



MONMOUTH
COUNTY
**PARK
SYSTEM**

Yours to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



SPRING 2026

REGISTRATION BEGINS FEBRUARY 11

WWW.MONMOUTHCOUNTYPARKS.COM



No matter where your interests lie, the

Monmouth County Park System

has offered recreation spaces for residents to enjoy for over sixty years.



Within over 18,000 acres, the Park System is comprised of over 40 sites, including general park areas, golf courses, historic sites, trails, and open spaces. And no matter where you live in Monmouth County, you're likely no more than ten minutes away from a park, offering your family a variety of benefits to enjoy.

Health Benefits

- With over 150 miles of trails scattered throughout the parks, adding a walk to your routine a few times a week is simple. Walking reduces your risk of heart disease and stroke while improving the management of high blood pressure, high cholesterol, diabetes, and more.
- Feeling stressed, depressed, or anxious? The American Heart Association suggests that spending time in nature can energize your mind and body. Spending time in green, natural spaces can boost your mood, whether relaxing in a natural space or taking a stroll through the woods.
- Want to peel your children away from their devices and get them the exercise they need to grow stronger and healthier? Nine Park System sites offer playgrounds where children can jump, swing, climb, and play, all while socializing and making new friends. Or, take a leisurely family bike ride on a paved trail!

Social Interaction

- By registering for a program or attending a free drop-in event, you can learn something new or enhance current hobbies or skills while meeting new people.
- Connecting with friends and family couldn't be easier when you meet in your favorite Monmouth County parks! Spend time together with a picnic, watch your children play together on a playground, go on a walk or hike, or have fun at one of our many events planned throughout the year, such as the Creative Arts Festival (p. ??), Walnford Day (p. ??), or our biggest event, the Monmouth County Fair happening July 22-26.

Education

- Step back in time with a visit to one of our historic sites!
 - At Historic Longstreet Farm, Holmdel, visitors experience the sights, sounds, and smells of rural Monmouth County in the 1890s.
 - A trip to Historic Walnford in Upper Freehold educates visitors about the Waln family and the evolution of Walnford over two centuries.
 - Located within Hartshorne Woods Park, Historic Battery Lewis educates visitors on the site's coastal defense efforts during the Cold War Era.
 - Historic Portland Place, Locust, was owned by the Hartshorne family for most of its long history and is closely interwoven with the early settlement of the Navesink Highlands.
 - The Historic Racing Stable at Thompson Park, Lincroft, is one of Brookdale Farm's most iconic structures and offers a look into the story of Thoroughbred racing in Monmouth County.
 - Once part of a sprawling 250+ acre farm, the Holmes-Hendrickson House is located within Holmdel Park and offers a glimpse into New Jersey's colonial past.
- With the Manasquan Reservoir Environmental Center in Howell and Huber Woods Environmental Center & Reptile House in Middletown, it's easy to gain an understanding of local habitats and the importance of taking care of our environment.
- Offering over 4,000 programs each year, the Park System will help you learn how to dance, create beautiful artwork, make delicious meals, discover nature, explore how to create a garden, and much more!

These are only some of the benefits your Monmouth County Park System offers area residents. Explore all we have to offer by visiting our website at www.MonmouthCountyParks.com.

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Essential Eligibility Requirements for Programs

1. **Age:** Must fall within the listed age/grade for a program.
2. **Capacity:** An individual must register before the program has reached its maximum capacity.
3. **Charges:** Payment is due upon registering, or through an approved third-party balance due.
4. **Hygiene:** Participants must be able to manage their personal care including eating, drinking, changing clothing, and toileting.
5. **Prerequisite Skills:** Individuals may be required to be at a specific stated skill level for some programs.
6. **Conduct:** With or without accommodation, all participants shall abide by standard rules of conduct:
 - Participants shall be respectful of other participants, staff, and others.
 - Participants shall be respectful of the equipment and use it as instructed.
 - Participants shall be responsible for their words and actions.

Please refer to individual programs for additional eligibility requirements that may be necessary to ensure safety in a program.

Icon Key



New Program



Free Program



**America 250
Themed Program**



**World Cup
Themed Program**

MARCH 2026

SATURDAY, MARCH 7

Cookstove Demonstration (p. 4)

Summer Job Fair (p. 47)

SUNDAY, MARCH 8

Blacksmith Demonstration (p. 4)

E. Murray Todd Half Marathon (p. 97)

WEDNESDAY, MARCH 11

Splendid Spring Strolls (p. 79)

SATURDAY, MARCH 14

Open Shoot Archery (p. 15)

WEDNESDAY, MARCH 18

Splendid Spring Strolls (p. 79)

FRIDAY, MARCH 20

Salamanders of Monmouth County (p. 82)

SATURDAY, MARCH 21

19th Century Woodworking Demonstration (p. 4)

Accordion Melodies of the 1890s (p. 4)

Cookstove Demonstration (p. 4)

Under the Spring Stars (p. 11)

TUESDAY, MARCH 24

Casual Birder (p. 80)

SATURDAY, MARCH 28

Piano Ballads from the Turn of the Century (p. 4)

Spring Craft Show (p. 64)

Wood Carving Demonstration (p. 4)

APRIL 2026

WEDNESDAY, APRIL 1

Seashore Open House (p. 14)

SATURDAY, APRIL 4

Cookstove Demonstration (p. 4)

FRIDAY, APRIL 10

Climb Time (p. 15)

SATURDAY, APRIL 11

Open Shoot Archery (p. 15)

Piano Ballads from the Turn of the Century (p. 4)

SUNDAY, APRIL 12

Blacksmith Demonstration (p. 4)

WEDNESDAY, APRIL 15

Menhaden: The Most Important Fish Along the Jersey Shore!
(p. 82)

Splendid Spring Strolls (p. 79)

SATURDAY, APRIL 18

Accordion Melodies of the 1890s (p. 4)

Cookstove Demonstration (p. 4)

Earth Day Open House (p. 12)

SUNDAY, APRIL 19

Earth Day Beach Cleanup (p. 12)

Traditional Quilting Demonstration (p. 4)

WEDNESDAY, APRIL 22

Earth Day Planting (p. 12)

SATURDAY, APRIL 25

Rug Hooking Demonstration (p. 5)

Wool Days/Sheep Shearing (p. 5)

SUNDAY, APRIL 26

Cookstove Demonstration (p. 4)

Felting Demonstration (p. 5)

Wool Days/Sheep Shearing (p. 5)

TUESDAY, APRIL 28

Casual Birder (p. 80)

WEDNESDAY, APRIL 29

Splendid Spring Strolls (p. 79)

MAY 2026

SATURDAY, MAY 2

Cookstove Demonstration (p. 4)

Embroidery Demonstration (p. 5)

Sprinning, Knitting & Weaving Demonstration (p. 6)

SUNDAY, MAY 3

Natural Dyeing Demonstration (p. 6)

TUESDAY, MAY 5

Casual Birder (p. 80)

FRIDAY, MAY 8

Climb Time (p. 15)

SATURDAY, MAY 9

Creative Arts Festival (p. 53)

Native Plant Workshop & Exchange (p. 77)

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WEDNESDAY, MAY 13

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SATURDAY, MAY 16

19th Century Woodworking Demonstration (p. 4)

Accordion Melodies of the 1890s (p. 4)

Cookstove Demonstration (p. 4)

Open Shoot Archery (p. 15)

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TUESDAY, MAY 19

Casual Birder (p. 80)

WEDNESDAY, MAY 20

Horseshoe Crabs Trying to Survive in a Modern World (p. 82)

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Canoe Rentals on Marlu Lake (p. 15)

The Libby Prison Minstrels (p. 5)

SUNDAY, MAY 24

Canoe Rentals on Marlu Lake (p. 15)

MONDAY, MAY 25

Decoration Day Celebration (p. 5)

SATURDAY, MAY 30

Piano Ballads from the Turn of the Century (p. 4)

SUNDAY, MAY 31

Cookstove Demonstration (p. 4)

Historic Longstreet Farm, located within Holmdel Park, recreates the sights, sounds and smells of rural Monmouth County in the 1890s. Interpreters in period dress show both daily and seasonal agricultural and domestic activities. This interpretation includes breeds of animals and crops raised at the site in the 1890s. As this is a working farm, visitors are not permitted to feed or touch the animals and pets are not permitted.

Historic Longstreet Farm is open daily year round from 10:00 AM-4:00 PM with extended hours of 9:00 AM-5:00 PM from Memorial Day through Labor Day.



HISTORIC LONGSTREET FARM

Cookstove Demonstration

Free

After you've enjoyed a walk through the Longstreet Farmhouse, stop by the outdoor kitchen to see what's cooking on the wood-fired stove. Discover how recipes, cooking techniques and kitchens have changed since the 1890s.

Saturday, March 7, 11:00 AM-3:00 PM
Saturday, March 21, 11:00 AM-3:00 PM
Saturday, April 4, 11:00 AM-3:00 PM
Saturday, April 18, 11:00 AM-3:00 PM
Sunday, April 26, 11:00 AM-3:00 PM
Saturday, May 2, 11:00 AM-3:00 PM
Saturday, May 16, 11:00 AM-3:00 PM
Sunday, May 31, 11:00 AM-3:00 PM

Blacksmith Demonstration

Free

The blacksmith will be working at the anvil turning iron into functional tools and hardware. Don't miss this opportunity to see craftsmanship in action and learn about the rich history behind the forge.

Sunday, March 8, 1:00-3:00 PM
Sunday, April 12, 1:00-3:00 PM
Sunday, May 10, 1:00-3:00 PM

19th Century Woodworking Demonstration

Free

Woodworking is more than carpentry. See how a woodworker studies his materials, plies his tools, and crafts beautiful and functional items.

Saturday, March 21, 1:00-3:00 PM
Saturday, May 16, 1:00-3:00 PM

Accordion Melodies of the 1890s

Free

Enjoy melodies of the 1890s played on the accordion while you visit the Longstreet farmhouse.

Saturday, March 21, 1:00-3:00 PM
Saturday, April 18, 1:00-3:00 PM
Saturday, May 16, 1:00-3:00 PM

Piano Ballads from the Turn of the Century

Free

Tap your feet, dance a one-step, or sing along to popular turn-of-the-19th-century ballads as they are played on our farmhouse piano.

Saturday, March 28, 1:00-3:00 PM
Saturday, April 11, 1:00-3:00 PM
Saturday, May 30, 1:00-3:00 PM

Wood Carving Demonstration

Free

Using a collection of knives, gauges, and their imagination, see how our wood carver whittles a block of wood into a beautiful work of art.

Saturday, March 28, 1:00-3:00 PM

Traditional Quilting Demonstration

Free

Traditional hand quilting is becoming a lost art. Hand quilting pre-dates the sewing machine, and it is a great way to add a special touch to your quilt. Be inspired as our quilter demonstrates beautiful quilting stitches, so you can create your own heirloom quilt.

Sunday, April 19, 1:00-3:00 PM

Rug Hooking Demonstration

Join us for this demonstration of the 19th-century craft of rug hooking.

Saturday, April 25, 1:00-3:00 PM

Felting Demonstration

Felted wool is the world's oldest known textile. Learn the process of felting wool that can be used in garments.

Sunday, April 26, 1:00-3:00 PM

Embroidery Demonstration

Embroidery is the skilled art of applying decorative designs with a needle and thread. Be inspired by the various stitches and embellishments to create a beautiful piece of clothing or decoration for your home.

Saturday, May 2, 1:00-3:00 PM

Traditional Chair Caning Demonstration

Chair caning is an intricate skill. Our demonstrator will show you the process of weaving natural plant fibers into the seat of a chair, creating a delicate but sturdy design.

Saturday, May 9, 1:00-3:00 PM

The Libby Prison Minstrels

Visit the farm and be entertained by the Libby Prison Minstrels, known for their historical songs about life on the battlefield and the home front during the Civil War era.

Saturday, May 23, 1:00-3:00 PM

Decoration Day Celebration

Before it was called Memorial Day, Americans celebrated Decoration Day. This family holiday originated soon after the Civil War, when women decorated the graves of fallen soldiers. It was a day for family reunions and remembrance. Enjoy the good company of family and friends at Longstreet Farm as we honor this early American holiday.

Monday, May 25, 12:00-3:00 PM

Adult Farm Chores

(adults)

This grown-ups-only version of our popular Morning Farm Chores program offers adults the chance to work on the farm before it opens to the public. Participants will still milk a cow, collect eggs and feed the livestock, but will have more hands-on jobs and detailed discussions about the nitty-gritty of farm life in the 1890s. Make sure to wear closed-toed shoes and clothes that can get dirty.

One Session \$20.00 Per Person

Longstreet Farm

Sat, May 30 8:00-9:30 AM F1562X

Beginner Wood Carving Class

(adults)

If you have been thinking about taking up a new pastime or have always admired woodcarving now is your chance to explore and learn about this craft. Beginners will get a good foundation in traditional wood carving and will be able to build on their skills. You will complete two projects and your carving supplies and two extra pieces of wood are yours to take home. All supplies provided by the instructor for a fee of \$40.00, payable to the instructor on the day of class.

One Session \$40.00 Per Person

Longstreet Farm Vis Ctr

Sat, Apr 11 11:00 AM-3:00 PM F0262X

**Wool Days/Sheep Shearing**

**Saturday & Sunday, April 25 & 26,
12:00-3:00 PM**

Historic Longstreet Farm

Harvesting wool is a farm activity performed every spring. Stop by this weekend to learn how our farmers use traditional blade shearing practices to remove the fleece from our sheep. Gene Sheninger will return with his collies to demonstrate their herding skills.

Farm Buds *(ages 4-5, with adult)*

We're growing a garden! Join us as we dig into the fun of gardening! Each week, we'll learn about a new plant and how to care for it. We'll spend some time in the garden, visit the chickens, and then head to the farmhouse for stories and games. Everyone can plant their own seeds in a little container to take home and watch grow!

One Session \$14.00 Parent/Child**Longstreet Farm Vis Ctr****Thu, Apr 2 10:30-11:45 AM F0662X****Thu, Apr 9 10:30-11:45 AM F0762X****Thu, Apr 16 10:30-11:45 AM. F0862X****Thu, Apr 23 10:30-11:45 AM. F0962X****Thu, Apr 30 10:30-11:45 AM. F1062X****Thu, May 7 10:30-11:45 AM F1162X****Thu, May 14 10:30-11:45 AM F1262X****Thu, May 21 10:30-11:45 AM F1362X****Thu, May 28 10:30-11:45 AM F1462X****Morning Farm Chores***(ages 6 and up, under 18 with adult)*

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Ages 6 & up; under 18 must be accompanied by an adult (chaperones are free but please limit 1). Make sure to wear closed-toed 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 Farm Grounds****Sat, Mar 7 8:00-9:30 AM F1662X****Sun, Mar 22 8:00-9:30 AM F1762X****Sat, Apr 4 8:00-9:30 AM F1862X****Sun, Apr 19 8:00-9:30 AM F1962X****Sat, May 2 8:00-9:30 AM F2062X****Sun, May 17 8:00-9:30 AM. F2162X****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, Mar 17-May 19 10:00 AM-3:00 PM. . . F0162X****HISTORIC HOLMES-HENDRICKSON HOUSE****Holmes-Hendrickson House****Holmdel Park, Holmdel****Tours available Saturdays & Sundays from
April 25-October 18, 12:00-3:00 PM.**

This structure is a lasting example of how Dutch and English cultures melded into Monmouth County's unique heritage. The Holmes and Hendrickson families were some of the first settlers to arrive in the County during the late 17th century. The history of their lives and accomplishments is kept alive in this stunning house museum featuring interpreters in period clothing.

**Natural Dyeing Demonstration**

In the 1700s, all dyes came from natural sources like plants and insects. Explore the magic of color while visiting the Holmes Hendrickson House (circa 1754), tucked in the hillside of Holmdel Park. Kelly Bahash, a sustainable and natural designer, will be demonstrating the process of locally grown plants that can be used to make natural dyes.

Sunday, May 3, 11:00 AM-4:00 PM**Spinning, Knitting & Weaving
Demonstration**

Nestled on a hillside adjoining Holmdel Park, the Holmes-Hendrickson House (c. 1754) is an example of New Jersey's colonial past. Enjoy a demonstration of spinning, knitting, and weaving while appreciating this piece of history.

Saturday, May 2, 11:00 AM-4:00 PM

**SUNDAY, MAY 17,
11:00 AM-5:00 PM**
62 WALNFORD RD, UPPER FREEHOLD

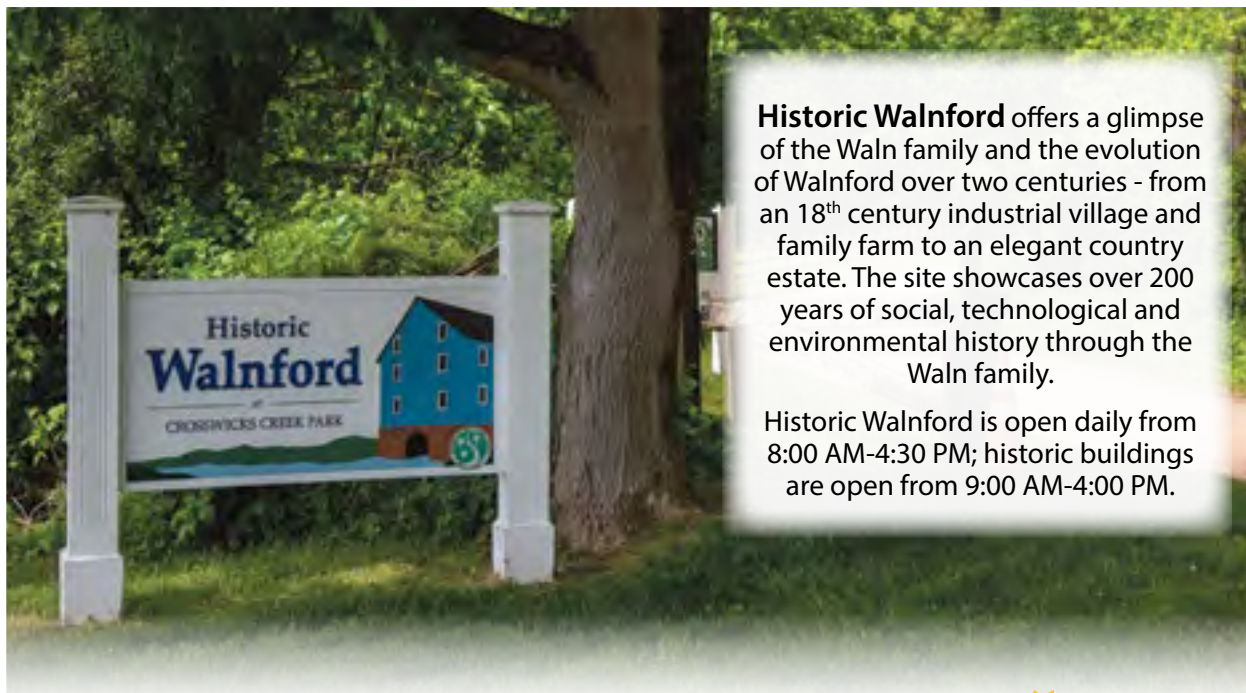
Walnford Day

Entertainment abounds at this annual celebration of 200 years of Waln history!

FREE PARKING • FREE ADMISSION

- View historical demonstrations and displays
- See the gristmill in action
- Go on a horse-drawn wagon ride
- Explore the 1773 Waln family home
- Enjoy bluegrass music with special guests
Magnolia Street String Band from 2:00-4:00 PM





Historic Walnford offers a glimpse of the Waln family and the evolution of Walnford over two centuries - from an 18th century industrial village and family farm to an elegant country estate. The site showcases over 200 years of social, technological and environmental history through the Waln family.

Historic Walnford is open daily from 8:00 AM-4:30 PM; historic buildings are open from 9:00 AM-4:00 PM.

HISTORIC WALNFORD

Milling Demonstrations

Experience sights and sounds of years past as corn is ground into meal at Waln's Mill! Milling demonstrations take place on weekend afternoons, April through November, at 12:30 PM, 1:30 PM, 2:30 PM, and 3:30 PM.

Fine Feathered Friends

(ages 5-10, with adult)

What do they eat? Where do they live? How many eggs do they lay? During this program, you and your child will learn the answers to these questions and more as we interact with Walnford's small flock of chickens. Then, make a take home craft inspired by our golden girls!

One Session \$15.00 Parent/Child

Historic Walnford Outdoor Area

Sun, Apr 12 10:00-11:00 AM. G0262X

Spring Eggstravaganza

(ages 1 and up, under 12 with an adult)

Join us for an egg-citing afternoon at Historic Walnford! We will begin promptly at 1:00 PM with an egg hunt where children can search for eggs filled with delicious treats hidden throughout the site. Then, participate in an egg and spoon race and take a photo with a chicken!

One Session \$15.00 Parent/Child

Historic Walnford Outdoor Area

Sun, Mar 29 1:00-2:00 PM G0362X



HISTORIC SEABROOK-WILSON HOUSE Free

**Mondays, Thursdays & Sundays,
April 2-October 29, 1:00-4:00 PM**

Bayshore Waterfront Park, Port Monmouth

Ever wondered what it looks like inside that mysterious white building by the bay?

Visit Seabrook-Wilson House, which dates back to the early 1700s and is one of the oldest homes along the Jersey shore and the oldest home along Sandy Hook Bay.



Historic Portland Place Free

**Tours available Wednesday-Sunday from
May 2-November 14 at 10:30 AM, 11:30 AM,
1:30 PM & 2:30 PM**

**Tours limited to 10 people;
sign in at the Visitor Center.**

Owned by the Hartshorne family for most of its long history, Portland Place is closely interwoven with the early settlement of the Navesink Highlands, the Hartshorne family, and the lands that are now Hartshorne Woods Park. The restored 18th century house, furnishings, art and exhibits help tell the story of the region's history and the Hartshorne family legacy in Monmouth County.



Historic Racing Stable Free

**Thompson Park, Lincroft
Tours available Fridays, Saturdays &
Sundays from May 2-October 18,
10:00 AM-4:00 PM.**

Located within the Brookdale Farm National Historic District, the historic racing stable showcases the history of Thoroughbred racing in Monmouth County through exhibits mounted within the rugged horse stalls.



Historic Battery Lewis Free

**Hartshorne Woods Park
Rocky Point Section, Highlands
Tours available Saturdays & Sundays from
May 23-October 11, 10:00 AM-4:00 PM.**

The 224-acre Navesink Military Reservation hosted a number of different land and air-based military installations to defend New York Harbor and surrounding areas. The newly restored Battery Lewis includes interpretive exhibits and a 16-inch gun barrel.



ARTS & CRAFTS

Friday Evening Pottery*(ages 11 and up)*

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

Instructor: Kayla Robinson

Seven Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 13-Apr 24 6:30-8:30 PM Z7262X

Fri, May 1-Jun 12 6:30-8:30 PM Z7362X

Puppet Making/Puppet Show Day!*(all ages, under 18 with adult)*

It's World Puppetry Day today! Let's celebrate it by making puppets and then putting on a puppet show! All supplies for paper plate puppets will be provided. Just bring your creativity, stories, jokes, and songs for our puppet show.

One Session \$28.00 Per Family of Up to 4

Thompson Pk Vis Ctr Tulip Room

Sat, Mar 21 1:30-3:00 PM. Q1562X

Sunday Ceramics*(ages 8 and up, under 18 with paying adult)*

Looking for a relaxing and creative way to spend your Sunday? Try your hand at ceramic arts! Choose from a large selection of bisque fired pottery pieces to glaze with your own personal style. Leave your piece with us and we will have it glaze fired and ready to pick up in about a week. Pre-registration is required and space is limited, 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.

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 1 11:30 AM-1:00 PM. ZCT62X

Sun, Mar 1 1:30-3:00 PM ZCU62X

Sun, Apr 12 11:30 AM-1:00 PM ZCV62X

Sun, Apr 12 1:30-3:00 PM ZCW62X

Sun, May 3 11:30 AM-1:00 PM ZCX62X

Sun, May 3 1:30-3:00 PM ZCY62X

FAMILY FUN

Flashlight Easter Eggstravaganza*(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 Easter eggs, and E.B. himself is coming to supervise the clean-up. Help us collect all the eggs, create some festive spring crafts and enjoy a visit with the Bunny himself.

One Session \$24.00 Per Child

Fort Monmouth Rec Ctr Gym A

Fri, Mar 27 6:00-6:30 PM M9562X

Fri, Mar 27 6:45-7:15 PM M9662X

Fri, Mar 27 7:30-8:00 PM M9762X

Mum! Dad! Bingo! Bluey™!*(ages 4-10, with adult)*

Step into the world of Bluey™ with our exciting family program! Get ready for a whirlwind of entertainment as we bring the beloved characters to life through games and activities straight from the show. Whether you're freezing in Musical Statues, unwrapping surprises in Pass the Parcel, showcasing your skills in Keepy Uppy, or embarking on daring quests in Raiders, there's adventure around every corner. Plus, channel your creativity with a Bluey™-themed craft to take home, and bond as a family as you tackle a scavenger hunt, uncovering hidden treasures and secrets together.

One Session \$22.00 Per Child

Fort Monmouth Rec Ctr Gym A

Fri, Mar 13 6:00-7:00 PM MBP62X

Fri, May 8 6:00-7:00 PM. MBQ62X

**Agatha Christie's
"The Mousetrap"**
NEW*(ages 12 and up, with adult)*

A severe snowstorm traps seven strangers in a remote countryside manor. A murder has recently been committed in London. The phone line goes dead. Find out what happens in the world's longest running play by the iconic Agatha Christie.

Pre-registration is required.

ADMISSION

Adults: \$12.00

Seniors: \$7.00

Children: \$5.00

Thompson Park Theater Barn

Saturday, May 30, 3:00-5:00 PM (#Q1662X)

Sunday, May 31, 3:00-5:00 PM (#Q2162X)

NATURE

Animal Hours at a Park Near You!*(all ages, under 18 with adult)*

What does a living snake feel like? How did the box turtle get its name? Is it a toad or a frog? You will get the answers to these questions and more during our special live animal visits. Get a close up view of some of the animals that normally live at the Huber Woods Reptile House and learn about the special characteristics and behaviors of each species.

One Session \$13.00 Parent/Child \$6.50 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Apr 19 10:30-11:30 AM. IK262X

Dark Sky Hike *(ages 11 and up, under 18 with adult)*

Celebrate International Dark Sky Week with a guided night hike. We will search for nocturnal wonders in the sky and along the trails. Learn how outdoor lighting affects wildlife and our view of the stars. Wear closed-toe shoes for walking along uneven terrain.

One Session \$18.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, Apr 16 7:30-8:30 PM (approx) IMF62X

Eagle Boat Tours *(ages 4 and up, under 18 with adult)*

Celebrate the United States' 250th year by wearing your red, white, and blue and joining a Park System Naturalist to explore the Manasquan Reservoir in search of the bald eagle, our national symbol. Take advantage of this evening pontoon boat tour, which is the best way to see our eagles and other great wildlife. Lifejackets are provided and are required to be worn by all passengers.

One Session \$9.00 Per Person

Manasquan Res Outdoor Area

Fri, May 15 4:30-5:30 PM I0362X

Fri, May 15 5:30-6:30 PM I0462X

Fri, May 15 6:30-7:30 PM I0562X

Fri, May 29 4:30-5:30 PM I0662X

Fri, May 29 5:30-6:30 PM I0762X

Fri, May 29 6:30-7:30 PM I0862X

Family Nature Days!*(ages 4 and up, under 18 with adult)*

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

One Session \$18.00 Parent/Child \$9.50

Additional Person

Seven Presidents Pk Act Ctr

Sun, Mar 29 10:00-11:30 AM IM262X

Family Woodcock Walk*(all ages, under 18 with adult)*

Join us on an evening walk in the park to search for one of nature's quirkiest birds, the American Woodcock. Their "sky dance" or mating ritual is one of the earliest signs of spring. We will start our walk just before sunset and hope to end our walk by watching their remarkable courtship in the sky. Please make sure to wear waterproof shoes/boots, as some of the trail may be wet. A flashlight or headlamp is also recommended for the walk back to the parking lot.

One Session \$10.00 Per Person

Dorbrook Rec Area (Parking Lot Southside of Rt. 537)

Thu, Mar 5 5:30-6:30 PM (approx) IKC62X

Forest Friends After Five *(ages 4-7, with adult)*

Join us for a gentle, nature-filled stroll designed especially for young children and their families. This guided walk invites little explorers to discover the sights, sounds, and textures of the natural world at their own pace. We'll stop to look for bugs, listen to birds, and enjoy simple sensory activities along the way. Perfect for parents, grandparents, and caregivers looking to connect with their children – and with nature – before bedtime. Comfortable shoes and curiosity encouraged!

One Session \$12.00 Parent/Child

Manasquan Res Env Ctr Parking Lot

Tue, May 12 5:30-6:30 PM IM462X

Under the Spring Stars *(all ages, under 18 with adult)*

Saturday, March 21, 9:00-10:00 PM

Dorbrook Rec Area Soccer Field Parking Lot

"The cosmos is within us. We are made of starstuff." - Carl Sagan

Connect to the cosmos above us as we gaze into the night skies searching for constellations, planets, satellites, and "shooting stars". Bring a camp chair or a blanket to rest on and a flashlight to light your way in the dark. Program will be cancelled due to overcast skies or inclement weather.

Earth Day Celebrations

The Monmouth County Park System celebrates Earth Day with enthusiasm every year, and this year is no exception. From cleanups to plantings to nature walks, let's go outside and discover our local environment..

Earth Day Open House

Saturday, April 18, 10:00 AM-2:00 PM

Huber Woods Environmental Center, Middletown

The Park System invites family and friends of all ages to celebrate Earth Day at the Huber Woods Environmental Center. Events include live animal shows, and guided nature and history walks. Plus, bring a gently used nature book you no longer read and exchange it for a reading adventure that is new to you.

Earth Day Beach Cleanup

Sunday, April 19, 10:00 AM-12:00 PM

Bayshore Waterfront Park, Port Monmouth

Help us clean our coastline of trash and plastic debris while enjoying the beach near Sandy Hook Bay. Please bring your own gloves; trash bags and other tools will be supplied. We will meet near the entrance to the fishing pier.

Earth Day Planting

Wednesday, April 22, 5:00-6:30 PM

Bayshore Waterfront Park, Port Monmouth

Help us restore our native maritime forest. By planting native plants, your actions will provide valuable food and shelter for local wildlife! Plants are in limited supply, so this program will be under a first come, first serve basis.



www.MonmouthCountyParks.com

Kayak Fishing the Manasquan Reservoir

(ages 12 and up, under 18 with adult)

Home to giant 45-inch tiger muskies, 8+ lb. largemouth bass, 20 lb. channel catfish, and a nearly endless supply of yellow perch, crappie, and bluegill, the Manasquan Reservoir is one of New Jersey's best freshwater fishing opportunities. We will travel by sit-on-top kayaks to sites unreachable by shore anglers for non-stop fishing action. Whether you bring your own gear or borrow some of ours, your guides will make sure you leave with some new fishing stories to tell.

One Session \$58.00 Per Person

Manasquan Res Env Ctr Outdoor Area

Tue, May 19 9:00 AM-1:00 PM. I3962X

Sun, May 31 9:00 AM-1:00 PM I4062X

Spring Peeper Stroll

(ages 4 and up, under 18 with adult)

The echoing calls of the spring peeper tree frog are a sure sign spring has arrived. Enjoy their cheery calls as we quietly hike to wooded pools to catch a glimpse of these tiny harbingers of spring.

One Session \$12.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Mar 14 6:30-7:45 PM. I2762X

Sunset Stroll Around Turkey Swamp Lake

(all ages, under 18 with adult)

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

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

Turkey Swamp Pk Shelter Bldg

Sat, Mar 14 6:00-8:00 PM. IK362X

World Turtle Day Celebration

(ages 7 and up, under 18 with adult)

Join a Park System Naturalist to celebrate World Turtle Day. Enjoy a live turtle show to increase awareness of this amazing group of reptiles. We will meet some of our native turtle species and learn about their threats and what we can do to help them.

One Session \$12.00 Per Person

Manasquan River Greenway Winter Run Act Ctr

Sat, May 23 1:00-2:00 PM I1462X

FRESHWATER FISHING DERBIES

The Park System is excited to host its annual fishing derbies for both beginner and experienced anglers.

No idea how to fish? Staff will provide free hands-on clinics from 12:30-1:30 PM to show you how to cast and rig, as well as answer any questions you may have.

Prizes will be awarded for the longest fish in three different categories.

Pre-registration is recommended as space is limited; however, walk-ins will be welcome (cash or check only). A container of worms is included with each registration.

Fishing poles available for rent on a first come, first serve basis for \$5.00.

Cost: \$34.00 Per Family of 4 or \$10.00 Per Person

Saturday, June 20, 2:00-5:00 PM (#U0263X)

Manasquan Reservoir, Howell

Sunday, June 21, 2:00-5:00 PM (#U0363X)

Turkey Swamp Park, Freehold



Seashore Open House

Wednesday, April 1, 1:00-4:00 PM

Seven Presidents Oceanfront Park Act Ctr

Kick off the changing of the seasons with a trip to the beach!

The Activity Center at Seven Presidents Oceanfront Park is a great place to bring back memories of the summer or to learn more about the seashore.

During our annual Open House experience seashore fun including hands-on activities that will entertain and educate you about the shore and the sea, or speak with a Park System Naturalist about your own shell collection or the aquatic animals on display.

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



Rockin' the Trails

April 15-December 31, 2026

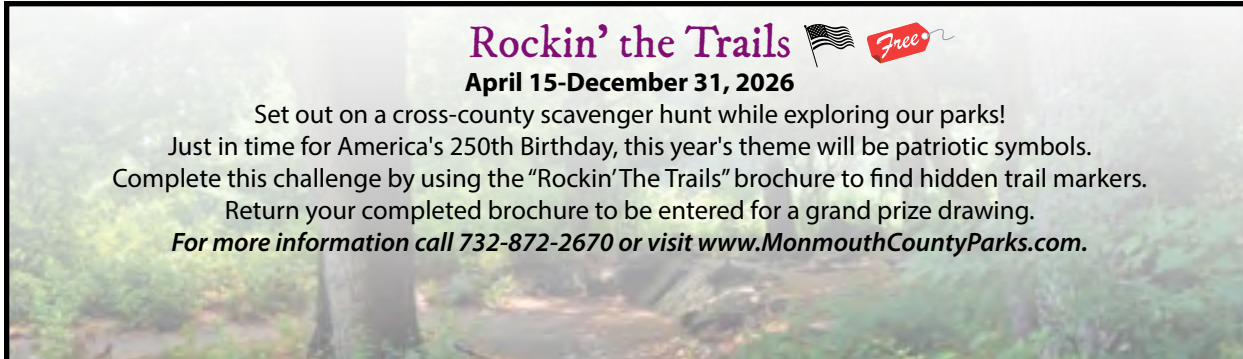
Set out on a cross-county scavenger hunt while exploring our parks!

Just in time for America's 250th Birthday, this year's theme will be patriotic symbols.

Complete this challenge by using the "Rockin' The Trails" brochure to find hidden trail markers.

Return your completed brochure to be entered for a grand prize drawing.

For more information call 732-872-2670 or visit www.MonmouthCountyParks.com.



Weekend Boat Tours at Manasquan Reservoir

All aboard! Enjoy a boat tour on the beautiful Manasquan Reservoir! Tours are narrated by Park System Naturalists and offer excellent opportunities to view turtles, egrets, herons, ospreys, and perhaps even a bald eagle! These 45-minute tours launch from the Visitor Center located on Windeler Road.

Life jackets are required and provided. Tours are weather and water level dependent.

Cost: \$6.00 per adult, \$4.00 per child 12 and under

May 23-September 7 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM

Includes Memorial Day, Fourth of July, and Labor Day.

For more information, call 732-751-9453.



OUTDOOR ADVENTURES

Archery Golf

(ages 9 and up, under 18 with adult)

Enjoy this twist on archery to score a birdie instead of a bullseye! First, you'll learn the basics of archery by shooting at a traditional target. Then, using soft-tipped arrows, try your hand to shoot a round of archery golf on our pop-up course.

One Session \$27.00 Adult & Junior

Thompson Pk Activity Barn

Sun, Apr 12 10:00 AM-12:00 PM W5262X

Finding the Founding Fathers

(ages 8-12, with adult)

Come celebrate our country's 250th anniversary by spending the day outdoors while searching for our founding fathers so they can plan the revolution. Your family will enjoy using our hand-held GPS units around the park to locate their hiding spots. After all, the declaration won't write itself!

One Session \$20.00 Adult & Junior \$10.00 Additional Sibling

Thompson Pk 3 Barns Parking Lot

Mon, Mar 30 10:00-11:30 AM W7062X

Spring into Spring Family Camping

(ages 5 and up, with adult)

Celebrate spring with family camping. Your family will learn various camping skills, play fun games, climb the portable rock wall, and so much more. Each family will be provided a platform tent, dinner, and breakfast. Additional camping equipment can be provided upon request. Platform tents are suitable for 3-6 persons per family.

\$230.00 Per Family of Up to Four

Turkey Swamp Pk Nomoco Group Campground

Fri-Sat, Apr 24-25 12:00 PM-11:00 AM . . W5862X

Sat-Sun, Apr 25-26 12:00 PM-11:00 AM . . W5962X



Canoe Rentals on Marlu Lake

(all ages, under 18 with adult)

Rent a canoe at Thompson Park's Marlu Lake and enjoy paddling locally. All equipment is provided.

Rental season runs every other weekend from Memorial Day weekend through the end of August.

Cost: \$15.00 per boat (tax included) for 1-3 people for 2 hours of canoeing

Rentals are available from 10:00 AM-3:00 PM on the following weekends:

May 23 & 24, June 6 & 7, June 20 & 21,

July 4 & 5, July 18 & 19, August 1 & 2,

August 15 & 16, and August 29 & 30

All rentals must be returned by 3:00 PM.

Climb Time

(ages 8 and up, with adult)

Catch a glimpse of your county's park from a whole new angle. Climbers will get to experience the thrill of climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

Cost: FREE

Friday, April 10, 12:00-3:00 PM

Shark River Park

Friday, May 8, 3:00-6:00 PM

Swimming River Park

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 at the Thompson Park Activity Barn. This is NOT a beginner instructional program.

If you are new to archery, register for one of our instructional classes prior to attending (p. 37 & 84).

Please dress for the weather as the Activity Barn is not heated or air-conditioned. All equipment is provided.

Location: Thompson Park Activity Barn

Cost: \$10.00 per person (cash or check only)

Saturday, March 14, 10:00 AM-1:00 PM

Saturday, April 11, 10:00 AM-1:00 PM

Saturday, May 16, 10:00 AM-1:00 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!

Four Sessions \$60.00 Parent/Child \$52.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Mar 12-Apr 2 9:30-10:15 AM M4962X

Thu, Apr 16-May 7 9:30-10:15 AM M5062X

Thu, May 14-Jun 4 9:30-10:15 AM M5162X

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.

Four Sessions \$60.00 Parent/Child \$52.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 11-Apr 1 9:30-10:15 AM M5562X

Wed, Apr 15-May 6 9:30-10:15 AM M5662X

Wed, May 13-Jun 3 9:30-10:15 AM M5762X

Thu, Mar 12-Apr 2 10:30-11:15 AM M5862X

Thu, Apr 16-May 7 10:30-11:15 AM M5962X

Thu, May 14-Jun 4 10:30-11:15 AM M6062X

**Dr. Seuss's Story Week***(ages 2-5, with adult)*

Celebrate Dr. Seuss's birthday with us! These classic stories are sure to be a hit. We will read a story, do a craft, and play some games! Each session will focus on a different beloved Dr. Seuss book. Please dress for mess or bring a smock.

One Session \$25.00 Per Pair

Dorbrook Rec Area Prog Bldg

Horton Hears a Who

Wed, Mar 4 10:00-11:00 AM A7262X

The Cat in the Hat

Thu, Mar 5 9:30-10:30 AM A6562X

Thu, Mar 5 11:00 AM-12:00 PM A6662X

The Lorax

Wed, Mar 11 10:00-11:00 AM A7462X

Hop on Pop

Thu, Mar 12 9:30-10:30 AM A6862X

Fox in Socks

Thu, Mar 12 11:00 AM-12:00 PM A6962X

KidzArt Squiggles to Grins*(ages 2-3, with adult)*

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

Six Sessions \$104.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Mar 31-May 5 11:30 AM-12:30 PM . . . ZBY62A

Tue, May 12-Jun 16 11:30 AM-12:30 PM . . . ZBZ62A

Henry Hudson Trail Act Ctr

Thu, Apr 2-May 7 9:30-10:30 AM ZC062A

Thu, May 14-Jun 18 9:30-10:30 AM ZC162A

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 have circle time working on socialization and fine motor skills, featuring a story and followed by an art project to bring home.

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

Six Sessions \$77.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Mar 6-Apr 24 10:45-11:30 AM A1462X

No class 4/3 & 4/10

Fri, May 1-Jun 5 10:45-11:30 AM A3062X

Messy Art

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue, glitter, and more. They'll get to make a mess while exploring and expressing themselves through art. **Please Note: This indoor class will move outdoors during nice weather.**

Four Sessions \$60.00 Parent/Child \$52.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Mar 11-Apr 1 10:30-11:15 AM M5262X

Wed, Apr 15-May 6 10:30-11:15 AM M5362X

Wed, May 13-Jun 3 10:30-11:15 AM M5462X

Mommy and Me for Mother's Day

(ages 6-10, with adult)

To celebrate Mother's Day, mothers can paint alongside their child, as they recreate a floral painting by Renoir!

One Session \$50.00 Per Person

Thompson Pk Creative Arts Center

Sat, May 2 1:00-3:00 PM ZAJ62X

CULINARY ARTS

Afternoon Tea: Creating a Children's Tea Party – Mother's Day Edition

(ages 8-12, with adult)

Spend a delightful evening with your favorite adult while making some treats with tea-time connoisseur, Lisa Consiglio-Wolff, aka Mrs. Chef. These miniature morsels are perfect for a tea party with your family and friends, just in time for Mother's Day. Wrap up your time in the kitchen creating an old-fashioned Mother's Day Card.

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, May 8 6:00-8:00 PM M8462X

Fun with Minions

(ages 8-12, with adult)

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

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 25 10:00 AM-12:30 PM. M8362X

Kids Springtime Cupcakes

(ages 8-12, with adult)

Who doesn't love a good cupcake? Today, our focus will be on creating some cupcakes with springtime in mind. Mrs. Chef will work with our teams on how to follow directions while using a chocolate box mix, and then we will focus on design. We'll mix and make our cupcakes, see a demo of techniques (including the use of food coloring), and then set to task assembling our fun cupcakes while bringing smiles to all.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 11 10:00 AM-12:30 PM. M8162X

Parent/Child Food Truck Favorites

(ages 8-12, with adult)

Why should adults have all the fun! Today, Mrs. Chef will lead our teams on how to make their favorite food truck eats! Grab your apron and roll up your sleeves, and get ready to make and sample some of these fun foods you can easily make in your own kitchen.

Menu: Grilled Pizza on a Stick, Frito Pie, and Old-Fashioned Ice Cream Sodas or M&M decorated Ice Cream Cookie Sandwiches

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Apr 17 6:00-8:00 PM M8262X

Red, White, and Blue Tea Party *(ages 2-5, with adult)*

Join us for a red, white, and blue themed tea party! We'll make a snack, drink some tea, do a craft, and enjoy some quality time together.

One Session \$25.00 Per Person**Dorbrook Rec Area Vis Ctr****Thu, May 21 10:00-10:45 AM AAW62X****Thu, May 21 11:15 AM-12:00 PM AAX62X****Shamrock 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 St. Patrick's Day Shamrock! 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 \$70.00 Per Pair**Fort Monmouth Rec Ctr Kitchen****Fri, Mar 13 6:00-8:30 PM M7862X****Spring Bunny 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 spring bunny. In this class, we will focus on design while using a chocolate cake mix. We'll mix and bake our cakes, see a demo of the techniques (including the use of food coloring), and then have fun assembling and decorating our own cakes.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair**Fort Monmouth Rec Ctr Kitchen****Sat, Mar 21 10:00 AM-12:30 PM M7962X****Fri, Mar 27 6:00-8:30 PM M8062X****Summer Treats***(ages 10-13, with adult)*

As we gear up for our summer holidays, let's get in the kitchen one more time and have fun by creating some fun summertime treats that the children and their parents will love.

Menu: TBA

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair**Fort Monmouth Rec Ctr Kitchen****EDUCATION & ENRICHMENT****Creature Comforts at Your Fingertips** *(ages 5-8, with adult)*

Join educators Linda Natanagara and Grace Conte for a mindful and heart-centered parent-child workshop inspired by Grace's new children's book, *Creature Comforts at Your Fingertips*. Together, parents and children will explore simple, empowering ways to find calm and balance using the tools we all carry: our breath, our awareness, and our own two hands. Through gentle MELT hand exercises, breathwork, and playful mindfulness activities, families will learn how to self-soothe, ease stress and anxiety, and connect more deeply with one another. You'll discover how to activate natural acupressure points through easy hand gestures called mudras, supporting emotional regulation and harmony in everyday life. Each family will receive a copy of the book to continue practicing these skills at home.

One Session \$60.00 Per Pair**Dorbrook Rec Area Vis Ctr****Mon, Mar 9 6:00-7:30 PM. AA962X****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 musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended that your child have 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. On the first day of class, please be prepared to pay a materials fee of \$25.00 to the instructor.

Seven Sessions \$162.00 Parent/Child**Thompson Pk Vis Ctr Tulip Room****Mon, May 4-Jun 22 4:00-4:45 PM. A6462X***No class 5/25*

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

Keyboard Beginnings - Level 2

(ages 5-7)

Level 2 is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards, and a concentration game. On the first day of class, please be prepared to pay a materials fee of \$25.00 to the instructor.

Seven Sessions \$162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, May 4-Jun 22 5:00-5:45 PM. A7062X

No class 5/25

Little Learners

(ages 2-4, with adult)

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

Six Sessions \$77.00 Parent/Child

Dorbrook Rec Area Prog Bldg

Fri, Mar 6-Apr 24 9:30-10:15 AM. A1262X

No class 4/3 & 4/10

Fri, May 1-Jun 5 9:30-10:15 AM. A1362X

Morning Tea Party

(ages 2-4, with adult)

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

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Welcome Spring

Thu, Mar 26 10:00-10:45 AM. A4862X

Thu, Mar 26 11:00-11:45 AM. A4962X

Mother's Day

Thu, May 7 10:00-10:45 AM. A5262X

Thu, May 7 11:00-11:45 AM. A5362X

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

(ages 6-12, with adult)

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

Hosted by: Sing and Sway

One Session \$77.00 Per Family of 4

Tatum Pk Red Hill Act Ctr

Sun, Apr 12 2:00-4:00 PM. AA862X

HORTICULTURE

Mommy and Me Painted Flower Pots

(ages 4-6, with adult)

Spring is for flowers! This parent and child class is for mothers, grandmothers, and all mother figures to celebrate the joy of Mother's Day. Participants will paint a flower pot together and plant seeds in their hand-painted pots so they can watch flowers grow at home.

Two Sessions \$20.00 Per Pair

Deep Cut Gardens Horticultural Center

Sat, May 2 10:00-11:30 AM. H0162X

Sat, May 9 10:00-11:30 AM. H0262X



Learning how plants grow helps children develop life skills like responsibility, patience, and confidence, while also building upon biology skills and a connection to the natural world.

DID YOU KNOW?

Storytime in the Garden: Growing Vegetable Soup

(ages 4-6, with adult)

Join us at Deep Cut Gardens for a springtime story about growing vegetables. After the story, we will make a spring-themed craft and take a quick walk in the garden to see what's growing.

One Session \$15.00 Parent/Child

Deep Cut Gardens Horticultural Center

Fri, May 15 10:00-11:00 AM H1962A

Sat, May 23 10:00-11:00 AM. H2062A

Storytime in the Garden: Planting a Rainbow

(ages 4-6, with adult)

Join us for story time at Deep Cut Gardens! Celebrate the start of spring by reading a story about planting rainbow seeds and watching a garden grow. After the story, we will make a rainbow-themed craft.

One Session \$15.00 Parent/Child

Deep Cut Gardens Horticultural Center

Fri, Mar 13 10:00-11:00 AM H1662X

Fri, Mar 20 10:00-11:00 AM H1762X

Sat, Apr 18 10:00-11:00 AM H1862X

NATURE

Abracadabra, It's Spring!

(ages 3 ½-6, with adult)

"When the cold winter gives way to the warmth of spring, there's magic in the air!" exclaims the author of *Abracadabra, It's Spring!* After story time, we will make a magical craft to enchant the nearby nature on our walk around the pond. Say the magic words and help our plants and animals grow!

One Session \$15.00 Per Child

Longstreet Farm Vis Ctr

Sat, May 9 10:00-10:45 AM I3562X

Animal Case File: Whose Toes are Those?

(ages 6-9, with adult)

Become a nature investigator! Take a closer look at animals' toes and feet. What do they tell us about where the animals live, what they eat, and when they are most active? Your animal identification begins with identifying the animals and using clues about the animal to help identify their feet (toes included) and other important facts. Each investigator will receive their own personal case file to include notes about the animals (filled with facts). After the fact-finding is completed, we will play animal tracks bingo.

One Session \$15.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 2

Sun, Apr 12 1:00-2:00 PM I3662X

Avian Anatomy 101

(ages 5-10, with adult)

What do we have in common with our feathered friends? What differences do we have? Let's learn about parts of a bird, create a take-home bird craft, and take a brief nature walk. Your kiddos will be "raven" about it!!

One Session \$16.00 Per Child

Manasquan River Greenway Winter Run

Mon, May 18 4:00-5:30 PM. I3462X

Curious Kids

(ages 3-5, with adult)

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

Four Sessions \$54.00 Parent/Child

Huber Wds Pk Env Ctr

Tue, Apr 7-28 10:00-11:00 AM (approx) . . IKF62X



Forest Bathing with Kids

(ages 2-7, with adult)

De-stress your kids with a forest-bathing adventure! Spend a mindful hour in the woods with your child as we listen to the trees and birds and bow to the flowers. Forest bathing works because it connects us back to our natural state, which lives in harmony with nature. Forest bathing is all about soaking in your surroundings and practicing mindfulness while in nature. The more time you spend in nature, the quicker you will see the benefits spill over into your daily lives and the more appreciation you will have for its benefits on your whole family's health and wellbeing! Please wear closed-toe shoes; no flip-flops or sandals.

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

Freneau Wds Pk Vis Ctr Parking Area

Wed, Apr 22 11:00 AM-12:00 PM IKR62X

Wed, Apr 29 11:00 AM-12:00 PM IKS62X

Grow with Love

(ages 3-5, with adult)

Join us for a special Mother's Day nature adventure designed just for little ones and their grown-ups! We'll celebrate the beauty of spring and the joy of nurturing life. Our morning starts with a story, and then your little ones will get their hands dirty planting a seed to take home. Afterward, we'll head outdoors for a gentle walk to explore flowers, trees, and tiny creatures along the way.

One Session \$16.00 Parent/Child \$7.50 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, May 7 10:00-11:00 AM IKH62X

Growing Up Wild

(ages 3-5, with adult)

Is your wild child ready to hit the trails? Join a Park System Naturalist in this preschool series as we discover a new park each week! We will explore the natural world while opening our eyes and ears to our various surroundings. All sessions will include a guided walk and an activity focused on a specific nature topic for that week.

Three Sessions \$43.50 Parent/Child

3/12 - Huber Wds Pk Env Ctr

3/19 - Thompson Pk Old Orchard Lot

3/26 - Holmdel Pk Forest Edge Lot

Thu, Mar 12-26 10:00-11:00 AM IKW62X

How to Catch a Garden Fairy

(ages 4-6, with adult)

Help our Park System Naturalists catch a garden fairy we've seen fluttering around the trails. Children will have the opportunity to create a fairy-themed craft, listen to a story, and go on a garden walk to search for the elusive mythical creature while learning about nature along the way. This program will have both indoor and outdoor components.

One Session \$16.50 Parent/Child

Huber Wds Pk Env Ctr

Sat, May 2 10:00-11:00 AM (approx) IKG62X

Hue Hike

(ages 3-5, with adult)

Let's take a walk on the colorful side! On this gentle, family-friendly hike, children will explore nature through the lens of a single color. Each walk will focus on one hue — whether it's spotting all things green in the forest, finding pops of yellow in the meadow, or searching for shades of red along the trail. As we stroll at a toddler's pace, we'll slow down and use our eyes to notice where that color shows up in the natural world. It's a simple, peaceful way to build observation skills and spark curiosity in even the youngest hikers.

One Session \$12.00 Parent/Child \$9.00 Parent/Child

Deep Cut Gardens Outdoor Area

Tue, Apr 21 10:00-11:00 AM INV54X

Freneau Wds Pk Act Ctr Parking Area

Wed, May 20 10:00-11:00 AM IM362X

My First Fish

(ages 6-12, with adult)

Have you seen the look on the face of children when they catch that first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch-and-release program. Bait, fishing poles, and instruction are provided.

One Session \$16.00 Per Child

Turkey Swamp Pk

Sun, Apr 26 10:00-11:30 AM I2162X

Sun, May 17 10:00-11:30 AM I2262X



Springing Into Sunshine

(ages 3-5, with adult)

Are you ready to take advantage of that extra hour of sunshine? Do you have a little one at home who is itching to get outside? Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games, and crafts suited for young children. At times, part of this program will take place indoors.

Four Sessions \$54.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Apr 22-May 13 10:00-11:15 AM (approx) .IKQ62X

Nature Tots

(ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young adventurer will discover nature and enjoy fun craft activities. Designed for tots with little legs and short attention spans, actual hiking time and distance will vary with the group's stamina. Please bring a healthy snack and beverage. Additional children under the age of two are welcome to join in at no charge. Please bring a back or front carrier for children who tire easily, as strollers are not suitable for the trails.

Three Sessions \$45.00 Per Person \$18.00 Additional Sibling

Chipmunk Series

3/6 - Holmdel Pk Lake Lot

3/13 - Tatum Pk Red Hill Lot

3/20 - Huber Wds Pk Env Ctr Lot

Fri, Mar 6-20 10:00-11:30 AM W4962X

Purple Martin Series

4/1 - Thompson Pk Marlu Lake Lot

4/8 - Bayshore Waterfront Pk Lot

4/15 - Hartshorne Wds Pk Rocky Point Lot

Wed, Apr 1-15 10:00-11:30 AM W5062X

Butterfly Series

5/7 - Big Brook Pk Lower Pond Lot

5/14 - Shark River Pk Shelter Bldg

5/21 - Manasquan Res Env Ctr Lot

Thu, May 7-21 10:00-11:30 AM W5162X

OUTDOOR ADVENTURES

Hiking Adventures

(ages 2-5, with adult)

Enjoy a refreshing outing with your toddler while exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Actual hiking time and distance will vary with the group's stamina. Additional children under the age of 2 are welcome to join in at no charge. Please bring a back or front carrier for children who tire easily, as strollers are not suitable for the trails.

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

Thompson Pk Filly Run Parking Lot

Sat, Mar 21 10:00-11:30 AM W5462X

Big Brook Pk Lower Pond Lot

Sat, Apr 18 10:00-11:30 AM W5562X

Deep Cut Gardens Outdoor Area

Fri, May 22 10:00-11:30 AM W5662X

PLAY GROUP

Let's Explore

(ages 2-5, with adult)

You and your child will spend time exploring through developmentally appropriate sensory play, fine and large motor activities, simple art projects, story time, and even some nature exploration. Dress for mess and possibly outdoor activities.

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 \$72.00 Per Pair

Dorbrook Rec Area Prog Bldg

Mon, Mar 2-Apr 20 10:00-10:45 AM A0562X

No class 3/30 & 4/6

Mon, Mar 2-Apr 20 11:00-11:45 AM A0462X

No class 3/30 & 4/6

Mon, Apr 27-Jun 8 10:00-10:45 AM A0662X

No class 5/25

Mon, Apr 27-Jun 8 11:15 AM-12:00 PM . . . A0762X

No class 5/25

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

Music for Aardvark classes was developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show®! As the teacher plays guitar, the children sing and dance with parents' participation in the coolest children's musical experience ever.

Eight Sessions \$205.00 Parent/Child \$155.00 2nd Child

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr

Mon, Apr 13-Jun 8 9:30-10:15 AM A1662X

No class 5/25

Mon, Apr 13-Jun 8 10:30-11:15 AM A1762X

No class 5/25

Fri, Apr 17-Jun 5 9:30-10:15 AM A1862X

Fri, Apr 17-Jun 5 10:30-11:15 AM A1962X

Sat, Apr 18-Jun 6 9:00-9:45 AM. A2062X

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Apr 14-Jun 2 9:30-10:15 AM. A2162X

Tue, Apr 14-Jun 2 10:30-11:15 AM A2262X

Tue, Apr 14-Jun 2 11:30 AM-12:15 PM . . .A2362X

Wed, Apr 15-Jun 3 9:30-10:15 AM A2462X

Wed, Apr 15-Jun 3 10:30-11:15 AM A2562X

Mommy & Me Ballet

(ages 2 ½-3 ½, with adult)

We are excited to offer this pre-ballet class for our youngest students! Ms. Marcy will introduce your little one to basic ballet movement through the use of props and fun songs. Adults should be dressed to move for the entire class. Students should wear ballet shoes and attire.

Ten Sessions \$125.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Mar 24-Jun 9 9:30-10:15 AM A9162X

No class 4/7 & 5/12

Wed, Mar 25-Jun 10 9:30-10:15 AM A9262X

No class 4/8 & 5/13



Morning Playtime

(ages 18 months-3 ½ years, with adult)

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

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

Stage 2

(ages 18 months-2 years, with adult)

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 12-Apr 9 9:15-10:00 AM XDQ62X

Thu, Apr 23-May 21 9:15-10:00 AM XDS62X

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 12-Apr 16 9:30-10:15 AM XE262X

No class 4/9

Thu, Apr 30-May 28 9:30-10:15 AM XE462X

Tatum Pk Holland Act Ctr

Wed, Mar 11-Apr 15 9:30-10:15 AM XE162X

No class 4/8

Wed, Apr 29-May 27 9:30-10:15 AM XE362X

Thompson Pk Vis Ctr Tulip Room

Wed, Apr 1-29 9:15-10:00 AM XDP62X

Wed, May 6-Jun 3 9:15-10:00 AM. XDR62X

Stage 3

(ages 2-3 ½, with adult)

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 12-Apr 9 10:15-11:00 AM XDU62X

Thu, Apr 23-May 21 10:15-11:00 AM XDW62X

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 12-Apr 16 10:30-11:15 AM. XE662X

No class 4/9

Thu, Apr 30-May 28 10:30-11:15 AM XE862X

Thompson Pk Vis Ctr Tulip Room

Wed, Apr 1-29 10:15-11:00 AM XDT62X

Wed, May 6-Jun 3 10:15-11:00 AM. XDV62X

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

Move and Groove

(ages 18 months-3 years, with adult)

A lovely introduction to dance and movement! We will sing, dance, and explore while building basic motor skills and coordination. Scarves, beanbags, and musical instruments will enhance learning process and encourage self-expression. Parent or caregiver participation is encouraged.

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Mar 4-Apr 22 10:00-10:45 AM A4362X

No class 4/1 & 4/8

Wed, Mar 4-Apr 22 11:00-11:45 AM A4462X

No class 4/1 & 4/8

Wed, Apr 29-Jun 3 10:00-10:45 AM A4562X

Wed, Apr 29-Jun 3 11:00-11:45 AM A4662X

My Morning Playtime

(ages 3-4, with adult)

Our most active Playtime class for preschoolers who are ready for a little independence. After a brief parent/child free-play time with our tunnels, trampolines, and other specialized play equipment, class will progress to themed and movement activities.

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

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Mar 12-Apr 9 11:15 AM-12:00 PM . . .XDY62X

Thu, Apr 23-May 21 11:15 AM-12:00 PM . . .XE062X

Thompson Pk Vis Ctr Tulip Room

Wed, Apr 1-29 11:15 AM-12:00 PM XDX62X

Wed, May 6-Jun 3 11:15 AM-12:00 PM . . .XDZ62X

PreK Prep

(ages 3-4, with adult)

Make learning fun and full of different experiences. PreK Prep will focus on getting your child ready for their early education journey. Class will cover all sorts of subjects, including number recognition, counting, letter recognition, seasons, days of the week, shapes, and, of course, some time for free play. All this is geared to have your child prepared and ready to jump right in on the first day of school. Our experienced instructor will create a fun environment during the program to help everyone learn some important skills.

Five Sessions \$65.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 12-Apr 16 11:30 AM-12:15 PM . . .XE962X

No class 4/9

Thu, Apr 30-May 28 11:30 AM-12:15 PM . . .XEA62X

Sensory Explorers

(ages 9 months-2 years, with adult)

Explore your child's new world together through sound, vision, and touch! Each class is filled with multi-sensory activities, messy art, song, and dance. These developmentally appropriate activities are designed to grow young children's brains and help develop their fine motor skills.

Six Sessions \$70.00 Per Pair

Dorbrook Rec Area Prog Bldg

(ages 9 months-18 months, with adult)

Tue, Mar 3-Apr 21 10:00-10:45 AM. A0862X

No class 3/31 & 4/7

Tue, Apr 28-Jun 2 10:00-10:45 AM A0962X

(ages 18 months-2 years, with adult)

Tue, Mar 3-Apr 21 11:15 AM-12:00 PM . . .A1062X

No class 3/31 & 4/7

Tue, Apr 28-Jun 2 11:15 AM-12:00 PM . . .A1162X



Not only do we love these programs, but we love the ability to go to the playground afterwards and play with friends!



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 \$70.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Mar 2-30 9:30-10:15 AM MA362X

Mon, Mar 2-30 10:30-11:15 AM. MA462X

Justice League

Including heroes: Superman, Batman, and Wonder Woman

Mon, Apr 13-May 11 9:30-10:15 AM. . . . MA562X

Mon, Apr 13-May 11 10:30-11:15 AM MA662X

The Power of Play

(ages 2-4, 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 \$56.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Mar 13-Apr 10 9:30-10:15 AM MA762X

No class 4/3

Fri, Mar 13-Apr 10 10:30-11:15 AM MA862X

No class 4/3

Fri, Apr 24-May 15 9:30-10:15 AM MA962X

Fri, Apr 24-May 15 10:30-11:15 AM MAA62X

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 to the most recent. This program will make you feel as if you are in the magical world of Disney®. It will include reading classic stories, making crafts, fun with food, as well as fun and exciting activities such as running, jumping, and playing games. Our program, When You Wish Upon a Star, will make your dreams come true!

Five Sessions \$65.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Mar 11-Apr 15 11:30 AM-12:15 PM. . . XEE62X

No class 4/8

Wed, Apr 29-May 27 11:30 AM-12:15 PM . . XEF62X

When You Wish Upon a Star-Spangled Banner

(ages 2-4, with adult)

Celebrate America's 250th birthday with a magical journey through the history of Walt Disney® in our When You Wish Upon a Star-Spangled Banner program for ages 2-4! Children will explore beloved Disney characters from past to present while incorporating the pride, creativity, and spirit of America. Each session includes classic story time, imaginative crafts with a red, white, and blue flair, fun with food activities, and playful movement such as dancing, jumping, and games. From Mickey's early days to modern heroes like Elsa and Moana, little ones will experience a celebration filled with wonder, laughter, and magical memories where Disney® dreams meet America's birthday.

Five Sessions \$65.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Mar 13-Apr 17 11:30 AM-12:15 PM . . . XER62X

No class 4/3

Fri, May 1-29 11:30 AM-12:15 PM XES62X

Tatum Pk Holland Act Ctr

Wed, Mar 11-Apr 15 10:30-11:15 AM XEP62X

No class 4/8

Wed, Apr 29-May 27 10:30-11:15 AM XEQ62X

SPORTS & FITNESS

Basketball with Me & Dad/Mom*(ages 5-6, with adult)*

Parent and child will have fun while practicing the skills of passing, shooting, and dribbling. Parent participation is required.

Four Sessions \$60.00 Parent/Child**Dorbrook Rec Area****Mon, Apr 6-27 4:00-4:55 PM. XA062X****Sat, Apr 11-May 2 9:00-9:55 AM XA462X****Mon, May 11-Jun 8 4:00-4:55 PM. XA762X***No class 5/25***Sat, May 16-Jun 20 9:00-9:55 AM XAB62X***No class 5/23 & 6/6***Basketball with Me & Dad/Mom Clinic***(ages 5-6, with adult)*

This introductory class is the perfect way to spark anyone's interest in basketball! Parent and child will have fun while practicing the basic skills of the game. Parent participation is required.

One Session \$15.00 Per Person**Dorbrook Rec Area****Sun, Apr 12 9:00-9:55 AM XAE62X****Sun, Apr 26 9:00-9:55 AM XAH62X****Sun, May 10 9:00-9:55 AM XAM62X****Gymnastics***(ages 2-3, with adult)*

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

Four Sessions \$70.00 Per Pair**All American Gymnastics Cindy Lane, Ocean****Sat, Mar 7-28 9:00-9:45 AM M0162A****Sat, Mar 7-28 11:00-11:45 AM. M0562A****Sat, Mar 7-28 12:00-12:45 PM. M1062A****Sat, Apr 11-May 2 9:00-9:45 AM M1462A****Sat, Apr 11-May 2 11:00-11:45 AM. . . . M1862A****Sat, Apr 11-May 2 12:00-12:45 PM. . . . M2362A****Sat, May 9-30 9:00-9:45 AM M2762A****Sat, May 9-30 11:00-11:45 AM M3162A****Sat, May 9-30 12:00-12:45 PM M3662A****Hat Trick Hockey - Mites***(age 3, with adult)*

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

Four Sessions \$60.00 Parent/Child**Dorbrook Rec Area****Thu, Apr 9-30 4:30-5:25 PM XAQ62X****Sat, Apr 11-May 2 9:00-9:55 AM XAS62X****Thu, May 14-Jun 4 4:30-5:25 PM XAV62X****Kidz Yoga***(ages 4-6, with adult)*

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

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

Five Sessions \$85.00 Parent/Child**Freneau Wds Pk Vis Ctr Program Room 1****Sun, Apr 26-May 31 11:30 AM-12:00 PM . . X2562X***No class 5/24*

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.

Four Sessions \$60.00 Per Child

Indoor Season

Dorbrook Rec Area Act Ctr

Sat, Mar 7-28 9:00-9:45 AM XBM62X

Sat, Mar 7-28 10:00-10:45 AM. XBN62X

Sat, Mar 7-28 11:00-11:45 AM. XBP62X

Fort Monmouth Rec Ctr Gym A

Sun, Mar 8-29 11:00-11:45 AM XBQ62X

Tue, Mar 10-31 9:30-10:15 AM XBX62X

Outdoor Season

Dorbrook Rec Area

Mon, Apr 6-27 10:00-10:45 AM XC162X

Mon, Apr 6-27 11:00-11:45 AM XC262X

Wed, Apr 8-29 4:30-5:15 PM XC562X

Sat, Apr 11-May 2 9:00-9:45 AM XC962X

Sun, Apr 12-May 3 9:00-9:45 AM XCF62X

Sun, Apr 12-May 3 10:00-10:45 AM XCG62X

Mon, May 11-Jun 8 10:00-10:45 AM XCJ62X

No class 5/25

Mon, May 11-Jun 8 11:00-11:45 AM XCK62X

No class 5/25

Wed, May 13-Jun 3 4:30-5:15 PM XCP62X

Sat, May 16-Jun 13 9:00-9:45 AM XCT62X

No class 5/23

Sun, May 17-Jun 14 9:00-9:45 AM XCZ62X

No class 5/24

Sun, May 17-Jun 14 10:00-10:45 AM XD062X

No class 5/24

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 7-28 9:30-10:15 AM XC362X

Tue, May 12-Jun 2 9:30-10:15 AM XCM62X

Holmdel Pk Hilltop Area

Fri, Apr 10-May 1 9:30-10:15 AM XC762X

Fri, Apr 10-May 1 10:30-11:15 AM XC862X

Sat, Apr 11-May 2 9:00-9:45 AM XCC62X

Sat, Apr 11-May 2 10:00-10:45 AM. XCD62X

Fri, May 15-Jun 5 9:30-10:15 AM XCR62X

Fri, May 15-Jun 5 10:30-11:15 AM XCS62X

Sat, May 16-Jun 13 9:00-9:45 AM XCW62X

No class 5/23

Sat, May 16-Jun 13 10:00-10:45 AM CX62X

No class 5/23

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, then we will work on our fine motor skills, creating art projects. Come play a game of Red Light, Green Light, and then make your own traffic light.

Indoor Season

Four Sessions \$64.00 Per Person

Fort Monmouth Rec Ctr Gym A

Tue, Mar 10-31 10:30-11:15 AM XBY62X

Kixx Soccer & Crafts: World Cup

Edition!  

(ages 3-5, with adult)

The World Cup is coming to the US in 2026! Expand your toddler's abilities while we combine age-appropriate sports activities with related art projects, with an added World Cup twist! Get a head start on early preschool skills, including socialization, following directions, sharing, and transitions. Each class will start with basic soccer skills and games focusing on gross motor skills, then we will work on our fine motor skills while creating art projects. We will incorporate the different countries participating in the World Cup in some of the games and drills, as well as the daily craft for an added, diverse element in this fun learning experience!

Four Sessions \$64.00 Per Person

Fort Monmouth Rec Ctr Outdoor Area

Tue, Apr 7-28 10:30-11:15 AM XC462X

Tue, May 12-Jun 2 10:30-11:15 AM XCN62X



When children take part in movement classes they boost their coordination, balance, and strength while also improving on focus, memory, confidence, and self-expression.

DID YOU KNOW?

Mini Pee Wee Sports *(ages 2-3, with adult)*

Get ready to play, move, and explore new skill sets through sport! In this exciting program, your little athlete will discover the joy of movement while building confidence, coordination, and balance through playful activities. From throwing and kicking to running and jumping, each class introduces basic skills and movements in a fun, noncompetitive setting designed just for toddlers. Parents will be asked to join in on the action to help guide and encourage their child as they develop essential motor skills and a love for active play. Come ready to move, learn, laugh, and make memories that will last a lifetime!

Five Sessions \$65.00 Parent/Child**Freneau Wds Pk Vis Ctr Program Room 1****Fri, Mar 13-Apr 17 9:30-10:15 AM XEW62X***No class 4/3***Fri, May 1-29 9:30-10:15 AM. XEX62X****Mini-Hawk Multi Sport***(ages 4-6, with adult)*

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, children explore balance, hand/eye coordination, and skill development at their own pace. Skyhawks provides the instruction, which includes flag football, lacrosse, and track and field.

Six Sessions \$105.00 Per Person**Dorbrook Rec Area****Mon, Apr 27-Jun 8 4:00-4:50 PM XDG62A***No class 5/25***Pee Wee Sports** *(ages 3-5, with adult)*

Get your preschooler ready to play, move, and explore new skills through sports! This engaging program introduces children to the fundamentals of sport through fun, skill-building games and activities. Classes will focus on improving coordination, balance, teamwork, and confidence while learning basic skills like throwing, catching, kicking, and running. Instructors will encourage independence and social interaction as children learn through play in a positive, noncompetitive environment. Parents will be invited to join in select activities to help support their child's growth and fun!

Five Sessions \$65.00 Parent/Child**Freneau Wds Pk Vis Ctr Program Room 1****Fri, Mar 13-Apr 17 10:30-11:15 AM XEY62X***No class 4/3***Fri, May 1-29 10:30-11:15 AM. XEZ62X****T-Ball with Me & Dad/Mom***(ages 4-5, with adult)*

Parent and child will have fun while learning the fundamental skills of America's pastime in this noncompetitive program. Our instructors will teach the rules of the game as well as cover the basics of catching, throwing, and hitting using the tee. Parent participation is required.

Four Sessions \$60.00 Parent/Child**Dorbrook Rec Area****Sat, Apr 11-May 2 9:00-9:55 AM XB062X****Sun, Apr 12-May 3 9:00-9:55 AM XB462X****Sat, May 16-Jun 13 9:00-9:55 AM XB962X***No class 5/23***Sun, May 17-Jun 14 9:00-9:55 AM XBD62X***No class 5/24*

ARTS & CRAFTS

CERAMICS & POTTERY

Build a Flower Pot*(ages 7-12)*

April showers bring May flowers. Welcome the season by constructing a clay flower pot of your own creation. We will have fun learning some basic hand-building skills and how to embellish and decorate your pot with glazes. All flower pots will be ready for pick up two weeks after the class to allow for firing.

One Session \$42.00 Per Child**Thompson Pk Creative Arts Center****Sat, Apr 11 12:00-1:30 PM Z8862X****Sat, Apr 11 2:00-3:30 PM Z8962X****Ceramic Bunnies***(ages 6-10)*

It's the time of the year for the arrival of the Easter Bunny! Create a very special pre-cast ceramic bunny of your own to adorn the Easter basket. Participants will learn to glaze and decorate their bunny. Pieces will be kiln-fired ready for pick up one week after.

One Session \$40.00 Per Child**Thompson Pk Creative Arts Center****Sat, Mar 14 12:00-1:30 PM Z8462X****Sat, Mar 14 2:00-3:30 PM Z8562X****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.

Six Sessions \$85.00 Per Child**Thompson Pk Creative Arts Center****Sat, Mar 14-Apr 25 9:30-11:30 AM Z8262X***No class 4/4***Sat, May 2-Jun 13 9:30-11:30 AM Z8362X***No class 5/9***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 \$105.00 Per Child**Thompson Pk Creative Arts Center****Fri, Mar 13-Apr 24 4:30-6:00 PM Z6662X***No class 4/3***Fri, May 1-Jun 5 4:30-6:00 PM Z6762X****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 \$140.00 Per Child**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

Thu, Mar 12-Apr 23 4:00-6:00 PM Z6862X**Thu, Apr 30-Jun 11 4:00-6:00 PM Z6962X**

Instructor: John Fossa

Sat, Mar 14-Apr 25 9:00-11:00 AM Z7062X**Sat, May 2-Jun 20 9:00-11:00 AM Z7162X***No class 5/9***Mother's Day Plate***(ages 7-12)*

Create a present that mom will truly treasure! In this class, we will paint and decorate a ceramic plate for the perfect gift for her this Mother's Day. Pieces will be kiln fired and ready for pick up in one week.

One Session \$40.00 Per Child**Thompson Pk Creative Arts Center****Sat, Apr 18 12:00-1:30 PM Z8662X****Sat, Apr 18 2:00-3:30 PM Z8762X**

Springtime Birdhouses

(ages 7-12)

Springtime's in the air! Create a birdhouse to attract some nature to your yard. Learn to build a bird house out of clay and acquire some hand building skills. Once finished building, you will paint and leave for firing. Pieces will be ready for pick up two weeks after class.

One Session \$42.00 Per Child

Thompson Pk Creative Arts Center

Sat, May 16 12:00-1:30 PM. Z9062X

Sat, May 16 2:00-3:30 PM Z9162X

DRAWING & PAINTING

Aspiring Artists for Homeschoolers

(ages 6-12)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists LLC

Four Sessions \$96.00 Per Child

Thompson Pk Creative Arts Center

Wed, Apr 1-22 1:00-2:30 PM. Z9762A

Creating Iconic Comic Book Characters

(ages 7-10)

Learn how to make iconic comic book characters with Derek "Lonzo Starr" Allen, publisher of the award winning Konkret Comics. We will combine drawing and creative writing activities to bring the character to life!

One Session \$40.00 Per Person

Dorbrook Rec Area Prog Bldg

Sat, Mar 14 10:00-11:30 AM AB762X

Sat, May 2 10:00-11:30 AM AB862X

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints and heavy cardstock paper, young artists will paint a detail from the famous paintings listed below. Students will also create original compositions in an impressionistic style. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14"x14", a pizza box works well. A supply fee of \$10.00 is payable to the instructor at the first class.

Four Sessions \$66.00 Per Person

Thompson Pk Creative Arts Center

Monet's Giverny in Springtime

Cross' The Pink Cloud

Hassam's Poppies Isles of Shoals

ORIGINAL Tree with Blossoms

Wed, Mar 4-25 4:30-5:30 PM. Z9862A

Sat, Mar 7-28 11:00 AM-12:00 PM Z9962A

Hassam's Celia Thaxter's Garden

Matisse's Gulf of Saint Tropez

Cezanne's Gulf of Marseille

ORIGINAL Floral for Mother's Day

Wed, Apr 1-22 4:30-5:30 PM. ZA062A

Sat, Apr 4-25 11:00 AM-12:00 PM ZA162A

Renoir's Vase of Peonies

Monet's Water Lilies

Monet's The Japanese Footbridge

ORIGINAL Seascape for Father's Day

Wed, Apr 29-May 20 4:30-5:30 PM. ZA262A

Sat, May 2-30 11:00 AM-12:00 PM ZA362A

No class 5/9

“

Ms. Debra is so wonderful! She is a caring, terrific instructor. My daughter has learned so much. I'm so grateful we found her program!

”

Great Impressionism for Aspiring Young Artists™

(ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism and/or Fauvism using Aspiring Artists® step-by-step methods. Using acrylic paints on canvas board, students' paintings will resemble the famous masterpieces listed below. Students will also create original compositions in an impressionistic style. Acrylic paints can stain clothing, so "painting clothes" are recommended for class. Please bring a cardboard box to transport your painting home, approximately 14"x14", a pizza box works well. A supply fee of \$10.00 is payable to instructor at the first class.

Four Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Monet's Giverny in Springtime

Cross' The Pink Cloud

Hassam's Poppies Isles of Shoals

ORIGINAL Tree with Blossoms

Fri, Mar 6-27 4:30-6:30 PM ZA462A

Hassam's Celia Thaxter's Garden

Cezanne's Gulf of Marseille

Matisse's Gulf of Saint Tropez

ORIGINAL Floral for Mother's Day

Fri, Apr 10-May 1 4:30-6:30 PM ZA562A

Renoir's Vase of Peonies

Monet's The Japanese Footbridge

van Gogh Starry Night

ORIGINAL Seascape for Father's Day

Fri, May 8-29 4:30-6:30 PM. ZA662A

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 is payable to instructor at first class.

Six Sessions \$104.00 Per Person

Henry Hudson Trail Act Ctr

Mon, Mar 30-May 4 4:00-5:00 PM ZBS62A

Mon, May 11-Jun 22 4:00-5:00 PM ZBT62A

No class 5/25

Fort Monmouth Rec Ctr Program Room A

Wed, Apr 1-May 6 4:00-5:00 PM ZBU62A

Wed, May 13-Jun 17 4:00-5:00 PM ZBV62A

Thompson Pk Creative Arts Center

Thu, Apr 2-May 7 4:15-5:15 PM ZBW62A

Thu, May 14-Jun 18 4:15-5:15 PM ZBX62A

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 \$104.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Mar 31-May 5 1:00-2:00 PM ZBN62A

Tue, May 12-Jun 16 1:00-2:00 PM ZBP62A

Henry Hudson Trail Act Ctr

Thu, Apr 2-May 7 1:00-2:00 PM ZBQ62A

Thu, May 14-Jun 18 1:00-2:00 PM ZBR62A

KidzArt Painting Workshop

(ages 6-11)

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

One Session \$37.00 Per Child

Sweet Treats

Henry Hudson Trail Act Ctr

Sat, Mar 14 10:30 AM-12:00 PM ZB862A

Thompson Pk Creative Arts Center

Sat, Mar 14 1:30-3:00 PM. ZB962A

Spring Bunny

Henry Hudson Trail Act Ctr

Sat, Apr 18 10:30 AM-12:00 PM. ZBA62A

Thompson Pk Creative Arts Center

Sat, Apr 18 1:30-3:00 PM ZBB62A

Spring Flowers

Henry Hudson Trail Act Ctr

Sat, May 16 10:30 AM-12:00 PM ZC262A

Thompson Pk Creative Arts Center

Sat, May 16 1:30-3:00 PM ZC362A

TeenzArt Studio

(ages 11-17)

TeenzArt Studio captures the passion and imagination of older students. This class provides quality art instruction that mixes technique and skill building with opportunities for creative freedom and self-expression. We have big plans in store including drawing, sculpture, watercolor, pastels, painting, and mixed media with projects that pack a lot of WOW! TeenzArtists, you are encouraged to work together to learn, design, think, and enter the creative zone in a relaxed and fun atmosphere. A supply fee of \$10.00 is payable to the instructor at the first class.

Six Sessions \$110.00 Per Child

Henry Hudson Trail Act Ctr

Mon, Mar 30-May 4 5:15-6:30 PM ZC462A

Mon, May 11-Jun 22 5:15-6:30 PM ZC562A

No class 5/25

Fort Monmouth Rec Ctr Program Room A

Wed, Apr 1-May 6 5:15-6:30 PM ZC662A

Wed, May 13-Jun 17 5:15-6:30 PM ZC762A

Thompson Pk Creative Arts Center

Thu, Apr 2-May 7 5:30-6:45 PM ZC862A

Thu, May 14-Jun 18 5:30-6:45 PM ZC962A

MISCELLANEOUS CRAFTS

American Girl® Doll Design

(ages 7-12)

Doll mommies will create fun and stylish accessories for their dolls in this drop-off program, where they'll meet other avid American Girl fans. Children must own an American Girl® or other 18" doll and bring her to class.

Please Note: Our young stylists will not be sewing in this program but will be using a hot glue gun under careful supervision.

One Session \$38.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Let's Go Hiking!

Make all the accessories she needs for a day on the trails.

Sat, Mar 14 10:30-11:30 AM M4062X

Sat, Mar 14 12:00-1:00 PM M4162X

Sat, Mar 14 1:30-2:30 PM M4262X

Spring Fashion

Create a fabulous outfit she can show off as it warms up outside.

Sat, Apr 18 10:30-11:30 AM M4362X

Sat, Apr 18 12:00-1:00 PM M4462X

Sat, Apr 18 1:30-2:30 PM M4562X

Beach Day

Create everything she needs for a perfect day at the shore.

Sat, May 16 10:30-11:30 AM M4662X

Sat, May 16 12:00-1:00 PM M4762X

Sat, May 16 1:30-2:30 PM M4862X

CULINARY ARTS

Books & Cooks

(ages 4-5)

Let's get cooking! Your child will explore basic recipes, make new friends and practice their fine motor skills in this delicious hands-on class! From measuring and mixing to pouring and rolling, your child will be introduced to cooking basics and kitchen safety skills in a fun environment. While our recipes cook, we will read some of our favorite stories together! This is a drop-off class. Bring an apron if you have one.

Please Note: Children must be fully potty trained.

Four Sessions \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 18-Apr 22 3:00-4:00 PM A3662X

No class 4/1 & 4/8

Thu, Mar 19-Apr 23 3:00-4:00 PM AB362X

No class 4/2 & 4/9

Wed, May 6-27 3:00-4:00 PM A3762X

Wed, May 6-27 4:30-5:30 PM A3862X

No class 4/1 & 4/8

Cooking Basics for Teens

(ages 13-16)

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

Four Sessions \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, May 7-28 5:30-6:30 PM AB662X

Dinner Party Chefs

(ages 8-13)

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

One Session \$67.00 Per Person

Dorbrook Rec Area Vis Ctr

(ages 8-10)

Sat, Mar 14 2:00-5:30 PM A6062X

Sat, Mar 28 2:00-5:30 PM A6162X

Sat, May 16 2:00-5:30 PM A6362X

(ages 11-13)

Sat, Apr 18 2:00-5:30 PM A6262X

Kids Baking

(ages 10-13)

Throw on your apron and get ready for some hands-on baking! Each week we'll focus on different kinds of treats, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe, and more!

Three Sessions \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Apr 7-21 5:30-8:00 PM MA062X

Tue, May 5-19 5:30-8:00 PM MA162X

Let's Cook

(ages 6-8)

This cooking class showcases fun and creative foods while introducing basic culinary skills to your child, including reading recipes, chopping, measuring, and kitchen safety. Each week at least one recipe will be created. Bring an apron if you have one.

Four Sessions \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Mar 18-Apr 22 4:30-5:30 PM A3962X

No class 4/1 & 4/8

Wed, Mar 18-Apr 22 6:00-7:00 PM A4062X

No class 4/1 & 4/8

Thu, Mar 19-Apr 23 4:30-5:30 PM AB162X

No class 4/2 & 4/9

Thu, Mar 19-Apr 23 6:00-7:00 PM AB262X

No class 4/2 & 4/9

Wed, May 6-27 6:00-7:00 PM A4162X

Let's Decorate Cupcakes for America's

250th Birthday!

(ages 9-11)

Celebrate America's 250th Birthday by decorating festive, patriotic cupcakes. Let the creativity begin! You'll be shown how to decorate cupcakes like the pros! You'll practice basic techniques to create stars, shells, flowers, and more using buttercream icing. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

One Session \$60.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, May 18 5:00-7:00 PM. AAG62X

Tween Chefs

(ages 11-13)

Cooking classes are a delicious activity for tweens! We'll expand our palates as we try different recipes for simple meals. We'll cover culinary basics and meal planning to give them the groundwork they need to be safe and creative in the kitchen. Class sizes are limited. Please bring an apron if you have one.

Four Sessions \$92.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, May 3-Jun 7 10:30 AM-12:00 PM. . . A5962X

Wee Can Cook

(ages 3-4, with adult)

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

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 \$75.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Mar 17-Apr 21 10:00-11:00 AM. . . . A3162X

No class 3/31 & 4/7

Fri, Mar 20-Apr 24 10:00-11:00 AM A3362X

No class 4/3 & 4/10

Tue, Apr 28-May 19 10:00-11:00 AM A3262X

Fri, May 1-22 10:00-11:00 AM. A3462X

Young Chefs

(ages 8-10)

A cooking class for older kids! We'll make a simple entree each week that your kids will enjoy. We'll also discuss kitchen safety and healthy eating habits. Class sizes are limited. Please bring an apron to class if you have one.

Four Sessions \$93.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Mar 15-Apr 19 10:30 AM-12:00 PM . . A3562X

No class 3/29 & 4/5

EDUCATION & ENRICHMENT

GAMES

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 \$32.00 Per Person**Fort Monmouth Rec Ctr Gym A***(ages 6-10)***Sat, Apr 11 1:30-3:00 PM MBR62X****Sat, May 2 1:30-3:00 PM MBS62X***(ages 7-14)***Sat, Apr 11 3:30-5:00 PM MBT62X****Sat, May 2 3:30-5:00 PM MBU62X****Beginner Chess***(ages 9-12)*

Do you want to play the game that involves knights, rooks, kings and queens? We will learn the names of each piece, how they move, and how to win, lose, or draw on the chess board battlefield. We will begin each session with instruction and finish with play. Chess boards and pieces provided.

Four Sessions \$75.00 Per Person**Thompson Pk Vis Ctr Beech Room****Tue, Apr 21-May 12 4:00-5:30 PM Q1262X****Learn to Play Dungeons & Dragons***(ages 9-15)*

Get ready for adventure! In this beginner-friendly program, kids will explore the world of tabletop role-playing games by learning how to play Dungeons & Dragons. Players will team up to create heroes, solve problems, and go on exciting quests—using imagination, dice, and teamwork. From the first week, participants will learn the rules, bring their characters to life, and work together to guide their group's story. The adventure continues each session as kids practice improvisation and creativity as they interact with fellow players. By the final session, the group will wrap up their story and see how far their characters have come. No experience is needed—just a love of fantasy, fun, and imagination! A set of colorful, polyhedral dice is included for each player. Instruction provided by Shore Gamers.

Six Sessions \$120.00 Per Person**Fort Monmouth Rec Ctr Atrium Room****Wed, Mar 18-Apr 29 6:00-7:30 PM MBK62X***No class 4/1***Minecraft® at Fort Monmouth***(ages 6-10)*

Experience the magic of Minecraft® beyond the screen! In this hands-on adventure, kids will craft their own pixelated pickaxe and embark on a scavenger hunt for real-world "ores." Kids will also enjoy Minecraft® games designed to foster collaboration and critical thinking. They'll also explore crafting projects such as making Creeper masks and building blocky structures. This immersive experience brings the excitement of Minecraft into the real world, sparking creativity and fun.

One Session \$18.00 Per Person**Fort Monmouth Rec Ctr Gym A****Fri, Mar 20 5:30-6:30 PM MBM62X****Fri, Apr 17 5:30-6:30 PM MBN62X**

SAFETY

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 \$72.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 11 10:00 AM-12:00 PM. U1662A

Sat, May 16 10:00 AM-12:00 PM. U1762A

STEM

Junior Detective Workshop

(ages 9-11)

Learn how to become a Junior Detective in a workshop taught by active duty and retired detectives. They will teach you the origin of a magnifying glass and how to create one. You will learn how to lift and identify fingerprints. We will use silly putty to lift an image. Analyze footprints, perform a grid search, discover invisible ink messages and use those clues with a UV light to solve CSI related puzzles as a team. We will also develop basic math concepts used in forensics as we process a crime scene and analyze the evidence that are so important in solving crimes. Instructors provided by National CSI Camp, LLC.

Two Sessions \$160.00 Per Child

Thompson Pk Vis Ctr Beech Room

Wed-Thu, Apr 8-9 9:00 AM-12:00 PM U1862A

Snapology STEAM Programs

(ages 5-11)

Critical thinking, creativity, problem solving, communication, and collaboration taught in fun, age-appropriate sessions. S.T.E.A.M. programs include LEGO® building, robotics, and hands-on creativity that strengthen your child's science, technology, engineering, art, and math skills. Instructors and all supplies provided by Snapology.

Six Sessions \$165.00 Per Child

RoboPets Robotics & Coding

(ages 5-8)

Kids will begin to explore the world of robotics as they build animal models that teach the fundamentals of robotic design and coding in Snapology's RoboPets Robotics and Coding Class. Whether learning about sensors while building a fish or alligator, or discovering ways that gears, wheels, and axles create movement while building robotic dogs or frogs, your child is sure to have a great time in this awesome animal robotics program!

Big Brook Pk Elsas Lodge

Tue, Mar 3-Apr 14 5:00-6:00 PM U0162A

No class 4/7

Mechanical Masterminds Engineering

(ages 8-11)

Is your student inquisitive, a problem-solver, a big-thinker, a tinkerer, a puzzler, a LEGO® lover, or a budding engineer? If so, they're the perfect fit for Snapology's Mechanical Masterminds program! This program gives your student the tools they need to understand mechanical movement through the foundations of simple machines, physics, and engineering design. They will see moving parts up-close as they follow instructions to build various machines, then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates. Whether they are the creative-constructive type or prefer the inquisitive-deductive way of learning, this program is sure to spark their interests!

Fort Monmouth Rec Ctr Program Room D

Wed, Mar 4-Apr 15 5:00-6:00 PM U0262A

No class 4/8

(continued on next page...)

Snapology STEAM Programs continued...**Space Science***(ages 6-9)*

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

Thompson Pk Vis Ctr Beech Room**Thu, Mar 5-Apr 16 5:00-6:00 PM U0362A***No class 4/9***Planes, Trains, and Automobiles Engineering***(ages 5-8)*

Our builders will explore the world of transportation through engineering! They will build models of trains, cars, airplanes using our LEGO® bricks engineering kits, while also learning about energy, wheels, axles, air resistance, and more STEM concepts. Test drive them in the ultimate city we build and learn about all the parts that make a community work! This is creative building at its best!

Big Brook Pk Elsas Lodge**Tue, Apr 28-Jun 2 5:00-6:00 PM. U0862A****Movie Fan Favorites***(ages 5-8)*

Bring your favorite movies to life using LEGO® bricks in this creative building Snapology program! Let's bond over the movies we love like Toy Story®, Harry Potter®, Trolls®, Frozen®, Star Wars®, Ninjago®, Pokémon®, and more. Don't miss this super fun weekly program that's all about building LEGO® projects, while using imaginations and having fun with new friends!

Fort Monmouth Rec Ctr Program Room D**Wed, Apr 29-Jun 3 5:00-6:00 PM U0962A****Mega Machines Robotics & Coding***(ages 6-8)*

If your child loves cars, trucks, and anything with a motor, then Snapology's Mega Machine Robotics class is a perfect fit! We will create some of their favorite motorized vehicles and study how to make these machines move. Students will learn about gear ratio, sensors, pulleys, cranks, and programming as they build trucks, space rovers, helicopters, and much more. Your child is sure to have fun as they build, learn, and play. Free time to drive, fly, and sail is a must!

Thompson Pk Vis Ctr Beech Room**Thu, Apr 30-Jun 4 5:00-6:00 PM U1062A****NATURE****Plentiful Ponds - A Freshwater Eco Study***(ages 8-12, with adult)*

Have you ever walked past a wetland and pondered, "I wonder what lives in there?" This is your chance to find out! Participants will strap on some waders and scoop up some freshwater macroinvertebrates. Then we'll examine up close and learn how to identify the fascinating species we collected. Prepare to have your mind blown! All equipment is provided for the program.

One Session \$26.00 Per Person**Manasquan Res Env Ctr Outdoor Area****Sat, May 9 1:00-3:30 PM IK162X****Hooked on Fishing
Birthday Parties***(ages 6-14)*

Plan your next party at beautiful Big Brook Park where party-goers will learn to bait, cast, and attempt to catch some of the many bluegills and largemouth bass found in our scenic pond.

Package includes one hour of fishing followed by thirty minutes of party time in Elsa's Lodge. We provide a Park System leader and all fishing equipment; group provides party supplies.

Please Note: We cannot guarantee that fish will be caught by your group.

Call 732-834-9606 for details, available dates, and registration.

OUTDOOR ADVENTURES

Building Confidence Through Bike Riding

(ages 5-8, with adult)

Get ready for a lifetime of safe riding! Prepare your young cyclist for riding independence as we lose those training wheels. This small class will provide individual attention and teach necessary skills for you to help your young cyclist succeed. Parents will be asked to assist the instructor as necessary and to practice riding in between sessions. All bicycles must be in good working order including: tires inflated, brakes working, cables connected. All riders must wear a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Two Sessions \$50.00 Per Child

Thompson Pk Activity Barn

Mon,Thu, Mar 30-Apr 2 9:00-10:15 AM . . W1762X

Mon,Thu, Mar 30-Apr 2 10:30-11:45 AM . . W1862X

Sat, Apr 25-May 2 9:00-10:15 AM W2062X

Sat, Apr 25-May 2 10:30-11:45 AM. W2162X

Tue,Thu, May 19-21 4:00-5:15 PM W6662X

Tue,Thu, May 19-21 5:30-6:45 PM W6762X

Super Archers Academy

(ages 10-17)

The world's greatest superhero archers are looking for sidekicks to help them in their fight for justice! Join the academy and learn all the same archery skills your heroes use to battle against their super villain rivals. All archery equipment will be provided.

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Sun, May 17 10:00 AM-12:00 PM W6462X

Take a Shot: Archery Series

(ages 10-17)

Whether you are a beginner or just need a refresher, our experienced instructors will help you learn and develop your archery skills during this three-session series. Each session will include new archery games to keep things interesting. Please dress for the weather as the Activity Barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$69.00 Per Person

Thompson Pk Activity Barn

Thu, Apr 2-16 4:30-6:30 PM W4462X

Take a Shot: Intro to Archery

(ages 9-17)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 12 4:30-6:30 PM W4662X

Tue, Apr 7 4:30-6:30 PM W4762X

Wed, May 20 4:30-6:30 PM. W4862X

Young Explorers

(ages 6-8)

Hit the trails and become in tune with your natural surroundings. We'll explore trail etiquette and safety while keeping a lookout for wildlife we share the trail with. Most importantly, your young hiker will meet new outdoorsy kids and build new friendships! Please pack water and a snack in a day pack and dress for an evening adventure.

Three Sessions \$45.00 Per Child \$30.00 Additional Sibling

5/6 - Holmdel Pk Pond View Lot

5/13 - Tatum Pk Red Hill Lot

5/20 - Hartshorne Wds Pk Rocky Point Lot

Wed, May 6-20 5:15-6:45 PM W7562X



*Exploring trails and nature
reduces stress, improves focus,
increases problem-solving skills,
builds confidence and teamwork,
and fosters a love for nature.*

DID YOU KNOW?

PERFORMING ARTS

ACTING

Beginner Acting:**The Magical Meezie Pirates at the USA's 250th Birthday Bash!** *(ages 8-11)*

The Magical Meezie Pirates are invited to the town's United States of America 250th Birthday Bash! They've been asked to compete in the party's volleyball game, chocolate chip cookie contest, and the cheerleading competition, all original American creations. The Magical Meezies pull out tricks, spells, and wands to bring fun, mischief, and magic to this year's big celebration! A performance of this original play will be held on the last day of class for family and friends.

Six Sessions \$135.00 Per Person**Freneau Wds Pk Vis Ctr Program Room 1****Mon, Mar 30-May 4 4:30-6:00 PM Q1862X****Manasquan River Greenway Winter Run Act Ctr Barn****Tue, Apr 14-May 19 4:00-5:30 PM Q1962X****Downtown Daily News Special Edition: USA's 250th Birthday Bash!** *(ages 11-14)*

The Downtown Daily News Crew is covering the town's U.S.A.'s 250th Birthday Bash! From the volleyball and basketball games to the chocolate chip cookie and cheerleading competitions, the Downtown Daily News Crew has got your coverage of this year's big Birthday Bash! A performance of this original play will be performed for family and friends on the last day of class.

Six Sessions \$135.00 Per Person**Big Brook Pk Boundary Rd Act Ctr****Fri, Mar 20-May 1 4:30-6:00 PM. Q2262X***No class 4/3***Freneau Wds Pk Vis Ctr Program Room 1****Thu, Mar 26-Apr 30 4:00-5:30 PM Q2062X****Good Morning Puppet Show!***(ages 5-7)*

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

Four Sessions \$95.00 Per Person**Navesink Library Theater****Wed, Apr 8-29 10:00-11:30 AM Q1462X****Homeschool Troupe of Actors***(ages 9-17)*

Let's come together as a Troupe of Actors and create a performance of monologues/scenes and/or a play to be performed at Navesink Library Theatre for family and friends on our last day of class. Each class will begin with an actor's warm-up of voice, movement, imagination, and the playing of our favorite acting games. As we rehearse for our show, we will also work on The Four Centers of Acting: the center of your focus, the center of your breath, the center of your body, and the center of the stage.

Six Sessions \$135.00 Per Person**Navesink Library Theater***(ages 9-15)***Tue, Apr 7-May 12 12:30-2:00 PM Q0462X***(ages 13-17)***Wed, Apr 8-May 13 12:30-2:00 PM Q0362X****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, songs, and jokes in The Afternoon Puppet Show. We will perform for our families on the last day of class. Please bring in your favorite story books, a water bottle, and wear closed-toe shoes/sneakers.

Four Sessions \$85.00 Per Child**Big Brook Pk Boundary Rd Act Ctr****Fri, Apr 10-May 1 4:00-5:30 PM Q0962X****Freneau Wds Pk Vis Ctr Program Room 2****Thu, Apr 9-30 4:00-5:30 PM Q2362X**

DANCING

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.

Instructor: Julie Asfendis

Six Sessions \$84.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 3-Apr 7 4:30-5:15 PM MAC62X

Tue, Mar 3-Apr 7 5:30-6:15 PM MAD62X

Tue, Apr 21-May 26 4:30-5:15 PM MAE62X

Tue, Apr 21-May 26 5:30-6:15 PM MAF62X

Little Dancers

(ages 5-6)

Calling all Kindergarteners! This class teaches basic ballet movement, terminology and introduces the ballet barre for the first time. The tap section will help dancers learn rhythmic coordination and develop musicality. Children must wear ballet attire and need ballet and tap shoes. Please secure hair away from the face.

Ten Sessions \$130.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Mar 24-Jun 9 4:45-5:30 PM A9662X

No class 4/7 & 5/12

Storytime Ballet



(ages 3-4)

Enjoy the magic of reading and dance as they come together in a fun-filled class! This unique combination of children's books and movement will help young dancers develop listening skills, language and coordination while encouraging self-expression and creativity. Dancers should be potty-trained and wear leotard/tights and ballet shoes. Please secure hair away from the face.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 25-Jun 10 10:15-11:00 AM AB962X

No class 4/8 & 5/13

Tots in Tutus I

(ages 3-4)

Your child will discover their inner dancer as they explore the simple exercises of this graceful dance form. A professional instructor will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment are emphasized. Little dancers should be potty trained and wear a leotard/tights and ballet shoes. Please secure hair away from face.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 24-Jun 9 10:15-11:00 AM. A9362X

No class 4/7 & 5/12

Tots in Tutus II Combo

(ages 4-5)

This fun-filled dance class introduces your dancer to ballet and tap basics using fun music and props. Dancers will build self-confidence, improve listening skills, and spark imagination! Children should wear ballet attire and need ballet and tap shoes. Please secure hair away from the face. Children must be at least four years old by the start of class.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 24-Jun 9 4:00-4:45 PM A9562X

No class 4/7 & 5/12

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.

Fort Monmouth Rec Ctr Group Fitness Room

Eight Sessions \$168.00 Per Person

Mon, Mar 9-Apr 27 6:00-6:55 PM. MB262X

Six Sessions \$126.00 Per Person

Mon, May 4-Jun 15 6:00-6:55 PM. MB362X

No class 5/25

Rock to Bach - Vocal for Kids

(ages 8-16)

Transform your passion for singing into a skill with our new program tailored for kids. From classical harmonies to rock melodies, our program will teach you how to read sheet music, hit the right notes, and develop vocal techniques for practice at home. With our hands-on approach, you'll have fun while learning the basics of singing the songs you love in a relaxed, small-group setting. A required workbook, available for purchase at the first class, will guide your progress. Bring your voice, and we'll provide personalized instruction in every session. Discover the benefits of working with a vocal coach to unlock your potential.

Fort Monmouth Rec Ctr Group Fitness Room

Eight Sessions \$168.00 Per Person

Mon, Mar 9-Apr 27 5:00-5:55 PM. MB062X

Six Sessions \$126.00 Per Person

Mon, May 4-Jun 15 5:00-5:55 PM. MB162X

No class 5/25



Monmouth County residents interested in utilizing the RecAssist program must fill out the Financial Assistance Application located on our website.

To get all the details and fill out an application, scan the QR code below or visit the "Community Recreation" page of our website.



MonmouthCountyParks.com

SPORTS & FITNESS

BASEBALL

Baseball FUNdamentals

(ages 6-8)

Learn the fundamentals of baseball in this fun, noncompetitive program. Our instructors will cover batting, fielding and base running, as well as the rules of the game.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 11-May 2 12:00-12:55 PM. XB362X

Sat, May 16-Jun 13 12:00-12:55 PM. XBC62X

No class 5/23

Launched in 2023, RecAssist offers eligible county residents an opportunity to participate in a wide range of Park System for-fee programs at a discounted rate.

In addition to discounts, articipants are provided free access to several activities including cross-country ski and snowshoe rentals, open shoot archery, and more.



RECASSIST FOR INDIVIDUALS & FAMILIES



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 in realistic mini game situations.

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Mar 7-28 11:00-11:55 AM. XAX62X

Dorbrook Rec Area

Tue, Apr 7-28 4:00-4:55 PM XAY62X

Tue, Apr 7-28 5:00-5:55 PM XAZ62X

Sat, Apr 11-May 2 10:00-10:55 AM. XB162X

Sat, Apr 11-May 2 11:00-11:55 AM. XB262X

Sun, Apr 12-May 3 10:00-10:55 AM XB562X

Sun, Apr 12-May 3 11:00-11:55 AM XB662X

Tue, May 12-Jun 2 4:00-4:55 PM XB762X

Tue, May 12-Jun 2 5:00-5:55 PM XB862X

Sat, May 16-Jun 13 10:00-10:55 AM XBA62X

No class 5/23

Sun, May 17-Jun 14 10:00-10:55 AM XBE62X

No class 5/24

T-Ball 2

(ages 4-5)

Do you love t-ball and want to improve your skills? You've found the perfect program! Ball players will continue developing their fielding, throwing, and hitting skills in a fun and encouraging environment. Prior participation in T-Ball (*above*) or T-Ball with Me & Dad/Mom (*p. 28*) is suggested.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, May 16-Jun 13 11:00-11:55 AM XBB62X

No class 5/23

Sun, May 17-Jun 14 11:00-11:55 AM XBF62X

No class 5/24

BASKETBALL

Basketball FUNDamentals

(ages 6-8)

Swish! Children will have fun while learning the fundamentals of basketball in a fun and noncompetitive environment. Our coaches will use age-appropriate drills and games to teach shooting, dribbling, passing, and defense, along with the rules of the game.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Mon, Apr 6-27 5:00-5:55 PM. XA162X

Thu, Apr 9-30 4:00-4:55 PM XA262X

Sat, Apr 11-May 2 10:00-10:55 AM. XA562X

Mon, May 11-Jun 8 5:00-5:55 PM. XA862X

No class 5/25

Thu, May 14-Jun 4 4:00-4:55 PM XA962X

Sat, May 16-Jun 20 10:00-10:55 AM XAC62X

No class 5/23 & 6/6

Fort Monmouth Rec Ctr Gym A

Sat, Mar 7-28 9:00-9:55 AM X9662X

Sat, Mar 7-28 10:00-10:55 AM. X9862X

Basketball FUNDamentals Clinic

(ages 6-8)

Looking for a fun-filled introduction to basketball? Then look no further! This one-off class will give your child exposure to the sport without the full commitment of a program or team. Children's enjoyment will be maximized by learning the fundamentals of basketball in a fun and noncompetitive environment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 12 10:00-10:55 AM. XAF62X

Sun, Apr 26 10:00-10:55 AM. XAJ62X

Sun, May 10 10:00-10:55 AM XAN62X

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 \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 11-May 2 11:00-11:55 AM. XA662X

Sat, May 16-Jun 20 11:00-11:55 AM XAD62X

No class 5/23 & 6/6

Girls' Basketball FUNdamentals Clinic

(ages 6-9)

Our coaches will help girls develop the essential basketball skills needed to begin in the sport. This clinic is designed for girls to learn these fundamental skills in a noncompetitive, non-intimidating environment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 12 11:00-11:55 AM. XAG62X

Sun, May 10 11:00-11:55 AM. XAP62X

Junior Hoopsters

(ages 8-11)

Continue to develop fundamental basketball skills in our fun, technique-based environment. Our coaches will help children develop essential basketball skills, including shooting, passing, rebounding, ball handling, and defense. This class is for athletes who have had beginner experience in the game of basketball.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Thu, Apr 9-30 5:00-5:55 PM. XA362X

Thu, May 14-Jun 4 5:00-5:55 PM. XAA62X

Young Junior Hoopsters Clinic

(ages 8-10)

Looking for some extra practice to enhance your skills? Continue to develop fundamental basketball skills in our fun, technique-based environment. This clinic is for athletes who have had beginner experience in the game of basketball but want to keep the momentum going without the multi-week commitment.

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Apr 26 11:00-11:55 AM. XAK62X

FENCING

Touché! Intro to Fencing

(ages 5-12)

Swordsmanship with sportsmanship. Fencing is challenging, fun, and an excellent workout for all ages while significantly improving self-esteem and academics. It appeals to the gamer's mindset and builds lifelong friendships. Take advantage of learning fencing under a four-time Olympic coach. Learn safely in the provided protective gear. Space is very limited to ensure technique feedback in this unique Olympic sport.

Eight Sessions \$295.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Mar 12-Apr 30 3:30-4:30 PM. MAB62A

Thu, May 7-Jun 25 3:30-4:30 PM. MAZ62A

FIELD HOCKEY

Skyhawks Field Hockey

(ages 7-12)

Skyhawk's coaches, using a curriculum developed by USA Field Hockey, create a fun and engaging learning experience. They teach fundamental skills such as stick handling, dribbling, passing, and receiving in a playful and inclusive setting. Field hockey is a sport for everyone, enjoyed by both boys and girls around the world, and our program celebrates this inclusivity. All participants will receive a field hockey stick and ball from USA Field Hockey, along with one free month of online training from LEAP Hockey, the leader in online field hockey training.

Six Sessions \$115.00 Per Person

Dorbrook Rec Area

Mon, Apr 27-Jun 8 5:00-5:50 PM. XDH62A

No class 5/25

FOOTBALL

Skyhawks Flag Football

(ages 6-11)

Experience the excitement of football with Skyhawks Flag Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking, and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

Instructed by: Skyhawks Sports Academy

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Apr 12-May 10 9:00-9:50 AM. XDD62A

Sun, May 31-Jun 28 9:00-9:50 AM. XDJ62A



GYMNASTICS & CHEERLEADING

Gymnastics - Kids

(ages 3-10)

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

Four Sessions \$70.00 Per Person

All American Gymnastics, Cindy Lane, Ocean

(ages 3-4)

Sat, Mar 7-28 9:00-9:45 AM M0262A

Sat, Mar 7-28 11:00-11:45 AM. M0662A

Sat, Mar 7-28 12:00-12:45 PM. M1162A

Sat, Apr 11-May 2 9:00-9:45 AM M1562A

Sat, Apr 11-May 2 11:00-11:45 AM. M1962A

Sat, Apr 11-May 2 12:00-12:45 PM. M2462A

Sat, May 9-30 9:00-9:45 AM M2862A

Sat, May 9-30 11:00-11:45 AM M3262A

Sat, May 9-30 12:00-12:45 PM M3762A

(ages 5-6)

Sat, Mar 7-28 9:00-9:45 AM M0362A

Sat, Mar 7-28 11:00-11:45 AM. M0762A

Sat, Mar 7-28 12:00-12:45 PM. M1262A

Sat, Apr 11-May 2 9:00-9:45 AM M1662A

Sat, Apr 11-May 2 11:00-11:45 AM. M2062A

Sat, Apr 11-May 2 12:00-12:45 PM. M2562A

Sat, May 9-30 9:00-9:45 AM M2962A

Sat, May 9-30 11:00-11:45 AM M3362A

Sat, May 9-30 12:00-12:45 PM M3862A

(ages 7-10)

Sat, Mar 7-28 9:00-9:45 AM M0462A

Sat, Mar 7-28 11:00-11:45 AM. M0862A

Sat, Mar 7-28 12:00-12:45 PM. M1362A

Sat, Apr 11-May 2 9:00-9:45 AM M1762A

Sat, Apr 11-May 2 11:00-11:45 AM. M2162A

Sat, Apr 11-May 2 12:00-12:45 PM. M2662A

Sat, May 9-30 9:00-9:45 AM M3062A

Sat, May 9-30 11:00-11:45 AM M3462A

Sat, May 9-30 12:00-12:45 PM M3962A

Introduction to Cheerleading

(ages 5-8)

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

Four Sessions \$70.00 Per Person

All American Gymnastics, Cindy Lane, Ocean

Sat, Mar 7-28 11:00-11:45 AM. M0962A

Sat, Apr 11-May 2 11:00-11:45 AM. M2262A

Sat, May 9-30 11:00-11:45 AM M3562A

HOCKEY

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Thu, Apr 9-30 5:30-6:25 PM XAR62X

Sat, Apr 11-May 2 10:00-10:55 AM. XAT62X

Sat, Apr 11-May 2 11:00-11:55 AM. XAU62X

Thu, May 14-Jun 4 5:30-6:25 PM XAW62X

LACROSSE

Skyhawks Lacrosse

(ages 6-11)

Suit up and come find out why lacrosse has grown to be one of the fastest-growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball, and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. Our staff will ensure that participants not only learn the sport of lacrosse, but also important life skills such as respect, teamwork, and discipline. Every athlete will come away with a deep understanding of the game and its traditions.

Instructed by: Skyhawks Sports Academy

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Apr 12-May 10 10:00-10:50 AM . . . XDE62A

Sun, May 31-Jun 28 10:00-10:50 AM . . . XDK62A



Playing sports doesn't only benefit children physically, it also fosters teamwork, discipline, self-confidence, and leadership while also relieving stress and anxiety.

DID YOU KNOW?

PICKLEBALL

Pickleball for Kids

(ages 7-14)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all ability levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Instruction geared for youth players. Paddles and balls provided.

Four Sessions \$60.00 Per Person

Fort Monmouth Sport Court

(ages 7-10)

Wed, Apr 1-22 4:30-5:30 PM MB962X

Wed, May 13-Jun 3 4:30-5:30 PM MBA62X

(ages 11-14)

Wed, Apr 1-22 5:45-6:45 PM MBB62X

Wed, May 13-Jun 3 5:45-6:45 PM MBC62X

RUNNING

Cool Runners Fitness Run for Fun

(grades K-8)

Build your child's self-confidence and stamina as we hit the trails and run for fun! Designed to meet every skill level, this action-packed program is taught in a relaxed, positive, and supportive environment. Participants will build a foundation for healthy living as they learn proper running fundamentals including technique, form and nutrition. Exciting games, races, and training activities will keep your child moving and motivated to reach all their goals!

Instructor: Robert Cavanaugh, Road Runners Club of America Certified Coach

Six Sessions \$126.00 Per Person

Thompson Pk Old Orchard Parking Lot

Wed, Apr 29-Jun 3 5:30-6:30 PM X9562X

Fri, May 1-Jun 5 5:30-6:30 PM X9962X

Wolf Hill Recreation Area Outdoor Area

Thu, Apr 30-Jun 4 5:30-6:30 PM X9762X



Skyhawks Track & Field

(ages 6-11)

Skyhawks Track & Field introduces young athletes to a sport rich in tradition, combining technical skills with fun and safety. The program focuses on building a strong foundation in movement, including footspeed, flexibility, endurance, and coordination. Young athletes will participate in events such as javelin, shot put, hurdles, long jump, and relay races with special equipment, while developing skills in teamwork and sportsmanship. The program takes place on grass fields and teaches fundamentals like body positioning, stride, and stretching techniques necessary for running and athletic movement. Participants should wear athletic clothing and sneakers (no open-toe shoes or sandals). Sunscreen and water are recommended.

Five Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Apr 12-May 10 11:00-11:50 AM XDF62A

Sun, May 31-Jun 28 11:00-11:50 AM XDN62A

SKATEBOARDING

Skateboarding Beginner

(ages 9-15)

Learn to skate at our Beautiful Seven Presidents Oceanfront Park! Skateboarding Beginner classes are designed for those who have taken the starter class and are looking to progress and become more confident on a skateboard. Class size is limited to allow for individual attention. The following equipment is required in order to participate: a skateboard, helmet, knee and elbow pads, and wrist guards. We have the required equipment to lend out if needed!

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Tue, Apr 21-May 12 4:00-5:00 PM XEG62X

Wed, Apr 22-May 13 5:15-6:15 PM XEK62X

Skateboarding Intermediate

(ages 9-15)

Seeking to improve your current level of skateboarding? Skateboarding Intermediate classes are designed for those who are competent skaters and want to learn more advanced skills, including riding ramps and bowls. The following equipment is required in order to participate: a skateboard, helmet, knee and elbow pads, and wrist guards. We have the required equipment to lend out if needed!

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Wed, Apr 22-May 13 4:00-5:00 PM XEJ62X

Thu, Apr 23-May 14 5:15-6:15 PM XEN62X

Skateboarding Starter

(ages 9-15)

Learn to skateboard at beautiful Seven Presidents Oceanfront Park! Skateboarding Starter classes are designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. For more information about this program, please see the Safe Skating section. The following equipment is required in order to participate: a skateboard, helmet, knee and elbow pads, and wrist guards. We have the required equipment to lend out if needed!

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Tue, Apr 21-May 12 5:15-6:15 PM XEH62X

Thu, Apr 23-May 14 4:00-5:00 PM XEM62X

SOCCKER

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. Please see Kids Kixx: Nexxt Step for classes for older children.

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sun, Mar 8-29 12:00-12:55 PM XBT62X

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

Indoor Season

Fort Monmouth Rec Ctr Gym A

Sun, Mar 8-29 1:00-1:55 PM XBW62X

Outdoor Season

Dorbrook Rec Area

Sat, Apr 11-May 2 11:00-11:55 AM. XCB62X

Sat, May 16-Jun 13 11:00-11:55 AM XCV62X

No class 5/23

Kids Kixx Soccer: Nexxt Step

(ages 5-7)

Take a step forward, preparing your child for a successful start to soccer league play. Our favorite soccer games, including Red Light, Green Light, and Sharks and Minnows, will advance into mini-scrimmages. Coaches will teach soccer terms, positions, teamwork, and rules to help players get a feel for a real game. This class is designed for players familiar with soccer skills and ready to tackle more advanced skills and gameplay.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sun, Apr 12-May 3 11:00-11:55 AM XCH62X

Sun, May 17-Jun 14 11:00-11:55 AM XD162X

No class 5/24

Kids Kixx Soccer: World Cup

Edition!  

(ages 4-5)

The World Cup is coming to the US in 2026! Future Team USA players need to start somewhere, and we offer an opportunity to learn the basics! 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, with an added World Cup twist! Please see Kids Kixx: Nexxt Step for classes for older children.

Four Sessions \$60.00 Per Child

Dorbrook Rec Area

Wed, Apr 8-29 5:30-6:25 PM XC662X

Sat, Apr 11-May 2 10:00-10:55 AM. XCA62X

Wed, May 13-Jun 3 5:30-6:25 PM. XCQ62X

Sat, May 16-Jun 13 10:00-10:55 AM XCU62X

No class 5/23

Holmdel Pk Hilltop Area

Sat, Apr 11-May 2 11:00-11:55 AM. XCE62X

Sat, May 16-Jun 13 11:00-11:55 AM XCY62X

No class 5/23

TENNIS

Pre-Teen Tennis

(ages 9-12)

A great introduction for children looking to get into tennis, considered to be one of the world's healthiest sports! Here you will learn the basics of the sport through a variety of drills, games, and more!

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Apr 11-May 2 10:00-10:55 AM X6162X

Sun, Apr 12-May 3 10:00-10:55 AM X7762X

Sat, May 16-Jun 13 10:00-10:55 AM X7162X

No class 5/23

Sun, May 17-Jun 14 10:00-10:55 AM X8362X

No class 5/24

Six Sessions \$108.00 Per Person

Mon,Wed, Apr 13-29 5:00-5:55 PM X7462X

Tue,Thu, Apr 14-30 5:00-5:55 PM X5862X

Mon,Wed, May 11-Jun 1 5:00-5:55 PM . . .X8062X

No class 5/25

Tue,Thu, May 12-28 5:00-5:55 PM X6862X

Tikes Tennis

(ages 6-8)

A great introduction for children looking to get into tennis, considered to be one of the world's healthiest sports! Here you will learn the basics of the sport through a variety of drills, games, and more!

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Apr 11-May 2 9:00-9:55 AM X6062X

Sun, Apr 12-May 3 9:00-9:55 AM X7662X

Sat, May 16-Jun 13 9:00-9:55 AM X7062X

No class 5/23

Sun, May 17-Jun 14 9:00-9:55 AM X8262X

No class 5/24

Six Sessions \$108.00 Per Person

Mon,Wed, Apr 13-29 4:00-4:55 PM X7362X

Tue,Thu, Apr 14-30 4:00-4:55 PM X5762X

Mon,Wed, May 11-Jun 1 4:00-4:55 PM . . .X7962X

No class 5/25

Tue,Thu, May 12-28 4:00-4:55 PM X6762X



Summer Camps are Right Around the Corner!

The Monmouth County Park System's summer camps offer your child the opportunity to discover something new, have fun, make new friends, and have a summer they'll never forget. Our camps are thoughtfully designed to support personal growth, create lasting memories, and build a positive, caring camp community.

No matter what your child's interests, we're sure to have something they'll love, from arts & crafts to sports, nature & science to performing arts, outdoor odysseys to farm life & living history, general day camps to theme camps, and more!

Our summer camps fill up quickly, so be sure to watch for our upcoming Summer Camp Guide, available starting Friday, February 20. Summer camp registration will begin Sunday, March 1, at 12:00 PM.

Questions?

Call 732-842-4000, ext. 4312, or email info@monmouthcountyparks.com.



SUMMER JOB FAIR

*Work within the beautiful scenery of your
Monmouth County parks!*

We're looking for responsible, enthusiastic
additions for a variety of summer positions,
including:

Summer Camp Counselors

Inclusion Coaches

Pool & Beach Lifeguards

Boat Tour Operators

Sprayground Attendants

Seasonal Greenskeepers

Seasonal Rangers

**SATURDAY,
MARCH 7**

9:00 AM – 12:00 PM

**Fort Monmouth Recreation
Center, Tinton Falls**

Questions?

Call 732-842-4000, ext. 4312.

ACTIVE ADULTS 55+

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.

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Instructor: Kim Cugini

Tue, Mar 24-May 5 10:30-11:15 AM . . . MAV62X

No class 4/7

Tue, May 12-Jun 23 10:30-11:15 AM. . . MAW62X

No class 6/2

Seven Sessions \$105.00 Per Person

Instructor: Jodi Kondracki

Thu, Mar 5-Apr 23 10:30-11:15 AM . . . MAT62X

No class 4/9

Thu, May 7-Jun 18 10:30-11:15 AM . . . MAU62X

Learning Mahjong for Beginners

(adults)

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

Seven Sessions \$40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 3-Apr 14 10:30 AM-12:30 PM . . M9362X

Tue, Apr 28-Jun 9 10:30 AM-12:30 PM . . MA262X

Fort Monmouth Rec Ctr Atrium Room

Thu, Apr 9-May 21 12:30-2:30 PM . . . M9462X



Special Hikes

(ages 55 and up)

Enjoy one-day hikes at different points of historical interest and natural beauty throughout our great state! These hikes typically range between 7-8 miles over 3-4 hours at a moderate pace over varying types of terrain. Don't forget a backpack with a rain/wind jacket, plenty of water, and a bagged lunch to enjoy at the mid-point of the hike. Time permitting, we will stop for ice cream at a local confectionery; please bring \$10.00 if interested. These hikes are geared towards level 3 and 4 Senior Hike participants but are open to all senior hikers. In the event of inclement weather, a decision to cancel/reschedule will be made by 7:00 AM the day of the hike. **Rating: Moderate/quick pace; rocky trails with inclines and declines.**

Please Note: Depending on seasonal trail conditions, an alternate hike of the same distance/hike level/length may be substituted.

One Session \$59.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Round Valley Reservoir/Cushetunk Trail

Enjoy the scenic hike along Round Valley Reservoir in Hunterdon County! There are mostly dirt/gravel/and grass trails, but be prepared for seasonally different conditions at this time of year. There is plenty of wildlife to see, and we will stop for lunch on the trail during the hike. The hike is approximately 7 miles with an elevation gain of 1,200 feet. Plan to arrive by 8:15 AM to ensure prompt departure time at 8:30 AM.

Tue, Mar 31 8:30 AM-4:00 PM (approx) . . .D2062A

Rain Date: TBD

Merrill Creek

A 650-acre reservoir located in Harmony, New Jersey, that is surrounded by 2,000 acres of forests and fields, is wonderful for a blooming spring visit and hike! We will cover 6.4 miles and approach 900 feet in elevation gain. During the hike, time will be allocated for a stop for a bagged lunch. The bus departs promptly at 8:30 AM, so plan to arrive by 8:15 AM.

Tue, Apr 21 8:30 AM-4:00 PM (approx) . . .D2162A

Rain Date: TBD



Spring Senior Hikers

(ages 55 and up)

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

Location Varies Week to Week

Level 1

Hikes cover 3 to 3 ½ miles in 1 ½ hours. Level 1 hikes are at a more comfortable pace than Level 2.

Thirteen Sessions \$84.50 Per Person

Thu, Apr 2-Jun 25 9:30-11:00 AM D0962X

Tue, Apr 7-Jun 30 9:30-11:00 AM. D0862X

Level 2

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

Thirteen Sessions \$97.50 Per Person

Wed, Apr 1-Jun 24 9:30-11:30 AM D1062X

Thu, Apr 2-Jun 25 9:30-11:30 AM D1162X

Fri, Apr 3-Jun 26 9:30-11:15 AM D1262X

Level 3

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

Thirteen Sessions \$97.50 Per Person

Tue, Apr 7-Jun 30 9:30-11:30 AM. D1362X

Level 4

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

Twelve Sessions \$90.00 Per Person

Mon, Apr 6-Jun 29 9:30-11:30 AM D1462X

No hike 5/25

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.

Eight Sessions \$112.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 31-Jun 2 10:00-11:00 AM. D2562X

No class 5/5 & 5/12

Tue, Mar 31-Jun 2 11:15 AM-12:15 PM . . .D2662X

No class 5/5 & 5/12

Thu, Apr 2-Jun 4 12:00-1:00 PM D3162X

No class 5/7 & 5/14

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 30-Jun 8 11:45 AM-12:45 PM. . .D2362X

No class 5/4, 5/11 & 5/25

Mon, Mar 30-Jun 8 1:00-2:00 PM. D2462X

No class 5/4, 5/11 & 5/25

Zumba Gold

(ages 55 and up)

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

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Apr 10-Jun 5 4:30-5:25 PM X4662X

No class 5/22

Fort Monmouth Rec Ctr Gym A

Wed, Mar 25-May 13 10:00-10:55 AM. . . .X3762X

ARTS & CRAFTS

CERAMICS & POTTERY

All Level Pottery Classes

(adults)

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

Seven Sessions \$210.00 Per Person**Thompson Pk Creative Arts Center**

Instructor: Laura Copeland

Mon, Mar 2-Apr 13 9:00 AM-12:00 PM . . . Z0862X**Mon, Apr 20-Jun 8 9:00 AM-12:00 PM. . . . Z0962X***No class 5/25***Mon, Mar 2-Apr 13 1:00-4:00 PM. Z1062X****Mon, Apr 20-Jun 8 1:00-4:00 PM Z1162X***No class 5/25*

Instructor: Brian Farro

Mon, Mar 2-Apr 13 6:00-9:00 PM. Z1262X**Mon, Apr 20-Jun 8 6:00-9:00 PM Z1362X***No class 5/25*

Instructor: Sue Johnson

Tue, Mar 10-Apr 21 4:00-7:00 PM. Z1462X**Tue, Apr 28-Jun 9 4:00-7:00 PM. Z1562X**

Instructor: Joanne Traskiewicz

Wed, Mar 11-Apr 22 9:00 AM-12:00 PM. . . Z1662X**Wed, Apr 29-Jun 10 9:00 AM-12:00 PM . . . Z1762X****Wed, Mar 11-Apr 22 1:00-4:00 PM Z1862X****Wed, Apr 29-Jun 10 1:00-4:00 PM Z1962X**

Instructor: Laura Copeland

Wed, Mar 11-Apr 22 6:30-9:30 PM Z2062X**Wed, Apr 29-Jun 10 6:30-9:30 PM Z2162X**

Instructor: Joyce Nokes

Fri, Mar 13-Apr 24 9:00 AM-12:00 PM . . . Z2262X**Fri, May 1-Jun 12 9:00 AM-12:00 PM . . . Z2362X****Fri, Mar 13-Apr 24 1:00-4:00 PM Z2462X****Fri, May 1-Jun 12 1:00-4:00 PM Z2562X**

Instructor: John Fossa

Sat, Mar 14-Apr 25 11:30 AM-2:30 PM . . . Z2662X**Sat, May 2-Jun 20 11:30 AM-2:30 PM . . . Z2762X***No class 5/9*

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.

Instructor: Sue Johnson

Seven Sessions \$273.00 Per Person**Thompson Pk Creative Arts Center****Tue, Mar 10-Apr 21 9:00 AM-1:00 PM ZD162X****Tue, Apr 28-Jun 9 9:00 AM-1:00 PM ZD262X**

Advanced Wheel-Thrown Pottery

(adults)

For students with experience on the potter's wheel who 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.

Seven Sessions \$210.00 Per Person**Thompson Pk Creative Arts Center**

Instructor: Pete MacConnell

Tue, Mar 10-Apr 21 7:00-10:00 PM. Z2862X**Tue, Apr 28-Jun 9 7:00-10:00 PM. Z2962X**

Instructor: TBD

Thu, Mar 12-Apr 23 9:00 AM-12:00 PM . . . ZD362X**Thu, Apr 30-Jun 11 9:00 AM-12:00 PM . . . ZD462X****Thu, Mar 12-Apr 23 6:30-9:30 PM Z3062X****Thu, Apr 30-Jun 11 6:30-9:30 PM. Z3162X**

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

This is in effect for the following programs:

All Level Pottery Classes

All Level Pottery - Extended

Advanced Wheel-Thrown Pottery

Foundations of Clay Hand-Building

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 on the first day of class.

Seven Sessions \$224.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 2-Apr 13 6:00-9:00 PM Z3462X

Mon, Apr 20-Jun 8 6:00-9:00 PM Z3562X

No class 5/25

Thu, Mar 12-Apr 23 12:30-3:30 PM Z3662X

Thu, Apr 30-Jun 11 12:30-3:30 PM Z3762X

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items, and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes, and glaze. Advanced students can work independently. Pre-cast items and tools can be purchased at the Creative Arts Center. Program fee includes instruction, firings, glazes, and underglazes.

Seven Sessions \$100.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 30-Jun 11 9:00 AM-12:00 PM . . . ZCR62X

Ceramics Techniques 101

(adults)

In this intensive workshop, we learn the basics of creating beautiful ceramic works. We'll begin by exploring techniques such as piercing, sgraffito, slip-trailing, and inlay on slip-cast pieces. After exploring the world of underglazes, we will venture into glazes to better understand the wide range of uses and limitations of each glaze family. Bisqueware and greenware is included in class. Every class is project-specific. Participants will work on cups, a bud vase, a bowl, and a plate.

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 12-Apr 16 9:00 AM-12:00 PM . . . ZCS62X



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 handbuilt creations. Class includes 25 lbs. of clay, glazes, and firings.

Seven Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

Wed, Mar 11-Apr 22 1:00-4:00 PM Z4162X

Wed, Apr 29-Jun 10 1:00-4:00 PM Z4262X

Instructor: Beth Couchoud

Wed, Mar 11-Apr 22 6:30-9:30 PM Z4362X

Wed, Apr 29-Jun 10 6:30-9:30 PM Z4462X

Patriotic 250th Anniversary Plate

(adults)

Celebrate 250 years of American independence by creating a ceramic plate that is bursting with red, white, and blue pride! Class includes instruction, a ceramic plate, and glazes. Pieces will be kiln fired and ready for pick-up the following week.

One Session \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, May 30 12:00-1:30 PM ZAM62X

Sat, May 30 2:00-3:30 PM ZAK62X

DRAWING & PAINTING

A Day with the Impressionists

(adults)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$49.00 Per Person

Thompson Pk Creative Arts Center

Matisse's Goldfish

Sat, Mar 7 2:00-5:00 PM ZA762A

Hassam's Poppies Isles of Shoals

Sat, Mar 14 2:00-5:00 PM. ZA862A

Monet's Effect of Spring at Giverny

Sat, Mar 21 2:00-5:00 PM. ZA962A

Monet's Poppy Field at Argenteuil

Sat, Mar 28 2:00-5:00 PM. ZAA62A

van Gogh's Starry Night

Sat, Apr 4 2:00-5:00 PM. ZAB62A

Monet's Antibes

Sat, Apr 11 2:00-5:00 PM ZAC62A

Hassam's Celia Thaxter's Garden

Sat, Apr 18 2:00-5:00 PM ZAD62A

Monet's The Japanese Footbridge

Sat, Apr 25 2:00-5:00 PM ZAE62A

Cross' Pines along the Shore

Sat, May 16 2:00-5:00 PM ZAF62A

Monet's Meadow with Poplars

Sat, May 23 2:00-5:00 PM ZAG62A

Morisot's In the Wheatfield at Gennevilliers

Sat, May 30 2:00-5:00 PM ZAH62A

All About Mushrooms! Hike and Illustration Workshop

(adults)

Mushrooms are some of the most remarkable natural organisms. Coming in all sorts of beautiful and imaginative forms, shapes, and colors, the variety of species makes them fascinating objects to draw. In this one-day workshop, participants will have the opportunity to dive into the world of mushrooms, starting with a hike led by a Park System Naturalist to learn about them in the wild. After the hike, we will go inside and learn some of the basics necessary to draw your mushroom, key features pertinent to botanical drawing, and helpful hints to add color to your illustration.

Naturalist: Blake Beyer / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Sat, Mar 21 9:00 AM-12:00 PM ZAT62X

An Art Class for the Non-Artist

(adults)

Can't even draw a stick figure? Never signed up for an art class before? Struggle with perfectionism? This one-of-a-kind workshop hosted by Jenny Santa Maria is going to bring out something in you that you can't see in yourself. You will leave this workshop with a whole new perspective, empowered to use the arts as a new language you can apply to any and all areas of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career and has never failed to see results. Bring a sketchbook to write and doodle in. A materials fee of \$5.00 is due to the instructor on the day of class.

One Session \$46.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 6 10:30 AM-12:30 PM Z6362X

Art and the Arboretum: Drawing Trees Workshop

(adults)

The majestic quality of the trees that surround us has acted as a source of inspiration for artists for centuries. In this course, participants will learn how to approach drawing these unique forms. A Park System Naturalist will lead us through an informative lecture in Holmdel Park's beautiful arboretum. Participants will learn key structural features, including branch formation, bark textures, and more. From there, we will begin our process of drawing the tree from direct observation, utilizing our understanding of the variety of forms and shapes of different species.

Please Note: Class meets rain or shine. The outdoor portion may be moved indoors if weather conditions are poor. A supply list and directions will be emailed two weeks in advance of the class start date. Drawings will be done outside, so please bring a lawn chair or towel if necessary.

Naturalist: Megan Orens / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Holmdel Pk Shelter Bldg

Wed, Apr 22 9:00 AM-12:00 PM. ZB362X

Creative Arts Festival



ADULTS



Artists interested in becoming vendors, information and an application are available at www.MonmouthCountyParks.com. Entry deadline is March 9.

SATURDAY, MAY 9
10:00 AM-4:00 PM
THOMPSON PARK, LINCROFT

This family-friendly festival features a variety of fine artists and artisans, as well as live music by some of the best local musicians.

Free activities, food vendors, and artist demonstrations throughout the day.

FREE ADMISSION & FREE PARKING

For a schedule and more information, visit www.MonmouthCountyParks.com, email ccarlson@monmouthcountyparks.com, or call 732-842-4000, ext. 3343.

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 11. SEE PAGE 120 FOR FULL DETAILS.

Art of the Sea: Seahorses and Sea Stars

(adults)

The beautiful diversity of shapes, forms, and colors that render life from the sea has long enamored both scientist and artist. We will journey into a fun and informative discussion and walk led by a Park System Naturalist about the ecological roles of seahorses and sea stars, and the diversity of our native New Jersey marine life. After our walk and collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion, rendering intricate patterning, and more.

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

Naturalist: Megan Orens / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Fisherman's Cove Act Ctr

Wed, Mar 25 9:00 AM-12:00 PM ZB262X

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil, and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary. A supply fee of \$10.00 is payable to artist/instructor Tresse DeLorenzo or Deanna Gallaro on the first day of class.

Six Sessions \$164.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Mar 30-May 4 12:30-2:00 PM ZBE62X

Mon, May 11-Jun 22 12:30-2:00 PM ZBF62X

No class 5/25

Fort Monmouth Rec Ctr Program Room A

Thu, Apr 2-May 7 11:30 AM-1:00 PM ZBG62X

Thu, May 14-Jun 18 11:30 AM-1:00 PM ZBH62X



Botanical Illustration: Irises NEW

(adults)

Join us for this botanical illustration class where we focus on irises. We will be guided on a tour through the iris garden at Deep Cut, learning from an expert horticulturist about this beautiful flower. Following our tour, we will spend the remaining portion of class learning to draw these striking and complex plants. Class will detail how to capture the intricacy of petal structure and rendering of form.

Horticulturist: Kate Lepis / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Deep Cut Gardens Horticultural Center

Mon, May 18 9:00 AM-12:00 PM Z6462X

Botanical Illustration: Liking Lichens

(adults)

Lichens come in a diversity of beautiful colors, forms, and textures, covering trees and rocks throughout nature. In this workshop, students will learn how to convey the nuances of these beautiful, abstract forms. Class will commence with a hike and lecture led by a Park System Naturalist. Afterwards, we will head inside to draw from live specimens.

Please Note: Class will be held rain or shine, and outdoor components may be moved to an indoor lecture in the event of inclement weather. We will be working with both pen and colored pencils. A supply list will be attached to your registration receipt.

Naturalist: Blake Beyer / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Sat, Apr 18 9:00 AM-12:00 PM ZAR62X

Sat, Apr 25 9:00 AM-12:00 PM ZAS62X

Botanical Illustration: Orchid Workshop

(adults)

Orchids truly are amazing and interesting plants. Composing one of the most diverse families of flowering plants on Earth, orchids exhibit an astonishing diversity of sizes, shapes, and colors. We will be led through a guided tour of Deep Cut Garden's greenhouse, learning from an expert horticulturist all about the elusive orchid, care of plants, and more. Following our greenhouse tour and lecture, we will spend the remaining portion of class learning the art of botanical illustration to render drawings of these exquisite plants.

Horticulturist: Kate Lepis / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Deep Cut Gardens Horticultural Center

Fri, Mar 6 9:00 AM-12:00 PM Z6562X

Brush and Beak: Illustrating the American Woodcock

(adults)

Experience the unique blend of art and nature in this hands-on workshop celebrating the enchanting American woodcock. Participants will learn to capture the distinctive form and plumage of this secretive woodland bird famous for its spectacular springtime courtship display. You'll explore techniques for sketching wildlife through reference, focusing on shape, texture, and movement. As dusk falls, we'll head outdoors to try and witness the woodcock's enchanting "sky dance." With luck, we'll see males spiraling upward into the twilight and hear their melodic "peent" calls echoing through the field. This program is perfect for bird lovers, artists of all levels, and anyone who enjoys slowing down to connect creativity with the natural world.

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

Naturalist: Megan Orens / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 11 4:30-7:30 PM IKB62X

Colored Pencil Extended Workshop

(adults)

Join us for this workshop concentrated on the art of colored pencil. Colored pencils have the potential to yield beautiful works if used properly. Beginning with the basics of color theory, we will delve into everything one needs to know to use this medium to its maximum potential. Basic drawing skills are strongly recommended, however, not required.

Art Instructor: Katie Stone

Four Sessions \$104.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 5-26 1:00-3:00 PM Z5162X

Contemporary Watercolor Painting

(adults)

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Mar 2-Apr 6 10:30 AM-12:30 PM . . . ZCG62X

Mon, Mar 2-Apr 6 1:00-3:00 PM. ZCH62X

Mon, Apr 20-Jun 1 10:30 AM-12:30 PM. . . ZCJ62X

Mon, Apr 20-Jun 1 1:00-3:00 PM ZCK62X

No class 5/25

Instructor: Mary Ann Goodwin

Fri, Mar 13-Apr 17 10:00 AM-12:00 PM . . ZCM62X

Fri, Apr 24-Jun 5 10:00 AM-12:00 PM . . . ZCN62X

No class 5/22

Sat, Mar 14-Apr 18 10:00 AM-12:00 PM. . . ZCP62X

Sat, Apr 25-Jun 13 10:00 AM-12:00 PM . . . ZCQ62X

No class 5/9 & 5/23

Thu, Mar 19-Apr 23 6:30-8:30 PM ZCZ62X

Thu, Apr 30-Jun 4 6:30-8:30 PM ZD062X

Drawing Wildflowers

(adults)

This specialty workshop highlights techniques and tips for the art of rendering wild florals. Participants will begin with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. Afterwards, we will head inside with our live samples and begin the drawing process. The class will investigate how to approach complex petal patterns, pick floral color palettes, create form without losing vibrancy of color, and more. In this session, we focus on drawing Virginia bluebells, columbine, or zizia. Students will learn how to create drawings that are beautiful to people and pollinators alike! Some experience is a plus, but not a necessity.

Naturalist: Jason Goldman / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Huber Wds Pk Env Ctr

Mon, May 11 10:00 AM-1:00 PM Z4062X



Fixing Watercolor Mistakes

(adults)

Very often it's said, "watercolor is hard - if you make a mistake, it can't be fixed." Well, that's not quite true. We'll explore 20 watercolor issues that can be addressed to improve your painting experience. Just bring your watercolors, paints, and paintbrushes, and experience the different methods of altering your watercolor imagery.

Instructor: Karin Trunz

Two Sessions \$53.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 13-20 1:00-3:00 PM ZB562X

Gouache Painting Class

(adults)

Discover the vibrant world of gouache painting through expressive, theme-based projects such as seascapes, animals, florals, and Italian vistas. Using HIMI jelly gouache or your own materials, you'll explore contemporary impressionistic techniques that move beyond realism and embrace creativity. Guided by an experienced artist, each step-by-step lesson covers color theory, dynamic composition, and unique application methods with brushes, palette knives, and more. Gina shares her personal references and methods to help you create powerful, expressive works. Perfect for beginner and experienced artists alike, this class encourages bold experimentation and confident painting. A detailed supply list will be included with your registration confirmation; please review it and come prepared.

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

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 15-May 20 10:00 AM-12:30 PM . ZAY62A

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism. Using acrylic paint, students will learn the specific brushstrokes, layering techniques, color mixing, and unique styles of these painters. Please bring two 11"x14" canvases and a set of acrylic brushes to class. During this four-week series, we will complete the two paintings listed below. Acrylic paint will be provided by the instructor.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Monet's Woman with a Parasol, Turned to the Right

Hassam's Poppies Isles of Shoals

Wed, Mar 4-25 1:00-3:30 PM. Z9262A

Fri, Mar 6-27 10:00 AM-12:30 PM Z9362A

Cezanne's Still Life Flowers in a Vase

Morisot's In the Wheatfield at Gennevilliers

Fri, Apr 10-May 1 10:00 AM-12:30 PM. . . Z9462A

Wiley's East Tennessee fall landscape

Monet's Meadow with Poplars

Wed, Apr 29-May 20 1:00-3:30 PM. Z9562A

Fri, May 8-29 10:00 AM-12:30 PM Z9662A

Illustrating Birds: Hummingbirds

(adults)

Hummingbirds are some of the most spectacular birds, as well as important pollinators. We'll learn from a Park System Naturalist how to make your yard a hummingbird haven, from feeding and what to plant to attract hummingbirds, to interesting facts about these fascinating creatures. Afterwards, we will venture into the art of ornithological (bird) illustration. Participants will learn how to paint these creatures, including observing key features important to creating realistic representations, rendering complicated feathers and markings, and creating iridescence in paintings. Some painting/drawing experience is a plus, but not a necessity.

Please Note: This class requires the purchase of acrylic paints and a small canvas.

Naturalist: Paul Mandala / Art Instructor: Katie Stone

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Fri, May 1 9:00 AM-12:00 PM ZAN62X

Intermediate Drawing

(adults)

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

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Apr 9-May 14 1:00-3:00 PM Z5262X

Intro to Traditional Painting

(adults)

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 3-Apr 7 9:00-11:00 AM Z4562X

Tue, Apr 21-May 26 9:00-11:00 AM Z4662X

Intro to Watercolor Pencil

(adults)

Watercolor pencils offer the best of both worlds — the precision and control of drawing and the expressive, fluid beauty of watercolor painting. We'll look to the Impressionists for inspiration, exploring how they captured color and movement with freedom and play. Participants will choose a famous work to reimagine with gentle guidance and a review of techniques. Along the way, you'll learn accessible observational drawing methods, practice painting techniques, and discover how professional-grade supplies, like Derwent and Castle Arts watercolor pencils, can open new doors in your creative process. In this warm and welcoming class, both first-time experimenters and seasoned artists are invited to join us, ease into the creative flow, and experience the joy of seeing art take shape through each stage. A materials fee of \$5.00 is due to the instructor on the day of class.

Instructor: Jennifer Santa Maria

One Session \$45.00 Per Person

Thompson Pk Creative Arts Center

Tue, May 5 10:30 AM-12:30 PM Z6262X

Layers of Expression

(adults)

Join this four-week journey of exploration and expression! We will begin the class by covering the large format canvas (approximately 24"x28") with meaningful words. We will then add more layers with acrylic inks, mediums, and paint. Next, we will use the Gelli Plate to make unique decorative papers to help us add more layers onto our canvas through collage. Then we will explore using unique marking tools to add interest to the canvas. We'll add beautiful details with stencils, stamps, and organic shapes, and explore texture with fibers, metal, and chipboard. Choose to finish the canvas by creating a focal point or leaving it abstract. A canvas fee of \$10.00 is to be paid to the instructor at the first session. All other supplies included.

Instructor Monique Topp

Four Sessions \$110.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Apr 23-May 14 6:30-9:00 PM AAC62X

Master Copy Sketch Workshop

(adults)

The practice of copying masterworks has helped train some of the greatest artists who have ever lived. You will begin to explore the following questions: What lines are essential for the unity of this piece? Which lines make the work more dynamic? Training your eye to see governing lines in finished drawings will help you begin to see them in life. By the end of this class, you will have completed two finished master copy drawings. All supplies are included for use during class time.

Artist/Instructor: Jane Manco

Six Sessions \$200.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 15-May 20 6:00-8:00 PM ZB162A

Mixing Greens & Painting Beautiful Foliage

(adults)

Unlock the secret to vibrant, natural greens in watercolor! In this hands-on workshop, you'll learn how to mix a wide range of realistic greens using just a few basic pigments. We'll explore how light, shadow, and color temperature bring foliage and flowers to life, and then practice painting lush leaves, trees, and garden scenes. Perfect for beginners and those looking to deepen their watercolor skills.

Two Sessions \$50.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 22-29 1:00-3:00 PM ZD762X

Oil Painting Techniques

(adults)

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

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

Six Sessions \$140.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 15-May 20 1:00-3:30 PM ZAZ62A

Paint a Triptych

(adults)

Loosen up! Paint three canvases as one or a three-part study. Instructor Shari Epstein will guide you through composition, color mixing, and application of paint. Bring images you love to the first class. The 16' x 20" panels will be provided. A supply list will be emailed approximately two weeks prior to the start of class.

Four Sessions \$100.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Apr 14-May 5 12:00-2:00 PM A2762X

Painting Skies & Sunsets in Watercolor

(adults)

Learn to capture the beauty of the sky in watercolor! In this beginner-friendly workshop, we'll explore techniques for blending soft washes, layering color, and creating glowing light effects. From bright skies to vibrant sunsets, you'll discover how to use color and water to express atmosphere and mood. A relaxing and inspiring class — perfect for anyone new to watercolor or eager to build confidence painting skies.

Instructor: Tracey Witter

Two Sessions \$50.00 Per Person

Thompson Pk Creative Arts Center

Tue, May 12-19 6:30-8:30 PM ZD862X

Painting: All-Level

(adults)

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

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 3-Apr 7 11:30 AM-1:30 PM Z4762X

Tue, Apr 21-May 26 11:30 AM-1:30 PM Z4862X

Tue, Mar 3-Apr 7 2:00-4:00 PM Z4962X

Tue, Apr 21-May 26 2:00-4:00 PM Z5062X

Pastel Impressionism

(adults)

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

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

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 13-May 18 2:00-4:30 PM ZAX62A

Pen & Ink with Watercolor

(adults)

Discover the charm of combining expressive ink lines with the soft beauty of watercolor. In this workshop, we'll explore techniques for sketching with pen to create texture, depth, and detail — then bring those drawings to life with transparent watercolor washes. Learn how to balance line and color as you create lively artwork.

Instructor: Tracey Witter

Two Sessions \$50.00 Per Person

Thompson Pk Creative Arts Center

Tue, Apr 14-21 6:30-8:30 PM ZD662X

Portrait Painting Workshop

(adults)

Portrait painting and drawing are probably 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 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 the model fee on the first day of class.

Artist/Instructor: Kristin Kunc

Six Sessions \$138.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 2-Apr 6 9:30-11:30 AM. ZBM62X

Spring Silk Painting Workshop

(adults)

Painting flowers on silk in unconventional ways is a wonderful way to welcome the new season! We will explore several methods of creating unique works of art on the magical canvas of silk. No previous experience is needed. A materials fee of \$30.00 is due to the instructor at the first class.

Instructor: Karin Trunz

Three Sessions \$77.00 Per Person

Thompson Pk Creative Arts Center

Sat, Apr 11-25 10:30 AM-12:30 PM ZB462X

Studio Time with Gina

(adults)

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

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

Six Sessions \$158.00 Per Person

Thompson Pk Creative Arts Center

Fri, Apr 17-May 15 10:00 AM-1:00 PM. ZB062A

Understanding Value: An Intensive Workshop

(adults)

In this foundational intensive workshop, students will explore simplifying a painting to its essentials and understanding the importance of shapes to create a dynamic impact. The value step scale exercise provides you with an opportunity to practice mixing clean, distinct piles of paint. We will use the resulting paint piles for a value poster study to understand how to capture the feeling of the picture with the fewest shapes. This workshop is about honing one's understanding of the basics of painting. All materials are included for use during class time.

Instructor: Jane Manco

Six Sessions \$210.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 4-Apr 8 6:00-8:00 PM. ZAW62A



11th Annual Creative Arts Festival *Call for Entries*

We're seeking fine art and high-quality craft artisans for our 11th Annual Creative Arts Festival at Thompson Park to be held Saturday, May 9 from 10:00 AM-4:00 PM.

This juried art festival is open to artists of all mediums.

Application fee is \$15.00. Applications are due Monday, March 9.

In addition to our art vendors, the day will be filled with art demonstrations, live music, and food vendors. It's a great day to celebrate the arts! See page 53 for more event details.

For more information, please visit www.MonmouthCountyParks.com or contact Christina at ccarlson@monmouthcountyparks.com or 732-842-4000, ext. 3343.



Watercolor Studio

(adults)

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

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 4-Apr 8 10:00 AM-12:00 PM . . . ZCE62X

Wed, Apr 22-May 27 10:00 AM-12:00 PM . ZCF62X

Watercolor Unleashed

(adults)

Combining traditional techniques with experimental mixed media, this workshop explores how to go beyond brush and paper to achieve unexpected textures and effects by painting on alternative surfaces as well as traditional papers. Discover dynamic effects, such as rubbing alcohol, that can add beautiful elements to your work. We will also introduce the expressive combination of watercolor and pen and ink, using line work to define and accentuate your fluid paint applications. This class is for artists of all levels who want to loosen up, experiment, and create unique paintings. Students are required to bring their own watercolor supplies that would be used in a typical watercolor class. Additional supplies will be provided.

Instructor: Tracey Witter

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 4-Apr 8 1:00-3:00 PM. ZD562X

JEWELRY

Bead Weaving – Parisian Chic Necklace (Ooh La La)

(adults)

Using beads imported from France and designed by Les Perles par Puca, you will stitch a necklace using a variation of right-angle weave sure to draw many a “ooh la la” compliment. This class is for all skill levels. Kits will be available for purchase from the instructor Mary Louise Doner and are estimated to be in the range of \$30.00-\$40.00 or you can bring your own supplies based on the list provided by the instructor upon registration. Student should bring a light lunch to class.

One Session \$64.00 Per Person

Thompson Pk Creative Arts Center

Mon, May 18 10:30 AM-2:30 PM Z8162X

Bead Weaving - Bead Embroidered Earring

(adults)

Using a bead weaving technique called “bead embroidery,” you will stitch a beautiful set of dainty paisley-shaped earrings by layering various-sized beads on a felt surface, enabling the beads themselves to form the main visual element. This class is for all skill levels. Kits will be available for purchase from the instructor and are estimated to be in the range of \$20.00-\$25.00 (payable at the beginning of class), or you can bring your own supplies based on the list provided by the instructor upon registration. Bring a light lunch to class.

One Session \$64.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 30 10:30 AM-2:30 PM ZCB62X

Bead Weaving – Diamonds Are a Girl’s Best Friend Bracelet

(adults)

Gem DiamondDuo™ Beads that is! Using a variation of peyote stitch coupled with a variation of strategically placed DiamondDuo™ beads, you will stitch an eye-catching, cuff-style bracelet. This class is for all skill levels. Kits will be available for purchase from the instructor and are estimated to be in the range of \$25.00-\$30.00 (payable at the beginning of class), or you can bring your own supplies based on the list provided by instructor Mary Louise Doner upon registration. Bring a light lunch to class.

One Session \$64.00 Per Person

Thompson Pk Creative Arts Center

Mon, Apr 27 10:30 AM-2:30 PM. Z8062X

Metal Clay Basics

(adults)

This versatile medium is very user-friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on the current market value. Please refer to the fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Feb 26-Apr 2 10:30 AM-1:30 PM ZBN61X

Thu, Feb 26-Apr 2 6:30-9:30 PM ZBP61X

Thu, Apr 16-May 21 10:30 AM-1:30 PM. . . .ZB662X

Thu, Apr 16-May 21 6:30-9:30 PM ZB762X

Welcome Spring Leaf Form Pendant

(adults)

With your own hands and minimal tools, you can create a large leaf pendant out of wire and embellish it with spring-like beads of butterflies, bees, or ladybugs. Stitch thinner wire on a smaller leaf form in color varieties and layer onto the larger leaf. This design is user-friendly and fun for all levels. All materials will be provided.

Instructor: Sandra Lupo

One Session \$95.00 Per Person

Thompson Pk Creative Arts Center

Wed, Apr 22 9:30 AM-1:00 PM ZDB62X

KNITTING & SEWING

ABC's of Sampler Cross Stitch

(adults)

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

Instructor: Rachael Goldman

Four Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Sun, Apr 12-May 3 12:00-1:30 PM ZCA62X

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills needed to make clothing, items to beautify your home, gifts, etc. We will start by making something simple, like lounge pants or pajama bottoms, then move on to other items as time allows. We will cover understanding and using a pattern and assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

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

Six Sessions \$96.00 Per Person

Instructor: Janice Beeby

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 10-Apr 14 7:00-9:00 PM. ZBC62X

Tue, Apr 28-Jun 2 7:00-9:00 PM. ZBD62X

Instructor: Gianna Giezey

Thompson Pk Creative Arts Center

Tue, Mar 3-Apr 7 9:30 AM-12:00 PM. ZCC62X

Tue, Apr 21-May 26 9:30 AM-12:00 PM . . .ZCD62X

Creative Mending

(adults)

Discover the art of repair as a form of creative expression! In this hands-on workshop, we'll explore creative mending techniques that breathe new life into worn or damaged garments. Learn the basics of darning, patchwork, and decorative stitching to transform flaws into features and extend the life of your favorite clothes. Participants are encouraged to bring an item in need of mending — jeans, sweaters, or well-loved linens — to practice on. Guided by teaching artist Jenny Santa Maria, this class celebrates sustainability, creativity, and the beauty of imperfection, reminding us that every stitch tells a story. A materials fee of \$20.00 is due to the instructor on the day of the class.

One Session \$43.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 27 5:00-7:00 PM. ZAV62X



Hooks and Needles Club

(adults)

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

Four Sessions \$9.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, Mar 4-25 1:00-3:00 PM. H0362X

Wed, Apr 1-22 1:00-3:00 PM. H0462X

Wed, May 6-27 1:00-3:00 PM. H0562X

Intermediate Embroidery: Design a Spring-Inspired Cotton Tote NEW

(adults)

Embroidery is one of the oldest and most beloved folk traditions. This intermediate-level class invites you to build upon your skills and explore its timeless techniques in new ways. Using spring-inspired templates, you'll design and stitch your own custom cotton tote, learning stitches such as the split stitch, blanket stitch, fill stitches for creating gradients, and the ever-charming French knot. Guided by art coach and teaching artist Jenny Santa Maria, you'll enjoy a warm, supportive atmosphere where curiosity and creativity are always welcome. You'll leave with a beautifully stitched tote and the confidence to keep creating at home. All materials are provided. A materials fee of \$20.00 is due to the instructor on the day of the class.

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Thu, May 21 5:00-7:00 PM. ZAU62A

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master the basics, including reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, a scarf, or a hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein.

Six Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 9-Apr 13 6:30-8:30 PM. ZD962X

Mon, Apr 27-Jun 8 6:30-8:30 PM. ZDA62X

No class 5/25

Thompson Pk Vis Ctr Oak Room

Sat, Mar 7-Apr 11 10:30 AM-12:30 PM. . . ZDC62X

Sat, Apr 25-Jun 6 10:30 AM-12:30 PM. . . ZDD62X

No class 5/23

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

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

Instructor: Tara Collins

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 21-May 12 2:00-4:00 PM. A2962X

SPONSOR A FAMILY!

With the help of donations to our RecAssist for Individuals & Families program, Monmouth County residents who may not otherwise be able to afford to, have the opportunity to enjoy a variety of programs and events within our beautiful Monmouth County parks.

Scan to make a donation:



Basket Making Workshops

(adults)

Basket weaving is an ancient craft using natural materials to make practical items. Today's baskets, while still useful, have evolved into a serious art form. Fees for materials, cash or check (listed below), are to be paid to the instructor the day of class. All classes are suitable for beginner or experienced weavers.

Instructor: Martha Costain

Two Sessions \$44.00 Per Person

Thompson Pk Creative Arts Center

Bean Pot Basket

Round basket with a wire handle. The circular base begins with twining and graduates to a continuous weave.

Size: 9" high x 9" diameter

Materials fee: \$22.00

Thu, Apr 23-30 10:00 AM-1:00 PM ZAP62X

Shaker Cat Head Basket

Originating with the Shakers, this basket is called a cat-head because, when turned upside down, its shape bears a striking resemblance to that of a cat's head.

Size: 9"x12" (approximately)

Materials fee: \$26.00

Thu, May 21-28 10:00 AM-1:00 PM ZAQ62X

Creative Collage Challenge Class

(adults)

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

Four Sessions \$140.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Mar 17-Apr 7 2:00-4:00 PM A2862X

Egg Etching

(adults)

Discover the art and process of etching eggs as we explore this fun wax-resist method. We will be using a kistka (a beeswax-filled tool) to draw designs on real (empty) eggs, between bathing them in a solution that will etch the surface of the shell with a delicate pattern. We will work on dark brown eggs, working with gradients of brown until we end with white. Participants may decorate their eggs traditionally or create their own design. Everyone will have the opportunity to take home up to two eggs. No experience is required. If you already know the steps to create pysanky, this will take your work to a whole new level! All materials are provided, but please wear an apron and bring an egg carton. A materials fee of \$20.00 (cash) is due to the instructor on the day of the workshop.

Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 4 5:00-7:30 PM. Z0662X

Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information-packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. You will learn how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media; how to correctly wire your work to hang safely and securely; how to create a "Basic Framing Tool Kit;" and lots of helpful money-saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 18 10:00 AM-12:00 PM. Z3862X

Wed, May 13 10:00 AM-12:00 PM Z3962X



Spring Craft Show

Support over 40 unique, homegrown artists and artisans while shopping for Mother's Day, Father's Day, graduations, communions, weddings, and more!

HOME DECOR | JEWELRY | HAND-SEWN/CROCHETED ITEMS
NAUTICAL ITEMS | PET ITEMS | PHOTOGRAPHY
POTTERY & CERAMICS | SEA GLASS ART | WREATHS
AND MUCH MORE!

**SATURDAY,
MARCH 28**

**9:00 AM-
2:00 PM**

**Fort Monmouth
Recreation Center**

FREE ADMISSION • FREE PARKING

*Interested in becoming a craft vendor?
New for 2026! Crafter registration will be available online starting at 8:00 AM on
Wednesday, February 11. Visit the Registration page of our website and search for
program code MBV62A (space is limited).*

*All crafters must submit a copy of their NJ Sales Tax Certificate to participate.
Questions? Contact Jim at James.Butler@monmouthcountyparks.com.*

www.MonmouthCountyParks.com

The Art of Pysanky

(adults)

Celebrate spring with the beautiful and ancient art of pysanky — Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun, one-day class, we will learn the process of layering beeswax and dyes to create striking patterns and your very own stunning egg. Participants will also learn the rich history of this folk art. No experience is required. A materials fee of \$15.00 is payable to the instructor at the start of class. Please bring an apron and an egg carton or container to bring home your creation.

Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 3 5:00-7:30 PM Z0362X

Mon, Mar 30 5:00-7:30 PM Z0462X

Thu, Apr 2 5:00-7:30 PM Z0562X

Wild Dye Walk and Workshop

(adults)

Discover the color palette nature can provide on a Park System Naturalist-led hike through beautiful Thompson Park as we identify and collect natural dye sources. Then, get creative in the studio as we learn how to utilize our freshly collected dye sources in various techniques and preparations.

Instructor: Kelly Bahash

One Session \$78.00 Per Person

Thompson Pk Creative Arts Center

Thu, May 7 10:00 AM-2:00 PM I4162X

Intermediate Mosaics

(adults)

This intermediate class is for students who have taken our Beginner Mosaic 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 the instructor for a materials fee of \$85.00 (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Sat, Mar 7-Apr 11 10:00 AM-12:00 PM . . . Z5762X

Sat, Apr 18-May 30 10:00 AM-12:00 PM . . . Z5862X

No class 5/23

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 are provided by the instructor. A materials fee of \$150.00 (cash or check) is payable to instructor Harvey Altman on the first day of class.

Six Sessions \$114.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Mon, Mar 2-Apr 6 10:00 AM-12:00 PM . . . Z7462X

Mon, Apr 20-Jun 1 10:00 AM-12:00 PM . . . Z7562X

No class 5/25

Wed, Mar 4-Apr 8 10:00 AM-12:00 PM . . . Z7662X

Wed, Apr 22-May 27 10:00 AM-12:00 PM . . . Z7762X

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

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

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Tue, Mar 3-Apr 7 10:00 AM-12:00 PM Z5362X

Tue, Apr 21-May 26 10:00 AM-12:00 PM . . . Z5462X

Sat, Mar 7-Apr 11 1:00-3:00 PM. Z5562X

Sat, Apr 18-May 30 1:00-3:00 PM. Z5662X

No class 5/23

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind, and solder a stained glass mosaic. Craft a one-of-a-kind project to take home. A materials fee of \$150.00 (cash or check) is to be paid to the instructor on the first day of class.

Instructor: Harvey Altman

Six Sessions \$114.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Tue, Mar 3-Apr 7 1:00-3:00 PM Z7862X

Tue, Apr 21-May 26 1:00-3:00 PM Z7962X

PHOTOGRAPHY

iPhone Photography

(adults)

Today's technology enables us to create high-quality photos without having to use a computer. In this class, we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smartphone or tablet. We will use free apps to organize and edit our photos. An iOS device (iPhone or iPad) is required. This class does not cover Android devices, as they control the cameras differently.

Instructor: Gary Dates

Four Sessions \$64.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 10-31 6:00-8:00 PM ZBJ62X

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 instructor Gary Dates at [gary@gary@garydatesphotos.com](mailto:gary@garydatesphotos.com) to make sure you have a qualifying camera.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Apr 21-May 26 6:00-9:00 PM ZBK62X

“

*The instructor Gary was excellent.
He made the topics interesting
and easy to comprehend a
complex subject.
Great personality!*

”

SOAPMAKING

Handcrafted Soapmaking: Create Luxurious Soaps with Natural Ingredients

(adults)

Discover the art of melt and pour soap making in this relaxing, hands-on workshop. You'll learn how to craft two beautiful, nourishing soaps using gentle ingredients like goat milk, glycerin, essential oils, botanicals, and natural exfoliants such as loofah and oatmeal. We'll guide you through creative techniques, fragrance blending, and how to incorporate herbs, flowers, and skin-loving oils for a custom, spa-quality experience. Whether you're looking to start a new hobby, create thoughtful handmade gifts, or simply treat yourself, this class offers everything you need to get started. No experience needed, just bring your creativity! A supply fee of \$20.00 is to be paid to the instructor upon arrival to class. Bring an 8 oz. or 16 oz. Pyrex measuring cup.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 7 11:00 AM-12:30 PM A5662X

Soapmaking Mother's Day Trifecta

(adults)

We will be formulating three skincare delights, including handmade soap, butter balm, and a bath/foot soak. You will learn how to create these wonderful treats from scratch using milks, oils, botanicals, salts, clays, and fragrance. Each participant will create and package their very own bundle for a special Mother's Day treat. Won't you join the fun? Please bring an 8 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival. Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Mar 2 11:00 AM-12:30 PM A5462X

CULINARY ARTS

A Chef's Tasting

(adults)

Enter the world of delicious catering delights with Chef Stephen, as he guides you through his most popular dishes from his best-selling classes. You will practice hands-on techniques and work on your knife skills. With the menu being a bit fancier than usual, these recipes will take your palate and your skills to a new level. Your guests will come back asking for more.

Menu: Palmiers with Olives, Thyme, and Red Pepper; Stuffed Parmesan Crusted Chicken; Couscous with Pine Nuts & Golden Raisins; Dessert - Sicilian Love Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$85.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 30 6:00-8:30 PM M6962X

Buttercream Flowers

(adults)

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

Instructor: Kimberly Megill

One Session \$67.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Apr 13 6:00-8:00 PM AAF62X

Cast Iron Skillet Cooking – Traditions with a Twist

(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! Menu: Arroz con Pollo and Chocolate Chip Bar Cookie Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 7 6:00-8:30 PM M7062X

Catch of the Day

(adults)

Have you been intimidated to cook fish at home? Are you curious how to get your fish crispy yet still juicy? Chef Stephen Wolff will show you how to cook restaurant-quality seafood right in your own home. Pair that with a delicious sauce or glaze, and you are on your way to a five-star meal cooked fresh by you!

Menu: Crab Stuffed Flounder with a Quick Lemon-Butter Sauce; Sesame Crusted Salmon with a Sweet and Tangy Chili Sauce

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$85.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 26 6:00-8:30 PM M6562X



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. In this session, we'll be creating simple, festive treats in honor of America's 250th Birthday. Everyone will leave with beautifully decorated chocolates designed by you. All supplies included.

Instructed by Kimberly Megill

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Mar 23 6:00-9:00 PM AAE62X

Cooking 101

(adults)

Professional tips and popular kitchen "hacks" will make your time in the kitchen more enjoyable. Let's start at the very beginning, with some basic skills and hands-on practice. Raise your confidence by learning how to properly season your food, understanding those tricky culinary terms in recipes, knife skills, and more. You'll leave class ready to create some delicious meals for you and your loved ones!

Menu: Pan Seared Chicken with a variety of sauces such as a quick scampi, creamy alfredo, and a fast marinara served with Rice Pilaf; Mexican Sliced Beef Fajitas; and an Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 9 6:00-8:30 PM M6662X

Cooking Across America 250th Celebration!

(adults)

As our nation proudly celebrates its 250th Anniversary, there's no better way to honor America's rich tradition of togetherness than by firing up an outdoor feast. Whether you're hitting the road in the RV to explore our country's majestic landscapes or relaxing on the patio at home, this is the perfect time to learn how to prepare fresh campfire fare with friends and family. Today, Chef Stephen will guide you through preparing and cooking classic American dishes designed for the great outdoors. These recipes travel seamlessly from kitchen to campsite with minimal prep and simple, packable ingredients. You'll enjoy hands-on experience cooking with cast iron, an enduring symbol of American craftsmanship, while creating hearty, flavorful meals worthy of a historic celebration.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Apr 6 6:00-8:30 PM M8662X

Delicious Healthy Meals in Minutes

(adults)

Do you think healthy eating takes too much time to prepare, is tasteless, and boring? Quite the contrary! Learn how you can prepare a variety of quick dishes that are healthy, delicious, and satisfying! You will save money, time, and enjoy nourishing your body to optimize your health and well-being. Feel satisfied and nourished with real food that loves you back.

Instructor: Lisa Vento, CFHC

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, May 11 6:00-8:00 PM A7662X

East Coast BBQ Extravaganza!

(adults)

Let's get ready for some great mouth-watering summer eats! Nothing says summer more than some good ole' BBQ! Chef Stephen will give you all the techniques needed to plan a great BBQ with classic and inventive treats for your family and friends. The folks will think you worked hard cooking all day, but with proper preparation and planning, you will actually be able to enjoy the time with your guests.

Menu: Chef Stephen's Shredded BBQ Chicken; Macaroni and Cheese with a kick; Hawaiian Pineapple Coleslaw; and a fun and easy dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 21 6:00-8:30 PM M7262X

Fire Up the Gas Grill!

(adults)

Your grill might have been idle over the winter, but now it's time to prep it for some serious outdoor cooking. Review the basics of gas grilling, including methods for getting the juiciest meats and tender vegetables. We're not all talking, so get ready for hands-on learning as Chef Stephen guides you through the skills to prep your meats and veggies for those summer cookouts. Get your practice now, before those Memorial Day BBQs begin!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 28 6:00-8:30 PM M7362X

Flavors of Eastern Europe

(adults)

When one thinks of European food, many countries come to mind. Today, we will take a culinary trip to Poland, Ukraine, and Hungary. Comfort foods from our ancestors that sustained them through the good times and bad. Let's get some hands-on experience making these traditional dishes.

Menu: Stuffed Cabbage; Easy Goulash; and an Old-Fashioned Honey Babka Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 19 6:00-8:30 PM M6462X

Flavors of the Mediterranean

(adults)

Why not liven up your weekly dinners with some wonderful Mediterranean flavors? Well known for their healthy lifestyle and flavorful dishes, Chef Stephen will help you get there with three fantastic recipes. This is a hands-on class, so get ready!

Menu: Farro Salad (fennel, arugula, and feta) with a Citronette; Classic Spanakopita Triangles; and Sweet Baklava Cigar "Cookies"

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 16 6:00-8:30 PM M6762X

Homemade Pierogi

(adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Mrs. Chef lays out the steps to make the perfect pierogi, just like her grandmother taught her. Learn how to create the dough, mix a traditional, homestyle potato filling, and practice the technique for rolling, cutting, and stuffing the pierogi. Grab a kielbasa and invite your friends over for a true Pierogi Party!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 7 10:00 AM-1:30 PM M6262X

Irish Pub Food

(adults)

What better way to kick off the month of March than by paying tribute to St. Patrick's Day with delicious Irish Pub Food? Tonight, Chef Stephen will invoke the luck of the Irish with a menu that will have our students of every nationality wearing Kelly Green for the month.

Menu: Guinness Irish Stew; Beer Battered Cod & Chips; and a surprise dessert

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 12 6:00-8:30 PM M6362X

Mexican Grille

(adults)

Take those fabulous Mexican flavors and put them on the grill! Chef Stephen will introduce you to making your own taco seasoning mix and chili lime rub, to create the perfect Mexican grilling experience at home. Menu: Mexican Steak Torta; Margarita Grilled Shrimp; and Street Corn with all the fixins'

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, May 14 6:00-8:30 PM M7162X

Practical Kitchen Skills: Working with Knives

(adults)

Have you been interested in recipes that call for chopping versus dicing, but are not sure where to start? Does "julienne" sound more like a person's name than a cutting technique? Cast off your fears as Chef Stephen demystifies these terms through demonstration and hands-on practice by you! Learn how to properly hold a knife, what knife is best for what task, and the all-important safety tips. Quick and "spontaneous" recipes using "chopped" ingredients will follow along with a tasting of your creations.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 23 6:00-8:30 PM M6862X



Southwest BBQ NEW

(adults)

A great diversity of flavors is found in the Southwest United States! Chef will cook a Southwest feast for you outdoors over charcoal using pork, beef, chicken, clams, shrimp, vegetables, and even nopales. You will enjoy the flavors of chilies, limes, garlic, and tequila. You'll also enjoy Navajo fry bread and tortillas. As the state flower of Arizona is the cantaloupe, cantaloupe ice cream is for dessert!

Demonstrated by: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Tue, May 19 6:00-9:30 PM AAV62X

Sushi - All Levels

(adults)

We are on a roll with homemade sushi. Chef Stephen will demonstrate, and then you will receive hands-on instruction so you can make your own sushi rolls. Start with the specialty rice cooked to perfection, then the authentic Nori paper, traditional fillings, and sauce. Your friends and family will think you just came back from a year in Japan!

Menu: California Roll; Spicy Tuna Roll; "Inside-Out" Roll; and a Veggie Roll

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$85.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Mar 5 6:00-8:30 PM M6162X

Sushi Styling in 2026 NEW

(adults)

Sushi has evolved! While it may still be fish, rice, and a wrapper, each of these components has leveled up in both flavor and technique. In this hands-on class, we'll roll, press, and sandwich sushi in new ways. Using salmon, tuna, shrimp, squid, eel, assorted vegetables, and fruit, we'll make rolls that are inside-out, striped, topped, cone-shaped, folded, sandwiched, and torch-kissed pieces for that perfect finish. Expect crunchy textures, rich flavors, and vibrant colors as your reward for a fun night of culinary creativity. Chef De Celie will demonstrate, and then you will create. We'll end with a simple mango macadamia ice cream to finish off. Please bring your knife and apron to class.

Instructor: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 28 6:00-9:30 PM. AAJ62X

What's in Your Noodle Bowl? NEW

(adults)

Everyone seems to have a Chinese take-out favorite, so why not learn to cook some of those meals at home instead of ordering out? During this hands-on class, we'll learn to make steamed garlic shrimp over thin noodles; a melt-in-your-mouth, black pepper chicken with a kick; savory pork with garlic sauce and vegetables; a Sichuan staple — Dan-Dan noodles; crunchy salt and pepper squid; and the delicious, yet simple, Sha Cha beef. For our side dishes, we will make simple white rice as well as beans with Sichuan peppercorns. A dessert of almond cookies will complete our feast. Please bring a knife and an apron to class.

Instructor: Chef Peter De Celie

One Session \$69.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 14 6:00-9:30 PM. AAH62X

EDUCATION & ENRICHMENT

EMOTIONAL WELL-BEING

Creating Your Life on Purpose

(adults)

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

Presenter: Kate Cauley

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, May 5 7:00-9:00 PM AAR62X

Thompson Pk Vis Ctr Tulip Room

Fri, Apr 3 12:00-2:00 AM AAT62X

GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game.

Please Note: This program is for experienced players only; no instruction is provided.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Mar 2-Apr 13 10:00 AM-12:00 PM . M8762X

Learning Mahjong for Beginners

(adults)

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

Seven Sessions \$40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Mar 3-Apr 14 10:30 AM-12:30 PM . . M9362X

Fort Monmouth Rec Ctr Atrium Room

Thu, Apr 9-May 7 12:30-2:30 PM M9462X

Dungeons and Dragons: A Guided Journey Into the Game

(adults)

Curious about tabletop role-playing games? This beginner-level program introduces adults to the world of Dungeons & Dragons—a collaborative fantasy game where players build unique characters and shape a shared story through role-playing, decision-making, and rolling dice. In week one, participants will learn the core rules, create characters, and set group goals for their adventure. The following weeks blend gameplay and learning, reinforcing mechanics while encouraging improvisation, collaboration, and creativity. Players will develop their characters' personalities, explore team dynamics, and engage in imaginative problem-solving. Each session builds on the last, culminating in a final chapter that ties together the story created over six weeks. Whether you're new to D&D or returning after a break, this program offers a fun, welcoming space to dive into fantasy storytelling.

Eight sessions \$160.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Sun, Mar 15-May 10 1:00-3:00 PM MJB62A

No class 4/5

Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open play format and is for players who have knowledge of how to play.

Please Note: No instruction is provided; those with no previous knowledge of playing the game should register for Learning Mahjong for Beginners (*this page*).

Seven Sessions \$30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong. Please Learning Mahjong for Beginners (*this page*) for instructional classes.

Fort Monmouth Rec Ctr Program Room C

Mon, Mar 2-Apr 13 10:00 AM-12:00 PM . M8862X

Mon, Apr 27-Jun 8 10:00 AM-12:00 PM . . M9862X

Wed, Mar 4-Apr 15 10:00 AM-12:00 PM. . M9162X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 3-Apr 14 9:30-11:30 AM M8962X

Tue, Apr 28-Jun 9 9:30-11:30 AM. M9962X

Wed, Mar 4-Apr 15 9:30-11:30 AM M9062X

Fort Monmouth Rec Ctr Program Room C

Thu, Mar 5-Apr 16 9:30-11:30 AM M9262X

GENEALOGY

Genealogy: Resources to Find Death Information

(ages 14 and up)

You can learn a lot about a person's life from information available after their death. Learn how to use a variety of resources to find out the circumstances of someone's death, such as obituaries, death certificates, family bibles, cemetery records, coroner reports, census records, and more.

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 14 2:00-4:00 PM. U0462X

SAFETY

Boat America

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate, which is 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 \$82.50 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 28 8:30 AM-5:00 PM U2162A

Sat, Apr 25 8:30 AM-5:00 PM U1962A

Sat, May 9 8:30 AM-5:00 PM. U2262A

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 your 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 \$99.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Mar 25 6:30-10:00 PM U0762A

Save a Life! CPR AED Certification

(ages 14 and up)

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

One Session \$85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 10 7:00-9:30 PM U0562A

Wed, Apr 8 7:00-9:30 PM U1262A

Wed, May 13 7:00-9:30 PM. U1362A

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Mar 21 10:00 AM-12:30 PM U1162A

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 - act now! Join us as we master lifesaving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios, including medical, injury, and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Mar 7 10:00 AM-12:30 PM U0662A

Wed, Apr 22 7:00-9:30 PM U1462A

Sat, May 2 10:00 AM-12:30 PM U1562A

SPEAKING

Get Paid to Talk: An Introduction to Voice Over

(adults)

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

One Session \$25.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, May 18 6:30-9:00 PM. A1562X

Hablemos-Spanish Conversation Group

(adults)

Are you looking for ways to practice your Spanish? Our Spanish Conversation Group offers you the chance to meet others who are interested in practicing the language and provides a safe space where you can use what you've learned in a fun, casual environment. Topics include culture, literature, movies, food, hobbies, games, and more. Since the focus is on conversation, participants should have at least a basic knowledge of Spanish to engage fully in the discussions. This is for conversation practice and is not an instructional class.

Five Sessions \$30.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 2-May 28 6:00-7:00 PM D3062X

Class meets 4/2, 4/16, 4/30, 5/14 & 5/28

TECHNOLOGY

Tech Talk for Seniors

(ages 55 and up)

As technology advances, keeping yourself safe and properly informed becomes increasingly difficult. Learn from AARP speakers on how to be vigilant against cybercrimes, tips for being news savvy online, and AI and disinformation.

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Fraud Watch Network: Vigilance Against Cybercrime

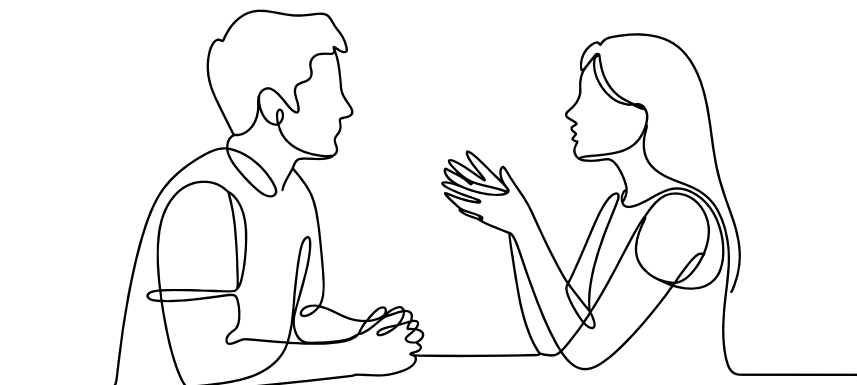
Tue, Mar 31 10:00-11:00 AM. PD056A

Tips for Being News Savvy Online

Tue, Apr 21 10:00-11:00 AM. PD066A

AI & Disinformation

Tue, May 19 10:00-11:00 AM PD076A



WRITING

Write Out Loud: Beyond the Blank Page

(adults)

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

Presenter: Kate Cauley

Four Sessions \$150.00 Per Person

All are Welcome

Dorbrook Rec Area Vis Ctr

Wed, Apr 8-29 6:30-9:00 PM A8962X

Women Only

Thompson Pk Vis Ctr Oak Room

Tue, Mar 10-31 6:30-9:00 PM A8862X

Write Out Loud: Writing Your Memoir

(adults)

Our stories shape how we see the world and how the world remembers us. In this four-week workshop, you'll explore meaningful moments from your life and learn how to bring them to the page with authenticity, purpose, and vivid detail. Through guided discussion, brief meditation, and inspiring in-class and take-home writing exercises, you'll uncover your unique voice while gaining accountability and encouragement in a supportive circle of writers. We'll touch on memoir craft elements such as theme, purpose, audience, narrative, and dialogue, and focus on strengthening your storytelling skills, finding your flow, and keeping your writing momentum strong. Whether you're writing a memoir or simply collecting personal stories, you'll leave with fresh insight, renewed confidence, and momentum to continue.

Presenter: Kate Cauley

Four Sessions \$150.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, May 12-Jun 2 6:30-9:00 PM A9062X

HEALTH & WELLNESS

Beginner Breathwork, Meditation & Movement

(adults)

Take time for yourself to pause, breathe, and reconnect with your body before the rest of your day unfolds. This gentle, beginner-friendly experience serves as a mid-day reset, weaving together gentle breathwork, guided meditation, and mindful movement to help you release stress and tension, regulate your nervous system, and ground your energy before stepping into the rest of your day. No movement or meditation experience required.

Facilitated by: Sing and Sway / Caitlin Mahon - Certified Breathwork and Meditation Facilitator

Six Sessions \$166.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Mar 16-Apr 27 1:30-2:20 PM A8762X

No class 4/6

Celebrate the Spring Equinox with the Pink Moon

(adults)

The Pink Moon is the first full moon of spring. Its meaning is centered on renewal, rebirth, and emotional healing. Shed the old patterning, traumas, and beliefs, and birth a new vision for your life and heal the wounds that keep you stuck. Lisa Vento, your certified health and life coach, will lead you through intention setting, guided meditation, and vision boarding. Bring magazines with images that inspire you, scissors, and a glue stick.

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Apr 1 6:00-8:00 PM AAK62X

Chakra Bowls Meditation

(adults)

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

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

Four Sessions \$52.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Mar 26-Apr 16 7:00-8:00 PM Q0762X

Thu, Apr 23-May 14 7:00-8:00 PM Q0862X

Flower Moon Celebration *(adults)*

The Flower Moon represents the abundance of flowers that bloom in spring. It is associated with renewal, growth, and fertility. It is a time for setting intentions, nurturing new relationships, and setting goals. It's a time to sow seeds for the future and growth. Lisa Vento, your certified health and life coach, will lead you through intention setting using sound bowls. Wear comfortable clothing and bring a yoga mat.

One Session \$30.00 Per Person**Thompson Pk Vis Ctr Beech Room****Fri, May 1 6:00-8:00 PM. AAS62X****Functional Principles of Digestion and Detoxification***(adults)*

The secret to longevity lies in these two important body systems. Our body is a healing machine! Learn how to improve digestion and detoxification to optimize your physical and mental well-being.

Presenter: Lisa Vento, CFHC

One Session \$30.00 Per Person**Dorbrook Rec Area Vis Ctr****Tue, Apr 21 6:00-8:00 PM. A7562X****Meditation Retreat***(adults)*

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with morning meditation in the Visitor Center. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice mindful mealtime, and we will finish our day with Chakra and Reiki meditations. Please pack a lunch/snacks, and outer weather gear for walking.

One Session \$75.00 Per Person**Freneau Wds Pk Vis Ctr Program Room 1****Sat, May 16 9:00 AM-3:00 PM. Q1162X****Stay Healthy** *(adults)*

Experience a variety of self-care practices such as guided grounding meditation, healing affirmations, fixed-point visualization, walking meditation, qigong, cross-body exercises, and self-generating energetic chakra modality. We'll couple these with tools to nourish the senses: essential oils, therapeutic teas, color therapy, and sound frequencies. This will enable us to live healthier, happier, more integrated lives as these restorative changes become aspects of our daily routine.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session \$40.00 Per Person**Dorbrook Rec Area Vis Ctr****Mon, Apr 13 6:00-7:30 PM. A2662X****T'ai Chi Chih® Joy Through Movement***(adults)*

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

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Begin or Review!

This class is both an initial exposure for new students as well as a review for returning students.

Four Sessions \$98.00 Per Person**Manasquan River Greenway Winter Run****Tue, Mar 24-Apr 21 6:00-7:30 PM. A7862X***No class 4/7***Thu, May 28-Jun 18 6:30-8:00 PM. A7962X****Dorbrook Rec Area Vis Ctr****Thu, Apr 16-May 7 12:30-2:00 PM. A8062X****Dorbrook Rec Area Act Ctr****Sat, Apr 11-May 9 10:30 AM-12:00 PM. . .A8162X***No class 4/18***Sat, May 30-Jun 20 10:30 AM-12:00 PM. .A8262X****Beginner****Six Sessions \$105.00 Per Person****Tatum Pk Red Hill Act Ctr Ctr****Fri, Apr 17-May 22 11:30 AM-1:00 PM. . .A8362X****Mon, May 18-Jun 29 11:30 AM-1:00 PM. .A8462X***No class 5/25***Intermediate****Mon, May 18-Jun 29 10:00-11:30 AM. . .A8562X***No class 5/25***Seijaku - Advanced Level**

For students who have completed both the beginner and intermediate levels.

Six Sessions \$105.00 Per Person**Tatum Pk Red Hill Act Ctr****Fri, Apr 17-May 22 10:00-11:30 AM. A8662X**

T'ai Chi Chih & Meditation

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students. Instructed by 25+ year International Teacher Trainer Daniel Pieniac

Three Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 13-27 11:00 AM-1:00 PM A7762X

Vagal Toning

(adults)

Stress is a fact of life! Some stress is healthy, but when it becomes chronic, it can wreak havoc on your mental and physical health. Put the brakes on the physiological effects of stress with vagal toning nervous system regulation and dynamic neural retraining. Some benefits include better digestive health, immune enhancement, calm mind, better focus and mental clarity, lower blood pressure, and lower blood glucose. Dress comfortably, bring a yoga mat, and a bottle of water.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 24 6:00-8:00 PM A6762X

Tue, May 19 6:00-8:00 PM A7162X

What Are You Hungry For?

(adults)

Do you struggle with constant cravings, especially for "feel-good" foods? Do you eat when you are bored, nervous, excited, or sad? Do you habitually overeat? If emotional eating during stressful times becomes a regular occurrence and is getting in the way of your health goals, it's time to get empowered with knowledge and tools to overcome the hunger, cravings, and mindless habits. In this workshop, we will discuss the physiological, mental, and spiritual causes of emotional eating. You will learn how to nourish, cleanse, move, and relax to reduce cravings and excessive hunger. Bring a pen, journal, and blanket or yoga mat.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Apr 14 6:00-8:00 PM. A7362X

What is Reiki?



(adults)

This evening class will help you understand what Reiki is from a physics and vibrational medicine standpoint. Participants will experience the elements of Reiki: affirmation, hands-on healing, the use of symbols, and mantras to rebalance their energy systems and strengthen the body's ability to heal and self-regulate to reduce stress. Participants will learn about the health benefits of Reiki and how it provides a preventative approach to self-care. This is a free program; however, registration is required.

Presenter: Grace Conte, M.A., Educator & certified Reiki Master

One Session FREE!

Dorbrook Rec Area Vis Ctr

Tue, Mar 10 6:00-7:30 PM PA026A

PROGRAMS FOR CAREGIVERS AND 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. This is a free program; however, registration is required.

Three Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Apr 14-Jun 9 7:00-8:00 PM #D1962A

Program meets 4/14, 5/12 & 6/9

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. For questions or more information, please contact Anne Simon at 732-460-1167, ext. 4643. This is a free program; however, registration is required.

Two Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Apr 28-May 26 10:30 AM-12:00 PM #PD046A

Program meets 4/28 & 5/26

HORTICULTURE

Beyond Nectar: Ecological Gardening to Promote Pollinators and Other Beneficial Insects

(adults)

Before you get out in the garden for spring clean-up, learn techniques that will allow your yard to not only look good, but also function ecologically. Pollinator gardens are a great way to provide the food adult insects need, but what about all the other life-giving resources they require? Learn ecological gardening techniques that will help your garden support pollinators of all ages and provide the habitat they need year-round.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Mar 1 10:30 AM-12:00 PM H2662A

Introduction to Composting

(adults)

Composting is a great way to produce a valuable soil enhancer for your garden and reduce the amount of garbage you send to the landfill. This class will cover how and why we compost, as well as demonstrate different methods.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sun, Apr 12 10:30 AM-12:00 PM H2462X

Sun, Apr 19 10:30 AM-12:00 PM H2562X

Make a Garden Bee Bath

(adults)

A bee bath is a simple bee water feeder that is easy to make and care for in your home garden, and it's a nice touch to set out for your pollinating guests. Using a terracotta dish and some natural accessories, you will take home your own bee bath for your bees to enjoy! All supplies included.

One Session \$35.00 Per Person

Deep Cut Gardens Horticultural Center

Wed, May 20 10:30 AM-12:00 PM H2362X

Mobsters and Mayhem

(adults)

Travel back in time to the prohibition era of speakeasies, rum runners, and gangsters to discover a hidden part of Deep Cut's past. Local historian Greg Caggiano will present his findings on the matter, including unknown details about the park's connection to one of the biggest mafia rings and its rich history. Enjoy a fun-filled and entertaining evening learning about Vito Genovese's estate, while sipping a special signature mocktail.

One Session \$28.00 Per Person

Deep Cut Gardens Horticultural Center

Thu, Mar 12 5:00-7:00 PM H0762X

Thu, Mar 19 5:00-7:00 PM H0862X

Thu, Apr 9 5:00-7:00 PM H0962X

Thu, Apr 23 5:00-7:00 PM H1062X

Native Plant Workshop & Exchange

Saturday, May 16

Deep Cut Gardens, Middletown

Drop your plants off early and attend a free lecture about using native plants in the landscape to prepare your garden for climate change, and bring native plants from your garden to exchange with others.

Plant Exchange

- Plant drop-off is from 8:30-10:15 AM.
- Only plants native to the Mid-Atlantic Region of the United States will be accepted (visit the Deep Cut Gardens page of our website for a list of acceptable species).
- Bring plants established in 4-inch, one-quart, or 1-2 gallon containers to exchange with like sizes. Label all plants.
- Houseplants may also be exchanged (do not need to be native).
- Each participating household will receive one free native plant (while supplies last).

Native Plant Lecture

This free lecture will take place from 9:15-10:15 AM in the Horticultural Center. Space is limited; seating will be on a first-come, first-served basis.



Spring Felted Rose! *(adults)*

Join us in creating unique and festive needle-felted roses, just in time to celebrate the roses of Deep Cut! This class is great for beginners and experienced needle felters alike.

One Session \$35.00 Per Person

Deep Cut Gardens Gardener's Cottage

Sat, May 9 10:30 AM-12:00 PM H2162X

Sat, May 9 1:30-3:00 PM H2262A

Spring into Fitness: Morning Walks in the Garden*(adults)*

Watch the garden come alive during crisp, spring morning walks. Get your steps in while exploring Deep Cut's gardens, forest trails, and meadows. Take steps towards a healthy habit while enjoying our numerous walking trails. Each walk will cover about two miles. Meet at the gazebo by the parking lot, dress for the weather, bring a water bottle, and be prepared for uneven/muddy terrain.

Five Sessions \$10.00 Per Person

Deep Cut Gardens Outdoor Area

Thu, Apr 16 9:30-10:30 AM H1162X

Thu, Apr 30 9:30-10:30 AM H1262X

Thu, May 14 9:30-10:30 AM H1362X

Thu, May 28 9:30-10:30 AM H1462X

Vegetable Garden Planning in Spring*(adults)*

Are you growing a vegetable garden this year? Confused about when to start your seeds or how to prep your soil? Stop by for tips, tricks, and a handout to help you jumpstart your vegetable garden this year. Perfect for beginner gardeners or those who want some help staying organized in the busy seed-sowing months ahead.

One Session \$15.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 11 10:00-11:00 AM H1562X

NATURE**A Walk with Henry Johnson, Soldier of the American Revolution** *(ages 16 and up)*

A simple farmer living on the Navesink River in Middletown became a witness to some of the most important battles in Revolutionary War history. Remarkably, several letters written by Henry Johnson to his parents describing his life as a soldier survive. We will discuss the places he mentions in his correspondence as we ramble through the meadows and woods of his childhood farm. Along the way, we will identify which plant and tree species may have existed in Johnson's time. While the walk is only one mile, it is over hilly and rocky dirt roads. Please wear sturdy shoes and bring a hat and water.

One Session \$15.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sat, May 23 10:00-11:30 AM (approx). . . .IMB62X

Wed, May 27 10:00-11:30 AM (approx). . . .IMC62X

Birding Conaskonk Point*(adults)*

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and salt marsh sparrows, herons, egrets, rails, gulls, terns, and many other birds depend on these areas for food, shelter, and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard-to-locate birds. Wear your waterproof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Avenue in Union Beach (on street parking only).

One Session \$13.00 Per Person

Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.

Mon, May 11 8:00-9:30 AM I2962X

Tue, May 26 8:30-10:00 AM I3062X

Fish Hawk Frenzy!

(ages 14 and up, under 18 with adult)

Celebrate the return of the osprey, aka fish hawk, one of the iconic birds of the Bayshore, and a sure sign of spring and warmer weather to come! We will take a casual stroll along the beach as we search for this majestic raptor, as well as other early returning migrants. A limited number of binoculars will be available to borrow for those who may need them. Please dress for the weather (layers) as it may be cold/windy.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Mar 25 10:00-11:00 AM (approx) . . . IM562X

Fishing Friday Along Sandy Hook Bay

(adults)

Saltwater fishing is fun! But maybe you don't know where to begin, or you're looking to improve your saltwater fishing skills. Join our experienced Park System fishing staff on Fridays along Sandy Hook Bay. They are happy to help you get started or enhance your existing fishing skills at this 100% hands-on outdoors program along Sandy Hook Bay. Bring your fishing gear, or if you don't have any, no worries. You can borrow ours. We can even help to evaluate the effectiveness of your equipment. The target species in May are striped bass, bluefish, and flounder. Boots or waders are not necessary on the sandy bayside beach, but please wear shoes that can get sandy and wet. The program will be canceled due to inclement weather.

Please Note: Participants 16 or older, please sign up for the free NJ Saltwater Registry Program on the Department of Environmental Protection's website.

One Session \$30.00 Per Person

Bayshore Waterfront Pk Act Ctr

Fri, May 8 10:00 AM-1:00 PM (approx) . . . IKJ62X

Fri, May 15 10:00 AM-1:00 PM (approx) . . . IKK62X

Fri, May 22 10:00 AM-1:00 PM (approx) . . . IKM62X

Fri, May 29 10:00 AM-1:00 PM (approx) . . . IKN62X

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors, and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing all our senses to indulge and discover the natural world around us has many proven benefits. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover around a mile. Inclement weather or muddy/icy trails will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Wed, Apr 22 6:00-7:00 PM (approx) IKT62X

Sun, Apr 26 11:00 AM-12:00 PM (approx) IKU62X

Sun, May 17 11:00 AM-12:00 PM (approx) IKV62X

Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of several other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$16.00 Per Person

Manasquan River Greenway Outdoor Area

Sun, Apr 19 10:00-11:30 AM. I1862X

Thompson Pk Old Orchard Parking Lot

Tue, Apr 28 10:00-11:30 AM. I1762X

Perrineville Lake Pk Agress Road Parking Lot

Thu, May 14 10:00-11:30 AM I1962X

Big Brook Pk Lower Pond Lot

Sun, May 24 10:00-11:30 AM I2062X

Splendid Spring Strolls

(all ages, under 18 with adult)

What better time is there to get out on a trail than in spring? Say farewell to the frosty weather as you join a Park System Naturalist on a peaceful trail walk. Trees are in blossom, birds are returning from migration, and there are tons of topics to discuss!

Please Note: Sturdy footwear recommended; trails used may have inclines or tree roots to step over.

Join us on the following Wednesdays from 10:00-11:30 AM:

March 11 at Huber Wds Env Ctr Parking Lot

March 18 at Big Brook Pk Lower Pond Lot

April 15 at Freneau Wds Pk Vis Ctr Parking Area

April 29 at Clayton Pk Emley's Hill Lot

May 13 at Manasquan Res Env Ctr Parking Lot

Fungi Findings

(adults)

The world of fungi and mushrooms is endlessly fascinating, but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

One Session \$16.00 Per Person

Shark River Pk Outdoor Area

Sun, May 3 10:00-11:30 AM I2362X

Thu, May 28 10:00-11:30 AM I2462X

Hammer Art

(adults)

Unwind and de-stress as we practice the Japanese art form of tataki-zome, best translated as "flower-pounding." After immersing ourselves in nature via a guided walk with a Park System Naturalist, you will gather your plant materials and hammer away your frustrations, channeling that energy into creativity by designing your beautiful botanical artwork. All materials will be provided.

One Session \$29.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sat, May 9 10:00 AM-12:30 PM I2862X

Casual Birder

(all ages, under 18 with adult)

Join a Park System Naturalist for these 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. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain or snow, so please come dressed for the weather with appropriate footwear.

Join us on the following Tuesday mornings at 9:00 AM:

March 24 at **Crosswicks Creek Pk Province Line Rd Parking Lot**

April 28 at **Clayton Pk Emley's Hill Rd Parking Lot**

May 5 at **Big Brook Pk**

May 19 at **Manasquan Res Vis Ctr Parking Lot**

Hidden Stories of Nature

(adults)

Nature is full of oddities and mysteries that often go unexplained, from misshapen trees and out-of-place mounds to mysterious bare patches in the woods. During this hike, we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of the forest that often go unnoticed and hidden.

One Session \$15.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Mar 24 10:00-11:30 AM. I2562X

Clayton Pk Emley's Hill Lot

Sun, Mar 29 10:00-11:30 AM I2662X

Low-Tide Beach Walk

(adults)

The tide is out, it's the perfect time to comb the beach for shells, stones, bones, fossils, and find odd man-made objects cast up onto the shore. Join a Park System Naturalist for a fun and educational beach walk on the stunning shorelines of the Jersey Shore during low tide. You will be guided through a hands-on exploration of the intertidal zone, where you will discover the incredible diversity of marine life that calls our local tidal waters home. Along the way, we will enjoy the long views of the water to view wildlife and bird watching. It is certain to leave you with a newfound appreciation for the beauty of our local marine environment. Please wear shoes that can get muddy. The program will be canceled due to inclement weather, including high winds.

One Session \$10.00 Per Person

Seven Presidents Pk Act Ctr

Sat, May 16 1:00-2:00 PM IKZ62X

Mindful Birdwatching

(adults)

Join a Park System Naturalist as we quietly and gently scan the local landscape for birds with the aim of deeply engaging in and enjoying the sights and sounds of birds and the nature around us. Our goal is not rushing around to check off lists or identify every bird we see, but to search for a deep connection with nature through our love and curiosity about birds. It's okay if you don't have binoculars, just bring your eyes and your desire to invite more beauty, fun, and wisdom into your life. Please wear comfortable shoes that can get dirty.

One Session \$9.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Apr 26 9:00-10:00 AM (approx) IKX62X

Sun, May 17 9:00-10:00 AM (approx) IKY62X



Native Wildflower Gardening

(all ages, under 18 with adult)

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species, no matter what your yard conditions are at home.

One Session \$13.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, May 21 5:30-7:00 PM IK562X

Nature Immersion Walk

(adults)

You might have taken many walks in the woods, but chances are pretty good you have never done a nature immersion walk in the woods. Unlike a typical walk, nature immersion is not about distance or destination; it's about being fully alive and present. Join a Park System Naturalist for a transformative experience that awakens your senses, promotes stress reduction, and improves overall quality of life. Let us help you slow down and reconnect with nature by disconnecting from technology. Please wear comfortable shoes that can get muddy. The program will be canceled due to inclement weather.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Mar 29 1:00-2:00 PM IM162X

Primitive Fire

(adults)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire-making skills from an anthropological and wilderness survival perspective. Please Note: This program is rain or shine.

Instructor: Dr. Randall Chalnack D.C.

One Session \$25.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, May 3 10:00 AM-1:00 PM I0162X

Sun, May 10 10:00 AM-1:00 PM. I0262X

Sounds of Spring Sunset Walk

(adults)

Shhhhh, do you hear it? Join a Park System Naturalist as we head out into the fields, forests, and wetlands of Freneau Woods Park, which include the headwaters of Matawan Creek, to uncover the sights and sounds of the mysteries lurking in the forest at sunset. This is a fun program, especially if you have ever wanted to know what goes on in a forest as the sun sets in nature. Activities along the way will demonstrate how wildlife has adapted to nocturnal life. Please wear shoes that can get dirty or muddy, and don't forget a flashlight. We will meet in the parking lot near the Visitor Center. The program will be canceled due to inclement weather.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Mar 28 7:00-8:00 PM. IM062X

Spring Birding at Sandy Hook!

(ages 14 and up, under 18 with adult)

Sandy Hook is one of the premier birding locations in the state. Join us at this well-known migrant trap during the exciting spring season when birds are singing and in their glorious breeding plumage. We will scour the woods and shoreline for migrant warblers, shorebirds, raptors, and hopefully come up with a surprise or two. Please wear sturdy footwear as we will likely be walking 2-4 miles, and dress for the weather (layers).

One Session \$10.00 Per Person

Sandy Hook

Wed, Apr 29 9:00-10:30 AM IMK62X

Wed, May 13 9:00-10:30 AM. IMN62X

Wed, May 20 9:00-10:30 AM. IMH62X

Spring Birding at the Bayshore!

(ages 14 and up, under 18 with adult)

April and May are the peak times for spring bird migration in New Jersey. Many species are returning from their wintering grounds in the southern US and Central and South America, sporting their bright breeding plumage and singing along their journey. We will search the woodland edges and beachfront to see what we can find during this exciting time of year. No need to be an expert. A limited number of binoculars will be available to borrow for those who need them. Please dress for the weather (layers) and wear sturdy footwear, as we will be walking approximately 2-3 miles. Meet at the main parking lot by the pier/restrooms.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, May 6 9:00-10:30 AM (approx) IM962X

Wed, May 27 9:00-10:30 AM (approx). . . IMM62X

Spring Birding Expeditions

(adults)

Explore some of New Jersey's most scenic habitats in search of interesting and unusual birds. Target species include colorful warblers, orioles, tanagers, and shorebirds, among many others. On some spring day-long excursions, we sometimes tally more than 100 species. Participants should bring binoculars and lunch. Transportation will be via mini bus. Hiking lengths and terrain vary by destination. Participants should be ready to walk 2-8 miles on varied terrain.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Mar 25 8:00 AM-5:00 PM I0962X

Wed, Apr 29 8:00 AM-5:00 PM I1062X

Wed, May 6 8:00 AM-5:00 PM I1162X

Wed, May 20 8:00 AM-5:00 PM I1262X

Monmouth County Trip

We will take a birding bus trip focusing on Monmouth County locations, visiting local hot spots to look for a variety of bird species.

Wed, May 13 8:00 AM-5:00 PM I1362X

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 and woods of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

Salamanders of Monmouth County

Friday, March 20, 7:00-8:00 PM

Freneau Woods Pk Vis Ctr

Join a Park System Naturalist to discover the several species of salamanders that call the Jersey Shore home. Find out about their life, love, and just how important they are to our environment. Hint: If you see a salamander in your backyard, it can be a sign of a healthy environment. Find out more about these ambiguous amphibians that are active in spring.

Menhaden: The Most Important Fish along the Jersey Shore!

Wednesday, April 15, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Some people call it a bunker or porgy, but no matter how you refer to it, this sea creature is the most important fish along the Jersey Shore. It is a vital link to a marine food web and helps to clean up our waters. Yet, few people know much about it. Join one of our fish experts to find out more about the ecological importance of menhaden.

Horseshoe Crabs Trying to Survive in a Modern World

Wednesday, May 20, 7:00-8:00 PM

Bayshore Waterfront Pk Act Ctr

Every year, during the full and new moons of late May and early June, many horseshoe crabs crawl up onto beaches to spawn and create the next generation, as they have for at least 350 million years. But today, there are many threats to the survival of these ancient seafarers. Join us as we discover why the population of horseshoe crabs is declining, what people are doing to protect the crab through research, and what you can do to help.

Spring Equinox Walk

(all ages, under 18 with adult)

Celebrate the first day of spring with us! Enjoy the sounds of birds chirping and the frogs calling during a guided walk with one of our Park System Naturalists. Please bring water and wear comfortable walking shoes; bug repellent is encouraged.

One Session \$10.00 Per Person

Holmdel Pk Hilltop Area

Fri, Mar 20 10:00-11:00 AM IKD62X

Spring Weekend Bird Excursions

(ages 14 and up, with adult)

Spend the day with a naturalist on a full-day spring excursion to a birding hotspot. We will be on the lookout for spring songbirds and springtime migrants such as warblers and shorebirds. Participants should bring binoculars, a drink, and lunch, and dress for the weather. A limited number of binoculars will be available to borrow if needed. Transport via minibus is provided from Thompson Park. Participants should be prepared to walk 2-8 miles of varying terrain.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Great Swamp National Wildlife Refuge

Sat, Apr 25 7:00 AM-4:00 PM I3162X

Garret Mountain Reservation

Sun, May 3 7:00 AM-4:00 PM I3262X

Cape May

Sun, May 17 7:00 AM-4:00 PM I3362X

Spring Wildflower Hike

(adults)

Wildflowers eagerly emerge as the spring sun warms the forest floor. This is the perfect time to search for these delicate plants. Please dress appropriately and wear sturdy shoes for walking on trails.

One Session \$22.00 Per Person

Clayton Pk Emley's Hill Lot

Fri, Apr 17 9:30 AM-12:30 PM IK962X

The Twilight Tango: Evening American Woodcock Walk

(ages 14 and up, under 18 with adult)

Take an evening stroll in search of the American Woodcock during its breeding season. Learn about the biology of these quirky long-billed birds and their not-so-secret courtship rituals. As dusk settles, our guide will use a thermal scope to help locate the cryptic males on the ground so we can observe their spectacular courtship as they take flight. A flashlight or headlamp is recommended. Participation in mimicking the woodcock waddle is optional.

One Session \$13.00 Per Person

Big Brook Pk Parking Lot

Mon, Mar 9 6:00-7:30 PM. I3762X

Mon, Mar 23 6:15-7:45 PM. I3862X

Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanical garden of Rutgers University. Join us as we go on a guided tour of the grounds, then enjoy your lunch alongside one of their many beautiful display gardens. Please bring your own lunch and wear comfortable walking shoes.

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, May 22 9:00 AM-3:00 PM IK662X

Trekking New Jersey - A Pine Barrens Day Trip

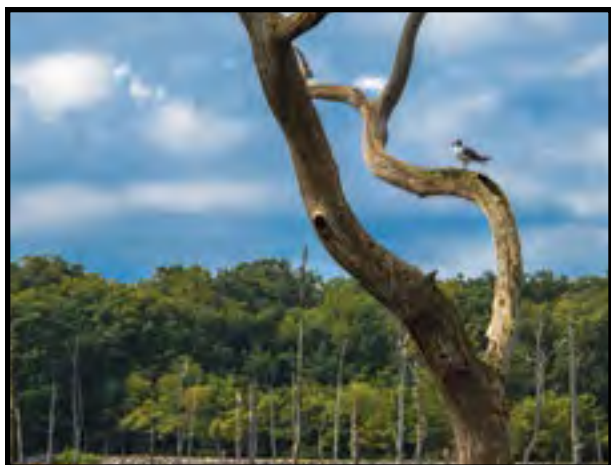
(adults)

Whether you've visited the Pine Barrens before or haven't had the opportunity just yet, it's hard to ignore the wonder that this ancient ecosystem instills. This Park System Naturalist-led day trip will visit multiple highlights, showcasing what makes the Pine Barrens truly special, including the Pygmy Pines, Freshwater Bog, and Mature Pine Forest. Please bring your own lunch (picnic style). Trails may be uneven, so be sure to wear sturdy footwear.

One Session \$64.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 7 8:00 AM-3:00 PM IK862X



Wildlife Boat Tour of the Manasquan Reservoir

(ages 5 and up, with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready, as we will be stopping periodically along our ride if the opportunity for wildlife photography arises. Dress for the weather and bring binoculars. The boat will leave from the Manasquan Reservoir Visitor Center dock. Life jackets are provided and must be worn during the entire tour.

One Session \$12.00 Per Person

Manasquan Res West Dock

Fri, Apr 24 6:00-7:30 PM I1562X

Fri, May 22 6:00-7:30 PM I1662X

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). The hike will take place as scheduled (weather permitting), but the trip to the winery is contingent on the facility being open for business.

One Session \$19.00 Per Person

Holmdel Pk Hilltop Area

Sun, Mar 8 1:00-2:30 PM (approx) IK462X

OUTDOOR ADVENTURES

ARCHERY

Archery Golf

(adults)

Enjoy this twist on archery to score a birdie instead of a bull's-eye! First, you'll learn the basics of archery by shooting at a traditional target. Then, using soft-tipped arrows, try your hand at shooting a round of archery golf on our pop-up course.

One Session \$27.00 Per Person

Thompson Pk Activity Barn

Sun, Apr 19 12:30-2:30 PM. W5362X

Take a Shot: Archery Series

(adults)

Whether you are a beginner or need a refresher, our experienced instructors will help you learn and develop your archery skills during this four-session series. Please dress for the weather, as the Activity Barn is not heated or air-conditioned. All equipment is provided.

Four Sessions \$88.00 Per Person

Thompson Pk Activity Barn

Thu, Apr 2-23 7:00-9:00 PM W6062X

Take a Shot: Intro to Archery

(adults)

Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition, or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air-conditioned.

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 12 7:00-9:00 PM W4562X

Tue, Apr 7 7:00-9:00 PM W6162X

Sat, Apr 11 2:00-4:00 PM W6262X

Wed, May 20 7:00-9:00 PM. W6362X

BICYCLING

Barnegat Branch Bike Ride

(adults)

Peddle the uncrowded Barnegat Branch Bike Path with its pine barren vibe and the smells of the tall pine trees along its trail. The route winds past neighborhoods, stretches of green acres, and a small business area. After our ride, we will head over to Barnegat Bay Municipal Park to enjoy your own bagged lunch along the inlet. Peddle-assist bikes and e-bikes are welcome; however, this is a group ride, and you must stay with the group.

Rating: *Easy, 10+mph pace, few stops, flat, sandy, cinder trails. Miles: 25 approx.*

One Session \$80.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 9 8:00 AM-3:00 PM W2562X

Celebrate Bike Month and America's**250th!**

(adults)

Join us as we ride throughout Monmouth County during this special Bike Month program honoring America's 250th Anniversary. Make new friends, explore new horizons, and discover history during this informal club-like series. Your Park System leaders guide you in safe riding and maintenance practices. Everyone must wear a CPSC-certified bicycle helmet (CPSC label on inside of helmet) and bring a water bottle and snack. Participants are responsible for providing and transporting their hybrid, commuter-style, or mountain bike in good working order to meeting locations.

Rating: *Easy/moderate, moderate pace. Trails: cinder, dirt, gravel, paved. Miles: 8-20*

Five Sessions \$85.00 Per Person

4/22 - Thompson Pk 3 Barns Lot (approx. 8 miles)

4/29 - Henry Hudson Trail, Big Brook Pk Lower Lot (approx. 14 miles)

5/6 - Edgar Felix/Rt 18 Bypass, Wall Municipal Lot (approx. 14 miles)

5/13 - Union Transportation Trail, Millstream Rd Lot, (approx. 14 miles)

5/20 - Sandy Hook Gateway Natl. Rec Area, Lot D (approx. 16 miles)

Wed, Apr 22-May 20 10:00 AM-12:00 PM . . W1162X

Duke Farms Bike Ride

(adults)

Pedal your way through the historic 2,000-acre Duke Farms as we discover the 35 fountains, 2 1/2 miles of stone walls, nine lakes, and countless pieces of sculpture. Be sure your geared bicycle is in good working order. Everyone must wear a CPSC-approved bicycle helmet (CPSC label on inside of helmet). You can bring a bag lunch or buy from the cafe. Meet at Thompson Park and hop on our minibus as your bike is transported in an enclosed cargo trailer. Peddle-assist bikes and e-bikes are welcome; however, this is a group ride, and you must stay with the group.

Rating: *Easy/moderate, gravel/paved paths/gradual inclines/declines. Miles: 15*

One Session \$76.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, May 27 9:00 AM-3:30 PM (approx) . . W2662X

Shifting Gears Workshop

(adults)

Learn how and when to shift your gears! This riding workshop on the paved trails of Thompson Park will be led by experienced leaders who will teach you when and how to shift gears properly and efficiently. Be sure to bring your own bike with gears in good working condition and a CPSC-certified helmet (CPSC label inside helmet).

One Session \$26.00 Per Person

Thompson Pk 3 Barns Parking Lot

Mon, May 4 5:30-7:30 PM W3762X

CLIMBING

Leap of Faith

(adults)

Welcome to the world of high adventure. Take the challenge to climb our 25-foot telephone pole and make a leap of faith to the trapeze. All harnesses and helmets are provided; just bring your courage. One to two jumps per person, depending on the group's pace. If your schedule allows, be sure to pack a picnic lunch and enjoy Thompson Park after the program.

One Session \$24.00 Per Person

Thompson Pk Old Orchard Parking Lot

Wed, Apr 8 9:00-10:30 AM (approx) . . . W6862X

Sun, May 10 9:00-10:30 AM (approx) . . . W6962X

Tree Top Adventures

(adults)

Calling all thrill-seekers or tree-climbing amateurs! Our challenge course in the woods of Thompson Park will keep you challenged, present, and living in the moment. We will take you on a memorable adventure that combines ziplining with fun and exciting aerial obstacles. You'll step outside your comfort zone on this journey through the forest canopy. This challenge by choice adventure is led by professionally trained and enthusiastic staff who cover safety standards, gear outfitting, and basic ground school. All equipment will be supplied. Please bring water and wear closed-toe/heel shoes. The trees are calling! Are you up for the challenge?

One Session \$32.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sat, May 2 10:00 AM-12:00 PM W6562X

HIKING

"After Work" Board Walks

(adults)

Enjoy those precious moments after work with a brisk and motivating walk alongside our local beaches. Take this chance to lift your spirits, de-stress after a busy day, and meet like-minded people. Each week, we will meet at a different Monmouth County boardwalk. Wear sturdy shoes and dress appropriately for the weather (rain/wind jacket and water in a day pack are suggested). A schedule of meeting locations and driving directions will be emailed to you after registration.

Four Sessions \$49.00 Per Person

4/8 - Spring Lake & Belmar

4/15 - Avon-By-The-Sea & Bradley Beach

4/22 - Ocean Grove & Asbury Park

4/29 - Long Branch

Wed, Apr 8-29 5:45-7:30 PM W5762X

Armchair Traveler Adventures

(adults)

Escape the winter blues by planting the seeds of ideas for active recreational vacations. By viewing the beauty of nature with experienced travelers, we can help you plan your own trip to maximize your adventures. Pull up a chair and get ready for a great evening. Registration is requested; however, walk-ins will be welcome.

One Session \$5.00 Per Person

Thompson Pk Vis Ctr Beech Room

Majestic Monarchs – Their Lives, Our Help

Journey in this beautiful slideshow to the mountains of central Mexico, where millions of Monarch butterflies from the U.S. overwinter in breathtaking biosphere reserves. Learn about these wondrous pollinators and how you can protect them right in your own yard. Join writer and hiking leader Merry Brennan as she shares her trip to the Mexican butterfly sanctuaries, as well as tips from her many years of rearing and releasing monarchs.

Tue, Mar 3 6:45-8:45 PM W0662X

BAPS Shri Swaminarayan Mandir

Tour

(adults)

Temples calm the mind and heart. Their quiet and light reduce stress. Rituals bring balance. Spanning 185 acres and standing 191 feet tall, Akshardham is a magnificent Mahamandir (Hindu house of worship) carved from stone in accordance with ancient Hindu scriptures. It is the second-largest Hindu mandir in the world and one of the most unique Hindu stone mandirs built over the last 600 years. Join us on this mindful experience.

Rating: Easy; steps, crushed stone, grassy. Miles: 2+

One Session \$55.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, May 7 9:00 AM-3:00 PM (approx) . . W7462X

Cliff Park Trail in Pennsylvania

(adults)

Take a wildflower hike along cliffs overlooking the Delaware River. Enjoy incredible views of the river, farmland, Minisink Island (one of the largest islands in the Delaware River), NJ's Kittatinny Mountains, and two waterfalls. This hike is sure to please both novice and veteran hikers.

Rating: Moderately easy, moderate pace, some rocky trails, gradual ascents and descents, views. Miles: 5

One Session \$72.00 Per Person \$62.00 Additional Person

Thompson Pk Estate Grounds Parking Lot

Sun, May 10 7:00 AM-5:00 PM (approx) . . W0862X

Fishkill Ridge Hike

(adults)

Hike to a multi-tiered waterfall and the summits of Lambs Hill and Bald Hill offering dramatic views of the Hudson Valley and beyond.

Please Note: Hiking shoes/boots are required.

Rating: *Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 7*

One Session \$81.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 18 6:30 AM-5:00 PM (approx) . . W3262X

Monday "After Work" Hiking Series

(adults)

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in a day pack are suggested).

Rating: *Moderate pace, dirt trails, paved paths, some hills. Miles: 3-5*

Five Sessions \$72.00 Per Person

3/16 - Thompson Pk Estate Grounds Lot

3/23 - Holmdel Pk Ramanessin Lot

3/30 - Tatum Pk Holland Rd Lot

4/6 - Huber Wds Pk Env Ctr Lot

4/13 - Hartshorne Wds Pk Rocky Point Lot

Mon, Mar 16-Apr 13 5:30-7:15 PM W3862X

4/20 - Thompson Pk 3 Barns Lot

4/27 - Tatum Pk Red Hill Rd Lot

5/4 - Huber Wds Pk Env Ctr Lot

5/11 - Big Brook Pk Lower Pond Lot

5/18 - Hartshorne Wds Pk Rocky Point Lot

Mon, Apr 20-May 18 5:30-7:15 PM. . . . W7162X

Mount Tammany/Dunnfield Creek Hike

(adults)

On this loop hike, we will steeply climb Mount Tammany, offering panoramic views of the Delaware River below, as well as the beautiful cascading waters of the Dunnfield Creek.

Please Note: Hiking boots are required. Trekking poles and micro spikes are highly suggested.

Rating: *Strenuous, quick pace, steep ascents and descents, rocky terrain. (The terrain and pace of this hike are best for seasoned hikers.) Miles: 3.5*

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Mar 17 6:30 AM-2:00 PM (approx) . . W2962X

CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please read program descriptions carefully and choose which hike is comfortable for you as you work toward more challenging treks.
- Please realistically match your ability to the program descriptions. Outdoor Adventure hikes usually have a maximum of 12 participants. The group can move only as quickly as the slowest participant. Participants are disappointed when the pace is slowed or frequently paused, or if the route must be shortened, to accommodate someone unprepared, ill-equipped, or poorly conditioned.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

On & Off the Bus: Waterfall Hikes

(adults)

Join us for an “on-and-off-the-bus” hiking adventure featuring one stunning waterfall after another! Each waterfall flows with its own personality as we explore some of the most beautiful spots in the area. We'll cover approximately 6+ miles total, with breaks to rest your legs on the bus between trail stops. Planned destinations include Dunnfield Creek, Dingmans Falls (pending construction completion), Hemlock Falls, Childs Park, and Raymondskill Falls. Be sure to have a day pack with a rain jacket, water, lunch, and snacks. Wear sturdy hiking shoes; trekking poles are suggested as trails may be wet or muddy. The trip will run in light drizzle.

One Session \$79.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Apr 15 6:30 AM-5:00 PM (approx) . . . W1962X

Plattekill Falls and Codfish Point Hike

(adults)

Visit a beautiful 70-foot waterfall and ascend gradually past abandoned bluestone quarries to Codfish Point, with sweeping views of the Hudson Valley.

Please Note: Hiking shoes are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 5*

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 2 6:00 AM-5:00 PM (approx) . . . W3462X

Ramapo Valley County Reservation Hike

(adults)

Hike in one of New Jersey's most beloved forest preserves, climbing the western Ramapo Mountains to panoramic viewpoints, including a cascading stream to Ramapo Lake.

Please Note: Hiking shoes are required.

Rating: *Moderate to strenuous, moderate pace, steep ascents/descents, rocky terrain. Miles: 5.5*

One Session \$72.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Apr 7 6:30 AM-3:00 PM (approx) . . . W3162X

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, from Maine to Georgia. Join in the year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging 7 miles per trip.

Please Note: Hiking shoes are required; trekking poles are 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: 5-9 +/-*

One Session \$76.00 Per Person

Thompson Pk Estate Grounds Parking Lot

NY/NJ State line to Wawayanda Park (7+ mi)

Sun, Apr 12 7:00 AM-5:30 PM (approx) . . . W2362X

Wawayanda State Pk to Rt. 565 (7+ mi)

Sun, May 3 7:00 AM-5:30 PM (approx) . . . W2462X

Rt. 565 to Wallkill River NWR (8+ mi)

Sun, Jun 14 7:00 AM-5:30 PM (approx) . . . W0163X

Southern Harriman Highlights Hike

(adults)

Hit the trails early and miss the crowds as we hike to several prominent views from the Reeves Meadow Visitor Center in Harriman State Park, NY.

Please Note: Hiking shoes are required; trekking poles are recommended.

Rating: *Moderate to strenuous, moderate pace, steep ascents and descents, rocky terrain. Miles: 6*

One Session \$75.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Apr 21 6:30 AM-3:30 PM (approx) . . . W3362X

“

*Our guide was wonderful!
She was knowledgeable, well
prepared, and had a great
attitude. You could tell she loved
what she was doing.*

”

Take it Easy Hikes/Walks

(adults)

Discover a different park each week with this easy-paced walk/hiking program. We will witness the parks come alive with migrating birds, flowering plants, and warm breezes.

Rating: Easy; dirt, cinder, rooty, paved & wooden trails. Miles 2.5-4

Six Sessions \$75.00 Per Person

4/10 - Thompson Pk Estate Grounds Lot

4/17 - Freneau Wds Pk Lot

4/24 - Turkey Swamp Pk Nomoco Lot

5/1 - Deep Cut Gardens Main Lot

5/8 - Shark River Pk Schoolhouse Rd. Lot

5/15 - Henry Hudson Trail Popamora Point Lot

Fri, Apr 10-May 15 10:00 AM-12:00 PM. . W1262X

Thursdays on the Trails

(adults)

Looking to get moving, but walking the neighborhood isn't quite your style? Head to the trails for this easy-to-moderate-paced hiking program. Learn about your county parks as we visit a different one each week. Please come prepared with a small daypack, water, and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested. This program will run in snow (snowshoes will be provided); however, you must supply your own Yaktrax for icy trails.

Rating: Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5

Six Sessions \$81.00 Per Person

3/5 - Thompson Pk Old Orchard Lot

3/12 - Shark River Pk Schoolhouse Rd. Lot

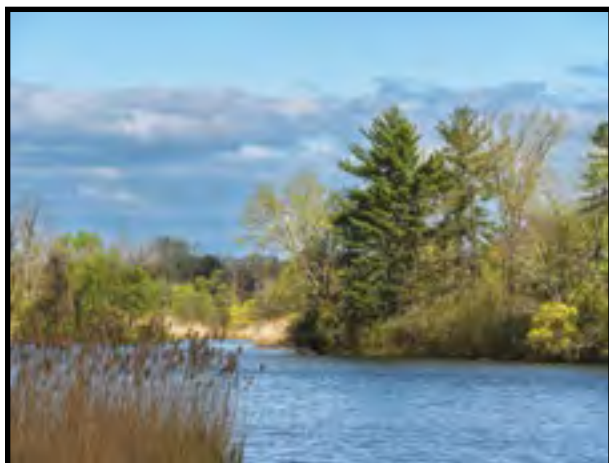
3/19 - Allaire State Pk Hospital Rd. Lot

3/26 - Clayton Pk Emley's Hill Rd. Lot

4/2 - Hartshorne Wds Pk Rocky Point Lot

4/9 - Holmdel Pk Ramanessin Lot

Thu, Mar 5-Apr 9 9:00-11:00 AM W3562X



Trail Map Reading Basics NEW

(adults)

Do trail maps leave you feeling confused by all the symbols, keys, and markers? Gain confidence in navigating the outdoors with this hands-on introduction to map and compass skills. Our first session takes place in a local county park, where we'll learn to interpret maps, use a compass, and understand terrain features. In the second session, we'll put these new skills to the test on a full-day hiking adventure in Harriman State Park. Please wear sturdy hiking shoes and bring 2L of water in a small daypack, along with a compass if you have one.

Rating: Moderate. Miles: 6

Two Sessions \$82.00 Per Person

Huber Wds Pk Lodge Env Ctr

Wed, Apr 8 6:00 PM-8:30 PM

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 11 7:00 AM-3:00 PM W3962X

Well Mills Hike & Albert Music Hall NEW

(adults)

Enjoy a walk in the park and learn about the natural sounds of the pine barrens as we hit the trails on foot. After our hike, we will head over to the famed Albert Music Hall for some home-grown bluegrass. If you want to join in the jam session, bring your instrument. Pack a bagged "dinner" or purchase at the Hall (cash only).

Rating: Easy, flat trail, muddy, snowy. Miles: 3+

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 7 2:30-11:00 PM (approx). W0462X

Windbeam and Bear Mountain Hike

(adults)

Hike up Windbeam Mountain, which has the most vertical climbing of any other mountain in New Jersey, and Bear Mountain in this challenging up-and-back hike in the New Jersey Highlands.

Please Note: Hiking boots are required. Microspikes/yaktrax are suggested as the trails could be icy. Snowshoes can be provided if needed.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6.2

One Session \$67.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 28 6:30 AM-3:30 PM (approx) . . W3062X

JUST THE LADIES

Ladies Hiking Club

(adults)

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the morning session or come early for the afternoon and enjoy your picnic lunch with our "club."

Rating: *Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+*

Ten Sessions \$129.00 Per Person

3/17 - Thompson Pk Estate Lot

3/24 - Holmdel Pk Lake Lot

3/31 - Turkey Swamp Pk Campground Office Lot

4/7 - Huber Wds Pk Env Ctr Lot

4/14 - Big Brook Pk Lower Pond Lot

4/21 - Shark River Pk Schoolhouse Rd Shelter Bldg

4/28 - Sandy Hook Ft. Hancock Guardian Parking Lot

5/5 - Clayton Park Emley's Hill Rd. Lot

5/12 - Tatum Pk Red Hill Lot

5/19 - Hartshorne Wds Pk Rocky Point Lot

Tue, Mar 17-May 19 9:30-11:30 AM . . . W0962X

Tue, Mar 17-May 19 12:00-2:00 PM . . . W1062X

Try Backpacking Ladies!

(adults)

Give it a try with this entry-level overnight hike! Backpacking is hiking with all your necessary gear on your back. We provide the equipment (or use your own), and you supply the positive attitude and food. During our pre-trip meeting, we will discuss clothing, meal planning, and gear. We will help you prepare your (or our) gear for this one-night backpacking trip: a backpack, tent, sleeping bag/pad, and stove/cook kit can be provided. We will stay local, hiking into Hartshorne Woods to our camping spot on Friday evening, spending the night in the woods, and hiking out on Saturday morning, leaving plenty of time for your other weekend plans.

\$85.00 Per Person

Pre-Trip Meeting:

Thompson Pk Theater Barn

Thu, Apr 9, 6:30-8:30 PM

Program:

Hartshorne Wds Pk Claypit Creek Parking Lot

Fri-Sat, Apr 17-18 3:00 PM-11:00 AM . . . W2762X

Women on the Trails 101

(adults)

Looking to discover the world of hiking with other like-minded women? Novices and seasoned hikers alike will enjoy this relaxing spring getaway. We will be staying at the AMC's Mohican Outdoor Center, surrounded by the beautiful Kittatinny Mountains. Our lodging amenities will include bunk rooms, private baths, a full kitchen, and a fireplace to relax around after our day on the trails. Price includes one dinner, two breakfasts, snacks, warm drinks, transportation, and Park System leaders. Be sure to attend the pre-trip meeting, where we will meet our fellow hikers and discuss how to best prepare for your adventure. This program is designed for those looking to learn more about the basics of day hiking, trails, map reading skills, safety on the trail, and trail decision making.

Rating: *Moderate-easy.*

Terrain: *Dirt, wooden bridges, creek crossings, mud, rocky, some short steep ascents/descents, fire road.*

Pace: *Easy- expect 1 mile an hour, with breaks (on trail for approx. 4 hours min.)*

Miles: *3-6 per day (pending group/weather/trail conditions)*

REGISTRATION DEADLINE: April 15 (registration will remain open until May 4 if the minimum is met)

\$380.00 Per Person

Pre-Trip Meeting:

Thompson Pk 3 Barns Parking Lot

Tue, May 5, 6:30-8:00 PM

Program:

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, May 15-17 7:00 PM-3:00 PM . . . W4362X

“

I've been hiking for a while with the Park System and I have to say that the guides have taught me so much in regards to nature, safety, equipment, and overall enjoying the outdoors.

”

PERFORMING ARTS

ACTING

Agatha Christie's "The Mousetrap" Ensemble *(adults)*

Let's learn and work together to bring the characters of Agatha Christie's "The Mousetrap" to life. We will delve into character development and memorization tips/tricks as we rehearse for our final performances for family and friends. The final performances will be held Saturday and Sunday, May 30 and 31, at 3:00 PM at the Thompson Park Theater Barn. Participants will be responsible for creating and supplying their character's costume.

Ten Sessions \$135.00 Per Person

3/30, 4/6, 4/13, 4/21 & 4/27 - Freneau Wds Pk Vis Ctr
5/11, 5/18, 5/20, 5/21, 5/30 & 5/31 - Thompson Pk Theater Barn

Mon, Mar 30-May 31 6:30-8:30 PM Q0162X**Beginner Acting: A Journey at Navesink Library Theater***(adults)*

We will begin the journey of acting by learning techniques for theater, television, and film. These include improvisation, space objects, character building, and the fourth wall. We will also begin work on The Four Centers of Acting: the center of your focus, your breath, your body, and of the stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class. Please wear closed-toe shoes and bring a water bottle.

Six Sessions \$135.00 Per Person**Navesink Library Theater****Wed, Apr 8-May 13 6:30-8:00 PM. Q0262X**

DANCE

Adult Ballet - Beginner Level 1*(adults)*

Have you always wanted to try ballet? It's never too late to learn! Discover the grace and elegance of ballet in this introductory course designed for those with little or no dance experience. This class covers basic ballet positions, steps, and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance, and flexibility. Wear comfortable clothes and ballet shoes of your choice.

Ten Sessions \$135.00 Per Person**Tatum Pk Red Hill Act Ctr****Tue, Mar 24-Jun 9 11:00-11:45 AM. AA262X***No class 4/7 & 5/12***Wed, Mar 25-Jun 10 1:00-1:45 PM AA362X***No class 4/8 & 5/13***Adult Tap - Beginner Level 1***(adults)*

Have you ever wanted to try tap dancing? Maybe you tapped as a child and really loved it? Calling all beginner or better tap dancers for a fun adult-only class with Marcy. Learn a complete routine in this 10-week session. Wear comfortable clothes and tap shoes of your choice.

Ten Sessions \$135.00 Per Person**Tatum Pk Red Hill Act Ctr****Tue, Mar 24-Jun 9 2:00-2:45 PM A9762X***No class 4/7 & 5/12***Tue, Mar 24-Jun 9 5:30-6:15 PM A9862X***No class 4/7 & 5/12***Wed, Mar 25-Jun 10 2:00-2:45 PM A9962X***No class 4/8 & 5/13*

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? This class is for the student who enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Wear comfortable clothing and the tap shoes of your choice. Pre-requisite: 3-4 sessions of Adult Tap - Beginner Level 1 (p. 91) or similar experience.

Ten Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 24-Jun 9 3:00-3:45 PM AA062X
No class 4/7 & 5/12

Tue, Mar 24-Jun 9 6:15-7:00 PM AA162X
No class 4/7 & 5/12

Beginner Social Dancing for Couples: Beginner Ballroom & Latin Dance

(adults)

Attending a wedding this year? Planning a first dance for your own wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes," this beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance during class. Each week, we will review and progress forward in our ballroom and Latin dance styles. We look forward to teaching you to move and groove on the dance floor of your next event together with confidence! Dancers must register and participate with a partner. We welcome any two individuals to participate in classes together. Dress comfortably and in closed-toe/heel shoes you can easily move in.

Instructed by: Sing and Sway

Six Sessions \$266.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Mar 4-Apr 15 6:00-6:50 PM AAB62X
No class 4/8

Mon, Mar 16-Apr 27 3:40-4:30 PM AA662X
No class 4/6

Broadway Jazz - Beginner Level 1

(adults)

Hamilton! Chicago! Hairspray! This class is perfect for students who love musical theatre and will feature choreography set to songs from your favorite musicals. Class work consists of jazz warm-ups, across the floor, and building a vocabulary of steps and combinations. Wear comfortable clothes and jazz shoes of your choice.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 25-Jun 10 11:15 AM-12:00 PM . . AA462X
No class 4/8 & 5/13

Dance Floor Confidence: Latin, Pop & Party Line Dancing

(adults)

Light up the dance floor with confidence and rhythm! In this upbeat, beginner-friendly class, you'll learn a mix of Latin-inspired line dances, including Salsa and Bachata basics, alongside a selection of classic and contemporary party favorites, the Electric Slide, Cupid Shuffle, and Cha Cha Slide. We'll cover foundational line dancing skills, counting beats, understanding rhythm, learning common patterns, and adapting them to music on any dance floor. Each week balances repetition and variety, so you'll build muscle memory while having a blast. No experience or partner required. Participants should wear comfortable clothes and closed-toe shoes that they can easily move in.

Instructed by: Sing and Sway

Six Sessions \$144.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Mar 4-Apr 15 5:00-5:50 PM AAA62X
No class 4/8

Mon, Mar 16-Apr 27 2:40-3:30 PM AA762X
No class 4/6

Square Dancing - Level 3

(adults)

Find out why so many people have so much fun being "squares." Participants must have taken Square Dancing Level 2 or have prior experience. Taught by Larry Sherwood and members of the Middletown Ramblers.

Twelve Sessions \$50.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Apr 14-Jun 30 7:00-9:00 PM AAD62X

Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience in partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$102.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, May 27 6:00-8:00 PM. AA562X

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.

Fort Monmouth Rec Ctr Group Fitness Room

Eight Sessions \$168.00 Per Person

Mon, Mar 9-Apr 27 7:00-7:55 PM. MB462X

Six Sessions \$126.00 Per Person

Mon, May 4-Jun 15 7:00-7:55 PM. MB562X

No class 5/25

MUSIC

Music and Piano

(adults)

Unlock the timeless joy of music with our Music & Piano Class, designed for adult learners of all backgrounds. Whether starting from scratch or reigniting a past passion, our experienced instructor will guide you through the journey of reading music, playing for pleasure, enhancing memory, and fostering creativity. Our class size is intentionally kept intimate to ensure you receive the focused attention you need. Each learner will need a keyboard with a minimum of four octaves and a workbook that can be ordered at the first class. Ready to dive into the notes and let your musical story unfold? Join us and let the melodies begin!

Eight Sessions \$144.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Part 1- Beginners

Tue, Mar 3-Apr 21 5:00-6:00 PM. MB662A

Tue, Apr 28-Jun 16 6:15-7:15 PM. MB762A

Part 2

For students who have previously taken Music and Piano Part 1.

Tue, Apr 28-Jun 16 5:00-6:00 PM. MB862A

SPOKEN WORD

"Epitaph for the Race of Man" by Edna St. Vincent Millay

(adults)

In eighteen prophetic sonnets, Pulitzer Prize-winning poet Edna St. Vincent Millay asks the most urgent question of our age: Will humanity survive, or will we become just another fossil in Earth's long memory? Written with devastating prescience, "Epitaph for the Human Race" sweeps from the extinction of dinosaurs to the far future when mountain sheep will stand alone under alien stars. Through volcanic eruptions, floods, and earthquakes, Millay traces humanity's stubborn resilience—and our fatal flaw. She reveals that our greatest threat isn't nature's fury, but "the unkindness in his brother's eyes." This spoken word performance brings Millay's masterwork to vivid life through multiple voices, transforming a profound meditation on human mortality into an urgent, communal experience. Witness poetry that speaks across generations about who we are, what we've built, and what we risk losing. Light Refreshments will be served. This is a free program; however, registration is required.

One Session FREE!

Thompson Pk Vis Ctr Beech Room

Sun, Mar 8 3:00-5:00 PM. PA016A

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm, and verse. All are welcome to read your work aloud or read work from your favorite poet(s). You will also get the opportunity to connect with the growing community of "Monmouth County Poets." Themes and prompts are suggested, and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Song Lyrics and/or Parodies

Humorous or satirical imitation of another author's work or characteristic style.

Thompson Pk Theater Barn

Sun, May 3 3:00-4:30 PM PE086A

Awakening and/or Epistolary Poetry

Poems written in the form of a letter.

Thompson Pk Vis Ctr Beech Room

Sun, Mar 1 3:00-4:30 PM PE066A

Haiku

Haiku and/or poems inspired by or translated into English from Japanese or East Asian poets.

Thompson Pk Vis Ctr Beech Room

Wed, Apr 15 7:00-8:30 PM PE076A



SPORTS & FITNESS

FITNESS

Aerostep

(adults)

Burn mega calories and build lean muscle mass in this fun and easy-to-follow fitness program! Through a combination of cardiovascular and strength training, you will increase your stamina and condition your entire body. Our instructor will keep you moving and motivated as a variety of equipment will be used to keep those muscles guessing. Break through to a new level of fitness as we alternate between different step combinations, plyometric drills, and weighted exercises. All levels of fitness are welcome, as modifications will be shown accordingly throughout class.

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Tue, Mar 3-31 5:30-6:30 PM XD362X

Thu, Mar 5-Apr 2 5:30-6:30 PM XD562X

Six Sessions \$90.00 Per Person

Tue, Apr 14-May 19 5:30-6:30 PM XD462X

Thu, Apr 16-May 21 5:30-6:30 PM XD662X

Balanced Fitness

(adults)

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. Come see what the benefits of exercising will do for you! Instructor: Jodi Kondracki

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Mon, Mar 9-Apr 20 9:15-10:15 AM MAM62X

No class 4/6

Eight Sessions \$120.00 Per Person

Mon, Apr 27-Jun 22 9:15-10:15 AM MAN62X

No class 5/25

Barre Connect

(adults)

This class uses ballet and dance-inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance, and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water; no experience is necessary in any fitness/dance format.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Apr 10-Jun 5 5:30-6:25 PM X4762X

No class 5/22

Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and gentler than a regular Barre class, this format focuses on toning muscles and improving balance, while building flexibility and coordination.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 13-Jun 8 5:10-6:05 PM X3162X

No class 5/25

Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance, and strength as we engage the arms, legs, hips, and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Please bring a veil and zills to each class.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 13-Jun 8 6:15-7:10 PM X3262X

No class 5/25

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, Apr 21-Jun 23 7:25-8:55 PM X3662X

Dance Tone Stretch

(adults)

This class is a fun mix of cardio dance, light toning, and a stretching session. Each class will open with a fun and easy five-song cardio dance fitness routine, using pop, Latin, and World music. Then we will use light weights, bands, and body weight exercises to do a toning routine. Each class will end with an overall body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners welcome!

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 2-May 7 5:00-5:55 PM X4262X

Foundation Training Introductory Workshop

(adults)

Move well to feel well, the way your body was originally designed to do! Correct your unwanted postural habits that can lead to chronic pain. Through a series of body-weight exercises and breathwork, Foundation Training activates specific muscle groups, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. No matter your age or fitness level, this 90-minute workshop is for you. As part of your fee, you will have access to a helpful at-home video. Exercise mats will be available if you don't have your own.

One Session \$50.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Apr 25 2:00-3:30 PM XD262A

Hula Hoop Dance and Fitness

(adults)

Hula hooping, for fun, fitness, and as a dance form. Each class will include basic "how-to" of spinning the hula hoop, both on the core and on other body parts. We will also use different sizes and weights of hoops to do some hoop fitness routines. Lastly, in each class, we will learn some hoop tricks, and time permitting, combos, and have fun with basic hoop dance. We plan to hoop outside (weather permitting), so wear weather-appropriate clothes that you can move in. This class is open to all, even if you've never been able to hoop before! Hoops are provided for use in class, and some are available for purchase. Feel free to bring hoops if you have them.

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Wed, Apr 22-Jun 3 5:00-5:50 PM X4062X

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 that is low-impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 2-Jun 11 7:15-8:10 PM X4462X
No class 5/21

Mat Workout and Stretch

(adults)

A muscle toning workout on your mat! We will do body weight exercise and use hand weights during this 40-minute, medium-intensity, lengthening, and strengthening full-body routine. For the last 10 minutes, we will stretch and lengthen the muscles and improve our recovery time by foam rolling. Please bring water and a mat. We have hand weights and foam rollers to use.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Apr 27-May 18 7:20-8:15 PM. X3362X

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 with support, as well as seated. A perfect fit for individuals with therapeutic or mobility issues, including arthritis, Parkinson's, and Multiple Sclerosis. No equipment needed, just wear comfortable clothes.

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 24-May 5 12:30-1:15 PM MBG62X

No class 4/7

Tue, May 12-Jun 23 12:30-1:15 PM. MBH62X

No class 6/2

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

Fourteen Sessions \$210.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Mar 2-Apr 27 8:00-9:00 AM MAG62X

No class 4/1, 4/6 & 4/8

Mon, Wed, May 4-Jun 22 8:00-9:00 AM MAH62X

No class 5/25

Total Body Circuit Blast

(adults)

Empower yourself with this revved-up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class set up in stations. You will perform each exercise for a set amount of time, and then move on to the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Sat, May 2-Jun 6 8:00-9:00 AM XDA62X

No class 5/23

Seven Sessions \$105.00 Per Person

Sat, Mar 7-Apr 25 8:00-9:00 AM XD962X

No class 4/4

E. Murray Todd Half Marathon

Sunday, March 8, 8:30 AM

Brookdale Community College Collins Arena, Lincroft

With over 45 years of racing tradition on one of New Jersey's most attractive courses, you will experience 13.1 miles on this beautiful course through Lincroft, Holmdel, and Colts Neck.

Pre-registration is suggested and is \$45.00 per person (closes March 2).

Club/group rates are available (minimum of 10 walkers/runners).

Pre-registration can be done online or by phone.

Race day registration will be accepted on Sunday, March 8 beginning at 7:00 AM and is \$70.00 per person.

For additional information, call 732-542-1642, ext. 4646, or email

Michael.Williams@co.monmouth.nj.us.

To view the Runner's Info Sheet and Course Map, check out the "Races & Special Events" page on our website under the "Activities" tab.



PICKLEBALL

Adult Beginners Pickleball

(ages 16 and up)

Throw tennis, badminton, and table tennis in a blender, and you would get pickleball. Learn to play one of the fastest-growing sports for people of all levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Paddles and balls provided.

Four Sessions \$68.00 Per Person

Dorbrook Rec Area

Mon, Apr 6-27 12:00-1:00 PM XF062X

Tue, Apr 7-28 9:30-10:30 AM XF162X

Thu, Apr 9-30 9:30-10:30 AM XF262X

Mon, May 11-Jun 8 12:00-1:00 PM XF362X

No class 5/25

Tue, May 12-Jun 2 9:30-10:30 AM XF462X

Thu, May 14-Jun 4 9:30-10:30 AM XF562X

Adult Improvers Pickleball

(ages 16 and up)

Looking to improve upon the basics of pickleball? While revisiting rules and skills, apply the basics through more in-depth drills and gameplay that touch upon not only the technical aspects but also the tactical aspects of the sport.

Four Sessions \$100.00 Per Person

Dorbrook Rec Area

Mon, Apr 6-27 1:10-2:40 PM XF662X

Tue, Apr 7-28 10:40 AM-12:10 PM XF762X

Thu, Apr 9-30 10:40 AM-12:10 PM XF862X

Mon, May 11-Jun 8 1:10-2:40 PM XF962X

No class 5/25

Tue, May 12-Jun 2 10:40 AM-12:10 PM . . . XFA62X

Thu, May 14-Jun 4 10:40 AM-12:10 PM . . . XFB62X

Stretch and Strengthen

(adults)

Tired of muscle pulls and strains keeping you on the sidelines or off the pickleball court? Learn proper stretching techniques to increase flexibility, strengthen muscles, and reduce injuries. This program is designed for pickleball players, but a great way for any active adult to enjoy safer, longer play and reduce nagging injuries.

Instructor: Kim Cugini

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 24-Apr 28 11:30 AM-12:15 PM . MAX62X

Tue, May 12-Jun 16 11:30 AM-12:15 PM . MAY62X

PILATES

Chair Pilates

(adults)

This modified Pilates program is designed for individuals seeking a low-impact workout without any floor work. Using a chair and various Pilates equipment, this class focuses on core strengthening exercises that enhance balance, posture, and overall body strength. Participants will benefit from improved flexibility, increased body awareness, and reduced stress, making it an ideal choice for all fitness levels. The supportive environment allows individuals to work at their own pace while enjoying the numerous health benefits of Pilates. Whether you're recovering from an injury or simply looking to maintain your fitness, Chair Pilates offers a safe and effective way to achieve your wellness goals. Discover the transformative power of Pilates and elevate your physical well-being!

Instructor: Kim Cugini

Six Sessions \$90.00 Per Person

Fort Monmouth Rec Ctr Program Room D

Tue, Mar 24-Apr 28 9:30-10:15 AM. . . . MBD62X

No class 4/7

Tue, May 12-Jun 23 9:30-10:15 AM MBE62X

No class 6/2

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

Fourteen Sessions \$210.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Wed, Mar 2-Apr 27 10:30-11:30 AM. .MAJ62X

No class 4/1, 4/6 & 4/8

Mon, Wed, May 4-Jun 22 10:30-11:30 AM. .MAK62X

No class 5/25

Pilates & Stretch for Beginners

(adults)

Take your fitness to the next level with Pilates & Stretch! Our beginner-friendly program is designed to help you strengthen and develop your "powerhouse" - the abdominals, lower back, hips, and thighs. Feel the benefits of improved posture and flexibility, work on your deep abdominals, and get in shape with our safe and effective Pilates exercises. Classes will also focus on proper stretching to maximize your workouts and reduce injuries. Plus, don't forget to bring a water bottle and wear comfortable clothing so you can get the most out of your workout.

Fort Monmouth Rec Ctr Group Fitness Room

Six Sessions \$90.00 Per Person

Wed, Mar 4-Apr 22 9:30-10:15 AM MAP62X

No class 4/1 & 4/8

Eight Sessions \$120.00 Per Person

Wed, May 6-Jun 24 9:30-10:15 AM. . . . MAQ62X

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

Seven Sessions \$105.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Thu, Mar 5-Apr 23 9:15-10:15 AM MAR62X

No class 4/9

Thu, May 7-Jun 18 9:15-10:15 AM MAS62X

QIGONG

Beginner Therapeutic Qigong

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular strength. Wear comfortable clothing and shoes; no equipment is needed.

Four Sessions \$52.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Apr 11-May 2 10:00-11:00 AM. . . . X8662X

Therapeutic Qigong Level II

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular health. We will practice movements to feel Qi, review movements 1-18, and practice movements 19-36 in this class. Completing Beginner Qigong is not required to join this class; however, we will just quickly review movements 1-18. Wear comfortable clothing and shoes; no equipment needed.

Four Sessions \$65.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Apr 11-May 2 11:15 AM-12:15 PM . . . XFC62X

TENNIS

Adult Advanced Beginner Tennis

(adults)

A tennis class for those looking to master the basics of strokes and skills they learned from beginner programs before progressing to intermediate-level programs. Class size is limited to allow for some individual attention.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 11-May 2 12:05-1:00 PM. X6362X

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Mon, Wed, Apr 13-29 11:35 AM-12:30 PM .XBU62X

Tue, Thu, Apr 14-30 10:35-11:30 AM. . . . X5562X

Mon, Wed, May 11-Jun 1 11:35 AM-12:30 PM

XC062X

No class 5/25

Tue, Thu, May 12-28 10:35-11:30 AM X6562X

Eight Sessions \$120.00 Per Person

Thompson Pk

Tue, Thu, Apr 28-May 21 4:30-5:25 PM . . . X5162X

Adult Beginner Tennis

(adults)

Considered to be one of the world's healthiest sports! Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, court position, and court etiquette. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sat, Apr 11-May 2 11:05 AM-12:00 PM . . . X6262X

Sun, Apr 12-May 3 11:00-11:55 AM X7862X

Sun, May 17-Jun 14 11:05 AM-12:00 PM . . X8462X

No class 5/24

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Mon,Wed, Apr 13-29 9:00-9:55 AM XBR62X

Mon,Wed, Apr 13-29 6:05-7:00 PM X7562X

Tue,Thu, Apr 14-30 11:35 AM-12:30 PM . . X5662X

Mon,Wed, May 11-Jun 1 9:00-9:55 AM . . .XBV62X

No class 5/25

Mon,Wed, May 11-Jun 1 6:05-7:00 PM . . . X8162X

No class 5/25

Tue,Thu, May 12-28 11:35 AM-12:30 PM . . X6662X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon,Wed, Apr 27-May 20 4:30-5:25 PM . . X4962X

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to the class start date.

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon,Wed, Apr 27-May 20 5:30-6:25 PM . . X5262X

Tue,Thu, Apr 28-May 21 5:30-6:25 PM . . . X5362X

Four Sessions \$90.00 Per Person

Dorbrook Rec Area

Sat, May 16-Jun 13 11:05 AM-12:30 PM . . X7262X

Six Sessions \$135.00 Per Person

Dorbrook Rec Area

Mon,Wed, Apr 13-29 10:00-11:25 AM. . . . XBS62X

Tue,Thu, Apr 14-30 9:00-10:25 AM. X5462X

Tue,Thu, Apr 14-30 6:00-7:25 PM X5962X

Mon,Wed, May 11-Jun 1 10:00-11:25 AM. . XBZ62X

No class 5/25

Tue,Thu, May 12-28 9:00-10:25 AM X6462X

Tue,Thu, May 12-28 6:00-7:25 PM X6962X

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. These classes are designed for those with prior knowledge and understanding of principal yoga movements. Continue to build your endurance, flexibility, and aversion to stress. No inversions necessary! Only a sense of humor and the simple desire to choose challenge and growth. Invest in yourself and have fun doing it!

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Mar 1-Apr 19 9:00-10:00 AM X2162X

No class 3/8, 3/22 & 4/5

Sun, Apr 26-May 31 9:00-10:00 AM X2362X

No class 5/24

Beginners Yoga

(adults)

Not your average beginner's class. Here, we cover a variety of styles. Perfect for beginners who want to discover a practice of their own or for those who are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. You will reduce stress as you gain confidence, flexibility, strength, and focus. Blocks and straps are optional.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Mar 1-Apr 19 10:15-11:15 AM X2262X

No class 3/8, 3/22 & 4/5

Sun, Apr 26-May 31 10:00-11:00 AM X2462X

No class 5/24

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment, and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Mon, May 4-Jun 15 6:00-7:00 PM. X0862X

No class 5/25

Seven Sessions \$105.00 Per Person

Thu, May 7-Jun 18 11:00 AM-12:00 PM. . . X1262X

Eight Sessions \$120.00 Per Person

Mon, Mar 2-Apr 27 6:00-7:00 PM. X0362X

No class 4/6

Thu, Mar 5-Apr 30 11:00 AM-12:00 PM. . . X0762X

No class 4/2

Chair Yoga

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. Class includes yogic breathing, poses, and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

Eight Sessions \$120.00 Per Person

Fully Seated

Dorbrook Rec Area Act Ctr

Fri, Apr 10-Jun 5 3:15-4:10 PM. X4562X

No class 5/22

Fort Monmouth Rec Ctr Program Room D

Wed, Mar 25-May 13 11:05 AM-12:00 PM. . X3862X

Sit and Stand

Dorbrook Rec Area Act Ctr

Mon, Apr 13-Jun 8 4:00-4:55 PM. X3062X

No class 5/25

Chair Yoga with Amy

(adults)

Cultivate a sense of calm and peace while you stretch, strengthen, and move your body in this gentle form of yoga. Learn to connect your mind and body through breath and improve your physical, mental, and spiritual health. Sequences are mostly seated with optional standing poses.

Instructor: Amy Boylan

Four Sessions \$52.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Mar 20-Apr 17 9:00-10:00 AM. XDB62X

No class 4/3

Fri, May 1-22 9:00-10:00 AM. XDC62X

Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

Instructor: Eryka Andrex

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Apr 15-Jun 3 4:00-4:55 PM. X3962X

“

Eryka is a five-star fitness teacher. She is very attentive, exuberant in mind/body/brain connection in working out, gives a lot of tips on modifying moves, and is so enthusiastic and supportive. I always come away recharged and stronger.

”

Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness. This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat.

Please Note: Props and alternative poses are offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She owns the Registered Trademark 'Codes of Creation in Movement®'. MJ has over 800 hours of certification training, including studies in India.

Eleven Sessions \$187.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Apr 2-Jun 11 9:30-10:45 AM X1962X

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

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Mon, May 4-Jun 15 7:00-8:00 PM. X0962X

No class 5/25

Eight Sessions \$120.00 Per Person

Mon, Mar 2-Apr 27 7:00-8:00 PM. X0462X

No class 4/6

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

Six Sessions \$90.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, May 5-Jun 16 9:00-10:00 AM X1062X

No class 6/2

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, May 7-Jun 18 9:30-10:30 AM X1162X

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Mar 3-Apr 28 9:00-10:00 AM X0562X

No class 3/31

Thu, Mar 5-Apr 30 9:30-10:30 AM X0662X

No class 4/2

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for flexibility and wisdom?

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification training, including studies in India.

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Apr 7-Jun 9 7:00-8:15 PM X1762X

Full Moon Yoga

(adults)

Full moons are said to have intense yet balanced energy. Mimicking the high energy of the full moon, the music picks up, and we flourish. Open to all bodies and levels, this moving meditation will capture that power and build harmony in the mind and body.

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

One Session \$20.00 Per Person

Deep Cut Gardens Outdoor Area

Sat, May 30 7:00-8:00 PM X2762X

Full Moon Yoga Along the River

(adults)

Bath in the full moonlight on the Navesink River while moving through a slow vinyasa yoga practice. We will move with intention and fluidity to rejuvenate the mind and body at the completion of the moon phase. We will practice outside, rain or shine, so dress in layers. Bring a mat, water, and a blanket.

Instructor: Tiffany McCann, 500-hour YA-RYT, Live Grace Yoga

One Session \$20.00 Per Person

Hartshorne Wds Pk Hist. Portland Place Outdoor Area

Fri, May 1 7:00-8:00 PM XBJ62X

Sun, May 31 7:15-8:15 PM XBK62X

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off joints, and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props, such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Four Sessions \$60.00 Per Person

Mon, Mar 9-30 12:00-1:00 PM. X8762X

Fri, Mar 13-Apr 3 11:00 AM-12:00 PM. . . X9062X

Six Sessions \$90.00 Per Person

Mon, Apr 13-May 18 12:00-1:00 PM X9162X

Fri, Apr 17-May 22 11:00 AM-12:00 PM. . . X9462X

Gentle Yoga Plus

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off joints, and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props, such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Please Note: Participants must be able to come down to the floor in this class.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Four Sessions \$60.00 Per Person

Fri, Mar 13-Apr 3 9:30-10:30 AM X8962X

Six Sessions \$90.00 Per Person

Fri, Apr 17-May 22 9:30-10:30 AM X9362X

Mindfulness Hike

(adults)

Experience yoga in nature to renew, relax and energize your day! Come to connect with others, hike the serene parks of Monmouth County as we incorporate mindful movement, vagal toning, stretching, breathwork and visualization to regulate your nervous system, calm your mind and renew your body.

Led by: Lisa Vento, CHHC CYT

One Session \$30.00 Per Person

Tatum Pk Red Hill Act Ctr Parking Area

Mon, Apr 20 5:00-7:00 PM AAP62X

Tue, May 26 5:00-7:00 PM AAQ62X

Thompson Pk Estate Grounds Parking Lot

Tue, Mar 31 5:00-7:00 PM AAM62X

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'll move into a yoga practice that will build strength, flexibility, and calm. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel, and water.

Instructor: Tiffany McCann, 500-hour YA-RYT, Live Grace Yoga

Six Sessions \$90.00 Per Person

Hartshorne Wds Pk Hist Portland Place Outdoor Area

Sat, Apr 4-May 9 7:30-8:30 AM XBH62X

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility, or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Apr 2-Jun 11 11:00 AM-12:00 PM . . . X1362X

No class 4/16

Restorative/Yoga Nidra

(adults)

Restore. Renew. Refresh. Take this hour to remind yourself that you are the most important thing. This all-levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness, we take a few moments to gently move through restorative poses followed by a guided meditation/Yoga Nidra practice. You will leave class feeling like you received a full night of restful sleep. Please bring any pillows, blankets, eye masks, etc., to support your rest.

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

Freneau Wds Pk Vis Ctr Program Room 1

Five Sessions \$75.00 Per Person

Wed, Apr 29-May 27 6:00-7:00 PM X2862X

Six Sessions \$90.00 Per Person

Wed, Mar 4-Apr 15 6:00-7:00 PM X2962X

No class 3/25

Restore and Renew

(adults)

Enjoy a gentle and supportive form of yoga that emphasizes relaxation and rejuvenation. Experience deep peace and increased flexibility. Breathe freely through mindful stretching as the body opens more deeply and is gently supported by bolsters, blocks, and blankets. Restore and renew your body, mind, spirit, as well as your nervous system. Enjoy the freedom to breathe and connect, and transform into peace and serenity. All levels welcome.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Apr 2-Jun 11 12:00-1:00 PM. X1462X

No class 4/16

Somatic Yoga for a Healthier Body

(adults)

This gentle, mindful yoga class blends traditional poses with somatic movement to help you reconnect with your body, release chronic tension, and improve mobility. Through intentional movements and breath awareness, you'll build strength, enhance flexibility, and support nervous system regulation, creating a foundation for long-term physical health and well-being. Perfect for all levels.

Four Sessions \$65.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Apr 6-27 4:15-5:15 PM. X8562X

Special Mother's Day Yoga

(adults)

A growing tradition amongst students, and we would like to invite you to join us! This is an opportunity to play, not taking yourself too seriously with planning and directing. Do something truly for yourself or maybe give the gift of class time to someone you know. At the end, it's not just rest, but a sweet treat as well! This is our advanced beginner class; however, props are available. Instructor: Melanie Mascola, 500 RYT Advanced Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session \$20.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, May 10 9:00-10:00 AM X2662X

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring a yoga mat and water.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification training, including studies in India.

Thompson Pk Vis Ctr Tulip Room

Ten Sessions \$187.00 Per Person

Mon, Apr 6-Jun 15 7:00-8:15 PM X1662X

No class 5/25

Eleven Sessions \$206.00 Per Person

Fri, Apr 3-Jun 12 9:30-10:45 AM X2062X

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, towel or blanket, two yoga blocks, a yoga strap and water. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Sessions will be held in the Activity Center. Please bring a yoga mat, two yoga blocks, a long yoga strap, towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

Twelve Sessions \$180.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Apr 4-Jun 27 8:00-9:00 AM X1562X

No class 5/23

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 a yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Eleven Sessions \$187.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Apr 1-Jun 10 9:30-10:45 AM X1862X

Yoga Flow

(adults)

"Your calm mind is the ultimate weapon against your challenges." - Bryant McGill. This classic vinyasa flow class will challenge not only your body, but also your mind. The practice will lead you through a series of poses, that are connected to the breath and end with a blissful meditation. Your experience will leave you with a happy heart and a peaceful mind! All levels are welcome, and modifications are shown.

Instructor: Laurie Vuksanovich, YogaWorks certified

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Sat, May 2-Jun 6 9:00-10:00 AM XD862X

No class 5/23

Seven Sessions \$105.00 Per Person

Sat, Mar 7-Apr 25 9:00-10:00 AM XD762X

No class 4/4

Yoga Flow on the River

(adults)

Portland House sits majestically on the Navesink River with sweeping views. Enjoy a yoga practice outdoors, in the natural world, in this beautiful spot. We will flow through sun salutations and deep stretches to release the winter chill. We will end with a relaxing savasana. All movements can be adjusted for those with limited mobility. We will practice outside so dress in layers. There is a covered porch in case of rain. Bring a mat, water and a blanket in case the grass is wet.

Instructor: Tiffany McCann

Six Sessions \$90.00 Per Person

Hartshorne Wds Pk Hist Portland Place Outdoor Area

Sat, Apr 4-May 9 9:00-10:00 AM XBG62X

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s and 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 bring a yoga mat, blanket/large beach towel and bottled water for hydration.

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.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Four Sessions \$80.00 Per Person

Tue, Mar 10-31 10:30 AM-12:00 PM X8862X

Six Sessions \$120.00 Per Person

Tue, Apr 14-May 19 10:30 AM-12:00 PM . . .X9262X

ZUMBA

Chair Zumba

(adults)

Fully seated Latin dance cardio from Zumba Fitness! Ditch the workout, join the party! This class combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Participants will tone and sculpt their bodies, burn calories, improve neurocognitive function, enjoy music and rhythm, and reenergize, all while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude. No experience needed.

Instructor: Eryka Andrex

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, May 5-Jun 9 4:30-5:25 PM X3462X

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!

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Apr 2-Jun 11 6:15-7:10 PM X4362X

No class 5/21

Tue, Apr 21-Jun 23 6:15-7:10 PM X3562X

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.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Apr 10-Jun 5 6:35-7:30 PM X4862X

No class 5/22

Wed, Apr 15-Jun 3 6:00-6:55 PM X4162X

EQUESTRIAN



Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are needed to work as volunteers.

The minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the programs, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control.

Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear long pants and a helmet while riding.

Four Sessions \$240.00 Per Person

Sunnyside Rec Area

Fri, May 1-22 4:00-5:00 PM. V0262X

Fri, May 29-Jun 19 4:00-5:00 PM. V0362X

Revolutionary Fun with Horses

(ages 6-10)

Have fun with horses and history as your child explores some of Monmouth County's role in the Revolutionary War. Make a colonial-style hat and chalk our horses in festive colors! We'll learn to lead a horse through a maze of local revolutionary events. Participants will enjoy learning more about our equine friends while celebrating our national milestone.

One Session \$30.00 Per Person

Sunnyside Rec Area

Tue, Apr 14 3:30-5:00 PM. V0662X

Wed, Apr 22 3:30-5:00 PM. V0762X

GOLF

60 Minute Chip/Pitch

(adults)

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$35.00 Per Person

Bel-Aire GC

Fri, Mar 27 10:00-11:00 AM. Y5562X

Sun, Apr 19 8:00-9:00 AM. Y0662X

Wed, Apr 22 10:30-11:30 AM. Y0962X

Thu, Apr 30 9:30-10:30 AM. Y1562X

Fri, May 15 9:00-10:00 AM. Y3062X

Sun, May 17 9:00-10:00 AM. Y4062X

Wed, May 20 9:00-10:00 AM. Y4162X

Wed, May 20 10:30-11:30 AM. Y7562X

Wed, May 27 7:30-8:30 AM. Y4362X

60 Minute Driver

(adults)

Develop more consistency and power for all level of golfers and swing types during this clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. We will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$35.00 Per Person

Bel-Aire GC

Sat, Apr 18 8:00-9:00 AM. Y0462X

Thu, Apr 23 9:30-10:30 AM. Y1162X

Thu, May 7 9:45-10:45 AM. Y3562X

Charleston Springs GC

Thu, Apr 16 3:00-4:00 PM. T1362X

Fri, Apr 24 10:30-11:30 AM. T0462X

Sun, May 10 10:00-11:00 AM. T0662X

Howell Pk GC

Wed, Apr 8 3:45-4:45 PM. J0262X

Wed, May 13 4:00-5:00 PM. J0862X

Sun, May 17 12:00-1:00 PM. J1062X

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GOLF COURSE**
92 Mercer Road
Colts Neck, NJ

**HOWELL PARK
GOLF COURSE**
405 Squankum-
Yellowbrook Road,
Farmingdale, NJ

**PINE BROOK
GOLF COURSE**
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60 Minute Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence, and feel, whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level.

One Session \$48.00 Per Person

Bel-Aire GC

Fri, Apr 17 10:00-11:00 AM Y2362X

60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important, lag putting. We will also take time on pre-put routine, putting etiquette, and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels are welcome.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Apr 15 11:15 AM-12:15 PM Y0262X

Sun, Apr 19 2:15-3:15 PM Y6862X

Sun, Apr 26 8:00-9:00 AM Y1262X

Fri, May 15 10:15-11:15 AM Y3162X

Wed, May 27 8:45-9:45 AM. Y4462X

Wed, May 27 10:30-11:30 AM. Y7762X

Charleston Springs GC

Fri, Apr 24 9:00-10:00 AM T0362X

Howell Pk GC

Wed, Apr 8 2:30-3:30 PM J0162X

60 Minute Sand Bunker

(adults)

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Apr 22 9:00-10:00 AM Y0862X

Sun, May 17 7:30-8:30 AM Y3962X

Beginner Golf

(ages 6-14 & adults)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Children

(ages 6-10)

Four Sessions \$83.00 Per Person

Bel-Aire GC

Sun, Apr 12-May 3 11:00 AM-12:00 PM. . . Y6062X

Sat, May 23-Jun 13 10:15-11:15 AM. . . . Y6362X

Four Sessions \$89.00 Per Person

Wed, Apr 15-May 6 10:30-11:30 AM. . . . Y6462X

Four Sessions \$83.00 Per Person

Sun, Apr 19-May 10 12:00-1:00 PM Y6662X

Juniors

(ages 11-14)

Four Sessions \$83.00 Per Person

Bel-Aire GC

Sat, Apr 18-May 9 10:00-11:00 AM. . . . Y6162X

Charleston Springs GC

Sat, Apr 18-May 9 2:30-3:30 PM T1662X

Sat, May 23-Jun 13 2:30-3:30 PM. T2262X

Adults

(adults)

Bel-Aire GC

Three Sessions \$89.00 Per Person

Sat, Apr 18-May 2 9:15-10:15 AM Y0562X

Thu, Apr 23-May 7 8:00-9:00 AM. Y1062X

Four Sessions \$89.00 Per Person

Wed, Apr 8-29 10:00-11:00 PM Y1762X

Mon, Apr 13-May 4 10:00-11:00 AM. . . . Y2062X

Sun, Apr 19-May 10 12:00-1:00 PM Y6962X

Wed, May 6-27 9:00-10:00 AM Y2662X

Mon, May 11-Jun 8 9:00-10:00 AM. . . . Y2862X

Charleston Springs GC

Thu, Apr 16-May 7 4:00-5:00 PM T1462X

Thu, May 21-Jun 11 4:00-5:00 PM T1962X

Advanced Golf for Adults

(adults)

At this level it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$175.00 Per Person

Charleston Springs GC

Fri, Apr 10-May 1 4:00-7:00 PM T0162X

Fri, May 15-Jun 5 5:00-8:00 PM T0862X

Sat, May 16-Jun 6 4:15-7:15 PM T1062X

Howell Pk GC

Sat, Apr 11-May 2 2:30-5:30 PM J0662X

Wed, May 13-Jun 3 5:00-8:00 PM. J0962X

Bel-Aire Seniors Players Club

(adults)

If you are a recent graduate of the Senior Stroke Saver clinic, this Players Club is the next step for you. Golfers will receive one hour of advanced instruction and then will be responsible for booking their own tee times - whether they choose to want to golf on the 18-hole course or the 9-hole course. Greens fees and reserved times are not included.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Apr 15 9:00-10:00 AM Y7062X

Wed, Apr 22 9:00-10:00 AM Y7162X

Wed, Apr 29 9:00-10:00 AM Y7262X

Wed, May 13 9:00-10:00 AM. Y7362X

Wed, May 20 9:00-10:00 AM. Y7462X

Wed, May 27 9:00-10:00 AM. Y7662X



*The instructor was excellent.
He was a very skilled golfer and
really helped me with pointers to
improve my game.*



Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one-day, three-hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

One Session \$145.00 Per Person

Howell Pk GC

Thu, Apr 9 1:00-4:00 PM J0462X

Charleston Springs GC

Instructor: Dave Laudien

Sat, May 16 1:00-4:00 PM T0962X

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level.

One Session \$96.00 Per Person

Bel-Aire GC

Mon, Mar 23 11:00 AM-1:00 PM Y5362X

Wed, Mar 25 11:00 AM-1:00 PM Y5462X

Wed, Apr 15 9:00-11:00 AM Y0162X

Sun, Apr 19 9:15-11:15 AM Y0762X

Sat, Apr 25 2:00-4:00 PM Y2562X

Sun, Apr 26 9:15-11:15 AM Y1362X

Wed, Apr 29 9:15-11:15 AM Y1462X

Thu, May 7 7:30-9:30 AM. Y3462X

Sun, May 10 7:30-9:30 AM Y3662X

Wed, May 13 9:00-11:00 AM. Y3762X

Charleston Springs GC

Sat, Apr 25 12:00-2:00 PM T1862X

Sun, Apr 26 2:00-4:00 PM T0562X

Fri, May 8 9:00-11:00 AM. T1262X

Sat, May 30 12:00-2:00 PM. T2462X

Howell Pk GC

Sat, Apr 11 12:00-2:00 PM J0562X

Sat, May 9 12:00-2:00 PM J0762X

Get Ready for High School Golf Season

(ages 12-17)

With the high school golf season approaching, it's time to get ready. In order to prepare for the upcoming golf season, this clinic will focus on all aspects the student's skills, including full swing, short game, and putting instruction. Open to current high school golfers and those wishing to try out for their school's golf team.

One Session \$135.00 Per Person

Bel-Aire GC

Sat, Mar 7 10:00 AM-1:00 PM Y4562X

Sat, Mar 7 1:30-4:30 PM Y4662X

Sun, Mar 8 10:00 AM-1:00 PM. Y4762X

Sun, Mar 8 1:30-4:30 PM Y4862X

Sat, Mar 14 10:00 AM-1:00 PM Y4962X

Sat, Mar 14 1:30-4:30 PM. Y5062X

Sun, Mar 15 10:00 AM-1:00 PM Y5162X

Sun, Mar 15 1:30-4:30 PM Y5262X

Get Ready for the Golf Season

(adults)

During the winter lay-off the basic fundamentals sometimes leave us. Knock the winter rust off your swing and get ready for the golf season to begin. This clinic will offer players a chance to get back to basics, and we'll be working on the key fundamentals to get ready for the golf season, including full swing, short game, and putting skills.

One Session \$135.00 Per Person

Bel-Aire GC

Sat, Mar 21 10:00 AM-1:00 PM Y5662X

Sat, Mar 21 1:30-4:30 PM. Y5762X

Sun, Mar 22 10:00 AM-1:00 PM Y5862X

Sun, Mar 22 1:30-4:30 PM Y5962X

Golf for High School Players

(ages 14-18)

This program is geared toward teens in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. Included is instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace.

Please Note: This is not a beginner clinic; participants must have prior golf experience.

Four Sessions \$125.00 Per Person

Charleston Springs GC

Sat, Apr 18-May 9 4:00-7:00 PM T1762X

Sat, May 23-Jun 13 4:00-7:00 PM. T2362X

Ladies Player's Club

(adults)

Are you interested in playing golf in a fun, friendly, and "ladies only" environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 AM each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Monmouth County Golf Pass.

Twenty-Seven Sessions \$35.00 Per Person

Pine Brook GC

Thu, Apr 16-Oct 22 8:00 AM-1:00 PM PB162A



Intermediate Golf

(adults)

Clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots, and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate level class.

Four Sessions \$130.00 Per Person

Adults

Bel-Aire GC

Wed, Apr 8-29 11:15 AM-1:15 PM Y1862X

No class 4/20

Mon, Apr 13-May 4 11:15 AM-1:15 PM . . . Y2262X

No class 4/20

Wed, Apr 15-May 6 12:00-1:00 PM Y6562X

Sun, Apr 19-May 10 1:00-2:00 PM Y6762X

Wed, May 6-27 10:15 AM-12:15 PM Y2762X

Mon, May 11-Jun 8 10:15 AM-12:15 PM . . Y2962X

Charleston Springs GC

Thu, May 21-Jun 11 5:15-7:15 PM T2062X

Howell Pk GC

Wed, Apr 8-29 5:00-7:00 PM J0362X

Women

Bel-Aire GC

Sat, Apr 18-May 9 11:15 AM-1:15 PM Y6262X

Men's 60+ Touring League

(adults)

The Men's 60+ Touring League is a competitive ten weeks of stroke play qualifying rounds followed by three additional weeks of match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used and if your handicap is more than 26 it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play depending on entries. Prizes will be awarded to the 1st and 2nd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. A league handicap will be established after four weeks of play. The registration fee covers all greens fees, weekly prizes, and season ending prizes. For power carts, applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM. League is limited to first 56 players.

Thirteen Sessions \$400.00 Per Person

Hominy Hill GC

Tue, Apr 21-Jun 23 10:00 AM-2:30 PM . . . K0262A

Short Game Clinic

(adults)

Discover the simple basics of chipping, putting, and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level – whether just starting, an accomplished player, or somewhere in between.

One Session \$135.00 Per Person

Bel-Aire GC

Fri, Apr 10 2:00-5:00 PM Y1962X

Thu, Apr 16 8:00-11:00 AM Y0362X

Fri, Apr 24 2:00-5:00 PM Y2462X

Sun, May 3 7:30-10:30 AM Y3262X

Wed, May 6 7:30-10:30 AM Y3362X

Thu, May 14 7:30-10:30 AM Y3862X

Thu, May 21 7:30-10:30 AM Y4262X

Charleston Springs GC

Sun, Apr 12 12:00-3:00 PM T0262X

Sat, Apr 18 11:00 AM-2:00 PM T1562X

Fri, May 1 9:00 AM-12:00 PM T1162X

Sun, May 10 12:00-3:00 PM T0762X

Sat, May 23 11:00 AM-2:00 PM T2162X

Women's Touring League

(adults)

The Women's Touring League is a competitive, ten weeks of stroke play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used, and if your handicap is more than 30 it will be reduced to 30. At the conclusion of the ten weeks, prizes will be awarded to the top three competitors. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. The registration fee covers all greens fees, weekly prizes, and season-ending prizes. For power carts, applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM and 12:00 PM before the start of the league. The league is limited to the first 56 players.

Ten Sessions \$375.00 Per Person

Hominy Hill GC

Wed, Apr 22-Jun 24 10:00 AM-2:30 PM . . . K0162A

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 will 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.

Four Sessions \$60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Apr 18-May 30 10:00-11:30 AM D1862X

Class meets: 4/18, 5/2, 5/16 & 5/30

Confident Cooking: Healthy Meals from Scratch

(ages 16 and up, with special needs)

Join us for a hands-on cooking experience that's fun, friendly, and full of flavor! We will explore how to cook simple, healthy meals from scratch. The focus is on building confidence in the kitchen and showing how easy it is to make food that is both tasty and good for you. You'll be cooking with others, learning new skills, and picking up helpful info on healthy eating along the way. You'll be part of a friendly group where you can make new friends, share ideas, and enjoy cooking together. Supervision is provided at a 1:3 staff-to-participant ratio. Contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

Taco 'Bout Fun

Get ready for a tasty taco adventure! Celebrate the weekend before Cinco de Mayo as you learn to make your own authentic tacos using simple, fresh ingredients. You'll help prepare the fillings and toppings, and even fresh guacamole, then build your perfect taco.

One Session \$49.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, May 2 3:30-6:00 PM D2262A



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 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. 4643 for more information.

Inclusion Services

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs. It is our intent to provide a safe, successful, and enjoyable experience for all.

*For more information, contact Justin at
732-460-1167, ext. 4641.*

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

One Session \$45.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

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 \$50.00 to cover the cost of your meal and movie ticket.

Fri, Mar 20 5:00-9:00 PM D1562A

A Day at the Races at Monmouth Park

Let's enjoy one of our most popular local attractions by spending a day at Monmouth Park! We will enjoy a "day out" and will be sitting in the picnic area with a great view of the stretch for the races. Participants will have the option of purchasing a la carte items for lunch in the grandstand or opting for the food trucks (depending on the special event schedule)! If you are feeling lucky, you can try your hand at wagering on the races; otherwise, you have the option to just enjoy the atmosphere. We will be playing a round of mini golf at the Bluegrass Mini Golf course on site.

Sat, May 30 11:00 AM-3:00 PM D1762A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. Supervision is provided at a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$49.00 Per Person

Red, White, and Blue Cookout!

We are getting a jump on the summer season with an early 4th of July-themed BBQ. Prepare a delicious meal of pasta salad, grilled chicken, smashburgers, hot dogs, and sausages, with a tasty dessert as well. Participants must be willing to at least participate in some aspect of the meal preparation. A movie will be shown while we eat.

Dorbrook Rec Area Vis Ctr Kitchen

Fri, Apr 24 6:00-8:30 PM D1662X

Pizza Social

(ages 16 and up, with special needs)

Are you ready for an evening packed with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun. Think board games, card games, trivia, video games, and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in an entertaining and welcoming environment. Participants must be able to function in at least 1:4 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Mar 27 6:00-8:30 PM D0662A

Sat, Apr 18 4:00-6:30 PM D2762A

Fri, May 29 6:00-8:30 PM D2862A



The Pizza Social was great! My daughter had a wonderful time. The group leader was awesome. He went above and beyond to help us. Our daughter doesn't like pizza and he made sure she had something else instead.

Great job!



TRIPS

Experience the Wonder of the Philadelphia Flower Show*(all ages, under 18 with adult)*

Step into a breathtaking world of color, creativity, and community at the annual Philadelphia Flower Show — the largest plant and botanical art event of its kind in the world! Whether you're a longtime garden lover, curious explorer, or just looking for a fun day out, this unforgettable experience is for everyone. Be welcomed by a stunning, immersive entrance garden blooming with vibrant beauty. Discover jaw-dropping floral displays and gardens crafted by top designers from across the country and around the world. Enjoy amazing entries from passionate amateur growers and artists in one of the most celebrated floral competitions anywhere. Shop unique finds, dance to live music, learn something new, and be surprised by roaming entertainers throughout the day! Join us for a day of inspiration, creativity, and connection — all ages are welcome! Your ticket includes round-trip bus transportation, Flower Show admission, and the support of a friendly Park System leader to guide your visit.

\$105.00 Per Person**Thompson Pk Estate Grounds Parking Lot****Sat, Mar 7. A0262X****Board: 11:30 AM Return: 8:30 PM (approx)****Museum of the American Revolution** NEW*(all ages, under 18 with adult)*

Visit the Museum of the American Revolution in Philadelphia and experience the history of how the thirteen colonies became a nation. Explore real artifacts and hands-on exhibits. You'll leave with a greater understanding, connection, and appreciation for America and its founding. After the museum, enjoy lunch on your own and some time to explore Philadelphia. Round-trip motor coach transportation, museum tickets, and a volunteer trip leader are provided.

One Session \$95.00 Per Person**Thompson Pk Estate Grounds Parking Lot****Sat, May 16 8:00 AM-5:00 PM AAU62X****Statue of Liberty and Ellis Island***(adults)*

Come aboard for a special day trip to two of America's most iconic landmarks! We'll start with a visit to the majestic Statue of Liberty, a universal symbol of freedom and democracy, where you can see incredible views of the New York skyline. We will have access to the ground level only, no pedestal or crown access. Then, we'll sail over to Ellis Island, the gateway where millions of immigrants first arrived, to explore the powerful and moving history held within its walls. This trip is a wonderful opportunity to connect with an important part of American history. Trip pricing includes tickets for the ferry, Statue of Liberty, and Ellis Island. Round-trip motorcoach transportation and Park System leader provided.

One Session \$95.00 Per Person**Thompson Pk Estate Grounds Parking Lot****Thu, Apr 23 8:00 AM-5:00 PM AAY62X***Philadelphia Flower Show*

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 Recreation Center					x											
Freneau Woods Park						x						x	x			
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x				x				
Howell Park Golf Course		x						x								
Huber Woods Park				x	x							x	x	x		x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x		x	x	x					x	x	x			x
Manasquan River Greenway		x				x							x			
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x			x	x							x			
Pine Brook Golf Course							x	x								
Seven Presidents Oceanfront Park		x			x	x					x					
Shark River Golf Course								x								
Shark River Park		x			x	x					x	x	x	x	x	
Sunnyside Equestrian Center												x				
Swimming River Park		x				x						x				
Tatum Park					x						x	x	x			
Thompson Park		x			x	x				x	x	x	x			
Turkey Swamp Park	x	x			x	x					x	x	x		x	
Union Transportation Trail												x				
Historic Walnford					x	x			x							
Weltz Conservation Area												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.



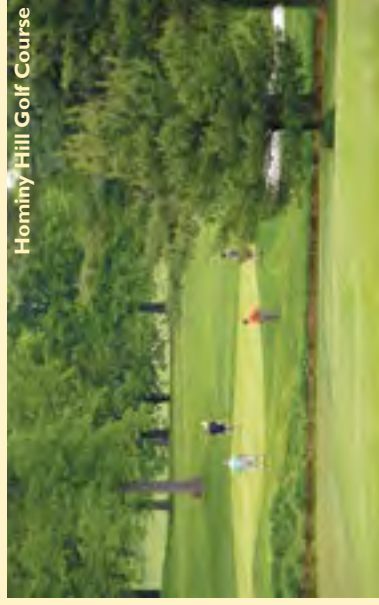
Monmouth County Park Locations

PARKS/HISTORIC SITES

- Baysholm Tract[†]**, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park^{*}**, Route 520, Marlboro 732-834-9607
- Clayton Park^{*}**, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park^{*}**, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area[†]**, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area^{*}**, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area^{*}**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park[†]**, Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway^{*}**, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway[†]**, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park^{*}**, Sweetmans Lane, Millstone 609-259-5794
- Seven Presidents Oceanfront Park**, Ocean Avenue, Long Branch 732-229-7025
- Shark River Park**, Schoolhouse Road, Neptune 732-922-4080 or 3868
- Sunnyside Equestrian Center**, Middletown-Lincroft Road, Lincroft 732-224-1367
- Swimming River Park**, West Front Street, Middletown 732-741-9676
- Tatum Park**, Red Hill Road, Middletown 732-671-6050 or 1987
- Thompson Park**, Newman Springs Road, Lincroft 732-842-4000
- Turkey Swamp Park**, Georgia Road, Freehold 732-462-7286 or 9265
- Union Transportation Trail^{*}**, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area^{*}**, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area[†]**, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract[†]**, Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Cortlies Avenue, Neptune 732-922-4141



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



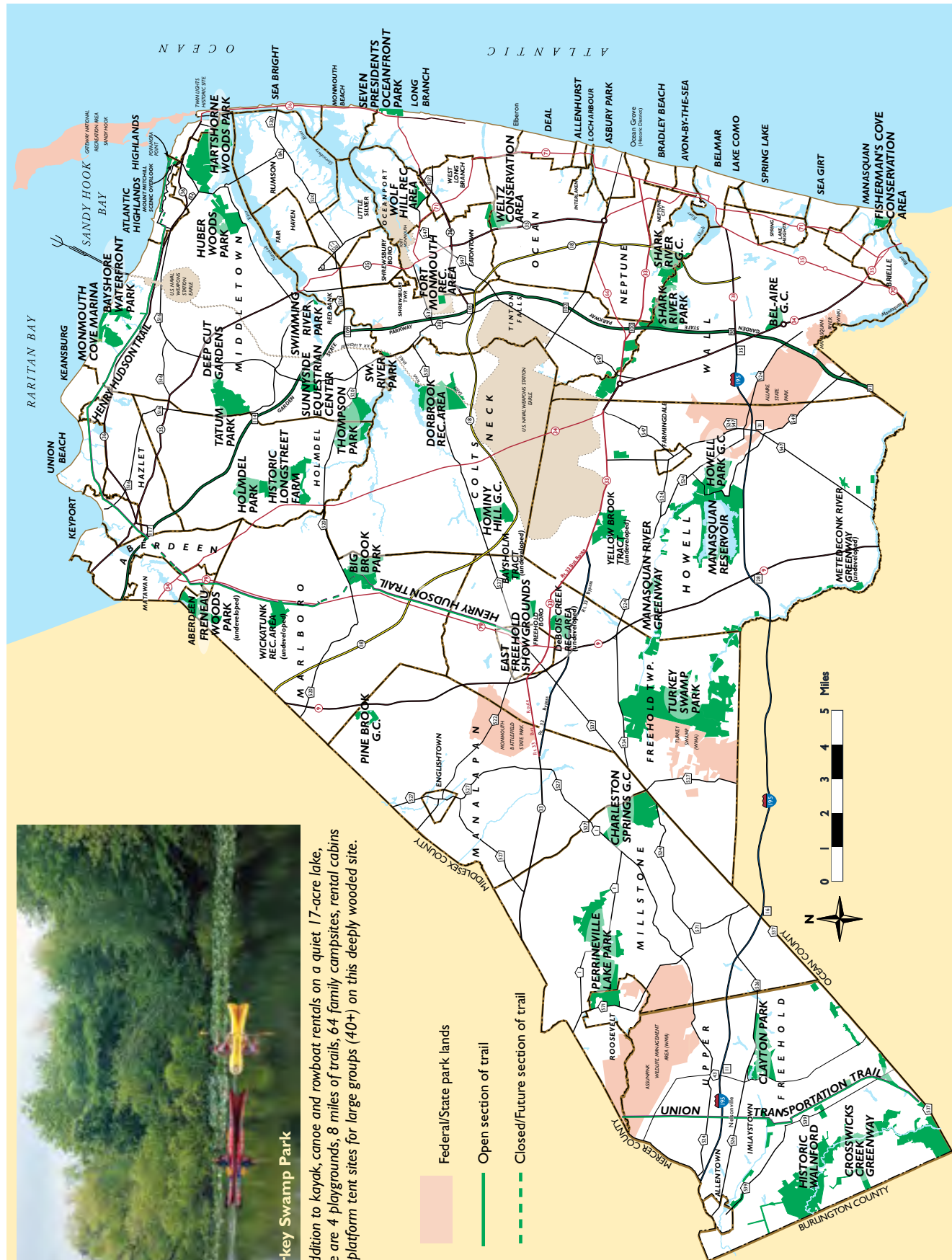
Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

Federal/State park lands

Open section of trail

Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Frank Masini, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.
4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registration is on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

Beginning at 8:00 AM on Wednesday, February 11, you may register:

Online 24/7 by clicking "Register for Programs" at www.MonmouthCountyParks.com.

By Phone by calling 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 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

DISCOVER OUR PARKS

THIS SPRING

Spring Craft Show

Saturday, March 28, 9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

Find a unique, hand-crafted gift for yourself or someone special!



Earth Day Open House

Saturday, April 18, 10:00 AM-2:00 PM

Huber Woods Environmental Center, Middletown

Celebrate Earth Day with live animal shows, guided nature walks, and more!

Creative Arts Festival

Saturday, May 9,

10:00 AM-4:00 PM

Thompson Park, Lincroft

Spend a day at Thompson Park perusing the artists of our juried arts festival. Fine artists from all mediums will be on display, including pottery, jewelry, photography, and painting, just to name a few. Plus, enjoy live music and food vendors.



Walnford Day

Sunday, May 17, 11:00 AM-5:00 PM

Historic Walnford, Upper Freehold

Entertainment abounds at this annual celebration of 200 years of Waln history! With a variety of demonstrations, tours of the historic Waln home, horse-drawn wagon rides, live music, and more, there is something for everyone to enjoy!

For more up-to-date information on spring activities in the parks, visit
www.MonmouthCountyParks.com.



Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

MARCH

Spring Craft Show

Saturday, March 28

9:00 AM-2:00 PM

Fort Monmouth Recreation Center, Tinton Falls

APRIL

Earth Day Open House

Saturday, April 18

10:00 AM-2:00 PM

Huber Woods Environmental Center, Howell

Wool Days/Sheep Shearing

Saturday & Sunday, April 25 & 26

12:00-3:00 PM

Historic Longstreet Farm, Holmdel

MAY

Creative Arts Festival

Saturday, May 9, 10:00 AM-4:00 PM

Thompson Park, Lincroft

Deep Cut Gardens Native Plant Workshop & Exchange

Saturday, May 16

8:30-11:00 AM

Deep Cut Gardens, Middletown

Wainford Day

Sunday, May 17

11:00 AM-5:00 PM

Historic Wainford, Upper Freehold

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



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Dominick "Nick" DiRocco *Deputy Director*

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Ross F. Licitra, *Park System Liaison*

Erik Anderson

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Thomas E. Hennessy, Jr. • Patricia M. Butch

Thomas Adcock • Lori Ann Davidson

Brian Foster • Rachael Stolte • Matt Duru

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