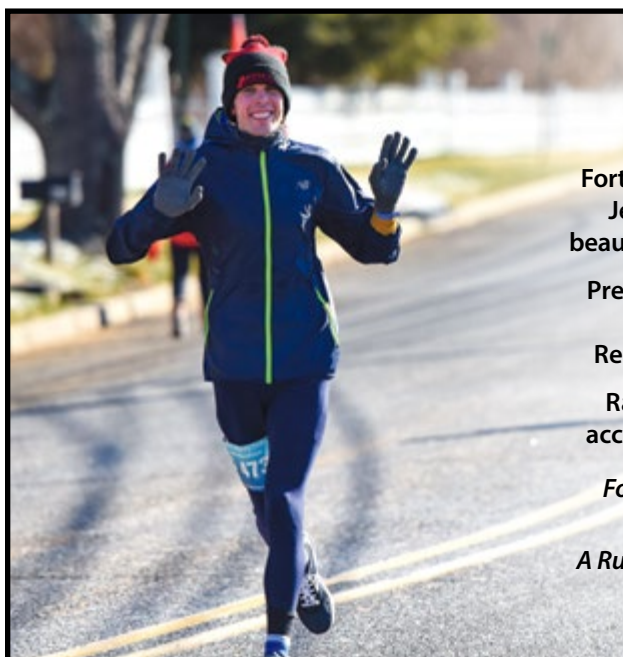
(ages 12 and up)

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 3-ball cascade. You will also craft your own juggling balls, which are yours to keep.

One Session \$24.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 3 6:00-7:30 PM Q5031A



E. Murray Todd Half Marathon

Sunday, March 12, 8:30 AM

Brookdale Community College Arena, Lincroft

Forty-four years of racing tradition returns to one of New Jersey's most attractive courses! Run 13.1 miles on a beautiful course through Lincroft, Holmdel and Colts Neck.

Pre-registration is suggested and is \$40.00 per person.

Pre-registration closes March 5.

Register online at www.MonmouthCountyParks.com.

Race day registration will be \$60.00 per person and accepted beginning at 7:00 AM (checks and cash only).

For additional information, call 732-542-1642, ext. 27, or email mike.balkovic@co.monmouth.nj.us.

A Runner's Info Sheet and Course Map are available on our website (Activities -> Races & Special Events).

Seated Fitness

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. A perfect fit for individuals with mobility issues including Arthritis, Parkinson's, and Multiple Sclerosis. No equipment needed just wear comfortable clothes.

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 3-Feb 21 12:45-1:30 PM MAB31A

Fri, Jan 6-Feb 24 12:45-1:30 PM MAC31A

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines? Learn stretching techniques to increase flexibility, strengthen muscles and reduce injuries. This program is designed for pickleball players, but a great way for anyone returning to sports to enjoy safer, longer play.

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 3-Feb 21 10:30-11:15 AM MAA31A

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.

Six Sessions \$72.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 23-Mar 6 11:45 AM-12:45 PM . . . D1031A

No class 2/20

Tue, Jan 24-Feb 28 11:45 AM-12:45 PM . . . D1131A

Total Body

(adults)

Blast your body back into shape! Scorch calories as we sculpt and tone muscles for a healthier, stronger and revitalized body. Improve your fitness level as we increase flexibility, strength and self-esteem. This motivating class will incorporate a warm-up, stretch and cool down into a toning and firming program that uses balls, bands and hand weights. Please bring a water bottle; wear comfortable clothing and cross training sneakers.

Instructor: Jodi Kondracki

Sixteen Sessions \$208.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 2-Feb 27 8:00-9:00 AM . . . MA731A

No class 2/20

Mon, Wed, Jan 2-Feb 27 9:15-10:15 AM . . MA831A

No class 2/20

PILATES

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

Sixteen Sessions \$208.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Jan 2-Feb 27 10:30-11:30 AM . . MA931A

No class 2/20

Pilates Mat Workout

(adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.

Instructor: Ellen Slattery

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jan 2-Feb 15 7:15-8:15 PM X0531X

No class 1/16 & 2/13

Mon, Wed, Feb 27-Apr 5 7:15-8:15 PM X0631X

Tatum Pk Holland Act Ctr

Tue, Thu, Jan 3-Feb 9 6:30-7:30 PM X0731X

Tue, Thu, Feb 28-Apr 6 6:30-7:30 PM X0831X

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

Eight Sessions \$96.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Jan 5-Feb 23 9:15-10:15 AM MAG31A

Fri, Jan 6-Feb 24 10:15-11:15 AM MAH31A

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. The top team will receive T-shirts. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting will be held at 6:15 PM on first night of league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 4-Mar 15 6:30-9:00 PM. X4331A

YOGA

Afternoon Stretch

(adults)

Relax, unwind and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 5-Mar 9 1:00-2:00 PM X3531A

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. 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

Seven Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 9-Feb 27 6:00-7:00 PM. X4631X

No class 2/20

Calm Body and Mind

(adults)

Meditation is a proven method for calming the mind and body. However, many people find it difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome.

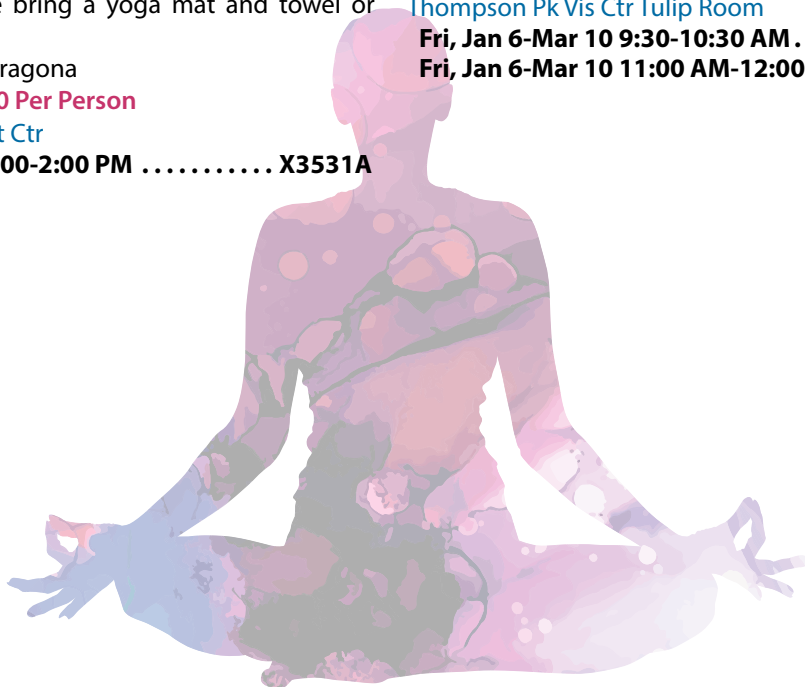
Instructor: Tiffany McCann

Ten Sessions \$140.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jan 6-Mar 10 9:30-10:30 AM. X1431A

Fri, Jan 6-Mar 10 11:00 AM-12:00 PM X1531A



Chair Yoga

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Eight Sessions \$112.00 Per Person

Wed, Jan 4-Feb 22 4:00-4:55 PM X2331A

Six Sessions \$84.00 Per Person

Sat, Jan 28-Mar 4 9:15-10:10 PM X3231A

Codes of Creation in Movement™

(adults)

Invented by Mary Jane Kasliner, Codes of Creation in Movement® is a unique practice that explores the Yoganometry© sequence that energetically has a way to invoke the geometric codes of creation. This powerful set sequence propels the student into electromagnetic streams of higher dimensional consciousness. Here, the yogi can explore the vibrational relationship between yoga, heaven and earth while being inspired by their own divine consciousness. As MJ puts it...everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body. Instructor MJ Kasliner is a national certified yoga teacher specializing in Vinyasa, Yin, Chakra Therapy, Meditation, Laughing Lotus and Registered Trademark owner of Codes of Creation in Movement. MJ has over 800 hours of certification trainings including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 28-Feb 22 7:00-8:15 PM X1231X

No class 2/8

“

I've been attending Mary Jane's classes for over 10 years and they continue to be an amazing experience.

”

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

Seven Sessions \$98.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 9-Feb 27 7:00-8:00 PM X4731X

No class 2/20

Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility and balance, and is designed for all body types, ages and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

Eight Sessions \$112.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jan 12-Mar 2 9:30-10:30 AM X4831A

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Six Sessions \$84.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 9-Feb 13 12:00-1:00 PM X4931A

Tatum Pk Red Hill Act Ctr

Fri, Jan 13-Feb 17 12:00-1:00 PM X5231A

Monday Moon Yoga

(adults)

Monday is Moon Day. Join this class to end the first day of the week feeling calm and focused while also preparing your body for restorative sleep. We will begin with Chandra Namaskar (moon salutations) then move through a series of cooling, calming poses. We will end with nadi shodhana (balancing breath). Bring a mat and water.

Instructor: Tiffany McCann

Eight Sessions \$112.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 9-Feb 27 7:00-8:00 PM..... X1931A

Saturday Morning Breath and Yoga

(adults)

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility and calm. Appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Six Sessions \$84.00 Per Person

Tatum Pk Holland Act Ctr

Sat, Jan 7-Feb 11 7:30-8:30 AM..... X1831A

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. Class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including the Chakras, Meditation, Yin, Anusara and Lotus Flow

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Jan 2-Feb 27 7:00-8:15 PM..... X0931X

No class 2/6

Winter Yoga

(adults)

Yoga is a practice of balance. In Winter Yoga, we will balance the dark, cold, heavy days of winter with a practice that ignites the body and mood. We begin the class with sun salutations, then move to poses to build strength and ignite digestive fire. This is an active class but appropriate for all levels. Bring a mat and water.

Instructor: Tiffany McCann

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 3-Mar 7 11:50 AM-1:20 PM..... X1331A

Wisdom Warrior Yoga

(adults)

This practice is geared towards yogis over 45 who know what it means to remain youthful through the practice of yoga and other healthy lifestyle activities. Wisdom Warriors is the perfect elixir of youth for anyone who wants to preserve their high level of health, flexibility and strength throughout their lifetime. It is intended to help people keep their practice strong and vital. Asanas, or poses, are held longer or softer, so the pose feels right for you. There are a combination of warrior poses and yin yoga poses to calm the body and mind, increasing mobility and flexibility, lowering stress levels and promoting relaxation. Each class ends with a 10-minute hapi drum sound bath followed by foot massage. Instructor MJ Kasliner is a nationally certified Yoga teacher including Vinyasa style, Yin, Laughing Lotus, Chakra Therapy, Meditation and Registered Trademark owner of Codes of Creation in Movement.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Dec 27-Feb 21 9:30-10:45 AM..... X1031A

No class 2/7

Yin Yoga

(adults)

Breakthrough to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$140.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 5-Mar 9 2:00-3:00 PM..... X3631A

Yin/Yang Fusion

(adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring Yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusara, and Lotus Flow

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Dec 28-Feb 22 9:30-10:45 AM X1131A

No class 2/8

Yoga Pop

(adults)

Yoga Pop is designed to get the blood flowing and body stretching, moving anything that might be stuck or tight, in 45 minutes. We will end with a restful savasana (included in the 45 minutes!). All poses and movement can be adjusted for limited mobility. Bring a mat and water.

Instructor: Tiffany McCann

Ten Sessions \$110.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jan 5-Mar 9 9:15-10:00 AM X1631A

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's, 60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

Please Note: Sun Salutation portion of class is modified using a chair, so that flowing movements can be done safely, without doing lunges on ground or full downward facing dog poses which require more hip openness and arm strength. However, you must be able to get up and down off the floor independently in this class. Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Six Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 10-Feb 14 10:30 AM-12:00 PM . . . X5031A

Fri, Jan 13-Feb 17 10:00-11:30 AM X5131A

ZUMBA

Brand New to Zumba

(adults)

Specifically designed for people brand new to Zumba fitness, in this introductory class the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Eight Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 4-Feb 22 5:00-5:55 PM X2431A

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Ten Sessions \$130.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 10-Mar 14 6:15-7:10 PM X2031A

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines, to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions \$56.00 Per Person

Thu, Dec 1-22 6:30-7:25 PM X0131X

Eight Sessions \$112.00 Per Person

Wed, Jan 4-Feb 22 6:00-6:55 PM X2531X

Six Sessions \$84.00 Per Person

Fri, Jan 20-Feb 24 6:30-7:25 PM X3131X

Zumba: Low Impact

(adults)

Join us for a fun Zumba fitness class! This class is a great workout to a wide variety of Latin and World music and designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude! Beginners welcome!

Instructor: Eryka Andrex

Eight Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 12-Mar 2 6:15-7:10 PM X2731A

EQUESTRIAN

Beginner Youth Horseback Riding Lessons

(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.

Eight Sessions \$450.00 Per Person

Sunnyside Rec Area EC Program Room 1

Fri, Nov 18-Jan 27 4:00-5:00 PM V0424A

No lessons 11/25, 12/23 & 12/30

Fri, Feb 17-Apr 7 4:00-5:00 PM V0131A

Equine Environment for Learning

(grades 6-10)

Equine Environment for Learning at Sunnyside Equestrian Center is a custom eight-week program developed for school groups of up to ten participants. The curriculum consists of classroom sessions, plus mounted and non-mounted activities with the horses. Goals such as team building, respect, responsibility, safety, kindness and self-esteem are encouraged and enhanced within the program. Participants will explore horse behavior and care, along with learning basic riding skills. PATH certified instructors. For information, call 732-224-1367, ext. 1#.

SPUR Horseback Riding Lessons for Individuals with Disabilities

(adults)

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext. 1#.

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 \$75.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 14-Mar 25 9:30-11:00 AM D0431A

Class meets 1/14, 1/28, 2/11, 2/25, 3/11 & 3/25

Sat, Jan 14-Mar 25 11:30 AM-1:00 PM. D0531A

Class meets 1/14, 1/28, 2/11, 2/25, 3/11 & 3/25

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. Participants may be able to utilize their DDD Supports or CCP Budgets to register for the program. Please contact Justin at 732-460-1167, ext. 22, for more information.

Twelve Sessions \$192.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 11-Mar 29 6:00-7:00 PM D0631A

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

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.

One Session \$39.00 Per Person

Freehold Raceway Mall

Fri, Jan 27 5:00-9:30 PM D0931A

Monster Mini Golf and Pizza!

Tonight we will be meeting at Dorbrook for a dinner including pizza, drinks and snacks. Afterwards we are heading over to Monster Mini Golf in Eatontown for more fun! Please bring \$40.00 to cover the cost of a round of mini golf, game tokens, and pizza. If you prefer to order another meal besides pizza, please contact Justin Dunn at 732-460-1167, ext. 22, at least 48 hours prior to the event. Pick up will be from Monster Mini Golf.

Dorbrook Rec Area Vis Ctr

Fri, Feb 24 5:30-9:00 PM D2031A

Inclement Weather Date: 3/3

Inclusion Services

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without a modification documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all.

*For more information, contact Justin at
732-460-1167, ext. 22.*

TRIPS

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. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, 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 \$39.00 Per Person

[Dorbrook Rec Area Vis Ctr](#)

Fri, Jan 13 6:00-9:00 PM D0831A

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

One Session \$79.00 Per Person

[Dorbrook Rec Area Act Ctr Parking Lot](#)

Liberty Science Center

Looking to get out of the house and have some fun during those long winter days? Join us as we travel to the Liberty Science Center in Jersey City. You can spend the day checking out the many fun exhibits, animals and activities that they have to offer. Enhance your love of learning and adventure! Registration fee covers transportation, supervision, and admission. Please bring at least \$25.00 for lunch at the Skyline Café on the premises.

Sun, Feb 5 9:30 AM-4:00 PM D2421A

American Museum of Natural History

(all ages, under 18 with adult)

Travel with us to the Museum of Natural History to discover the world of sharks! This special, interactive exhibit features life-sized models of the ancient animals – including a megalodon! Make sure to stop by the Rose Center for Earth and Space, four floors of exhibits, the IMAX theater, and gift shop. There is something for everyone! For ticket information and pricing, visit www.amnh.org. Timed ticket entry must be purchased prior to arrival, as per museum policy. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

**Sat, Jan 14 A3431A
Board: 8:30 AMReturn: 5:15 PM (approx)**

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum including 19th century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

\$55.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

**Sat, Feb 11 A3531A
Board: 8:30 AMReturn: 5:15 PM (approx)**

Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-a-kind celebration for family, friends and loved ones. The radiant Radio City Music Hall is decked out for the season and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker, and the unforgettable Living Nativity. Price includes reserved Orchestra seating, round-trip bus transportation and a volunteer Park System leader. Mask and vaccine requirements will be based on current recommendations at the time of the trip. There will be time for dinner and sightseeing after the performance.

4:00 PM Show - Orchestra Seating

\$175.00 Per Person

[Thompson Pk Estate Grounds Parking Lot](#)

**Fri, Dec 9 A0931X
Board: 1:00 PMReturn: 10:00 PM (approx)**

Check out the variety of amenities available in your local Monmouth County parks!

Campground (Apr-Nov)
Canoe/Kayak Access
Disc Golf
Environmental Center
Facility/Picnic Rentals
Fishing Access
FootGolf
Golf
Historic Site Location
Off-Leash Dog Area
Playground
Trails (easy)
Trails (moderate)
Trails (challenging)
Trails (fitness)
Trails (nature)

| Bayshore Waterfront Park | | x | | | x | x | | | x | | | | | | | | | |
|--------------------------------|---|---|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bel-Aire Golf Course | | | | | | | x | x | | | | | | | | | | |
| Big Brook Park | | | | | | | | | | | | x | x | | | | | |
| Charleston Springs Golf Course | | | | | | | | x | | | | | | x | | | | |
| Clayton Park | | | | | | | | | | | | x | x | | | | | |
| Crosswicks Creek Park | | x | | | | x | | | | | | | | x | | | | |
| Deep Cut Gardens | | | | | x | | | | | | | | x | | | | | |
| Dorbrook Recreation Area | | | | | x | | | | | | x | x | | | | | | |
| Fisherman's Cove | | x | | | x | x | | | | | | | | | | | | |
| Fort Monmouth Rec Center | | | | | x | | | | | | | | | | | | | |
| Freneau Woods Park | | | | | | x | | | | | | x | x | | | | | |
| Hartshorne Woods Park | | | | | | x | | | x | | | | | | | | | |
| Henry Hudson Trail | | | | | | | | | | | | | | | | | | |
| Holmdel Park | | | | | x | x | | | | | x | x | x | x | x | x | x | |
| Hominy Hill Golf Course | | | | | | | | x | | | | | x | | | | | |
| Howell Park Golf Course | | x | | | | | | x | | | | | | | | | | |
| Huber Woods Park | | | | | x | x | | | | | | x | x | x | | | | x |
| Historic Longstreet Farm | | | | | x | | | | x | | | | | | | | | |
| Manasquan Reservoir | | x | | | x | x | x | | | | x | x | x | | | | | x |
| Manasquan River Greenway | | x | | | | | x | | | | | | | x | | | | |
| Mount Mitchill Scenic Overlook | | | | | | | | | | | x | | | | | | | |
| Perrineville Lake Park | | x | | | x | x | | | | | | | | x | | | | |
| Pine Brook Golf Course | | | | | | | x | x | | | | | | | | | | |
| Seven Presidents | | x | | | x | x | | | | | x | | | | | | | |
| Shark River Golf Course | | | | | | | | x | | | | | | | | | | |
| Shark River Park | | x | | | x | x | | | | | x | x | x | x | x | | | |
| Sunnyside Equestrian Center | | | | | | | | | | | | x | | | | | | |
| Swimming River Park | | x | | | | | | | | | | | | | | | | |
| Tatum Park | | | | | x | | | | | | x | x | x | | | | | |
| Thompson Park | | x | | | x | x | | | | x | x | x | x | | | | | |
| Turkey Swamp Park | x | x | | | x | x | | | | | x | x | x | | | | | x |
| Union Transportation Trail | | | | | | | | | | | | | x | | | | | |
| Historic Walnford | | | | | x | x | | | x | | | | | | | | | |
| Weltz Park | | | | | | | | | | | | | x | | | | | |
| Wickatunk Recreation Area | | | | | | | | | | | | | | | | | | |
| Wolf Hill Recreation Area | | | | | x | | | | | | x | | | | | | | |

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellations

The Monmouth County Park System has a phone number which you may call 1 ½ hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Kevin Dunn, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Please Register Early

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation. Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
 - **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

You may register:

Online 24/7 beginning at 8:00 AM on November 9. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 9. 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 9 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday-Friday between 8:00 AM-4:30 PM.

THOMPSON PARK CREATIVE ARTS CENTER



THE CREATIVE ARTS CENTER EXHIBIT & SALE

- Saturday, December 3-
Saturday, December 10
from 11:00 AM-4:00 PM
Thompson Park Creative Arts Center,
Lincroft
- Featuring the work of local artists,
kick off your holiday shopping or find
the perfect piece for your home.
- Each year we are proud to showcase
the work of our talented students and
instructors.

The Creative Arts Center is host to a variety of fine arts and craft classes suitable for all levels in:

- Drawing
- Acrylic
- Oil and Watercolor
Painting
- Jewelry Making
- Knitting
- Sewing
- Basket Weaving
- Photography
- Handbuilt, Raku
& Wheel-thrown
Pottery



For more information, contact Barbara Zarella at
bzarella@monmouthcountyparks.com or
732-842-4000, ext. 4253





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

DECEMBER 2022

The Creative Arts Center Exhibit & Sale

Saturday-Saturday, December 3-10
11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft

JANUARY 2023

Photography Exhibit

January 3-31
10:00 AM-3:30 PM
Deep Cut Gardens Horticultural Center, Middletown

Seashore Open House

Sunday, January 29
1:00-4:00 PM
Seven Presidents Oceanfront Park, Long Branch

FEBRUARY 2023

Photography Exhibit

February 1-28
10:00 AM-4:00 PM
Manasquan Reservoir Environmental Center, Howell



INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director
Lillian G. Burry • Dominick "Nick" DiRocco • Ross F. Licitra

Board of Recreation Commissioners:

Kevin Mandeville, Chairman • Anthony Fiore, Vice Chairman
Michael G. Harmon • Thomas E. Hennessy, Jr. • David W. Horsnall
Patricia M. Butch • Thomas Adcock • Lori Ann Davidson
Brian Foster • James J. Truncer, Secretary-Director

