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SUNNYSIDE EQUESTRIAN CENTER HOSTS WINTER PROGRAMS

LINCROFT — This winter the Monmouth County Park System is offering several programs at its Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft. First up is *Silver SPURs Horseback Riding* on Mondays, February 18-April 8 from 12noon-1:30pm. Open to age 55 and up, this class is designed for both seniors riding for the first time and those looking to brush up their skills. Focus is on safety, balance and strength while teaching riding and handling skills. Class size is limited and physician's approval required. An additional session is offered on Wednesdays, February 20-April 10 from 10-11:30am. The cost of each session is \$460 per person. Pre-registration is required.

Yoga for the Equestrian will be offered from 9-10:30am on Thursdays, February 21-April 11. Open to ages 16 and up, this class helps riders improve their balance, alignment, focus, flexibility and strength. Classes are gentle and open to all body types, ages and fitness levels. If possible, please bring yoga mat. The cost is \$96 per person. Pre-registration is required.

Then from 3:30-5pm on Fridays, February 22-April 12, the Park System is hosting *Beginner Adult Horseback Riding*. Students will learn basic riding skills with a focus on safety, balance and control. Non-mounted horse handling skills will be taught throughout the session. Participants should be confident mounting independently and riding off lead at the walk. The cost is \$534 per person. Pre-registration is required.

For more information or to register for any of these classes, please visit

www.monmouthcountyparks.com or call (732) 842-4000. For persons with hearing

impairment, the 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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