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**FOR IMMEDIATE RELEASE**  
**Thursday, January 15, 2015**

**THE MONMOUTH COUNTY PARK SYSTEM FILLS FEBRUARY  
WITH FAMILY-FRIENDLY ACTIVITIES**



*Aim for fun during the Monmouth County Park System's **Open Shoot Archery**.*

HOWELL – It may be the dead of winter, but the Monmouth County Park System is heating things up with fun this February. So come with a friend or ready to make one and enjoy the following:

**Vernal Wetlands**

**Saturday & Sunday, January 31 & February 1 at 1 p.m.**

**Manasquan Reservoir Environmental Center, Howell**

Learn about these special wetlands. **FREE!**

### **Men's Open Gym Basketball**

**Sundays, February 1, 8, 15 & 22 from 8-10 a.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Shoot some hoops on our full court gym. The cost is \$5 per person per day; cash or check only.

### **Open Ceramics**

**Sunday, February 1 from 12:30-4:30 p.m.**

**Thompson Park Creative Arts Center, Lincroft**

Choose from a large selection of bisque fired pottery pieces to glaze and make your own. The cost is \$6 per hour plus price of bisque ware; cash or check only. Pieces will be fired in about a week.

### **Men's Open Basketball - 30 & Up**

**Mondays, February 2, 9, 16 & 23 from 7-8:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Open to men age 30 and over, the emphasis is on fun and exercise during this program. The cost is \$5 per person per day; cash or check only.

### **Teen Open Gym Fitness**

**Tuesdays, February 3, 10, 17 & 24 from 7-8:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Hang out with friends and try our informal fitness circuit. Use stability balls, hand weights, resistance bands and more. Open to ages 13-18. The cost is \$5 per person per day; cash or check only.

### **Family Gym Time**

**Wednesdays, February 4, 11, 18 & 25 from 12:30-2:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

It's playtime! We'll have tunnels, gym mats, trampolines, scooters and other equipment available. No instruction provided. Parent supervision is required. The cost is \$10 per family per day; cash or check only.

### **Lunch Break Basketball**

**Fridays, February 6, 13, 20 & 27 from 12-1:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Play full court pick-up games in our gym. The cost is \$5 per person per day; cash or check only.

### **Women's Open Gym Fitness**

**Saturdays, February 7, 14, 21 & 28 from 7:30-9 a.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Challenge yourself on this self-guided, self-paced fitness circuit which includes stability balls, hand weights, resistance bands and more. The cost is \$5 per person per day; cash or check only. Release form must be signed upon payment.

### **Parent/Child Morning Chores**

**Saturday, February 7 at 8 a.m.**

**Historic Longstreet Farm, Holmdel**

Join the farm staff and help milk a cow, collect eggs, and feed the animals. The cost is \$15 per parent/child pair. Additional sibling is \$5. Cash or check only. Please dress for the weather.

### **Drop-In Surprise Story Time**

**Saturday, February 7 from 11-11:45 a.m.**

**Deep Cut Gardens, Middletown**

It's story time! If the weather is nice, look for the clue at the Horticultural Center's entrance that leads to the secret spot. If it's rainy or cold, we'll be inside. FREE!

### **Blacksmith Demonstration**

**Sunday, February 8 from 1-3 p.m.**

**Historic Longstreet Farm, Holmdel**

Come see what the Blacksmith is making in his workshop. FREE!

### **Teen Open Gym Basketball**

**Wednesdays, February 11 & 25 from 3-4:30 p.m.**

**Fort Monmouth Recreation Center, Tinton Falls**

Teens age 13-18 are invited to play or practice on our full court gym. The cost is \$5 per person per day; cash or check only.

**Roses are Red, Violets are Blue**

**Saturday, February 14 from 1-4 p.m.**

**Historic Walnford, Upper Freehold**

Create your own valentine using elegant 19th century framed ones as inspiration.

FREE!

**Roving Park System Naturalist**

**Monday, February 16 at 10 a.m.**

**Henry Hudson Trail – Meet at Popamora Point, Highlands**

Join our Roving Park System Naturalist for a walk and learn about seasonal points of interest. FREE!

**Open Shoot Archery**

**Wednesday, February 18 from 5-8 p.m.**

**Thompson Park Activity Barn, Lincroft**

We're aiming for fun during this open shoot. All equipment is provided. No outside equipment permitted. There is limited instruction during this program open to ages 8 and up (under 18 with adult). The cost is \$8 per person; cash or check only.

**Nature Lecture Series: Seals of Monmouth County**

**Thursday, February 19 from 7-8 p.m.**

**Bayshore Waterfront Park Activity Center, Port Monmouth**

Believe it or not, a variety of seals call the shores of Monmouth County home each winter. Learn more about the lives and ecology of our local seal population during this presentation. FREE!

To learn more about these Park System activities, please visit

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) or call the Park System at 732-842-4000. For persons with hearing impairment, the Park System TTY/TDD number is 711. The Monmouth County

Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks, and Recreation agency.

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