

# **SPRING 2020** REGISTRATION BEGINS FEBRUARY 5 WWW.MONMOUTHCOUNTYPARKS.COM

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# **E. Murray Todd Half Marathon** Sunday, March 8, 8:30 AM

Brookdale Community College, Lincroft Lace up your running shoes and head out on this beautiful 13.1-mile course through Lincroft, Holmdel and Colts Neck. For full details, visit www.MonmouthCountyParks.com.

# Spring Craft Show

Saturday, April 18, 9:00 AM-2:00 PM Fort Monmouth Recreation Center, Tinton Falls

Find the perfect hand-crafted gift for Mother's Day, Father's Day, graduations and more as you browse a variety of local craft vendors for that special person in your life.



# Earth Day Celebration

Saturday, April 18, 11:00 AM-5:00 PM Celebrate our planet with a variety of free drop-in events happening throughout your Monmouth County parks. For full details about events and locations, see page 18.

# Creative Arts & Music Festival Saturday, May 2, 10:00 AM-5:00 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. For more information, see the centerfold ad.



# Walnford Day

Sunday, May 17, 11:00 AM-5:00 PM Historic Walnford, Upper Freehold

Ingenuity, technology, culture and history come together in one great event! See demonstrations and displays of historic crafts, trades, industry and artistry that illustrate the impressive education, ingenuity and cuttingedge technology of our 18th and 19th century ancestors. For full details, see the centerfold ad.

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116 Park Partners

To register for programs starting on February 5, call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. For general questions about your Monmouth County parks, call 732-842-4000, ext. 4312.







# **Celebrating 60 Years** "Parks are works of art just as a painting or sculpture is." - Thomas Hoving

# Jhon ...

In 1960, what may today seem like a small parcel of land became the foundation of the Monmouth County Park System. Twenty-four acres of surplus land from the construction of the Garden State Parkway was the perfect starting point for the first Monmouth County park: Shark River Park. At the time the county had been behind other nearby central New Jersey counties when it came to parklands; but from humble beginnings, great things are created.

Acquiring the first Green Acres Grant in the state of New Jersey, Monmouth County then acquired the first 41 acres that established Holmdel Park, Holmdel, in 1962. The 1960s were a time of great expansion for such a newly founded Park System, later that decade establishing Turkey Swamp Park, Freehold; Howell Park Golf Course, Farmingdale; Historic Longstreet Farm, Holmdel: and Thompson Park, Lincroft. Within a ten year span, the Park System had grown tremendously, and by the end of 1969 more than 2,000 county acres had been preserved, the first nature programs rolled out, and park attendance reached over 400,000.



# Now...

Those first ten years laid the groundwork for what the Park System would become, offering park locations around the county that would assist in improving the quality of life for citizens. From park and recreation areas to open space lands, sixty years later the Monmouth County Park System manages over 17,000 acres of land out of the total 301,804 acres total in the county. That's more than 5% of the county's area that has been preserved for current and future generations to enjoy.

It seems like it was just yesterday when in 2000 the Park System celebrated its 50th anniversary, remembering 50 years of milestones. With another 10 years behind us, let's look at some of the highlights since 2010:

- Five new parks were established for our visitors to enjoy: Wickatunk Recreation Area, Marlboro (2010); Big Brook Park, Marlboro (2011); Swimming River Greenway & Park, Red Bank (2012); Fort Monmouth Recreation Area, Tinton Falls (2013); and Freneau Woods Park, Aberdeen (2014).
- The first two miles of the *Union Transportation Trail*, a former railroad right-of-way in Freehold, opened in 2010. The trail was completed in 2016 for a total of eight miles.
- At Bayshore Waterfront Park, Port Monmouth, beach replenishment widened the post Superstorm Sandy beach from 20 feet to 95 feet in

2014. A popular feature of the park, the fishing pier was extended to 495 feet in 2015.

- An 18-hole disc golf course opened at *Wolf Hill Recreation Area*, Oceanport.
- The former Imlaystown Elementary School in Upper Freehold was acquired in 2015, opening for programs in 2016 as the Clayton Park Activity Center.
- The popular Dorbrook Recreation Area Sprayground, Colts Neck, underwent a full renovation and reopened with all new water features in 2016.
- Battery Lewis in the Rocky Point section of Hartshorne Woods Park, Highlands, was completed in 2018 with exhibits open to the public seasonally.
- The Colonial era Holmes-Hendrickson House was transferred to *Holmdel Park* from the Monmouth County Historical Society in 2018.
- With a donation of funds from the Colts Neck Lions Club to the *Friends of the Parks*, the Lion's Sensory Den was added to the Challenger Place at *Dorbrook Recreation Area*, Colts Neck, in the fall of 2019. The Lion's Sensory Den was designed specifically for children who are blind or visually impaired.

But these are just *some* of the wonderful things that transpired in your Monmouth County parks over the last ten years. See more by visiting our website at www.MonmouthCountyParks.com.





# MARCH 2020

# Sunday, March 1

- Open Ceramics (p. 55)
- Victorian Fashions (p. 6)

### Wednesday, March 4

• Splendid Spring Stroll (p. 19)

# Thursday, March 5

• History on Tap (p. 10)

# Saturday, March 7

- Cookstove Demo (p. 6)
- Yarn Bee (p. 6)

# Sunday, March 8

• Functional and Fanciful (p. 8)

# Saturday, March 14

- Roving Naturalist (p. 19)
- WWII Women on the Home Front (p. 8)

# Wednesday, March 18

• Splendid Spring Stroll (p. 19)

# Thursday, March 19

- Casual Birder (p. 83)
- Nature Wildlife Talk (p. 83)

### Saturday, March 21

- Accordion Melodies (p. 6)
- Cookstove Demo (p. 6)
- Open Shoot Archery (p. 21)
- Saturday Night Walk in the Woods (p. 19)

# Wednesday, March 25

Splendid Spring Stroll (p. 19)

# Saturday, March 28

 Celebrating Agriculture **Day** (p. 6)

# Monday, March 30

• Open Mic Poetry Night (p. 93)

# APRIL 2020

# Thursday, April 2

- Casual Birder (p. 83)
- History on Tap (p. 10)

# Saturday, April 4

- Cookstove Demo (p. 6)
- Roving Naturalist (p. 19)
- Saturday Night Walk in the Woods (p. 19)
- Yarn Bee (p. 6)

# Sunday, April 5

• Open Ceramics (p. 55)

# Wednesday, April 15

• Splendid Spring Stroll (p. 19)

# Thursday, April 16

- Casual Birder (p. 83)
- Nature Lecture Series (p. 83)

# Friday, April 17

 Spring Wildflower Hike (p. 83)

# Saturday, April 18

- Accordion Melodies (p. 6)
- Climb Time (p. 21)
- Cookstove Demo (p. 6)
- Earth Day Celebrations (p. 18)
- Roving Golfzilla (p. 109)
- Spring Craft Show (p. 58)
- The Beauty of Blue (p. 8)

# Sunday, April 19

- Open Shoot Archery (p. 21)
- The Beauty of Blue (p. 8)

# Thursday, April 23

 #inviteHER Women's **Meet & Greet** (p. 111)

# Friday, April 24

• Spring Wildflower Hike (p. 83)

# Saturday, April 25

- Roving Naturalist (p. 19)
- Spinning & Knitting **Demo** (p. 7)
- Wool Days (p. 7)

# Sunday, April 26

• Wool Days (p. 7)

# Monday, April 27

• Open Mic Poetry Night (p. 93)

# Wednesday, April 29

• Splendid Spring Stroll (p. 19)

# Thursday, April 30

• Casual Birder (p. 83)

# MAY 2020

# Friday, May 1

• Spring Wildflower Hike (p. 83)

# Saturday, May 2

- Cookstove Demo (p. 6)
- Creative Arts & Music Festival (centerfold)
- Great Spring Perennial Plant Swap (p. 81)
- Yarn Bee (p. 6)

# Sunday, May 3

• Open Ceramics (p. 55)

# Thursday, May 7

• History on Tap (p. 10)

# Saturday, May 9

- Embroidery Demo (p. 7)
- Open Shoot Archery (p. 21)
- Roving Naturalist (p. 19)

# Sunday, May 10

- Climb Time (p. 21)
- Plant a Sunflower (p. 7)

# Wednesday, May 13

• Splendid Spring Stroll (p. 19)

# Thursday, May 14

• Casual Birder (p. 83)

# Saturday, May 16

- Accordion Melodies (p. 6)
- Cookstove Demo (p. 6)
- Roving Golfzilla (p. 109)

# Sunday, May 17

- Seashell Sunday (p. 20)
- Walnford Day (centerfold)

# Monday, May 18

• Open Mic Poetry Night (p. 93)

# Wednesday, May 20

• Splendid Spring Stroll (p. 19)

# Thursday, May 21

- Casual Birder (p. 83)
- #inviteHER Women's Meet & Greet (p. 111)
- Nature Lecture Series (p. 83)

# Saturday, May 23

 Marlu Lake Canoe Rentals (p. 21)

# Sunday, May 24

• Marlu Lake Canoe Rentals (p. 21)

# Monday, May 25

 Decoration Day Celebration (p. 7)

# Thursday, May 28

• Casual Birder (p. 83)

# Saturday, May 30

- Cookstove Demo (p. 6)
- SPUR Horse Show (p. 103)



REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 5. SEE PAGE 114 FOR FULL DETAILS.



# HISTORIC LONGSTREET FARM

# Victorian Fashions 🕻

(all ages, under 18 with adult)

Have you ever wondered what it *really* feels like to wear the historic clothing our staff wears? Now you can find out! Get all gussied up in the "latest" styles when you visit the Longstreet family farmhouse. From petticoats to parasols and trousers to top hats, we have what you need to transform yourself into a true Victorian.

#### Sunday, March 1, 12:00-2:00 PM

#### Cookstove Demonstration 💯

(all ages, under 18 with adult) Stop by the out 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 Saturday, May 2, 11:00 AM-3:00 PM Saturday, May 16, 11:00 AM-3:00 PM Saturday, May 30, 11:00 AM-3:00 PM

# Yarn Bee

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(ages 10 and up, under 18 with adult)

Whether starting a new hobby or working on an old project, all are welcome to this gathering! The relaxed atmosphere means no pressure - you can knit or crochet at your own pace, and farm staff will be onhand to assist those wanting to learn a new skill. Bring your own supplies, or borrow ours for the session.

Historic Longstreet Farm, Holmdel, takes you back in time by recreating the sights, sounds and smells of rural Monmouth County in the 1890s. The site is maintained as a living historical farm with the purpose of interpreting the agricultural activities of Monmouth County's rural past. Interpreters in period dress portray both daily and seasonal agricultural and domestic activities. This interpretation includes the breeds of animals and crops raised at this site in the 1890s. For your safety, as well as the safety of the animals, we ask that visitors do not touch or feed the animals. 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.

#### Cost: \$5.00 Per Person, Per Session (cash or check only)

Sunday, March 8, 12:00-2:30 PM Saturday, April 4, 12:00-2:30 PM Saturday, May 2, 12:00-2:30 PM

#### Accordion Melodies of the 1890s 💯

(all ages, under 18 with adult) 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

# Celebrating Agriculture Day 🕬

(all ages, under 18 with adult)

Celebrate agriculture and its important role in our everyday life. Through activities and demonstrations, learn how farmers, past and present, practice stewardship of the land as they raise food and fiber. Saturday, March 28, 12:00-3:00 PM

#### Spinning and Knitting Demonstration

(all ages, under 18 with adult)

Visit the farm and be inspired to learn an old craft. Jodey Forbes will be demonstrating the art of spinning fleece and then demonstrating various stitches in knitting. **Saturday, April 25, 1:00-3:00 PM** 

### Embroidery Demonstration

(all ages, under 18 with adult) Visit the Historic Longstreet farmhouse and see the delicate craft of embroidery. Saturday, May 9, 1:00-3:00 PM



#### (adults)

Help plant out this years sunflower field. Come back and watch as the Mammoth Russian sunflowers grow to over 10 feet tall. Participants are invited to help with the harvest in the fall and bring home a sunflower head where you can save the seed for next years garden, toast them for a snack, or save them for a winter snack for the birds and squirrels in you yard.

Sunday, May 10, 12:00-2:30 PM

#### Decoration Day Celebration

#### (all ages, under 18 with adult)

This family holiday originated soon after the Civil War when women decided to decorate the graves of fallen soldiers. Today we call this special holiday Memorial Day. It was a time for family reunions and fun-filled visits. Join in the celebration as the staff of Longstreet Farm enjoys an old-fashioned Decoration Day.

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

# Quilt Dating and Care

#### (adults)

Dana Balsamo, owner of Material Pleasures, LLC and certified AQS Appraiser from Princeton will be giving a lecture on quilt dating and care. Ms. Balsamo has knowledge of the history of textiles and geographic differences in styles. She will also discuss the proper way to care for your guilt Be sure to bring you heirloom quilt to this special program.

One Session \$15.00 Per Person

#### Longstreet Farm Vis Ctr

Sat, Mar 7 12:00-2:00 PM	F0202A
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#### **Researching Your New Jersey Roots**

#### (adults)

Dive into your past by researching your family's New Jersey roots on World Genealogy Day. Gail Hahn, genealogist for the Monmouth County Historical Association, will explain how to research hard-copy, off-line resources such as tax, land and probate records, as well as collections held by local historical agencies. Q&A session to follow.

#### One Session \$20.00 Per Person

Longstreet Farm Vis Ctr

Sat, Mar 14 10:00 AM-12:00 PM ..... F0402A

#### **Rug Hooking Gathering**

(all ages, under 18 with adult)

Calling all rug hookers! Now is the time to gather with other rug hookers or 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 ... F0102A

# Wool Days/Sheep Shearing

(all ages, under 18 with adult) Saturday & Sunday, April 25 & 26, 12:00-3:00 PM Historic Longstreet Farm, Holmdel

This weekend our sheep will be sheared. Gene Sheninger will return with his collies to show their herding skills. The Monmouth County Historical Association's Holmes Hendrickson house staff will demonstrate the way wool was used in Colonial America with spinning and weaving activities. Longstreet Farm will provide wagon rides between the two living history sites.

www.MonmouthCountyParks.com

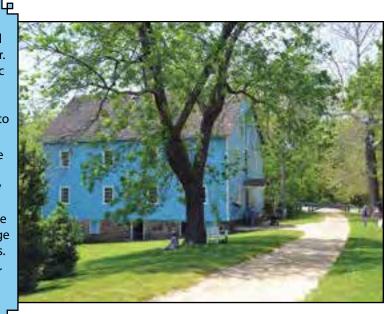


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Historic Walnford, Upper Freehold, is full of fascinating history throughout the year. Any day is a great time to visit this historic site and learn about the Waln family and the evolution of Walnford - from an 18th century industrial village and family farm to an elegant country estate.

At the heart of *Crosswicks Creek Park*, the site showcases over 200 years of social, technological and environmental history through the Waln family. The historic district features a 19<sup>th</sup> century gristmill, the elegant Waln family home (1773), a carriage house, and an assortment of outbuildings.

The historic buildings are open daily year round from 9:00 AM-4:00 PM.



**HISTORIC WALNFORD** 

#### Down By the Old Mill Stream...

(all ages, under 18 with adult)

Pack a picnic basket, this isn't tailgating, this is the serenity of an afternoon at Historic Walnford (and a wonderful way to celebrate Mother's Day on Sunday, May 10). Spread a blanket on any patch of lawn or use one of the many picnic tables here to enjoy your tasty repast, the pleasurable company of family or friends, the beauty of spring, and the historic buildings, artifacts and exhibits at Walnford.

# **Functional and Fanciful**, the History of Aprons

#### (adults)

Vintage aprons from the speaker's collection will be on display in the Waln House this afternoon for all to enjoy, in conjunction with a brief talk at 1:30 PM exploring the historic and sociological implications of this item of everyday wear. The impact of this simple garment will be discussed from early biblical references to the feminist movement of the late 20<sup>th</sup> century. Attendees are encouraged to bring a favorite apron and share its story in this informal yet informative program.

Sunday, March 8, 1:30-3:00 PM

#### WWII Women on the Home Front 🗦 (adults)

Women played important and varied roles here at home in WWII. Our speaker will share that local history and display her wide collection of associated items for all to enjoy. Learn how this period in history began an era of change we still experience today.

Saturday, March 14, 1:30-3:00 PM



#### (all ages, under 18 with adult)

April 4 is opening day of our milling season! On weekend afternoons we will demonstrate grinding corn in to cornmeal in our 1872 mill. Come and experience the ingenuity and innovation of the marvelous engineering created long ago in place in this beautiful historically blue building.

Saturday, April 4 through November, 1:00-4:00 PM

# **The Beauty of Blue!**

(all ages, under 18 with adult)

We are celebrating the color blue at Walnford, inspired by the short blooming season of the Virginia Bluebells along the creek, the tiny Bird's Eye Speedwell flowers in the lawn, elegant blue china and textiles on display in the house and of course our big blue mill. Don't be blue, join us for a happy day exploring Historic Walnford.

Saturday & Sunday, April 18 & 19, 1:00-4:00 PM

# Fast Forward - Radical Inventions

#### (all ages, under 18 with adult)

Some inventions creep in to our lives, some leap. Explore the innovation and the labor saving consequences of three "leaps": cup elevator, sewing machine and turbine. Experience how these devices changed the lives of the people that lived and worked at Walnford along with their impact on the wider world, through demonstrations and hands-on activities.

Saturday & Sunday, May 2 & 3, 1:00-4:00 PM

# You are Cordially Invited to Tea

#### (adults)

We invite you to share in four generations of the Waln family's history as you tour this site and then enjoy freshly brewed teas and baked goods prepared from 18<sup>th</sup> to the early 20<sup>th</sup> century recipes, that reflect the generations of women that entertained guests at Walnford across three centuries. Please dress for the weather, we will be outside for a portion of this program. **One Session \$12.00 Per Person** 

# Historic Walnford

Thu, Apr 23 2:00-3:45 PM ......G0102A

# Walnford Day (all ages, under 18 with adult)

Sunday, May 17, 11:00 AM-5:00 PM Historic Walnford, Upper Freehold

Our annual Walnford Day returns with horse drawn wagon rides, historical hands-on activities and games, the attic and cellar open in the 1773 Waln House, weaving, spinning, milling,

blacksmithing, basket making, chair caning... the list of demonstrations is long and bound to have something to interest every member of the family.

#### See our centerfold ad for more details.



# **Tours of Historic Battery Lewis**



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Tours planned to begin on Memorial Day Weekend Check www.MonmouthCountyParks.com for full details.

Battery Lewis was one of two batteries constructed during World War II at the Navesink Military Reservation as part of the Harbor Defenses of New York. Built on the prototype developed by the U.S. Army for a new generation of casemated batteries, Battery Lewis is an immense 600-foot long structure that consisted of two 16-inch caliber gun emplacements connected by a corridor housing ammunition storage and a power plant. Battery Lewis was the largest coastal fortification built in New Jersey during the War, and the most important of the Primary Armament defending New York City.

Take a tour of Battery Lewis with a Park System Historian and visit the exhibits to learn about the site's past, from Hartshorne estate to military base, to the creation of Hartshorne Woods Park.



# Historic Seabrook-Wilson House Bayshore Waterfront Park, Port Monmouth

Informal Self-Guided Tours: Sundays from 1:00-4:00 PM April 19 through October 25

Ever wondered what it looks like inside that mysterious white building by the bay? Now is your chance to find out!

Located within Bayshore Waterfront Park, the Seabrook-Wilson house dates back to the early 1700s and is one of the oldest homes along the Jersey Shore. The house is listed on the National Register of Historic Places and includes displays on the ecology of the bay and local history. Outside, enjoy views of New York City and the beauty of the Sandy Hook Bay while visiting this celebrated house.

www.MonmouthCountyParks.com



MONMOUTH COUNTY PARK SYSTEM

# (ages 21 and up)

Learn about history in your own backyard from local historians, followed by stimulating conversation over a cold pint. This monthly series held at the Seabrook-Wilson House, c. 1705, will host historians speaking on topics from across Monmouth County. Participants may then decide to take a quick drive to meet at a local brewery to extend the discussion over a beer (pay on your own). Monthly speakers will be posted to the Bayshore Waterfront Park page of the Park System's website in advance of the event.



Bayshore Waterfront Park Activity Center Thursday, March 5, 6:00-8:30 PM Thursday, April 2, 6:00-8:30 PM Thursday, May 7, 6:00-8:30 PM

www.MonmouthCountyParks.com

# DAY TRIPS & GETAWAYS

# **2020 Philadelphia Flower Show**

(all ages, under 18 with adult)

Inspired by the world's exotic Mediterranean gardens, the 2020 Philadelphia Flower Show invites you to fall in love with gardening all over again. Become enraptured by the delightful dimension of Show gardens and dramatic accents that rise in soft meadows of horticultural perfection. Embrace your inner romantic and explore the allure and extraordinary plant palette of some of the world's most captivating coastal regions. Waves of lavender, drifts of roses and rosemary, and fragrant citrus trees will transport you to the luscious gardens of the Mediterranean. Price includes admission to the flower show, bus transportation and volunteer Park System leader.

#### \$82.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Fri, Mar 6	A0102X
Board: 11:30 AM	Return: 8:30 PM (approx)
Sat, Mar 7	A0202X
Board: 11:30 AM	. Return: 8:30 PM (approx)

#### New York Botanical Garden -The Orchid Show

#### (adults)

Step into a world of stunning color in the Enid A. Haupt Conservatory, where this annual NYBG tradition fills the landmark Victorian-style glass house with the beauty and fragrance of thousands of orchids. Now in its 18<sup>th</sup> year, The Orchid Show will showcase thousands of dramatically displayed orchids in every shape and size, creating a horticultural spectacle not to be missed. Price includes self-guided tour, All-Garden Pass, round trip motor coach transportation and Park System volunteer leader.

#### \$75.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Sun, Apr 5	AAQ02X
Board: 8:30 AM	Return: 6:30 PM (approx)

# Lancaster, PA and Longwood Gardens Getaway

#### (adults)

Take pleasure in a quick overnight excursion for spring! Your trip includes a night's stay in Lancaster, PA with an epic theatrical experience at the famous Sight and Sound Theatre for "The Story of Esther", a traditional family style Amish dinner and a visit to Longwood Gardens for the spring bloom! Price includes roundtrip motor coach transportation, accommodations, admissions to tours and attractions, daily breakfast, one dinner; luggage handling, taxes, meal gratuities and Park System volunteer leader. Please Note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately two-three weeks prior to departure. For more tour details and to inquire about travel insurance, please contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@monmouthcountyparks.com.

#### \$385.00 Double; \$400.00 Single; \$350.00 Triple; \$340.00 Quadruple; \$200.00 Per Child Thompson Pk Estate Grounds Parking Lot



# **Modernized Museum** of Modern Art



#### (all ages, under 18 with adult)

Come see and explore the new, re-imagined Museum of Modern Art after its major renovation! The newly remodeled museum has something to offer for all attendees, with more than 200,000 works of modern and contemporary art on display from artists like Van Gogh, Warhol, Rousseau and more. Fee includes bus transportation and volunteer Park System leader only. Admission fee for museum is payable at the door. Rain or shine.

#### \$48.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Sat, Apr 25......A3802A Board: 8:30 AM ..... Return: 5:00 PM (approx)

# **Dutch Apple Dinner Theatre - Guys and** Dolls

#### (adults)

Gambler, Nathan Detroit, tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for fourteen years. Nathan turns to fellow gambler, Sky Masterson, for the dough, and Sky ends up chasing the straight-laced missionary, Sarah Brown, as a result.

"Guys and Dolls" takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. Price includes a traditional American style buffet dinner, soup & dessert, a Broadway-caliber show, motor coach transportation and volunteer Park System leader.

#### \$127.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Sat, May 2 ......A0302X Board: 7:30 AM ..... Return: 8:00 PM (approx)

# Yuengling<sup>®</sup> Brewery Tour and Tasting

#### (ages 21 and up)

Delve into the history of America's oldest brewery during this fun and informative tour. Learn the story that started with the hopes and dreams of an immigrant family to how they stayed in business during prohibition to their celebration of 190 years in business. The walking tour is approximately one hour, and includes walking up and down stairs. At the conclusion of the tour, participants will have the opportunity to sample two beers. Price includes minibus transportation and admittance to the tour. Closed-toe shoes are required.

#### One Session \$39.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Sat, May 2 7:00 AM-2:30 PM..... Q3302A Board: 6:45 AM ..... Return: 2:30 PM (approx)

#### **Explore Philadelphia!**

#### (all ages, under 18 with adult)

Spend a day on your own exploring the arts, culture, food and historic sites Philadelphia has to offer! Stroll through the new Museum of the American Revolution to see the journey of America's independence and view unique exhibitions with life-size replicas of a privateer ship and Boston's Liberty Tree. Tour Historic Philadelphia staples like The Liberty Bell and Independence Hall. Reading Terminal Market, one of the oldest public markets in the United States is also nearby. A map will be handed out on the bus. Create your itinerary as you see fit – this day trip includes motor coach transportation and Park System volunteer leader only. Be aware some attractions require tickets. Wear comfortable footwear. Rain or shine.

#### \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Board: 8:30 AM ..... Return: 5:30 PM (approx)

# Discover Mackinac Island, MI: The Jewel of the Great Lakes

#### (adults)

Embark on a journey to the truly "all natural" theme park of America surrounded by water. Limited to transportation of horse and buggy, bicycle or foot, Mackinac Island, MI has escaped the vast changes of time with its Victorian-style setting. Trip highlights include a ferry ride to Mackinac Island, lunch at the renowned Victorian Grand Hotel, must-do carriage tour of Mackinac Island, tours to Colonial Michilimackinac Historic Park, Historic Mill Creek Discovery Park and Old Mackinac Point Lighthouse, tickets aboard a Soo Locks Cruise and a visit to Kewadin Casino. An overnight stop-over to Cleveland, OH is planned to and from your destination. Price includes round-trip motor coach transportation, accommodations, admissions to tours and attractions, daily breakfast, 1 luncheon, 2 dinners, luggage handling, taxes, meal gratuities and Park System volunteer leader. Please Note: There may be some free time for additional sightseeing and meals. A full detailed itinerary will be mailed approximately 2-3 weeks prior to departure. For more tour details and to inquire about travel insurance, please contact Rachel Cohen at 732-542-1642, ext. 29, or email rachel.cohen@monmouthcountyparks.com.

#### \$1,000.00 Double; \$1,040.00 Single; \$950.00 Triple; \$930.00 Quadruple; \$300.00 Per Child Thompson Pk Estate Grounds Parking Lot

#### Explore Lower Manhattan! ≯

#### (all ages, under 18 with adult)

Get out of midtown and experience all that Lower Manhattan has to offer! Set sail and see the Statue of Liberty up close and learn about the history of Ellis Island, spend time at the 9/11 Museum and Memorial and One World Trade or walk across the East River over the Brooklyn Bridge. There is much cultural and local history around every corner in the Wall Street, Battery and Two Bridges neighborhoods of New York City. Create your itinerary as you see fit – this day trip includes motorcoach transportation and volunteer Park System leader only. Many attractions required advanced tickets and are suggested to be bought ahead of time. Wear comfortable footwear. Rain or shine.

#### \$45.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

#### Restaurant Week, Chelsea Market & Whitney Museum (adults)

More than 350 restaurants participate in New York City's Restaurant Week, offering fabulous meals for a fabulous price! Now's your chance to participate in this NYC bi-annual tradition. Before your meal, take a stroll through the Meatpacking District to the indoor Chelsea Market. This marketplace sees more than six million visitors annually, with 60 unique shops offering everything from crepes to sushi. Round out your day with a trip to the Whitney Museum of American Art, featuring famous artists such as Georgia O'Keefe and Edward Hopper. Create your itinerary as you see fit this day trip includes motor coach transportation and volunteer park system leader only. Many attractions require advanced tickets and are suggested to be bought ahead of time. Restaurant reservations are also suggested; participating restaurants will be available online as the date approaches. Wear comfortable footwear. Rain or shine.

#### \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Aug 1 ......A0503A Board: 8:30 AM ...... Return: 5:00 PM (approx)



Universally Accessible Playgrounds

#### Challenger Place & Lion's Sensory Den Dorbrook Recreation Area, Colts Neck

Located in walking distance from the Activity Center and Sprayground, this playground offers elevated surfaces and wider entry/play areas for wheelchair access. The new addition of the Lion's Sensory Den features sound and touch elements designed specifically for children with visual impairments. Your Monmouth County Park System has TWO colorful, sensory stimulating, barrier-free playgrounds where children with and without disabilities can laugh, play, grow and learn together.

# Tony's Place

Seven Presidents Oceanfront Park, Long Branch

With a colorful seaside theme, this oceanfront playground allows children to climb, jump, slide and explore under the sun. Located near the Pavilion, Tony's Place is just steps away from the beach. Please Note: During the summer season, park access passes are required when visiting Seven Presidents.

# **ARTS & CRAFTS**

# Celebrate Mother's Day

#### (ages 2-5, with adult)

Head to Dorbrook Recreation Area to spend some creative quality time with mom, grandma or another special person you'd like to celebrate the holiday with! We will begin by reading the rhyming favorite *Is Your Mama a Llama*? by Deborah Guarino. Next, we will create a themed Mother's Day craft together and follow it up with a tea party and cookies! If time allows we may go for a walk through the park together to find some May flowers sprouting up.

#### One Session \$15.00 Per Person

#### Dorbrook Rec Area Prog Bldg

Wed, May 6 12:30-1:15 PM ..... AA202A

# **Egg Dyeing in the Park**

#### (all ages)

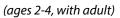
Enjoy an evening egg dyeing in the park. All supplies to color and create unique eggs will be provided. Six eggs each will be available to take home.

#### One Session \$7.25 Per Person

#### Big Brook Pk Elsas Lodge

Wed, Apr 8 5:00-5:45 PM	U0102A
Wed, Apr 8 6:00-6:45 PM	U0202A

# If You Give a Mouse a Cookie



What might happen *If You Give a Mouse a Cookie*? Come learn and enjoy this famous children's book by Felicia Bond with your young reader as we find out what else this mouse gets into on his adventure! After the story, we will create a take-home craft for reinforcement and eat a cookie or two together. If time allows, we may head outside for everyone's favorite activity – the parachute! **One Session \$15.00 Parent/Child \$8.00 Additional Sibling** 

Dorbrook Rec Area Prog Bldg Sat, Apr 18 10:00-11:00 AM .....A2802X

# The Very Hungry Caterpillar

#### (ages 2-4, with adult)

Come celebrate this beloved story with us at Dorbrook Recreation Area! The Very Hungry Caterpillar by celebrated children's book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together, make a take-home craft and munch on a themed snack! Families are encouraged to walk through the park on their own after the program to look for hungry caterpillars that may live nearby!

One Session \$15.00 Per Child \$8.00 Additional Sibling Dorbrook Rec Area Prog Bldg

Sat, May 16 10:00-11:00 AM ......A2702X

# **FAMILY FUN**

#### **A Thoroughbred Legacy**

#### (all ages, under 18 with adult)

Before going off to the races, join a Monmouth County Park System Historian on a scenic walking tour of Thompson Park (Historic Brookdale Farm). Learn the history of horse breeding within Monmouth County while exploring the magnificent landscape and barns of the park.

#### One Session \$10.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sun, May 17 2:00-3:00 PM ..... Q3202A

#### Flashlight Easter Eggstravaganza

(all ages, under 18 with adult)

Who knew eggs could be so much fun?! Roll, catapult, and create art with eggs! Exciting egg-games and eggart are just the warm up for the main event. E.B. himself will make an appearance to oversee our Easter egg hunt – in the dark! So, bring your flashlight, a basket and get hopping! Children should wear play clothes.

#### One Session \$29.00 Per Family

Fort Monmouth Rec Ctr

Fri, Apr 3 7:00-8:00 PM ..... M9402A

# Snuggies, S'mores & Science Experiments

#### (ages 4-7, with adult)

Grab your Snuggy and join us with your little one around the campfire at one of the Park System's cozy facilities. We will get you fired up with some fun, hands-on age appropriate science experiments such as creating elephant tooth paste and Mentos soda rockets. Then enjoy the warmth of the fire while nibbling s'mores and sipping hot chocolate. All participants have the option to bring their own Snuggy!

# One Session \$15.00 Parent/Child \$9.00 Additional Sibling

Freneau Woods Pk Vis Ctr Art Room

Sat, Mar 28 5:30-7:00 PM	W6402X
Shark River Pk Shelter Bldg	
Sat, Apr 18 5:30-7:00 PM	W1602X

#### Wizarding World of...

#### (ages 6-12, with adult)

Come try on the Sorting Hat to find out if you are Gryffindor, Ravenclaw, Slytherin or Hufflepuff! Become a Hogwarts student for the day as we make our own wands, run through Quidditch drills, and make our own Butterbeer. We will end our class making enjoying a S'mores snack from an old Three Broomsticks recipe. Wizarding wear and robes are of course allowed, but not required.

# One Session \$18.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Apr 25 5:00-6:30 PM..... MA902A

# HORTICULTURE

### **Cactus Grafting Workshop**

(all ages, under 18 with adult)

Come to the greenhouse and see our collection of succulents and cacti. We will teach you about their adaptations and care. Here you will select the parts of your future creation. In the shop we will demonstrate the grafting techniques and it will be your turn to follow as you make a one of a kind combination plant to take home. All supplies will be provided.

One Session \$9.50 Per Person

Deep Cut Gardens Horticultural Center

Sat, Mar 7 11:00 AM-12:00 PM ......H0302A

#### **Green House Open House**

#### (all ages)

Take this special guided tour of our Green House. The Display Greenhouse is in its glory with the orchids at peak bloom. Bromeliads and other tropicals, cacti & succulents, tender bonsai and Mediterranean plants also bask in the warmth. Bring your questions, take home fun facts about the greenhouse plants, tips on houseplant care and plant propagation.

#### One Session \$7.50 Per Person

#### Deep Cut Gardens Horticultural Center

Sat, Mar 7 1:00-2:00 PM	H1802A
Sat, Mar 7 3:00-4:00 PM	H1902A
Sat, Mar 7 5:00-6:00 PM	H2002A
Sun, Mar 8 10:30-11:30 AM	H2102A
Sun, Mar 8 12:00-1:00 PM	H2602A
Sun, Mar 8 4:30-5:30 PM	H2702A
Sat, Mar 21 2:00-3:00 PM	H2802A
Sat, Mar 21 4:00-5:00 PM	H2902A

# NATURE

# Eagle Boat Tour at the Manasquan Reservoir

#### (ages 3 and up, under 18 with adult)

The Manasquan Reservoir is home to magnificent Bald Eagles. Take advantage of this evening pontoon boat tour and find out about our resident family. They are frequently seen in addition with other great wildlife. Bring your cameras! We meet at the Environmental Center boat dock. **Please Note: Life-jackets are provided and must be worn by all passengers.** 

One Session \$6.75 Per Person

#### Manasquan Res Env Ctr

Fri, May 15 5:30-6:30 PM	l4192A
Fri, May 15 6:45-7:45 PM	I4292A

# Eco-Sphere: Life In a Jar

(ages 8 and up, under 18 with adult)

Life on earth is possible due to an unfathomably complicated web of interactions between plants, animals, fungi and the elements around us. Learn about these complex systems that support life as we build our very own self-contained ecosystem. Our habitat will include members from each branch of life as well as a carefully balanced mix of minerals to provide a sustainable habitat for years to come.

### One Session \$26.00 Per Person

#### Clayton Park Act Ctr Classroom 1

Thu, Mar 19 11:00 AM-12:00 PM	I4702A
Wed, May 20 1:00-2:00 PM	I4802A

#### **Family Fossiling at Shark River**

#### (ages 8 and up, under 18 with adult)

Fossil hunting can be a great pastime but it takes some experience to know where to look and what to keep. Under the guidance of a Park System Naturalist fossil hunt in Shark River and hopefully bring some ancient treasures home with you. Some light shoveling by adults will be required and each child needs an accompanying adult to assist. All persons attending program must wear closed-toe shoes that can get wet.

One Session \$12.00 Per Child

Shark River Pk Shelter Bldg

Sat, May 30 10:30 AM-12:00 PM ..... I2602A

# **Boat Tours of the Manasquan Reservoir**

Manasquan Reservoir Visitor Center, Howell

Weekends & Holidays Beginning Saturday, May 2 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM

Enjoy a boat tour on the beautiful Reservoir!

Tours are narrated by Park System Naturalists and include opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a Bald Eagle! Tours are approximately 45 minutes long.

Tickets can be purchased (day of only) at the Visitor Center: \$4.00 children 12 and under and \$6.00 for adults and children 13 and up Life-jackets are provided and required. All tours are weather and reservoir level dependent.



### **Fossiling at Big Brook**

#### (ages 8 and up, under 18 with adult)

Travel back millions of years to when dinosaurs roamed the earth and much of New Jersey was submerged under warm, shallow ocean. Using sieves and trowels, we will search for the remains of marine creatures like sharks and extinct mollusks that once inhabited these ancient waters. We will meet at the parking lot on Boundary Road and hike about ½ mile to our entry point into Big Brook. All persons attending program must wear closed-toe shoes that can get wet. It is highly recommended that participants bring a complete change of clothes including dry footwear for after the program.

#### One Session \$10.00 1 Person \$6.00 Additional Person Big Brook Pk Parking Lot

Sun, Apr 19 1:30-3:00 PM	. IKK02X
Sun, May 3 1:30-3:00 PM	.IKM02X
Sun, May 17 1:30-3:00 PM	. IKN02X

#### From Sap to Maple Syrup

(all ages, under 18 with adult)

Winter is winding down and the sap is running in the trees which means its time to make maple syrup! Bring the whole family for some old-fashioned fun as we learn the history, technique and some of the science behind this delicious treat. Highlights include a syrup taste test, tree tapping demonstration and instruction, and winter tree identification. Dress for the weather and wear sturdy shoes or boots.

#### One Session \$12.00 Per Person

#### Huber Wds Env Ctr

Sat, Feb 29 10:00 AM-12:00 PM	IKF01A
Sat, Feb 29 1:00-3:00 PM	IKG01A
Sun, Mar 1 1:00-3:00 PM	IK102A

#### **Hunters of the Sky:**

# Live Owl and Raptor Presentation

Enjoy an up close view into the fascinating lives of raptors. Meet a live owl and raptors common to New Jersey brought to us from Cedar Run Wildlife Refuge. Don't miss this opportunity to learn about the behaviors and adaptations that make owls different from other raptors.

#### One Session \$12.00 Per Person

Clavton Park Act Ctr Classroom 1

Fri, Mar 27 7:00-8:00 PM ..... IKQ02A



# Earth Day Celebrations 🐖

# Saturday, April 18, 11:00 AM-5:00 PM

Earth Day is one of the best times of the year to get back outside and into nature either by yourself or with family and friends. This year is even better as we celebrate the 50th anniversary of Earth Day in the United States. Join Monmouth County Park System staff as we celebrate Earth Day at several parks throughout the county.

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

Celebrate the shore as we discover cool coastal animals and artifacts like whales, sea turtles, fish, crabs, and even tiny plankton during this interactive touch and tell program. Informal tours will also be given of the historic Seabrook-Wilson House, which dates back to the early 1700s.

#### Freneau Woods Park Visitor Center, Aberdeen Township

Join a Park System Naturalist for a exploratory walk as we look for returning birds, wandering wildlife, emergent buds, blooming wildflowers and other fun sights of spring among the many acres of wetlands and woods around Freneau Woods Park. Binoculars provided. Tours depart approximately at 11:00 AM, 1:00 PM, 2:30 PM & 4:00 PM.

#### **Huber Woods Environmental Center, Middletown**

See snakes and reptiles during a family-oriented show that gives you the chance to watch live and exciting animals and nature artifacts found in NJ. There will also be freshwater pond creatures on view and an opportunity to see kid friendly interactive exhibits inside the environmental center.

#### Manasquan Reservoir Environmental Center, Howell

Explore the woods and wetlands around the Manasquan Reservoir. There will be live animal shows featuring reptiles and amphibians, which are often misunderstood animals, and short naturalist-led walks. Plus, enjoy the sights and displays of our beautiful environmental center. Live Animal Shows: 11:30 AM, 1:00 PM & 3:30 PM Nature Walks: 12:00 PM & 4:00 PM

#### Seven Presidents Oceanfront Park Activity Center, Long Branch

Improve your understanding of our ocean and have fun creating some ocean-friendly crafts. We will fuse both art and nature together to enhance our imaginations and explore the mysteries of our Blue Planet.

# www.MonmouthCountyParks.com

# Saturday Night Walk in the Woods 🍄 쬳

(ages 8 and up, under 18 with adult) Saturday, March 21 & Saturday, April 4 from 8:00-9:00 PM **Freneau Woods Park Visitor Center Parking Lot** 

There is no better way to spend a Saturday night then in the woods! Find out what takes place in the dark as a Park System Naturalist will guide you through the woods and wetlands of Freneau Woods, a 210 acre park, for an exciting evening of exploration. With frogs singing, birds migrating and the mating season beginning for many animals, spring is the perfect time to explore the forest in search of active wildlife. We'll try to listen and look for owls, foxes, spring peppers and other nocturnal creatures. Plus we will hunt for animal tracks down by the water. Participants should dress for the weather. Trails are usually muddy in the spring. Please wear shoes or boots that can dirty and muddy. Don't forget to bring a flashlight.

# Roving Naturalist

Join a Park System Naturalist for a leisurely walk on well maintained trails in our parks. We will explore a different park each session as we discuss seasonal points of interest, search for signs of wildlife and identify a bird or two. This is a free 1 ½ to 2 hour program, but feel free to join in or drop out at any point during the walk. Dress for the weather as light rain is not a deterrent.

Join us on the following Saturdays at 9:00 AM:

March 14 at Turkey Swamp Park April 25 at Perrineville Lake Park (Agress Road Lot) May 9 at Clayton Park (Emley's Hill Road Lot)

# 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 walk. Trees are in blossom, birds are returning from migration, and there are tons of topics to discuss! Please Note: Sturdy footwear is recommended as trails used may have inclines or tree roots to step over.

> Join us on the following Wednesdays from 10:00-11:30 AM: March 4 at Huber Woods Park

March 18 at Freneau Woods Park March 25 at Clayton Park April 15 at Hartshorne Woods Park (Rocky Point Lot) April 29 at Thompson Park (Old Orchard Lot)

May 13 at Manasguan Reservoir (Environmental Center Lot) May 20 at Big Brook Park (Elsa's Lodge Lot)

# Star Tours and Stargazing 💐

#### (ages 8 and up, under 18 with adult)

Ever wonder what you're looking at when you look up at the stars? Join us for a tour of the night sky inside the Monmouth Museum's planetarium. Then accompany a Park System Naturalist and head over to Thompson Park, where you'll put your new astronomy skills to the test. Make sure to bundle up for the outdoor portion. Please Note: Participants will drive themselves from the Monmouth Museum to Thompson Park.

#### One Session \$20.00 Per Person

#### Monmouth Museum, Newman Springs Rd, Lincroft Fri, Mar 20 7:00-9:30 PM ..... IKB02A

# Wild for Bats 🍄

#### (all ages)

Discover amazing facts about these incredible acrobats of the night sky as we dispel some common bat myths and learn why it is important to have them around. Join a Park System Naturalist for an interactive presentation that will introduce us to our local and a number of exotic bat species and learn what makes them so unique. Afterwards, you can stick around to build your very own bat house to take home and put up in your yard (additional registration required – see "Bat House Build" below).

#### Clayton Park Act Ctr Classroom 1

One Session \$10.00 Per Person	
Fri, May 8 7:00-8:00 PM	1702A
Bat House Build	

# \$48.00 Per Kit

+	
Fri, May 8 8:00-8:30 PM	. I1802A



# **World Turtle Day Celebration**

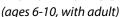
(all ages, under 18 with adult) Come join a Park System Naturalist to celebrate World Turtle Day. Enjoy a live turtle show to increase awareness of this amazing group of reptiles. We will meet some of our native turtles species and learn about their threats and what we can do to help them.



**One Session \$8.00 Per Person** Manasquan Res Env Ctr

Sat, May 23 3:00-4:00 PM	I1602A
Huber Wds Env Ctr	
Sat, May 23 3:00-4:00 PM	IK602A

# World Wildlife Day 🗦



Our wonderful world is teeming with wildlife! On World Wildlife Day, we'll celebrate our beautiful native species with an up close and personal live animal show, then head out on the Discovery Path to see what we can find in the wild.

#### One Session \$10.50 Per Child

Huber Wds Env Ctr Tue, Mar 3 4:30-5:30 PM ..... IK702A

# **OUTDOOR ADVENTURES**



(all ages, under 18 with adult)

Come join the Monmouth County Park System Historian on an approximately two mile walking tour that will take you back to the height of World War II. While the war rages on in Europe, back on the homefront, Monmouth County residents are experiencing a struggle of their own. From coastal defense to the rise of Nazi U-boats. Step back into the darkness that fell on Monmouth County with this lantern light tour.

# One Session FREE!

Hartshorne Wds Rocky Point Parking Lot Sat, Apr 25 6:30-8:30 PM..... Q3102A

# FAMILIES

# **Canoe Rentals**

(ages 3 and up, under 18 with adult) Thompson Park Marlu Lake Rent a canoe and enjoy paddling locally. All

equipment is provided.

Cost: \$15.00 per boat for 1-3 people for 2 hours of canoeing (cash or check only)

On the following dates from 10:00 AM-3:00 PM: May 23 & 24, June 6 & 7, June 20 & 21, July 4 & 5, July 18 & 19, August 1 & 2, August 15 & 16, August 29 & August 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 parks from a whole new angle. Climbers will get to experience the thrill of rock climbing as they make their way to the top of our 25' portable climbing wall. You must be 42" or taller to climb.

Saturday, April 18, 12:00-4:00 PM at Clayton Park Sunday, May 10, 12:00-4:00 PM at Freneau **Woods Park** 

# **Open Shoot Archery**

(ages 10 and up, under 18 with adult) **Thompson Park Activity Barn** 

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

Cost: \$10.00 Per Person (cash or check only)

Saturday, February 15, 10:00 AM-2:00 PM Saturday, March 21, 10:00 AM-2:00 PM Sunday, April 19, 10:00 AM-2:00 PM Saturday, May 9, 10:00 AM-2:00 PM

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

#### Peter Cottontail's Egg Hunt

(ages 10 and up, families, with adult)

Peter cottontail has left you a trail to find his hidden eggs. Through the use of hand held GPS (Global Positioning Systems) units we will follow his trail, locate his hide out and take a shot at capturing his hidden eggs through the use of compound bows on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

#### One Session \$28.00 Per Child

Thompson Pk Activity Barn

Sat, Apr 4 10:00 AM-12:00 PM..... W1702A

#### **Spring Into Spring Family Camping**

(ages 5 and up, families, with adult)

Celebrate Spring with a fun filled weekend of family camping. Your family will learn various camping skills, climb a 25 ft. rock wall, canoe a 17 acre lake, and so much more. Each family will be provided a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon reauest.

PLATFORM TENTS: 3-6 persons per family \$220.00 Per Family

Turkey Swamp Pk Nomoco Group Campground Sat-Sun, Apr 25-26 12:00 PM-12:00 PM . . W0102A

# **SPORTS & FITNESS**

# In-Line Skating at Big Brook Park

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

In-line skating is fun for the whole family! Parents and kids alike can come on out to improve their technique or style. We will start with basic instruction of proper stance, push-offs, and stops. A brief overview on safety will set us cruising on part of the Henry Hudson Trail through Big Brook Park! All equipment will be provided; however, feel free to bring your own.

# **One Session \$14.00 Per Person**

#### **Big Brook Pk Parking Lot**

Fri, Mar 20 5:30-6:30 PM (approx) .....U1502A Fri, Apr 17 5:30-6:30 PM (approx) ......U1602A NATURE WATCH



**RUBY-THROATED HUMMINGBIRDS** usually arrive in our area in mid to late April and early May, most leaving our area toward the end of September and October. Males of the species have a metallic colored throat, while females have a white throat. Both males and females have bright, iridescent green backs and wings



WHAT DO HUMMINGBIRDS EAT?

They feed from nectar-bearing flowers of all colors, but are often attracted to bright red, pink and orange flowers. You may spot one at either of the Park System's pollinator gardens located at Huber Woods Park and the Manasquan Reservoir. They also feed on tiny insects.



# How big is the Ruby-Throated Hummingbird?

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Small and slender, they are about 3-3 ½ inches long and weigh only around 0.1-0.2 ounces.





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Hummingbird feeders can be filled with sugar water mixtures (approx. ¼ cup of sugar per cup of water). Be sure to change water regularly and clean the feeder with vinegar and water every few days.

DID YOU KNOW... HUMMINGBIRDS BEAT THEIR WINGS MORE THAN 50 TIMES PER SECOND!

# **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! After class, stay and play with the preschool equipment in our classroom as long as you like.

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

#### Fort Monmouth Rec Ctr Prog Rm B

Thu, Mar 12-Apr 16 9:30-10:30 AM	M0902X
Thu, Apr 30-Jun 4 9:30-10:30 AM	M1002X

#### **Build a Flower Pot**

#### (ages 4-7, with adult)

Whether preparing for the arrival of spring or searching for the perfect gift for Mother's Day, building your very own hand made flower pot is a great way to bring in the new season. Enjoy time with your child working together to construct a flower pot and learn basic clay hand-building skills. After we build our clay pots, we will embellish and decorate the surfaces with glazes. All flower pots will be ready for pick up two weeks after the class to allow for firing.

#### One Session \$30.00 Parent/Child

Thompson Pk Creative Arts Center

Sun, Apr 19 12:00-1:30 PM......Z8502A

#### **Ceramic Bunnies**

#### (ages 4-7, with adult)

It's the time of the year for the arrival of the Easter Bunny! Come create a very special pre-cast ceramic bunny of your own to adorn the Easter basket. Together, you and your child will glaze and decorate creating not only a ceramic piece, but also some very special memories. Pieces will be kiln fired ready for pick up one week after class.

#### One Session \$28.00 Per Pair

Thompson Pk Creative Arts Center

Sat, Mar 28 12:00-1:15 PM	Z6302A
Sat, Mar 28 2:00-3:15 PM	Z6402A

#### Messes & Masterpieces

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Experience seasons and holidays together through stories, music and art. Please wear old clothes or bring a smock. After class, stay and play with the preschool equipment in our classroom as long as you like.

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

#### Fort Monmouth Rec Ctr Prog Rm B

Wed, Apr 1-22 9:30-10:15 AM	M2602X
Wed, May 6-27 9:30-10:15 AM	M2702X

#### Messy Art Sampler - Outside Adventure!

(ages 18 months-3 years, with adult)

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, squirt guns, balloons and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. Please Note: In the case of inclement weather, we'll move the class indoors.

Four Sessions \$45.00 Parent/Child \$35.00 Additional Sibling

#### Fort Monmouth Rec Ctr Prog Rm B

Wed, Apr 1-22 10:30-11:15 AM	M2802X
Wed, May 6-27 10:30-11:15 AM	M2902X

#### **Mother's Day Plate**

#### (ages 4-8, with adult)

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 two weeks.

#### One Session \$28.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Apr 25 12:00-1:30 PM .	Z8402A
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#### **Springtime Birdhouses**

#### (ages 5-8, with adult)

Springtime's in the air! Create a birdhouse with your child to attract some nature to your yard. Together you will build a bird house out of clay while learning some basic 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 \$30.00 Per Pair

#### Thompson Pk Creative Arts Center

Sat, Apr 18 3:00-4:30 PM.....Z6502A

### When You Wish Upon a Star

#### (ages 2-4, with adult)

"When you wish upon a star, makes no difference who you are" plays an important role in the carefully crafted fantasy that will make boys and girls alike feel as if they are part of the Walt Disney® experience. We will bring you many Disney® themes, from all-time classics up to the most recent. This program will make you feel as if you are in the magical world of Disney®. It will include reading classic stories, making crafts, creative food crafts as well as fun and exciting activities such as running, jumping, and playing games. This program will make your dreams come true!

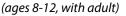
#### Five Sessions \$60.00 Per Person

#### Dorbrook Rec Area Act Ctr

Fri, Apr 10-May 8 10:30-11:15 AM ...... XBN02A Fri, May 15-Jun 12 10:30-11:15 AM ...... XBP02A

# **CULINARY ARTS**

# Chocolate Fun for Everyone



Let your creativity begin! Learn the basics of molding and decorating with chocolate in this hands-on class. Everyone will leave with beautifully decorated chocolates that you've created. All supplies included. Instructor: Kimberly Megill

One Session \$75.00 Per Pair

Dorbrook Rec Area Vis Ctr

Sat, Apr 25 10:00 AM-1:00 PM..... AAX02A

#### Create Like a "Cupcake Wars" Champ!

#### (ages 8-12, with adult)

Tasty flavor combinations, fun fillings and fancy toppings are all part of the experience, as Chef Stephen prepares you to enter you own cupcake battle. First the cake batter, as you learn to create a tasty chocolate or vanilla. Fillings are up next, as you discuss puddings, fruits, candies and more. Top it off with flavored icings and a wide array of topping options to create themed designs. Bring an apron, sharpen your baking and decorating skills and leave ready for battle!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Parent/Child

#### Fort Monmouth Rec Ctr Kitchen

Sat, Apr 4 10:00 AM-2:00 PM ..... M7402A

#### Wee Can Cook

(ages 2 1/2-3 1/2, with adult)

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

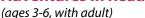
# Four Sessions \$52.00 Per Person \$26.00 Additional Sibling

#### Dorbrook Rec Area Vis Ctr

Fri, Mar 6-27 10:00-11:00 AM	.A4802X
Fri, Apr 10-May 1 10:00-11:00 AM	.A4902X
Fri, May 8-29 10:00-11:00 AM	.A5002X

### **EDUCATION & ENRICHMENT**

# Adventures in Reading 考



Reading is fun for everyone! In this hands-on series, each session will focus on a certain author, including favorites like Eric Carle and Dr. Seuss. We will read together and follow up with unique arts and crafts, sensory play, games and activities for reinforcement. Sessions taught by a NJ Certified Teacher. This is a great follow up to Little Learners!

Four Sessions \$40.00 Parent/Child \$20.00 Additional Sibling

Henry Hudson Trail Act Ctr

Fri, Apr 3-24 10:00-11:00 AM......A2502X Dorbrook Rec Area Prog Bldg Mon, Apr 6-27 10:00-11:00 AM.....A2602X

#### Hands-On Art

(ages 2-4, with adult)

Little hands will transform into stamps, stencils, toys and more as we explore all the possibilities of handprint art. Enjoy time with your tot as you investigate your creative side together. Sessions will vary from those previously offered.

Six Sessions \$54.00 Parent/Child \$27.00 Additional Sibling

#### Dorbrook Rec Area Prog Bldg

Fri, Mar 13-Apr 17 9:30-10:15 AM ......A1902X Fri, May 1-Jun 5 9:30-10:15 AM......A2002X

#### **Keyboard Beginnings Music**

#### (ages 4 1/2-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance and are curious about a variety of musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and to play short songs on keyboards provided in the classroom. It is highly recommended that your child has access to a keyboard or piano at home for short follow up assignments in order to receive the full benefits of the class. Parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive a music booklet, crayons, lesson outlines and a rhythm instrument.

Seven Sessions \$130.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Mar 30-May 11 4:00-4:45 PM ......A7202A

#### Keyboard Beginnings - Level 2

#### (ages 4-7, with adult)

This class is a continuation of Keyboard Beginnings Music taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play several songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Collaborative learning and bonding between parent and child is a great benefit of this class. As such, parents are asked not to bring siblings to class. A materials fee of \$15 is payable to the instructor on the first day of class. Children will receive music booklet two, flash cards and a concentration game.

#### Seven Sessions \$130.00 Parent/Child

#### Thompson Pk Vis Ctr Tulip Room

Mon, Mar 30-May 11 5:00-5:45 PM ......A7302A

Park System History Thompson Park, Lincroft, was dedicated on September 9, 1968. The park was established when Geraldine L. Thompson passed away, bequeathing 215 acres from her Brookdale Farm with the intent of it becoming a park.

# Let's Explore! - Creative Sensory Play

#### (ages 2-4, with adult)

Sensory play is an important and exciting part of childhood development. Your child will explore their senses while working on fine motor and socialization skills in this unique activity-based class. From week to week, tactile projects may include digging in the sand, splashing around in water trays, sculpting masterpieces out of shaving cream or letting their creativity flow with paint. Dress for mess or bring a smock – get ready to explore our senses!

Six Sessions \$54.00 Parent/Child \$28.00 Additional Sibling

#### Dorbrook Rec Area Act Ctr

Mon, Mar 9-Apr 13 10:00-10:45 AM	A0802X
Tue, Mar 10-Apr 14 10:00-10:45 AM	
Wed, Mar 11-Apr 15 10:00-10:45 AM	A1002X
Thu, Mar 12-Apr 16 10:00-10:45 AM	A1102X
Mon, Apr 27-Jun 8 10:00-10:45 AM	A1302X
No class 5/25	
Tue, Apr 28-Jun 2 10:00-10:45 AM	A1402X
Wed Apr 29- Jun 3 10.00-10.45 AM	A1502X

 Wed, Apr 29-Jun 3 10:00-10:45 AM
 A1502X

 Thu, Apr 30-Jun 4 10:00-10:45 AM
 A1602X

 Henry Hudson Trail Act Ctr
 Mon, Mar 9-Apr 13 10:00-10:45 AM

Mon, Apr 27-Jun 8 10:00-10:45 AM ......A1202X No class 5/25

# Little Learners

#### (ages 18 months-4 years, 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 sensory 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! Each session will offer a theme linked to each story and is taught by a NJ State Certified Teacher.

Six Sessions \$65.00 Parent/Child \$32.50 Additional Sibling

Dorbrook Rec Area Prog Bldg

Wed, Mar 11-Apr 15 9:30-11:00 AMA1702X
Wed, Apr 29-Jun 3 9:30-11:00 AMA1802X

# HORTICULTURE



#### **Garden Together - Early Spring**

#### (ages 3-5, with adult)

Time to get back to the garden! Starting seeds, forcing branches to bloom, bees and pollination, nature walks and lots more. Dress appropriately to explore the park for signs of spring, weather permitting.

#### Five Sessions \$55.00 Parent/Child

#### **Deep Cut Gardens Horticultural Center**

Sat, Mar 14-May 9 1:30-2:30 PM......H1102A No class 3/21, 4/4, 4/18 & 5/2

# NATURE

### Dad's An Animal (And So Am I!)

#### (ages 4-9, with adult)

Come celebrate father son/daughter time by learning about super animal dads! Each parent and child will have tons of fun listening to a story, completing an obstacle course, and creating a mini shelter in the woods. We will even "play with our food" while preparing a healthy snack.

# One Session \$15.00 Parent/Child \$5.00 Additional Person

#### Freneau Woods Pk Vis Ctr Prog Rm 2

Sun, May 17 2:00-3:30 PM ..... IK902X

# Froggie Fun! (ages 3-6, with adult)

We'll have a hoppin' good time with this meet and greet of some of our favorite frogs. A craft and game add to the fun.

#### **One Session \$9.00 Per Child** Freneau Woods Pk Vis Ctr Prog Rm 2

Sat, May 2 11:00-11:45 AM	I2402A
Clayton Park Act Ctr Classroom 1	
Wed, May 27 4:00-4:45 AM	I2502A

#### **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 \$15.00 Per Child

#### Turkey Swamp Pk

Sat, Mar 14 10:30 AM-12:00 PM	I3102A
Sat, Apr 11 10:30 AM-12:00 PM	I3202A
Sat, May 16 10:30 AM-12:00 PM	I3302A

#### Spring Tales and Forest Fun 🌄

#### (ages 2-5, with adult)

Is there too much virtual in your child's reality? The forests at Freneau Woods will be our gateway to spring marvels of the natural world. Let's spy on a bunny, hunt for bird nests, or follow a butterfly during our easy walks suited for your young walker. Imaginative stories, games, and a fun craft will round out each weekly session.

#### Four Sessions \$40.00 Parent/Child Freneau Woods Pk Vis Ctr Prog Rm 1

Tue, Apr 28-May 19 10:00-11:30 AM ......IKJ02A

# **OUTDOOR ADVENTURES**

#### Adventure Tower Challenge

(ages 11 and up)

Climb to the top of Big Brook's Adventure Tower. Once you're at the top, enjoy a ride down Big Brook Park's steepest zip-line. All equipment will be supplied.

One Session \$30.00 Per Person

**Big Brook Pk Sunfield Pavilion** 

Sun, Apr 26 1:00-3:30 PM (approx) ......U0702A Sun, May 10 1:00-3:30 PM (approx)......U0802A

### Bicycle Basics: Throw Away Those Training Wheels

(ages 5-9)

Get your child off their training wheels and onto two wheels! Watch their confidence soar during this two day training. They will practice riding in a enclosed area with a hard surface floor. Small classes provide individual attention as the rider builds bicycle skills. All bicycle must be good working order - tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a check up. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet). Parents will be asked to assist the instructor as necessary and to practice riding in between sessions.

Instructor: Wally Tunison

# Two Sessions \$45.00 Per Person

Thompson Pk Activity Barn

Sat, Apr 18-25 9:00-10:15 AM ..... W2202A Sat, May 23-30 9:00-10:15 AM..... W2302A



#### "I Can Ride My Bike All By Myself!" Private Lessons

#### (ages 5-9)

Your child's basic bicycle skills will improve as they work side by side with an expert during this private lesson. They will start to develop the essential skills needed to gets off those training wheels and onto two wheels. All classes will start in a enclosed area with a hard surface floor. Parents will be asked to assist the instructor as necessary. All bicycle must be good working order tires inflated, brakes working, cables connected. We recommend if you are unsure, stop by your local bike shop for a checkup. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets (CPSC label inside helmet).

Instructor: Wally Tunison

### One Session \$85.00 Per Person

#### Thompson Pk Activity Barn

Sat, Apr 18 10:30-11:30 AM W2402A
Sat, Apr 18 11:45 AM-12:45 PM W2502A
Sat, Apr 18 1:00-2:00 PM W3202A
Sat, Apr 25 10:30-11:30 AM W2602A
Sat, Apr 25 11:45 AM-12:45 PM W2702A
Sat, Apr 25 1:00-2:00 PM W3302A
Sat, May 23 10:30-11:30 AM W2802A
Sat, May 23 11:45 AM-12:45 PM W2902A
Sat, May 23 1:00-2:00 PM W3402A
Sat, May 30 10:30-11:30 AM W3002A
Sat, May 30 11:45 AM-12:45 PM W3102A
Sat, May 30 1:00-2:00 PM W3502A

# **Big Brook's Egg Hunt for Kids**

#### (ages 3-8, with adult)

Celebrate the coming of spring with fun-filled activities and an egg hunt! Meet a live bunny, play games, and even take photos with the Easter Bunny! Make sure to bring your own basket to fill up with all of the candy filled eggs you find! Activities will run from 1:00-2:00 PM followed by the egg hunt at 2:00 PM.

#### One Session \$15.00 Per Child

#### Big Brook Pk Elsas Lodge

Sat, Apr 4 1:00-2:30 PM......U0302A

# Hiking Adventures - A Toddler's Perspective

#### (ages 2-5, with adult)

Enjoy a vibrant Spring morning with your toddler exploring one of your county parks. These short hikes are intended for little legs and short attention spans. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary with the group's stamina. Additional children under the age of 2 are welcome to join in at no charge. **One Session \$15.00 Parent/Child \$6.00 Additional Sibling** 

#### **Big Brook Exploration**

Big Brook Pk Parking Lot

Sat, Mar 28 10:00-11:30 AM..... W3602X Kings Hollow Hiking Hartshorne Wds Buttermilk Valley Parking Lot Sat, Apr 18 10:00-11:30 AM..... W3702X Flower Power Fun Deep Cut Gardens Outdoor Area

Sat, May 16 10:00-11:30 AM ...... W3802X

#### **Nature Tots & Young Explorers**

#### (ages 2-5, with adult)

Get outdoors and make some memories with your toddler on the scenic trails of the county parks. Your young explorer will discover nature and enjoy fun craft activities and stories. 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.

#### Three Sessions \$36.00 Parent/Child \$15.00 Additional Sibling

#### **Salamander Series**

March 6 - Dorbrook Rec Area Vis Ctr Parking Lot March 13 - Tatum Pk Red Hill Act Ctr Parking Lot March 20 - Huber Wds Env Ctr Parking Lot

# Fri, Mar 6-20 10:00-11:30 AM ..... W0502X

#### **Songbird Series**

April 1 - Thompson Pk Filly Run Parking Lot April 8 - Shark River Pk Shelter Building April 15 - Holmdel Pk Hilltop Shelter

#### Wed, Apr 1-15 10:00-11:30 AM ..... W0602X

#### Fox Series

May 7 - Big Brook Pk Main Parking Lot May 14 - Hartshorne Wds Pk Buttermilk Valley Lot May 21 - Hartshorne Wds Pk Rocky Point Lot **Thu, May 7-21 10:00-11:30 AM..... W0702X** 

# **PLAY GROUPS**

#### **Baby Boomers**

#### (ages 9 months-18 months, with adult)

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

# Six Sessions \$72.00 Parent/Child

#### Henry Hudson Trail Act Ctr

Tue, Mar 10-Apr 14 11:00-11:45 AM ......X9902A Tue, Apr 28-Jun 2 11:00-11:45 AM ......XA002A Tatum Pk Holland Act Ctr

Fri, Mar 13-Apr 24 9:15-10:00 AM ......X6202A No class 4/10

Fri, May 1-Jun 5 9:15-10:00 AM......X6502A

#### **Frozen Fun**

#### (ages 3-5, with adult)

Jump, create, run, play, sing, and laugh through activities including Olaf's Obstacle Course, Defroster Tag, Snowflake making, and of course Let It Go Hot Potato. Each class will alternate between active play and a craft as we explore the world of Frozen. Have some Frozen costumes or accessories? Wear them on the last day of our program for our Frozen Parade.

#### Four Sessions \$45.00 Parent/Child

#### Fort Monmouth Rec Ctr Gym A

Fri, Mar 13-Apr 3 9:30-10:15 AM	MA702A
Fri, Apr 17-May 8 9:30-10:15 AM	MD402A

#### **Growing Together**

(ages 2-4, with adult)

Join us this spring as we go outside at Dorbrook Recreation Area to read stories, sing songs and engage in nature-related activities. Then come inside and make a take-home craft together! This mommy and me program is designed to promote outdoor learning through play. Please bring along your smiles and a blanket to sit on while we are outside. All outdoor activities are weather permitting.

# Six Sessions \$52.00 Parent/Child \$26.00 Additional Sibling

#### Dorbrook Rec Area Prog Bldg

Wed, Apr 29-Jun 3 11:15 AM-12:00 PM....A2402X

# **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.

# Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym B

#### **Indoor Season**

 Tue, Mar 10-31 10:30-11:15 AM
 MAW02A

 Spring Season 1
 Tue, Apr 14-May 5 10:30-11:15 AM
 MAX02A

 Spring Season 2
 Tue, May 19-Jun 9 10:30-11:15 AM
 MAY02A

# 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 parent's participation to the coolest children's musical experience ever. A \$40 materials fee is due to the instructor on the first day of class. **Please Note: Registration for each session will close one week prior to the starting date.** 

# Ten Sessions \$160.00 Parent/Child \$110.00 2nd Child \$70.00 Additional Sibling

#### Instructor: Ms. Bri

Dorbrook Rec Area Vis Ctr

Fri, Apr 3-Jun 12 10:00-10:45 AM.....AAJ02X No class 4/10 Tatum Pk Red Hill Act Ctr

 Mon, Apr 6-Jun 15 9:30-10:15 AM
 A8902X

 No class 5/25
 Mon, Apr 6-Jun 15 10:30-11:15 AM
 A9002X

No class 5/25 Instructor: Mr. Rob

### Dorbrook Rec Area Vis Ctr

Mon, Apr 6-Jun 15 9:30-10:15 AM ......A8702X No class 5/25 Mon, Apr 6-Jun 15 4:00-4:45 PM.....A8802X

No class 5/25

### **Morning Playtime**

(ages 18 months-3 1/2 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, bells, and parachute. **Please Note: A parent/guardian must be present in the room during the program. Drop-offs are not permitted.** 

#### Stage 2

(ages 18 months-2 years, with adult) Four Sessions \$48.00 Parent/Child Dorbrook Rec Area Act Ctr

Tue, May 26-Jun 16 10:00-10:45 AM .....X2702A Five Sessions \$60.00 Parent/Child

#### Dorbrook Rec Area Act Ctr

 Tue, Apr 7-May 12 10:00-10:45 AM
 X2602A

 No class 4/21
 Six Sessions \$72.00 Parent/Child

 Tatum Pk Holland Act Ctr
 Wed, Mar 11-Apr 22 10:00-10:45 AM

 No class 4/8
 Fri, Mar 13-Apr 24 10:00-10:45 AM

No class 4/10 Wed, Apr 29-Jun 3 10:00-10:45 AM ......X5902A Fri, May 1-Jun 5 10:00-10:45 AM ......X6102A Thompson Pk Vis Ctr Tulip Room

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Wed, Mar 11-Apr 15 9:15-10:00 AM......X8702A
Wed, Apr 29-Jun 3 9:15-10:00 AM ......X8802A
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#### Stage 3

(ages 2-3 1/2 years, with adult) Four Sessions \$48.00 Parent/Child Dorbrook Rec Area Act Ctr Tue, May 26-Jun 16 11:00-11:45 AM .....X2902A Five Sessions \$60.00 Parent/Child Dorbrook Rec Area Act Ctr Tue, Apr 7-May 12 11:00-11:45 AM .....X2802A No class 4/21 Six Sessions \$72.00 Parent/Child Henry Hudson Trail Act Ctr Tue, Mar 10-Apr 14 10:00-10:45 AM .....X9702A Tue, Apr 28-Jun 2 10:00-10:45 AM ......X9802A Tatum Pk Holland Act Ctr Wed, Mar 11-Apr 22 11:00-11:45 AM .....X6802A No class 4/8 Fri, Mar 13-Apr 24 11:00-11:45 AM ......X7002A No class 4/10 Wed, Apr 29-Jun 3 11:00-11:45 AM ......X6902A Fri, May 1-Jun 5 11:00-11:45 AM .....X7102A Thompson Pk Vis Ctr Tulip Room Wed, Mar 11-Apr 15 10:00-10:45 AM .....X8902A Wed, Apr 29-Jun 3 10:00-10:45 AM ......X9002A

### **My Morning Playtime**

#### (ages 3-4, with adult)

Our most active Playtime class for preschoolers ready for a little independence. After a brief parent/ child free-play time with our tunnels, trampolines, and other specialized play equipment. Class will progress to themed and movement activities. Please Note: Parents/guardians may not be actively participating during class, but will be asked to monitor their child's behavior.

Six Sessions \$72.00 Parent/Child

#### Thompson Pk Vis Ctr Tulip Room

Wed, Mar 11-Apr 15 11:00-11:45 AMX9102	2A
Wed, Apr 29-Jun 3 11:00-11:45 AMX9202	2A

#### **Morning Playtime Plus Two**

(ages 11 months-3 years, with adult)

Don't split your children and your time between two different Morning Playtime classes. Both you and your children will build creativity and confidence through exercise, music, themed activities and use of specialized play equipment. Your children will learn and develop as they play with tunnels, mini-trampoline, ribbon sticks, bells and parachute. **Please Note: A parent/guardian must be present in the room during the program. Drop-offs are not permitted.** 

#### Six Sessions \$90.00 Mom & 2 children Tatum Pk Holland Act Ctr

Wed, Mar 11-Apr 22 9:15-10:00 AM.....X5602A No class 4/8

Wed, Apr 29-Jun 3 9:15-10:00 AM .....X5702A

#### **Music Together**

#### (ages 6 weeks-5 years, with adult)

Get ready to sing, dance, wiggle, and giggle with this fun and engaging class! Each class is filled with music and movement activities plus instrument play to support each child's development. They'll be having so much fun, they won't even realize how much learning is going on! Each registered family receives a beautifully illustrated songbook, CD, and digital download code for our app with new music each session. A one-time \$40.00 fee is payable to the instructor on the first day of class.

Ten Sessions \$170.00 Parent/Child \$135.00 2nd Child \$70.00 Additional Sibling

#### Dorbrook Rec Area Vis Ctr

 Wed, Mar 25-May 27 9:15-10:00 AM ..... AAD02X

 Wed, Mar 25-May 27 10:15-11:00 AM ..... AAE02X

 Fri, Mar 27-Jun 5 11:15 AM-12:00 PM ..... AAE02X

 No class 4/10

 Sat, Mar 28-Jun 6 9:15-10:00 AM ...... AAG02X

 No class 4/11

 Sat, Mar 28-Jun 6 10:15-11:00 AM ...... AAH02X

 No class 4/11

#### Story (Play)Time - Small Screen Favorites

(ages 2 1/2-5, with adult)

Your child's favorite TV characters and shows don't need to stay on the screen anymore. We will recreate stories through a book, action time in the gym, and then end with a character specific craft. Our fun, ageappropriate adventures will include opportunities to work on our social skills including sharing, taking turns, and transitioning to different activities. Let's go from screen time to play time together in our gym and preschool craft room.

Four Sessions \$45.00 Parent/Child Fort Monmouth Rec Ctr Gym A

#### **TV Favorites**

Fri, Mar 13-Apr 3 10:45-11:30 AM ..... MA802A Movie Characters

Fri, Apr 17-May 8 10:45-11:30 AM ..... MD302A

#### **Superheroes**

(ages 2 1/2-5, 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!

#### Six Sessions \$66.00 Parent/Child

#### Fort Monmouth Rec Ctr Gym A

Mon, Mar 2-Apr 6 9:30-10:15 AM	M9502A
Mon, Mar 2-Apr 6 10:30-11:15 AM	M9802A
Mon, Apr 20-Jun 1 9:30-10:15 AM	M9902A
No class 5/25	
Mon, Apr 20-Jun 1 10:30-11:15 AM	MA002A

No class 5/25



# **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.

# Five Sessions \$60.00 Parent/Child

Fort Monmouth Rec Ctr

Sat, Apr 11-May 9 9:00-9:55 AM ..... XAP02A

#### **Gymnastics-** Parent and Child

#### (ages 2-3, with adult)

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

### Four Sessions \$55.00 Per Pair All American Gymnastics Cindy Lane, Ocean Sat, Mar 7-28 9:00-9:45 AM ..... M7502A Sat, Mar 7-28 10:00-10:45 AM ..... M7602A Sat, Apr 4-May 2 9:00-9:45 AM ..... M7802A No class 4/11 Sat, Apr 4-May 2 10:00-10:45 AM..... M7702A No class 4/11 Sat, May 9-Jun 6 9:00-9:45 AM ..... M7902A No class 5/23 Sat, May 9-Jun 6 10:00-10:45 AM ..... M8002A No class 5/23 Shrewsbury Gymnastics School Broad Street, Shrewsbury Tue, Feb 25-Mar 17 9:15-10:00 AM ..... MC101A Tue, Feb 25-Mar 17 10:15-11:00 AM ..... MC201A Thu, Feb 27-Mar 19 9:15-10:00 AM ..... MC301A Thu, Feb 27-Mar 19 10:15-11:00 AM ..... MC401A Tue, Mar 24-Apr 21 9:15-10:00 AM ..... M8102A No class 4/14 Tue, Mar 24-Apr 21 10:15-11:00 AM ..... M8202A No class 4/14 Thu, Mar 26-Apr 23 9:15-10:00 AM ..... M8302A No class 4/16 Thu, Mar 26-Apr 23 10:15-11:00 AM ..... M8402A No class 4/16 Tue, Apr 28-May 19 9:15-10:00 AM ..... M8502A Tue, Apr 28-May 19 10:15-11:00 AM ..... M8702A Thu, Apr 30-May 21 9:15-10:00 AM ..... M8802A Thu, Apr 30-May 21 10:15-11:00 AM..... M8902A



#### Hat Trick Hockey - Mites

(age 3, with adult)

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

#### Four Sessions \$50.00 Parent/Child Fort Monmouth Rec Ctr

Sat, Apr 4-25 11:00-11:45 AM ..... XAW02A

**Registration for spring programs begins** on Wednesday, February 5 at 8:00 AM.

Be sure to register early to secure your spot in your favorite Monmouth County Park System programs.

www.MonmouthCountyParks.com



#### (ages 2 1/2-3, 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 \$56.00 Per Child

#### **Indoor Season**

#### Dorbrook Rec Area Act Ctr

Thu, Mar 12-Apr 2 4:00-4:45 PM ..... MAB02A Sat, Mar 14-Apr 4 9:00-9:45 AM ..... MAC02A Fort Monmouth Rec Ctr Gvm B

#### Tue, Mar 10-31 9:30-10:15 AM .....MAA02A Sun, Mar 15-Apr 5 11:00-11:45 AM .....MAD02A Sun, Mar 15-Apr 5 12:00-12:45 PM ..... MAE02A Sun, Mar 15-Apr 5 1:00-1:45 PM ..... MAF02A

#### Spring Season 1

**Bayshore Waterfront Park** 

Wed, Apr 15-May 6 4:30-5:15 PM ......MDU02A Dorbrook Rec Area

Dorbrookineerineu	
Thu, Apr 16-May 7 9:30-10:15 AM	. ME002A
Thu, Apr 16-May 7 10:30-11:15 AM	. ME102A
Thu, Apr 16-May 7 4:30-5:15 PM	. ME202A
Sun, Apr 19-May 10 8:30-9:15 AM	. ME802A
Fort Monmouth Rec Ctr Outdoor Area	

Tue, Apr 14-May 5 9:30-10:15 AM	MDS02A
Tue, Apr 14-May 5 4:30-5:15 PM	MDT02A
Sun, Apr 19-May 10 9:00-9:45 AM	ME902A
Sun, Apr 19-May 10 10:00-10:45 AM	MEA02A

#### Holmdel Pk Hilltop Area

Fri, Apr 17-May 8 9:30-10:15 AM	ME302A
Fri, Apr 17-May 8 10:30-11:15 AM	<b>ME402A</b>
Fri, Apr 17-May 8 4:00-4:45 PM	<b>ME502A</b>
Sat, Apr 18-May 9 9:00-9:45 AM	ME602A
Sat, Apr 18-May 9 10:00-10:45 AM	<b>ME702A</b>

#### Spring Season 2

#### **Dorbrook Rec Area**

```
Thu, May 21-Jun 11 9:30-10:15 AM ..... MEH02A
Thu, May 21-Jun 11 10:30-11:15 AM ..... MEJ02A
```

#### Fort Monmouth Rec Ctr Outdoor Area

```
Tue, May 19-Jun 9 9:30-10:15 AM..... MED02A
Tue, May 19-Jun 9 4:30-5:15 PM ..... MEE02A
Sun, May 31-Jun 21 9:00-9:45 AM ..... MES02A
Sun, May 31-Jun 21 10:00-10:45 AM ..... MET02A
Holmdel Pk Hilltop Area
```

Fri, May 22-Jun 12 4:00-4:45 AM	MEP02A
Fri, May 22-Jun 12 9:30-10:15 AM	MEM02A
Fri, May 22-Jun 12 10:30-11:15 AM	MEN02A
Sat, May 30-Jun 20 9:00-9:45 AM	MEQ02A
Sat, May 30-Jun 20 10:00-10:45 AM	MER02A
	(continued)

# Kids Kixx Pee Wee continued...

#### Thompson Pk

Mon, May 18-Jun 15 9:30-10:15 AM ..... MEB02A No class 5/25

Mon, May 18-Jun 15 10:30-11:15 AM .... MEC02A No class 5/25

#### Wolf Hill Recreation Area

Wed, May 20-Jun 10 9:30-10:15 AM..... MEF02A Wed, May 20-Jun 10 10:30-11:15 AM .... MEG02A Wickatunk Rec Area Spring Valley Grass Field

Thu, May 21-Jun 11 4:30-5:15 PM ..... MEK02A



#### (ages 5-7, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build selfconfidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared for 3-7 year old children and there are no strict expectations. Come join yoga teacher Kim Beuno on the mat for a joyful class.

#### Six Sessions \$60.00 Per Person

#### Freneau Woods Pk Vis Ctr Prog Rm 1

Mon, Mar 9-Apr 27 4:00-4:45 PM ..... XA802A No class 4/6 & 4/13

# Mommy & Me Yoga 📷

(ages 2-4, with adult)

Join Kim Beuno for Mommy & Me class for you and your little one! This class is designed for toddlers that are strong walkers to 3 years old. This will be an interactive class where you will each stretch, play and have fun! Please bring a yoga mat and blanket. If your little one has something that keeps them happy, feel free to bring it! Instructor: Kimberly Beuno

# Six Sessions \$60.00 Parent/Child

Freneau Woods Pk Vis Ctr Prog Rm 1

Sun, Mar 8-Apr 26 10:15-11:00 AM ......XA502X No class 4/5 & 4/12

# 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.

#### Five Sessions \$50.00 Parent/Child

#### Dorbrook Rec Area

Sat, Apr 11-May 9 9:00-9:55 AM	.XB202A
Sat, May 16-Jun 13 9:00-9:55 AM	XBA02A



# Time spent with family is time well spent.

Parks bring us together. For 60 years the Monmouth County Park System has worked hard to offer beautiful places and spaces for our citizens to enjoy. Parks offer places to come together, space to recreate and destress, and the opportunity to easily create memories that last a lifetime.

Whether you don't get to your Monmouth County parks often, or you're a frequent visitor, here are some ideas to get you out of the house together and enjoying the beautiful parks around us.

**Go on a scavenger hunt.** On page 42 is a scavenger hunt for you and your family to explore the parks and work together. Check off your finds as you visit the parks and submit your form for a chance to win a prize.

**Games.** Remember the games from your childhood? You don't need cards or balls or trinkets. Get a group together and play "Red Rover", "Red Light/Green Light" or "Hide & Seek".

**Play in the sand.** The Park System's waterfront locations are open year round, so grab the sand toys and build a sandcastle or sculpture. It doesn't need to be summer to enjoy the shore.

**Pack a picnic.** Whether you use a picnic blanket or one of our picnic tables, the parks are a great place to enjoy lunch, dinner or a tasty snack. Check out our Pinterest page for ideas on healthy foods to pack for your picnic.

**Sleep under the stars.** Spring is upon us and that means the campgrounds at *Turkey Swamp Park*, Freehold, will be opening soon. From April 1-November 15 you can reserve a campsite to detach from the electronics and become more at one with nature.

**Cloud shapes.** When is the last time you laid on the grass or on a blanket and stared up at the sky? Using your imagination to discern the shapes in the clouds is fun at any age.

**Watch for wildlife.** Our parks offer habitats for many creatures, and it's exciting to see what you may spot while on a walk. With a bit of patience, you never know the beautiful creatures you'll see on your visit. Make a game of it and start writing down what you spot each visit until you reach 20 (or 30, or 40, or even 50!).

**Fishing.** Grab your poles and head to one of the Park System's lakes. Freshwater fishing is both relaxing and a great way to bond with your children. Just remember to obtain your Freshwater Fishing License for anglers 16 and over. And if it becomes your newest hobby you may want to consider entering one of our Freshwater Fishing Derbies (p. 17).

No matter what family-fun activity you choose or what park site becomes your favorite, make it a point to spend more time together. We look forward to seeing you!

# **ARTS & CRAFTS**

#### **American Girl® Doll Design**

#### (ages 7-10)

Doll mommies will create fun and stylish accessories for their dolls. Children must own an American Girl<sup>®</sup> or other 18" doll and bring her to class each week. **One Session \$19.00 Per Child** Fort Monmouth Rec Ctr Prog Rm A

#### Happy Birthday!

Create all the items you need to make a party Sat, Mar 21 10:30-11:30 AM..... M4002A

#### **Sports**

An assortment of athletic accessories

Sat, Apr 25 10:30-11:30 AM ..... M4102A

#### **On the Beach**

Spread your blanket on the beach and enjoy a day at the shore.

Sat, May 16 10:30-11:30 AM ..... M4202A

# Canvas Creations for Kids 🎬

(ages 7-12)

Children will create a beautiful piece of artwork to take home! Each session is a different themed project that will use stenciling, collage and more! All supplies are included. Canvas size: 11" x 14". Instructor: Monique Topp

#### One Session \$35.00 Per Child

#### Unicorns

Freneau Woods Pk Vis Ctr Art Room Sat, Apr 25 1:00-3:30 PM..... AA002A

#### Pigs

Henry Hudson Trail Act Ctr

Sat, Mar 21 1:00-3:30 PM ......A9902A

#### **Children's Ceramics**

#### (ages 6-14)

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.

Instructor: Adrianne Spota

#### Seven Sessions \$84.00 Per Child

#### Thompson Pk Creative Arts Center

Sat, Mar 7-Apr 25 9:30-11:30 PM .....ZAJ02A No class 4/11 Sat, May 2-Jun 20 9:30-11:30 PM .....ZAK02A No class 5/23

# **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 hand tools, slab roller, extruder and a variety of other forms. Class includes 10 lbs. of clay, glazes and firings.

# Six Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 16-Apr 20 4:00-5:30 PM ......ZB402A Mon, May 4-Jun 15 4:00-5:30 PM .....ZB502A No class 5/25

# **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.

# Seven Sessions \$112.00 Per Child

# Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

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Thu, Mar 5-Apr 16 4:00-6:00 PM	ZAV02A
Thu, Apr 30-Jun 11 4:00-6:00 PM	ZAW02A
Instructor: John Fossa	
Sat, Mar 7-Apr 25 9:00-11:00 AM	ZAX02A
No class 4/11	
Sat, May 2-Jun 20 9:00-11:00 AM	.ZAY02A
No class 5/23	

Lp

# Park System History

The Thompson Park Creative Arts Center, located in a converted Brookdale Farm dairy barn, opened in 1997 to offer pottery and ceramics classes.

# **Crafternoons at Dorbrook**

# (ages 7-11)

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

# One Session \$15.00 Per Child Dorbrook Rec Area Prog Bldg

# **April Showers Crafternoon**

Create a cloud and raindrop craft made from felt. If your child likes plush toys, this is the class for them.

Tue, Apr 28 4:00-5:15 PM .....A2902A

# **May Flowers Crafternoon**

Decorate a flower pot and create beaded flowers that will last all year.

Tue, May 19 4:00-5:15 PM.....A3002A

# **Start of Summer Crafternoon**

Create a watermelon-themed project just in time for summer!

Tue, Jun 2 4:00-5:15 PM......A0203A

# **Entire Series**

Register for the entire series and save! Three Sessions \$40.00 Per Child Dorbrook Rec Area Prog Bldg

Tue, Apr 28-Jun 2 4:00-5:15 PM ......A6402A

# **Drawing Basics**

# (ages 9-15)

In this fun-filled class, students will learn new techniques and different drawing mediums in order to enhance their ability. Designed for the child who enjoys drawing, the class will cover everything needed to sharpen their skills. All that's required to join us is some creativity and a pencil.

Instructor: Joyce Nokes

Six Sessions \$72.00 Per Person

# Thompson Pk Creative Arts Center

Fri, Mar 13-Apr 24 4:15-5:45 PM......ZB202A No class 4/10

Fri, May 1-Jun 5 4:15-5:45 PM .....ZB302A

# Fancy Fairy Tutu & Wings

# (ages 8-10)

Create your own fairy tutu our of tulle and ribbon and stained glass fairy style wings out of poster board and tissue paper. Wear a plain t-shirt and leggings to show off your wings and tutu immediately as they are completed.

Instructor: Stacey Pritchard

One Session \$50.00 Per Person

# Tatum Pk Red Hill Act Ctr

Tue, Apr 21 5:00-7:30 PM	AAU02A
Sat, May 2 2:00-4:30 PM	AAV02A

# **Friday Evening Pottery**

(ages 11 and up, under 13 with adult)

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Fee includes glazes, firings, and 12 lbs. of clay. **Please Note: Participants 13 and under must be registered with an adult.** 

Instructor: Joyce Nokes

# Seven Sessions \$112.00 Per Person

Thompson Pk Creative Arts Center

Fri, Mar 6-Apr 17 6:30-8:30 PM Z	'AN02A
Fri, May 1-Jun 12 6:30-8:30 PM 2	ZAP02A

# **Great Impressionism for 4, 5 & 6 year olds**<sup>™</sup> (ages 4-6)

Debra Stasiak, artist and founder of Aspiring Artists<sup>®</sup> LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists<sup>®</sup> exclusive step-by-step methods. Young artists will paint an excerpt from famous paintings.: Students will also create one original impressionistic painting each session. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

# Four Sessions \$58.00 Per Person

**Thompson Pk Creative Arts Center** Monet's Landscape near Montecarlo Monet's Flowers on the Banks of Seine near Vetheuil Pissarro's Sunset **ORIGINAL** Tulips in a Vase Sat, Mar 7-28 11:00 AM-12:00 PM .....Z4002A Monet's Giverny in Springtime Pissarro's Flowering Apple Trees at Eragny 1 Monet's Grainstacks **ORIGINAL** Tropical Fish Sat, Apr 4-25 11:00 AM-12:00 PM.....Z4102A Cross' Landscape of Provence 1898 Cassatt's Two Children at the Seashore Guillaumin's Vase of Chrysanthemums **ORIGINAL** Sailboat Sat, May 2-23 11:00 AM-12:00 PM ......Z4202A

# Great Impressionism for Aspiring Young Artists™

# (ages 7-12)

Debra Stasiak, artist and founder of Aspiring Artists<sup>®</sup> LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists<sup>®</sup> exclusive step-by-step methods. Students paintings will resemble the famous masterpieces listed below. Acrylic paints can stain clothing, so "painting clothes" are recommended for class.

# Three Sessions \$69.00 Per Person Thompson Pk Creative Arts Center

Cross' The Beach of Saint Clair Monet's Flowers on the Banks of Seine near Vetheuil ORIGINAL Tulips in a Vase **Sat, Mar 7-21 2:00-4:00 PM ......Z7702A** Cross' Landscape of Provence 1898 Pissarro's Sunset ORIGINAL Tropical Fish **Sat, Apr 4-18 2:00-4:00 PM .....Z7802A** Cross' Regatta Cassatt's Two Children at the Seashore (excerpt) ORIGINAL Lighthouse **Fri, May 1-15 4:30-6:30 PM ......Z7902A** 

# **KidzArt Explore**

# (ages 6-11)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem solving, creative thinking and selfconfidence 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 the instructor at first class.

# Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

```
        No class 4/9
        ZAE02A

        Thu, Apr 23-May 28 4:15-5:15 PM
        ZAE02A
```

Thu, Apr 23-May 28 4:15-5:15 PM .....ZAF02A

# **KidzArt Discover**

# (ages 3 1/2-5)

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 problemsolving skills.

# Six Sessions \$84.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Mar 3-Apr 7 1:00-2:00 PM	ZAA02A
Tue, Apr 14-May 19 1:00-2:00 PM	ZAB02A
Henry Hudson Trail Act Ctr Craft Room	

Wed, Mar 4-Apr 8 1:00-2:00 PM ..... ZAC02A Wed, Apr 15-May 20 1:00-2:00 PM..... ZAD02A

# **KidzArt Painting Workshop**

# (ages 6-11)

Create a beautiful spring themed painting in each workshop, painting titles are listed next to the dates. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. All supplies included.

# One Session \$24.00 Per Child

Thompson Pk Creative Arts Center

Rainbow Unicorn	
Sat, Mar 7 1:30-3:00 PM	Z9602A
Make a Wish Dandelion	
Sat, Apr 4 1:30-3:00 PM	Z9702A
Flowers for Mother's Day	
Sat, May 9 1:30-3:00 PM	Z9802A

# **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 \$8.00 is payable to instructor at first class. **Six Sessions \$84.00 Per Child** 

# Thompson Pk Creative Arts Center

Thu, Mar 5-Apr 16 5:30-6:45 PM	ZAG02A
No class 4/9	
Thu, Apr 23-May 28 5:30-6:45 PM	ZAH02A

# Warm Fuzzy Monsters

# (ages 12 and up)

You get to create customized monsters by learning hand sewing skills such as sewing knots, sewing buttons, basic stitches and following basic patterns. You leave class with the ability to make more of your own monsters at home with additional pattern choices and the ability to continue to customize your monsters as you explore using different fabrics and your imagination. Bring your own fabric and/or repurpose old, clean clothes to give them new life.

Instructor: Stacey Pritchard

#### **One Session \$50.00 Per Person**

Tatum Pk Red Hill Act Ctr

Sat, Mar 7 2:00-4:30 PM	AAS02A
Tue, Apr 7 5:00-7:30 PM	AAT02A

# **CULINARY ARTS**

# **Basic Cake Decorating**

# (ages 9-12)

Using decorating tools, icing and pre-made cakes, students will be introduced to the basic techniques of cake decorating. Step-by-step instructions and handson practice leads to the "icing" on the cake - your own custom decorated masterpiece. A \$24.00 fee for cake decorating supplies is payable to instructor on the first day of class.

# Three Sessions \$52.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Wed, Mar 11-25 5:00-6:30 PM	A7002A
Wed, Apr 22-May 6 5:00-6:30 PM	A7102A

# **Books & Cooks**

#### (ages 3-5)

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 hear some food related stories! Activities may include baking, assembling and more. Bring an apron if you have one. Recipes will vary from those previously offered.

#### Please Note: Children must be fully potty trained.

Four Sessions \$52.00 Per Person \$26.00 Additional Sibling

#### Dorbrook Rec Area Vis Ctr

Wed, Mar 25-Apr 15 3:00-4:00 PM ......A5502X Wed, Apr 29-May 20 3:00-4:00 PM ......A5602X

# **Create Like Kids' Baking Championship**

# (ages 10-13)

Whether you're a fan of the show or just love to bake, throw on your apron and get ready for some handson baking! Each week we'll focus on different kinds of treats, including some from the show, as we perfect our skills. You'll practice techniques for proper measuring, mixing, following a recipe and more, all while creating a yummy treat to take home.

# Four Sessions \$75.00 Per Child

# Fort Monmouth Rec Ctr Kitchen

Mon, Apr 6-27 4:30-6:30 PM	M2302A
Mon, May 4-Jun 1 4:30-6:30 PM	M2402A
No class 5/25	

# **Little Bakers**

(ages 3-5)

Cookies, cupcakes, muffins and more! Does your child love to bake at home? This class will allow them to build their favorite treats in a hands-on, creative and fun atmosphere. They will practice measuring, mixing, spreading and kitchen safety, along with other basic baking techniques over the course of four weeks. Bring an apron as this is a hands-on class.

#### Please Note: Children must be fully potty trained. Four Sessions \$55.00 Per Child

#### Dorbrook Rec Area Vis Ctr

Thu, Apr 2-23 3:00-4:00 PM	.A5702A
Thu, May 7-28 3:00-4:00 PM	.A5802A

# **Top Teen Chef**

#### (ages 13-15)

So, you're no Flynn McGarry, but you love food and wish you had the skills. If YouTube<sup>®</sup> videos aren't cutting it, maybe what you need is some old-fashioned hands-on practice. We'll start with the basics, like the right (and safe!) way to use a knife. Learn how to cut vegetables and meat, season food with herbs, use the stove top for sautéing and more everyday skills that you can apply immediately at home. Build your confidence and your recipe box while on your way to becoming a top teen chef!

#### Four Sessions \$95.00 Per Person Fort Monmouth Rec Ctr Kitchen

Tue, Mar 31-Apr 21 6:00-8:00 PM ..... MAM02A Tue, May 5-26 6:00-8:00 PM ..... MAN02A

# **Tween Chefs**

#### (ages 10-12)

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

#### Four Sessions \$75.00 Per Person Dorbrook Rec Area Vis Ctr

Sun, Mar 29-Apr 26 10:30 AM-12:00 PM...A5902A No class 4/12 Thu, Apr 23-May 14 4:30-6:00 PM ......A6002A

# **Young Chefs**

#### (ages 6-9)

A cooking class for older kids! We'll make a simple three course meal each week. Starting with an appetizer or salad, then a main course, and ending with a yummy dessert. We'll also discuss kitchen safety and healthy eating habits. Maybe they'll make you dinner for a change! Please bring an apron to class if you have one. One Session \$75.00 Per Person

# Dorbrook Rec Area Vis Ctr

Instructor: Miss Robin

Wed, Apr 1-22 4:30-6:00 PM	A6202A
Wed, May 13-Jun 3 4:30-6:00 PM	A6302A
Instructor: Miss Wendy	
Sun, May 3-24 10:30 AM-12:00 PM	A6102A

Have food allergies? Please let us know when registering for any of our culinary arts programs.

# **EDUCATION & ENRICHMENT**

# Bricks 4 Kidz<sup>®</sup>: Urban Architecture

(ages 9-12)

Let's build a CITY! We'll learn, plan and build together. Junior architects will test out engineering and architecture principals as they build skyscraper models, parks and playgrounds, water ways, bridges, and consider public spaces using LEGO<sup>®</sup> technic and basic bricks. They'll have a blast creating custom-build cars and trucks to move the people of the city around town - brick by brick!

# Six Sessions \$125.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Mar 5-Apr 9 4:30-5:30 PM ..... Q3602A

# Bricks 4 Kidz®: Young Architects 🎬

(ages 5-9)

Stack, overlap and stagger are techniques used by LEGO<sup>®</sup> designers to create original scale models. We'll take participants on a hands-on history journey and build pyramids, castles, the Eiffel Tower, and the Empire State Building using basic 2x2 and 2x4 LEGO<sup>®</sup> bricks. The mechanical aspect of building using technic pieces will feature movement of gears, pins, axles and motors. Explore what gears do and how friction and non-friction influence movement.

# Six Sessions \$125.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 2

Tue, Mar 3-Apr 7 4:30-5:30 PM	Q3402A
Fort Monmouth Rec Ctr Prog Rm C	
Wed, Mar 4-Apr 8 4:30-5:30 PM	Q3502A

# Child and Babysitting Safety 🍄

(ages 10 and up)

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 \$55.00 Per Person**

Sat, May 2 10:00 AM-12:00 PM	Q2602A
Sat, Mar 21 10:00 AM-12:00 PM	Q2502A
Thompson Pk Vis Ctr Beech Room	
Sat, Apr 18 10:00 AM-12:00 PM	Q2702A
Freneau Woods Pk Vis Ctr Prog Rm 2	

# **Spring Break Camps**

# Bricks 4 Kidz® Spring Break Camp 🍄

# (grades 1-4)

Each day at Bricks 4 Kidz<sup>®</sup> camp, children learn, build and play exploring the principals of (S.T.E.M) science, technology, engineering and mathematics. Each child will take home a custom mini-figure on Friday. Instructors and all camp supplies provided by Bricks 4 Kidz<sup>®</sup>.

## Five Sessions \$185.00 Per Person

# **Trains, Planes & Cars: Engineering in Motion**

Making it move is part of the fun at this exciting camp! Kids will build motorized cars, trucks, dragsters, locomotives, planes, and more. Then daily activities rev up when LEGO<sup>®</sup> wireless remote controls are used to control the action. Campers will learn the basic working principles of each vehicle and experiment with speed, learn about acceleration, power functions and the difference between friction and non-friction. Put the pedal to the metal!

# Freneau Woods Pk Vis Ctr Prog Rm 2

# Mon-Fri, Apr 13-17 9:00 AM-12:00 PM . . Q3802A Thompson Pk Vis Ctr Beech Room

# Mon-Fri, Apr 13-17 9:00 AM-12:00 PM . . Q3702A Lights, Camera, Action...Let's Build

# Does your child enjoy popular movies such as Star Wars<sup>®</sup>, Toy Story<sup>®</sup>, The Incredibles<sup>®</sup> and Harry Potter<sup>®</sup>? Does s/he keep the ideas and action going at home and at play with friends? This camp combines creativity with building technique revolving around movie characters and scenes. Your child will learn, build and play using LEGO<sup>®</sup> technic bricks and motors. Collaboration, teamwork, the design process and building technique will be emphasized.

## Freneau Woods Pk Vis Ctr Prog Rm 2

# Mon-Fri, Apr 13-17 1:00-4:00 PM ...... Q3902A Thompson Pk Vis Ctr Beech Room

Mon-Fri, Apr 13-17 1:00-4:00 PM ..... Q4002A

# **Full Day Option**

Can't decide between the morning and afternoon Bricks 4 Kidz<sup>®</sup> Camp? Take them both! Price includes both camps plus a supervised lunch break from 12:00-1:00 PM, where children will have a chance to eat their lunch and play with LEGO<sup>®</sup> bricks. Please see half day descriptions for full details for each camp above.

Five Sessions \$360.00 Per Person

#### Freneau Woods Pk Vis Ctr Prog Rm 2

# Mon-Fri, Apr 13-17 9:00 AM-4:00 PM ... Q4302A Thompson Pk Vis Ctr Beech Room

Mon-Fri, Apr 13-17 9:00 AM-4:00 PM ... Q4202A

# Mad Science Spring Break Camp: NASA® & Future Space Explorers

# (grades 1-5)

Mad Science has teamed up with NASA® in a quest for exploration! We'll take a voyage of discovery into the atmosphere and beyond as we explore planets, moons, and other space phenomena in our solar system. Campers will investigate the mechanics of unique flying machines, such as balloon-copters, boomerangs, and mini hovercrafts. Children will learn how early "pilots" navigated throughout space as they create their own sextant and sundial. Kids will get a firsthand experience of the challenges of living in space as they try assemble a satellite while training to be an astronaut. Kids will love to build their own Mad Science rocket, and participate in a real "NASA" style rocket launch. Campers will have lots of projects to make and many cool NASA<sup>®</sup> take homes, including a gravity assisted launcher, a Shuttle Copter, and more! Mad Science is the ONLY organization licensed by NASA<sup>®</sup> to use these activities for camps. This camp is Out of this World!

Five Sessions \$390.00 Per Person

Fort Monmouth Rec Ctr Prog Rm D Mon-Fri, Apr 13-17 9:00 AM-4:00 PM ... Q4402A

# **Springtime Fun at the Fort**

# (ages 6-12)

Schools may have spring break, but the kids still need to have fun. Games, art, concoctions, experiments, sports - the Fort has it all. With activity rooms, a lobby of table games, outdoor sport court and a full gymnasium, we'll bring the variety and excitement of our summer camps; all you need to bring is a snack and lunch. The Fort Monmouth Rec Center is conveniently located just minutes away from the Garden State Parkway, perfect for working parents.

# Four Sessions \$189.00 Per Child

# Fort Monmouth Rec Ctr Prog Rm D

# Mon-Thu, Apr 6-9 9:00 AM-4:00 PM..... M3002A

#### **Daily Options**

Can't attend all five days? Join us for the days that work for your schedule.

#### One Session \$60.00 Per Child

#### Fort Monmouth Rec Ctr Prog Rm D

Mon, Apr 6 9:00 AM-4:00 PM	.M3102A
Tue, Apr 7 9:00 AM-4:00 PM	
Wed, Apr 8 9:00 AM-4:00 PM	
Thu, Apr 9 9:00 AM-4:00 PM	

# **Developing Your College List**

#### (grades 9-12)

Developing your college list is one of the most critical tasks in the college application process. Students will learn how to identify, research and construct a list of colleges. The class will clarify how to prioritize important factors to consider when evaluating colleges: academics/major, admission requirements, student body size, location, cost, athletics, resources, Greek life, etc. We will discuss the need to identify safety, target and reach schools, and will recommend the number of schools to apply to. We will also review resources (books, websites, Naviance) that are available to assist in research activities. We will identify the differences among the various decision dates (Early Decision I and II, Early Action and Regular Decision and Rolling Admissions), and look at the pros and cons of applying for each.

# **One Session \$35.00 Per Person** Thompson Pk Vis Ctr Tulip Room

# National CSI Investigation Program

#### (grades 6-12)

Does your child have an interest in law enforcement or forensic science? Students will learn general problemsolving skills, and how to use physics, geometry, logic, and other related science disciplines to analyze a crime scene. After the classroom portion of the class, students will identify and process a mock crime scene by collecting evidence using the most up-todate techniques and methodologies. Class taught by Captain (Ret.) Sean Clancy formerly of the Atlantic County Prosecutor's Office.

# One Session \$99.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Apr 14 9:00 AM-4:00 PM..... Q4502A

# **Play Chess**

#### (ages 9-12)

Ben Franklin once said that playing chess teaches much more than just the game, but translates the life skills of analysis, foresight and caution. This three hour introduction class will have you playing and practicing these skills by the end. We'll make sure each player learns the correct positioning and basic strategy to make their chess game a success. Checkmate! Instructor: Mark O'Kane

# Three Sessions \$90.00 Per Person Henry Hudson Trail Act Ctr

Sat, Mar 14-28 1:00-4:00 PM .....A3702A

# **The College Essay**

#### (ages 15-18)

Are you struggling to write your college essay, unsure of where to begin? We'll discuss what makes a standout essay, how to structure your essay, and basic writing skills. We'll brainstorm together to come up with your own topic, write your topic sentence, and begin an outline to get started. Quiet time is provided to work individually on your essay. Sources for further help and development will also be provided. The earlier you finish your essay, the more time you have to make improvements. College is right around the corner. You can never be too prepared!

#### **One Session \$35.00 Per Person** Fort Monmouth Rec Ctr Atrium Room

Sat, Apr 25 8:30-9:15 AM ..... M9702A

# HORTICULTURE

# Flower Design for Kids



Flower arrangements are popular gifts, but buying premade designs can be expensive. Use this activity to help your child create their own simple floral design for gifting or simply for fun. All supplies will be provided. **One Session \$9.50 Per Child** 

**Deep Cut Gardens Horticultural Center** 

Sun, Mar 8 2:30-3:30 PM	H0102A
Sun, Mar 15 1:00-2:00 PM	H1402A
Sun, Mar 29 10:00-11:00 AM	H1502A

# **The Young Gardener Apprentice**

#### (ages 8-12)

Kids will love this hands-on gardening experience as they plan, plant and tend their garden at Deep Cut Children's Gardens. After the eight-week apprenticeship with staff and volunteers, the young gardeners will continue to tend their garden through the summer. In July, they may enter their produce and flowers at the Monmouth County Fair.

#### Eight Sessions \$97.00 Per Child

#### **Deep Cut Gardens Horticultural Center**

## Sat, Mar 21-May 23 11:00 AM-1:00 PM....H1302A No class 5/2 & 5/16

# NATURE

# Parents Night Out

#### (ages 6-12)

Parents take the night off as their little ones spend an evening exploring the Environmental Center. They'll trek the trails in search of nocturnal critters, meet cold-blooded friends up close, enjoy a boat tour of the reservoir, and fuel up with a pizza party (plus healthy snacks too!). **Please Note: This is a drop-off program.** 

#### One Session \$35.00 Per Person

Manasquan Res Env Ctr

Fri, May 8 5:30-9:30 PM ..... IK202A

# **Spring Owl Pellet Workshop**

#### (grades 6-8)

Have you ever wanted to learn more about owls? Have you wondered what they eat? Come take part in an owl pellet workshop with us to learn all about the different species of owls that can be found in New Jersey and to discover what can be found within an owl pellet. Each participant will have the opportunity to dissect an owl pellet under our instructors guidance.

#### One Session \$10.00 Per Person

#### Manasquan Res Env Ctr

Sun, Mar 22 2:00-3:00 PM	10302A
Sun, Apr 19 2:00-3:00 PM	10402A

# **OUTDOOR ADVENTURES**

# Leprechaun's Pot O' Gold Hunt

#### (ages 8-11)

Leprechauns spend all their time busily making shoes and storing away their coins in a hidden pot at the end of the rainbow. Through the use of hand held GPS (Global Positioning Systems)units we will follow the rainbow to the end. Then use compound bows to take a shot at capturing their gold-filled pots on our archery range. GPS and archery equipment will be provided. No geocaching or archery experience required for this fun event.

# One Session \$12.00 Per Child

Thompson Pk Activity Barn

Sun, Mar 15 10:00 AM-12:00 PM..... W1402A

# National Adventure Games

#### (ages 8-10)

Through games children engage and interact with the world around them. Help your child develop their imagination, improve their social skills and have some fun in the process. Our adventure based games include scavenger hunts, roll the dice challenges, and Jenga Archery.

#### One Session \$14.00 Per Child

#### **Giant Game Scavenger Hunt**

Popular games offering BIG fun, in more ways than one! Corn hole, connect four and so much more in an oversized fashion. In order to compete, you have to find them first on National Unplugged Weekend.

# Thompson Pk Activity Barn

Sun, Mar 15 2:00-4:00 PM...... W6002A

#### **Dice Games and Climbing Challenge**

Take a chance on our climbing wall during National Hangout Day. Roll the dice, win by chance and hangout up to 28 feet in the air.

#### Thompson Pk Theater Barn

Sun, Apr 19 10:00 AM-12:00 PM ..... W6102A

#### Jenga Archery

It's an archery shootout! You lose, you remove a block from our jumbo jenga tower. One wrong move and the game comes tumbling to its end on National Take Your Parents to the Park Day.

Thompson Pk Activity Barn

Sun, May 17 10:00 AM-12:00 PM ...... W6202A

# **Paint by Arrow**

# (ages 10 and up)

Create spectacular pieces of art in a fun and unique way! Learn the basics of archery and use your archery skills to paint your target. Create a masterpiece as you pop balloons filled with paint!

#### One Session \$22.00 Per Person

Big Brook Pk Sunfield Pavilion

Sat, Apr 18 11:00 AM-1:00	) PM
Thu, May 28 5:30-7:30 PN	IU0502A

# **Take a Shot: Archery Intro Series**

# (ages 10-17)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this three-day series. Please dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

# Three Sessions \$48.00 Per Person

Thompson Pk Activity Barn

Wed, Apr 8-22 4:30-6:30 PM...... W4702A



With the weather warming, it's the perfect time to get out and explore your Monmouth County

Head to the parks with your children this spring and seek out the objects listed below. Find and check off 15 items on the list and fill out the form at the bottom and mail it to the following address by June 1, 2020:

Monmouth County Park System Attn: Parks & Programs Guide 805 Newman Springs Road Lincroft, NJ 07738

Ten lucky entrants will be chosen at random to win a Monmouth County Park System drawstring

**Orange Tulip** Osprey Painted Turtle Park System Naturalist Park System Ranger **Red Fox** Robin **Snapping Turtle Spotted Violets** Swallowtail Butterfly Wood Duck Woodpecker

Name:

**Street Address:** 

City, State, Zip:

List the Monmouth County Park System parks you visited while on your scavenger hunt adventure:

# Take a Shot: Intro to Archery

## (ages 10-17)

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 Note: Dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$19.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 26 4:30-6:30 PM..... W4502A

# **Zipping into the Moonlight**

#### (ages 8-10)

Experience a zip-line adventure where your senses are heightened, the line seems faster, and your eyes adjust to the night. Adventurers will zip on a 175 ft. long line that is suspended about 12 ft. high. Each person will receive a glow stick to wear. Great for experienced and first timers.

# One Session \$25.00 Per Person

Big Brook Pk Sunfield Pavilion

Fri, May 8 7:00-9:00 PM.....U0602A

# **PERFORMING ARTS**

# Нір Нор

#### (ages 5-10)

Breaking, crumping, the Slide Glide and more highenergy 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: Pam Rainey Rogers

**Six Sessions \$69.00 Per Child** Fort Monmouth Rec Ctr Gym B

(ages 5-7)

Thu, Mar 12-Apr 16 4:30-5:15 PM...... M9002A Thu, Apr 30-Jun 4 4:30-5:15 PM ..... M9102A (ages 8-12) Thu, Mar 12-Apr 16 5:30-6:15 PM..... M9202A Thu, Apr 30-Jun 4 5:30-6:15 PM ..... M9302A

# **Junior Dancers**

# (ages 7-9)

With a good dance foundation, these preteens will continue to advance their skills and abilities. Jazz, ballet, and tap dance technique will be added with emphasis on combinations. New rhythms and styles will be introduced. Ms. Michele expects students to build ability and memorization skills. Students please wear black jazz shoes, black yoga pants and comfy shirt and bring tap shoes (character style with heels).

Pre-requisite: Completion of Little Dancers 2 (September-May) or teacher's recommendation.

**Ten Sessions \$140.00 Per Child** Tatum Pk Red Hill Act Ctr

# **Little Dancers 1**

(ages 5-6)

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

Ten Sessions \$100.00 Per Child

Tatum Pk Red Hill Act Ctr

# **Little Dancers 2**

#### (ages 6-7)

In this more advanced class, Ms. Michele will build upon the skills learned and focus on challenging students and advancing their abilities. Muscle strength and flexibility will be developed as well as grace and confidence. Children will need proper jazz attire (black yoga pants) with black jazz and tap shoes.

Pre-requisite: Completion of Little Dancers 1 (September-May) or teacher's recommendation. Ten Sessions \$140.00 Per Child

Tatum Pk Red Hill Act Ctr

latum PK Red Hill Act Ctr

**Tue, Mar 24-Jun 2 4:00-5:00 PM ......A9702A** No class 5/12

# **Teen Acting**

# (ages 14-17)

For the actor with basic technique who is seeking a stronger foundation. Diction, voice, movement, character development, monologues and the inner workings of the world of auditioning for theater will be covered. Theater games, activities and exercises will be used in order to support the student's growth as an actor. Instructor: Sami DeSocio

# Four Sessions \$60.00 Per Person Thompson Pk Theater Barn

Sat, Apr 4-May 9 11:30 AM-1:00 PM ..... AA802A No class 4/25 & 5/2

# **Tots in Tutus I**

#### (ages 3-5)

Your child will discover her inner ballerina as she explores the simple exercises of this graceful dance form. Professional instructor Michele Neiberlien will present a dance studio curriculum in a beautiful park setting. Creativity and enjoyment is emphasized. Little dancers should be potty trained and wear leotard/ tights and ballet shoes; no slippers please. Please also secure hair away from face.

#### Ten Sessions \$100.00 Per Person

# Tatum Pk Red Hill Act Ctr

- **Tue, Mar 24-Jun 2 9:15-10:00 AM.....A9102A** No class 5/12
- **Tue, Mar 24-Jun 2 10:00-10:45 AM......A9202A** No class 5/12

Tue, Mar 24-Jun 2 3:15-4:00 PM ......A9302A No class 5/12

# **Tots in Tutus II**

#### (ages 4-5)

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

Ten Sessions \$100.00 Per Person Tatum Pk Red Hill Act Ctr

 Tue, Mar 24-Jun 2 10:45-11:30 AM......A9402A

 No class 5/12

 Thu, Mar 26-Jun 4 3:00-3:45 PM.....A9502A

 No class 5/14

# **SPORTS & FITNESS**

# **After School Tennis**

# (ages 6-11)

This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Rackets are provided if needed.

Eight Sessions \$88.00 Per Child

# Dorbrook Rec Area

(ages 6-8)

**Mon,Wed, Apr 27-May 20 4:30-5:25 PM . . . X7202A** (*ages* 9-11)

Tue,Thu, Apr 28-May 21 4:30-5:25 PM .....X7302A

# **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.

#### Five Sessions \$60.00 Per Person

**Dorbrook Rec Area** 

Sat, Apr 11-May 9 12:00-12:55 PM......XB502A

# **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 \$48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Mar 14-Apr 4 10:00-10:55 AM...... XAN02A Five Sessions \$60.00 Per Person

#### Fort Monmouth Rec Ctr

Sat, Apr 11-May 9 10:00-10:55 AM..... XAQ02A No class 4/20

Sat, May 16-Jun 13 10:00-10:55 AM .....XAT02A

# **Cool Runners Fitness Camp**

#### (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 of their goals!

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

#### Six Sessions \$108.00 Per Person

Thompson Pk Old Orchard Parking Lot

Tue, Apr 28-Jun 2 5:30-6:30 PM	X6302A
Fri, May 1-Jun 5 5:30-6:30 PM	X6402A
Sun, May 3-Jun 7 9:30-10:30 AM	X6602A
Wolf Hill Recreation Area Outdoor Area	

Thu, Apr 30-Jun 4 5:30-6:30 PM ......X6702A

# Five 4 One Sports

# (Formerly Known as Wee Sports)

#### (ages 2 1/2-3 1/2, with adult)

Parent and child will have fun learning fundamental sports skills in a safe, noncompetitive environment. Children will improve coordination and motor skills while learning general sports skills through active games and challenges. General skills covered include throwing, catching and kicking. Parent participation is required.

# Five Sessions \$60.00 Parent/Child

Dorbrook Rec Area Act Ctr

Fri, Apr 10-May 8 9:30-10:15 AM ......X3002A Fri, May 15-Jun 12 9:30-10:15 AM .....X3202A

# **Flag Football**

#### (ages 7-9)

Ready! Set! Hike! Enjoy the fun of playing football without the tackling. Participants will learn fundamental skills including passing, receiving, positions and rules of the game, in a fun and safe environment. Parents have the opportunity to gauge their child's interest in football before signing up for a Pop Warner league. Each session will end with a non-contact game of flag football.

Four Sessions \$48.00 Per Person

Dorbrook Rec Area

Wed, Apr 15-May 6 5:00-5:55 PM .....XAY02A

# **Future Stars of Tomorrow**

#### (ages 3-5)

Start 'em young! Your future stars will have fun playing familiar classics, as well as new creative games. We use music, imagination, and fun equipment to engage your child. These activities will enhance eye-hand coordination, gross motor skills, and most importantly teamwork and socialization with others. This is a great drop off experience for your child to meet and play with other children of similar age. Parents welcome at the first session. After the first session children will be on their own; however, parent must stay on site.

Five Sessions \$50.00 Per Child Dorbrook Rec Area Act Ctr

Fri, Apr 10-May 8 11:30 AM-12:15 PM.....X3302A Fri, May 15-Jun 12 11:30 AM-12:15 PM....X3402A

# **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.

Fort Monmouth Rec Ctr

#### Four Sessions \$48.00 Per Person

Mon, Apr 13-May 4 5:00-5:55 PM ......XAS02A Five Sessions \$60.00 Per Person Sat, May 16-Jun 13 11:00-11:55 AM .....XAU02A

> The instructors were friendly, helpful, and motivated - always a positive attitude. Thank you so much for the many great programs!

# **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 \$55.00 Per Person

# All American Gymnastics Cindy Lane, Ocean

# (ages 3-4)

Sat, Mar 7-28 9:00-9:45 AM M5902A
Sat, Mar 7-28 10:00-10:45 AM M6002A
Sat, Apr 4-May 2 9:00-9:45 AM M6102A
No class 4/11
Sat, Apr 4-May 2 10:00-10:45 AM M6202A
No class 4/11
Sat, May 9-Jun 6 9:00-9:45 AM M6302A
No class 5/23
(ages 5-6)
Sat, Mar 7-28 9:00-9:45 AM M6502A
Sat, Mar 7-28 10:00-10:45 AM M6602A
Sat, Apr 4-May 2 9:00-9:45 AM M6702A
No class 4/11
Sat, Apr 4-May 2 10:00-10:45 AM M6802A
No class 4/11
Sat, May 9-Jun 6 9:00-9:45 AM M6902A
No class 5/23
Sat, May 9-Jun 6 10:00-10:45 AM M7002A
No class 5/23
(ages 7-10)
Sat, Mar 7-28 10:00-10:45 AM M7102A
Sat, Apr 4-May 2 10:00-10:45 AM M7202A
No class 4/11
Sat, May 9-Jun 6 10:00-10:45 AM M7302A
No class 5/23
Shrewsbury Gymnastics School Broad Street, Shrewsbury
(ages 3-5)
Sat, Feb 29-Mar 21 9:00-9:45 AM MBZ01A
Sat, Mar 28-Apr 25 9:00-9:45 AM M3502A
No class 4/18
Sat, May 2-23 9:00-9:45 AM M3702A
(ages 6-10)
Sat, Feb 29-Mar 21 9:00-9:45 AM MC001A
Sat, Mar 28-Apr 25 9:00-9:45 AM M3602A
No class 4/18
Sat, May 2-23 9:00-9:45 AM M3802A

# 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 selfconfidence.

# Four Sessions \$50.00 Per Person

Fort Monmouth Rec Ctr

Sat, Apr 4-25 12:00-12:55 PM ...... XAX02A

# Intro to Kung Fu

(ages 6-12)

Martial arts improves children's self-esteem, coordination, focus, physical fitness, and reduces stress. Learn the fundamental techniques of blocking, striking and kicking while having fun.

# Six Sessions \$66.00 Per Person

Fort Monmouth Rec Ctr Prog Rm D

Thu, Mar 5-Apr 9 5:00-5:45 PM	M0502A
Thu, Apr 23-May 28 5:00-5:45 PM	M0602A

# **Junior Hoopsters**

#### (ages 8-11)

Develop fundamental basketball skills in this fun introduction to the sport. Our coaches will help children develop essential basketball skills including shooting, passing, rebounding, ball handling and defense.

#### Five Sessions \$48.00 Per Person

#### Fort Monmouth Rec Ctr

Sat, Apr 11-May 9 11:00-11:55 AM..... XAR02A Mon, May 18-Jun 15 5:00-5:55 PM...... XAV02A



#### (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 Pee Wee for parent/child classes for younger players, or Kids Kixx: Nexxt Step for classes for older children.

# Four Sessions \$56.00 Per Person

# Indoor Season

## Dorbrook Rec Area Act Ctr

Mon, May 18-Jun 15 4:30-5:25 PM	. MDF02A
No class 5/25	

Tue, May 19-Jun 9 5:30-6:25 PM .....MDG02AHolmdel Pk Hilltop Area

Fri, May 22-Jun 12 5:00-5:55 PM......MDK02A Sat, May 30-Jun 20 11:00-11:55 AM .... MDM02A Wickatunk Rec Area Spring Valley Grass Field

Thu, May 21-Jun 11 5:30-6:25 PM ..... MDJ02A

# **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 \$56.00 Per Person

# Indoor Season

Dorbrook Rec Area Act Ctr

Sat, Mar 14-Apr 4 11:00-11:55 AM..... MAZ02A Fort Monmouth Rec Ctr Gym A

Sun, Mar 15-Apr 5 11:30 AM-12:25 PM... MB002A Spring Season 1

# Dorbrook Rec Area

Wed, Apr 15-May 6 5:30-6:25 PM	. MB102A
Sat, Apr 18-May 9 11:00-11:55 AM	. MB202A
Sun, Apr 19-May 10 10:30-11:25 AM	. MB302A

# Spring Season 2

#### **Dorbrook Rec Area**

Wed, May 20-Jun 10 5:30-6:25 PM	MB402A
Sat, May 30-Jun 20 11:00-11:55 AM	MB502A
Sun, May 31-Jun 21 10:30-11:25 AM	MB602A

# 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 game play. Four Sessions \$56.00 Per Person

# Indoor Spring

Fort Monmouth Rec Ctr Gym A

Sun, Mar 15-Apr 5 12:30-1:25 PM	MAR02A
Fort Monmouth Rec Ctr Gym B	
Mon, Mar 9-30 5:30-6:25 PM	MAQ02A
Spring Season 1	
Fort Monmouth Rec Ctr Outdoor Area	

Mon, Apr 13-May 4 5:30-6:25 PM	ΜΔ502Δ
Sun, Apr 19-May 10 11:00-11:55 AM	

#### **Spring Season 2**

#### Fort Monmouth Rec Ctr Outdoor Area

Mon, May 18-Jun 15 5:30-6:25 PM......MAU02A No class 5/25 Sun, May 31-Jun 21 11:00-11:55 AM.....MAV02A

# Ninja Gym

# (ages 5-12)

Train like a ninja in our obstacle training class! Inspired by American Ninja Warrior, boys and girls will learn discipline, strength, balance, agility and air awareness in our gymnastics, parkour and obstacle course fusion class! Limited availability in small classes to ensure every student gets plenty of instruction and encouragement. Four Sessions \$65.00 Per Person

Aerials Gymnastics Industrial Ave, Eatontown

# **Session 1**

(ages 5-7)	
Tue, Apr 7-28 3:55-4:55 PM MBF0	2A
Tue, Apr 7-28 6:05-7:05 PM MC40	2A
Thu, Apr 9-30 5:00-6:00 PM MCA0	2A
Sat, Apr 11-May 2 9:00-10:00 AM MCG0	2A
(ages 6-8)	
Tue, Apr 7-28 5:00-6:00 PM MC30	2A
Wed, Apr 8-29 3:55-4:55 PM MC70	
Wed, Apr 8-29 5:00-6:00 PM MC80	
Thu, Apr 9-30 3:55-4:55 PM MC90	
Fri, Apr 10-May 1 3:55-4:55 PM MCC0	
Fri, Apr 10-May 1 5:00-6:00 PMMCD0	
Sat, Apr 11-May 2 11:05 AM-12:05 PM MCJ0	2A
(ages 7-10)	
Thu, Apr 9-30 6:05-7:05 PM MCB0	
Fri, Apr 10-May 1 6:05-7:05 PM MCE0	
Fri, Apr 10-May 1 7:05-8:05 PM MCF0	2A
(ages 8-10)	
Sat, Apr 11-May 2 10:00-11:00 AMMCH0	2A
(ages 9-12)	
Tue, Apr 7-28 7:05-8:05 PM MC50	2A
Tue, Apr 7-28 8:05-9:05 PM MC60	2A
Session 2	
(ages 5-7)	
Tue, May 5-26 6:05-7:05 PMMCN0	2A
Tue, May 5-26 3:55-4:55 PM MCK0	
Thu, May 7-28 5:00-6:00 PMMCU0	2A
Sat, May 9-30 9:00-10:00 AMMD00	2A
(ages 6-8)	
Tue, May 5-26 5:00-6:00 PM MCM0	2A
Wed, May 6-27 3:55-4:55 PM MCR0	2A
Wed, May 6-27 5:00-6:00 PM MCS0	2A
Thu, May 7-28 3:55-4:55 PM MCT0	
Fri, May 8-29 3:55-4:55 PM MCW0	
Fri, May 8-29 5:00-6:00 PM MCX0	
Sat, May 9-30 11:05 AM-12:05 PM MD20	2A
(ages 7-10)	
Thu, May 7-28 6:05-7:05 PM MCV0	
Fri, May 8-29 6:05-7:05 PM MCY0	
Fri, May 8-29 7:05-8:05 PM MCZ0	2A
(ages 8-10)	
Sat, May 9-30 10:00-11:00 AMMD10	2A
(ages 9-12)	
Tue, May 5-26 7:05-8:05 PM MCP0	
Tue, May 5-26 8:05-9:05 PMMCQ0	2A

# **Pre-Teen Tennis**

# (ages 10-13)

Class is open to players that have had little or no tennis experience. Participants receive expert instruction in a small class. Work on proper grip and stance while developing your stroke techniques, while leaving time for match play.

Five Sessions \$55.00 Per Person

#### **Dorbrook Rec Area**

Sat, May 2-30 11:00-11:45 AM.....X7802A

# **Sports FUNdamentals**

# (ages 3-7)

Is your child looking for a sport they'll enjoy? This program is the answer! Children will be introduced to the skills and rules for several different sports in a fun, noncompetitive environment. Sports covered will include soccer, wiffleball, kickball, pillo polo and more. Four Sessions \$48.00 Per Person

# Dorbrook Rec Area Act Ctr

Sat, Apr 18-May 9 10:00-10:55 AM	X9302A
Sat, Apr 18-May 9 11:00-11:55 AM	X9502A
Sat, May 16-Jun 13 10:00-10:55 AM	X9402A
No class 5/23	
Sat, May 16-Jun 13 11:00-11:55 AM	X9602A
No class 5/23	

# T-Ball

# (ages 4-5)

Children 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.

# Four Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Mar 14-Apr 4 9:00-9:55 AM	XB002A
Sat, Mar 14-Apr 4 11:00-11:55 AM.	XB102A
Wolf Hill Pocreation Area	

Wolf Hill Recreation Area ... Apr 16 May 7 4.00 4.55 DM

Thu, Apr 16-May 7 4:00-4:55 PM	XB802A
Thu, Apr 16-May 7 5:00-5:55 PM	XB902A
Thu, May 21-Jun 11 4:00-4:55 PM	XBG02A

Five Sessions \$60.00 Per Person

# **Dorbrook Rec Area**

Sat, Apr 11-May 9 10:00-10:55 AM	.XB302A
Sat, Apr 11-May 9 11:00-11:55 AM	.XB402A
Sun, Apr 12-May 10 10:00-10:55 AM	.XB602A
Sun, Apr 12-May 10 11:00-11:55 AM	.XB702A
Sat, May 16-Jun 13 11:00-11:55 AM	XBC02A
Sun, May 17-Jun 14 9:00-9:55 AM	XBD02A
Sun, May 17-Jun 14 11:00-11:55 AM	.XBF02A



# 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 our "T-Ball" or "T-Ball with Me & Dad/Mom" program is suggested.

# Five Sessions \$60.00 Per Person

# Dorbrook Rec Area

Sat, May 16-Jun 13 10:00-10:55 AM ..... XBB02A Sun, May 17-Jun 14 10:00-10:55 AM .....XBE02A Four Sessions \$48.00 Per Person Wolf Hill Recreation Area

Thu, May 21-Jun 11 5:00-5:55 PM ...... XBH02A

Park System History

In June 1985, Monmouth County Freeholders announced a key acquisition on the Swimming River Reservoir for the Park System, the 381acre Dorbrook Farm in Colts Neck. The land was not only acquired to create Dorbrook Recreation Area, but also to help protect more of the shoreline along the Reservoir.

# **Teen Yoga at the Shore**

# (ages 12-18)

Teenage years consist of constant physical, mental, and emotional change. Combine these changes with class work, the pressure to fit in, and a hectic schedule and you can easily find yourself feeling tired, anxious, and stressed. Tap into the combined effect of yoga and calming oceanfront to increase stability and joy through change. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is held in the Activity Center.

Instructor: Shannon Nelson

Ten Sessions \$99.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Mar 23-May 25 5:00-6:00 PM .....X0702A

# **Tikes Tennis**

(ages 4-9)

An active alternative to team sports! Volley between fun and instruction while learning to play tennis. Sessions will include hitting and footwork drills, volleys and skill building exercises.

# Five Sessions \$55.00 Per Person

Dorbrook Rec Area

(ages 4-6)	
Sat, May 2-30 9:00-9:50 AM	.X7602A
(ages 7-9)	
Sat, May 2-30 10:00-10:50 AM	.X7702A



Lp.

# Photography Call for Entries



# "The Wonder of Nature" at Deep Cut Gardens & the Manasquan Reservoir

Calling all photographers! Don't miss your opportunity to enter our annual photography exhibitions!

Locations: Deep Cut Gardens, Middletown & Manasquan Reservoir, Howell

Categories: General Photography & Wildlife Photography

Divisions: Youth (all ages up to 17), Amateur & Professional

Each location exhibition is separate from one another. Each photographer may enter one photo for each category and location per season.

Seasonal Submissions Accepted: Winter: January 1-March 15, 2020 Spring: March 16-May 31, 2020 Summer: June 1-August 30, 2020 Fall: September 1-November 29, 2020

The Deep Cut Gardens exhibit will be hung in the Horticultural Center from January 2-31, 2021. The Manasquan Reservoir exhibit will be hung in the Environmental Center from February 1-28, 2021. Rules and entry forms available on the Deep Cut Gardens and Manasquan Reservoir Environmental Center pages of our website.

www.MonmouthCountyParks.com

# **ACTIVE ADULTS 55+**

# **Balanced Fitness**

#### (ages 55 and up)

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

#### Fort Monmouth Rec Ctr Group Fitness Room Six Sessions \$60.00 Per Person

Tue, Mar 3-Apr 7 12:30-1:30 PM ..... MA102A Fri, Mar 6-Apr 10 11:30 AM-12:30 PM .... MA202A Tue, Apr 21-May 26 12:30-1:30 PM ..... MA402A Fri, Apr 24-May 29 11:30 AM-12:30 PM ... MA502A

#### **Twice a Week!**

Join us both Tuesdays and Fridays for a discounted price.

#### **Twelve Sessions \$108.00 Per Person**

Tue,Fri, Mar 3-Apr 10 ...... MA302A Tue,Fri, Apr 21-May 29 ..... MA602A Classes held on Tuesdays from 12:30-1:30 PM and Fridays from 11:30 AM-12:30 PM.



#### (adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Class includes yogic breathing, poses and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength and/ or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor. The techniques taught are great for those who work behind a desk and need a little yoga break in their day as well.

#### Instructor: Kimberly Beuno Six Sessions \$78.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

relieau woods PK vis Cli Prog Kill

Mon, Mar 9-Apr 27 11:00 AM-12:00 PM ... XA702X No class 4/6 & 4/13

T'ai Chi Chih is perfect for seniors looking to add an additional exercise into their routine. Check out pages 78-79 for details.

# **Coffee & Canvas**

# (adults)

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

# One Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A	
Mon, Mar 9 9:30-11:30 AM	M1302A
Mon, May 11 9:30-11:30 AM	M1402A

# **Gentle Yoga**

# (adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Ten Sessions \$130.00 Per Person

#### Fort Monmouth Rec Ctr Group Fitness Room

Mon, Mar 9-May 18 1:00-2:00 PM.....X8302A No class 4/6

Henry Hudson Trail Act Ctr

Fri, Mar 13-May 22 12:00-1:00 PM ......X8402A No class 4/10

# **Special Hike to High Line, New York**

#### (ages 55 and up)

The High Line is a public park built on a historic freight rail line elevated above the streets on Manhattan's West Side. It is 1.5 miles long and it is owned by the city of New York and maintained by the Friends of the High Line in partnership with NYC Parks. The view of the NJ skyline is suburb from the NY side and there are many places to rest or visit along the walk. The vegetation that is planted was chosen to acknowledge the wild plants which had colonized the abandoned railway before it was redesigned as the High Line. Departure will take place from the Middletown Train Station. The Senior Fare is \$7.20 each way. We will stop for lunch and drinks, or you may bring your own. After lunch we will proceed to Chelsea Market and return to the High Line to walk back to Penn Station.

# One Session \$29.00 Per Person

Middletown Train Station Lot 1 Parking Lot

Tue, May 19 9:30 AM-5:30 PM (approx) . . D2902A

# **Spring Senior Hikers**

# (ages 55 and up)

Enjoy weekly hikes 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 - Thursdays

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

#### **Session 1**

#### Seven Sessions \$35.00 Per Person

Thu, Apr 2-May 14 9:30-11:00 AM ..... D2502A

# **Session 2**

#### Six Sessions \$30.00 Per Person

Thu, May 21-Jun 25 9:30-11:00 AM ..... D2602A Registration for Session 2 begins March 6.

# Level 1 - Tuesdays

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiker program.

#### **Session 1**

# Seven Sessions \$35.00 Per Person

Tue, Mar 31-May 12 9:30-11:00 AM ..... D2002A

# Session 2

# Six Sessions \$30.00 Per Person

**Tue, May 26-Jun 30 9:30-11:00 AM ..... D2202A** Registration for Session 2 begins March 6.

#### Level 2 - Fridays

Hikes cover 4 ½-5 miles in 2 hours. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1. This program is a companion hike to our regular Level 2 Wednesday hikes.

#### **Session 1**

#### Seven Sessions \$35.00 Per Person

Fri, Apr 3-May 15 9:30-11:30 AM ..... D2702A

#### **Session 2**

#### Six Sessions \$30.00 Per Person

Fri, May 22-Jun 26 9:30-11:30 AM ..... D2802A Registration for Session 2 begins March 6.

#### Level 2 - Wednesdays

Hikes cover 4 <sup>1</sup>/<sub>2</sub>-5 miles in 2 hours. Level 2 Hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

#### Session 1

Seven Sessions \$35.00 Per Person Wed, Apr 1-May 13 9:30-11:30 AM..... D2302A

#### Session 2

Six Sessions \$30.00 Per Person Wed, May 20-Jun 24 9:30-11:30 AM.... D2402A Registration for Session 2 begins March 6.

# Spring Senior Hikers continued...

# Level 3 - Tuesdays

These hikes are at a moderate pace and go from  $5-5 \frac{1}{2}$  miles in two hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4.

#### Session 1

Seven Sessions \$35.00 Per Person

Tue, Apr 7-May 19 9:30-11:30 AM ..... D1602A

# Session 2

Six Sessions \$30.00 Per Person

**Tue, May 26-Jun 30 9:30-11:30 AM ..... D1902A** *Registration for Session 2 begins March 6.* 

#### Level 4 - Mondays

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

Six Sessions \$30.00 Per Person

#### Session 1

Mon, Apr 6-May 11 9:30-11:30 AM..... D1202A

#### **Session 2**

Mon, May 18-Jun 29 9:30-11:30 AM .... D1802A No hike 5/25

Registration for Session 2 begins March 6.

# **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 dumbbells and rubber resistance. No prior weight training experience is necessary.

# Six Sessions \$55.00 Per Person

#### Dorbrook Rec Area Act Ctr

Mon, Mar 2-Apr 6 12:00-1:00 PM ..... D0102A Mon, Apr 20-Jun 1 12:00-1:00 PM ..... D1302A No class 5/25

# <image>

# Getting Fit in the Parks... One Step, Stretch or Kick at a Time

More and more healthcare providers are prescribing their patients to not only develop more of a fitness routine to get healthy, but to also get out in nature and into local parks.

Monmouth County parks offer a variety of ways you can add to your fitness routine. Whether you go for a walk/run, take a bike ride, or participate in one of more than 30 fitness programs available each season, you'll be surprised how easy we've made it to add fitness into your life.

Getting Fit Together

Regular fitness is an important part of your health. From benefits such as improving your overall health to reducing your risk of many chronic diseases such as heart disease, diabetes and high blood pressure - it's amazing how much adding exercise into your schedule can do for you long-term.

Having your Monmouth County parks spread out throughout the county makes it even easier to incorporate fitness into your routine.

From walking/jogging the trails to signing up for a fitness class, the parks work to make sure you have some of the best sites to visit to be fit, get healthy, and have fun doing it! If you look at a Park System map, you may be surprised to find out just how many parks are just a few miles away or practically in your backyard. With over 17,000 acres, the Monmouth County Park System has worked hard over the last 60 years to protect local lands that will provide park and recreation areas, preservation of historic places, and open space that current and future generations can enjoy now and in many years to come.

One of the Park System's commitments is to help improve the lives of our citizens with these park and recreation areas. This could be in a multitude of ways, but one big one is offering spaces and programs for visitors to easily add fitness into their lives.

Did you know that there are over 135 miles of trails throughout Monmouth County Park System sites? Hitting the trails, whether by foot or by bicycle, is one of the most inexpensive fitness utilizations of your parks. And with our trail rating system, it couldn't be easier to find a county trail that suits your fitness level:

• Easy trails are well-maintained or paved trails intended for walking or running, such as those at *Sunnyside Recreation Area*, Lincroft or the *Union Transportation Trail*, Upper Freehold.

- Moderate trails are longer with some grades or obstructions intended for hiking, equestrians or all-terrain bicycling, some of which can be found at *Big Brook Park*, Marlboro, or *Tatum Park*, Middletown.
- Challenging trails are much more primitive with steep grades and are located at *Hartshorne Woods Park*, Highlands, *Huber Woods Park*, Middletown, or *Shark River Park*, Wall.

Being out on the trails also offers you the tranquil surroundings of nature, which is known to be beneficial when it comes to reducing stress and increasing the immune system.

But the Park System wanted to go a bit further when it came to offering fitness possibilities. This is why we offer an abundance of classes that add to your fitness routine year-round, from hiking to belly dancing, yoga to Pilates, tennis to Zumba and so much more. And all at affordable prices and in various locations around the county.

So if you're looking to increase your fitness routine, get out in the parks and experience all we have to offer. You won't be disappointed.

# **ARTS & CRAFTS**

# **CERAMICS & POTTERY**

# Advanced Wheel-Thrown Pottery

#### (adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and indepth forms will be presented. Fee includes glazes, firings and 25 lbs. of stoneware clay.

#### Seven Sessions \$161.00 Per Person

Thompson Pk Creative Arts Center

#### Instructor: Pete McConnell

Tue, Mar 3-Apr 14 7:00-10:00 PM	Z1402A
Tue, Apr 28-Jun 9 7:00-10:00 PM	Z1502A
Instructor: Don Bradford	
Thu, Mar 5-Apr 16 6:30-9:30 PM	Z1602A
Thu, Apr 30-Jun 11 6:30-9:30 PM	Z1702A

# **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 personal 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.

# Seven Sessions \$210.00 Per Person Thompson Pk Creative Arts Center

Instructor: Sue Johnson

Tue, Mar 3-Apr 14 9:00 AM-1:00 PM	.Z9202A
Tue, Apr 28-Jun 9 9:00 AM-1:00 PM	.Z9302A
Instructor: Joyce Nokes	

Fri, Mar 6-Apr 17 10:00 AM-2:00 PM .....Z9402A Fri, May 1-Jun 12 10:00 AM-2:00 PM .....Z9502A



# **All Level Pottery Classes**

# (adults)

Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal 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.

#### Seven Sessions \$161.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Lara Copeland

en Cerami

Mon, Mar 2-Apr 13 9:00 AM-12:00 PMZ0202A
Mon, Apr 27-Jun 15 9:00 AM-12:00 PMZ0302A
No class 5/25
Instructor: Helen Cole
Mon, Mar 2-Apr 13 6:30-9:30 PMZ0402A
Mon, Apr 27-Jun 15 6:30-9:30 PMZ0502A
No class 5/25
Instructor: Sue Johnson
Tue, Mar 3-Apr 14 4:00-7:00 PMZ0602A
Tue, Apr 28-Jun 9 4:00-7:00 PMZ0702A
Instructor: Joanne Traskiewicz
Wed, Mar 4-Apr 15 9:00 AM-12:00 PMZ0802A
Wed, Apr 29-Jun 10 9:00 AM-12:00 PMZ0902A
Instructor: Mary Leather
Wed, Mar 4-Apr 15 6:30-9:30 PMZ1002A
Wed, Apr 29-Jun 10 6:30-9:30 PMZ1102A
Instructor: John Fossa
Sat, Mar 7-Apr 25 11:30 AM-2:30 PMZ1202A No class 4/11
Sat, May 2-Jun 20 11:30 AM-2:30 PMZ1302A No class 5/23

# **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. Fee includes instruction, firings, glazes and underglazes.

Seven Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 5-Apr 23 9:00 AM-12:00 PM .....ZB802A No class 4/9

Thu, May 7-Jun 18 9:00 AM-12:00 PM.....ZB902A Sat, Mar 7-May 16 12:00-3:00 PM......ZBA02A No class 3/28, 4/11, 4/25 & 5/2

# **Raku Pottery**

(adults)

This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. Students must be proficient enough to work independently. This is not a beginner program. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of \$0.10 per cubic inch.

Instructor: Christina Carlson

Seven Sessions \$161.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 5-Apr 16 9:30 AM-12:30 PM .....Z4602A Thu, Apr 30-Jun 11 9:30 AM-12:30 PM ....Z4702A



Sunday, March 1, 12:30-4:30 PM Sunday, April 5, 12:30-4:30 PM Sunday, May 3, 12:30-4:30 PM

Thompson Park Creative Arts Center, Lincroft

Choose from a large selection of bisque fired pottery pieces to glaze and make your own. Come for an hour or two - alone or with friends and let your creative juices flow. Leave your piece with us and we will have it fired in about a week. Children 12 and under must be accompanied by an adult. **Cost: \$6.00 per person plus cost of bisqueware** 

(cash or check only)

For further information, contact Christina Carlson at 732-842-4000, ext. 3343, or ccarlson@monmouthcountyparks.com.

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, FEBRUARY 5. SEE PAGE 114 FOR FULL DETAILS.

# **Sculpture Class**

# (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 \$161.00 Per Person Thompson Pk Creative Arts Center

mompson PK Creative Arts Ce

# Instructor: Katie Stone

Wed, Mar 4-Apr 15 1:00-4:00 PM	Z1802A
Wed, Apr 29-Jun 10 1:00-4:00 PM	Z1902A
Instructor: Kathy Bennett	
Wed, Mar 4-Apr 15 6:30-9:30 PM	Z2002A
Wed, Apr 29-Jun 10 6:30-9:30 PM	Z2102A

# **DRAWING & PAINTING**

# A Day with the Impressionists

# (adults)

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

Instructor: Debra Stasiak

# One Session \$35.00 Per Person

# Thompson Pk Creative Arts Center

Cross' Regatta	
Sun, Mar 8 2:00-5:00 PM	.Z4302A
Monet's Flowers on the Banks of Seine near V	etheuil
Sat, Mar 28 2:00-5:00 PM	.Z7402A
Cross' Landscape of Provence 1898	
Sat, Apr 25 2:00-5:00 PM	.Z7502A
Cezanne's Tulips in a Vase	
Sun, Apr 26 2:00-5:00 PM	.Z4402A
Monet's Garden at Giverny	
Sun, May 10 2:00-5:00 PM	.Z4502A
Monet's Meadow with Poplars	
Sat, May 30 2:00-5:00 PM	.Z7602A

# An Evening with the Impressionists

# (adults)

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

# Instructor: Debra Stasiak

One Session \$28.00 Per Person

# Thompson Pk Creative Arts Center

Pissarro's Sunset	
Fri, Mar 20 6:30-8:30 PMZ8002A	
Cross' Pine Tree	
Fri, Apr 3 6:30-8:30 PMZ8102A	
Van Gogh's Three Sunflowers in a Vase	
Fri, May 1 6:30-8:30 PM	

# **Evening Watercolor Studio**

# (adults)

Do you need a little more time to paint? This studio time is perfect for watercolor artists who wish to paint in a community atmosphere with the guidance of a professional watercolor artist. Get tips on improving composition and finding new, creative approaches to your painting. Bring your supplies, current project or references to class.

Instructor: Maryann Goodwin

# Six Sessions \$84.00 Per Person

# Thompson Pk Creative Arts Center

Tue, Mar 3-Apr 7 8:00-10:00 PM	Z7002A
Tue, Apr 28-Jun 2 8:00-10:00 PM	Z7102A

I would like to compliment Maryann Goodwin for being an excellent instructor. As a retired teacher, I know quality teachers and Maryann demonstrates the attitude, skill, patience, and compassion of such teachers.

# **Evening Watercolor Workshop**

# (adults)

Watercolor is a relaxing and attractive medium. This evening class is a great way to unwind after a busy day. Beginner and advanced students will enjoy learning new techniques as well as traditional watercolor methods. A supply list will be sent upon registration. Instructor: Maryann Goodwin

#### Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Tue, Mar 3-Apr 7 6:00-8:00 PM	Z6802A
Tue, Apr 28-Jun 2 6:00-8:00 PM	Z6902A

# Great Impressionism Workshop™

#### (adults)

No painting experience necessary to take this step-bystep approach to Impressionism. Using Aspiring Artists exclusive Interpretive Impressionism method, students will learn the specific brushstrokes, layering techniques, color mixing and unique styles of these painters. Acrylic paints and cardstock paper are included, however if you prefer to paint on canvas, bring your own 11"x14" canvas to class. Returning students may bring in a print of their own painting choice if they completed the painting selections.

Artist/Instructor: Debra Stasiak

# Four Sessions \$94.00 Per Person

#### Thompson Pk Creative Arts Center

Monet's Lane in the Poppy Fields Ile Saint Martin Cross' Regatta

Fri, Mar 6-27 10:00 AM-12:00 PM.....Z3702A Monet's Flowers on the Banks of Seine near Vetheuil May Cross' Landscape of Provence 1898 Fri, Apr 3-May 1 10:00 AM-12:00 PM.....Z3802A

No class 4/10 Pissarro's Sunset Monet's Hauling a Boat Ashore

Fri, May 8-29 10:00 AM-12:00 PM.....Z3902A



# Inspired Painting

# (adults)

Beat the winter blues by finding your creative pulse in a new eight-week painting class with instructor Shari Epstein. Working independently, you will complete a painting with an understanding of composition, proportion and color mixing. All levels of experience are welcomed. Supply list will be mailed upon registration. Bring images you love to the first class.

# **Eight Sessions \$96.00 Per Person** Henry Hudson Trail Act Ctr

Tue, Mar 10-Apr 28 12:00-2:00 PM......A6502A

# **Intermediate Drawing**

# (adults)

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

Artist/Instructor: Katie Stone

# Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 12-Apr 16 1:00-3:00 PM......Z5902A Thu, Apr 30-Jun 11 1:00-3:00 PM.....Z6002A No class 5/28

# **Intro to Drawing**

#### (adults)

Ever wanted to learn to draw? In this beginner class, we will cover the fundamentals of drawing including shading, composition and line. No prior experience is necessary. A supply list will be provided upon registration.

Artist/Instructor: Maryann Goodwin

# Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Thu, Mar 5-Apr 9 6:30-8:30 PM	Z7202A
Thu, Apr 30-Jun 4 6:30-8:30 PM	.Z7302A

Monmouth County Park System



# April 18, 2020 9 a.m. – 2 p.m.

Fort Monmouth Recreation Center 2566 Guam Lane, Tinton Falls Support over 40+ homegrown artists and artisans. Shop for Mother's Day, Father's Day, graduations, communions, weddings or for youself.

# **FREE** Admission & Parking

For more information, please call 732-542-1642, ext. 31, or email Al.Weaver@monmouthcountyparks.com.



www.MonmouthCountyParks.com

# SUNDAY, MAY 17, 11:00 AM-5:00 PM

# 609-259-6275



Ingenuity, technology, culture and history come together in one great event!

# FREE PARKING • FREE ADMISSION

- Participate in hands-on historical activities
- View demonstrations and displays of historic crafts, trades, industry and artistry
- See the gristmill in action

62 WALNFORD RD,

**UPPER FREEHOLD** 

- Explore the 1773 Waln house from cellar to attic
- Play old-fashioned games



For more information call 732-842-4000, ext. 4312, or visit us online at www.MonmouthCountyParks.com.

onmouth County Park System



# Creative Arts & **Music Festival** Saturday, May 2 10:00 AM-5:00 PM

Thompson Park, Lincroft



Spend a day at Thompson Park perusing a variety of fine artists and artisans, as well as experience live music by some of the best local musicians. This family-friendly festival also includes free activities, artist demonstrations, and a variety of tasty food vendors to choose from.

For more information, please call 732-842-4000, ext. 3343, or visit us online at www.MonmouthCountyParks.com.



# **Monmouth County Park Locations**

# **PARKS/HISTORIC SITES**

Baysholm Tract<sup>†</sup>, 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<sup>†</sup>**, 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<sup>†</sup>, 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<sup>†</sup>, Freehold to Howell 732-462-7286 or 9265 Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440 Mount Mitchill 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 Walnford, Walnford Road, Upper Freehold 609-259-6275 Weltz Park\*, West Park Avenue, Ocean 732-229-7025 Wickatunk Recreation Area<sup>†</sup>, Rt. 79, Marlboro 732-946-9562 Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025 Yellow Brook Tract<sup>†</sup>, Highway 33, Howell 732-751-9453 or 732-919-0996

\* 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.



Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



KEYPOR

ABERDEEN FRENEAU WOODS

PARK

HENRY

DeBOIS CREEL REC.AREA REC.AREA

FREEHOLD TWP. MANASQUAN RIVER

TURKEY SWAMP PARK -

EAST FREEHOLD SHOWGROUNDS (understop

BROOK

YELLO

WICKATUNK REC.AR<mark>EA</mark>

RLBO

MÀ

PINE BROO

UNION BEACH

HAZLET

HOLMDEL

HISTORIC

COLT

HOMINY HILL G.C.

MANASQUAN HOWELL RESERVOIR PARK G.C.

LONGSTREET

HOLMDEL

TATUM

PARK

# **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 Corlies Avenue, Neptune 732-922-4141

PERRINEVILLE LAKE PARK

MILISTONE

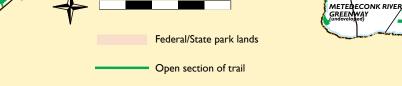
ROOSE

CLAYTON PARK

EEHOL

PORTATION TRA

CROSSWICKS GREENWAY



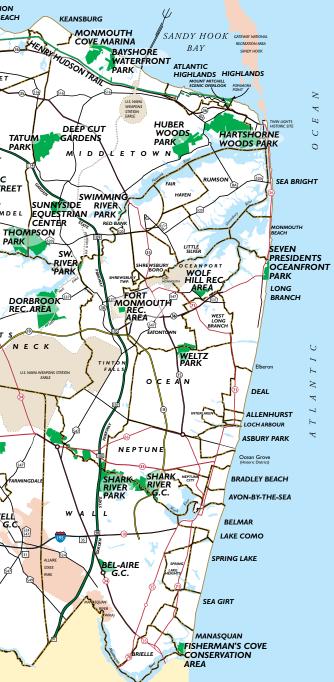
CHARLESTON SPRINGS G.C.

- - - - Closed/Future section of trail



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.

RARITAN BAY



# **Intro to Silverpoint**

#### (adults)

Discover the beautiful and precise drawing technique of silverpoint used by master artists such as Raphael, Durer, Van Eyck, Holbein and many more. Eileen Kennedy will touch on the history of silverpoint, preparing your surfaces for drawing, types of silver and other metalpoints, and technique. There will be an additional materials fee of \$20.00 payable to the instructor the day of the class. Each student will take home a silver point and stylus.

#### One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

# **Intro to Traditional Painting**

#### (adults)

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

# Six Sessions \$84.00 Per Person

Thompson Pk Creative Arts Center

#### Artist/Instructor: Katie Stone

 Tue, Mar 10-Apr 14 9:00-11:00 AM
 Z2202A

 Tue, Apr 28-Jun 9 9:00-11:00 AM
 Z2302A

 No class 5/26

 Artist/Instructor: Eileen Kennedy

 Thu, Mar 12-Apr 16 6:30-8:30 PM
 ZB602A

 Thu, Apr 30-Jun 4 6:30-8:30 PM
 ZB702A

# Intuitive Painting 🐬

#### (adults)

On a 16"x20" canvas, use multiple complementary

colors to paint the background for an original piece of art. Then we will create several more layers with paints, inks, stamps and stencils. Complete the canvas by blocking out a focal point. All supplies included.



Instructor: Monique Topp One Session \$50.00 Per Person Henry Hudson Trail Act Ctr Thu, Mar 19 5:30-9:00 PM...... AA602A

# **Oil Painting Techniques**

#### (adults)

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

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

Six Sessions \$120.00 Per Person Thompson Pk Creative Arts Center

Fri, Feb 28-Apr 3 10:00 AM-12:30 PM .....Z3102A Fri, Apr 10-May 15 9:00-11:30 AM ......Z3202A

# **Painting: All-Level**

#### (adults)

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

Artist/Instructor: Katie Stone Six Sessions \$84.00 Per Person

#### Thompson Pk Creative Arts Center

mompson i k creative Arts center
Tue, Mar 10-Apr 14 11:30 AM-1:30 PMZ2402A
Tue, Apr 28-Jun 9 11:30 AM-1:30 PMZ2502A
No class 5/26
Tue, Mar 10-Apr 14 2:00-4:00 PMZ2702A
Tue, Apr 28-Jun 9 2:00-4:00 PMZ2602A
No class 5/26

# Park System History

In 2013, renovations began at the Navesink Military Reservation at the Rocky Point section of Hartshorne Woods Park, Highlands. The property was accepted onto the National Register of Historic Places in 2014, and renovations and exhibits were completed in 2018.

# Pastel Impressionism

(adults)

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

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

# Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Mon, Feb 24-Mar 30 10:00 AM-12:30 PM..Z7401A Mon, Apr 6-May 11 10:00 AM-12:30 PM...Z2802A

# **Plein Air by the Sea**

#### (adults)

Learn how to paint and draw from life not from a photo. The impressionists painted this way "Alla Prima" with a limited palette, dynamic compositions and dramatic lighting from the sun. See why learning to make art from nature will teach you to see true color and intern you will learn how to mix those colors first hand. Indoor and outdoor options all weather permitting at the Manasquan Inlet. Our indoor facility has amazing vistas so bring your own media of choice and all your supplies you will need to create your art. Lessons will be well structured with demonstrations weekly. New techniques will be introduced on composition, values, color theory and applications of media. All levels always welcome.

Instructor: Gina Torello, MFA Professional Artist, LightScapes Studio LLC Six Sessions \$120.00 Per Person

# Fisherman's Cove Act Ctr

Thu, Feb 27-Apr 2 10:00 AM-12:30 PM .....Z7801A

Thu, Apr 9-May 14 10:00 AM-12:30 PM ...Z3302A

# **Renaissance Drawing**

#### (adults)

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

Lightscapes Studio LLC

#### Six Sessions \$120.00 Per Person Thompson Pk Creative Arts Center

Wed, Apr 8-May 13 10:00 AM-12:30 PM...Z3402A Wed, Apr 8-May 13 10:00 AM-12:30 PM...Z3502A

# **Renaissance Painting**

#### (adults)

Learning how to paint like the masters by using classic techniques such as under painting with strong tonal contrasts, classic lightsource from prepared still lives or plein air demos weather permitting. The key to success which is not commonly taught is to learn how to OBSERVE as a true artist. The subtle nuances will be taught to you along with step by step lessons. You will be a more confident artist while achieving success mastering your techniques in oil painting. Observation, is an invaluable skill for any artist; from the novice to the seasoned painter. Come explore this amazing class and see for yourself. All levels are always welcomed. A supply list will be provided on your registration receipt. Instructor: Gina Torello, MFA Professional Artist, Lightscapes Studio LLC

#### Six Sessions \$120.00 Per Person

#### Thompson Pk Creative Arts Center

Wed, Feb 26-Apr 1 1:00-3:30 PM	.Z8001A
Wed, Apr 8-May 13 1:00-3:30 PM	.Z3602A

# **Studio Time with Gina**

#### (adults)

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

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

# Six Sessions \$120.00 Per Person

## Thompson Pk Creative Arts Center

Mon, Feb 24-Mar 30 1:00-3:30 PMZ7501A
Fri, Feb 28-Apr 3 1:00-3:30 PMZ7601A
Mon, Apr 6-May 11 1:00-3:30 PMZ2902A
Fri, Apr 10-May 15 1:00-3:30 PMZ3002A

# **The Basics of Portraiture**

#### (adults)

Have you ever wanted to learn to draw the human face? Here's the perfect opportunity. Over the course of this class, students will have the opportunity to perfect their skills or begin the journey into portrait drawing. We will spend the first week of this class learning some of the basics of how to convey the human face with accuracy, from understanding the planes of the face to acquiring new techniques for rendering features. For three classes students will have access to a live model to draw from to enhance their skill. A \$20.00 model fee is payable the first day of class.

#### Four Sessions \$70.00 Per Person

Thompson Pk Creative Arts Center

# Watercolor Adventures

#### (adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A list of supplies (not included) will be provided upon registration. Instructor: Jane Lux

# Ten Sessions \$180.00 Per Person

Thompson Pk Creative Arts Center

Fri, Apr 10-Jun 12 10:00 AM-12:30 PM ....Z6602A Fri, Apr 10-Jun 12 1:00-3:30 PM .....Z6702A

# Jewelry Fundamental Studio (adults)

This studio time is for students that have taken the Jewelry Fundamental class and wish to continue to hone their skills. Instructor Lena Pfeffer will be on hand to provide individual instruction and assistance as participants work on their own projects at their own pace. Students are required to bring their own materials. If you need project suggestions contact Lena at students@decorativewonders.com. A \$20.00 tool usage fee will be collected by the instructor the first day of class.

#### Four Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Mon, Mar 2-23 9:00 AM-12:30 PM .....Z5602A Mon, Apr 6-May 4 9:00 AM-12:30 PM .....Z5702A No class 4/13

Mon, May 18-Jun 29 9:00 AM-12:30 PM...Z5802A No class 5/25, 6/8 & 6/22

# **Jewelry Fundamentals**

#### (adults)

Ideal for the beginner or intermediate students, explore the basics of metal fabrication, covering techniques such as soldering, forging, etching and more while creating earrings, necklaces, bracelets, etc. A materials fee of \$40.00 (cash) is payable to instructor Lena Pfeffer on the first day of class. Returning students should contact Lena before the start of class students@decorativewonders.com.

# Four Sessions \$90.00 Per Person

Thompson Pk Creative Arts Center

Sun, Mar 1-22 9:00 AM-12:30 PM	.Z5002A
Sun, Mar 1-22 1:00-4:30 PM	.Z5102A
Sun, Apr 5-May 3 9:00 AM-12:30 PM	.Z5202A
Sun, Apr 5-May 3 1:00-4:30 PM	.Z5302A
No class 4/12	
Sun, May 17-Jun 28 9:00 AM-12:30 PM	.Z5402A
Sun, May 17-Jun 28 1:00-4:30 PM	.Z5502A
No class 5/24, 6/7 & 6/21	

# **Precious Metal Clay Basics**

# (adults)

Precious Metal Clay (PMC) is fine silver particles suspended in a clay binder. It is so easy to work with, anyone can create beautiful fine silver jewelry! Our certified instructor will teach beginners the basics of this up and coming art and assist more advanced students with their independent projects. A materials fee of approximately \$30.00 is payable to instructor for Precious Metal Clay (depending on fair market value). Tools are supplied for class use. An optional supply list will be provided at the first session.

# Six Sessions \$148.00 Per Person

# Thompson Pk Creative Arts Center

# **KNITTING & SEWING**

# **Beginner Sewing and Beyond**

# (adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a simple skirt and move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class are listed on your registration receipt.

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

Instructor: Janice Beeby

# Six Sessions \$80.00 Per Person

# Fort Monmouth Rec Ctr Prog Rm C

Mon, Mar 2-Apr 6 7:00-9:30 PM ......Z4802A Mon, Apr 20-Jun 1 7:00-9:30 PM.....Z4902A No class 5/25

# Knit or Crochet Your Choice

# (ages 15 and up)

Here is an opportunity to learn both knitting and/ or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose.

Instructor: Shelley Ziegler

# Six Sessions \$68.00 Per Person

# Thompson Pk Creative Arts Center

Thu, Mar 12-Apr 16 6:30-8:30 PM.....ZA402A Thu, May 7-Jun 11 6:30-8:30 PM.....ZA502A

# Knitting 101 and Beyond

# (ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, scarf or hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

# Six Sessions \$68.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Mar 7-Apr 18 10:30 AM-12:30 PM ....Z8802A No class 4/11

Sat, May 9-Jun 20 10:30 AM-12:30 PM .... Z8902A No class 5/23

# **MISCELLANEOUS**

# **Advanced Pysansky**

# (adults)

Take your egg decorating to the next level with Advanced Pysanky. In this workshop you can experiment with metallic materials, use watercolor painting techniques, and remove areas of color with bleach. Additionally, blowing out the egg and adding a hook will be demonstrated. Prerequisite skills with the kistka and knowledge of the process of dying are required. \$10.00 fee payable to instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria One Session \$27.00 Per Person

# Thompson Pk Creative Arts Center

Sat, Mar 28 1:00-3:00 PM .....ZA302A

# Advanced Indigo Shibori: Stitch Resist

(adults)

Create unique Japanese inspired designs using only a needle and thread! Participants will hand stitch and hand dye fabric in beautiful indigo using the Japanese technique of nui shibori (stitch resist). All levels welcome - previous sewing experience not required. All materials are included. Please wear clothes that can get dirty, bring a pair of long cuffed rubber gloves, and bring a \$10.00 materials fee payable to instructor Kate Eggleston.

# One Session \$45.00 Per Person

Thompson Pk Creative Arts	
Wed, Apr 1 9:00 AM-1:30	) PM

Wed, Apr 1 9:00 AM-1:30 PM	ZA802A
Wed, Apr 29 9:00 AM-1:30 PM	ZA902A

# **Basket Making Workshops**

# (adults)

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

# One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

#### **Classic Market Basket**

The 9"x 4" filled-in base (with chicken feet!) will become a useful shopping or storage basket, approximately 6" tall, topped with an oak handle. Suitable for beginners. Materials fee: \$15.00

# Sat, Mar 21 10:00 AM-4:00 PM ..... ZAZ02A Wine Basket

Perfect for two bottles of wine or one bottle and a loaf of bread. Nice hostess gift! Simple start and stop weaving with a divider in the center. Can add some color or leave plain. Beginners welcome.

Materials fee: \$18.00

Final size: 4 1/2" x 9" x 12" handle

Sat, Apr 18 10:00 AM-4:00 PM.....ZB002A

# Williamsburg Basket

Large Williamsburg Basket with oak handle. Suitable for beginners; start and stop weaving. Materials fee: \$28.00

Final size: 10" x 10" x 13" tall, 14-15" in diameter Sat, May 16 10:00 AM-4:00 PM .....ZB102A

# **Beginner Mosaics**

#### (adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion and grouting. No experience necessary. All materials provided by instructor for a \$40.00 fee payable on the first day of class.

Instructor: Harry Belkowitz

# Six Sessions \$78.00 Per Person

Big Brook Pk Elsas Lodge

Sat, Mar 7-Apr 18 1:00-3:00 PM .....ZAS02A No class 4/4 Sat, Apr 25-Jun 6 1:00-3:00 PM .....ZAT02A

No class 5/23

# **Broken China Mosaics**

# (adults)

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China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you made one you'll never want to stop. A \$40.00 materials fee (cash or check only) is due to the Instructor Harry Belkowitz the first day of class.

#### Six Sessions \$78.00 Per Person Big Brook Pk Elsas Lodge

Tue, Mar 17-Apr 21 10:00 AM-12:00 PM.. ZAU02A

# *Volunteer Spotlight* Park System Docents



Volunteer docents offer a bright and happy smile when you visit Park System locations such as *Bayshore Waterfront Park*, Port Monmouth; *Huber Woods Park Environmental Center*, Middletown; and *Manasquan Reservoir Environmental Center*, Howell. After training by Park System staff, docents take time out of their days to offer our visitors a warm welcome as well as provide information on the buildings they are assigned to as well as the ecology of the site, exhibits and park facilities.

Being a docent is just one of the volunteer opportunities available in the parks. If you are 18 or older and interested in volunteering as a docent, call 732-842-4000, ext. 4283, or email volunteer@monmouthcountyparks.com.





# (adults)

Get creative and colorful! We will paint, collage, or use stencils to handcraft beautiful, unique pieces of artwork for your home or to give as gifts. All supplies included. Instructor: Monique Topp

**One Session \$45.00 Per Person** Freneau Woods Pk Vis Ctr Art Room

#### **Coffee, Tea or Wine**

Size: 11" x 14" canvas

Sun, Apr 19 2:00-5:00 PM ..... AA102A

# **Canvas Creations: The Series**

#### (adults)

Complete not one, but THREE natureinspired mixed media pieces. We'll begin by exploring paper creation using a variety of tools, followed by building backgrounds with ink and paint,



other mediums. Finally, we'll complete our canvases with an emphasis on focal points and embellishments. All supplies are included to complete three 8" x 10" canvasses.

Instructor: Monique Topp Three Sessions \$95.00 Per Person Henry Hudson Trail Act Ctr Thu, Apr 23-May 7 6:00-8:30 PM..... AAK02A

# **Creative Card Making**

#### (adults)

Create beautiful, 3-D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

#### Six Sessions \$50.00 Per Person

#### Fort Monmouth Rec Ctr Prog Rm A

# 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. During these two hours you will learn: 1) how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media; 2) how to correctly wire your work to hang safely and securely; 3) how to create a "Basic Framing Tool Kit"; and 4) lots of helpful money saving tips so you can frame your art and photos beautifully and economically.

One Session \$38.00 Per Person

Thompson Pk Creative Arts Center

Wed, May 13 10:00 AM-12:00 PM.....Z9102A

# **Intermediate Mosaics**

#### (adults)

For those who have taken the beginner's Mosaic Art class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by instructor for a \$40.00 fee payable during the first class.

Instructor: Harry Belkowitz

# Six Sessions \$78.00 Per Person

#### Big Brook Pk Elsas Lodge

Sat, Mar 7-Apr 11 10:00 AM-12:00 PM ... ZAQ02A Sat, Apr 25-Jun 6 10:00 AM-12:00 PM.... ZAR02A No class 5/23

# Macramé in an Afternoon

#### (adults)

This 1970s craze has made a comeback to the art scene! For those who love working with your hands, this workshop is for you. Artist Kathleen Smith Tobin teaches 3-5 basic knots to create a beautiful macramé wall hanging with a shelf.

One Session \$80.00 Per Person

#### Thompson Pk Vis Ctr Tulip Room

Sat, May 16 2:00-5:30 PM ..... AB002A

# **Mixed Media - More Than Paint**

# (adults)

Create beautiful, original art pieces to decorate your home or to give as gifts. Experiment with paint, paper, ink, fabric, modeling paste, found objects, etc. The possibilities are endless. There is a material fee of \$10.00 payable to the instructor.

#### Four Sessions \$36.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A

Tue, May 5-26 5:45-7:15 PM......A2302A

# The Art of Pysanky

#### (adults)

The ancient art of Ukrainian egg decorating, also known as Pysanky, is a process of layering beeswax and natural dyes to create stunning patterns. In this one day class, you will learn this fun, intricate technique and have the chance to create your very own beautiful eggs. A \$10.00 materials fee is payable to the instructor. Please bring an apron.

Artist/Instructor: Jennifer Santa Maria

One Session \$29.00 Per Person

**Thompson Pk Creative Arts Center** 

Sat, Mar 28 3:30-6:00 PM	.Z6102A
Sun, Apr 5 3:30-6:00 PM	.Z6202A

# To Dye For: Indigo Shibori Workshop

(adults)

Discover the beauty of shibori, a series of Japanese resist dye techniques, which creates unique patterns on fabric by folding, binding, and sewing. Students will produce an array of designs dyed in beautiful indigo. Please bring 10-15 small/medium pre-washed, lightcolored, 100% natural fiber items (scarves, t-shirts, napkins, etc) to dye. Please also bring long cuffed rubber gloves and \$10.00 material fee payable to instructor Kate Eggleston, and wear clothes that can get dirty.

# One Session \$45.00 Per Person

# Thompson Pk Creative Arts Center

Wed, Mar 18 9:00 AM-1:30 PM .....ZA602A Wed, May 6 9:00 AM-1:30 PM .....ZA702A

# **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; point and shoot cameras are not covered.\*If you have one of the newer mirrorless cameras by Fuji, Sony, Olympus, Nikon, or the Canon EOS-M, please check with the instructor at gary@garydatesphotos.com.

Instructor: Gary Dates

Six Sessions \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Mar 3-Apr / 10:30 AM-12:30 PM	28602A
Tue, Apr 28-Jun 2 6:30-8:30 PM	Z8702A

# Photography Exploration in Our Parks

# (adults)

Explore the world around you through your camera lens right in your own county parks. Long time Park System volunteer and professional photographer Michael S. Miller of Visions Photographic Workshops will share with you techniques of composition and exposure and help you to develop your creative vision. These explorations are for photographers with knowledge of their camera who would like to develop their creative eye. Tripods are recommended.

#### One Session \$30.00 Per Person

## Manasquan Reservoir Photography Boat Tour

Always popular enjoy photographing the Manasquan Reservoir from the unique perspective of being on our tour boat. Time will be spent both on the tour boat and on the trails.

Manasquan Res Env Ctr

Sun, Apr 26 6:30-9:30 AM..... W5902A

If you love taking photos in the parks, check out our annual photography exhibitions at Deep Cut Gardens and the Manasquan Reservoir. For full details, see page 51.

# Thinking about bringing your



# to the park?

Dogs are permitted in most Monmouth County Park System sites while they are leashed. Owners are responsible for clean-up of their pets at all times and waste should be removed and disposed of properly. Dogs *are not* allowed on- or off-leash in the following locations or at any other park location where signs are posted:

- Deep Cut Gardens
- Historic Longstreet Farm
- Dorbrook Recreation Area Sprayground
- Playgrounds
- Golf Courses
- Buildings
- Be sure to check out our canine classes on page 67 of this Parks & Programs Guide.

# Visit a Monmouth County Dog Park!

# LOCATIONS

# **Thompson Park**

# 805 Newman Springs Road, Lincroft

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs .or less
- Water fountain available
- Pet waste bags and garbage cans
- Restrooms nearby

# **Wolf Hill Recreation Area**

# 3 Crescent Place, Oceanport

- Area for dogs over 35 lbs.
- Area for smaller dogs weighing 35 lbs. or less
- Sheltered picnic tables
- Pet waste bags and garbage cans
- Portable toilets

# **IMPORTANT INFORMATION**

- Off-leash dog areas are open 7 days a week from 8:00 AM to dusk
- Puppies must be at least 4 months old, and dogs 6 months or older must be spayed or neutered
- All dogs must be up to date with vaccinations and wear a collar with a license
- Each owner may bring up to two dogs, must remain with the dogs, and must carry a leash for each
- Children under the age of 8 years old are not permitted in off-leash dog areas
- There is a limit of 20 dogs and 25 owners inside each fenced area at any one time in the Thompson Park facility
- There is a limit of 25 dogs and 25 owners inside each fenced area at any one time in the Wolf Hill Recreation Area facility

- Sunnyside Equestrian
   Center
  - Visitor Centers
  - Environmental Centers
  - Seven Presidents
     Oceanfront Park
     (from April 1-October 31)

# **CANINE CLASSES**

# **Dog Obedience: Basic Obedience**

# (ages 17 and up)

Sit! Heel! Come! Stay! This class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to dogs 6 months and older.

Instructor: Loni Lucina

Seven Sessions \$77.00 Per Person

# Thompson Pk Theater Barn

Tue, Apr 14-May 26 6:00-7:00 PM...... Q0502A Sat, Apr 18-Jun 13 9:00-10:00 AM ..... Q0602A No class 5/2 & 5/23

# **Dog Obedience: Pint-Sized Pooches**

#### (ages 17 and up)

Bouncing, barking and full of energy, small dogs can be well behaved. Taught in a safe, friendly environment where small dogs can successfully learn, this class covers the basic foundation skills necessary for your dog to become a well-mannered canine companion. Open to small dogs 6 months and older and weighing 35 lbs. or less.

Instructor: Loni Lucina Seven Sessions \$77.00 Per Person Thompson Pk Theater Barn

Tue, Apr 14-May 26 7:10-8:10 PM...... Q0802A

# Dog Obedience: Puppy Kindergarten

#### (ages 17 and up)

This class will focus on socialization of your puppy with other people and other puppies. Basic life skills such as sit, coming when called and walking politely on a leash will also be covered. Topics such as house training, chewing, jumping and nipping will be discussed. Open to puppies 8 weeks to 5 months old at the time the class begins. Proof of age-appropriate vaccinations must be provided at the first class.

Instructor: Loni Lucina

#### Seven Sessions \$77.00 Per Person

Thompson Pk Theater Barn

Sat, Apr 18-Jun 13 10:10-11:10 AM ..... Q0702A No class 5/2 & 5/23

# **CULINARY ARTS**

# Chocolate Fun for Everyone SNEW

# (ages 16 and up)

Let your creativity begin! Learn the basics of molding and decorating with chocolate in this hands-on class. Everyone will leave with beautifully decorated chocolates that you've created. All supplies included. Instructor: Kimberly Megill

One Session \$75.00 Per Pair

Dorbrook Rec Area Vis Ctr

Mon, May 18 6:00-9:00 PM..... AAY02A

# **Create Like a Food Network Star**

(adults)

Today's food is not only "hot", but trendy. Learn the hallmarks of current edgy meals and recreate the flavor profiles of some of your favorite star chefs.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

## Trisha Yearwood

More than a country singer, Trisha is a down home cook with mad skills. We'll create her Charleston Cheese Dip, Smothered Chicken Waffle Sandwiches, Zucchini Cakes with Herb Sour Cream and Sheet Pan Slab Pie.

Sat, Apr 18 10:00 AM-2:00 PM..... M5302A



Book a private class for your family or friends! Private classes offer more time with the chef to absorb skills and techniques, as well as engage in culinary discussions.

Several themes are available to choose from, perfect for Date Night, Girls Night Out, Teen Groups and more.

Classes are 2 ½ hours and available on weeknights at the Fort Monmouth Recreation Center. Fee: \$325.00 for 4-10 people (ages 13 and up)

Instructed by: Chef Stephen Wolff, Culinary Creations, LLC

For more information and to schedule, contact Ann Sage at 848-456-4278, ext. 4, or Ann.Sage@monmouthcountyparks.com.

## **Endangered Recipes**

### (adults)

Learn some new culinary skills as you try your hand at a hit parade of meals that are fast disappearing in modern homes. Revisit popular recipes from decades past, and take your palate on a stroll down memory lane. Help us keep these favorites of yesteryear from going extinct! Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$45.00 Per Person

Fort Monmouth Rec Ctr Kitchen

#### **Dining in the 50s**

Salmon Mousse Canapes and Swedish Meatballs over rice

Thu, Apr 16 6:00-8:30 PM ..... M5002A A 60s Sampler

Beef Burgundy over noodles and Cranberry Waldorf Salad

Thu, Apr 23 6:00-8:30 PM ..... M5102A

#### **Casual Chic of the 70s**

Classic Cheese Fondue and Ham, Broccoli & Cheddar Quiche

Thu, Apr 30 6:00-8:30 PM ..... M5202A The Entire Series

## Register for all three sessions and save!

Three Sessions \$95.00 Per Person

Thu, Apr 16-30 6:00-8:30 PM ..... M5402A

## 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 talk, so get ready for hands-on learning as Chef 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 \$59.00 Per Person

## Fort Monmouth Rec Ctr Kitchen

Sat, May 2 10:00 AM-2:00 PM ..... M6402A

Have food allergies? Please let us know when registering for any of our culinary arts programs.

## **Homemade Pierogi**

#### (adults)

Love pierogi? Ditch the box and learn how easy it is to whip up a dozen homemade. Chef and Mrs. Chef lay 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. And of course, enjoy a taste when you're done!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$59.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 7 10:00 AM-2:00 PM..... M4402A

### Let's Wrap!

(adults)

Wrapping food is a fantastic and simple way to cook and present food to your guests. We will roll a Korean-style beef bulgogi in rice paper, pan fry pork and scallions in wonton skins and beer batter shrimp to start the evening. Our entree is a sautéed potato wrapped halibut with asparagus wrapped "en papillote". For dessert we'll make two wraps - a puff pastry wrapped apple and caramel and phyllo wrapped pears and pistachio. And since these desserts are warm I'll make some ice cream to go with it! Please bring a knife and apron to this hands-on class.

Instructor: Peter De Celie

## One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Apr 21 6:00-9:30 PM ..... AA402A

### **MeTV Dinners**

#### (adults)

If you're a fan of MeTV, come spend time with us as we cook - and eat! - our way through recipes inspired by our favorite classic shows. Chef will guide you through basic culinary skills, such as the right way to peel, slice and chop, to prepare meat, vegetables and fruit. While we're cooking, share a laugh or two, as we reminisce about what made these shows timeless favorites. Our menu includes: Brady Bunch Pork Chops & Applesauce; Aunt Bee's Homemade Apple Pie; I Love Lucy's Easy Cuban Picadillo and Bonanza's Calico Beans.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Mar 28 10:00 AM-2:00 PM ..... M4802A

## **Outdoor Paella**

#### (adults)

Let's go outdoors and have a paella feast! You've never tried to cook paella at home? It's so simple! Think rice with goodies! Tonight you will learn how to cook outside over an open fire with the special paella rice called Calasparra. Heat control and knowing when to mix in "goodies" with the rice is what makes great paella. Americans commonly use chicken, chorizo, saffron and clams, and we will too. But tonight will also use squid, smoked paprika, shrimp, bacon, tomatoes and peppers. You'll think you are in Valencia! So sit back and relax – I'll cook for you tonight in this demonstration class.

Instructor: Peter De Celie

One Session \$50.00 Per Person

Dorbrook Rec Area Outdoor Area

Tue, May 19 6:00-9:30 PM..... AA502A

## **Practical Kitchen Skills:**

## Working with Knives

#### (adults)

Have you been intimidated by recipes that call for chopping versus dicing? 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.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Apr 2 6:00-8:30 PM ..... M4902A

## Sir Paul McCartney's Meat Free

## Mondays

#### (adults)

One of the greatest songwriters of all time, Sir Paul McCartney and his daughters, Mary and Stella, have started a movement to get the planet eating at least one plant based meal each week. We'll create some fantastic and tasty recipes right out of Sir Paul's personal recipe box and discuss the movement before sampling the results our labor. Menu includes: Black Bean Burgers and Yummy Spicy Rice Noodles.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

#### Fort Monmouth Rec Ctr Kitchen

Thu, Mar 5 6:00-8:30 PM ..... M4302A

## **Springtime Dining Delights**

#### (adults)

Warming weather, longer days and fragrant blossoms mean it's time to put aside the soups, stews and casseroles of winter and renew your dinner table with lighter fare. Learn how to work with chicken, make a simple sauce and prep different vegetables while cooking Baked Lemon Chicken, Pasta Primavera and Bacon Wrapped Asparagus Bundles. Top it off with a foray into baking with Classic Carrot Cake with Homemade Cream Cheese Icing.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Apr 25 10:00 AM-2:00 PM..... M8602A

## Surf, Turf & Pasta: Three Part Course

(adults)

As if Surf & Turf couldn't get any better, we've added pasta to give this continental cuisine some Mediterranean flair. You won't find it in a steakhouse, but now you can learn the skills and recipes to prepare it at home.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

## Part 1: Surf

Discuss choosing and preparing seafood while learning some hands on skills. Menu includes: Wasabi Panko Encrusted Flounder with Lemon Butter Sauce; Flounder Scampi for Garlic Lovers; and Bake Flounder Florentine Stuffed with Spinach & Fresh Herbs.

Thu, May 7 6:00-8:30 PM..... M5502A

## Part 2: Turf

Move on to the meat, as you learn what cuts to choose and make a simple, yet fancy, entree. Today's Menu: Mini Beef Wellingtons and Rice Pilaf.

Thu, May 14 6:00-8:30 PM ..... M5602A

#### Part 3: Pasta

Now for that Mediterranean touch as we explore pasta varieties and how to move beyond plain pasta with red sauce. Today's Menu: Tortellini with Peas and Prosciutto and Farfalle with Creamy Cheesy Red Pepper Sauce.

Thu, May 21 6:00-8:30 PM ..... M5702A

#### **The Entire Series**

Register for all three sessions and save! Three Sessions \$99.00 Per Person Thu, May 7-21 6:00-8:30 PM...... M5802A

## Sushi 201

### (adults)

In Sushi 101 we learned to cook perfect sushi rice, dipping sauces, maki and nigiri. Now it's time to take these techniques a step further. In this class we will make tempura lobster rolls, dragon rolls, M-16, Christmas rolls, spicy tuna and a few surprise rolls. Let's use vegetable paper and take your sushi skills to the next level. A greater emphasis will be placed on presentation, technique, and garnish. Bring your sushi mats, knife and apron to this hands-on class and let's roll'em up.

Instructor: Peter De Celie One Session \$50.00 Per Person Dorbrook Rec Area Vis Ctr

Tue, Mar 24 6:00-9:30 PM ..... AA302A

## **Tarts: Sweet & Savory**

#### (adults)

Most people think of tarts as dessert, but did you know that tarts spring from the Medieval pie making tradition? These flat, open-faced pies have as many savory recipes as they do sweet. Start by learning the skills to create your own pie crust, then mix up unique fillings that will delight your taste buds. Our menu includes: Carmelized Onion with Thyme, Goat Cheese & Kalamata Olives; Savory Spring tart with Asparagus & Leeks; Mixed Berry with Fresh Pastry Creme; and Apricot Glaze & Apple Crumble.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$59.00 Per Person

#### Fort Monmouth Rec Ctr Kitchen

Sat, Mar 21 10:00 AM-2:00 PM ..... M4702A

## You Had Me at BACON

#### (adults)

Finally a class for bacon lovers! We'll delve into a brief history of this enormously popular food and the various types, including Pancetta, uncured and Canadian. Learn how to prepare and use them, in both savory and sweet recipes, as we prove that everything is better with bacon. Today's menu includes: Chef Stephen's Famous Cranberry Bacon Jam on Crostini, Maple Brown Sugar Candied Bacon and Bacon Wrapped Mini-Meatloaf's.

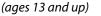
Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

## Fort Monmouth Rec Ctr Kitchen

Thu, Mar 12 6:00-8:30 PM..... M3902A

## **EDUCATION & ENRICHMENT**

## About Boating Safely 🎬



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. Taught by the US Coast Guard Auxiliary Flotilla 16-07. Please bring lunch and snacks.

## One Session \$75.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 2

Sat, Apr 25 8:30 AM-5:00 PM 0	Q3002A
Thompson Pk Vis Ctr Beech Room	
Sat, Mar 28 8:30 AM-5:00 PM C	Q2802A

Sat, May 16 8:30 AM-5:00 PM ..... Q2902A

## **Beginner Mahjong**

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. Beginners only please.

#### Seven Sessions \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

Tue, Mar 24-May 5 11:30 AM-1:30 PM.... M1102A Thu, Mar 26-May 7 11:30 AM-1:30 PM ... M1202A

## **Chess for Adults**

(adults)

Improve or maintain your thinking skills! Many experts believe that brain games such as chess help in keeping an agile mind. You will be taught chess tips and strategies to improve your game.

#### Instructor: Mark O'Kane Three Sessions \$90.00 Per Person

## Henry Hudson Trail Act Ctr

Wed, Mar 4-18 10:00 AM-1:00 PM ......A3602A

## **Coffee Club Mahjong**

#### (adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. For players who have experience.

## Seven Sessions \$30.00 Per Person

## Fort Monmouth Rec Ctr Atrium Room

Tue, Mar 24-May 5 9:30-11:30 AM	M1502A
Wed, Apr 8-May 20 9:30-11:30 AM	M1702A
Thu, Apr 2-May 14 9:30-11:30 AM	M1902A
Thu, Apr 2-May 14 1:00-3:00 PM	M2102A
Tue, May 12-Jun 23 9:30-11:30 AM	M1602A
Wed, May 27-Jul 8 9:30-11:30 AM	M1802A
Thu, May 21-Jul 2 9:30-11:30 AM	M2002A
Thu, May 21-Jul 2 1:00-3:00 PM	M2202A

## Genealogy 101 🌄

#### (ages 14 and up)

You've gotten your DNA results back, now what? Learn basic genealogy techniques to get started in researching your family history. You will also learn how to use online resources to help you research your DNA matches and build your family tree. Presenter is from the Monmouth County Genealogy Society.

## One Session \$20.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1	
Sat, Mar 21 2:00-4:00 PM	Q0402A

## **Genealogy: Understanding the**



## (aaes 14 and up)

One of the most important tools for researching your family history is the Federal Census Records. You will learn why census records exist, the many items they contain, how to access them, how to use them and how to abstract and document the information. Census records help us to follow families over their lifetime. Presenter is from the Monmouth County Genealogy Society.

## One Session \$20.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 18 2:00-4:00 PM...... Q0302A

## **Getting Paid to Talk**

#### (adults)

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

## **One Session \$25.00 Per Person**

#### Thompson Pk Vis Ctr Walnut Room

Thu, Mar 26 6:30-9:00 PM......A7802A

## **Getting Started in TV and Indie Film Acting**



(adults) If you are already an actor or wish to be one, this class is a must. Professional actor Larry Mihlon will examine the primary steps needed to get your acting career off the ground. Headshots, how to make a reel and how to download your file into the major casting data bases of the east and west coasts will be covered. Bring any headshots and resumes to share if you have them. A handout will be given. Please bring a notebook, pen and snack/lunch for an afternoon break.

#### One Session \$30.00 Per Person

Thompson Pk Theater Barn

Sun, May 3 1:00-4:00 PM.....A3402A

## **Helping Your Child Adjust to Change in the Household**



Separation or divorce can be a challenging and stressful time, especially when the household dynamics change. Dee Ballington, Holistic Life Coach, teaches simple, easy-to-use, stress-releasing techniques that will help you and your child cope when transitioning into a new lifestyle.

#### One Session \$29.00 Per Person Tatum Pk Red Hill Act Ctr

Wed, Mar 18 6:00-7:00 PM	A4502A
Sat, May 2 11:00 AM-12:00 PM	



# **HELP WANTED**

Work within the beautiful scenery of your Monmouth County parks!

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

Summer Camp Counselors Arts & Crafts, Nature, Outdoors, Sports, Longstreet Farm Inclusion Coaches • Lifeguards Seasonal Golf Greenskeepers

Seasonal Rangers

Visit our website for full details: www.MonmouthCountyParks.com





## **Monmouth County History Bus Tour**

### (adults)

Enjoy a mini-bus ride through Monmouth County's history looking at some of its famous people and places, and led by a park system historian. It will be a fast-paced 3-hour journey through the Eastern portion of Monmouth County. The park system will take care of the driving as you focus on the rich history of Monmouth County. On this tour, we will start at Thompson Park and visit three of the most important 18<sup>th</sup> century homes in the county, a Revolutionary War poet's inspiring landscape, and a World War II fortification. Do not miss this opportunity to experience the history of the county's growth. Participants are encouraged to bring their own snacks and water, as well as dress for the weather with comfortable walking shoes for short walks at some sites.

### **One Session \$32.00 Per Person** Thompson Pk Old Orchard Parking Lot Sat, May 2 10:00 AM-1:00 PM (approx).... IK802A

## Music and Piano Class

(adults)

"I wish I knew how to play the piano!" Well, it's never too late; and the best way to learn music is with a fun, experienced instructor. Learn to read music to play songs for fun, improve memory, and develop creativity. Space is limited in this co-ed program to ensure personalized instruction. There is a required workbook that will be available for purchase at the first class. Certificate included upon completion. A small, portable, keyboard with at least four-octaves is needed (please consult instructor for keyboard information at gloriajunef@hotmail.com)

Presented by: Gloria Fowler AA, BA; Juilliard School trained Eight Sessions \$112.00 Per Person

Fort Monmouth Rec Ctr Prog Rm D

#### Part 1: Beginners

Tue, Mar 3-Apr 21 6:30-7:30 PM ..... M2502A

## Play the Mind Game 🐙



#### (ages 12 and up)

Chess can teach us how to problem solve, to think strategically, to recognize patterns, to be patient and to be calm under pressure. The Park System will host an open chess for ages 12 and up. Try your chess skills against other players and exercise your mind for everyday life.

Instructor: Mark O'Kane Three Sessions \$75.00 Per Person Henry Hudson Trail Act Ctr

## **Primitive Fire**

#### (all ages)

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 both an anthropological as well as a wilderness survival perspective. Program is rain or shine, please dress accordingly.

## **One Session \$15.00 Per Person**

Turkey Swamp Pk Oak Point Picnic Shelter

Sat, May 9 10:00 AM-1:00 PM	14902A
Sun, May 17 10:00 AM-1:00 PM	I5002A

## Save a Life! Basic First Aid

#### (ages 14 and up)

Attention all parents, coaches, teachers and caretakers, this course is for you! Learn the critical first aid skills needed to respond to and manage an emergency when it arises. Participants will learn techniques such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. You will feel confident as you master these life-saving techniques in this hands-on course taught by certified instructors from the American Safety and Health Institute. Upon completion, participants will receive an ASHI Basic First Aid Completion Card that is valid for two years.

**One Session \$55.00 Per Person** 

Thompson Pk Vis Ctr Beech Room

Sat, Mar 7 10:00 AM-1:00 PM..... Q2302A

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

(adults)

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

## **One Session \$68.00 Per Person**

Freneau Woods Pk Vis Ctr Prog Rm 2

Sat, May 30 10:00 AM-1:30 PM	Q2202A
Thompson Pk Vis Ctr Beech Room	
Wed, Mar 25 6:30-10:00 PM	O1902A

Wed, Mar 25 6:30-10:00 PM	Q1902A
Wed, Apr 15 6:30-10:00 PM	Q2002A
Wed, May 13 6:30-10:00 PM	Q2102A

## 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 handson 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 \$55.00 Per Person

## Freneau Woods Pk Vis Ctr Prog Rm 2

Sat, Mar 28 10:00 AM-12:30 PM ..... Q1802A Thompson Pk Vis Ctr Beech Room

Wed, Mar 11 7:00-9:30 PM	Q1502A
Wed, Apr 1 7:00-9:30 PM	Q1602A
Wed, May 6 7:00-9:30 PM	Q1702A

## Save a Life! Pediatric CPR and First Aid

## (ages 14 and up)

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

## One Session \$65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Apr 25 10:00 AM-12:30 PM ..... Q2402A

## WANTED: History Buffs

## (adults)

Are you a history buff? Do you walk into historic places and wonder what it was like to live back in that era? Do you gravitate towards historical books, clothes and memorabilia? In this class, Reenactor Larry Mihlon will show you how to use your historical passion and performing abilities to bring history to life. He will teach how to get started as a reenactor and give tips to pursue a career in reenactment. Come with any history memorabilia and knowledge you wish to share. No experience required. Please bring a notebook and pen and a snack for a mid-afternoon break.

## One Session \$25.00 Per Person

Thompson Pk Theater Barn

Sat, May 16 1:00-4:00 PM .....A3302A

## **HEALTH & WELLNESS**

## Brain Health as You Age: You Can Make a Difference!

(ages 55 and up)

We all want to stay healthy as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy too. Join the Health Coaches from the Center for Healthy Aging at Monmouth Medical Center, Southern Campus as they review the risk factors, diseases of the brain and what you can do to protect your brain health.

## One Session FREE!

Manasquan Res Env Ctr

Tue, Mar 10 10:00-11:30 AM ..... D3102A

## **Digestion Connection**

(adults)

Greek philosopher Socrates said "health begins in the gut." Discover how and why your digestive health is essential to a healthy mind and body. Learn the secrets to improving chronic health conditions, preventing illness and aging beautifully.

Presented by: Lisa Vento, CHHC

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 9 6:00-7:30 PM ......A7902A

## **DIY Natural Skincare with Essential Oils**

## (adults)

Are you looking for holistic solutions to your skincare concerns? Would you like to get your glow on naturally using the plant power of essential oils? In this handson workshop led by Gina Zalewski RN RYT, you'll learn about the most popular essential oils that support skincare and make and take two essential oil products to support your skin, naturally! All recipes and supplies are provided.

#### One Session \$25.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Apr 4 10:00-11:30 AM ..... AAB02A

## **Essential Oils for Self-Care**

#### (adults)

Are you stressed out? Do you burn the candle at both ends? Do you feel tired or wired all the time? If so, this class is specifically designed for YOU! Join wellness educator Gina Zalewski RN RYT for a hands-on workshop where you will learn which essential oils will easily support your self-care and will help "keep your cup full". You're only a sniff away from some of the most effective self-care - gifts from the plant world! You will also make and take home an essential oil product. All recipes and supplies are provided. **One Session \$25.00 Per Person** 

## Deep Cut Gardens Horticultural Center

Sat, May 2 10:00-11:15 AM..... AAC02A



## **Art Classes for Individuals with Memory Loss**

### (adults, with age related memory loss)

These four art workshops are specifically designed for individuals with mild memory loss and lead by certified art teacher and dementia practitioner, Karen Starrett. The workshops encourage and stimulate spontaneity, choice and social interaction. A supply fee of \$25 is payable to the instructor at the first class. Caregivers will not be required to remain in the classroom but will need to stay on premises. Class size limited to six. Four Sessions \$60.00 Per Person Fort Monmouth Rec Ctr Prog Rm A

Thu, Apr 30-May 21 1:30-2:30 PM ..... D3202A

## Caregiver Workshop Series

#### (adults)

Caring for a loved one with Alzheimer's or other related Dementia's? Find comfort, camaraderie and support with others on a similar journey. Program is free, but registration is encouraged.

## Four Sessions FREE! Dorbrook Rec Area Act Ctr

**Tue, May 12-Aug 11 7:00-8:00 PM ..... D1402A** Program meets 5/12, 6/9, 7/14 & 8/11

## Memory Cafe

## (adults)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information 732-460-1167, ext. 24.

Four Sessions FREE! Fort Monmouth Rec Ctr Atrium Room

**Tue, May 26-Aug 25 1:00-2:30 PM ..... PD260A** Program meets 5/26, 6/23, 7/28 & 8/25

## **Memory Cafe - Walks the Parks**

#### (adults)

Discover the seasonal beauty of our county parks. Each month we will visit a new park, see what's in bloom and look for the wildlife!

Three Sessions \$5.00 Per Person

3/10 - Dorbrook Rec Area Act Ctr Lot, 4/14 - Deep Cut Gardens Lot, 5/12 - Thompson Pk Three Barns Lot

## Tue, Mar 10-May 12 1:00-2:30 AM ..... D3002A

Program meets 3/10, 4/14 & 5/12



2020 marks the 100<sup>th</sup> anniversary of the passage of the 19<sup>th</sup> Amendment. In celebration of the women who fought tirelessly to give women the right to vote, our Cultural Services division will offer of variety of women's programming this year. Check out the following offerings happening this spring:

## DIY Aromatherapy Bracelet for Women's Wellness

(adults)

Amanda Mancini of Pure Fit Women will teach you the healing properties of essential oils for women's wellness. She'll guide you to make your own aromatherapy bracelet to take home so you can enjoy its healing properties for days to come. If you choose, you can make additional bracelets for an additional cost of \$10.00 per bracelet payable to the instructor on the day of class.

## One Session \$30.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 2

Sat, Mar 28 1:30-3:30 PM ......A5102A

## Inspirational Ladies

(adults)

Let's celebrate strong women of 2020! We'll create a canvas that represents ourselves. We'll begin by painting and stenciling the background of the canvas and selecting a meaningful phrase for our lady. We'll then choose from a variety of papers to create our lady and collage it onto canvas. Complete the project with glitter and embellishments. All supplies are included to complete an 11" x 14" canvas.

Instructed by: Monique Topp

## One Session \$45.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Mar 12 6:00-9:00 PM......A8102A

## **Mindfulness Wisdom for Women**

## (adults)

As we grow older, women experience many changes and challenges like disrupted sleep patterns, fatigue, foggy brain, lack of energy and the dreaded temperature changes in our bodies that cause hot flashes. In this class, offered by Dee Ballington, Certified Life Coach, Dee provides you with easy self-help tools to manage your stress, increase your energy and help you focus and think more clearly. You'll also experience a guided meditation that will help you to relax and sleep better. And as an extra bonus, you will receive access to this recording so you can listen to it before you go to bed daily.

One Session \$26.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Mar 7 11:00 AM-12:00 PM ......A4702A

## The Power of YOU!

## (adults)

Are your children driving you crazy? Do you need help with relationships? Are you at your wits' end? Presented by: Sandy Shores, CSW, Author of *When Life Hands You Lemons, Make Lemon-aide* **Two Sessions \$25.00 Per Person** Thompson Pk Vis Ctr Beech Room

Thu, Mar 19-26 6:00-7:00 PM..... AAR02A

## Table Read: The Women by Clare Booth Luce

#### (adults)

In celebration of the 100<sup>th</sup> Anniversary of Women's Suffrage, we will be having a table read of the 1936 comedy *The Women* by Clare Booth Luce. No experience is required. This play has over 40 roles so don't be shy. All are welcome to participate. Roles will be assigned after the registration deadline. Copies of the script will be provided. We will gather around the table and work together to bring this story to life.

## One Session \$10.00 Per Person

## **Thompson Pk Theater Barn**

Sat, Apr 25 1:30-4:30 PM......A5402A

## To Women's Success - Celebrate YOU!

#### (adults)

Women are truly multi-faceted. Let's celebrate and embrace YOU. You are more than a mom, a colleague, a job title, a wife, a daughter. Take this opportunity to share experiences from your life that is part of who you are as a woman today and your journey ahead. Share what excites you and your talents.

Presented by: Danielle Woolley

## **One Session \$30.00 Per Person**

Tatum Pk Holland Act Ctr

Mon, Apr 27 6:00-8:00 PM ......AAW02A

## Women, Know Your Worth 🔍

#### (adults)

Are you self-employed and struggling to charge a fee for your services that helps sustain you and your business? Are you an employee afraid to ask for or negotiate a raise? Does thinking and talking about money freak you out? If so, this class is for you! Lora Sasiela, author of "Financial Aromatherapy" coaches you in this interactive workshop aimed to help you uncover and clear your money blocks so you can confidently know your worth. You'll experience a powerful guided meditation, journal writing exercises and make and take home an essential oil roll-on to support you on your financial success journey.

### One Session \$25.00 Per Person

**Deep Cut Gardens Horticultural Center** 

Sat, Mar 14 10:00-11:15 AM..... AAA02A



## Meditation for Sleep

## (adults)

According to the Centers for Disease Control (CDC), more than one third of American adults are not getting enough sleep leading to physical and mental health problems. Meditation can help relax the mind to prepare for restorative and restful sleep. In this class, learn and practice meditation techniques to aid an improved sleep routine.

## Six Sessions \$81.00 Per Person

## Tatum Pk Holland Act Ctr

Mon, Mar 2-Apr 13 7:30-8:30 PM ...... XAD02A Mon, May 4-Jun 15 7:30-8:30 PM ..... XAE02A No class 5/25

## **Mental Wellness, Naturally**

#### (adults)

Would like to have better memory? Clearer thinking? Better focus? Better sleep? Learn about the brain gut connection and how to improve cognitive function naturally in five steps.

### Led by: Lisa Vento, CHCC CYT

One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Mar 25 6:00-7:30 PM ..... AAN02A

## **Natural Solutions for Autoimmune**

## Disease

## (adults)

We are experiencing an epidemic of autoimmune diseases. In this class you will learn all about autoimmune disease, functional causes and how holistic nutrition and lifestyle can help you feel better.

### Led by: Lisa Vento, CHCC CYT

## One Session \$20.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Mon, Mar 23 6:00-7:30 PM .....A8002A

If you're a golfer, you'll be amazed at how meditation can improve your game! Check out our all new Meditation for Golfers program on page 110 to learn more.

## T'ai Chi Chih Joy Through Movement® 🍄 Discipline

## (adults)

The Chih method teaches the ancient art of "moving meditation" in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.

Instructor: Dan Pienciak, International Teacher Trainer

#### Beginner

The simpler movements will be taught in this class. Four Sessions \$66.00 Per Person

Clayton Park Act Ctr Classroom 1

 Tue, Mar 24-Apr 14 6:15-7:45 PM
 A6602A

 Six Sessions \$90.00 Per Person
 A6602A

Tatum Pk Red Hill Act Ctr

Fri, Apr 24-May 29 11:30 AM-12:50 PM ... A7402A Mon, May 18-Jun 29 11:30 AM-12:50 PM. .A7502A No class 5/25

### Ongoing

More intermediate level instruction for returning students.

#### **Six Sessions \$90.00 Per Person** Tatum Pk Red Hill Act Ctr

Fri, Apr 24-May 29 10:00-11:20 AM ......A7602A Mon, May 18-Jun 29 10:00-11:20 AM .....A7702A No class 5/25



## T'ai Chi Chih<sup>®</sup> Advanced Form: Seijaku

### (adults)

Explore this advanced form of T'ai Chi Chih with trainer Daniel Pienciak. These Sessions are for those students who have completed at least one session of "Ongoing/ Intermediate" lessons and are ready to experience the movements on a deeper level with some meditative applications.

#### Three Sessions \$95.00 Per Person Tatum Pk Red Hill Act Ctr

## T'ai Chi Chih® Discipline

#### (adults)

Experience this ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stressreliever and physical conditioner.

Instructor: Dan Pienciak, International Teacher Trainer Six Sessions \$118.00 Per Person

#### Dorbrook Rec Area Act Ctr

Thu, Mar 26-May 7 5:45-7:45 PM .....AAM02A No class 4/9

## T'ai Chi Chih<sup>®</sup> Twilight Outdoors

#### (adults)

Join us on the patio with a calming view of the reservoir under the evening sky. We will experience this ancient art of "moving meditation" in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner. Class will meet indoors during inclement weather.

Instructor: Dan Pienciak, International Teacher Trainer Six Sessions \$118.00 Per Person

#### Manasquan Res Outdoor Area

Tue, May 5-Jun 16 6:00-8:00 PM ......A6702A No class 5/26

## The Stress Solution Series

### (adults)

Stress manifests differently in each person. The effects of chronic stress can lead to high blood pressure, heart disease, diabetes, insomnia, pain, fatigue, mental illness, anxiety, depression, digestive illness, hormonal dysfunction and many other ailments. Take control of your mental and physical well-being, learn what to eat, how to cleanse, exercise and breathe. Most importantly, cultivate a self-care practice to become calmer, happier and healthier. Small changes will make a big difference. Led by: Lisa Vento, CHHC CYT

Two Sessions \$30.00 Per Person Thompson Pk Vis Ctr Walnut Room Wed, Apr 22-29 6:00-7:30 PM ..... AAP02A

## Three Tricks for Staying Calm in the Workplace

## (adults)

Many of us spend the majority of our time at work and experience some kind of stress, whether from coworkers, workload, commute or family members. Dee Ballington, a Holistic Life Coach, will teach you three easy ways to take down stress levels quickly at the office. Feel more grounded, calm and focused in any situation.

## **One Session \$29.00 Per Person**

## Tatum Pk Red Hill Act Ctr

Sat, Mar 14 11:00 AM-12:00 PM	.A4102A
Wed, Apr 22 6:30-7:30 PM	.A4202A

## **Using Visualization for Sports Confidence**



(ages 12 and up)

Just in time for Spring sports! Being involved in a sport can be fun but also can become stressful if you don't feel confident about participating. Dee Ballington, Holistic Life Coach, will teach a simple visualization technique for upping your confidence in achieving your sport's goal. Many of the best athletes use visualization as a way to help them stay focused on their goals.

## **One Session \$29.00 Per Person**

## Tatum Pk Red Hill Act Ctr

Sat, Mar 21 11:00 AM-12:00 PM .....A4302A Sat, Apr 4 11:00 AM-12:00 PM......A4402A

## What is Homeopathy?



Do you ever hear the word "Homeopathy" and are not quite sure what it means? Come join us as we discuss what homeopathy is, its three fundamental principles and where homeopathic remedies come from. A handout will be provided, but feel free to bring a notebook to take notes. There will be a question and

answer period following class. Instructor: Michele Demaree, Diploma of Homeopathy, Diploma of Veterinary Homeopathy

## **One Session \$20.00 Per Person**

Tatum Pk Red Hill Act Ctr

Thu, Mar 26 6:45-8:15 PM......A3102A

# Garden Corner

## Lady's Slipper Orchid

(Cypridium acaule) Blooming from May through June in woodlands, this spectacular flower is often found places like the Manasquan Reservoir and Hartshorne Woods Park. This species of orchid interacts with soil fungus through symbiosis, passing food and nutrients back and forth to one another.



## What's in a Name ...

This beautiful flowering plant gets its name from its moccasin-like flower between two large stemless leaves. It is sometimes also known as Moccasin Flower.

## Flower Reproduction

The fungus that supplies nutrients to the Lady's Slipper also breaks open the plant's seeds so they can begin to develop. They also require help from bees, who are lured by the flower's sweet scent and bright color.

## Off-Limits: Do Not Pick

You may find them beautiful, but wild orchids like the Lady's Slipper should remain admired and left alone. They are listed as a "special concern" as they take many years to mature and cannot be transplanted successfully. In fact, on some lands it is illegal to remove them.

Learn more about what's happening with nature and horticulture in the parks by clicking "Nature Now" or "In the Garden" at www.MonmouthCountyParks.com.

## HORTICULTURE

## Catnip, Cat Gardens and Greens

(all ages)

Make your cat happy! Bring home catnip and plant a cat garden, we will show you how.

#### **One Session \$7.50 Per Person**

#### **Deep Cut Gardens Horticultural Center**

Sun, Apr 5 11:30 AM-12:30 PM	H2202A
Thu, Apr 16 5:30-6:30 PM	
Thu, May 7 10:30-11:30 AM	H2402A

## **Flower Mandala**

#### (adults)

Colorful mandala designs made from flowers and plant parts. The traditional Buddhist mandala is a deeply spiritual and also impermanent art form. Relaxing walk into the garden will inspire your creativity as you cultivate a sense of peace throughout this meditative activity.

#### One Session \$9.50 Per Person

#### **Deep Cut Gardens Horticultural Center**

Thu, Mar 12 5:00-6:00 PM	H0202A
Sun, Mar 29 1:00-2:00 PM	H1602A

## Growing a Knowing Nose 寒

#### (adults)

Explore a variety of plant-derived aromatic substances; reflect on the memories and feelings they evoke. Next, taste and begin to grasp the importance of this remarkable adaptation. Scents provide plants with a way to communicate, aid in reproduction and seed dispersal, and protect them.

#### **One Session \$7.50 Per Person**

Deep Cut Gardens Horticultural Center

Sun, Mar 1 2:00-3:00 PM	H0402A
Sun, Mar 22 2:00-3:00 PM	H2502A

## **Herbs and Their Uses**

#### (adults)

What is more delightful than the aroma of fresh herbs? Learn how to plant, grow, harvest and preserve herbs. We'll also discuss the folklore surrounding herbs and their many current uses. Includes food samples, recipes and a plant to take home.

## One Session \$15.00 Per Person

**Deep Cut Gardens Horticultural Center** 

Sat, Mar 28 3:00-4:00 PM	H1202A
Sun, Mar 29 3:00-4:00 PM	H1702A

## Intro to Miniature Gardens

#### (adults)

Discover the captivating world of small-scale gardens. Gardening in miniature is a fascinating hobby that frees your full-sized imagination and lets you find a home for your biggest design ideas. We have the best plant choices, including flowers. All projects are step-by-step from start to finish.

## One Session \$20.00 Per Person

**Deep Cut Gardens Horticultural Center** 

#### **Dish Garden**

Sun, Mar 1 10:30-11:30 AM	H0502A
Thu, Mar 5 5:00-6:00 PM	H0802A
Terrarium Garden	
Sun, Mar 15 10:30-11:30 AM	H0602A
Thu, Mar 19 5:00-6:00 PM	H0902A
Fairy Garden	
Sun, Mar 22 10:30-11:30 AM	H0702A
Thu, Mar 26 5:00-6:00 PM	H1002A

## Great Spring Perennial Plant Swap

### Saturday, May 2 Plant Drop-Off: 8:30-10:00 AM Plant Selection: 10:00-11:30 AM Deep Cut Gardens, Middletown

Calling all gardeners! It is time for the Great Spring Perennial Plant Swap. It's fun, free and easy. Bring plants in one-quart, one-gallon or twogallon containers to exchange for plants in like sizes. Please label all plants. Herb and vegetable seedlings may also be exchanged. Please check the website for plants that will not be accepted.

For more information on Deep Cut programs and events, call 732-671-6050.

## NATURE

## Adventure Talk - A Thru Hikers Guide to the Appalachian Trail

#### (all ages)

Have you ever wondered what it would be like to walk one of premier long distance hiking trails? Do you have a ton of questions about the Appalachian Trail? Join one of our Park System Naturalist who has thru hiked the Appalachian Trail for a presentation about the AT. We will talk about the history, how to prep and pack, as well as what its like out on the trail. Pre-registration is suggested; however, walk-ins will be welcome (cash or check).

## One Session \$5.00 Per Person

Manasquan Res Env Ctr

Thu, Mar 5 6:00-7:00 PM ..... 14602A



### (ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park System Naturalist on an exciting 90-minute hike, where we will explore any and all things nature, from the smallest of critters to the grandest of views. Then to celebrate after the program, participants can drive a quick three minutes down the road and join us for an optional picnic and beer tasting at Screamin' Hill Brewery (*\$11.00 pay on your own*).

## One Session \$10.00 Per Person

Clayton Park

Sat, Apr 25 1:15-2:45 PM (approx) ..... IK302A

## **Bald Eagles of the Monmouth County Parks**

#### (ages 12 and up, under 18 with adult)

Eagle Enthusiasts! Get the most up to date information about multiple Bald Eagle nests located within the Monmouth County Park System. Best of all, you will be lead with a Park System Naturalist to observe the eagles surrounded by the wildlife and beauty of the Manasquan Reservoir. Bring a camera! Program will include a walk of a mile or more weather permitting. Sturdy shoes are recommended. Eagle sightings are likely, however not guaranteed.

#### One Session \$10.00 Per Person

### Manasquan Res Env Ctr

Sat, Mar 28 8:30-10:00 AM	I2102A
Wed, Apr 8 8:30-10:00 AM	12202A

## Bluebird Trail Exploration

#### (all ages)

OurNaturalist will introduce you to our local Bluebird trail at one of our county parks. We will visit active bluebird nest box locations, all of which are being monitored and maintained by members of our Volunteers in Parks program. Participants will learn the basics of nest box management and see these magnificent birds up close and personal. It's a wonderful experience for adults and children of all ages! Walking on trails that may be uneven and steep is required for this program so wear sturdy footwear and come ready to walk a mile or so. This is a free program; however, pre-registration is required.

#### One Session FREE!

#### Holmdel Pk Hilltop Area

Thu, May 14 3:00-4:00 PM	PI270A
Thu, May 21 3:00-4:00 PM	PI280A

## Eco-Kayak Tour of the Manasquan Reservoir

#### (ages 10 and up, under 18 with adult)

Tour the Manasquan Reservoir with a Park System Naturalist guide and experience nature close up. If lucky, we'll glimpse bald eagles resting, great blue herons stalking prey or turtles basking in the sun. No experience is needed. Basic paddling instruction will be given before the trip begins. Each trip's course will vary according to water level, weather and ability of the group. Single and tandem kayaks are available on a first-come first-serve basis. Weight limits are 250 lbs. for single kayaks and 400 lbs. for tandems.

## One Session \$25.00 Per Person

## Manasquan Res Env Ctr

Fri, May 15 2:00-3:30 PM	I3902A
Sun, May 31 10:00-11:30 AM	I4002A

## Forest Eats and Wild Treats

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 a number of 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 \$10.00 Per Person Huber Wds Env Ctr Parking Lot Sun, Apr 19 10:00-11:30 AM ...... I3702A Thompson Pk Old Orchard Parking Lot Sat, Apr 25 10:00-11:30 AM ..... I3602A Freneau Woods Park Act Ctr Parking Area Sat, May 2 10:00-11:30 AM ..... I3802A

## Nature Walks & Talks

## Nature Wildlife Talk: The Life History of Brook Trout 📀 👔

(ages 10 and up, under 18 with adult) Thursday, March 19, 7:00-8:00 PM

## Freneau Woods Park Visitor Center, Aberdeen Township

Join a Park System Naturalist for a photographic presentation about Brook Trout – the state fish of New Jersey. This beautiful freshwater fish is a relative of the salmon. It was once ubiquitous in the state, but it has been decimated over the last several decades because of environmental stresses. It can now only be found naturally in a few clean and clear waterways. Find out what happened and what is being done to help revive the Brook Trout population in the Northeast.



(adults)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about 1 ½ hours 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.

Join us on the following Thursdays at 9:00 AM: March 19 at Huber Woods Park (Environmental Center Parking Lot) April 16 at Freneau Woods Park (Visitor Center Parking Lot) April 30 at Dorbrook Recreation Area (Soccer Field Parking Lot) May 14 at Thompson Park (Marlu Lake Parking Lot) May 21 at Manasquan Reservoir (Visitor Center Parking Lot)

## Spring Wildflower Hike

(ages 14 and up, under 18 with adult)

In the spring as the sunlight warms the forest floor, wildflowers emerge. This is a perfect chance to search for these delicate plants. Hikes are the following Fridays from 10:00-11:30 AM:

April 17 at Clayton Park (Emley's Hill Road Parking Lot)

April 24 at Tatum Park (Red Hill Activity Center Parking Lot)

May 1 at Big Brook Park (Boundary Road Parking Lot)

Trails are unpaved and uneven. Please dress appropriately and wear sturdy shoes. Program may be cancelled due to rain. Please call 732-751-9453 for more information. Bring a camera! Leave the flowers!

## Local Nature Lecture Series

(adults)

Bayshore Waterfront Park, Port Monmouth

American Oystercatchers of the Jersey Shore

Thursday, April 16, 7:00-8:00 PM

The American oystercatcher is a large, stocky colorful shorebird that is common along the Jersey Shore. But there is more to this bird just eating oysters. The American Oystercatcher is listed as a species of special conservation concern in New Jersey. The population is in decline. Find out why and discover its diet, nesting activities and where it goes for the winter. Find out ways to help before the bird fades away.

## Horseshoe Crabs Trying to Survive in a Modern World

Thursday, May 21, 7:00-8:00 PM

Horseshoe crabs are vital to the ecology of local tidal waters in Monmouth County. 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 and what people are doing to protect the crab through research, and what you can do to help.

## Half Day Hike and Paddle

#### (adults)

Join a Park System Naturalist for a challenging half-day experience full of hiking and kayaking. We will hike a mile through Huber Woods Park towards Claypit Creek. Along the way we will discuss the plants and animals that live in our park. Upon arrival at Claypit Creek, we will use "sit-on-top" kayaks and paddle into the Navesink River to observe an active Bald Eagle nest, osprey flying overhead and search for herons, egrets, and a host of other critters that depend on our waterways. We will return to Claypit Creek, where participants will be bussed back to the Huber Woods Environmental Center. Be sure to bring water and a snack, dress to get wet, and wear comfortable shoes!

### One Session \$45.00 Per Person Huber Wds Env Ctr Parking Lot

Sun, May 24 9:00 AM-1:00 PM..... 13402A



#### (ages 10 and up, under 18 with adult)

Calling all butterfly lovers! Shake off those late winter blues learning about the butterflies you are likely to encounter this spring and summer. Program contains details about butterfly identification, life cycle as well as what host plants these lovely creatures require. This program is free; however, pre-registration is required. **One Session FREE!** 

## Manasquan Res Env Ctr

Sat, Mar 14 11:00 AM-12:00 PM	PI200A
Wed, Apr 22 4:00-5:00 PM	PI230A

## **Kayak Birding**

#### (adults)

Join a Park System Naturalist for a birding trip while paddling on one of our local waterways. We will try and get an up close glimpse of local water fowl and shore birds while simultaneously enjoying the aquatic ecosystem. Non birders and Novice kayakers welcome. Single and tandem kayaks are available on a first come basis. Wear appropriate clothing that can get wet. Pack water, sunscreen, and binoculars. Register early before it's sold out! Weight limit for kayaks for a single is 250 lbs. and 400 lbs. for a tandem.

## One Session \$30.00 Per Person

#### Manasquan Res Env Ctr

Thu, May 28 5:00-8:00 PM ..... I1302A Sat, May 30 9:00 AM-12:00 PM ..... I1402A

## **Mother's Day Kayak Tour**

(ages 12 and up, under 18 with adult)

Treat Mom to an adventure she'll never forget this Mother's Day as we explore the calm tidal waters of Claypit Creek and the Navesink River. All equipment and basic paddling instruction is provided. Wear clothes that can get wet and don't forget sunscreen, insect repellent, and water. Space is limited so register early! One Session \$35.00 Per Person

Hartshorne Wds Claypit Creek Parking Lot

Sun, May 10 11:00 AM-1:00 PM ..... I3502A

## **Oddities and Curiosities -**An Introduction to Taxidermy

144034

Lp I

(all ages)

Join a Park System Naturalist for a presentation on Taxidermy. Learn more about this oddity and fulfill your curiosity. Get a chance to look at some small bird specimen up close and learn the basics of this wonderfully interesting trade. The presentation will cover a little history, an overview of the steps of the process, and ethics. Participants will not be doing taxidermv.

#### One Session \$10.00 Per Person

Manasquan Res Env Ctr Fri. Apr 17 6:00-7:30 PM

	ITTVZA
Fri, May 15 6:00-7:30 PM	I4502A

## Park System History

In 1988, the Manasquan Reservoir was established as a park site through a lease agreement for the first 1,051 acres of property from the NJ Water Supply Authority. Remaining parcels were acquired in the 1990s. The Manasquan Reservoir and its Perimeter Trail opened to visitors in 1990. The Visitor Center opened in 1994, and the Environmental Center in 2001.

## **Sensational Spring Walks Park Tour**

#### (adults)

Haveyoueverwanted to visitall of the different Monmouth County Parks? We do too! Come take a mini multi park tour for a sample of what the Monmouth County Parks has to offer. Enjoy a small guided hike of sections of each park we visit. Participants should pack a lunch/snack, water, and dress for the weather. Transportation from Manasquan Reservoir Environmental Center via minibus. **One Session \$30.00 Per Person** 

#### South Western Monmouth County Parks

We will visit Clayton, Perrineville Lake & Turkey Swamp Parks. Manasquan Res Env Ctr

Sat, Mar 21 9:00 AM-4:00 PM..... 10702A

## **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 daylong excursions we sometimes tally more than 100 species. Participants should bring binoculars and lunch. Transportation via mini bus.

### One Session \$40.00 Per Person

#### Thompson Pk Estate Grounds Parking Lot

Wed, Mar 11 8:00 AM-5:00 PM	IKC02A
Wed, Apr 29 8:00 AM-5:00 PM	IKE02A
Wed, May 27 8:00 AM-5:00 PM	IKG02A

## **Spring Cape May Bird Excursion**

## (adults)

Spend the day with a naturalist on a full day spring excursion to a birding hotspot. We will be on the lookout for spring song birds and springtime migrants such as warblers and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport provided via minibus.

## One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot Sat, May 9 8:00 AM-5:30 PM..... I1102A



### (all ages)

Quack, Quack, Quack! While not all ducks make the same sound, it is the perfect time of year to see what water fowl are visiting the reservoir before they migrate back north to the breeding ground. Join one of our naturalist as we take a waddle, I mean walk, around part of the Manasquan Reservoir in search of the different species of water fowl that call the reservoir home this time of the year. Dress for the weather and bring a pair of binoculars for this hour long or so walk. Limited numbers of binoculars will be available to borrow. This is a free program; however, pre-registration is required. **One Session FREE!** 

#### Manasquan Res Env Ctr

Wed, Mar 4 9:00-10:00 AM ..... PI180A Manasguan Res Vis Ctr Waterview Room

Wed, Mar 18 9:00-10:00 AM..... Pl170A

## Stream Assessment & Macro-Invertebrate Training

Sunday, May 3, 10:00 AM-1:00PM



This is an introductory opportunity for teachers, students, members of local environmental organizations or other interested folks to discover how to monitor water quality using nets to examine aquatic macroinvertebrates, which are animals without a backbone that can be seen with the naked eye. These bottomdwelling animals include crustaceans, bugs, beetles, flies and worms. They are an important link in the food web between the producers (leaves, algae) and higher consumers such as fish and frogs. This will be a hands-on program to discover the bizarre creatures beneath the surface of a freshwater system while determining the health of a waterway based on assessments used by NJ Department of Environmental Protection. We will have a PowerPoint presentation as an introduction to the importance of stream monitoring and then we will go into a local waterway and perform both visual and biological assessments. All equipment will be provided, but please bring your own boots, either hip boots or waders, a limited amount of waders will be provided by the Park System for those in need. Dress to get dirty. *Register by contacting Joe Reynolds at 732-264-7277, ext 1.* 

## Spring Nature Trivia (all ages)

Join the Park System's naturalist staff for a night of nature trivia at the Manasquan Reservoir Environmental Center. Get down with your animal self and test your animal instincts with our nature trivia. For best results each registered team should consist of 3-5 players. This is a free program; however, pre-registration is required. **One Session FREE!** 

## Manasguan Res Env Ctr

Fri, Mar 20 4:00-5:00 PM	PI240A
Fri, Apr 17 4:00-5:00 PM	PI250A
Fri, May 15 4:00-5:00 PM	PI260A

## Spring Wandering Warblers Walk 🕬

#### (all ages)

A colorful highlight of the seasonal birding world that happens in New Jersey every spring is the migration of warblers. We will go out on an hour long or so walk in search of our colorful feathered friends of all kinds. Dress for the weather and bring a pair of binoculars. Beginners through advanced birders are welcome. A limited number of binoculars will be available to borrow. This is a free program; however, pre-registration is required.

### **One Session FREE!**

Manasguan Res Vis Ctr Waterview Room

Mon, May 4 9:00-10:00 AM..... Pl290A Manasguan Res Env Ctr Mon, May 18 9:00-10:00 AM ..... PI300A

## Sunrise Hike NEW

#### (all ages)

Grab your breakfast, coffee and hiking boots to enjoy the sunrise on a leisurely 2-3 mile naturalist guided hike through one of our picturesque parks. There is no better way to start your day than out on the trail. Dress weather appropriate and wear suitable hiking footwear. **One Session \$11.00 Per Person** 

## Turkey Swamp Pk Shelter Bldg

I4102A
I4202A
I4302A

## The Nature Art Journal

## (adults)

Expand your knowledge of nature and be inspired to creatively capture its beauty. Springtime at Huber Woods will be our muse as we delve into the techniques of observing, identifying, sketching, coloring and note taking. Dress appropriately for the weather and wear comfortable shoes for our outside explorations. Materials are provided.

## Four Sessions \$100.00 Per Person

## Huber Wds Env Ctr

Tue, Apr 21-May 12 5:00-6:30 PM..... IKP02A

## Tour of Rutgers Gardens

(adults)

Rutgers Gardens is the enchantingly beautiful botanic garden of Rutgers University. Come join us as we go on a guided tour of the grounds, then enjoy a nice picnic in one of their many beautiful display gardens. Please bring your own lunch, light refreshments provided.

## **One Session \$35.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

Tue, May 19 9:30 AM-1:30 PM ..... IKA02A

## Visit The Raptor Trust and Great Swamp National Wildlife Refuge

(ages 8 and up, under 18 with adult)

Head out on an exploration with our Park System Naturalists as we venture to The Raptor Trust and Great Swamp National Wildlife Refuge in northern New Jersey. For decades, The Raptor Trust has been rehabilitating injured birds of prey. We'll tour their avian exhibits and enjoy a BYO lunch. But before we do all of that, we'll first trek on foot at Great Swamp and search for birds and other wildlife. Please wear sturdy footwear as we will walk unpaved trails for part of the day.

## **One Session \$35.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

Sun, May 24 8:00 AM-3:30 PM..... IK502A



## (ages 21 and up)

Come 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 of Clayton Park. Then to celebrate our hard work, participants can drive a guick five minutes down the road and join us for an optional picnic and wine tasting at Cream Ridge Winery (\$5.00 pay on your own).

## **One Session \$10.00 Per Person**

**Clayton Park** 

Sat, May 9 1:15-2:45 PM (approx)..... IK402A

## **OUTDOOR ADVENTURES**

## ARCHERY

## **Take A Shot: Archery Intro Series**

#### (adults)

Whether you are a beginner or just need a refresher, our USA archery certified instructors will help you learn and develop your archery skills during this 3-day series. Please Note: Dress for the weather as the activity barn is not heated or air conditioned. All equipment is provided.

Three Sessions \$48.00 Per Person Thompson Pk Activity Barn Wed, Apr 8-22 7:00-9:00 PM...... W4802A

## **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 Note: Dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$19.00 Per Person

Thompson Pk Activity Barn

Thu, Mar 26 7:00-9:00 PM..... W4602A

## BICYCLING

## **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 mini bus as your bike is transported in an enclosed cargo van.

## Rating: Easy/moderate, gravel and paved paths. Miles: 15

## One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, May 12 9:00 AM-3:30 PM (approx) . . W5402A

## Ride for a Healthy You

#### (adults)

Studies have shown that regular physical activity helps relieve stress, anxiety and depression. After pedaling a stationary bike for just 15 minutes, levels of cortisol, a stress hormone, declined. Cycling outdoors in natural surroundings only magnifies these benefits. De-stress with these leader-led bike rides to five different biking trails in Monmouth County. Be sure your geared bicycle is tuned and ready to go and has a front and rear light. Everyone must wear a CPSC approved bicycle helmet (label on the inside on helmet). Riders are responsible for providing and transporting their bicycles to meeting location.

Rating: Easy/moderate pace, some hills, varied trail surfaces-paved-dirt-roots-cinder, avg speed 8-15 mph. Miles: 8-18 mileage increasing each week.

**Five Sessions \$55.00 Per Person** 4/7 - Thompson Park Estate Lot

- 4/14 Manasguan Reservoir Visitor Ctr Lot
- 4/21 Big Brook Parking Lot

4/28 - Allaire State Park Atlantic Ave Bike Path Access

5/5 - Sandy Hook National Gateway Park Lot D

Tue, Apr 7-May 5 5:45-7:30 PM ..... W5602A



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## **Choosing the Right Hike for You**

The Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. It is pertinent that potential participants read program descriptions carefully and choose hikes that are comfortable as you work toward more challenging treks.

Please *realistically* match your ability to the program's description. 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 always 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 each hike's difficulty rating. Participants on a hike designated as 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.

## HIKING

## An Urban Hike Across the Brooklyn Bridge



Put your walking shoes on as we embark on the ferry to the South Street Seaport. We will walk to City Hall Park on our way to the world's first steel suspension bridge, the Brooklyn Bridge. Bring your camera to capture great scenic vistas of the East River and surrounding skylines. We will walk through DUMBO, have lunch in any one of several local Brooklyn venues, then travel by a ferry back to the Seaport. Time permitting, we will explore Battery Park and Wall Street before returning to New Jersey. Participants are responsible for their lunch and ferry tickets (approx. fees: round-trip Seastreak ticket \$47.00 per adult, one-way East River ferry ticket \$2.75 per adult).

Rating: Moderate-easy pace, sidewalks, cobblestones, views. Good walking shoes recommended. Miles: approx. 5

### One Session \$48.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

**Thu, Apr 23 8:30 AM-4:00 PM (approx)... W4402A** *Must meet at the Atlantic Highlands Ferry by 8:30 AM.* 

## **Cliff Park Trail in Pennsylvania** (adults)

Celebrate Mothers Day with 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. Cameras, boots and readiness for a full day on the trail are required. *Rating: Moderately easy, moderate pace, some rocky trails, gradual ascents and descents, views. Miles: 5* One Session \$46.00 Per Person \$40.00 Additional Person

Thompson Pk Estate Grounds Parking Lot Sun, May 10 7:30 AM-5:30 PM (approx) . . W2002X

## **Early Riser Hikes**

#### (adults)

Get your blood pumping early exploring the hiking trails at Holmdel, Huber and Hartshorne Woods Parks. These gentle yet hilly trails will provide challenging hiking as we work hard to go farther and faster each week. Hiking shoes are strongly recommended. Wear a small day-pack with water and rain gear.

Rating: Moderate/quick pace, rooty, dirt and paved paths, fields and views. Miles: 3-5

Nine Sessions \$90.00 Per Person

3/21, 3/28 & 4/4 - Holmdel Park Lake

4/11, 4/18 & 4/25 - Huber Woods Env Ctr Lot

5/2 & 5/9 - Hartshorne Woods Claypit Lot

5/16 - Hartshorne Woods Rocky Point Lot

Sat, Mar 21-May 16 7:00-9:00 AM (approx)...W5802A

## Fire Tower Challenge: Red Hill Tower

#### (adults)

Fire towers provide unparalleled 360-degree views of the Catskill Mountains and beyond. During the first half of the 20th century, observers scanned the region for signs of forest fires. The Red Hill Tower was built in 1921 and was the last tower staffed in the Catskills. Join in on our fourth of five fire tower challenges and experience breathtaking views of the Mountains.

Hiking footwear required. We intend to add a few more miles after the fire tower summit with a hike at Sam's Point or just relax at the Preserve's visitor center and "nature bath".

Rating: Moderate difficulty/moderate pace, trail includes rocky portions, ascents and descents, and old woods roads. Miles: 6+ cumulative

## One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Apr 19 6:30 AM-7:00 PM (approx)......W0402A

## Hacklebarney Hike and Lunch

#### (adults)

Spend a spring day away from the rat race getting some fresh air with a scenic hike through Hacklebarney State Park, Chester, New Jersey. The trail parallels the Black River and is a nice place to escape. After our hike we will stop at the Charbroil After Diner for late lunch or celebratory ice cream (pay our own way). Hiking boots/ shoes and trekking poles suggested.

Rating: Easy, rocky/rooty trail, stairs, cinder path, wet trail, easy pace. Miles: 3

One Session \$30.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, May 18 9:00 AM-2:30 PM (approx) .....W1902A

## **Hemlock Falls Hike**

#### (ages 14 and up, with adult)

Adventure awaits you this coming Spring. Hike with us along the scenic Rahway River to the Hemlock Falls for some photo opportunities. We will stop for a relaxing post hike snack, pay your own way. Please Note: Sturdy walking shoes are required.

Rating: Easy to moderate due to some inclines and rocky trails. Miles: 5.5

One Session \$40.00 Per Person

Thompson Pk Headquarters Parking Lot

Sat, May 9 8:00 AM-4:00 PM ......W5202A

## Hikes in the Highlands

#### (adults)

Research suggests it's important to make time to get outdoors as well, since doing so is beneficial — maybe essential — for human health. We will discover the hiking opportunities at 3 different parks in our Highlands area. Relax and let our leaders guide as you get your nature fix. Hiking footwear strongly recommend, a small day pack for water/snack, rain gear.

Rating: Moderate/easy, moderate pace, some hills, sandy rocky trails. Miles: 2.5-4

Instructor: Beth Gough

Six Sessions \$70.00 Per Person

4/16 & 4/23 - Henry Hudson Trail Atlantic Highlands Marina Tennis Ct Lot

4/30 & 5/7 - Huber Wds Pk Env Ctr Lot

5/14 & 5/21 - Hartshorne Wds Pk Rocky Point Parking Lot Thu, Apr 16-May 21 6:00-7:45 PM......W5502A

## **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 program and enjoy a picnic lunch with our "club."

Rating: Easy/moderate, sandy, rocky, roots, some hills, fields, muddy. Miles: 2-4+

Ten Sessions \$120.00 Per Person

3/18 - Thompson Pk Estate Lot

3/25 - Holmdel Pk Lake

- 4/1 Turkey Swamp Pk Shelter Bldg
- 4/8 Huber Woods Pk South Parking Lot
- 4/15 Clayton Pk Parking Lot
- 4/22 Shark River Pk Shelter Bldg
- 4/29 Tatum Pk Red Hill Act Ctr Parking Area
- 5/6 Cheesequake State Park Parking Lot
- 5/13 Thompson Pk 3 Barns Parking Lot

5/20 - Hartshorne Woods Pk Rocky Point Parking Lot

## Lake Sonoma Hike

## (adults)

Lets get out on the trails! Rock formations, streams, views of Lake Sonoma and the Manhattan skyline are all part of this full day hike in northwest NJ. Hiking boots/ shoes required, trekking poles suggested.

Rating: Moderate-easy/moderate pace, rocky trails, some ascents/descents, stream crossing, views. Miles: 4.7 One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Apr 5 8:00 AM-5:00 PM (approx).... W1002A

## 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 day pack suggested).

Rating: moderate pace, dirt trails, paved paths, some hills. Miles: 2.5-4

## Seven Sessions \$85.00 Per Person

4/6 - Thompson Pk Estate Parking Lot

4/13 - Tatum Pk Holland Act Ctr Parking Lot

4/20 - Holmdel Pk Lake

4/27 - Huber Wds Pk Env Ctr

5/4 - Thompson Park 3 Barns Parking Lot

5/11 - Hartshorne Wds Pk Rocky Point Parking Lot

5/18 - Henry Hudson Trail North Atlantic Highlands Marina Parking Lot

Mon, Apr 6-May 18 5:45-7:30 PM ..... W1802A

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## Park System History

The Henry Hudson Trail began when the Park System assumed management of the Bayshore rail corridor between Aberdeen and Atlantic Highlands. The Central Railroad of New Jersey had built this Seashore Branch line in the late 19<sup>th</sup> century to haul freight from northern Monmouth industries and farms and to transport commuters and tourists traveling to towns along the Bayshore and the ocean.

The first nine miles of the Henry Hudson Trail opened in 1995. The trail has now grown to 24 miles.

## Mount Tammany/Dunnfield Creek Hike

#### (adults)

On this loop hike we will steeply climb Mount Tammany with panoramic views of the Delaware River below as well as enjoy the cascading waters of the Dunnfield Creek. **Please Note: Hiking boots are required.** 

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. (The terrain and pace of this hike is best for seasoned hikers.) Miles: 3.5 Instructor: Andrew Imperiale

One Session \$40.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 4 7:00 AM-2:30 PM (approx) .... W6702A

## Neversink Three Falls Loop

Come prepared mentally and physically as we explore the Neversink River Unique Area in NY. The trails will present themselves as challenging as we negotiate the ascent and descents, cross wooden bridges, hike through evergreen forests and over rocky terrain but the challenge will be well worth it. Spring rains should provide spectacular waterfalls. **Please Note: Hiking boots are required, trekking poles are recommended.** *Rating: Very strenuous, moderate pace. Miles: 8.5* Instructor: Andrew Imperiale

One Session \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Apr 25 7:00 AM-5:00 PM (approx) ... W5702A

## **Palisades Sampler Hike**

#### (adults)

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Explore varying terrain in Palisades Interstate Park: the rocky Shore Trail along the Hudson River, the challenging "Giant Stairs" boulder field, Peanut Leap Cascade waterfall, and the Long Path's stunning panoramic views and historical ruins along the upper cliffs. Experienced hikers only. **Please Note: Hiking boots are required.** 

Rating: Moderately strenuous, quick-paced; steep ascents and descents, rocky trail, a ROCK SCRAMBLE, and views. Miles: 9

One Session \$42.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, May 2 7:30 AM-5:30 PM..... W3902A

## Schooley's Mountain Waterfalls

### (adults)

A mix of dirt, woodland and rocky trails wind through Schooley's Mountain. We descend into the scenic gorge of Electric Brook (named for a long abandoned electric generating plant powered by the stream) and past beautiful water falls. **Please Note: Hiking boots are recommended.** 

#### Rating: Moderate, rocky trail, moderate pace. Miles: 5 One Session \$38.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Apr 24 8:30 AM-5:00 PM (approx).... W4102A

## Spring Walk/Hike Travel and Tour

#### (adults)

Pack a lunch and let us do the driving as we head to the western-most park in our County Park System: Clayton Park in Upper Freehold. We will do a hike/walk on the wooded trails in the 438-acre park before heading over to the to 18th century Historic Walnford to tour the gristmill. We will travel via minibus to our hiking locations.

## One Session \$20.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Apr 20 9:30 AM-2:00 PM (approx) . . W0802A

## **Spring Walking/Hiking Series**

### (adults)

Need some motivation to get you moving? Be inspired by getting to know your beautiful county parks with this hiking mini-series. We'll explore the trails with an easy pace hike at a different park each week. Over the course of the six weeks we will observe changes in the season as well as in ourselves. The forest is good for the soul. All that is needed is a positive attitude and a good pair of walking shoes.

#### Six Sessions \$69.00 Per Person

- 4/3 Thompson Pk 3 Barns Parking Lot
- 4/17 Holmdel Pk Lake
- 4/24 Huber Woods Env Ctr Lot
- 5/1 Manasquan Res Env Ctr Lot
- 5/8 Tatum Pk Red Hill Act Ctr Parking Lot

5/15 – Seven Presidents Pk Pavilion

Fri, Apr 3-May 15 10:00 AM-12:00 PM.... W0902A No hike 4/10

## Sunrise Strides at Big Brook Park

### (adults)

Explore the trails of Big Brook Park this early Spring with Park System staff. We will discover the hidden wonders of Big Brook Park while welcoming the day! Hike is a looped trail, beginning and ending in the same location. *Rating: Moderate, paved trails, hills, dirt. Miles: 4-5* One Session \$13.00 Per Person

### Big Brook Pk Boundary Rd Parking Lot

Sat, Mar 21 8:00-9:30 AM	U1302A
Sat, Apr 18 7:00-8:30 AM	U1402A



## The Timp & Bald Mountain Hike (adults)



This hike passes a picturesque waterfall, steeply climbs to panoramic viewpoints atop the summit of Bald Mountain, and the Timp, and returns through the historic former settlement of Doodletown.

#### Please Note: Hiking boots are required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6

**One Session \$42.00 Per Person** 

Thompson Pk Estate Grounds Parking Lot

Sat, Mar 21 7:30 AM-4:00 PM (approx) . . . W4202A

## **Three Hidden Lakes Hike**

#### (adults)

Head northwest to Delaware National Recreation Area and discover among the pines three hidden lakes. This is a wonderful "get your trail legs" back, just getting started in hiking, and for the experienced trail hiker. Make sure you bring a camera to capture the beauty of the spring forests and lakes. Hiking boots are recommended.

Rating: Moderate pace, rocky trails, woods roads, some ascents and descents, views. Miles: 7 **One Session \$45.00 Per Person** 

Thompson Pk 3 Barns Parking Lot

Sun, May 17 7:00 AM-5:00 PM (approx) . . W6602A



#### (adults)

Leave the parks and explore the cityscapes of Monmouth County on this urban exploration. You will hit the asphalt with a park system employee as we turn sidewalks into hiking trails and watch for bikes as opposed to bears! Wear sturdy hiking shoes and dress appropriately for the weather.

Rating: Moderate pace, uneven pavement, railroad crossings, some hills. Miles: 4-5

**One Session \$15.00 Per Person** 

Seven Presidents Pk North Picnic Tent

Sat, Apr 25 10:00 AM-12:00 PM .....U1002A Coastal Activity Center, Asbury Park (on-street parking only) Sat, May 30 10:00 AM-12:00 PM .....U1102A

## Women's Wilderness

## Empowerment Experience (adults)

Experience the outdoors in a environment supported

by your fellow womankind. Choose from the adventures listed here to achieve your goals, move beyond your fears, gain self confidence and make new friends. Stick around after each adventure for coffee and dessert provided by the Monmouth County Park System. Register a friend and receive a discount!

One Session \$33.00 Per Person \$27.00 Additional Person

#### **Beginner's Hiking**

Freneau Woods Pk Vis Ctr Parking Area

Sat, Mar 28 1:00-3:30 PM ..... W4902X

#### **Zip-line and Leap of Faith**

Thompson Pk Old Orchard Parking Lot

Sat, Apr 18 1:00-3:30 PM...... W5002X

#### Archery and Canoe Experience

Turkey Swamp Pk Shelter Bldg Sat, May 16 1:00-3:30 PM ..... W5102X

## TRAP SHOOTING

## **Trap Shooting and the NJ Botanical** Gardens

(adults)

Come join us for clay pigeon excitement and the thrilling sport of trap shooting. An instructor will be provided for each small group of 4-6 people, providing guidance on safe and effective techniques. Enjoy your bagged lunches along the shorelines of Shepherds Lake and wind down with a stroll through the beautiful New Jersey Botanical Gardens at Skylands; home to gorgeous varieties of flower and plant species. There is something for the whole family. Participants age 12 and up are welcome to register with a registered adult.

## **One Session \$65.00 Per Person**

Thompson Pk Estate Grounds Parking Lot

Mon, Apr 13 9:00 AM-4:00 PM (approx) . . W4002A

## PERFORMING ARTS

## **Beginning Acting for Adults**

### (adults)

This techniques based class is perfect for adults wishing to broaden their understanding of acting basics and how to create dynamic, interesting and truthful scenes and characters. The inherent values of studying the art of acting are numerous, including that it's the perfect confidence builder and a great way to meet new friends. Join seasoned, professional actor, playwright, singer and director, Sami DeSocio, for this six week session and you might just find your inner Robert DeNiro or Meryl Streep. Six Sessions \$90.00 Per Person

#### Thompson Pk Theater Barn

**Thu, Apr 2-May 21 6:30-8:00 PM..... AA702A** No class 4/16 & 4/30

## Square Dancing - Level 3

(adults)

Find out why so many people have so much fun being "squares". Must have taken Level 1 Square Dancing 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 7:30-9:30 PM ......A6902A

## **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 are shown accordingly throughout class. Instructor: Laurie Vuksanovich

### Twelve Sessions \$96.00 Per Person Tatum Pk Red Hill Act Ctr

Tue, Thu, Mar 3-Apr 9	9 5:30-6:30 PM	XA102X
Tue,Thu, Apr 21-May	28 5:30-6:30 PM .	XA202X

## Open Mic Poetry Night 🕬

## Thompson Park Theatre Barn, Lincroft

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during an evening of alliteration, rhythm and verse. Writers are welcome to read their works aloud or visitors can take the stage and read a work from one of their favorite published poets. A maximum of three poems per reader and poems must be appropriate for a family-oriented audience. Coffee and tea will be served.

This is a free program; however, pre-registration is recommended for readers, though drop-ins will be welcome. Themes below are suggested, but not required.

**March: Women's History Month** 

#### Monday, March 30, 7:00-8:30 PM (#PE030A)

Consider reciting poems about women, encouraging to women or by women.

**April: National Poetry Month** 

### Monday, April 27, 7:00-8:30 PM (#PE040A)

Choose your best poem following some of the most well-known styles of iambic pentameter, ballad, acrostic, etc.

#### **May: International**

## Monday, May 18, 7:00-8:30 PM (#PE050A)

Read the works of a poet from another country or a work of your own that follows the style of poetry originated in other countries such as haiku, limerick or sonnet.

All are invited to this fun, free event! Presenters must be age 18 and up.

## Belly Dancing: Fun & Fitness

## (adults)

By request, this is Belly Dance for students that love Belly Dance and want to keep moving and dancing instead of repeating the beginner class! In this hour-long class, we will continue to practice our Belly Dance, work on combos, traveling, and dancing with props, such as veils and zills. Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low Pressure, friendly, supportive dance class for those that love to dance - some Belly Dance experience recommended, this is not an intro class! Instructor will take requests from students on skills they wish to improve. Please dress comfortably and be prepared to dance barefoot, in socks or in dance shoes. Instructor: Eryka Andrex

**Eight Sessions \$96.00 Per Person** 

Dorbrook Rec Area Act Ctr

Thu, Mar 19-May 7 7:30-8:30 PM .....X4902X

## **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 \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Mar 17-May 19 7:20-8:50 PM .....X4802X

## **Body Sculpt**

#### (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 Twelve Sessions \$108.00 Per Person Dorbrook Rec Area Act Ctr

Mon,Wed, Mar 16-Apr 22 9:30-10:30 AM..X5202X Mon,Wed, May 4-Jun 15 9:30-10:30 AM...X5302X

## **Hula Hoop Dance and Fitness**

(all ages)

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, so wear weather appropriate clothes 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.

Instructor: Eryka Andrex

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Apr 1-May 20 5:10-6:10 PM .....X4702X



Looking for a place to play some hoops, but don't want the commitment of a structured league? Our drop-in basketball times are offered in our climate-controlled gymnasium.

Cost: \$5.00 Per Person, Per Session

Fort Monmouth Recreation Center, Tinton Falls

Co-ed Basketball 20 & Up

(ages 20 and up) Mondays, March 2-May 18, 8:00-10:00 PM

Men's Basketball

Sundays, March 1-May 31, 8:00-10:00 AM (No session 4/12)

#### **Open Gym**

(all ages, under 16 with adult)

Schedule varies, please visit the Fort Monmouth Recreation Area page at www.monmouthcountyparks.com.

Questions? Contact us at 848-456-4278, ext. 2#.

## **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 that will be set up in stations. You will perform each exercise for a certain amount of time, then move onto 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

#### **Eight Sessions \$130.00 Per Person** Tatum Pk Red Hill Act Ctr

Sat, Mar 14-May 30 8:00-9:00 AM .....XAF02X No class 3/21 & 4/11

## **MARTIAL ARTS**

## Krav Maga - Street Defense

(adults)

Krav maga ("contact combat") is a self defense system based on simplicity, effectiveness practicality, and building upon your own natural instincts and reflexes. It is designed be effective to for everybody, regardless of size, gender, age or ability. physical The curriculum will focus on core self-defense techniques, including



defenses against common attack scenarios, where there are no referees and no rules, such as strikes, grabs, chokes. Participants will have a chance to request defenses to be included in the curriculum. Athletic clothing and sneakers are required. Groin protection is recommended.

#### Six Sessions \$66.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Sun, Apr 5-May 17 10:00-11:00 AM ..... M4502A No class 4/12 Sun, Apr 5-May 17 11:30 AM-12:30 PM .. M4602A

No class 4/12

## **PILATES**

## **Pilates Fusion**

### (adults)

Make the most of your workout through a combination of Pilates and total body conditioning. Strengthen your core muscles and improve posture while toning arms and sculpting legs. Increase flexibility and build stamina in a fun and supportive environment. You will utilize your own body weight as resistance and small hand weights to build muscle.

Instructor: Jodi Kondracki

## **Twelve Sessions \$108.00 Per Person**

Dorbrook Rec Area Act Ctr

Mon,Wed, Mar 16-Apr 22 10:30-11:30 AM X5002X Mon,Wed, May 4-Jun 15 10:30-11:30 AM. .X5102X

## **Pilates Mat Workout**

#### (adults)

Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals. Instructor: Ellen Slattery

## Ten Sessions \$90.00 Per Person Tatum Pk Holland Act Ctr

Tue, Thu, Mar 3-Apr 2 6:30-7:30 PMX1902XTwelve Sessions \$108.00 Per Person

Dorbrook Rec Area Act Ctr

Mon,Wed, Mar 2-Apr 8 7:15-8:15 PM.....X1702X Mon,Wed, Apr 20-Jun 1 7:15-8:15 PM....X1802X No class 5/25

Tatum Pk Holland Act Ctr

Tue, Thu, Apr 21-May 28 6:30-7:30 PM .... X2002X Instructor: Jodi Kondracki

Thirteen Sessions \$117.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Mar 19-Jun 11 9:30-10:30 AM .....X5402X Tatum Pk Holland Act Ctr Fri, Mar 20-Jun 12 8:15-9:15 AM.....X5502X

## TENNIS

## **Adult Advanced Beginner Tennis**

#### (adults)

For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

#### Eight Sessions \$88.00 Per Person

Thompson Pk

Tue, Thu, Apr 28-May 21 5:00-5:55 PM .....X8002A

## Adult Beginner Tennis

### (adults)

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 players understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

## Eight Sessions \$88.00 Per Person

Thompson Pk

Mon,Wed, Apr 27-May 20 5:00-5:55 PM . . . X7902A

## **Adult Intermediate Tennis**

#### (adults)

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Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All Players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

#### Eight Sessions \$88.00 Per Person

#### **Dorbrook Rec Area**

Mon,Wed, Apr 27-May 20 5:30-6:25 PM ... X7402A Tue, Thu, Apr 28-May 21 5:30-6:25 PM .....X7502A Thompson Pk

Mon,Wed, Apr 27-May 20 6:00-6:55 PM ... X8102A Tue, Thu, Apr 28-May 21 6:00-6:55 PM .....X8202A

## Park System History

One-Time Activities like square dances, movie nights and tennis lessons started in the Park System in 1976. The program offerings grew more sports oriented and in the following years One-Time Activities became the Sports & Fitness Division.

## VOLLEYBALL

## Indoor Spring Volleyball League

### (ages 17 and up)

Come join the fun as teams exercise and compete in our indoor volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

## Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Apr 1-Jun 10 6:30-9:00 PM.....X3602A

## YOGA

## Brand New to Yoga Series! 🏹



(adults)

Think yoga isn't for you? Think again! Come and 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 and a towel or blanket. Instructor: Kim Beuno

#### Six Sessions \$78.00 Per Person

Freneau Woods Pk Vis Ctr Prog Rm 1

## Sun, Mar 8-Apr 26 11:15 AM-12:15 PM....XA602X

No class 4/6 & 4/12 Instructor: Talena Ward

Ten Sessions \$130.00 Per Person

#### Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 20-Jun 29 6:00-7:00 PM ......X1402X No class 5/25

Thu, Apr 23-Jun 25 6:00-7:00 PM .....X1502X

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Apr 2-Jun 11 11:00 AM-12:00 PM ....X4102X No class 4/16

Lp

## **Calm Body and Mind**

## (adults)

Meditation is a proven method for calming the mind and body. However, many people find meditation difficult. In this class, we will move through a short yoga sequence, appropriate for any skill level, to prepare our bodies for meditation. Then proceed into a meditation, learning skills that you can take into a home meditation practice. There is no prior yoga or meditation experience necessary and all levels of movement are welcome. Instructor: Tiffany McCann

### Thompson Pk Vis Ctr Tulip Room

#### Six Sessions \$78.00 Per Person

Fri, May 8-Jun 12 9:30-10:30 AM ...... XAB02X Eight Sessions \$81.00 Per Person Fri, Mar 6-May 1 9:30-10:30 AM ..... XAA02X

No class 3/20



#### (adults)

Dissolve into deep relaxation through the use of props, bolsters and blankets. Visit the poses completely supported under candlelight and allow the nervous system to unwind.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation Ten Sessions \$130.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Mar 26-May 28 7:45-8:45 PM ......X0902A

## **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

## Ten Sessions \$130.00 Per Person

#### Fort Monmouth Rec Ctr Group Fitness Room

Mon, Apr 20-Jun 29 7:00-8:00 PM .....X1302X No class 5/25

## **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 Ten Sessions \$130.00 Per Person

### Dorbrook Rec Area Vis Ctr

Thu, Apr 23-Jun 25 10:00-11:00 AM .....X1602X

## Hatha Yoga

## (adults)

Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You'll leave this class feeling strong, flexible, calm, and renewed. A well balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

#### Ten Sessions \$130.00 Per Person

#### Tatum Pk Holland Act Ctr

**Tue, Mar 31-Jun 9 10:00-11:00 AM.....X3702X** No class 4/21

## Tatum Pk Red Hill Act Ctr

**Thu, Apr 2-Jun 11 6:45-7:45 PM .....X3802X** No class 4/16

> Lisa was very highly qualified, skilled and very pleasant. She helps to achieve what yoga is all about, health, stretching, meditation, breathing, and getting the most benefits from a good yoga practice.

## Lotus Flow<sup>™</sup> Vinyasa Yoga

### (adults)

Lotus Flow<sup>™</sup> Vinyasa is an uplifting, innovative and soulful journey — a practice steeped in the timeless traditions of yoga, infused with music, mythical and seasonal themes, mindful alignment, conscious breathing and spiced with divine inspiration. In this class, Mary Jane guides the student to "let go" of resistance through a combination of asanas (postures) with alternating holds so the spirit that dwells within can emerge to create a transformational experience. Enjoy the path to self-awareness, self-discovery, and self-realization as you move into the subtle dimensions of your being. This class ends with relaxing meditation and foot massage. Yoga experience is recommended. Bring Yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner – ERYT200+ with over 500 hours of training including the Chakras, Meditation, Yin, Anusura and Lotus Flow.

## Six Sessions \$81.00 Per Person

#### Thompson Pk Vis Ctr Tulip Room

Sat, Apr 11-May 16 8:00-9:30 AM	X2202X
Mon, Apr 13-May 18 7:00-8:30 PM	X2102X

## **Meditative Flow Yoga**

#### (adults)

Build strength and heat as we move through a meditative flow practice, connecting your body, heart, and mind together as one. You will establish a strong foundation and proper alignment, by holding poses for no more than 5 to 8 breaths. We will complete our practice with meditation to enhance & balance our chi (energy within). This class will challenge the experienced beginner and intermediate student. All levels are welcome, and modifications will be shown. Instructor: Laurie Vuksanovich (Yoga Works Certified)

## Nine Sessions \$117.00 Per Person

#### Henry Hudson Trail Act Ctr

Mon, Mar 16-May 18 6:00-7:00 PM ..... XA402A No class 4/13

## **Mindfulness Hike**

#### (adults)

We will combine the ancient art of yoga with the healing energy of nature on this evening hike. Experience the calming effects of mindfulness and meditation in the great outdoors. Wear comfortable athletic shoes and bring water.

Instructor: Lisa Vento, CHHC CYT One Session \$20.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Apr 20 5:00-6:30 PM	A8202A
Mon, Apr 27 5:00-6:30 PM	A8302A
Mon, May 4 5:00-6:30 PM	A8402A
Mon, May 11 5:00-6:30 PM	A8502A

### **Entire Series**

Register for all four sessions and save! Four Sessions \$65.00 Per Person

Mon, Apr 20-May 11 5:00-6:30 PM......A8602A

## **Morning Stretch**

## (adults)

Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body 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 \$130.00 Per Person

## Thompson Pk Vis Ctr Tulip Room

Thu, Apr 2-Jun 11 10:00-11:00 AM.....X4002A No class 4/16



## New Moon Yoga & Intention Setting

## (adults)

The moon is all about reflection. After all, the moon reflects the sun's light. Following the moon and learning how to harness its energy can help you reflect on your life, your dreams, your goals and your relationships. Join Kim Beuno for a moon salutation class with a special ceremony to welcome in new intentions each month with the cycle of the moon. Please bring a yoga mat and journal to write in.

#### Instructor: Kimberly Beuno

#### Tatum Pk Holland Act Ctr Field Area

#### One Session \$20.00 Per Person

Fri, Mar 27 6:15-7:45 PM	XAJ02A
Fri, Apr 24 6:15-7:45 PM	XAK02A
Fri, May 22 6:15-7:45 PM	XAM02A
Fri, Jun 19 6:15-7:45 PM	
Fri, Jul 17 6:15-7:45 PM	X0403A

#### **Entire Series**

Sign up for the full series and save! Five Sessions \$70.00 Per Person

Fri, Mar 27-Jul 17 6:15-7:45 PM...... XAH02A Meets 3/27, 4/24, 5/22, 6/19 & 7/17

## **Ocean Oracle Yoga**

#### (adults)

Join us on Mondays to move into your week with grace and intention. This class begins with a slow yoga flow to open up our bodies, followed by poses that intensify our yin, or reflective, energy. In the second half of class, you'll learn how to connect to your spirit guides and allow them to reveal which oracle, or message, you are most in need of hearing each particular week. Through journaling, we will delve deeper into our reading and ourselves. Class culminates with relaxing yoga nidra or guided meditation. Please bring your own journal.

Instructor: Shannon Nelson

## Ten Sessions \$135.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Mar 23-May 25 6:15-7:30 PM .....X1002A

## Prana Flow Yoga - Activating Flow

## (adults)

Wake up the core as we cultivate strength and stability in the seat of our physical, mental and spiritual self. We will strive for poses that challenge and help us break through to a new level in this fun and engaging core workout. Yoga is a practice that meets you where you are, whether new to yoga or a seasoned practitioner. Please bring a yoga mat and water.

Instructor: Tiffany McCann, certified in Prana Flow Yoga (developed by Shiva Rea)

## Thompson Pk Vis Ctr Tulip Room

### Six Sessions \$81.00 Per Person

Tue, May 5-Jun 9 9:15-10:45 AM..... XAC02A Eight Sessions \$108.00 Per Person

**Tue, Mar 3-Apr 28 9:15-10:45 AM..... XA902A** No class 4/14

## Quiet Connection

#### (adults)

Come prepared to unwind, stretch your body, and quiet your mind. Yin yoga is a practice that focuses on the deep connective tissues of the body, stretching them gently through mostly seated postures that are held for a longer duration of time. The class is done with gentle music to create a mood of slowing down and committing to stillness. Yin is the perfect complement to other forms of yoga and exercise that are more rigorous, involving mostly muscular engagement. All levels are welcome to this class. Just come with a willingness to surrender to the poses and a desire to create quiet and space in your day. Bring yoga mat and water.

Instructor: Mary Jane Kasliner, ERYT with 500+ hours of training including Yin, Anusara, Lotus Flow, Chakras & Hatha Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Apr 14-May 19 9:00-10:15 AM ......X2402A

## **Seeking Self Yoga**

## (adults)

A scientific approach to the spiritual journey inward, with techniques for stilling the mind and expanding our awareness of who we are in our deepest layers of self. This breath-oriented practice is composed of pranayama (breathwork), hatha yoga poses, challenging vinyasa, an arm balance pose, focused meditation, and shavasana. Students are encouraged to bring their practice inward, observing subtle sensations of the body, thoughts of the mind, and union to one's own Divinity within.

#### Instructor: Shannon Nelson

## Ten Sessions \$130.00 Per Person

#### Dorbrook Rec Area Vis Ctr

Tue, Mar 24-May 26 6:15-7:30 PM ......X0802X

## Yin Yoga

#### (adults)

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$130.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Mar 31-Jun 9 11:00 AM-12:00 PM ....X3902X No class 4/21

## Yin/Yang Fusion

#### (adults)

The Taoist concepts of Yin and Yang describe the two qualities or energies present in everything; from our food and our bodies, to the seasons and the world around us. Yin qualities can be thought of as more internal, passive, cooling and downward while Yang is more external, dynamic, warming and upward. We can also think of our bodies and our yoga practice in terms of Yin and Yang. In this class, instructor Mary Jane Kasliner, will guide students through dynamic flowing postures that work on the yang tissues for building strength and fitness while the second part of the class focuses on soothing, grounding poses that turn off the overdrive switch. The supported holds in the Yin portion of the class helps the body and mind to relax and release tension, both mentally and physically while creating gentle traction and compression that helps to flush out toxins and lubricate the joints while releasing tension in the surrounding connective tissues. This class ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring yoga mat and water.

Nationally Certified Instructor: Mary Jane Kasliner, ERYT200+ with over 500 hours of training including the Chakras, Meditation, YIn, Anusura, and Lotus Flow.

#### Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Apr 15-May 20 9:30-10:45 AM ......X2302X

## Yoga

#### (adults)

Posture, breathing, meditation, and relaxation can improve the health and function of body and mind. Yoga can support you by creating energy, reducing stress, and enhancing creativity. Please bring a yoga mat, a towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists

## **Twelve Sessions \$162.00 Per Person**

#### Tatum Pk Red Hill Act Ctr

Mon, Apr 6-Jun 29 6:45-8:15 PM.....X1202X No class 5/25

## Yoga at the Shore

(adults)

Yoga can help increase breath control and capacity thereby improving the overall health and function of body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Weather permitting, yoga is on the boardwalk or beach. In case of cold or inclement weather, class is in the Activity Center. Please bring a yoga mat, a towel or blanket, and water. In warmer weather bring a hat and sun screen.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

## Thirteen Sessions \$176.00 Per Person Seven Presidents Pk Act Ctr

Sat, Apr 4-Jun 27 8:00-9:30 AM.....X1102X

## **Yoga Flow** (Formerly Yoga & Abs Fusion) (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 Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Sat, Mar 14-May 30 9:00-10:00 AM ......XA302X No class 3/21 & 4/11

## **Yoga for Baby-Boomers**

### (adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50's,60's & up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please 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, RYT Yoga Alliance Certified Ten Sessions \$135.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Mar 10-May 19 10:30 AM-12:00 PM . . X8502A No class 4/7

Henry Hudson Trail Act Ctr

Fri, Mar 13-May 22 10:00-11:30 AM......X8602A No class 4/10

## Yoganometry Codes of Creation in Movement<sup>®</sup>

#### (adults)

In the practice of Yoganometry<sup>©</sup> - Codes of Creation in Movement<sup>®</sup>, the student is guided through 35 yoga poses held for period of time that activate powerful vibrations of the platonic solids described by Plato. The class begins with pranayama (breathwork), and progresses through a set sequence of poses that invoke the codes of creation to enter the field of consciousness through the gateway of form. A combination of powerful music, sacred form and a view of the constellations projected around the room, guides the student to a higher level of consciousness where they can experience unconditional love, compassionate forgiveness, and great peace. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner, ERYT with 500+ hours of training including Yin, Anusara, Lotus Flow, Chakras & Hatha Six Sessions \$81.00 Per Person

## Thompson Pk Vis Ctr Tulip Room

Wed, Apr 15-May 20 7:00-8:30 PM.....X2502X

## **ZUMBA**

## **Brand New to Zumba**

### (adults)

Zumba class specifically designed for people brand new to Zumba Fitness. In this introductory class, the instructor will break down some of the most common steps and movements used in Zumba. We will then practice the moves to build muscle memory and physical fitness, and then learn and practice Zumba routines using the moves we have learned. This is a moderate, low-impact beginner class, perfect for people that have always wanted to try Zumba, and for people that love to dance but have no experience with dance fitness classes. Dress in comfortable exercise clothes and sneakers.

Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Apr 1-May 6 6:15-7:15 PM .....X4502A

## **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 reenergize while having FUN! All you need are sneakers, comfortable clothing, water and a ready-to-move attitude!

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

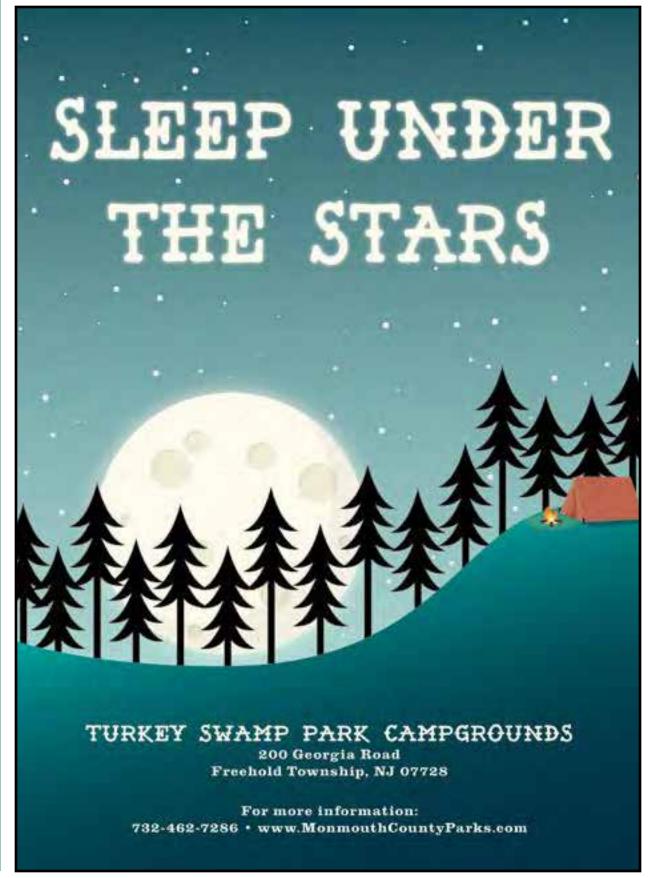
Ten Sessions \$120.00 Per Person

Tue, Mar 17-May 19 0:15-7:15 PM
Eight Sessions \$96.00 Per Person
Thu, Mar 19-May 7 6:30-7:30 PMX4302X

Six Sessions \$72.00 Per Person

Fri, Apr 17-May 22 7:15-8:15 PM.....X4602X

V4202W



Sunnyside Equestrian Center is located on Middletown-Lincroft Road 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. Minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the program, please call 732-224-1367.

## EQUESTRIAN

## **Beginner Youth Horseback Riding Lessons** (ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance and control. Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same.

#### **Eight Sessions \$450.00 Per Person** Sunnyside Rec Area

Fri, Apr 24-Jun 19 5:30-6:30 PM .....V0402A No lesson 5/29

## **Equine Environment for Learning**

#### (adults)

Equine Environment for Learning at Sunnyside Equestrian Center is a custom eight-week program developed for school groups of up to ten participants. The curriculum consist of classroom sessions, plus mounted and non-mounted activities with the horses. Goals such as team building, respect, responsibility, safety, kindness, and self esteem are encouraged and enhanced within the program. Participants will explore horse behavior and care, along with learning basic riding skills. PATH certified instructors. For information, call 732-224-1367, ext. 3#.

## Equine Psychology 201

## (adults)

Join us for a progressive hands-on course working with the therapy horses of Sunnyside. Each class will cover topics such as: equine behavior assessment; the different tools needed to work with left brain vs. right brain horses and grounding exercises to help develop a partnership with the horse. Prior completion of Equine Psychology 101-103 is required.

Six Sessions \$210.00 Per Person

### Sunnyside Rec Area

Fri, May 1-Jun 12 6:15-7:45 PM......V0502X No class 5/29

## Horses for Heroes Veterans & Active Duty Military Personnel Programs (adults)

Sunnyside Equestrian Center is proud to offer our Veterans and active duty military personnel specially tailored Horses for Heroes programs. Programs include 1/2 hour private horsemanship lessons. Learn about horses through groundwork and unmounted activities. Harmony for Heroes is a one hour group yoga class alongside an equine partner. All programs are led by PATH International Certified Instructors and Equine Specialists. All programs are free to veterans and active duty military personnel. Group workshops are available upon request. For more information, call 732-224-1367, ext 1#.

## SPUR Horseback Riding Lessons for Individuals with Disabilities

## (adults)

Offered in affiliation with Special People United to Ride, Inc. (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant's individual needs and abilities. Riders must be at least four years old to participate. All lessons are taught by PATH certified therapeutic riding instructors. For more information visit www.spuronline.org or call 732-224-1367, ext 3#.

## Special People United to Ride Horse Show

Saturday, May 30, 8:30 AM-3:00 PM Sunnyside Equestrian Center, Middletown

Please join us at Sunnyside Equestrian Center for a day of fun as our SPUR Riders showcase their riding skills.

www.spuronline.org





104 QUESTIONS? TO REGISTER: 732-842-4000, EXT. 1 • GENERAL PARK INFORMATION: 732-842-4000, EXT. 4312

# GOLF

# **Beginner Golf**

# (ages 6 and up)

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.

**Bel-Aire GC** 

# Children

# (ages 6-10)

# \$75.00 Per Person

.Y2202A
.Y2402A
.Y2302A
.Y2502A
.Y2602A
.Y2802A
.Y2702A
.Y2902A

#### Juniors

#### (ages 11-14)

#### \$75.00 Per Person

Wed, Apr 15-May 6 4:30-5:30 PM	Y6502A
Sat, Apr 18-May 9 10:00-11:00 AM	Y6402A
Sun, Apr 19-May 10 1:15-2:15 PM	Y6602A
Wed, May 20-Jun 10 4:30-5:30 PM	Y6702A
Sat, May 23-Jun 13 10:00-11:00 AM	Y7202A
Sun, May 24-Jun 14 1:30-2:30 PM	Y7302A

# Women

#### (adults)

#### \$80.00 Per Person

Tue, May 19-Jun 9 10:00-11:00 AM	Y8102A
Wed, May 20-Jun 10 6:00-7:00 PM	Y6902A
Sat, May 30-Jun 20 9:00-10:00 AM	Y6802A

#### Adults

(adults)

# \$80.00 Per Person

Sat-Sun, Apr 4-5 10:00 AM-12:00 PMY1302A
Tue,Thu, Apr 7-9 12:00-2:00 PMY1202A
Mon, Apr 13-May 4 6:00-7:00 PM
Tue, Apr 14-May 5 10:00-11:00 AM
Wed, Apr 15-May 6 6:00-7:00 PMY1002A
Fri, Apr 17-May 8 11:00 AM-12:00 PMY1102A
Sat, Apr 18-May 9 9:00-10:00 AM
Sun, Apr 19-May 10 1:30-2:30 PM
Mon, May 18-Jun 15 6:15-7:15 PM
No class 5/25
Fri, May 29-Jun 12 9:00-10:20 AMY7002A

# **Intermediate Golf**

# (ages 6 and up)

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.

## Child

(ages 6-10) \$95.00 Per Person **Bel-Aire GC** 

Sat, Apr 18-May 9 1:00-2:30 PM	Y4802A
Sun, Apr 19-May 10 3:00-4:30 PM	.Y4902A
Sun, May 24-Jun 14 1:30-3:00 PM	.Y5002A

# Juniors

(ages 11-14) \$95.00 Per Person **Bel-Aire GC** 

Wed, Apr 15-May 6 5:45-7:15 PM	Y4602A
Sat, Apr 18-May 9 4:30-6:00 PM	Y4702A
Sun, Apr 19-May 10 12:00-1:30 PM	Y4502A
Wed, May 20-Jun 10 6:00-7:30 PM	Y7402A
Sat, May 23-Jun 13 2:00-3:30 PM	Y7502A

# Adults

(adults) \$120.00 Per Person

#### **Bel-Aire GC**

Tue, Apr 14-May 5 11:00 AM-1:00 PMY1402A
Sat, Apr 18-May 9 2:00-4:00 PMY1602A
Sun, Apr 19-May 10 2:00-4:00 PMY1502A
Tue, May 19-Jun 9 11:00 AM-1:00 PMY4002A
Sun, May 24-Jun 14 12:30-2:30 PM
Howell Pk CC

# Howell Pk GC

Wed, Apr 8-29 5:00-7:00 PM	. J0302A
Thu, May 14-Jun 4 5:00-7:00 PM	. J0402A

# Women

(adults) \$120.00 Per Person

# **Bel-Aire GC**

Fri, Apr 17-May 8 1:00-3:00 PM	.Y1702A
Fri, May 1-22 8:45-10:45 AM	
Fri, May 22-Jun 12 10:00 AM-12:00 PM	
Fri, May 29-Jun 19 8:45-10:45 AM	.Y4402A

# **Advanced Golf**

# (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.

# \$124.00 Per Person

Charleston Springs GC

Fri, Apr 17-May 1 4:00-7:00 PM
\$165.00 Per Person
Charleston Springs GC
Fri, May 15-Jun 5 5:00-8:00 PM
Howell Pk GC

Wed, May	y 13-Jun 3 5:00-8:00 PM .	J1002A
wea, way	y 13-3uii 3 3.00-0.00 i Mi .	

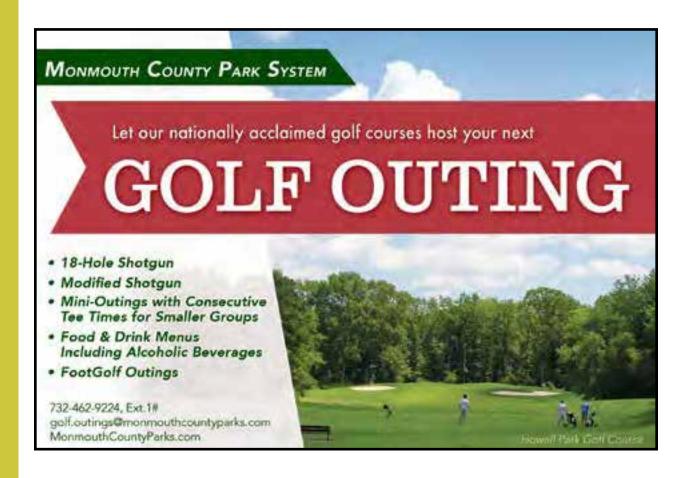
# 60 Minute Clinic - Chipping/Pitching

# (ages 12 and up, under 18 with adult)

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 \$25.00 Per Person Bel-Aire GC

Sat, Apr 4 11:00 AM-12:00 PM	Y5902A
Wed, Apr 15 1:00-2:00 PM	Y5702A
Sat, Apr 25 12:45-1:45 PM	Y5802A
Sat, May 16 9:00-10:00 AM	Y6102A
Wed, May 20 12:00-1:00 PM	Y6002A
Fri, May 22 4:00-5:00 PM	Y7602A



# **60 Minute Clinic - Driver**

#### (ages 12 and up, under 18 with adult)

Develop more consistency and power for all level of golfers and swing types in this full swing clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic 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 \$25.00 Per Person

#### **Bel-Aire GC**

Tue, Apr 7 3:00-4:00 PM	Y5102A
Sat, Apr 18 12:00-1:00 PM	Y5202A
Thu, May 7 10:45-11:45 AM	Y5302A
Sat, May 30 12:00-1:00 PM	Y5402A
Charleston Springs GC	
Sat, Apr 25 1:30-2:30 PM	T0502A
Sat, May 23 1:30-2:30 PM	Т0402А
Howell Pk GC	
Wed, Apr 15 4:00-5:00 PM	J0802A
Wed, May 20 4:00-5:00 PM	J0902A

# **60 Minute Clinic - Putting**

#### (ages 12 and up, under 18 with adult)

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. This clinic also focuses on pre-putt routine, putting etiquette and rules. Low student-to-teacher ratios ensure that students are given maximum individual attention. Players of all skill levels welcome.

# One Session \$25.00 Per Person

# Bel-Aire GC

Sun, Apr 5 12:30-1:30 PM	Y3002A
Thu, Apr 30 10:45-11:45 AM	Y3102A
Sat, May 2 12:00-1:00 PM	Y3302A
Thu, May 14 10:45-11:45 AM	Y8302A
Mon, May 18 4:00-5:00 PM	Y3202A
Howell Pk GC	
Wed, Apr 8 4:00-5:00 PM	J0502A
Wed, May 13 4:00-5:00 PM	J0602A

# **60 Minute Clinic - Sand Bunkers**

# (ages 12 and up, under 18 with adult)

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 \$25.00 Per Person

# Bel-Aire GC

Sat, Apr 4 12:30-1:30 PM	Y1802A
Thu, Apr 9 10:30-11:30 AM	Y1902A
Thu, Apr 23 10:45-11:45 AM	
Sat, May 2 10:45-11:45 AM	Y7802A
Fri, May 22 5:45-6:45 PM	Y7702A
Mon, Jun 1 4:00-5:00 PM	Y0303A

# **Breaking 100**

# (ages 14 and up, under 18 with adult)

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 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level. Instructor: Dave Laudien

# One Session \$135.00 Per Person

#### **Charleston Springs GC**

Sun, Apr 26 1:00-4:00 PM	T1002A
Sat, May 16 1:00-4:00 PM	T1102A

Golf Tournaments and Events are planned throughout the golf season. Check our website for a schedule of upcoming tournaments and events and information on how to register. www.MonmouthCountyParks.com



# **Couples Golf**

#### (adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

# Four Sessions \$120.00 Per Couple

Bel-Aire GC

Sun, Apr 19-May 10 10:30-11:30 AM	Y8002A
Sun, May 24-Jun 14 12:00-1:00 PM	.Y7902A

# **Full Swing Clinic**

#### (ages 14 and up, under 18 with adult)

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 his/her current golf level.

One Session \$87.00 Per Person

#### Howell Pk GC

Sat, Apr 11 12:00-2:00 PM ..... J0102A Sat, May 9 12:00-2:00 PM ..... J0202A

# **Golf 101 for Parent and Child** (ages 6-17)

Let's conquer golf together! Golf has long been a bonding experience between parents and children. Perhaps it is the joy that is felt by sharing a game both a parent and child love or you're simply looking to take on a new sport. In either case this clinic is tailored to give both the parent and child an introduction to the game; it covers the key areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$105.00 Parent/Child \$45.00 Additional Sibling

#### **Bel-Aire GC**

Sat, Apr 18-May 9 11:30 AM-12:30 PM .... Y0402X Sun, Apr 19-May 10 11:30 AM-12:30 PM ... Y0502X Sat, May 23-Jun 13 11:30 AM-12:30 PM ... Y6302X Sun, May 24-Jun 14 11:30 AM-12:30 PM ... Y6202X

# **Golf for Girls**

#### (ages 6-10)

Taught by our LPGA Golf Professional this clinic is geared for girls to learn how to play golf, create friendships, and experience competition in a fun environment. They will learn fundamentals of grip, stance, balance, and swing. All Girls interested in exploring the sport of golf are invited to participate - no experience necessary or equipment required.

Instructor: Kathy Ricci

Four Sessions \$75.00 Per Person

#### **Bel-Aire GC**

Sat, Apr 18-May 9 10:15-11:15 AM......Y0102A Sat, May 30-Jun 20 10:15-11:15 AM .....Y0202A

# **Golf for High School Players**

# (grades 8-12)

This program is for boys and girls 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. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette & rules, and course management. Participants must have the ability, maturity and self-discipline to play safely at an appropriate pace.

## Four Sessions \$115.00 Per Person Charleston Springs GC

Sat, Apr 18-May 9 3:00-6:00 PM	T0202A
Sat, May 23-Jun 13 3:00-6:00 PM	T0302A

# **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 Golf Card.

# **Twenty-Seven Sessions \$26.00 Per Person** Pine Brook GC

Thu, Apr 23-Oct 22 8:00 AM-1:00 PM .....PB102A

The Monmouth County Park System is partnering with The First Tee of Monmouth & Ocean to offer upcoming golf programming at *Charleston Springs Golf Course*, Millstone.

The First Tee is a youth development organization introducing the game of golf and its inherent values to kids ages 7-17. Sessions include fun, small group settings led by a specifically trained First Tee Coach. The First Tee curriculum and approach teaches kids to be good golfers while reinforcing core values like integrity, honesty, sportsmanship and respect, both on and off the course.

For further information about golf programming through The First Tee call 732-462-9224, ext. 1#, or visit www.MonmouthCountyParks.com.





# Roving Golfzilla

Shoot for a green of truly monstrous proportions this

summer. Join us for a fun activity and an opportunity to take a shot at Golfzilla. Standing nearly 20 feet tall and 18 feet wide this inflatable target is intended to promote curiosity about the game of golf by using plastic SNAG clubs to hit foam or tennis golf balls. All are welcome to see if you can hit golf balls through the hands, feet, or mouth of Golfzilla. Not designed as an instructional clinic; however, if needed we will teach you the very basics of the golf swing. All equipment is provided.

> Saturday, April 18, 12:00-3:00 PM Manasquan Reservoir Visitor Center

Saturday, May 16, 12:00-3:00 PM Wolf Hill Recreation Area

www.MonmouthCountyParks.com

# Let's Play Golf

# (ages 6-14)

The Let's Play Golf program provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching,and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. Participants must have own set of clubs and be able to be on the course with little supervision. Must have some previous golf instruction before signing up for this class.

# Four Sessions \$105.00 Per Person

# Bel-Aire GC

(ages 6-10)



# (adults)

PGA/LPGA professionals such as Tiger Woods, Gary Player, Lydia Cho, Tiffany Chan and Tommy Fleetwood practice meditation. Meditation can help improve focus, block out distractions and increase patience. Are these tools what you need to help you take strokes off your score and achieve your golf goals? Come and find out. Instructor Scott Bailey of the Prana Mudra Center will lead you through meditation exercises such as breath control, sound healing and mantras to help you develop a daily meditation practice to strengthen your mind, body and game for the days to come.

# Four Sessions \$80.00 Per Person

# Freneau Woods Pk Vis Ctr Prog Rm 1

Mon, Mar 9-30 7:00-8:00 PM ......A3202A

# Men's 60+ Touring League

# (adults)

The Men's 60+ touring league is a competitive 10 weeks of stroke play qualifying rounds followed by 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 quality for match play. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. An entry fee of \$325 covers all greens fees and season ending prizes, for power carts: applicable cart fees apply. Tee times will be assigned randomly between 10 am and 12 pm. League is limited to first 48 players.

# Fourteen Sessions \$325.00 Per Person

Charleston Springs GC

Tue, Apr 21-Jul 21 10:00 AM-12:00 PM . . . . K0102A

# **Short Game Clinic**

(ages 14 and up, under 18 with adult)

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 his/her current golf level - whether just starting, an accomplished player or somewhere in between.

## One Session \$125.00 Per Person Bel-Aire GC

# Wed, Apr 8 12:00-3:00 PM ......Y5602A Charleston Springs GC

Sun, Apr 19 12:00-3:00 PM	.T0602A
Sun, May 17 12:00-3:00 PM	.T0702A

# **Stroke Saver Golf for Seniors**

## (ages 55 and up)

Want to improve your skills, lower your scores, and enjoy golf with friends and new acquaintances? Join us for Stroke Saver Golf for Seniors. This program combines a one hour instructional clinic with organized recreational play. Program fee includes PGA Instructor, reserved starting times, hand carts, on course observation and coaching.

# Instructor: Lloyd Monroe

#### Four Sessions \$79.00 Per Person Bel-Aire GC

Wed, Apr 15-May 6 9:00 AM-12:30 PM ....Y3402A Wed, May 20-Jun 10 8:30 AM-12:00 PM ...Y3502A

# **Women's Players Club & Clinic**

(adults)

A perfect opportunity for experienced female golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, and scoring.

# Instructor: Stan Bryck Six Sessions \$149.00 Per Person Bel-Aire GC

Thu, Apr 16-May 21 9:30 AM-1:00 PM.....Y0302A

# **Women's Touring League**

#### (adults)

The Women's touring league is a competitive 10 weeks of stroke play qualifying rounds followed by 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 30 will be used and if your handicap is more than 30 it will be reduced to 30. 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. Prizes will be awarded to the 1st, 2nd and 3rd place league winners. Participants must have an active USGA Ghin handicap and a Monmouth County Golf ID Card. An entry fee of \$325 covers all greens fees 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. League is limited to first 48 players.

## Fourteen Sessions \$325.00 Per Person Charleston Springs GC

Wed, Apr 22-Jul 22 10:00 AM-12:00 PM ... K0202A

# #inviteHER Women's Meet & Greet

#### (adults)

Take the first step in your journey to learn, play, and love golf! #inviteHER is a movement that seeks to create an enjoyable, welcoming experience for women interested in trying the game or picking it back up - whether it be through a group lesson, complimentary clinic, driving range session, or a meet and greet experience. Feel more comfortable on the course and have the opportunity to unlock the lifelong benefits golf has to offer. Our professional teaching staff, led by LPGA/PGA Professional Kathy Ricci, will offer complimentary clinics targeting swing skills for different shots around the golf course.

# Skill: Driver/Fairway Woods

Thursday, April 23, 6:00-8:00 PM at Hominy Hill GC Skill: Bunker and Short Game Thursday, May 21, 6:00-8:00 PM at Charleston Springs GC

# **Inclusion Services**

It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet minimum eligibility requirements - with or without an modification - documented for the specific program) to participate in Park System programs with their non-disabled peers. It is our intent to provide a safe, successful and enjoyable experience for all. For more information contact Justin at 732-460-1167, ext. 22.

# THERAPEUTIC RECREATION

# Art Club

# (ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation and building self confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous Sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Four Sessions \$68.00 Per Person

# Dorbrook Rec Area Act Ctr

Sat, Mar 7-Apr 18 10:00 AM-12:00 PM ... D1502A Class meets 3/7, 3/21, 4/4 & 4/18

Sat, May 2-Jun 13 10:00 AM-12:00 PM ... D1702A Class meets 5/2, 5/16, 5/30 & 6/13

# Games Galore with Siblings 🥙

## (ages 6-18)

Discover new and old games with your sibling(s). Learn creative ways to adapt and play! Sessions will start with imaginative warm up games, followed by various card, board and active games (non-electronics). All abilities are welcome. For more information, please call 732-460-1167, ext. 23.

This is a free program; however, registration is required. Six Sessions FREE!

# Fort Monmouth Rec Ctr Prog Rm A

Wed, Mar 11-Apr 15 4:30-6:00 PM ..... PD150A

# Park System History

In 1977, the Therapeutic Recreation Department was established as Special Populations and began offering programs to seniors and individuals with disabilities.

# MCRAC Adult Day Program 🕊



(ages 21 and up, w/cognitive & neurological impairments) Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 24, for more information.

# **Night Out**

# (ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff to participant ratio. You may be able to register with your DDD Supports or CCP Budgets. Please call Justin at 732-460-1167, ext. 22, for more information. **One Session \$29.00 Per Person** 

# **Dinner & a Movie - Freehold**

Join us for a fun night out with your friends and to meet new people! We will be meeting at the Freehold Mall food court on the 2nd floor; pick up will be at the AMC Movie Theatre on Trotter's Way. Please bring \$35 for your meal and movie ticket. You will be notified of the movie selection(s) two days prior to the event when schedules are posted. Please note that times are subject to change based upon movie schedule.

# AMC Theater Trotters Way, Freehold

Fri, Apr 24 5:00-10:00 PM (approx) ..... D0302A **Evening at iPlay America** 

We will be meeting at the exciting iPlay America indoor amusement park in Freehold. Go on the rides or play video games, and enjoy a meal at one of their many eateries! Please visit their website to see wristband, token, and other prices to determine how much money to bring, but you will need at least \$20 for your meal. Pick up and drop off is from iPlay America.

iPlay America Schanck Rd, Freehold

Thu, Apr 9 5:30-9:00 PM (approx)..... D0802A

Lp I

# Now We're Cooking!

#### (ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff to participant ratio. Participants may be able to utilize their DDD Supports CCP Budgets to register. Please call Justin at 732-460-1167, ext. 22, for more information and/or to give notification about any food allergies or dietary considerations.

#### One Session \$30.00 Per Person

#### **Tex-Mex Feast!**

Join us for a meal with some flair! Spend an evening with friends and help to prepare a Southwestern themed meal consisting of chicken and steak quesadillas, rice, beans, and more! A movie will be shown during the meal.

#### Dorbrook Rec Area Vis Ctr

# Fri, May 15 6:00-9:00 PM..... D0402A

# **Cookout at the Fort**

Spend an evening with friends making a delicious Italian Meal at the Fort Monmouth Rec Ctr followed by some games and a movie. We will be preparing our meal in the full service kitchen; playing foosball, pool, and air hockey in the lobby, and watching a movie on the "big screen" in the program room. Our meal will consist of chicken parmigiana, caesar salad, penne vodka, meatballs, and more! Please note the earlier start time and different location for this program.

#### Fort Monmouth Rec Ctr Prog Rm D

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Fri, Mar 13 5:30-9:00 PM ..... D0602A
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# **Special Trip**

## (ages 16 and up, with special needs)

Come join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Individuals may also be able to register for these programs using their DDD Supports or CCP budgets. Please call Justin at 732-460-1167, ext. 22, for more information.

# **Philadelphia Phillies Baseball Game**

Take me out to the ballgame! Enjoy a Sunday spring afternoon watching the Phillies take on the Colorado Rockies at Citizens Bank Park. Please bring at least \$25.00 for an early dinner at the ballpark and make sure to eat lunch before drop-off.

#### One Session \$75.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sun, May 3 11:00 AM-6:30 PM..... D0202A

#### New Jersey Devils Hockey Game

Cheer on our local NHL team, the Devils, as they make their final playoff push against the Carolina Hurricanes in one of their last home games of the year! Pick up and Drop off will be from the Middletown train station, so please be on time! If you miss the train we are unable to meet up with you. Your game ticket is included with your registration; however, please bring money for a meal or snack and \$25.00 for your train tickets. You will be contacted the week before the game with specific pick up and drop off times based upon the NJ Transit schedule.

## One Session \$70.00 Per Person

Middletown Train Station

Sun, Mar 29 11:30 AM-3:30 PM..... D0502A



# **Important Notice**

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park system will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

# **Participants, Please Note**

Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

# **Weather Cancellation Number**

The Monmouth County Park System has a phone number which you may call 1 <sup>1</sup>/<sub>2</sub> hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

# **Americans with Disabilities Act**

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonia, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

# **Please Register Early**

Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

# **Program Refunds/Fees**

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant. **Refund Policy** 

1. A full refund will be given when a program or trip is canceled 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 prior to the program's start, you will receive a full refund less a processing fee as noted below.

- General program or one-day trip: full refund with at least 10 calendar days advance notice, less \$5 processing fee and any nonrecoverable expenses (pre-paid meals, lodging, tickets, etc.)
- Multi-day bus/van trip or ticketed day trip: full refund with at least 45 calendar days advance notice, less a \$25 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 processing fee and any non-recoverable expenses (prepaid meals, lodging, tickets); 50% refund with 14 to 29 calendar days advance notice, less a \$25 processing fee and any nonrecoverable expenses; no refund within 13 calendar days of the start of the camp.

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

#### **Vacation Insurance**

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

# **Registration Information**

Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

#### **Fees**

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

# Registration

You may register:

• Online 24/7 beginning at 8:00 AM on February 5. Visit the "Program Registration" page at www.monmouthcountyparks.com to become a registered user.

• **By Phone** beginning at 8:00 AM on February 5. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/ speech impairment: TTY/TDD# is 711.

• By Mail beginning at 8:00 AM on February 5. Send the Registration Form (next page) with payment to:

Registrations Monmouth County Park System 805 Newman Springs Road Lincroft, NJ 07738-1695

Mail registrations are processed as received.

• In Person beginning at 8:00 AM on February 5, Monday-Friday, 8:00 AM-4:30 PM, at Park System Headquarters in Thompson Park on Newman Springs Road, Lincroft.

# **REGISTRATION FORM**

Patron Name					
Address					
City/State/Zip					
Day Phone			Evening Pho	one	
Payment Method:	Check	Visa	MasterCard	Discover	
Card Number			Expiration D	ate	CVV (last 3 digits in signature strip on
					back of card)
Do you require any sp	ecial accommo	odations to J	participate in this p	rogram/activity	? 🔴 Yes 🛛 🔴 No

If yes, please specify					
PROGRAM	PROGRAM TITLE	FEE/PERSON	PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)	DATE OF BIRTH (UNDER 18)	CHILD'S AGE/GRADE

# SP()R

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.

# FRIENDS of the Monmouth County Park System, Inc.

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, FOUNDATION 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.





# SUMMER WILL BE HERE BEFORE YOU KNOW IT!

Get ready to give your children a summer filled with fun and friendship! The Children's Summer Camp & Swim Lesson Guide is coming your way soon!

- Creative Arts Camp
- Down on the Farm
- Eco-Kayak Mini Camp
- Fashion Week
- Football Skills Camp
- Garden to Plate

- Kids On Stage
- Nature Kids
- Summer Chefs
- Summertime Fun at the Fort
- Take Your Best Shot! Photography & Archery Camp

# And so much more!

The Monmouth County Park System's 2020 Summer Camp & Swim Lessons Guide will be available in most county parks and online on Friday, February 21.

# CAMP/SWIM REGISTRATION WILL BEGIN AT 12:00 PM ON SUNDAY, MARCH 1.

The counselors did a great job. My son definitely enjoyed himself and his artwork was adorable!

The counselors were awesome! My daughter loved it and can't wait to go back next year!



Monmouth County Park System 805 Newman Springs Road Lincroft, NJ 07738

# APRIL 2020

# Spring Craft Show

Saturday, April 18 9:00 AM-2:00 PM Fort Monmouth Recreation Center. Tinton Falls

# Earth Day Celebration

Saturday, April 18 11:00 AM-5:00 PM Various Park System Locations

# Wool Days/Sheep Shearing

Saturday & Sunday, April 25 & 26 12:00-3:00 PM Historic Longstreet Farm, Holmdel

# **MAY 2020**

# Great Spring Perennial Plant Swap

Saturday, May 2 8:30 AM-12:00 PM Tatum Park, Middletown

# Creative Arts & Music Festival

Saturday, May 2 10:00 AM-5:00 PM Thompson Park, Lincroft

# Wainford Day

Sunday, May 17 11:00 AM-5:00 PM Historic Walnford, Upper Freehold

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



**Board of Chosen Freeholders:** 

Thomas A. Arnone, Director • Susan M. Kiley, Deputy Director Lillian G. Burry • Patrick Impreveduto • Dominick "Nick" DiRocco

Board of Recreation Commissioners: Kevin Mandeville, Chairman • Michael G. Harmon, Vice Chairman Violeta Peters • Thomas E. Hennessy, Jr. • David W. Horsnall Mark E. Zelina • Patricia M. Butch • Thomas Adcock Glen Mendez • James J. Truncer, Secretary-Director

