



CONTACT: Karen Livingstone or
Communications

732-842-4000, ext. 4256

klivings@monmouthcountyparks.com

Patti Conroy

Visitor Services

732-842-4000, ext. 4247

pconroy@monmouthcountyparks.com

FOR IMMEDIATE RELEASE

Wednesday, February 18, 2015

WELCOME SPRING IN A PARK



*Head over to the Manasquan Reservoir Environmental Center, Howell, for a free **Snake Meet and Greet** on March 7 & 8 at 10:30 a.m.*

LINCROFT — March marks the official arrival of spring and brings with it plenty of opportunities to enjoy the Monmouth County Park System. Here's what's planned for the month:

Men's Open Gym Basketball

Sundays, March 1, 8, 15, 22 & 29 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 session; cash or check only.

E. Murray Todd Half Marathon

Sunday, March 1 at 9 a.m.

Brookdale Community College, Lincroft

Race-day registration is accepted for this 13.1-mile run and costs \$50 per person.

Roving Park System Naturalist at Fisherman's Cove Conservation Area

Sunday, March 1 at 9 a.m.

Fisherman's Cove Conservation Area, Manasquan

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

Music Man Rich Marzec at Historic Longstreet Farm

Sunday, March 1 from 1-3 p.m.

Historic Longstreet Farm, Holmdel

Enjoy piano music from the 1890s. FREE!

Hooping for Beginners

Mondays, March 2, 9, 16, 23 & 30 from 11 a.m. -12 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Twirl and dance your way into toning muscles, improving balance and flexibility, and strengthening your core. The cost is \$5 per person per session; cash or check only.

Men's Open Basketball - 30 & Up

Mondays, March 2, 9, 16, 23 & 30 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 session; cash or check only.

Crunch @ Lunch

Tuesdays & Thursdays, March 3-31 from 12:15-12:45 p.m.

Fort Monmouth Recreation Center, Tinton Falls

This 30-minute, twice weekly moderate to high impact class combines strength, cardio, stability and endurance. The cost is \$5 per person per session; cash or check only.

Teen Open Gym Basketball

Wednesdays, March 4, 11, 18 & 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 session; cash or check only.

Pottery Open House

Wednesday, March 4 from 4-8 p.m.

Thompson Park Creative Arts Center, Lincroft

See if a pottery class is right for you by sampling some hand building techniques and trying your luck at the potter's wheel. Open to ages 7 & up, under 18 with adult.

FREE!

Lunch Break Basketball

Fridays, March 6, 13, 20 & 27 from 12:00-1:30 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Adults are invited to spend their lunch break playing full court pick-up games in our climate controlled gym. The cost is \$5 per person per session; cash or check only.

Women's Open Gym Fitness

Saturdays, March 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 session; cash or check only. Release form must be signed upon payment.

Open Shoot Archery

Saturday, March 7 from 10 a.m.-1 p.m.

Thompson Park Activity Barn, Lincroft

Join us for 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.

Surprise Story Time

Saturday, March 7 from 11-11:45 a.m.

Deep Cut Gardens, Middletown

Join us for 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!

19th Century Woodworking Demo

Saturday, March 7 from 12-3:30 p.m.

Historic Longstreet Farm, Holmdel

See the staff use 19th century woodworking tools. FREE!

Snake Meet and Greet

Saturday & Sunday, March 7 & 8 at 10:30 a.m.

Manasquan Reservoir Environmental Center, Howell

Meet a live snake and learn about the ones that live at the reservoir. FREE!

Open Ceramics

Sunday, March 8 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.

Blacksmith Demonstration

Sunday, March 8 from 1-3 p.m.

Historic Longstreet Farm, Holmdel

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

Roving Park System Naturalist along Hominy Hill Path

Saturday, March 14 at 9 a.m.

Hominy Hill Path, adjacent to Hominy Hill Golf Course, Colts Neck

Join our Roving Park System Naturalist for a walk along the Hominy Hill Path and learn about seasonal points of interest. Meet in Matthews Road parking lot. FREE!

Black and White, and Read All Over

Saturday & Sunday, March 14 & 15 from 1-4 p.m.

Historic Walnford, Upper Freehold

Relax with a newspaper, browse through a magazine and catch up on the news - from over 150 years ago when we set out some of our archival treasures. FREE!

Monarch Butterflies Nature Program

Saturday, March 14 at 11 a.m.

Sunday, March 15 at 2 p.m.

Manasquan Reservoir Environmental Center, Howell

Learn about the migration of monarch butterflies and more. FREE!

Hula Hoop Weaving - Drop-In

Friday, March 20 from 4-7 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Have fun while making placemats or a rug from old, unwanted t-shirts. The more t-shirts that are used, the larger the project will become. The cost is \$15 per family, cash or check only.

Nature Lecture Series: Ospreys

Thursday, March 26 from 7-8 p.m.

Bayshore Waterfront Park Activity Center, Port Monmouth

A Park System Naturalist will give an illustrated talk on the successful comeback of ospreys in Monmouth County since the 1970s. This presentation will explore the migration of ospreys and highlight the stunning beauty and fascinating natural history of this impressive bird of prey. FREE!

Roving Park System Naturalist at Hartshorne Woods Park

Saturday, March 28 at 9 a.m.

Hartshorne Woods Park, Middletown

Join our Roving Park System Naturalist for a walk and learn about seasonal points of interest. Meet at the Rocky Point entrance on Portland Road in Highlands. FREE!

Kite Making

Saturday, March 28 from 12:30-2:30 p.m.

Historic Longstreet Farm, Holmdel

Join the staff for kite making. FREE!

Spring Peepers & Wood Frogs

Saturday & Sunday, March 28 & 29 at 1 p.m.

Manasquan Reservoir Environmental Center, Howell

Learn about these amphibians that fill early spring nights with their calls. FREE!

Book Swap Drop In

Sunday, March 29 from 1-3 p.m.

Fort Monmouth Recreation Center, Tinton Falls

Bring an unwanted book(s) and swap it for something new. Accepted books are adult fiction, young adult fiction, and children's books. Don't have a book to swap? We have extras. FREE!

To learn more about these Park System activities, please visit

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.