

The Original Monmouth County Agricultural Fair!
A countywide event for all ages!
East Freehold Showgrounds, Kozloski Road, Freehold

**JULY 22-26** 

**Admission:** 

\$8.00

Ages 12 & under admitted Free

**FREE PARKING** 

Rides & Amusements by Reithoffer Shows

Free Stage Entertainment • Home & Garden Competitions

Climbing Wall • FFA Local Produce Stand

4-H Events • Animal Shows & Exhibits

Robinson's Racing Pigs • Bwana Jim Reptile Show

**Delicious Food • Crafters & Commercial Vendors** 

**Living History Interactive Displays** 

**Monmouth County Park System Interactive Display** 

And so much more!

# Become a Vendori

Vendor opportunities are still available. Call 732-842-4000, ext. 4312, for details.

Enter the Monmouth County Fair HOME & GARDEN COMPETITION!

For more information, see the inside back cover.

For details about this year's Monmouth County Fair, see pages 38-39.

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To register for programs starting on May 6, 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.







# Parks in a Time of Coronavirus

As our staff prepares this volume of our *Parks & Programs Guide* we are in the midst of social distancing due to the pandemic of the Coronavirus (Covid-19). It is like nothing we've experienced in our sixty years when it comes to the difficult decisions the Park System has had to make when it comes to parks, facilities, programs and events. We hope that at the time of the release of this volume that things will be starting to get better and that our visitors find themselves healthy.

With so much of the unknown, it has certainly been a stressful time for all. The Park System has done its best to keep parks open in order to allow visitors who may need to get out of the house just for a little while to take a walk while maintaining a safe distance from others. This has been important to us with the knowledge that nature and the outdoors can ease anxiety, something we are all dealing with. While keeping park areas open, it was also important to close many facilities such as playgrounds, the Seven Presidents Skateplex, and buildings, as well as cancel programs, to do whatever we could to not only protect our visitors, but also our staff.

It is certainly possible that with the release of this *Summer Parks & Programs Guide* that we will still be doing our best to remain home as much as possible and practice social distancing when we leave home. If this is the case, park visitors must remember to give other visitors *at least* six feet of space, and if you are not feeling well, to remain home. Again, it is our mission to offer safe spaces for visitors to get some time outdoors, but the most important thing during this time is to have our visitors stay healthy and safe.

But, rest assured, when things begin to return to normal we will be ready. This *Summer Parks & Programs Guide* is filled with a variety of programs and events that will give you new and exciting experiences. Our staff is anxiously awaiting the return of our program participants and visitors with many hopes for an amazing summer, from the happy children attending summer camps to visitors camping under the stars or spending time on the beaches and so much more. We again wish you all good health and the knowledge that we will get through this difficult time together.

# 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:**

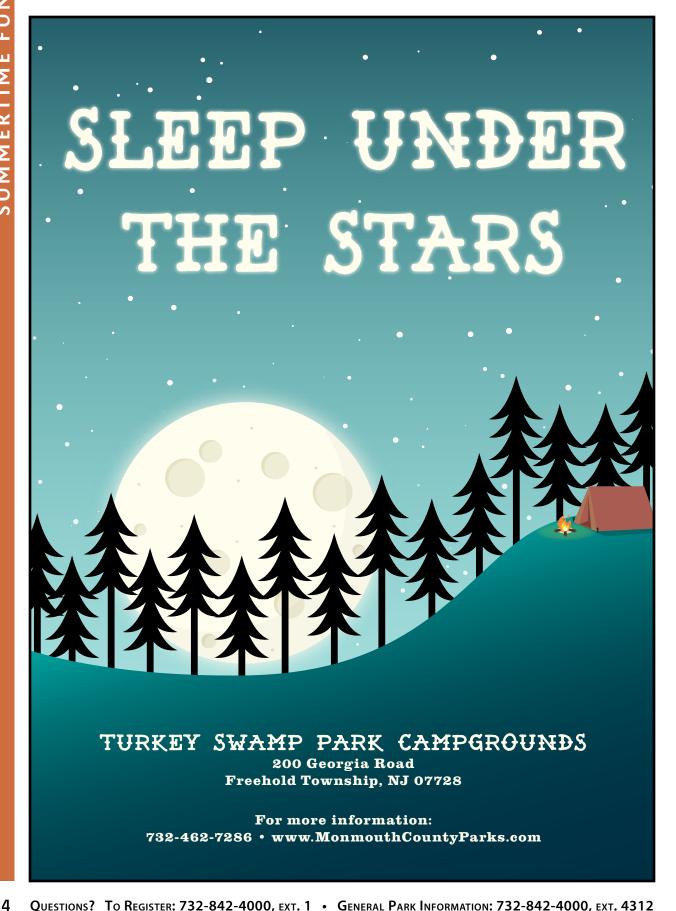
Spring: March 16-May 31, 2020 Summer: June 1-August 30, 2020 Fall: September 1-November 29, 2020

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



# SEVEN PRESIDENTS OCEANFRONT PARK

# THE PERFECT FUN IN THE SUN DESTINATION!

If you're looking to experience the sandy beaches of Monmouth County this summer,
Seven Presidents Oceanfront Park, Long Branch, is where you want to be.
This 38-acre beach park is a great place to swim, sun and surf.
Everything you need for a day at the beach is readily available: snack bar, sheltered eating areas,
volleyball area, outdoor showers and changing areas, guarded swimming,
and designated areas for surfing.

The park also features an all-inclusive seashore-themed playground as well as a skateplex.

#### DAILY PARK ACCESS FEES

For the 2020 season, park access and parking fees will be collected from Saturday, May 23-Monday, September 7

(with the exception of May 26-29, June 1-5, and June 8-12).

Individuals 18 and over: \$8.00

**Military & Veterans: Free** (must present appropriate ID)

Parking: \$10.00

Season Park Access & Parking Passes are also available. For season park access pass pricing, visit www.MonmouthCountyParks.com.





Historic Longstreet Farm 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

For your safety, as well as the safety of the animals, we ask that visitors do not touch or feed the animals.

site in the 1890s.

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.

#### **Yarn Bee**

(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.

\$5.00 Per Person (cash or check only)

Saturday, June 6, 12:00-2:30 PM Saturday, July 11, 12:00-2:30 PM Saturday, August 1, 12:00-2:30 PM

# Penny Rug Demonstration



(all ages)

In the 1800s thrifty homemakers would use scraps of wool or felted wool from old clothing to create designs for mats or rugs. Be inspired to create your own mat or rug.

Sunday, June 7, 1:00-3:00 PM

# 19<sup>th</sup> Century Woodworking Demonstration

(all ages)

Enjoy learning how the carpenter uses 19<sup>th</sup> century woodworking and carving tools during this demonstration.

Saturday, June 13, 12:00-3:00 PM

### **Cookstove Demonstration**



(all ages)

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, June 13, 11:00 AM-3:00 PM Saturday, June 27, 11:00 AM-3:00 PM Saturday, July 11, 11:00 AM-3:00 PM Saturday, July 25, 11:00 AM-3:00 PM Saturday, August 8, 11:00 AM-3:00 PM Saturday, August 22, 11:00 AM-3:00 PM

## Felting Demonstration



(all ages)

Felted wool is the world's oldest known textile – learn the process of felting wool that can be used in garments. **Sunday, June 14, 1:00-3:00 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, June 20, 1:00-3:00 PM Saturday, July 18, 1:00-3:00 PM Saturday, August 15, 1:00-3:00 PM

## Independence Day Celebration Gree



(all ages)

Independence Day was a festive time in the 1890s - patriotism was celebrated with music and games. Join the staff at Longstreet Farm as they celebrate the holiday with games and contests.

Saturday, July 4, 12:00-3:00 PM

## Wheat Harvest and Threshing **Demonstration** Green

(all ages)

This weekend, the Longstreet Farm staff will harvest and thresh this year's wheat crop. Learn how this important crop was cultivated and processed in the days before modern combines. On Saturday, the wheat will be cut, gathered and bundled into sheathes using a horse drawn grain binder. On Sunday, the staff will use a 19th century, belt-driven Champion thresher to separate the wheat grain from the straw and the chaff.

Saturday & Sunday, July 11 & 12, 12:00-2:00 PM

# Vintage Base Ball





(all ages)

Spend a summer afternoon at Holmdel Park and enjoy one of America's favorite pastimes to see how it started. The Monmouth Furnace Boys (formerly known as the Bog Iron Boys) will be playing vintage base ball, using rules from the 19th century. Players will be dressed in uniforms appropriate to the time period, and the style and terms of the 19<sup>th</sup> century are used during the game.

Saturday, August 15, 11:00 AM-3:00 PM

### Potato Harvest



(all ages)

Learn how potatoes were grown and harvested at the end of the 19th century. Help the Longstreet Farm staff bring in the crop, and dig some potatoes for your own family. Stop by the summer kitchen for some 19th century inspiration on how to prepare them at home.

Saturday & Sunday, August 22 & 23, 12:00-2:00 PM

## Smocking Demonstration ?



(all aaes)

View the lost art of smocking, a decorative embroidery or shirring made by gathering cloth in regularly spaced round tucks. Years ago children's clothing had this decorative embroidery.

Saturday, August 29, 1:00-3:00 PM

# Harvest Home Festival 🕬 Sunday, September 27, 11:00 AM-5:00 PM Historic Longstreet Farm, Holmdel An old-fashioned country fair reminiscent of the 1890s, the Harvest Home Festival takes visitors back in time to when neighbors gathered to work, harvest and spend time enjoying each other's company. It not only calls for the exhibition of the best produce and the best needlework in the community, but also for games, athletic contests and similar features of recreational or educational value. Experience fun as it was a century ago with activities such as: Wagon Rides Games Corn Husking Competition Pie Eating Contests Live Entertainment Craft Demonstrations Competitions ranging from needlework, baked goods to homegrown vegetables And so much more! For more information, please call 732-946-3758.

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#### **Historic Walnford** 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 19th 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.



## Antique Autos Green



(all ages, under 18 with adult)

A display of pre-WWII vehicles will take advantage of the shady landscape at Historic Walnford, weather permitting. Pack a picnic lunch to enjoy a leisurely exploration of transportation history in addition to the operating 19th century gristmill and the Waln family's large, elegant pre-Revolutionary War home.

Saturday, June 13, 10:00 AM-2:00 PM

# Flag Day! Gree

(all ages, under 18 with adult)

Today is the day to celebrate the history of Old Glory! Do you know New Jersey's connection to the design of America's flag? How does Betsy Ross fit in to the story? Design your own flag while you learn about our flag and the day designated to this important symbol of our country.

Sunday, June 14, 1:00-4:00 PM

## **Kids National Basket Weaving Day** Workshop NEW Gree

(ages 10 and up)

The Penn/Jersey Basket Guild is offering a free basket making workshop at Historic Walnford in honor of Kids National Basket Weaving Day. Please Note: Advance registration is required. Call Historic Walnford, 609-259-6275 to register before June 12, or until spaces are filled. Saturday, June 27, 9:30 AM-12:30 PM

#### The Roots of Root Beer Gree



(all ages, under 18 with adult)

The history of root beer in America is at least as old as our nation, so what better time to celebrate this beverage and its connections to the Waln family and Walnford? Can you identify some or all of the many ingredients used to concoct this tasty beverage? Sample a variety of root beers to find your favorite.

Sunday, July 5, 1:00-4:00 PM

# Chair Caning: Weaving a Pretty Seat ?\*\*\*



(all ages, under 18 with adult)

Chairs with caned seats are elegant, comfortable and cool. Be inspired to learn a new skill, restore a favorite chair or simply gain an appreciation of the craft. Brendan McConville will demonstrate the process and share a bit of the history of this furniture style at Historic Walnford.

Sunday, July 19, 1:00-4:00 PM

#### Full Access Mill Tour Green



(adults)

Take this opportunity to explore areas of the 19th century gristmill usually off limits to the public with the miller as your guide, sharing information on the history, machinery, building and operation of the historic Waln's Mill.

Saturday, July 25, 9:30 AM

## The Edible History of Ice Cream 🥊



(all ages, under 18 with adult)

Using recipes from the 19th century we invite everyone to help us crank cool creamy ice cream in the shade of the all important ice house, and then consume the results of our labor.

Sunday, August 2, 3:00 PM

# Historic Seabrook-Wilson House



Bayshore Waterfront Park, Port Monmouth

**Informal Self-Guided Tours:** 

Sundays from 1:00-4:00 PM 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.



# **Tours of Historic Battery Lewis**



Hartshorne Woods Park, Highlands (Rocky Point section)

Tours available at the top of every hour from May 22-October 11 on Fridays from 4:00-8:00 PM; Saturdays from 10:00 AM-4:00 PM; Sundays from 10:00 AM-4:00 PM 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.





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, Port Monmouth

Thursday, June 11, 6:30-8:30 PM Thursday, July 2, 6:30-8:30 PM Thursday, August 6, 6:30-8:30 PM

Seven Presidents Oceanfront Park, Long Branch Thursday, June 25, 6:30-8:30 PM





www.MonmouthCountyParks.com

## **DAY TRIPS & GETAWAYS**

# **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

Board: 8:30 AM ...... Return: 5:00 PM (approx)

## Princeton University Art Museum



(all ages, under 18 with adult)

Princeton University Art Museum's collection of art expands over a period of 5,000 years, from Ancient Egyptian, Greek, Roman and Mesopotamia vases, bronze statuettes, Hellenistic jewelry and terracotta figurines to modern artists such as Claude Monet, Pablo Picasso and Andy Warhol. A tour guide will lead you through the galleries and the current exhibit Life Magazine and the Power of Photography in June and Color Photography in September. After the tour, take a leisurely stroll on Princeton University's campus to see the historical architecture and statues on site or head to lunch at one of Princeton's well known restaurants such as Agricola, The Peacock Inn, Yankee Doodle Tap Room or the The Alchemist and Barrister Restaurant and Pub. Shop right in Palmer Square at J. Crew, Brooks Brothers or Ralph Lauren or stroll the main street to shop local favorites such as Labyrinth Books. Don't forget to stop at Princeton University Store and take home a souvenir Princeton University shirt! Registration fee includes bus transportation, museum tour guide and volunteer Park System leader.

\$50.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Jun 18	A8403A
Board: 8:45 AM	Return: 6:00 PM (approx)
Tue, Sep 15	A1404A
Board: 8:45 AM	Return: 6:00 PM (approx)

## **Sunset Cruise Around Sandy Hook Bay**

(adults)

This summer, enjoy a beautiful sunset cruise around Sandy Hook Bay! The park system invites you to discover the breathtaking beauty of local waters in a natural and eco-friendly way aboard a classic wooden boat named the MARINER. Come aboard, savor the sights and take in the summer salt air. Bring binoculars, a camera, and something warm to wear as it can get chilly on the open water. Light snacks and drinks available on board or bring your own. The boat will depart on time from the Atlantic Highlands Marina. The boat is docked at Pier 1, slip 5. For more information about our tour boat and captain, please check out the Classic Boat Rides' website.

One Session \$45.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Tue, Jul 14 7:00-9:00 PM (approx) ......IM803A Tue, Aug 11 6:30-8:30 PM (approx) .....IM903A

## Restaurant Week, Chelsea Market & Whitney Museum NEW

(adults)

More than 350 restaurants participant in New York City's Restaurant Week, offering fabulous meals for a fabulous price! Now's your chance to participant 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 6 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 infamous artists such as Georgia O'Keefe and Edward Hopper. 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. 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

Board: 8:30 AM ...... Return: 5:00 PM (approx)

### **Full Moon Boat Tour of Sandy Hook Bay**

(ages 12 and up, under 18 with adult)

What could be more fun? Let's take a relaxing cruise on Sandy Hook Bay under a brilliant full moon? We will see the lights around the bay at night, as they were built to be seen. We will also enjoy the bright lights of New York City and surrounding coastal communities. We will even have a Park System Naturalist on board to share wisdom and insights about all things local and lunar. This will be an enjoyable time, not to be missed. The trip will leave on time. We will depart from the Atlantic Highlands Marina, Pier 1, slip 5, on the Mariner, a 40-passenger open air wooden boat. Make sure to bring something warm to wear, as it can be chilly on the open water. Feel free to bring snacks or drinks to enjoy. A Park System staff person will be checking people in for the tour at the beginning of Pier 1. Please make sure you get checked in before boarding. For more information about our tour boat and captain, please check out the Classic Boat Rides' website.

One Session \$45.00 Per Person

Atlantic Highlands Municipal Marina Parking Lot

Mon, Aug 3 8:00-10:00 PM (approx) . . . . . IM703A

## **U.S. Open Tennis**

(adults)

This tennis championship is the biggest and most well-known of its kind in the U.S. Tennis stars from all over the world will battle it out for the coveted title. Your ticket will entitle you to a reserved stadium seat and entry to matches at the other courts on the center's grounds at the National Tennis Center in Flushing, NY. Please Note: This trip departs from the Fort Monmouth Recreation Center at 2566 Guam Lane, Tinton Falls. Please call 848-456-4278, ext. 1#, for directions.

\$130.00 Per Person

Fort Monmouth Rec Ctr

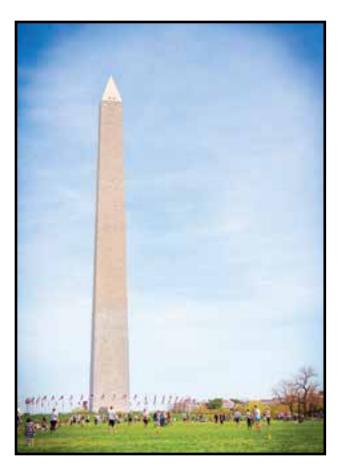
### **Washington DC Getaway**

(all ages, under 18 with adult)

This 3 day/2 night travel package to America's City provides tons of sightseeing to several iconic highlights of this area. This excursion includes a tour of Arlington National Cemetery by trolley, a guided illuminated night tour of famous monuments and memorials and a guided Washington DC Sight-Seeing Tour. There is time to explore the Smithsonian Museums and other points of interest on your own. Price includes roundtrip motor coach transportation, accommodations, admissions to tours and attractions, daily breakfast, 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 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.

\$560.00 Double; \$620.00 Single; \$530.00 Triple; \$500.00 Quadruple; \$265.00 Per Child

Thompson Pk Estate Grounds Parking Lot



#### San Gennaro Festival & Chinatown

(all ages, under 18 with adult)

Explore the historic streets of Manhattan's Little Italy during "The Feast of All Feasts" – The San Gennaro Festival! Dive into the local experience and meet vendors selling cannoli, pizza, zeppole, sausage and peppers and so much more. Live performances are to be expected. Be sure to visit the neighboring streets of Chinatown for a double dose of food and culture in one day! Fee includes round-trip bus transportation and Park System leader only. The bus will drop off as close to the festival as possible. Wear comfortable footwear. Rain or shine.

\$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

# Escape to the Cape

(all ages, under 18 with adult)

This popular New England vacation destination offers history, nature, architecture and quaint, unique towns. Your days include guided tours of Hyannis, Provincetown, Martha's Vineyard, Sandwich and Plymouth. You get to dine and shop on your own in Provincetown, Edgartown and Plymouth. Additional highlights include Cape Cod Canal Visitor's Center, Cape Cod Lighthouse Trail, Cape Cod Dune Ride accompanied by a naturalist, Sandwich Glass Museum with glass blowing demonstration, Pilgrim Hall Museum and Cod Potato Chip Factory. Price includes round-trip motor coach transportation, accommodations, admissions to tours and attractions, round-trip cruise to Martha's Vineyard, daily breakfast, 4 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 two 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.

\$850.00 Double; \$950.00 Single; \$800.00 Triple; \$750.00 Quadruple; \$360.00 Per Child

Thompson Pk Estate Grounds Parking Lot

#### **American Museum of Natural History**

(all ages, under 18 with adult)

With the Rose Center for Earth and Space, four floors of exhibits, the IMAX theater, and gift shop, there is something for everyone! For ticket information and pricing, visit www.amnh.org. Registration fee includes bus transportation and Park System leader only.

\$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

# New York Historical Society: Center for Women's History

(all ages, under 18 with adult)

In 1917, women in the United States were granted the right to vote. Now, 100 years later, we celebrate the struggle and resistance of the women who fought tirelessly for suffrage. On this trip, explore the New York Historical Society Museum and Library, featuring the Center for Women's History – the first of its kind in the nation! This section of the museum features the multimedia exhibits, a film narrated by Mervl Streep titled "We Rise," highlighting significant events in the suffrage movement, the Billy Jean King Archive and a Tiffany Lamp exhibit. Located right next to the Museum of Natural History, this is a great opportunity to learn about influential women in United States history followed by an afternoon at another nearby museum or with a walk through Central Park. Price includes round-trip motorcoach transportation and Park System volunteer trip leader only. Admission tickets to the museum are available upon arrival for separate purchase. Wear comfortable footwear. Rain or shine.

\$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

### **Grounds for Sculpture**

(all ages, under 18 with adult)

Immerse yourself in a totally unique and whimsical atmosphere where nature and art meet! Located in Hamilton, New Jersey, Grounds for Sculpture is both an indoor six-gallery museum and outdoor sculpture space offering more than 270 sculptures from international up-and-coming and well-known artists across 42 meticulously landscaped acres. There is no outside food permitted, so guests should plan on lunching at one of the museum's two on-site cafes. Tickets include round-trip motor coach transportation, admission to the museum for a self-guided tour, gift shop access and volunteer Park System leader.

#### \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#### **Inflation Eve**

(all ages, under 18 with adult)

Bundle up and join the excitement on 77th Street and Columbia Avenue. Preview the big balloons as they are inflated by Macy's employees and volunteers in preparation for the Thanksgiving Day parade. Rain or shine. Please Note: Children under 18 must be accompanied by an adult.

#### \$45.00 Per Person

Thompson Pk Estate Grounds Parking Lot

#### **ARTS & CRAFTS**

# **Campfire and Sand Casting**

(all ages, under 18 with adult)

Create a lasting memory of your time at the shore. Everyone will take home a plaster cast of your beach treasures. Afterwards, join us around the campfire and get warm and cozy in the sand. One plaster cast per registrant. Campfire is weather permitting only.

One Session \$13.50 Per Person

Seven Presidents Pk Act Ctr

Thu, Jun 18 6:30-8:00 PM	U1203A
Fri, Jul 10 6:30-8:00 PM	U1303A
Sun, Aug 16 6:30-8:00 PM	U1403A

#### **FAMILY FUN**

# 80's Night!

(all ages, under 18 with adult)

Kick off the summer with music by the Jersey based band "High in the Mid 80's". They are the ultimate New Wave and Pop band with an authentic sound, 80's clothing and a high energy show. They will totally recreate an 80's experience. Show starts at 7 pm. FREE! One session

Thompson Pk Theater Barn

Wed, Jun 24 7:00-8:30 PM ......PA040A

## A Night of Jazz and Blues

- Live NEW = 3nee

(all ages, under 18 with adult)

The roots of blues and jazz music run deep at the Jersey Shore. Join us as we explore and listen to some of the talent from our own backyard. The evening's performers are James Dalton, Junior Mack and Karlee Bloom. Coffee and tea will be served.

One Session FREE!

Thompson Pk Theater Barn

## 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

Tue, Jun 23 7:00-8:00 PM ...... Q8203A

### **HORTICULTURE**

#### **Carnivorous Plant Terrarium Build**

(ages 6 and up, under 18 with adult)

Carnivorous plants are a beautiful, yet deadly, marvel of nature. Using modified leaves, they catch their insect prey in a specially designed trap. You can now bring these fascinating plants into your home by creating your very own carnivorous plant terrarium. This program includes a terrarium, all planting material, and two carnivorous plants.

One Session \$39.00 Per Person

Clayton Pk Act Ctr Classroom 1

Thu, Aug 13 11:00 AM-12:00 PM ...... I5603A

#### **NATURE**

# **Explore the Waters in the Woods**

(ages 10 and up)

Get ready to discover the world of freshwater. With nets in hand, we will scan wetlands, ponds, and pools around Freneau Woods Park to uncover all the animals, plants, and insects that make these local waters home. Come discover the underwater world of amazing creatures that are sometimes heard, but hardly seen. Please wear shoes that can get muddy and dirty. Please put on insect repellent before arrival.

One Session \$10.00 Per Person

Freneau Woods Park Vis Ctr Prog Rm 2

Sat, Jun 27 7:00-8:00 PM......IM603A

# Hunters of the Sky - Live Owl and Raptor Presentation - Summer

(all ages)

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

Freneau Woods Park Vis Ctr Prog Rm 1

#### Ice Cream Sundae and Boat Tour

(all ages, under 18 with adult)

What better way to start the weekend than with a sunset cruise on the reservoir followed by an ice cream sundae?! Please arrive 15 minutes early as the boat will embark on our evening adventure promptly at the program starting time. After seeing all the sights nature has to offer around the reservoir, satisfy your sweet tooth by making yourself an ice cream sundae with whipped cream and a cherry on top! All aboard! Please Note: Meet at the Manasquan Reservoir Environmental Center boat dock. Life-jackets are provided and must be worn by all passengers.

One Session \$10.00 Per Person

Manasquan Res Env Ctr

Fri, Jun 12 6:00-7:00 PM	I1703A
Fri, Jun 12 7:00-8:00 PM	I1803A
Fri, Jul 10 6:00-7:00 PM	I1903A
Fri, Jul 10 7:00-8:00 PM	12003A
Fri, Aug 14 6:00-7:00 PM	I2103A
Fri, Aug 14 7:00-8:00 PM	12203A



# **FAMILY NATURE DROP-IN ACTIVITIES**

# **National Trails Day Walk**

(all ages, under 18 with adult)

National Trails Day is a countrywide celebration of park trails and the habitats they explore. Choose a park from below and enjoy a free guided nature walk to commemorate the day! Please wear closed toe footwear for the trails, and dress for the weather.

**June 6, 10:00-11:30 AM** in the parking lot of the following parks:

Huber Woods Environmental Center, Manasquan Reservoir Environmental Center,

Freneau Woods Visitor Center & Holmdel Park Hilltop Lot

# Twilight Firefly Hikes NEW (3rec)





(all ages, under 18 with adult)

The twinkling lights of summer nights invite us to explore the magic around us. Join us for a family friendly adventure along easy trails. We will use all our senses to search for fireflies and other creatures that make their homes in our parks. Bring your own flashlight to help light your way.

Tuesday, June 30 at Huber Woods Park

Tuesday, July 14 at Big Brook Park

Thursday, August 13 at Freneau Woods Park

## Enviro-Quest 3nee



(all aaes)

Don't know what to do on a weekday this summer break? Why not seek out some nature fun. Follow the Enviro-Quest signs to where the Park System Naturalist is waiting. Once you are there you can join in a walk, activities, crafts or games for 30-60 minutes of nature fun. Activities could include meeting a live animal, finding hidden treasure, discovering incredible parts of a flower, creating artwork with natural materials, or participating in a fun nature-themed game. You bring your sense of adventure and we'll bring the rest! For additional details please call 732-751-9453.

#### Join us at the following locations on at 11:00 AM:

- July 2 at Clayton Park Emley's Hill Rd Parking Lot
- July 9 at Perrineville Lake Park Agress Road Parking Lot
- July 16 at Big Brook Park Dock
- July 23 at Freneau Woods Park Vis Ctr Parking Lot
- July 30 at Shark River Park Shelter Building
- August 6 at Huber Woods Environmental Center
- August 13 at Deep Cut Gardens near the All American Garden
- August 20 at Holmdel Park Rammanessin Parking Lot
- August 27 at Dorbrook Recreation Area Basketball Court Parking Lot

# Seashell Sunday 💯



(all aaes)

Sunday, August 30 from 1:00-2:00 PM

**Bayshore Waterfront Park Activity Center** 

Starting a shell collection this year? It's the best way to get to know the Jersey Shore. Want to know where shells come from? Can't figure out what you found on the beach? Bring it in and we will tell you all about seashells and how to collect them without harming the environment. Plus we will feature an assortment of mollusks, crustaceans, and other cool beach finds and artifacts to view.

#### **Meet The Martins!**

# Experience a Purple Martin Colony!

(ages 7 and up, under 18 with adult)

Our naturalist will introduce you to the purple martin colony at Dorbrook, which volunteers monitor and maintain as a member of our Volunteers in Parks program. Participants will learn the basics of the Purple Martin life history and see these magnificent birds up close and personal, as well as getting to interact with our wonderful volunteer monitors. It's a wonderful experience for adults and children of all ages!

One Session \$3.00 Per Person

Dorbrook Rec Area Visitor Center Parking Lot

Sat, Jun 20 10:00-11:00 AM	15903A
Sat, Jun 27 10:00-11:00 AM	<b>I6003A</b>

#### Strollin' Round the Pond



(all ages, under 18 with adult)

Ponds are teeming with life, sometimes you gotta slow down to really see what's there! Stroll along the shore of Holmdel Pond with a Park Naturalist, searching for wildflowers in bloom, dragonflies in flight, or even a turtle out on a log.

One Session \$5.00 Per Person

Holmdel Pk Lake

Tue, Aug 11 4:15-5:15 PM	IKR03A
Sat, Aug 22 10:00-11:00 AM	IKS03A

## Summer's Wonderful World of Moths



(all ages, under 18 with adult)

Learn about and help us identify some of the moth species found in Monmouth County. Explore the park at night with a Park System Naturalist as your guide during this awesome hands-on program where we will be looking at the moths as they are attracted by our light. Please bring a flashlight or/and a headlamp.

This is a free program; however, registration is required.

One Session FREE!

Manasquan Res Env Ctr

Tue, Jun 16 8:30-9:30 PM ..... Pl390A

# Sunset Kayak Tour of the Manasquan Reservoir

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this relaxing, naturalist-guided kayak tour of the Manasquan Reservoir. We will meet at the Manasquan Reservoir Environmental Center and launch into the Reservoir in sit-on-top kayaks. While on the water we will keep an eye out for herons, eagles, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$25.00 Per Person

Manasquan Res Outdoor Area

Wed, Jul 8 6:30-8:00 PM ...... 14403A

# **FRESHWATER FISHING DERBY**

The Park System is hosting its annual fishing derbies for both beginner and experienced anglers.

So, come out and get hooked on a new hobby!

No idea how to fish? No problem!

Our staff will provide FREE hands-on clinics to show you how to cast, how to rig and answer any questions you may have.

Prizes awarded for the longest fish in three different categories.

See derby rules for more details.

#### Cost: One Session \$25.00 Per Family of 4; \$8.00 Per Person

A container of worms included with each registration.
Fishing poles are available for rent for a cost of \$5.00 per pole.
Rentals are on a first come, first serve basis, limited equipment.

#### MANASQUAN RESERVOIR VISITOR CENTER, HOWELL

Saturday, June 20 2:00-5:00 PM #W0103X Fishing Clinic from 12:30-1:30 PM

#### **TURKEY SWAMP PARK, FREEHOLD**

Sunday, June 21, 2:00-5:00 PM #W0203X Fishing Clinic from 12:30-1:30 PM

Pre-registration is suggested; however, walk-ins are welcome (cash and checks only on site).

### **Twilight Catfishing**

(ages 8 and up, under 18 with adult)

Fishing for catfish is the perfect way to leisurely pass a summer evening. A catfish can grow to over 30 pounds making it one on New Jersey's largest freshwater fish and quite a catch. Join park naturalists lakeside at Turkey Swamp for a hands on class covering everything needed to catch these whiskered giants. All bait, tackle, and rods will be supplied, and participants are included under the Park System's Special Use Fishing License during the program. A flashlight, rag and something to sit on (folding chair or bucket) are optional but recommended.

One Session \$16.00 Per Person

Turkey Swamp Pk

Tue, Jul 14 7:00-8:30 PM ...... 14203A

## **Under the Summer Sky**

(ages 8 and up, under 18 with adult)

Take a breath, look to the horizon and above, and get to know the universe just outside our world. Our guide will acquaint you with key objects and constellations in the summer night sky. Bring a blanket to rest on as we gaze upon the stars. Each participant will make their own star map to take home.

One Session \$10.00 Per Person \$6.00 Additional Person Bayshore Waterfront Park

Thu, Jul 23 7:45-9:00 PM......IMC03X
Tue, Aug 11 7:45-9:00 PM......IMD03X

## **Wild for Bats Summer Nights**

(all ages, under 18 with adult)

Find out all about these wonderful, misunderstood creatures of the night and why it is important to have them around. After an interactive presentation that will introduce us to a number of local and exotic bat species and what makes them so unique.

#### One Session \$10.00 Per Person

Clayton Pk Act Ctr Classroom 1

Sun, Jun 21 7:00-8:00 PM ...... I3803A

#### **Add Optional Bat House Build**

If you would like to stay for the optional bat house build please sign up for a bat house kit. Please be prepared to stay an extra 30 minutes after the presentation in order to build your bat house.

\$48.00 Per Kit

#### **Wolves in Freneau Woods**

(all ages)

Wolves are some of nature's most beautiful, yet misunderstood animals. Join us for a presentation by Howling Woods sanctuary to learn about these amazing animals and get the chance to meet some of their wolfdogs in person!

One Session \$12.50 Per Person

Freneau Woods Park Vis Ctr Prog Rm 1

Thu, Jul 16 7:00-8:00 PM ...... 15503A

# Tidal Tuesday - Seine the Cove

(all ages, under 18 with adult)

#### Tuesdays, July 7-August 25 from 11:00 AM-12:00 PM at Fisherman's Cove Conservation Area

Looking for some Tuesday fun by the shore? Stop by Fisherman's Cove this summer and join a Park System Naturalist each week to take part in a free seining program to see what creatures may be found swimming along Fisherman's Cove. Discover a variety of fish, crabs and other sea creatures as we pull in our seine net.

- Closed-toe shoes are required.
- The program will not run during inclement weather.
- Parents or guardians are required to stay with and supervise their children.
- No swimming during the event.
- This program is designed for individuals and families. No large groups please.

# **Tidal Tuesday Additional Summer Activities**

Get some more fun by the shore this summer! Pre-register for free to join a Park System Naturalist at Fisherman's Cove to discover exciting things about nature and our coastal habitats. Each week take part in a different activity such as meeting creatures, taking an educational walk or creating crafts from natural materials found along the shore. Programs start at 10 AM every Tuesday in July & August and run for about 30-45 minutes. For details on the activity for the week please call 732-751-9453.

Pre-registration required - only 20 spots available. Visit our website for registration.

# Seining Along Sandy Hook Bay

(all ages, under 18 with adult)

Mondays, Wednesdays & Fridays from June 22 through August 28 from 11:00 AM-12:00 PM

Bayshore Waterfront Park, Port Monmouth
Discover a variety of fish, crabs, and other sea
creatures as we pull a long seine net along the
edge of Sandy Hook Bay. It will be a fun time for
everyone as we find out what lives and swims in
Sandy Hook Bay. Closed-toe shoes are required.
Meet on the beach near the park entrance.

The program will not run during inclement weather. All ages, under 18 with adult. Parents or guardians are required to stay with and supervise their children. No swimming during the event.

This program is designed for individuals and families; not groups. Groups can reserve a date by calling 732-872-7369.

For more information about this event, please call 732-264-7277, ext. 1.

#### **OUTDOOR ADVENTURES**

## **Archery Demo**

(ages 10 and up, under 18 with adult)

Channel your inner Robin Hood, Katniss, or Hawkeye and try archery! Learn the basics and experience a few rounds of archery to see if it is the sport for you! Information about equipment and archery classes will be supplied. Participants must wear closed-toed and close-heeled shoes. Release forms must be signed by an adult if a participant is a minor.

#### One Session \$10.00 Per Person

Turkey Swamp Pk Archery Range

Sat, Jun 27 10:00-10:45 AM	U1903A
Sat, Jun 27 11:00-11:45 AM	
Sat, Jun 27 12:00-12:45 PM	
Sat Jun 27 1:00-1:45 PM	1122034

### **Fun Family Canoe Day**

(ages 6 and up, under 18 with adult)

Spend quality family time on the water discovering how to canoe at Thompson Park's Marlu Lake. You'll learn everything you need to know to safely get yourself paddling on the water. Then we'll test out your new skills with some fun canoe games. All equipment is provided. Combined maximum weight per canoe is 600 lbs.

One Session \$28.00 2-4 Per Family
Thompson Pk Marlu Lake

Sat, Jun 27 10:00 AM-12:00 PM.......... W6903A

## **Sleep Under the Stars Family Camping**

(ages 8 and up, with adult)

Make your family's summer endless as you sleep under the stars during this fun-filled overnight. Camp at the beach, play fun games, enjoy s'mores over the campfire, and hopefully catch a glimpse of the Perseid meteor shower. Extend the fun after the completion of this program and spend the day at the beach!

All necessary equipment provided: tent, sleeping bag/pad, dinner Friday, s'mores, and breakfast Saturday.

\$145.00 2-4 Per Family

Seven Presidents Pk North Picnic Tent

Fri-Sat, Aug 7-8 6:00 PM-10:00 AM ..... W4103A

# Open Swim Time at Fort Monmouth Rec Center

Pool season: May 23-September 7

Early Bird Workout with our lap lanes Monday-Friday from 7:30-9:00 AM. Monthly open swim schedules posted at www.monmouthcountyparks.com.

#### **Open Swim Fees**

\$200 Season Family Pass (up to 4 people)

\$100 Season Individual Pass

Monday-Friday Daily Rate: \$20/family up to four people, \$7/person

Saturday, Sunday & Holidays Daily Rate:

\$30/family up to four people, \$10/person.

Passes go on sale beginning Friday, May 1 at the Rec Center.

For more information, please call 848-456-4278, ext. 2#.

#### **Camp Fire Nights!**

Monday nights, June 29-August 24, 5:30-7:30 PM, our fire pit will be lit for our pool patrons to bring hot dogs, s'mores or other snacks to cook over the fire.

Call the pool house from May 23-September 2 at 732-440-4179 for pool pass related questions.

# **OUTDOOR ADVENTURE DROP-INS**

### **Canoe Rentals at Thompson Park**

(ages 3 and up, under 18 with adult)

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

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

Rentals are available 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.



(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.

Join us on the following dates and times:

Sunday, May 10 from 12:00-4:00 PM at Freneau Woods Park

Saturday, June 27, 12:00-4:00 PM at Thompson Park

Sunday, August 9, 12:00-4:00 PM at Freneau Woods Park

# **Drop-In Zip-line**

(ages 8 and up, with adult)

Saturday, June 20 from 10:00 AM-2:00 PM

Big Brook Park Lower Pond Parking Lot

Experience the thrill of ziplining on our beginner zip-line! Instructors will outfit you with all safety gear and get you soaring through the sky! Park at Big Brook Park's Lower Pond lot and follow the signs to our zip-line registration table. Fee includes two rides down the zip-line. All equipment is provided. Participants must wear closed-toed and closed-heeled shoes.

Each participant must register at the site starting at 10:00 AM on June 20. Registration will end at 1:45 PM.

Cost: \$15 per person (cash or check only please)

For more information, call 732-834-9606, ext. 3, or email jordan.holaday@monmouthcountyparks.com.

# **Open Shoot Archery**

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is not a beginner instructional program. If you are new to archery, register for one of our instructional "Take a Shot" 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 per person** (cash or check only please)

Sunday, June 14 from 10:00 AM-2:00 PM Saturday, July 11 from 10:00 AM-2:00 PM Saturday, August 22 from 10:00 AM-2:00 PM

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

## **TURKEY SWAMP CAMPFIRE FUN**

### **Swamp Things**

(ages 6 and up, under 18 with adult)

What strange and amazing creatures live in the shallow waters of Turkey Swamp Park? Bring your curiosity and sense of adventure and we will bring the dip nets and magnifying lens. Young fish, tadpoles and dragonfly nymphs are some of the critters you may capture. After returning our finds to their native habitats, we will relax by the campfire and enjoy a feast of s'mores.

One Session \$8.00 Per Person

Turkey Swamp Pk Council Ring

## Fishing Fun & S'Mores

(ages 5 and up, with adult)

Catfish, bass and blue gills are just a few of the freshwater fish found at Turkey Swamp Park. To help you land your trophy fish we will provide worms, fishing equipment and instruction. Afterwards the fish won't be the only thing biting as we gather around the campfire for s'mores.

One Session \$9.00 Per Person

Turkey Swamp Pk Shelter Bldg

Sat, Jun 13 6:00-8:00 PM...... W6503A

# Canoe, Kayak, Campfire, Music and S'Mores

(ages 4 and up, under 18 with adult)

Bring your friends and family for an evening of fun and adventure in the beautiful woodlands of Turkey Swamp Park. Program starts with a sunset paddle from 7-8pm followed by a good old-fashioned campfire including s'mores and fireside music. Space is limited so register early. Bring your flashlight!

One Session \$8.00 Per Person

Turkey Swamp Pk Council Ring

Sat, Jun 20 7:00-9:00 PM (approx.) ..... W5503A

# **Frog Encounter and Campfire**

(all ages, under 18 with adult)

What do the sounds "g'lunk", "jug-o-rum", and "peeppeep" have in common? They are all frog calls! We will track the frog calls to their source and hopefully lay our eyes on these amazing animals. After our "hunt" we'll sit before the campfire and enjoy a s'more.

One Session \$8.00 Per Person

Turkey Swamp Pk Shelter Bldg

Sat, Jul 11 7:00-8:30 PM ...... I3103A

#### **Ancient Stories from Native People**

(all ages)

Join a Park System Naturalist in our campfire council ring or inside the shelter building if it's raining at Turkey Swamp Park for an evening of Native American stories. Discover the legends, lore and myths from the Lenape people about creatures of the forest while relaxing in the shadows of towering pine trees and hearing sounds of the night. We will start the program with a short nature walk to discover our spirit animal and learn about the plants of a pine-oak forest. Afterwards we will enjoy some ancient stories, tasty s'mores and perhaps even some Native American food by the light of a campfire.

One Session \$7.00 Per Person

Turkey Swamp Pk Council Ring

Sat, Aug 1 7:30-9:00 PM .....IM203A

# Butterfly Quest at Turkey Swamp Park

(all ages)

Summer is the best time for butterflies! These insects are amazing to see and fun to identify. With luck we will observe caterpillars and eggs up close! Closed-toe shoes are strongly advised.

One Session \$5.00 Per Person

Turkey Swamp Pk Council Ring

## **Cold-blooded Campfire**

(all ages)

Warm up to cold-blooded critters. Meet turtles, toads and snakes at Turkey Swamp Park. After seeing native reptiles and amphibians, enjoy toasted marshmallows and s'mores.

One Session \$8.00 Per Person

Turkey Swamp Pk Shelter Bldg

Sat, Aug 15 7:00-8:30 PM ..... IKY03A

## **Summer Campfire - Night Fliers**

(all ages, under 18 with adult)

While gathered around the summer evening campfire at Turkey Swamp, roasting s'mores and telling stories, you might be surprised at what could be flying. Birds, bats and bugs if we are lucky! Join Park System Naturalists as they look and listen for night flying forest friends. You never know what might fly in!

One Session \$7.00 Per Person

Turkey Swamp Pk Council Ring

Sat, Aug 22 8:00-9:30 PM ...... 14003A

### **Nature Impressions & Campfire**

(ages 5 and up, with adult)

Gather a variety of leaves, flowers, twigs, or anything else found in nature as we take a short hike. Once we complete our hike, we will use our collected pieces from nature to create a wonderful masterpiece. See the beautiful impressions your collected nature pieces leave behind as you press them into your art form! Afterwards, reward yourself with a campfire and s'mores.

One Session \$8.50 Per Person

Turkey Swamp Pk Shelter Bldg

Sat, Aug 29 7:00-8:30 PM ......U1803A

### **ARTS & CRAFTS**

### **Creative Clay Time**

(ages 4-6, with adult)

Have fun learning about ceramic arts while creating real pottery. Each week you will help your child make a new work of art from clay. Class fee includes instruction, clay and kiln firings.

Four Sessions \$50.00 Parent/Child

Thompson Pk Creative Arts Center

Tue, Jul 28-Aug 18 1:00-1:45 AM .....Z7703A

### **CULINARY ARTS**

### **Chocolate Fun for Everyone**

(ages 8-12, with adult)

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, Jul 20 5:00-8:00 PM ...... AA803A Mon, Aug 17 5:00-8:00 PM ..... AA903A

#### **Red, White & Blue Desserts**

(ages 8-12, with adult)

The biggest holiday of the summer deserves some special treats! Learn and practice baking techniques, such as, measuring, mixing, and assembling as you create colorful no-bake treats for your 4th of July celebration. Patriotic Parfaits and Red, White & Blue Frozen Bananas are cool summer treats for hot summer nights – you'll want to make them all summer long. Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 2 6:00-8:30 PM . . . . . . . . . . . . . MDZ03A

# Thompson Park Day

Sunday, October 18 from 11:00 AM-5:00 PM

**Thompson Park, Lincroft** 

Strut Your Mutt Doggie Costume Contest • Scarecrow Contest • Pumpkin Painting
Explore your Natural World and Gardens • Wagon Rides • Entertainment • Rides
Kids Races • Food Vendors • Pottery Demonstrations • Ceramics • Archery • Canoeing
Climbing Wall • Fall Festival Games • Relays • Fall Sports Activities • And Much More!

#### More Information?

Strut Your Mutt Costume Contest (sponsored by the Friends of the Parks): 732-975-9735

Scarecrow Contest: 732-224-1367, ext. 4# Food Vendors: 732-842-4000, ext. 4383

General Event Info: 732-842-4000, ext. 4312

## **EDUCATION & ENRICHMENT**

### **Adventures in Reading**

(ages 2-5, with adult)

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 program to Little Learners!

Six Sessions \$58.00 Parent/Child \$30.00 Additional Sibling

Henry Hudson Trail Act Ctr

### **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

Henry Hudson Trail Act Ctr

Mon, Jul 6-Aug 10 10:00-10:45 AM	A6803X
Tue, Jul 7-Aug 11 1:00-1:45 PM	A7103X
Wed, Jul 8-Aug 12 1:00-1:45 PM	A7203X
Thu, Jul 9-Aug 13 10:00-10:45 AM	A6903X

### **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

Huber Wds Fnv Ctr

Sun, Jun 7 2:00-3:30 PM ..... IKQ03X

#### **Kids Love Monarchs!**

(ages 4-10, with adult)

Your child will be thrilled to see caterpillars and butterflies up close! They will love the Monarch's amazing life story and learn how to help them on their way. You will too! This program includes a butterfly walk. Join us!

One Session \$9.50 Per Child

Manasquan Res Env Ctr

Thu, Aug 13 11:00 AM-12:00 PM ...... I2303A

#### 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

Tue, Jun 9 11:00 AM-12:30 PM	15003A
Fri, Jul 10 11:00 AM-12:30 PM	I5103A
Fri, Aug 7 11:00 AM-12:30 PM	15203A

# Humane Education: It's Cool to Be Kind



(ages 9-14, with adult)

Saturday, June 13, 11:00 AM-12:00 PM

Freneau Woods Park Visitor Center, Aberdeen

Animals have no voice, so they need you!
Learn why it is important to speak up for animals, and what to do when you see an animal being mistreated. You will also learn the difference between a therapy and a service animal, what to consider when adopting or rescuing an animal, and how to properly meet an animal that you are unfamiliar with. You will also have the opportunity to interact with therapy animals.

Presenter provided by the Monmouth County SPCA. Items to assist with the care of shelter animals will be accepted at the program. Visit the Monmouth County SPCA website to view items on their wish list.

#### Storytime by the Sea

(ages 2-5, with adult)

The shore is a special place in the late afternoon after the day's crowds have dwindled. Enjoy a story, a simple craft, and a short discovery walk with your beach baby. We will learn about a different sea creature during each session. Sign up for one program, a few, or all!

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

Seven Presidents Pk Act Ctr

#### **Seahorses**

Sun, Jun 14 4:00-5:00 PM	IME03A
Sea Turtles Sun, Jul 12 4:00-5:00 PM	IMF03A
<b>Shorebirds Sun, Jul 19 4:00-5:00 PMI</b>	MG03A
Sea Stars Sun, Aug 9 4:00-5:00 PM I	мноза
Toads Sun, Aug 23 4:00-5:00 PM	IMJ03A

#### OUTDOOR ADVENTURES

# "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).

#### One Session \$85.00 Per Person

#### Thompson Pk Activity Barn

Sat, Jun 13 10:30-11:30 AM	W0403A
Sat, Jun 13 11:45 AM-12:45 PM	W0503A
Sat, Jun 13 1:00-2:00 PM	W0803A
Sat, Jun 20 10:30-11:30 AM	W0603A
Sat, Jun 20 11:45 AM-12:45 PM	W0703A
Sat, Jun 20 1:00-2:00 PM	W0903A

# 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.

Two Sessions \$45.00 Per Person

Thompson Pk Activity Barn

Sat, Jun 13-20 9:00-10:15 AM ..... W0303A

# Hiking Adventures - A Toddler's Perspective

(ages 2-5, with adult)

Enjoy a relaxing Saturday 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 two are welcome to join in at no charge.

One Session \$15.00 Parent/Child \$6.00 Additional Sibling

Henry Hudson Trail Popamora Point Parking Lot

Sat, Jun 13 10:00-11:30 AM	W6103X
Huber Wds Env Ctr Parking Lot	
Sat, Jul 18 10:00-11:30 AM	W6203X
Holmdel Pk Lake	

Sat, Aug 15 10:00-11:30 AM..... W6303X

### **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.

Instructor: Mr. Rocky

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

#### **Butterfly Series**

June 5 - Tatum Pk Red Hill Act Ctrtivity Ctr

June 12 - Shark River Shelter Building

June 19 - Bayshore Waterfront Pk

Fri, Jun 5-19 10:00-11:30 AM..... W5803X

#### **Eagle Series**

July 9 - Dorbrook Rec Area Vis Ctr Parking Lot

July 16 - Manasquan Res Env Ctr Parking Lot (short boat tour included)

July 23 - Thompson Pk Old Orchard Picnic Shelter

Thu, Jul 9-23 10:00-11:30 AM ..... W5903X

#### **Chipmunk Series**

August 12 - Freneau Woods Pk Vis Ctr

August 19 - Huber Wds Pk Outdoor Area

August 26 - Big Brook Pk Parking Lot

Wed, Aug 12-26 10:00-11:30 AM ...... W6003X

#### **PLAY GROUP**

### 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.* 

Instructor: Ms. Bri

Six Sessions \$96.00 Parent/Child \$66.00 2nd Child \$42.00 Additional Sibling

Tatum Pk Red Hill Act Ctr

Mon, Jul 13-Aug 17 9:30-10:15 AM ...... A9903X Mon, Jul 13-Aug 17 10:30-11:15 AM ..... AA003X Tue, Jul 14-Aug 18 9:30-10:15 AM ...... AA103X Tue, Jul 14-Aug 18 10:30-11:15 AM ...... AA203X

# SPORTS & FITNESS

#### **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.

#### Three Sessions \$42.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Jun 13-27 9:00-9:45 AM	MC303A
Sat, Jun 13-27 10:00-10:45 AM	MC403A
Shrewsbury Gymnastics School Broad Street,	Shrewsbury
Sat, Jul 11-25 9:00-9:45 AM	MCB03A

#### Four Sessions \$55.00 Per Pair

All American Gymnastics Cindy Lane, Ocean

Sat, Jul 11-Aug 1 9:00-9:45 AM	MC503A
Sat, Jul 11-Aug 1 10:00-10:45 AM	MC603A
Sat, Aug 8-29 9:00-9:45 AM	MC703A
Sat, Aug 8-29 10:00-10:45 AM	MC803A
Shrewsbury Gymnastics School Broad Street	, Shrewsbury

Tue, May 26-Jun 16 9:15-10:00 AM MEW02A
Tue, May 26-Jun 16 10:15-11:00 AM MEX02A
Thu, May 28-Jun 18 9:15-10:00 AM MEY02A
Thu, May 28-Jun 18 10:15-11:00 AM MEZ02A
Sat, May 30-Jun 20 10:00-10:45 AM MF002A
Fri, Jul 3-24 9:15-10:00 AMMCA03A
Fri, Jul 31-Aug 21 9:15-10:00 AM MCC03A
Sat, Aug 1-22 9:00-9:45 AMMCD03A

#### **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 \$48.00 Parent/Child

Dorbrook Rec Area

Sat, Jul 11-Aug 1 10:00-10:45 AM.....XGS03A

#### **Kids Kixx Pee Wee**

(ages 21/2-3, 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

**Summer Season 1** 

Dorbrook Rec Area

**Sat, Jul 11-Aug 1 9:30-10:15 AM...... MB603A Sat, Jul 11-Aug 1 10:30-11:15 AM...... MB703A**Fort Monmouth Rec Ctr Outdoor Area

Fort Monmouth Rec Ctr Outdoor Area

Sun, Jul 12-Aug 2 10:00-10:45 AM . . . . . MB803A Sun, Jul 12-Aug 2 11:00-11:45 AM . . . . . MB903A

**Summer Season 2** 

Dorbrook Rec Area

Sat, Aug 15-Sep 12 9:30-10:15 AM......MBA03A

No class 9/5

Sat, Aug 15-Sep 12 10:30-11:15 AM ..... MBB03A No class 9/5

Fort Monmouth Rec Ctr Outdoor Area

Sun, Aug 16-Sep 13 10:00-10:45 AM . . . . . MBC03A No class 9/6

Sun, Aug 16-Sep 13 11:00-11:45 AM.....MBD03A

No class 9/6

### **Kidz Yoga**

(ages 18 months-3 1/2 years, with adult)

Welcome to playful and fun yoga designed to stimulate a child's imagination, promote flexibility and build self-confidence! Lessons include creative movement, basic yoga postures, breathing and visualization. The class is geared for 4-6 year old children and there are no strict expectations. Come join yoga teacher, Kim Beuno on the mat for a joyful class.

**Eight Sessions \$60.00 Per Person** 

Freneau Woods Park Vis Ctr Prog Rm 2

**Sun, May 31-Jul 26 9:30-10:15 AM.......XBS02A** *No class 6/21* 

#### Mommy & Me Yoga

(ages 1-12 months, with parent)

Mommy & Me Yoga provides moms the opportunity to regain strength and tone muscle while bonding, singing and playing with their babies. This class will allow both mom and baby to benefit from the practice of yoga while providing a comfortable, supportive environment where moms can meet other moms and create special memories with their babies. Please bring a baby blanket and your baby's favorite toy, preferably something you can hold between your toes like baby keys.

Instructor: Kimberly Beuno

Nine Sessions \$81.00 Parent/Child

Freneau Woods Park Vis Ctr Prog Rm 1

Mon, Jun 22-Aug 31 10:15-11:05 AM .....XFX03X No class 7/20 & 8/3

#### Yoga & S'more

(all ages, under 18 with adult)

join us for a night of flow on the beach! There will be yoga, guided meditation, and circle dancing around the bonfire. What s'more could you possibly want? Oh, yeah! There will also be s'mores! From the magical hours of sunset, to the rise of the nearly full moon, together we will embrace and tap into our mindful power. All ages welcome. All levels of yoga welcome, we are beginner friendly.

Instructor: Shannon Nelson

One Session \$26.00 2 People

Seven Presidents Pk Beach Campfire Area

Fri, Aug 14 6:30-8:30 PM ..... XH703X







SERIEMBER 13

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Bayshore Waterfront Park, Port Monmouth

FREE ADMISSION • FREE PARKINGS

A CELEBRATION OF ALL THINGS WATER, VISITORS WILL BE ABLE TO ENJOY MANY COASTAL ACTIVITIES, INCLUDING:

- KAYAKING
- FISHING
- SAILING
- KITE FLYING
- CRABBING

SANDCASTLE BUILDING

- SEINING
- SHELLING
- SAND CASTING
- CHILDREN'S CRAFTS
- NATURALIST ACTIVITIES
- FOOD VENDORS
- AND MUCH MORE!

PARKING WILL BE AVAILABLE AT THE BELFORD FERRY
TERMINAL. SHUTTLE BUSES WILL TAKE VISITORS TO AND
FROM BAYSHORE WATERFRONT PARK.

www.MonmouthCountyParks.com

# **ARTS & CRAFTS**

#### **Birds, Bees and Butterflies!**

(entering grades 1-5)

Explore the beauty of nature with KidzArt! Learn how to draw, paint, and sculpt nature themed art lessons. This KidzArt camp is a drawing-based fine art program with a diverse multimedia curriculum that meets National Standards for Art Education. Discovery and selfexpression are fundamental to KidzArt programs where creative spirit is nurtured while building friendships and having fun!

Five Sessions \$175.00 Per Child

Thompson Pk Creative Arts Center

Mon-Fri, Aug 24-28 9:00 AM-12:00 PM....Z2503A

### 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, Jul 13-Aug 17 1:00-2:30 PM.....Z7603A

# **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

Thu, Jul 9-Aug 20 4:00-6:00 PM.....Z7403A

Instructor: John Fossa

Sat, Jul 11-Aug 22 9:00-11:00 AM.....Z7503A

### **Drawing You and Me: Figure Drawing Class for Children**

(aaes 9-15)

Sharpen your skills at drawing while learning to draw each other. This class will focus on learning the proportions of the human figure and how to draw people and portraits. We will also utilize different drawing mediums such as charcoal, pencils and ink. Please bring a sketch pad (9" x 11") and pencil.

Artist/Instructor: Joyce Nokes

Six Sessions \$72.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jul 10-Aug 14 4:30-6:00 PM .....Z8503A

# **Embroidery for Teens Workshop**



(ages 13-18)

Come join us for some fun with embroidery in this stepby-step workshop. You'll learn how to transfer your own unique design, some basic types of stitches, as well as how to split the thread and thread a needle with ease. This workshop is a fun way to start the journey into the world of embroidery! All skill levels are welcome. A \$5 fee the day of the workshop will be paid to the instructor for materials.

Instructor: Jennifer Santa Maria

One Session \$28.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jul 16 5:00-7:00 PM......Z6203A

#### **Friday Evening Pottery**

(ages 11 and up)

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

Instructor: Joyce Nokes

Seven Sessions \$112.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jul 10-Aug 21 6:30-8:30 PM .....Z7303A

# Great Impressionism for 4, 5 and 6 year olds™

(ages 4-6)

Debra Stasiak, artist and founder of Aspiring Artists® LLC, will teach students the specific brushstrokes, layering techniques, and unique styles of Impressionism using Aspiring Artists® 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

Cezanne's Apples and Oranges

Matisse's Goldfish

Monet's Garden at Giverny

Van Gogh's Fritillaries in a Copper Vase

Sat, Jun 6-27 10:00-11:00 AM ......Z5103A

# **Great Impressionism for Aspiring Young Artists**

(ages 6-12)

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

Four Sessions \$95.00 Per Person

Thompson Pk Creative Arts Center

Ceanne's Apples and Oranges

Matisse's Goldfish

Monet's Garden at Giverny

Van Gogh's Fritillaries in a Copper Vase

Fri, Jun 5-26 4:30-6:30 PM ......Z5503A

# Wildflower Rock Art



Combine your interest in art and science and get an up close look at the Huber Woods Pollinator Garden. After you've learned about our various native wildflowers. everyone will pick their favorite ones and paint them onto river rocks.

One Session \$13.00 Per Person

Huber Wds Env Ctr

Sat, Jul 18 2:00-3:30 PM ......IM003A Thu, Aug 13 4:00-5:30 PM.....IM103A

### **KidzArt Painting Workshop**

(ages 6-11)

Create a beautiful painting in each workshop, painting titles are listed above 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

Father's Day Owl

rather 5 Day OW
Sat, Jun 20 1:00-2:30 PMZ2903/
Dalmatian
Thu, Jul 9 3:00-4:30 PMZ3003/
Dandelion Make a Wish
Tue, Jul 14 3:00-4:30 PMZ3103/
Horse Dreams
Tue, Jul 28 3:00-4:30 PMZ3203/
Fox
Thu, Aug 6 4:30-6:00 PM
Turtle
Thu, Aug 13 4:30-6:00 PMZ3403/
Waterlilies
Tue, Aug 18 4:30-6:00 PM

#### **EDUCATION & ENRICHMENT**

### **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

Thompson Pk Vis Ctr Beech Room

Sat, Jun 6 10:00 AM-12:00 PM	Q8303A
Sat, Aug 8 10:00 AM-12:00 PM	Q8403A

# Fairy Tales for Tweens

(ages 11-15)

Think fairy tales are just for little children? You couldn't be more hopelessly wrong! Each session, taught by Samantha Gottlieb, explores popular fairy tales, exposing the dark, violent and often bloody images of the original stories. She will place them in historical and cultural context in order to reveal the lessons they contain.

#### One Session \$12.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

#### Cinderella

Mon, Jun 22 6:00-7:00 PM	МDМ03А
Snow White Mon, Jul 6 6:00-7:00 PM	MDN03A
Sleeping Beauty Mon, Jul 20 6:00-7:00 PM	МDР03А
Beauty and the Beast Mon, Aug 3 6:00-7:00 PM	MDQ03A
Rapunzel Mon, Aug 17 6:00-7:00 PM	MDR03A

## Mythical Creatures for Tweens



(ages 11-15)

Have you ever wondered how mythical creatures came into being? How they are viewed by different cultures? Are you just interested in mythical creatures in general? Then this is the class for you! You will be led on this magical journey by Samantha Gottlieb, whose field of study is Cultural Anthropology. Each class is a standalone session so choose as many or as few as you like.

#### One Session \$12.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

#### **Dragons of Europe**

Mon, Jun 15 6:00-7:00 PMMD90	)3A
Dragons of Africa Mon, Jun 29 6:00-7:00 PMMDB0	03A
Dragons of Asia Mon, Jul 13 6:00-7:00 PMMDAG	03A
Dragons of the Near East Mon, Jul 27 6:00-7:00 PMMDC0	03A
Dragons of the New World Mon, Aug 10 6:00-7:00 PMMDD0	03A
Dragons of Australia Mon, Aug 24 6:00-7:00 PM MDE0	03A

## **Snapology S.T.E.A.M. Summer One-Shots**

(ages 3-12)

Critical thinking, creativity, problem solving, communication, and collaboration programs taught in fun, age-appropriate workshops. We'll bring your child's favorite themes or movie characters to life in S.T.E.A.M. programs designed to strengthen your child's science, technology, engineering, art and math skills.

Presented by: Snapology

One Session \$28.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

#### **ABCs & 123s**

(ages 3-5)

It's as fun as ABC-123! Children will learn their colors, shapes, letters, and numbers using interactive learning toys. Through both structured and imaginative play, preschoolers will strengthen their knowledge of letters and numbers. They will have so much fun, they won't know they are learning!

Sat, Jun 27 9:30-11:30 AM ..... MCM03A

#### **Junior Scientists: All About Animals**

(aaes 3-5)

Allow your child to cultivate their love of animals through building and science in this awesome S.T.E.A.M. program for preschoolers. Children will learn all about animals from characteristics to life cycles, all while building with interactive learning tools. Books will be read and science stories shared, all while creating the creatures kids love.

Sat, Jul 11 9:30-11:30 AM . . . . . . . . . . . . MCN03A

#### **Junior Engineers**

(ages 4-6)

Experiment by building and creating! From puppy dogs that move to seesaws to pinwheels and games, children will love what they create. with pulleys, levers, gears, wheels and axles while exploring energy, buoyancy

Sat, Jul 18 9:30-11:30 AM ..... MCP03A

#### **Superhero Adventures**

(ages 4-6)

To the Batcave! Design and build superheroes, vehicles and hideouts, plus learn about the science behind your hero's superpowers!

Sat, Jul 25 9:30-11:30 AM . . . . . . . . . MCQ03A

Harry Potter: Wizards, Castles, & Quests

(ages 5-7)

Build wands, potions, mystical beasts and more.

Sat, Aug 1 9:30-11:30 AM ..... MCR03A

(continued on next page...)

### Snapology S.T.E.A.M. Summer One-Shots continued... **Adventures with Star Wars**

(ages 5-7)

Design space ships, build scenes from the movies, compete in light saber battles and more.

Sat, Aug 8 9:30-11:30 AM ..... MCS03A

#### Planes, Trains, and Automobiles Engineering (ages 6-12)

Explore the world of transportation through engineering. Students will build models of their favorite forms of transportation, while learning about energy, wheels, axles, air resistance and more. Come create, build and get moving with us in this awesome after school class! It's creative play at its best!

Sat, Aug 15 9:30-11:30 AM . . . . . . MCT03A

**Incredible Inventions: Robotics & Coding** (aaes 6-12)

Build, code, and experiment with your own robotic inventions, and program them to come to life with motors and movement. Students will work together to create hands-on robotics projects while learning about sensors, gears, pulleys, engineering and coding.

Sat, Aug 22 9:30-11:30 AM......MCU03A

## Summer Storytelling

(entering grades 3-5)

Gather up your favorite experiences of summer 2020, whether it was the perfect beach day, an incredible amusement park ride or just the happiest day spent with friends. Learn to create your plot and characters through games, brainstorming and group activities as you transform these memories into stories you can be proud of!

Four Sessions \$35.00 Per Person

Fort Monmouth Rec Ctr Atrium Rm

Sat, Aug 1-22 8:30-9:30 AM ..... MDT03A

## 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 Rm

Sat, Aug 22 10:45 AM-12:30 PM ..... MDS03A

## **TOASTMASTERS™YLP** Comes to MCPS

(ages 13-17)

Do you get nervous speaking in front of people? Do you want to learn how to give powerful presentations? Are you preparing to apply for college and want to "nail" the interview? Toastmasters™ is an international organization that teaches you how to achieve all of your public speaking goals. Whether we like it or not, public speaking plays a vital role in school and in the business world today and could become a very big part of your life. Toastmasters™ is coming to the Monmouth County Park System to offer their Youth Leadership Program. In this program you will learn how to "organize" and give speeches, control your voice, vocabulary and gestures and give impromptu talks" plus so much more. Participants will be instructed by Shelby Holliman Carley, President of Shore Speaker Toastmasters™, and will receive Toastmaster™ workbooks and evaluation guides to keep. A presentation for parents/guardians will be the last day of the program.

**Eight Sessions \$40.00 Per Person** 

Tatum Pk Red Hill Act Ctr

Thu, Jul 2-Aug 20 6:30-8:00 PM......A8303A

#### **NATURE**

#### **Fairy Houses**

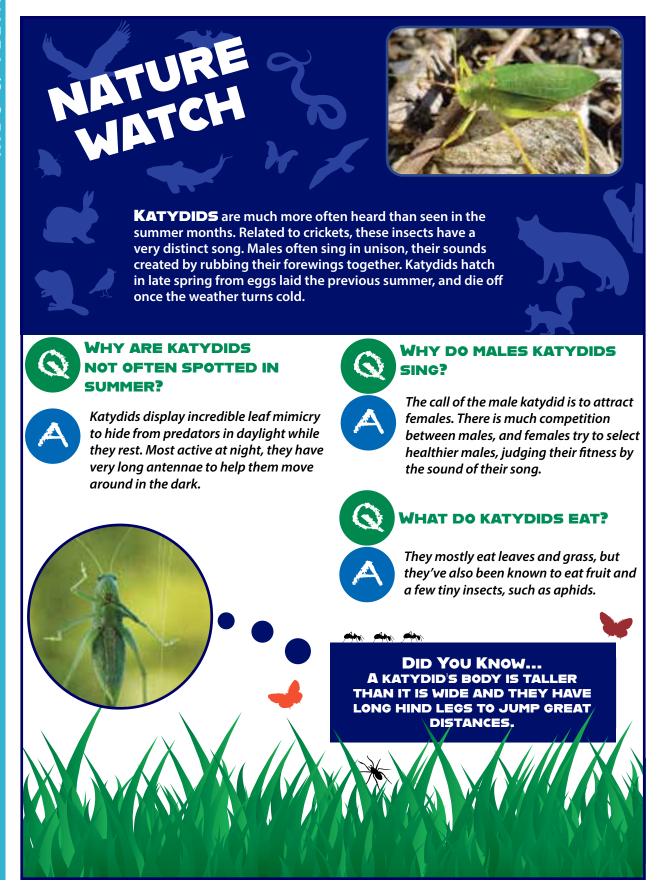
(ages 5 and up, with adult)

Do you believe in fairies, elves and gnomes? Whether you believe or not, you can have fun collecting natural materials and building houses fit for these spirits of the forest while learning a bit about the environment they may call home. A park naturalist will guide you in finding materials and places to provide fairies a cozy space to close their wings, put their feet up and rest comfortably. Feel free to come dressed up with wings (or gnome caps, elf ears etc.), but remember to wear sturdy shoes for walking in the woods. Baskets will be provided to assist in collecting, but you may bring your own or a sturdy bag if you prefer.

One Session \$9.00 Per Child

**Huber Wds** 

Sat, Jun 13 10:00 AM-12:00 PM	IKV03A
Sun, Jul 19 1:00-3:00 PM	IKW03A
Sat, Aug 15 10:00 AM-12:00 PM	IKX03A



## **OUTDOOR ADVENTURES**

## Do You Want to Build a Snowman?



(ages 8-12)

In summer? Not an ordinary snowman found in a field of snow, but hidden in a winter scene on our indoor archery range. Use your newly acquired archery skills to gather the material and create your new frozen best buddy. Afterwards we will celebrate with a sticky treat. All archery equipment will be provided.

One Session \$19.00 Per Person

Thompson Pk Activity Barn

Thu, Jun 25 5:30-7:30 PM ...... W4803A

## National Yo-Yo Day & S'Mores



(ages 8-12)

Celebrate a historic toy on this fun holiday. It is the perfect day to get out your yo-yos and try your hand at The Sleeper, Walk the Dog, Shooting the Moon, Around the World. You don't yo-yo? Let us supply the yo-yo and teach you how!

One Session \$10.00 Per Person

Thompson Pk Activity Barn

## **Paint by Arrow**

(ages 10 and up)

Create a spectacular piece of art in a fun and unique way! Learn the basics of archery and use your archery skills to pop balloons and create a masterpiece.

One Session \$22.75 Per Person

Big Brook Pk Sunfield Pavilion

Wed, Jul 29 5:30-7:30 PM ......U1003A 

# 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 dress for the weather as the Activity Barn is not heated or air conditioned.

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Thu, Jul 9 4:00-6:00 PM . . . . . . . . . . . . W5003A Wed, Aug 5 4:00-6:00 PM ...... W7103A

#### **Zipline Adventure**

(ages 12 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

Sat, Jul 11 11:00 AM-1:30 PM (approx)....U0803A 

### Zipping into the Moonlight

(ages 8-12)

Experience a zipline adventure where your senses are heightened, the line seems faster, and your eyes adjust to the night. Adventurers will get multiple opportunities to zip down a 175 foot line!

One Session \$25.00 Per Person

Big Brook Pk Sunfield Pavilion

Sat, Aug 1 7:00-9:00 PM ......U1703A

### **PERFORMING ARTS**

### **Build Self Confidence through Acting** for Teens

(ages 15-18)

To truly act, one must humble themselves to become someone else. Our opinion about ourselves and our concerns of what others think about us no longer matter when we delve into the creative processes of bringing a character to life. Each class will begin with a warm-up of mind, voice and body through movement. Then we will take to the stage individually to begin the building of a character.

Four Sessions \$40.00 Per Person

Thompson Pk Theater Barn

Mon, Jul 27-Aug 17 7:00-8:30 PM......A6703A

# Teen Open Mic Night Pres

(ages 13-19)

Teens 19 and under are invited to perform on stage at the Thompson Park Theater Barn. Acoustic performers, poets or comedians: all are welcome. You'll have 15 minutes to perform for family and friends. Light refreshments will be served. FREE! Preregistration required for performers. Contact Rachel Cohen at 732-542-1642, ext. 29 or rachel.cohen@ monmouthcountyparks.com

One Session FREE!

Thompson Pk Theater Barn

Wed, Jul 15 7:00-8:30 PM ......PA020A

### **SPORTS & FITNESS**

### **Beginner Cheerleading**

(ages 6-14)

Give me a "C"! Cheerleading combines fun, tumbling, dance and fitness. Basic skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & spirit, in a safe and age appropriate manner while receiving instruction in hello cheers, sideline chants, dance routines.

#### Four Sessions \$55.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Jul 11-Aug 1 10:00-10:45 AM...... MCW03A Sat, Aug 8-29 10:00-10:45 AM...... MCX03A

Children's Beginner Tennis

(ages 6-9)

This is an ideal opportunity for your child to begin to develop coordination through an enjoyable lifetime sport. Please Note: Most rained out classes are made up on Fridays.

#### Four Sessions \$40.00 Per Person

#### Thompson Pk

Mon-Thu, Jul 13-16 9:00-9:55 AM	XHK03A
Mon-Thu, Jul 13-16 10:00-10:55 AM	XHM03A
Mon-Thu, Jul 20-23 9:00-9:55 AM	XHP03A
Mon-Thu, Jul 27-30 9:00-9:55 AM	XHS03A
Mon-Thu, Aug 3-6 9:00-9:55 AM	XHV03A
Mon-Thu, Aug 3-6 10:00-10:55 AM	XHW03A
Mon-Thu, Aug 10-13 10:00-10:55 AM	XHY03A

#### **Cool Runners Fitness Run for Fun**

(entering 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

Mon, Jul 13-Aug 17 5:30-6:30 PM...... XGP03A Wolf Hill Recreation Area Outdoor Area

Wed, Jul 15-Aug 19 5:30-6:30 PM..... XGQ03A

### **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 with use gymnastics apparatus including mats and trampoline.

#### Three Sessions \$42.00 Per Person

(ages 3-4)
All American Gymnastics Cindy Lane, Ocean
Sat, Jun 13-27 9:00-9:45 AM MBP03A
Sat, Jun 13-27 10:00-10:45 AM MBQ03A
(ages 5-6)
Sat, Jun 13-27 9:00-9:45 AM MBR03A
Sat, Jun 13-27 10:00-10:45 AM MBS03A
(ages 7-10)
Sat, Jun 13-27 10:00-10:45 AM MBT03A
(ages 3-5)
Shrewsbury Gymnastics School Broad Street, Shrewsbury
Sat, Jul 11-25 10:00-10:45 AM MCE03A
(ages 6-10)
Sat, Jul 11-25 10:00-10:45 AM MCF03A
Four Sessions \$55.00 Per Person
(ages 3-4)
All American Gymnastics Cindy Lane, Ocean
Sat, Jul 11-Aug 1 9:00-9:45 AM MBU03A
Sat, Jul 11-Aug 1 10:00-10:45 AMMBV03A
Sat, Aug 8-29 9:00-9:45 AM MBW03A
Sat, Aug 8-29 10:00-10:45 AM MBX03A
(ages 5-6)
Sat, Jul 11-Aug 1 9:00-9:45 AM MBY03A
Sat, Jul 11-Aug 1 10:00-10:45 AM MBZ03A
Sat, Aug 8-29 9:00-9:45 AM MC003A
(ages 7-10)
Sat, Jul 11-Aug 1 10:00-10:45 AM MC103A
Sat, Aug 8-29 10:00-10:45 AM MC203A
(ages 3-5)

#### Shrewsbury Gymnastics School Broad Street, Shrewsbury

Sat, May 30-Jun 20 9:00-9:45 AM	MF102A
Fri, Jul 3-24 10:15-11:00 AM	MCG03A
Fri, Jul 31-Aug 21 10:15-11:00 AM	MCH03A
Sat, Aug 1-22 10:00-10:45 AM	МСЈОЗА
(ages 6-10)	

Sat, May 30-Jun 20 9:00-9:45 AM . . . . . . MF202A Sat, Aug 1-22 10:00-10:45 AM . . . . . . . MCK03A

#### **Hat Trick Hockey - Floor**

(ages 4-6)

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

Four Sessions \$48.00 Parent/Child

Dorbrook Rec Area

Sat, Jul 11-Aug 1 11:00-11:55 AM..... XGT03A

#### **Kids Kixx Soccer**

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age appropriate games, demonstrations and drills to teach the basics of soccer. Please see Kids Kixx Pee Wee (p. ??) for parent/child classes for younger players, or Kids Kixx: Nexxt Step (this page) for classes for older children.

Four Sessions \$56.00 Per Person

**Summer Season 1** 

Dorbrook Rec Area

**Sat, Jul 11-Aug 1 11:30 AM-12:25 PM . . . . MBE03A**Fort Monmouth Rec Ctr Outdoor Area

Sun, Jul 12-Aug 2 9:00-9:55 AM ..... MBF03A

**Summer Season 2** 

Dorbrook Rec Area

Sat, Aug 15-Sep 12 11:30 AM-12:25 PM..MBG03A No class 9/5

Fort Monmouth Rec Ctr Outdoor Area

**Sun, Aug 16-Sep 13 9:00-9:55 AM ......MBH03A** *No class 9/6* 

#### **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

Dorbrook Rec Area

Sat, Jul 11-Aug 1 12:30-1:25 PM . . . . . MBJ03A

#### **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

Fort Monmouth Rec Ctr Outdoor Area

**Sun, Aug 16-Sep 13 12:00-12:55 PM . . . . . MBK03A** *No class 9/6* 

#### **Lacrosse FUNdamentals**

(aaes 6-11)

This fast paced game will be slowed down to teach your children the fun, safe, and proper fundamentals of Lacrosse by using sticks and a rubber ball. Players will be taught the proper fundamentals and basic skills, such as cradling, throwing, catching, scooping and shooting the ball.

Four Sessions \$48.00 Per Child

Dorbrook Rec Area

**Juniors** 

(ages 6-8)

Sat, Jul 11-Aug 1 11:00-11:55 AM....... XHD03A Wed, Jul 15-Aug 5 4:00-4:55 PM...... XGU03A

**Seniors** 

(ages 9-11)

Sat, Jul 11-Aug 1 10:00-10:55 AM...... XHC03A Wed, Jul 15-Aug 5 5:00-5:55 PM......XGW03A

#### 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 \$80.00 Per Person

Aerials Gymnastics Industrial Ave, Eatontown

(ages 5-7)
Mon, Jun 29-Jul 20 3:30-4:30 PM ME603A
Tue, Jun 30-Jul 21 3:30-4:30 PM ME703A
Wed, Jul 1-22 3:30-4:30 PM ME803A
Thu, Jul 2-23 3:30-4:30 PM ME903A
Sat, Jul 11-Aug 1 9:00-10:00 AM MEA03A
Mon, Jul 27-Aug 17 3:30-4:30 PM MEB03A
Tue, Jul 28-Aug 18 3:30-4:30 PM MEC03A
Wed, Jul 29-Aug 19 3:30-4:30 PM MED03A
Thu, Jul 30-Aug 20 3:30-4:30 PM MEE03A
Sat, Aug 8-29 9:00-10:00 AM MEF03A
(ages 6-8)
Mon, Jun 29-Jul 20 4:30-5:30 PM MEH03A
Tue, Jun 30-Jul 21 4:30-5:30 PM MEJ03A
Wed, Jul 1-22 4:30-5:30 PM MEK03A
Thu, Jul 2-23 4:30-5:30 PM MEM03A
Mon, Jul 27-Aug 17 4:30-5:30 PM MEN03A
Tue, Jul 28-Aug 18 4:30-5:30 PM MEP03A
Wed, Jul 29-Aug 19 4:30-5:30 PMMEQ03A
Thu, Jul 30-Aug 20 4:30-5:30 PM MER03A
(ages 7-10)
Mon, Jun 29-Jul 20 6:30-7:30 PM MES03A
Tue, Jun 30-Jul 21 6:30-7:30 PM MET03A
Wed, Jul 1-22 6:30-7:30 PM MEU03A
Thu, Jul 2-23 6:30-7:30 PM MEV03A
Mon, Jul 27-Aug 17 6:30-7:30 PM MEW03A
Tue, Jul 28-Aug 18 6:30-7:30 PM MEX03A
Wed, Jul 29-Aug 19 6:30-7:30 PM MEY03A
Thu, Jul 30-Aug 20 6:30-7:30 PM MEZ03A
(ages 8-10)
Sat, Jul 11-Aug 1 10:00-11:00 AM MF003A
Sat, Aug 8-29 10:00-11:00 AM MF103A
(ages 9-12)
Mon, Jun 29-Jul 20 7:30-8:30 PM MF203A
Tue, Jun 30-Jul 21 7:30-8:30 PM MF303A
Wed, Jul 1-22 7:30-8:30 PM MF403A
Thu, Jul 2-23 7:30-8:30 PM MF503A
Mon, Jul 27-Aug 17 7:30-8:30 PM MF603A
Tue, Jul 28-Aug 18 7:30-8:30 PM MF703A
Wed, Jul 29-Aug 19 7:30-8:30 PM MF803A
Thu, Jul 30-Aug 20 7:30-8:30 PM MF903A

#### Pickleball - Kids

(ages 6-10)

Learn to play the fastest growing sport in America. Pickleball is a fast paced mix of tennis, ping pong, and racquetball. There is no other sport that improves a child's hand-eye coordination, and reflexes in such a simple game to learn while so much fun to play. Racquets will be provided for play. Please wear comfortable clothes and sneakers. Space is limited to ensure plenty of time for one on one instruction.

#### Four Sessions \$40.00 Per Person

Fort Monmouth Sport Court

(ages 6-8)

Sat, Jun 6-27 9:00-9:55 AM	MCV03A
(ages 9-10)	
Sat, Jun 6-27 10:00-10:55 AM	MFB03A

#### **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.

#### Four Sessions \$44.00 Per Person

Dorbrook Rec Area

Sat, Jun 6-27 11:00-11:55 AM	.XJD03A
Sat, Jul 18-Aug 8 11:00-11:55 AM	.XJG03A
Sat, Aug 22-Sep 12 11:00-11:55 AM	.XJK03A

#### 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 \$50.00 Per Person

Dorbrook Rec Area

Sat, Jul 11-Aug 1 9:00-9:55 AM	XH403A
Sat, Jul 11-Aug 1 10:00-10:55 AM	XH503A
Sun, Jul 12-Aug 2 9:00-9:55 AM	<b>XH803A</b>
Sun, Jul 12-Aug 2 10:00-10:55 AM	XH903A

#### 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.

#### Four Sessions \$50.00 Per Person

Dorbrook Rec Area

Sat, Jul 11-Aug 1 11:00-11:55 AM...... XH603A Sun, Jul 12-Aug 2 11:00-11:55 AM..... XHA03A

#### **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.

#### Four Sessions \$44.00 Per Person

Dorbrook Rec Area

(ages 4-6)

Sat, Jun 6-27 9:00-9:50 AM	XJB03A
Sat, Jul 18-Aug 8 9:00-9:50 AM	XJE03A
Sat, Aug 22-Sep 12 9:00-9:50 AM	ХЈН03А
(ages 7-9)	

Sat, Jun 6-27 10:00-10:50 AM ............XJC03A Sat, Jul 18-Aug 8 10:00-10:50 AM ......XJF03A Sat, Aug 22-Sep 12 10:00-10:50 AM ......XJJ03A

#### **Youth Beginner Tennis**

(ages 10-15)

An ideal intro to the game of tennis. Participants receive expert instruction in a small class. The young player develops proper grip and stance skills while grasping the concepts of ball placement and scoring. Please Note: Most rained-out classes are made up on Fridays.

#### Four Sessions \$40.00 Per Person

Thompson Pk

Mon-Thu, Jul 13-16 11:00-11:55 AM	XHN03A
Mon-Thu, Jul 20-23 10:00-10:55 AM	XHQ03A
Mon-Thu, Jul 20-23 11:00-11:55 AM	XHR03A
Mon-Thu, Jul 27-30 10:00-10:55 AM	XHT03A
Mon-Thu, Aug 3-6 11:00-11:55 AM	XHX03A
Mon-Thu, Aug 10-13 11:00-11:55 AM	XHZ03A

#### **Youth Intermediate Tennis**

(ages 10-15)

Class is open to players who have had some tennis experience and have grasped the basics of the game. Students will learn to perfect their techniques and develop their style. *Please Note: Most rained out sessions are made up on Fridays*.

Four Sessions \$40.00 Per Person

Thompson Pk

Mon-Thu, Jul 27-30 11:00-11:55 AM ..... XHU03A Mon-Thu, Aug 10-13 12:00-12:55 PM ..... XJ003A





Monmouth County's First Agricultural Fair

Wednesday, July 22: 5:00-11:00 PM
Thursday, July 26: 5:00-11:00 PM
Friday, July 24: 5:00-11:00 PM
Saturday, July 25: 11:00 AM-11:00 PM
Sunday, July 26: 11:00 AM-6:00 PM

A county-wide event for all ages that includes:

Free Entertainment • 4-H Shows & Exhibits • Rides by Reithoffer Shows
Live Music on the Main Stage • Robinson's Racing Pigs • Bwana Jim Wildlife Show
Hilby the Skinny German Juggle Boy • Ready GO Dog Show • Horse Shows
Hell on Wheels BMX Stunt Show • RC Power Cars • Living History Displays
Home & Garden Demonstrations & Displays

Monmouth County Park System Interactive Display
FFA Local Produce Stand • Commercial Vendors • Delicious Food Vendors

Admission: \$8.00, Children 12 and under enter FREE Free Parking

www.MonmouthCountyFair.com





#### **ACTIVE ADULTS 55+**

#### **Chair Yoga**

(adults)

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

Instructor: Kimberly Beuno Nine Sessions \$117.00 Per Person Freneau Woods Park Vis Ctr Prog Rm 1

Mon, Jun 22-Aug 31 9:00-10:00 AM..... XFW03X No class 7/20 & 8/3

#### **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 Instructor

Four Sessions \$52.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Rm

Mon, Jun 1-22 1:00-2:00 PM .....XFE03A

Six Sessions \$78.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Rm Mon, Jul 6-Aug 10 1:00-2:00 PM . . . . . . XFF03A

Six Sessions \$81.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jul 10-Aug 14 12:00-1:00 PM ..... XFH03A

Ten Sessions \$54.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Jun 5-26 12:00-1:00 PM ..... XFG03A

#### **Summer Senior Hikers**

(ages 55 and up)

Looking to start out or slow down with hiking? Enjoy weekly hikes through various parks in Monmouth County. Due to varying terrain, sturdy hiking boots and walking sticks are recommended. A schedule of locations and dates will be provided upon registration. Location Varies Week to Week

#### **Level .75 - Tuesdays**

These hikes are at a comfortable pace and go from 1 1/2-2 miles in 1 hour. Level .75 is a shorter distance and slower pace than Level 1 of the Senior Hiker program.

#### Eight Sessions \$36.00 Per Person

Tue, Jul 7-Aug 25 10:30-11:30 AM ...... D8703A

#### **Level 1 - Thursdays**

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

#### Nine Sessions \$40.50 Per Person

Thu, Jul 2-Aug 27 8:30-10:00 AM ...... D8503A

#### **Level 1 - Tuesdays**

Hikes cover 3-3 ½ miles in 1 ½ hours. Level 1 is one of the shortest distance and slowest-paced Senior Hiker programs. Level 1 - Tuesdays is a companion program to the main Level 1 - Thursdays hikes.

#### Eight Sessions \$36.00 Per Person

Tue, Jul 7-Aug 25 8:30-10:00 AM ...... D8303A

#### **Level 2 - Wednesdays**

Hikes cover 4 ½-5 miles in 2 hours. Due to terrain, hiking boots and walking sticks are recommended. Level 2 hikes are at a more comfortable pace than Level 3 or 4, but more brisk than Level 1.

#### Nine Sessions \$40.50 Per Person

Wed, Jul 1-Aug 26 8:30-10:30 AM..... D8403A

#### **Level 2 - Fridays**

Hikes cover 4 1/2-5 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 - Wednesdays hikes.

#### Nine Sessions \$40.50 Per Person

Fri, Jul 3-Aug 28 8:30-10:30 AM ..... D8603A

#### **Level 3 - Tuesdays**

These hikes are at a moderate pace and go from 5-5 ½ miles in 2 hours. Level 3 is a much brisker paced hike than Level 2, but easier than Level 4. Please Note: For the summer session only, Level 3 - Tuesdays will begin at 8:30 AM.

#### Eight Sessions \$36.00 Per Person

Tue, Jul 7-Aug 25 8:30-10:30 AM ...... D8203A *(continued on next page...)* 

#### Summer Senior Hikers continued...

#### **Level 4 - Mondays**

These hikes are at a brisk pace and go from 5 ½-6 miles in 2 hours. Level 4 is the most challenging of the Senior Hiking programs. Please Note For the summer only, these Level 4 - Mondays begin at 8:30 AM.

**Eight Sessions \$36.00 Per Person** 

Mon, Jul 6-Aug 24 8:30-10:30 AM ...... D8103A

#### **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.

Instructor: Pete MacConnell

Seven Sessions \$161.00 Per Person Thompson Pk Creative Arts Center

Tue, Jul 7-Aug 18 7:00-10:00 PM.....Z7203A

#### **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: Laura Copeland

instructor: Laura Copeiano
Mon, Jul 6-Aug 17 9:00 AM-12:00 PM Z3603A
Instructor: Helen Cole
Mon, Jul 6-Aug 17 6:30-9:30 PM Z3703A
Instructor: Kathy Bennett
Tue, Jul 7-Aug 18 9:00 AM-12:00 PM Z3803A
Instructor: Laura Copeland
Tue, Jul 7-Aug 18 4:00-7:00 PMZ3903A
Instructor: Joanne Traskiewicz
Wed, Jul 8-Aug 19 9:00 AM-12:00 PMZ4003A
Instructor: Mary Leather
Wed, Jul 8-Aug 19 6:30-9:30 PM Z4103A
Instructor: Brian Farro
Thu, Jul 9-Aug 20 6:30-9:30 PMZ4203A
Instructor: Joyce Nokes
Fri, Jul 10-Aug 21 12:00-3:00 PMZ4303A
Instructor: John Fossa
Sat, Jul 11-Aug 22 11:30 AM-2:30 PM Z4403A

# **OPEN CERAMICS**

Sunday, June 7, 12:30-4:30 PM Sunday, August 2, 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 hour plus cost of bisque-ware (cash or check only)

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

#### **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, Jul 9-Aug 20 9:30 AM-12:30 PM.....Z7103A

#### **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

Instructor: Joanne Traskiewicz

Instructor: Kathy Bennett

#### **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

Cassatt's Two Children at the Seashore

Van Gogh's Fritillaries in a Copper Vase

Sat, Jun 20 2:00-5:00 PM......Z4703A

Matisse's Goldfish

Sat, Jul 25 2:00-5:00 PM ......Z4803A

**Monet's Regatta at Argenteuil** 

Sat, Aug 15 2:00-5:00 PM .....Z4903A

#### **Color Pencil Basics Workshop**

(adults)

Color pencil drawing can yield some beautiful finished works and is the perfect medium to introduce color into your drawings. This workshop will focus on how to use color pencil to its fullest potential. All participants will leave with a finished still life drawing. Basic drawing skills are suggested, however not required.

Artist/Instructor: Katie Stone

One Session \$30.00 Per Person

Thompson Pk Creative Arts Center

#### **Color Theory Basics**

(adults)

Stumped by how to mix just the right colors for your paintings? Using color correctly is one of the keys to creating beautiful paintings and one of the biggest challenges for many artists. In this workshop, we will go through all the basics of color theory so you can get the most out of your palette.

Instructor: Katie Stone

One Session \$35.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jul 15 1:00-4:00 PM ......Z6003A

#### **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, Jul 14-Aug 18 7:30-9:30 PM.....Z7903A

#### **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, Jul 14-Aug 18 5:30-7:30 PM.....Z7803A

#### **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
Guillaumin's Vase of Chrysanthemums
Cezanne's Houses in the Greenery

Fri, Jun 5-26 10:00 AM-12:00 PM .....Z4503A

#### **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, Jul 16-Aug 20 1:00-3:00 PM .....Z5603A

#### **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 \$84.00 Per Person Thompson Pk Creative Arts Center

Thu, Jul 16-Aug 20 6:30-8:30 PM .....Z8003A

#### **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, Jul 7-Aug 11 9:00-11:00 AM ......Z5003A Artist/Instructor: TBA

Thu, Jul 9-Aug 13 6:30-8:30 PM.....Z5203A

#### **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 and 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, Professional Artist, MFA

LightScapes Studio LLC

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jun 5-26 10:00 AM-12:30 PM .....Z6403A

#### **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

#### **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 is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jun 8-29 10:00 AM-12:30 PM .....Z6703A

#### 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 in turn you will learn how to mix those colors first hand. Indoor and outdoor options 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 welcomed.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Four Sessions \$80.00 Per Person

Fisherman's Cove Act Ctr

Thu, Jun 11-Jul 2 10:00 AM-12:30 PM . . . . . Z7003A

#### **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 is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Four Sessions \$80.00 Per Person Thompson Pk Creative Arts Center

Wed, Jun 10-Jul 1 10:00 AM-12:30 PM ....Z6803A

#### **Renaissance Painting**

(adults)

Learning how to paint like the masters by using classic techniques such as under painting with strong tonal contrasts, classic light source 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 is provided on your registration receipt.

Instructor: Gina Torello, MFA Professional Artist,

LightScapes Studio LLC

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 10-Jul 1 1:00-3:30 PM .....Z6903A

#### **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

Four Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jun 5-26 1:00-3:30 PM ......Z6503A Mon, Jun 8-29 1:00-3:30 PM.....Z6603A

#### **Watercolor – Color Mixing and Theory**

(adults)

Want to add that perfect pop to your painting? Discover how to tighten up your watercolor skills by focusing on the use of color, shading and highlighting without using black or white. We will paint a subject after exploring color techniques.

Instructor: MaryAnn Goodwin
Two Sessions \$36.00 Per Person
Thompson Pk Creative Arts Center

Fri, Jul 17-24 10:00 AM-12:00 PM.....Z8803A

# Watercolor Painting Summer Fruit and Flowers

(adults)

Fresh summer fruit and flowers are a wonderful inspiration! Discover how to perfectly capture their essence. Students will work from a still life set up in the studio. They will learn how to use the white of the paper for highlights, color mixing and design.

Instructor: MaryAnn Goodwin
Two Sessions \$36.00 Per Person
Thompson Pk Creative Arts Center

Fri, Aug 21-28 10:00 AM-12:00 PM.....Z8903A

#### **JEWELRY**

#### **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 \$15 plus the cost of PMC is payable to instructor the first day of class. Please see fact sheet for more information.

Instructor: Pamela Williams
Six Sessions \$148.00 Per Person
Thompson Pk Creative Arts Center

Sat, Jun 20-Aug 1 10:00 AM-1:00 PM.....Z8603A

No class 7/4

Tue, Jul 7-Aug 11 5:00-8:00 PM.....Z9003A

#### **KNITTING & SEWING**

# Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn all the basics; from how to transfer a design to a diversity of stitches, as well as how to split the thread and thread a needle with ease. This workshop is both a great way to start your journey into the world of embroidery in addition to reviewing some basics of the craft form. All skill levels are welcome. A \$5 fee the day of the workshop will be paid to the instructor for materials.

Instructor: Jennifer Santa Maria
One Session \$28.00 Per Person
Thompson Pk Creative Arts Center

Thu, Jul 9 5:00-7:00 PM ......Z6103A

### CALL FOR ENTRIES "THE WONDER OF NATURE"

Deep Cut Gardens, Middletown Manasquan Reservoir, Howell

Don't miss your opportunity to enter our exhibitions!

Entry deadline per season: Spring: March 16 - May 31 Summer: June 1 - August 30 Fall: September 1 - November 29

Get full details on the Deep Cut Gardens and Manasquan Reservoir Environmental Center pages at www.MonmouthCountyParks.com.

#### **PHOTOGRAPHY**

#### **New Lightroom CC**

(ages 15 and up)

You asked for it, you got it! This class is for those of you who thought Lightroom Classic CC was too confusing. Lightroom CC is a simplified version. All your photos are synced in the cloud, so organizing photos is easy. Lightroom CC allows you to edit across all of your devices; laptop, smart phone, and tablet! That said, YOU MUST BRING A LAPTOP to the class as we won't have WiFi access. You MUST sign up for either the Adobe Lightroom Plan or the Adobe Photography Plan at www.adobe.com. If you have questions contact instructor Gary Dates at gary@garydatesphotos.com.

Four Sessions \$54.00 Per Person Thompson Pk Vis Ctr Beech Room

Tue, Aug 4-25 12:30-2:30 PM.....Z8703A

#### **Photography - Digital SLR 2**

(adults)

This class is specifically designed for those who have participated in the "Meet Your DSLR" class at Thompson Park or anyone with a basic understanding of the so-called "exposure Triangle": shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode. Please consult photography instructor Gary Dates for camera eligibility at gary@garydatesphotos.com.

Four Sessions \$54.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jun 10-Jul 1 6:30-8:30 PM .....Z8303A

# **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, Jun 9-Jul 14 10:30 AM-12:30 PM .....Z8103A

#### **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, Jun 16-Jul 28 6:00-7:00 PM . . . . . . . Q7603A Sat, Jun 20-Aug 8 9:00-10:00 AM . . . . . . . Q7703A

No class 7/4

#### **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, Jun 16-Jul 28 7:15-8:15 PM ...... Q7903A

## **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, Jun 20-Aug 8 10:15-11:15 AM . . . . . . Q7803A No class 7/4

Wed, Jul 15-Aug 19 6:30-8:30 PM.....Z8203A

#### **CULINARY ARTS**

#### **Best Burgers EVER!**

(adults)

Around the country people are daring to experiment with that iconic American classic – the burger. Dare to join them and ditch the beef in favor of pork, chicken or seafood. Add your favorite flavor profiles - like Asian, Mediterranean, Italian – almost any cuisine you can name. The Chef will give you the culinary skills to create a heavenly bite for your taste buds, as we mix it up to create the best burgers ever! Menu Ideas: Chicken Ginger Sesame Burger with a Soy Honey Glaze; Italian Pork Burger and Fresh Salmon Burger.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Aug 6 6:00-8:30 PM . . . . . . ME503A

# Cool & Easy Dessert Treats



(adults)

Why should the kids have all the fun? We've got some easy and quick summer desserts you can whip up in a jiffy. Just enough to top off a light summer dinner, these treats are sure bring a smile to your face and might even make you feel like a kid again.!

Menu Ideas: Homemade Frozen Bananas, Apple Pie Tacos and Sheet Pan S'mores.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$45.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 30 6:00-8:30 PM . . . . . . . MEG03A

# **Cool Dinners for Hot Summer Nights**

(adults)

Who wants to heat up the oven in the dog days of summer? When the A/C is cranking, no one's in the mood to cook. We've got some guick and easy recipes to delight your taste buds and keep you cool. Cold Sesame Chicken Noodle Salad: Shrimp with White Beans & Spinach and BLT Pasta Salad are just a few summer specialties you'll learn - and want to enjoy all season long.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Aug 13 6:00-8:30 PM......MD403A

#### **Easy Cooking for the Working** Bachelor/Bachelorette

(adults)

Are you tired of grabbing a quick bite to eat and spending lots of money on take out because you are too tired to cook when you get home from work? Do you want to eat healthier even though you are always on the run? In this class, instructor Krista Fischer will teach basic cooking techniques that will allow you to prepare a light, nutritious meal in a short time that you can make when you get home from work or freeze for later nights. A handout will be provided.

Instructor: Krista Fischer

One Session \$85.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jun 23-Jul 7 7:00-8:00 PM ......A7303A 

# Family Cookout

(adults)

Nothing says summertime like a family BBQ, so break out the paper plates and picnic tablecloths, it's time for a good old fashioned cookout! Roll up your sleeves and create a sure-to-please array of eats to satisfy any guest. Practice your knife skills, learn how to prepare meats and create sensational appetizers, side dishes and dessert. Menu Ideas: Trisha Yearwood's Grilled Pizza Skewers; Chef Stephen's Jicama Slaw; Pineapple/ Mango Teriyaki Sauce & Glaze (for Fish, Chicken or Pork) and Paula Deen's Fresh Summer Fruit Tart.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Jun 13 10:00 AM-1:30 PM..... ME203A

#### **Food Truck Faves Returns!**

(adults)

Better than that great race on TV – no truck needed! Take a journey through an imaginary street fair, as the chef introduces you to the popular fare that you can make in your own kitchen. From Mexican to Greek to Asian and beyond, explore - and taste - the unique cuisine that is the American street fair food truck. Menu Ideas: Loaded Pulled Pork Cups, Raspberry Cheesecake Floats and - back by popular demand - FRITO Pie!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jun 25 6:00-8:30 PM ......MD503A

#### **Garden to Table 1**

(adults)

Get creative with fresh veggies and fruits from your garden or favorite farmer's market. Not sure what to do with zucchini? Tired of tomato salad? We've got a few fun and clever ideas to reinvent your veggie recipes. Menu Ideas: Jersey Summer Succotash, Creative Zucchini Noodle Dish and Fresh Garden Variety Chunk Salad with Seasonal Herbs.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

#### Garden to Table II

(adults)

The freshness and creativity continue as we delve into more fun and clever ideas to reinvent your veggie recipes! Menu Ideas: Tomatoes, Tomatoes Tomatoes! In this class New Jersey Tomatoes are the star from making fresh sauce to pickling to Sicilian Tomato Salad courtesy of Mrs. Chef's family recipe.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$55.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 16 6:00-8:30 PM . . . . . . . . . . . . MD703A

#### **Gas Grilling 101**

(adults)

Get fired up as Chef explains the fundamentals of getting the most out of your gas grill. On the menu is an overview of basic to upscale grill models; preheating and setting proper cooking temperatures; how to get perfect sear and grill marks; and, how to avoid a sticky mess on the grates. Get some hands-on practice with the chef, and try it at home. Just in time for your Father's Day BBQ!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Jun 11 6:00-8:30 PM ......MDX03A

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

#### **Gas Grilling 102**

(adults)

Now that you've got some of the basics, we'll turn up the heat. Practice getting the most out of the convenience and control that make gas grills so attractive. We'll delve into indirect and multi-zone cooking techniques, getting the most out of the side burners and debate whether meat is actually moister. Finally, you'll see how easily gas grills cook delicate foods such as fish, fruit and vegetables.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Jul 9 6:00-8:30 PM . . . . . . . . . . . MDY03A

#### It's June - Let's BBQ!

Charcoal Grilling at its best! Over the embers will be a grilling feast! To start we'll savor sweet garlicky clams and assorted bruschetta with avocado, tomato and pear. Then we'll taste chipotle mahi-mahi tacos, fig balsamic glazed vegetables, bronzino with olive oil, rosemary and lemon and a Jersey dry-rubbed flatiron steak. Let's start indoors making ice cream, the barbecue sauces and dry rubs. Then head outdoors for a relaxing evening to learn how & when to turn the meat to serve rare, medium-rare or medium, and when to get it off before it burns! To finish let's enjoy NJ strawberry ice cream with whipped cream and the best maraschino cherries you ever had! This is a demonstration class - I'll cook for you tonight.

Instructor: Chef Peter De Celie One Session \$50.00 Per Person

Dorbrook Rec Area Vis Ctr

# Party Planning 101



(adults)

Want to throw a family party in your backyard this summer but are dreading all of the work? Are you tired of not being able to enjoy your company while playing the hostess with the mostess? Professional Party Planner Krista Fischer will give you a shopping list, a plan for early prep with menu and a simple table-scape that lets you enjoy your own party and be part of the fun. A handout will be provided.

Instructor: Krista Fischer

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jun 11 6:30-8:00 PM	.A6303A
Sat, Jun 20 1:00-2:30 PM	.A6403A
Sat, Aug 1 1:00-2:30 PM	.A6503A

#### **Return of the Poke Bowls -Summer Edition**

(adults)

Quick, easy and oh-so-satisfying, poke bowl meals are popping up on menus around the country. Learn to create your own, using fresh ingredients with complementary flavors and the elements of a balanced meal, perfect for on-the-go or in front of your favorite show. Enjoy these chunky marinated salads, Asian Soba noodle bowls and Mexican burrito bowls - everything's better in a bowl!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Aug 20 6:00-8:30 PM..... ME103A

#### **Summertime Tapas**

(adults)

Transform seasonal ingredients into bite-sized morsels with a Latin flair - the perfect meal for a summer evening. Learn the basics of meat, shellfish and vegetable preparation as the chef guides you through simple, no-bake dishes. Menu Ideas: Grilled Eggplant in a Tomato Vinaigrette; Serrano Ham Cheese & Chorizo with Crostini; Spanish Potato Salad and Quince or Guava Paste with Cheese. Gain the confidence to create these scrumptious small bites and impress friends and family at your next gathering.

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$49.00 Per Person Fort Monmouth Rec Ctr Kitchen

Thu, Jun 18 6:00-8:30 PM ..... ME003A

# Tea at the Savoy

(adults)

London comes to Dorbrook with Tea at the Savoy. Party planner Krista Fischer will teach us to prepare an afternoon tea party worthy of the Savoy in London. We will learn how to make scones, finger sandwiches and afternoon tea that we may all recreate for our family, friends and neighbors anytime during the week. Enjoy this favorite pastime and relax with a cup of tea. A handout will be given.

Instructor: Krista Fischer

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

#### **EDUCATION & ENRICHMENT**

# 1775: Monmouth County's Revolutionary Story NEW S

(adults)

From Washington crossing the Delaware River to the Battle of Monmouth, New Jersey is known as the "crossroads of the Revolution" for a reason! Learn about the local fight for freedom along with a Park System Historian. Come celebrate the start of the nation with this tour of the Historic Seabrook-Wilson House, built circa 1705

One Session \$10.00 Per Person

Bayshore Waterfront Park Act Ctr

Tue, Jul 14 7:00-8:00 PM . . . . . . . . . . . . Q8103A

### A Night in the Arts



(adults)

Join us for our first lecture of a series of Art History presentations offered here at the Creative Arts Center. Presenter, Jennifer Santa Maria, will walk participants through how the concepts of beauty have changed throughout history and its affect on the arts. Traveling from prehistoric times to the renaissance, become acquainted with history's most defining art masterpieces and see just how true it is; beauty really is in the eve of beholder.

Presenter: Jennifer Santa Maria One Session \$25.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jul 20 5:00-7:00 PM ......Z6303A

#### **About Boating Safely**

(ages 13 and up)

Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state-specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Taught by the US Coast Guard Auxiliary Flotilla 16-07. Please bring lunch and snacks.

#### One Session \$75.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 13 8:30 AM-5:00 PM	Q0103A
Sat, Jul 18 8:30 AM-5:00 PM	Q0203A

#### **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

Tue, Jul 7-Aug 18 9:30-11:30 AM ...... MBM03A Thu, Jul 9-Aug 20 9:30-11:30 AM ......MBN03A

# Fairy Tales

(adults)

Think fairy tales are just for little children? You couldn't be more hopelessly wrong! Each session, taught by Samantha Gottlieb, explores popular fairy tales, exposing the dark, violent and often bloody images of the original stories. She will place them in historical and cultural context in order to reveal the lessons they contain.

One Session \$12.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

#### **Cinderella**

Mon, Jun 22 7:00-8:00 PM	MDF03A
Snow White Mon, Jul 6 7:00-8:00 PM	MDG03A
Sleeping Beauty Mon, Jul 20 7:00-8:00 PM	МDН03А
Beauty and the Beast Mon, Aug 3 7:00-8:00 PM	MDJ03A
Rapunzel Mon. Aug 17 7:00-8:00 PM	MDK03A

#### **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 Park Vis Ctr Program Room 2

Sat, Jun 6 2:00-4:00 PM . . . . . . . . . . . Q9703A

# Genealogy: Naturalization Records

(ages 14 and up)

Naturalization Records are a great source of information to assist you in discovering your family history. You will learn various terms as well as where to find the records. We will also cover the evolving steps required to become naturalized from the 1700s to 1940s. Photos and name changes can also be found in the records.

One Session \$19.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jun 27 2:00-3:30 PM...... Q9503A

#### **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

Mon, Aug 3 6:30-9:00 PM .......A8203A

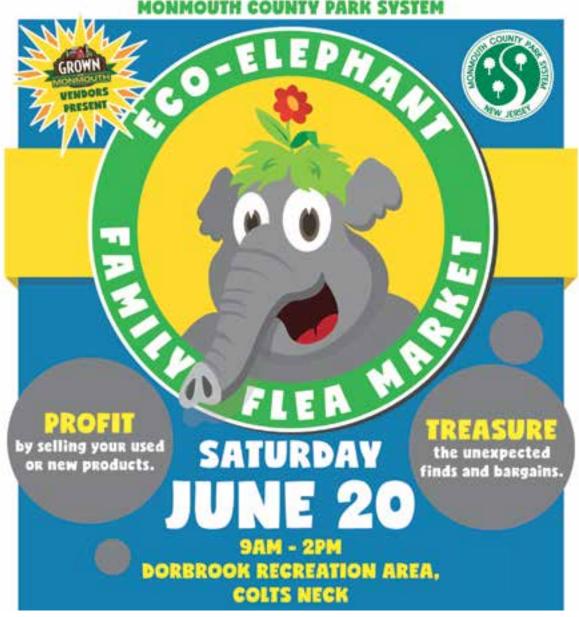
# Concert in the Park with the colts Neck Community Band

Friday, June 5, 7:30 PM

Thompson Park Activity Barn, Lincroft

Enjoy an evening of music with the Colts Neck Community Band.
The concert features selections from popular music and show tunes.
Indoor seating available or bring your lawn chairs.

For more information, call 732-542-1642, ext. 29.



If the words rummage, swap, bargain, vintage or collectible excite you, then search for that one-of-a-kind treasure at the Eco-Elephant Flea Market! Come peruse the vendors offering secondhand, handmade, up-cycled or new merchandise. Consider becoming a vendor and help keep the good stuff out of our landfills.

For more information and an application, contact Rachel Cohen at rachel.cohen@monmouthcountyparks.com or 732-542-1642, ext. 29.



WWW.MONMOUTHCOUNTYPARKS.COM

#### **Mythical Creatures**

(adults)

Have you ever wondered how mythical creatures came into being? How they are viewed by different cultures? Are you just interested in mythical creatures in general? Then this is the class for you! You will be led on this magical journey by Samantha Gottlieb, whose field of study is Cultural Anthropology. Each class is a standalOne Session so choose as many or as few as you like.

#### One Session \$12.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C

#### **Dragons of Europe**

Mon, Jun 15 7:00-8:00 PM	МСҮ03А
Dragons of Asia Mon, Jun 29 7:00-8:00 PM	MCZ03A
Dragons of Africa Mon, Jul 13 7:00-8:00 PM	MD003A
Dragons of the Near East Mon, Jul 27 7:00-8:00 PM	MD103A
Dragons of the New World Mon, Aug 10 7:00-8:00 PM	MD203A
<b>Dragons of Australia</b>	

Mon, Aug 24 7:00-8:00 PM . . . . . . . . . . MD303A

# 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

Thompson Pk Vis Ctr Beech Room

Mon, Jun 15 6:30-10:00 PM	Q8503A
Mon, Jul 20 6:30-10:00 PM	Q8603A
Mon, Aug 17 6:30-10:00 PM	Q8703A

#### 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 Park Vis Ctr Prog Rm 2

Sat, Jun 27 10:00 AM-12:30 PM	Q9203A
Sat, Jul 18 10:00 AM-12:30 PM	Q9303A
Sat, Aug 22 10:00 AM-12:30 PM	Q9403A
Thompson Pk Vis Ctr Beech Room	
Mon, Jun 1 7:00-9:30 PM	Q8903A
Mon, Jul 6 7:00-9:30 PM	Q9003A
Mon, Aug 3 7:00-9:30 PM	Q9103A

#### **Upper Freehold 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. This will be a fast-paced-3 hour journey through the Upper Freehold Historic Farmland Byway in Western Monmouth County. Let the Park System take care of the driving as you focus on the rich history of this scenic area. On this tour, we will start at the Clayton Park Activity Center and follow the 24 mile route running through the Allentown Historic District and Walnford with stops along the way! This picturesque drive will highlight some of the county's finest preserved history. 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 Clayton Pk Act Ctr Classroom 1

Sat, Aug 29 10:00 AM-1:00 PM ...... Q8803A

#### **HEALTH & WELLNESS**

# DIY Green Cleaning Products for a Healthier Home

(adults)

Learn how to make toxic free, green cleaning products with natural ingredients. Make your own all purpose cleaner in a spray bottle with your own personalized essential oil scent. Participants will also make a room spray freshener and soft scrub recipe. All materials provided.

Instructor: Amanda Mancini
One Session \$30.00 Per Person
Clavton Pk Act Ctr Kitchen

Sat, Jun 6 10:30 AM-12:30 PM......A7603A

#### **Forest Bathing**

(adults)

Go to a forest. Walk slowly. Breathe. Open all your senses. This is the healing way of forest bathing, known as Shinrin-Yoku, which originated in Japan in the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. Join us for a gentle walk in the woods. We'll engage in mindfulness meditation, the practice of silence to enhance the senses and inner reflection, and share a cup of tea as we end our time together. Please wear long pants and comfortable walking shoes. Participants must be able to walk comfortably on uneven terrain.

Instructed by: Gina Zalewski RN RYT One Session \$25.00 Per Person

Manasquan Res Env Ctr

Sat, Jun 13 10:00-11:30 AM	A9503A
Sat, Aug 8 10:00-11:30 AM	A9703A
Turkey Swamp Pk Shelter Bldg	

Sat, Jul 11 10:00-11:30 AM......A9603A

# How to Go from Natural Day Time Makeup to Sultry Evening Makeup



(adults)

Have you ever come home from work and needed to quickly freshen up your makeup to go out for an evening function? Were you running around all day with the children and now have to go out to a dinner engagement with minimum time to change your look? Professional makeup artist Anna Olech will teach you how to apply your makeup for a natural daytime look then turn it into a sultry evening look so you don't have to stress anymore about refreshing your face. Bring your own makeup in your bag so you can re-create these looks at home.

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

Tue, Jun 16 6:30-8:00 PM ......A8803A

#### **Ladies Fall "Hiking Get Away"**

(adults)

Enjoy two days of hiking along the crest of the Kittatinny Mountains including sections of the Appalachian Trail. After a day on the trail we will retreat to a secluded cabin in the woods. Lodging amenities include: living room with fire place, full kitchen, bunk rooms, bathrooms and showers. Price includes lodging, one dinner, two breakfasts, snacks, beverages, transportation and Park System leaders. Please Note: Hiking shoes required. A letter will be sent prior to program date in regards to recommended gear, food and clothing.

Rating: Moderate, rocky terrain, some steep ascents/descents. Miles: 4-7 per day

REGISTRATION DEADLINE: September 10 (registration will remain open if minimum number of participants is reached)

\$299.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sat, Oct 2-3 6:30 PM-4:00 PM ...... W1404A

# Ladies Night Out: Create the Smoky Eye Look

(adults)

Learn to create that evening smoky eye look with professional makeup artist Anna Olech. Apply your make up for the evening under the guidance of the instructor in class then head out with your friends for a night out on the town. This is a hands-on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Fri, Jun 26 6:30-8:00 PM	A8503A
Fri, Aug 14 6:30-8:00 PM	A8703A

# **Look Your Best at the Beach:** Summer Makeup

(adults)

Summertime at the Jersey Shore means all day beach and ocean fun! Professional makeup artist Anna Olech will teach you how to create that fresh summer glow while protecting your skin and look from the elements. The instructor will teach you how to apply your makeup for summer fun in the sun and re-create that summer glow anytime. This is a hands on step by step interactive class. Bring your own makeup bag so you can learn to re-create this look at home.

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Jun 11 6:30-8:00 PM	A9103A
Tue, Jun 23 6:30-8:00 PM	A9203A
Tue, Jul 14 6:30-8:00 PM	A9303A

#### **Meal Planning Made Easy on** a Plant Based Diet

(adults)

Certified Nutrition Coach Amanda Mancini will teach how to food shop and stock your pantry on a food based diet, how to plan plant based meals for you and your family and dining out on a plant based diet made easy. Please bring a pen and notebook.

One Session \$30.00 Per Person

Clayton Pk Act Ctr Classroom 1

Tatum Pk Red Hill Act Ctr 

#### **Plant Based Nutrition for Healthier Living**

(adults)

What we eat affects how we feel. When we get the right combination of vitamins and minerals through the food we eat we have more energy during the day, satisfy our appetite more quickly, have fewer cravings for foods that are not good for us and sleep better at night. In this class, Certified Nutritionist Amanda Mancini will teach the nutritional value and healing benefits of plant foods so that you may explore the many health benefits that delicious plant foods provide for us. A handout will be distributed in class for each participant to take home.

Instructor: Amanda Mancini One Session \$40.00 Per Person

Clayton Pk Act Ctr Classroom 1

Sat, Jul 11 10:00 AM-12:00 PM ......A5403A Tatum Pk Red Hill Act Ctr

Wed, Jun 3 10:00 AM-12:00 PM......A5203A 

#### Salad in a Mason Jar



(adults)

Eating healthier means we have to take time to prep our food. Instructor Amanda Mancini shows us how to preprep a delicious salad in a mason jar that can just grab it go the next morning for work or school. A handout of recipes and mason jar will be provided.

Instructor: Amanda Mancini

One Session \$30.00 Per Person

Clayton Pk Act Ctr Kitchen

Fri, Jun 12 10:30 AM-12:00 PM	.A7903A
Wed, Aug 26 10:30 AM-12:00 PM	.A8103A

#### Tai Chi Chih® Discipline - Joy Through Movement

(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

Two Sessions \$36.00 Per Person

Manasquan Res Vis Ctr Program Room 1

Tue, Aug 11-18 6:30-8:00 PM..... AA403A Thompson Pk Vis Ctr Walnut Room

Thu, Aug 13-20 6:45-8:15 PM ..... AA303A

Four Sessions \$66.00 Per Person

#### **Begin or Review!**

(ages 55 and up)

This class is both an initial exposure for the new student and a review for the returning student.

Dorbrook Rec Area Act Ctr

Thu, Jun 11-Jul 2 5:45-7:15 PM . . . . . . AA503A Tatum Pk Holland Act Ctrt Ctr

Fri, Jul 24-Aug 14 10:30 AM-12:00 PM ... AA603A Mon, Aug 3-24 10:30 AM-12:00 PM . . . . . AA703A

#### **HORTICULTURE**

#### **Best Plants for Pollinators**

(adults)

Pollinators are vital to the production of many food crops and play an important role in our ecosystem. Create a rich, diverse landscape that will attract and nourish our hummingbirds, butterflies, honeybees and all our native pollinators.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Jun 20 10:00-11:00 AM ......H1003A

# Colorful Perennials for the Seashore Garden

(adults)

Wind, salt spray and all that sand can make gardening at the seashore very challenging! Learn which plants will not only survive these harsh conditions but will flourish and continue to give you a colorful landscape for many years.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

#### **Constant Colorful Containers**

(adults)

Not enough space or just want to a beautify an entranceway, a deck or patio? Learn how to choose your container, design a stunning and colorful container planting and then maintain your mini garden throughout the garden season.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

## **Container Gardening for the Shade**

(adults)

Who said you can't have a lush and colorful container garden just because you have shady conditions? Learn the abundant choices of plants available to give you gorgeous, colorful combinations from spring through fall.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

#### **Native Plants for The Shade Garden**

(adults)

Discover the wealth of native plants, beneficial for our ecosystem, that love and thrive in shady conditions and how to integrate them into your gardens.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

Sat, Aug 15 10:00-11:00 AM......H1403A

#### **Perennial All Stars**

(adults)

Discover how to make smart plant choices with can't-miss perennials that return year after year to give you a beautiful and eye-catching garden from spring through fall.

One Session \$18.00 Per Person

Deep Cut Gardens Horticultural Center

# Plants and Friend's Night Out: Mini Aquascape with Aquatic Plants



Gather your friends, coworkers, and/or family for an evening of fun at the Horticultural Center. Unwind while learning something new! Refreshments sponsored by the Friends of the Parks.

One Session \$40.00 Per Person

Deep Cut Gardens Horticultural Center

#### **Mini Aquascape with Aquatic Plans**

Get creative as you put together your own aquascape (with shrimp) while enjoying plant-based appetizers, music, and conversation.

#### Floral Arrangements

Put together your own professional-looking floral arrangement.

#### **Crystal Grow Terrarium**

Create a mystical terrarium with your favorite crystals.

#### **Tea Cup Mini Garden**

Decorate and plant a mini-garden.



Roots in History

Native to North America, Europeans once paid Americans to grow this plant. True indigo was an expensive commodity, and *Baptisia australis* grew like a weed and made a similarly colored dye, which is why it got the common name of Blue False Indigo.

# How Does Your Garden Grow

These beautiful plants are slow to establish when planted from seed; it could be three years before you see flowers. Even when purchasing young plants, it will likely take about two years for them to get established before you will truly see them bloom. But be patient, once in your garden they require little maintenance.

# Important Pollinator Food Source

Plants in the pea family often feed a number of caterpillars, from the Eastern Tailed Blue to the Wild Indigo Duskywing. Its flowers attract butterflies, bumble bees, skippers and moths. Bees and butterflies have to open or reach into the uniquely pea-shaped flowers of the Blue False Indigo to access the nectar.

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.

#### **NATURE**

#### Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park 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 pay on your own).

One Session \$10.00 Per Person

Clayton Pk

Sat, Aug 22 1:15-2:45 PM (approx.) . . . . . IKP03A

### **Bird and Wildlife Boat Tour** of the Manasquan Reservoir

(all ages, under 18 with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a park naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera and have it ready because you never know what wildlife may show up with over 200 species of birds, 20 mammal species, and 25 reptile and amphibian species found at the reservoir. Dress for the weather and bring binoculars and/or camera as we will be stopping periodically along our ride if the opportunity for wildlife photography arises.

One Session \$9.00 Per Person

Manasquan Res Env Ctr

Fri, Jun 26 6:30-8:00 PM ...... 13503A

# Butterflies in Our Gardens Tours



(adults)

Butterflies abound in beautiful gardens at the parks! These flying jewels are exciting to see and fun to identify. Bring your cameras! Closed-toe shoes, a hat and sunscreen are recommended. Walks may be a mile or more and some paths are unpaved. Program may be cancelled due to rain. Call 732-751-9453 for more information.

One Session \$2.00 Per Person

Deep Cut Gardens Outdoor Area

Fri, Jul 10 11:00-11:45 AM	12603A
Fri, Aug 7 11:00-11:45 AM	I3003A
Huber Wds Outdoor Area	
Fri, Jul 24 11:00-11:45 AM	12803A
Manasquan Res Env Ctr	
Fri, Jul 17 11:00-11:45 AM	I2703A

Fri, Jul 31 11:00-11:45 AM ..... I2903A

### **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

Tue, Jun 16 1:00-2:30 PM ...... 14503A 

# Bringing Butterflies Home Free (adults)

Wednesday, June 3, 11:00 AM-12:00 PM

Freneau Woods Park Activity Center, Aberdeen

Wednesday, June 10, 11:00 AM-12:00 PM

Clayton Park Activity Center, Upper Freehold

Calling all butterfly enthusiasts! What a great time of year to learn about butterflies you are likely to see this summer. We'll learn about butterfly identification, life cycles and what plants support and attract these lovely insects in your yard.

For more information, call 732-751-9453.

# Pollinator Garden Tour

Tuesday, June 16, 4:30 PM Wednesday, August 5, 10:00 AM

Huber Woods Environmental Center, Middletown

This special garden is beautiful and designed to provide habitat for wildlife, especially pollinators and butterflies. Get a personal tour and learn about the native plants which make it a home. Tours are approximately 45 minutes and may be cancelled due to rain.

For more information, call 732-872-2670.



#### **Forest Eats and Wild Treats**

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of 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

Freneau Woods Park Act Ctr Parking Area

Thu, Jun 4 10:00-11:30 AM	I4803A
Huber Wds Env Ctr Parking Lot	
Thu, Jul 2 10:00-11:30 AM	I4903A
Thompson Pk Old Orchard Parking Lot	
Sat, Aug 15 10:00-11:30 AM	I4703A

#### **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 two miles 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 bused 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

Tue, Jun 30 2:00-6:00 PM ...... 14303A

#### **Kayak Birding - Summer**

(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 are welcome but kayak experience is preferred. Single and tandem kayaks are available on a first come basis. Wear appropriate clothing that can get wet. Pack water, sunscreen, and binoculars. A limited number of binoculars will be available to borrow for this program. 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 \$38.00 Per Person

Manasquan Res Env Ctr

Sun, Jun 21 9:00 AM-12:00 PM ...... 13603A

### **Drop-In Nature Kayak Tours**

(ages 12 and up, under 18 with adult)
All Aboard!

The Park System is offering kayak nature tours of both the beautiful Swimming River and the Manasquan Reservoir. Explore the beauty of these two waterways. No pre-registration or prior kayaking experience needed.

Park System Naturalists will be your guides, offering proper instruction in kayak use and safety, and local history and wildlife information.

All equipment is provided. Both single and tandem kayaks are available for use. First come, first serve. The program is limited to twelve participants. Make sure to come early to reserve a kayak. Wear appropriate clothing and shoes that can get wet. You must be at least age 12 years old to participate. Under 18 must be accompanied by an adult. Weight limit 250 lbs. for single kayaks and 450 lbs. for tandem kayaks.

Cost: \$25.00 per person (cash or check only)

#### Swimming River Park, Red Bank

Monday, July 13, 1:00-2:00 PM
Tuesday, July 28, 2:30-3:30 PM
Wednesday, July 29, 3:00-4:00 PM
Thursday, July 30, 3:30-4:30 PM
Monday, August 10, 1:00-2:00 PM
Tuesday, August 11, 1:00-2:00 PM
Tuesday, August 18, 11:00 AM-12:00 PM
Wednesday, August 20, 11:00 AM-12:00 PM
Friday, August 21, 11:00 AM-12:00 PM
Tuesday, August 25, 1:00-2:00 PM
Wednesday, August 25, 1:00-2:00 PM

Manasquan Reservoir Environmental Center, Howell

Wednesday, June 24, 11:00 AM-12:00 PM Wednesday, July 29, 11:00 AM-12:00 PM Wednesday, August 26, 11:00 AM-12:00 PM

# **Bayshore Fishing Derby**

Saturday, July 11, 11:00 AM-4:00 PM

Bayshore Waterfront Park, Port Monmouth Come get hooked on fishing while competing in our seventh annual saltwater fishing derby. This derby is fun for the whole family and open to beginners as well as experienced anglers. No experience in saltwater fishing? Let us teach you how to rig and cast. Then join our Park System Naturalists as they conduct free seining demonstrations and help them identify what they catch. Finally, try landing the longest fish. Participants must supply their own fishing poles, tackle and bait for the fishing tournament. Prizes are awarded for the longest fish caught in three different age categories, see derby rules for more information. Only fishing from the beach is allowed.

Cost: \$8.00 Per Person; \$4.00 Additional Person Pre-registration is suggested; however, walk-ins are welcome (cash or check only on site).

Program #IMB03X

#### **Kayak Fishing for Fluke**

(adults)

Fluke are one of the most sought after game fish on the New Jersey coast. Join one of our seasoned saltwater fishermen as we launch kayaks off the beach at Blackfish Cove along the Navesink River in Middletown Township. We will drift the river with the goal of fishing the channel and holes west of the Oceanic Bridge. With the help of the outgoing tide, we will return to Blackfish Cove. Bring your own light action fishing tackle and we will provide the kayaks, life jackets and the bait. Wear your sunscreen, floppy hat and water shoes, dress to get wet. A NJ Saltwater Fishing Registration is required and you must have it with you; they are available for free at https://www.nj.gov/dep/saltwaterregistry/. This program has a limited number of spaces so register early and get ready to fish for fluke!

One Session \$45.00 Per Person

Hartshorne Wds Rocky Point Parking Lot

Thu, Jun 11 10:00 AM-3:00 PM .....IM303A Fri, Jun 12 11:00 AM-4:00 PM .....IM403A

### **Oddities and Curiosities - An Introduction** to Taxidermy Presentation

(adults)

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 taxidermy.

One Session \$10.00 Per Person

Manasquan Res Env Ctr

Wed, Jun 17 7:00-8:30 PM...... I5803A

#### Paddles and Pours



(ages 21 and up)

Up for some kayaking fun on the water? Come explore our local Swimming River on this 90-minute guided paddle, then to cap off the program participants can drive a quick two minutes down the road and join us for an optional beer tasting at Triumph Brewing Company (\$12 pay on your own).

One Session \$25.00 Per Person

Swimming River Park Parking Lot

Sat, Jun 13 2:30-4:00 PM (approx.) ..... IKT03A

#### **Saltwater Fishing Introduction**

(adults)

The "Fish are Running"! Interested in saltwater fishing but don't know how to get started? Join a Park System Naturalist to discover how to reel them in. We will provide instruction, fishing equipment (or bring your own), tackle and bait. A one hour indoor introduction to equipment selection, what fish to look for and when, what bait to use, and personal safety will be followed by two hours of fishing on the beach. Limited space is available, so don't let this one "get away". This program will take advantage of the early summer striped bass and bluefish run. Boots or waders are helpful but not required. Parents, feel free to sign up your interested teenage son or daughter as well. All participants must register prior to the program for free with the NJ Saltwater Recreational Registry Program at http://www.nj.gov/dep/saltwaterregistry.

One Session \$40.00 Per Person

Bayshore Waterfront Park Act Ctr

Sat, Jun 13 10:00 AM-1:30 PM..... IK103A

### Summer's Wild World of Moths Presentation

(all ages)

Come join a Park System Naturalist to learn about and identify some of the moth species found in Monmouth County. We will explore what makes moths so unique and take a look at the diversity of moths found here. We will focus on what species have been found locally at the Manasquan Reservoir during an ongoing naturalist lead population survey.

One Session \$2.00 Per Person

Manasquan Res Env Ctr

Thu, Jun 18 5:00-6:00 PM ...... I4103A

#### **Sunset Kayak Tour of the Navesink**

(ages 10 and up, under 18 with adult)

Enjoy the sunset from the water on this leisurely, naturalist-guided kayak tour of the Navesink River. While on the water we will keep an eye out for herons, egrets, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don't forget insect repellent and water!

One Session \$35.00 Per Person

Hartshorne Wds Claypit Creek Parking Lot

Tue, Jun 2 6:30-8:30 PM	.IKJ03A
Thu, Jul 16 6:30-8:30 PM	IKK03A
Sun, Aug 16 6:00-8:00 PM	IKM03A

#### Wildlife Trivia - Summer 2020 Gree



(ages 8 and up, under 18 with adult)

Join the Monmouth County Park System's Naturalist staff for a night of wildlife trivia at The Manasquan Reservoir Environmental Center. Get down with your animal self and test your animal instincts with our wildlife trivia. For best results each team should consist of 3-5 players. Free! Pre-registration required.

#### **One Session FREE!**

Manasquan Res Env Ctr

Fri, Jun 19 7:00-8:00 PM	PI330A
Fri, Jul 17 7:00-8:00 PM	PI340A
Fri, Aug 21 7:00-8:00 PM	PI350A

#### **Wines and Pines**

(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 Naturalist, where we will explore and learn about the nature of Clayton Park. Then to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting at Cream Ridge Winery (\$5 pay on your own).

One Session \$10.00 Per Person

Clayton Park

Sun, Jun 28 1:15-2:45 PM (approx.) . . . . . IKN03A Sun, Aug 23 1:00-2:30 PM (approx.) . . . . . IKZ03A

# **Superb Summer Saunter**

(all ages)

With Summer rearing to go, our parks are teeming with all sorts of animal and plant life. Engage your curiosity as you explore the trails with a Park System Naturalist!

Wednesday, June 3 from 10:00-11:30 AM at Clayton Park Emley's Hill Rd Lot Wednesday, June 10 from 10:00-11:30 AM at Freneau Woods Park Vis Ctr Wednesday, August 26 from 10:00-11:30 AM at Manasquan Reservoir Env Ctr

# Casual Birder Green

(ages 11 and up, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We will meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available on a first come basis.

Thursday, June 11 at 9:00 AM at Big Brook Park

Thursday, June 25 at 9:00 AM at Manasquan Reservoir Environmental Center Park Lot
Thursday, July 16 at 9:00 AM at Crosswicks Creek Park Polhemustown Rd Parking Lot
Thursday, August 20 at 9:00 AM at Dorbrook Recreation Area

# Wildlife Rehabilitation





(all ages, under 18 with adult)

#### Sunday, June 7, 2:00-3:00 PM

#### Freneau Woods Park Activity Center, Aberdeen

With shrinking habitats and increased human interactions, local wildlife often needs a helping hand. Learn from wildlife rehabilitator Melissa Jacobs what to do if you find orphaned or injured wildlife and what you can do to help save them. Admittance is free and donations of the following commonly used supplies will be collected for local wildlife rehabilitation centers:

- old blankets
- paper towels
- Pedialyte (clear)
- animal cages
  - bleach
- Lysol spray
- garbage bags
- heating pads (no auto off)/microwaved heating pads
  - Esbilac puppy formula
  - baby food (fruits or veggies, no mixed flavors)
  - baby food (beef or chicken, no mixed flavors)
    - Pedigree dog food
  - Nature's Logic cat food or high quality equivalent

# Drop-in Local Nature Lecture Series ? \*\*\*



Join us for a series of eye-opening talks by Park System Naturalists to discover what's lurking in or near the waters of Monmouth County. The presentations are designed to inform the public of current issues, ecology and science research, and to inspire appreciation for the local natural world.

#### **Dolphins Facts & Tales**

#### Thursday, July 16 from 7:00-8:00 PM at Bayshore Waterfront Park, Port Monmouth

There are varieties of beautiful dolphins that can be found swimming along the shores of Monmouth County. Come join a park naturalist to find out the ecology associated with these delightful marine mammals. This presentation is a great opportunity to learn about the dolphins found in area waters. The talk will address the importance of dolphins to the local marine ecosystem, the factors which are affecting their survival, and ways you can help.

The Life of Eels Along the Jersey Shore

#### Thursday, August 20 from 7:00-8:00 PM at Bayshore Waterfront Park, Port Monmouth

The American eel makes an annual journey from fresh and brackish waters along the Jersey Shore to the salty Sargasso Sea. How are creatures that spend most of their lives in estuaries able to adapt to the rough waters of the Atlantic Ocean? Find out and more as we discuss everything about this fascinating fish.

What's Happening to Lightening Bugs or Fireflies?

#### Thursday, June 18 from 7:00-8:00 PM at Freneau Woods Park Visitor Center, Aberdeen

Have you noticed fewer fireflies in your backyard over the years? Find out why and other interesting bits of information about the fascinating life of these flies, which are actually beetles. Not to be missed by anyone who remembers how much fun it was collecting lightening bugs in the summertime.

**Toads of Monmouth County** 

#### Thursday, July 30 from 7:00-8:00 PM at Freneau Woods Park Visitor Center, Aberdeen

Toads tend to be reclusive little creatures, often lurking unnoticed for much of the year. As a result, most people have a poor understanding of the life of these amazing amphibians, from tadpoles to toads. Join us as we learn more about the livelihood of these apprehensive amphibians, warts and all.

#### **OUTDOOR ADVENTURES**

#### **Dock and Dine: Kayak Series to Local Eateries**



(adults)

Paddle your way to delicious eats! Meet like-minded adventure seekers while enjoying local fare. During this three part kayak series we will paddle to several scenic eateries- breakfast on Deal Lake, brunch overlooking the Sandy Hook Bay, and a lunch spot tucked away in a secluded cove off of the Manasquan River Inlet. Basic paddling skills are requested. You may bring your own boat or use one of ours. Tandem and solo are available for use. Cost for meals is not included (approx. \$5-\$20) per meal). An email will be sent with meeting locations one week prior to program start.

Three Sessions \$70.00 Per Person

7/6 - Swimming River Park & Eatery in Red Bank

7/13 - Popamora Point & Sissy's at the Harbor

7/20 - Manasquan River & Point Lobster

Mon, Jul 6-20 8:30 AM-12:30 PM ...... W6803A

#### **Graveyard of Ships Kayak Tour**

(adults)

Paddle on the Arthur Kill and experience the mysterious and eerie "Graveyard of Ships". Once a marine salvage yard, this area has become the final resting place for dozens of working boats and military vessels. Make sure to bring a waterproof camera so you can photograph part of history as we wind through the ships on our solo and tandem sit-on-top kayaks! Paddlers ages 14 and up welcome, but must be accompanied by an adult.

One Session \$48.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Aug 23 7:00 AM-12:00 PM...... W6703A

#### Sailing at the Manasquan Reservoir

#### **Drop-in & Sail**

(adults)

#### Saturday, June 20 from 10:00 AM-3:30 PM

Fill the sails of a 15' American sailboat! The Park System will provide the captain, you provide the crew. Come out and see if sailing is for you. This is a drop-in opportunity so no pre-registration is required. A limited number of boats will be available; maximum of three people per boat. Sailors 5 and up are welcome with an adult.

Cost Per Boat: \$35 for 30 minutes, \$50 for 1 hour (cash or check only)

#### **Private Sail Lessons**

(adults)

Catch the wind during your private sailing lesson in our 15' American sailboats. An experienced sailing instructor will be with you on the boat to answer all of your sailing questions. Novice and experienced sailors looking for a refresher are encouraged to register. Learn proper sailing techniques including how to read the wind, maneuver your sailboat, and how to be a captain!

Cost: One 3-hour, hands-on lesson is \$165 for two people, \$125 for any additional lessons.

Lessons available from June 13-August 22. Call 732-842-4000, ext. 4238 to arrange your sailing lesson.

#### **Sailboat Rentals**

(adults)

Are you a sailor without a boat? The Park System has 15' American (2/3 people) and 12' Laser Pico (single adult/1 child) sailboats available for rent. Sailors should provide a Red Cross, US Sailing or MCPS sailing card; if you do not have a certification please call to discuss your sailing experience/skills.

Cost: \$60.00 per boat for 2 hour rental (cash or check only)

#### Rental Dates: June 13-August 15

Please Note: Pre-registration is required at LEAST 48 hours in advance. For registration or questions please call 732-842-4000, ext. 4238.

### Stand Up Paddle Board, Sit-On-Top Kayak and Canoe Experience

(ages 17 and up)

Which water craft is right for you? Paddle the day away in a variety of park system boats with instruction from our seasoned guides. Experience the way each boat handles and develop a comfort that could lead you on your next trip. Afterward, join us for a snack along the water as an Outdoor Adventure enthusiast guides you toward your next water adventure.

One Session \$21.00 Per Person Manasquan Res West Dock

Sat, Jul 11 9:00 AM-12:00 PM ...... W6603A

#### **Sunset Canoe Paddle**

(adults)

Paddle the tidal waters of the local Navesink River while taking in a serene sunset. No canoe experience necessary. Paddlers ages 16 and up are welcome, must be accompanied by an adult.

One Session \$29.00 Per Person

Swimming River Park Parking Lot

Thu, Jul 30 6:00-8:00 PM . . . . . . . . . . . W7003A

#### Take a Shot: Intro to Archery

(adults)

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

One Session \$21.00 Per Person

Thompson Pk Activity Barn

Wed, Jun 17 6:00-8:00 PM	. W7303A
Thu, Jul 9 7:00-9:00 PM	. W5103A
Wed, Aug 5 7:00-9:00 PM	. W7203A

#### 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 \$70.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Jun 7 8:00 AM-3:00 PM (approx.) ... W5703A

#### PERFORMING ARTS

# **Open Mic Poetry Night Pree**



(adults)

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. All are welcome to read your work aloud or read a work from your favorite published poet(s). A maximum of three poems per reader and poems must be appropriate for a family-oriented audience. This is a free program. Preregistration is recommended for readers, though drop-ins welcome if time permits. Coffee and tea will be served. Themes below are suggested, but not required.

**One Session FREE!** 

Thompson Pk Theater Barn

**June: Celebrations** 

Poems that celebrate successes, salute loved ones and offer thanks for life's blessings, big and small.

Mon, Jun 29 7:00-8:30 PM .....PE070A

July: Shakespeare

Poems inspired by or written by the Bard himself.

Thu, Jul 16 7:00-8:30 PM.....PE080A

**August: Love** 

Poems that express love of self, love for a special someone or love of your life's journey

Mon, Aug 24 7:00-8:30 PM . . . . . . PE090A

#### **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

Sixteen Sessions \$160.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue,Thu, Jun 9-Aug 6 5:30-6:30 PM . . . . . . XHF03X No class 6/18 & 7/2

#### **Beach Bash Flow**

(adults)

Come get sandy, as we flow through yoga poses on the beach during sunset hour! This class is meant to empower through earning a good sweat while our instructor guides you towards connecting to your body, the Earth, and your truth. This class culminates in a dance party to celebrate a healthy start to the beginning of the weekend!

Teacher: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Fri, Jun 5-Jul 17 6:00-7:15 PM ...... XGA03X No class 7/3

Thu, Jul 16-Aug 20 6:15-7:30 PM ..... XGB03X

#### **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. Eight Sessions \$96.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jun 4-Jul 30 7:35-8:45 PM ...... XGD03X No class 7/2

#### **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, Jun 2-Aug 11 7:25-8:55 PM ......XG903X No class 7/7

#### **Dance Tone Stretch**

(adults)

This 1 hour class is a fun mix of cardio dance, light toning, and a stretching session. Each class will open with a fun and easy five song cardio dance fitness routine, using pop Latin, and World music. Then we will use light weights, bands, and body weight exercises to do a toning routine. Each class will end with an over all body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners are welcome! Instructor: Eryka Andrex

Six Sessions \$72.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jun 19-Jul 31 7:00-8:00 PM . . . . . . XGN03A No class 7/3

# **Basketball at the Rec Center**

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, June 1-August 31, 6:00-8:00 PM

**Men's Basketball** 

**Sundays, June 7-September 6, 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
Tatum Pk Red Hill Act Ctr

Six Sessions \$78.00 Per Person

Wed, Jul 1-Aug 5 8:00-9:00 AM .....XHJ03X Seven Sessions \$91.00 Per Person

**Sat, Jun 13-Aug 1 8:00-9:00 AM ........ XHG03X** *No class 7/4* 

#### **MARTIAL ARTS**

#### **Krav Maga - Street Defense**

(adults)

Krav maga ("contact combat") is a self-defense system based on simplicity, effectiveness and practicality, building upon your own natural instincts and reflexes. It is designed to be effective for everybody, regardless of size, gender, age or physical ability. 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.

**Eight Sessions \$85.00 Per Person** 

Fort Monmouth Rec Ctr Group Fitness Rm

Sun, Jun 28-Aug 16 10:00-11:00 AM . . . . . MAE03A Sun, Jun 28-Aug 16 11:30 AM-12:30 PM. . MAF03A

# TIMBERBROOK TRIATHLON

Saturday, October 3, 9:00 AM

Run 3 miles; Canoe/Kayak/SUP 2 miles, and Mountain Bike 5 miles. Individual and team entries are welcome! Course map and additional information about the race are available on our website.

Registration closes on Tuesday, September 29 at 12:00 PM.

Solo Entries: \$40.00 Per Person

Solo Canoe Male: #X0604A • Solo Canoe Female: #X0704A Solo Kayak Male: #X0804A • Solo Kayak Female: #X0904A Solo SUP Male: #X1104A • Solo SUP Female: #X1004A

**Team Entries: \$55.00 Per Team** 

Team Canoe Male: #X1204A • Team Canoe Female: #X1304A • Team Canoe Mixed: #X1404A Team Kayak Male: #X1704A • Team Kayak Female: #X1804A • Team Kayak Mixed: #X1604A Team Kayak Family: #X1504A • Team SUP Mixed: #X1904A

Canoe/Kayak Rentals

A limited number of canoe and kayak rentals will be available at a cost of \$25.00 per boat.

Rentals must be accompanied by a program receipt.

View and register for rentals at www.MonmouthCountyParks.com.

For more information on this event, call 732-542-1642, ext. 27, or email jeff.papcun@co.monmouth.nj.us.

#### **PILATES**

#### **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 \$120.00 Per Person

Tatum Pk Holland Act Ctrt Ctr

Tue,Thu, Jun 9-Jul 9 6:30-7:30 PM ......XFY03X Tue,Thu, Jul 28-Aug 27 6:30-7:30 PM .....XG003X

Twelve Sessions \$144.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Wed, Jun 8-Jul 15 7:15-8:15 PM.....XFT03X Mon, Wed, Jul 27-Sep 2 7:15-8:15 PM .....XFV03X

#### **TENNIS**

#### **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

Dorbrook Rec Area

Mon,Wed, Jun 1-24 5:30-6:25 PM	XJM03A
Tue,Thu, Jun 2-25 5:30-6:25 PM	XJ103A
Mon,Wed, Jul 6-29 5:30-6:25 PM	XJ303A
Tue,Thu, Jul 7-30 5:30-6:25 PM	XJ503A
Mon,Wed, Aug 3-26 5:30-6:25 PM	XJ703A
Tue,Thu, Aug 4-27 5:30-6:25 PM	XJ903A
Thompson Pk	

Mon, Wed, Jun 1-24 5:30-6:25 PM..... XGV03A

#### **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, Jun 2-25 5:30-6:25 PM ...... XGY03A Mon,Wed, Aug 3-26 5:30-6:25 PM ..... XH003A

#### **Adult Intermediate Tennis**

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! 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, Jun 1-24 6:30-7:25 PM	XJN03A
Tue,Thu, Jun 2-25 6:30-7:25 PM	XJ203A
Mon,Wed, Jul 6-29 6:30-7:25 PM	XJ403A
Tue,Thu, Jul 7-30 6:30-7:25 PM	XJ603A
Mon,Wed, Aug 3-26 6:30-7:25 PM	XJ803A
Tue,Thu, Aug 4-27 6:30-7:25 PM	XJA03A
Thompson Pk	
Mon, Wed, Jun 1-24 6:30-7:25 PM	XGX03A
Tue,Thu, Jun 2-25 6:30-7:25 PM	XGZ03A
Mon,Wed, Aug 3-26 6:30-7:25 PM	XH103A
Tue,Thu, Aug 4-27 5:30-6:25 PM	XH203A
Tue.Thu. Aug 4-27 6:30-7:25 PM	XH303A

#### **VOLLEYBALL**

#### Outdoor Oceanfront Volleyball League/ Recreation (6 v. 6)

(ages 17 and up)

Come exercise and compete in our recreational beach volleyball league. No previous volleyball league experience necessary. Teams must have at least six players on the roster and at least two women on the court at all times. The top two teams will receive awards. Pre-registration is required. Organizational and rules meeting held at 6:15 PM on first night of league.

Nine Sessions \$150.00 Per Team

Seven Presidents Pk

Wed, Jun 17-Aug 12 6:30-8:00 PM . . . . . XGR03A

#### **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.

Seven Sessions \$91.00 Per Person

Instructor: Talena Ward

Fort Monmouth Rec Ctr Group Fitness Rm

Mon, Jul 13-Aug 24 6:00-7:00 PM.....XGF03X

**Eight Sessions \$104.00 Per Person** 

Instructor: Talena Ward

Fort Monmouth Rec Ctr Group Fitness Rm

Thu, Jul 9-Aug 27 6:00-7:00 PM..... XGG03X

Instructor: Kimberly Beuno

Freneau Woods Park Vis Ctr Prog Rm 2

Sun, May 31-Jul 26 10:30-11:30 AM.....XBT02X

No class 6/21

Nine Sessions \$117.00 Per Person

Instructor: Lisa Mandragona Thompson Pk Vis Ctr Beech Room

Thu, Jul 2-Sep 3 11:00 AM-12:00 PM . . . . . XF803X

No class 7/16

#### **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

Six Sessions \$78.00 Per Person
Thompson Pk Vis Ctr Beech Room

Fri, Jul 24-Aug 28 9:30-10:30 AM . . . . . XGK03X

#### Codes of Creation in Movement™

(adults)

Codes of Creation in Movement™ invented by Mary Jane Kasliner. Come join Mary Jane in this unique practice that explores the Yoganometry© sequence of poses that invokes the geometric codes of creation. This powerful set sequence instructed by Mary Jane guides the student into the electromagnetic energy streams of higher dimensional consciousness where the student can explore the vibrational relationship between yoga, heaven and earth. This powerful association gives the student the opportunity to be inspired by their own Divine consciousness that leads to healthy mind, body and soul connection. Bring yoga mat and water. Some yoga experience is recommended.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Jun 3-Jul 8 7:00-8:15 PM......XFR03X Wed, Jul 22-Aug 26 7:00-8:15 PM.....XFS03X

#### **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 Eight Sessions \$104.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Jul 9-Aug 27 10:00-11:00 AM . . . . . XGC03X

#### **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, Certified Kripalu Yoga Instructor Seven Sessions \$91.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Rm

Mon, Jul 13-Aug 24 7:00-8:00 PM.....XGE03X

#### **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 Red Hill Act Ctr

Thu, Jul 2-Sep 3 6:45-7:45 PM . . . . . . XF603X

Tatum Pk Holland Act Ctr Parlor

Tue, Jun 30-Sep 1 10:00-11:00 AM.....XF503X

#### **Meditation & Relaxation**



(adults)

So much of our summer is spent in movement and activity. Take time to connect to your center, creating focus and inner clarity. This class begins with brief, slow mindful yoga to open the body. Various forms of guided meditation will be introduced including object focused meditation, guided imagery meditation, and mindfulness meditation. End by sinking deeply into a relaxing shavasana. This class is for meditators of all levels.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Six Sessions \$78.00 Per Person Seven Presidents Pk Act Ctr

Mon, Jun 1-Jul 6 7:15-8:15 PM.....XG803X

# **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.

Instructor: Tiffany McCann Six Sessions \$78.00 Per Person Tatum Pk Holland Act Ctrt Ctr

Mon, Jul 20-Aug 24 7:30-8:30 PM.....XGM03X

#### **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)

**Eight Sessions \$104.00 Per Person** 

Henry Hudson Trail Act Ctr

Mon, Jun 1-Jul 27 6:00-7:00 PM ..... XHE03A No class 7/6

#### 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

Nine Sessions \$117.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Jul 2-Sep 3 10:00-11:00 AM .....XF703A No class 7/16

#### **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

XG203A
.X2104A
.X2204A
.X0111A

#### **Entire Series**

Sign up for the full series and save!

Four Sessions \$56.00 Per Series

Fri,Thu, Aug 21-Dec 17 6:15-7:45 PM .....XFZ03A

#### **Ocean Oracle Yoga**

(adults)

Kick start your week with grace and intention. This class is held on the beach, beginning with a slow flow of poses to open up our bodies. 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. Sharing and community building will be encouraged. (Please bring own journal).

Instructor: Shannon Nelson, 200 hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Mon, Jul 13-Aug 17 6:15-7:30 PM..... XG603A

# **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).

Six Sessions \$81.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jul 21-Aug 25 9:15-10:45 AM ..... XGH03A

### Quiet Connection: Healing Sounds & Yin Yoga

(adults)

Join Mary Jane, as she guides you through a restorative yin practice, accompanied by the healing sound frequencies through the use of gentle music, Koshi chime and harmonic Hapi drum. Sound is a vibration that touches every part of our physical being that increases the function of the energy body, reduces anxiety and eases the mind so you can experience deep relaxation and expansive consciousness. Yin yoga engages the parasympathetic nervous system for deep relaxation that targets connective tissues, fascia, ligaments and tendons. Postures are held for a longer duration of time to increase circulation and balance the internal organs of the body. 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 mindfulness and self-awareness.

Instructor: Mary Jane Kasliner – ERYT with over 500 hours of training including, Yin, Anusara, Lotus Flow, Chakras and Hatha. Bring yoga mat and water.

Six Sessions \$81.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Jun 2-Jul 7 6:30-7:45 AM ......XFK03X Tue, Jul 21-Aug 25 6:30-7:45 AM ...... XFM03X

#### **Seeking Self Yoga**

(adults)

Seeking Self Yoga aims to expand our awareness of who we are in our deepest layers of self through philosophical inquiry and movement. Shannon will guide you through a breath-oriented yoga flow and meditation, beginning and ending each session with Eastern philosophy. If you are interested in deepening your connection with your body, thoughts, and heart space, this is the class for you.

Instructor: Shannon Nelson, 200hr Certified Yoga Teacher & Owner of Seeking Self Yoga & Meditation

Dorbrook Rec Area Vis Ctr

Five Sessions \$65.00 Per Person

Wed, Jul 22-Aug 19 7:00-8:15 PM......XG403X Six Sessions \$78.00 Per Person

Wed, Jun 10-Jul 15 7:00-8:15 PM .....XG303X

#### **Sunset Heart Connections**

(all ages, under 18 with adult)

Bring a family member, significant other, or friend and join us on the beach at sunset as we open our hearts to one another through partner yoga poses and a guided partner meditation. Come ready to open, expand, and connect! This event is inclusive of all ages and all levels of yoga and meditation experience.

Instructor: Shannon Nelson One Session \$26.00 2 People

Seven Presidents Pk

Sat, Jul 11 6:45-8:45 PM ..... XHB03X

#### Vinyasa Yoga

(adults)

Vinyasa, is a breath-synchronized practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested but not mandatory. Bring yoga mat and water.

Instructor: Mary Jane Kasliner - ERYT 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

Mon, Jun 1-Jul 6 7:00-8:15 PM..... XFJ03X Mon, Jul 20-Aug 24 7:00-8:15 PM.....XFN03X

#### 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 Parlor

Tue, Jun 30-Sep 1 11:00 AM-12:00 PM ....XF903X

#### **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.

Instructor: Mary Jane Kasliner - ERYT200+ with over 500 hours of training including the Chakras, Meditation, YIn, Anusura, and Lotus Flow.

Thompson Pk Vis Ctr Beech Room

Five Sessions \$68.00 Per Person

Wed, Jun 3-Jul 1 9:30-10:45 AM .....XFP03X Six Sessions \$81.00 Per Person

Wed, Jul 22-Aug 26 9:30-10:45 AM ..... XFQ03X

#### 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, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Twelve Sessions \$162.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jul 6-Sep 28 6:45-8:15 PM .....XF303X No class 9/7

## 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, 1200-hour Certified Yoga Therapist, registered with International Association of Yoga Therapists.

Twelve Sessions \$162.00 Per Person

Seven Presidents Pk Act Ctr

**Sat, Jul 11-Sep 26 8:00-9:30 AM .....XF403X** *No class 9/5* 

## **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.

 $In structor: Laurie\ Vuksanovich\ (YogaWorks\ certified)$ 

Seven Sessions \$91.00 Per Person

Tatum Pk Red Hill Act Ctr

**Sat, Jun 13-Aug 1 9:00-10:00 AM . . . . . . XHH03X** *No class 7/4* 

## **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 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.

Please bring a yoga mat, blanket/large beach towel and bottled water for hydration.

Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor

Four Sessions \$54.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Rm

**Tue, Jun 2-23 10:30 AM-12:00 PM ......XFA03A**Henry Hudson Trail Act Ctr

Fri, Jun 5-26 10:00-11:30 AM......XFB03A Six Sessions \$81.00 Per Person

Fort Monmouth Rec Ctr Group Fitness Rm

Tue, Jul 7-Aug 11 10:30 AM-12:00 PM.... XFD03A Henry Hudson Trail Act Ctr

Fri, Jul 10-Aug 14 10:00-11:30 AM . . . . . . XFC03A



## **ZUMBA**

## **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

**Eight Sessions \$96.00 Per Person** 

Dorbrook Rec Area Act Ctr

Thu, Jun 4-Jul 30 6:30-7:30 PM . . . . . . . . . XG703X No class 7/2

Ten Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jun 2-Aug 11 6:15-7:15 PM . . . . . . . . . XG503X No class 7/7

## **Zumba: Morning Low Impact**

(adults)

Join us for a fun Sunday morning Zumba Fitness Class! This class is a great workout to a wide variety of Latin and World music. Designed to be lower impact than a regular Zumba class! The instructor will provide break downs of the basic moves and combos, and each dance routine will be different than the last! In this low impact cardio dance class, participants will tone and sculpt their bodies, burn calories and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude! Beginners welcome! Instructor: Eryka Andrex

Four Sessions \$48.00 Per Person

Dorbrook Rec Area Act Ctr

Sun, Jul 19-Aug 9 10:00-11:00 AM . . . . . . XGJ03X

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.

## **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#

## Horses For Heroes Veterans & Active Duty Military Personnel Programs

(all ages)

Sunnyside Equestrian Center is proud to offer our Veterans and active duty military personnel specially tailored Horses for Heroes Programs.

Programs include a 1/2-hour private horsemanship lessons, learning about horses through groundwork and unmounted activities and Harmony for Heroes, 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, please call 732-224-1367, ext 1#.

## SPUR Horseback Riding Lessons for Individuals with Disabilities (

(all ages)

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.

## 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

Wed, Jun 24 12:00-1:00 PM	.Y2903A
Fri, Jun 26 4:00-5:00 PM	.Y3003A
Wed, Jul 8 12:00-1:00 PM	.Y3103A

## 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

## Charleston Springs GC

Sat, Jun 27 1:30-2:30 PM	T1503A
Sat, Aug 1 1:30-2:30 PM	T1603A
Howell Pk GC	
Wed, Jun 17 4:00-5:00 PM	J1103A
Wed, Jul 22 4:00-5:00 PM	J1203A
Wed, Aug 12 4:00-5:00 PM	J1303A

## **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-put 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

Del 7 life de	
Mon, Jun 22 3:00-4:00 PM	Y5803A
Howell Pk GC	
Wed, Jun 3 4:00-5:00 PM	J0803A
Wed, Jul 1 4:00-5:00 PM	J0903A
Wed, Aug 5 4:00-5:00 PM	J1003A

## **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

Mon, Jun 1 4:00-5:00 PM	Y0303A
Mon, Jun 29 4:00-5:00 PM	Y6003A
Mon, Jul 6 3:00-4:00 PM	Y6203A
Fri. Jul 10 4:00-5:00 PM	Y3603A

## **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.

## Four Sessions \$165.00 Per Person

## Charleston Springs GC Golf Center

Fri, Jun 19-Jul 10 5:00-8:00 PM	T0203A
Fri, Jul 24-Aug 14 5:00-8:00 PM	T0303A
Howell Pk GC	
Wed, Jun 17-Jul 8 5:00-8:00 PM	J0403A
Wed, Jul 22-Aug 12 5:00-8:00 PM	J0503A

## **Beginner Golf**

(all ages)

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)

## Four Sessions \$75.00 Per Person

## Three Sessions \$58.00 Per Person

## **Juniors**

(ages 11-14)

## Four Sessions \$75.00 Per Person

Mon-Thu, Jun 15-18 4:30-5:30 PM	.Y3703A
Sun, Jul 5-26 9:30-10:30 AM	.Y6603A
Wed, Jul 8-29 5:00-6:00 PM	.Y5703A

## Three Sessions \$58.00 Per Person

Sun, Aug 9-23 10:15-11:15 AM ......Y5603A

## **Adults**

(adults)

## Four Sessions \$80.00 Per Person

Mon-Thu, Jun 15-18 6:00-7:00 PM	Y4003A
Tue, Jun 23-Jul 14 10:00-11:00 AM	Y4403A
Sat, Jun 27-Jul 25 9:00-10:00 AM	Y3903A
No class 7/4	

## Women

(adults)

## Four Sessions \$80.00 Per Person

Tue, Jul 28-Aug 18 10:00-11:00 AM	Y6303A
Sat, Aug 8-29 9:00-10:00 AM	Y4103A
Mon, Aug 31-Sep 28 4:00-5:00 PM	Y6503A

## **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, three-hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.

Instructor: Dave Laudien

## One Session \$135.00 Per Person

Charleston Springs GC

Sat, Jun 13 1:00-4:00 PM	.T0703A
Sat, Jul 25 1:00-4:00 PM	.T0803A
Sat, Aug 22 1:00-4:00 PM	.T0903A

## **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, Jun 28-Jul 19 11:00 AM-12:00 PM	/4203A
Sun, Aug 2-23 12:30-1:30 PM	/6403A
Sun, Aug 9-30 11:00 AM-12:00 PM	/4303A

## **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

## Charleston Springs GC

Sat, Jun 13 12:00-2:00 PM	T1003A
Sat, Jul 18 10:00 AM-12:00 PM	T1103A
Sat, Aug 15 10:00 AM-12:00 PM	T1403A
Howell Pk GC	
Sat, Jun 6 12:00-2:00 PM	J0103A
Sat, Jul 11 12:00-2:00 PM	J0203A
Sat, Aug 1 12:00-2:00 PM	J0303A

## **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, Jun 27-Jul 25 11:30 AM-12:30 PM .... Y6103X** *No class 7/4* 

## **Golf for High School Players**

(entering 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 and 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, Jun 27-Jul 25 3:00-6:00 PM ......T1203A** *No class 7/4* 

Sat, Aug 1-22 3:00-6:00 PM .....T1303A

## **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.

Four Sessions \$95.00 Per Person

## **Children**

(ages 6-10)

Bel-Aire GC

Sat, Jun 27-Jul 18 12:30-2:00 PM	.Y4903A
Mon, Jul 27-Aug 17 4:30-6:00 PM	.Y4803A
Sun, Aug 2-23 11:00 AM-12:30 PM	.Y5003A

## **Adults**

(adults)

Four Sessions \$120.00 Per Person

Bel-Aire GC

Mon, Jun 22-Jul 13 5:15-7:15 PM	Y5103A
Tue, Jun 23-Jul 14 11:00 AM-1:00 PM	Y5303A
Sun, Jun 28-Jul 19 12:30-2:30 PM	Y3203A
Mon, Jul 27-Aug 17 6:15-8:15 PM	Y5203A
Tue, Jul 28-Aug 18 11:15 AM-1:15 PM	Y5403A
Sun, Aug 2-23 12:30-2:30 PM	Y3303A
Howell Pk GC	
Thu, Jun 18-Jul 9 5:00-7:00 PM	J0603A

Thu, Jul 23-Aug 13 5:00-7:00 PM ...... J0703A



## 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, June 13, 10:00 AM-1:00 PM Bayshore Waterfront Park

Saturday, July 11, 10:00 AM-1:00 PM
Dorbrook Recreation Area

Saturday, July 18, 12:00-3:00 PM Turkey Swamp Park

Saturday, August 22, 10:00 AM-1:00 PM Bir Brook Park

## **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. Program fee includes: 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)

## Men's 60+ Touring League

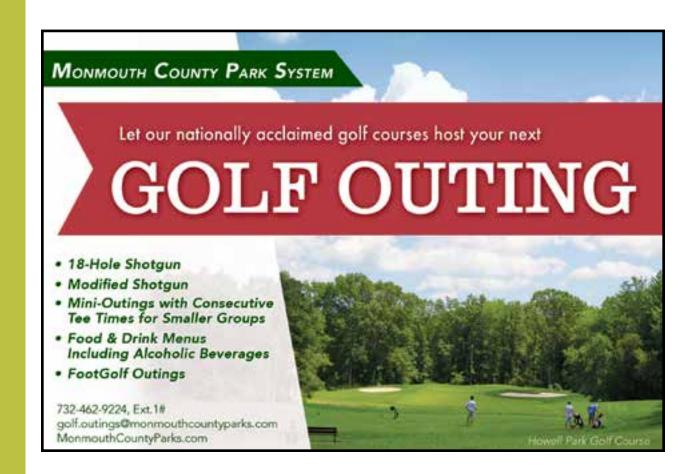
(adults)

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 10:00 AM-12:00 PM. League is limited to first 48 players.

Fourteen Sessions \$325.00 Per Person

Charleston Springs GC

Tue, Jul 28-Oct 27 10:00 AM-12:00 PM . . . . K0103A



## **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

Charleston Springs GC

Sat, Jun 20 12:00-3:00 PM	.T0403A
Sun, Jul 19 12:00-3:00 PM	.T0503A
Sun, Aug 16 12:00-3:00 PM	.T0603A

## **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, Jun 24-Jul 15 8:30 AM-12:00 PM ....Y2503A Wed, Jul 29-Aug 19 8:30 AM-12:00 PM ....Y2603A

## **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, Jun 4-Jul 9 9:30 AM-1:00 PM.......Y0103A Thu, Jul 23-Aug 27 9:30 AM-1:00 PM......Y5503A

## **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.

Fourteen Sessions \$325.00 Per Person

Charleston Springs GC

Wed, Jul 29-Oct 28 10:00 AM-12:00 PM ...K0203A

## The First Tee of the Jersey Shore

(all ages)

The First Tee programs and lessons introduce kids to the great game of golf. The First Tee will be offering two classes; PLAYer and Par. The PLAYer class introduces how to play the game of golf in a positive and noncompetitive atmosphere. Our nationally trained coaches focus special emphasis on The First Tee Core Values, learning the basics of golf and appreciating the rules and etiquette of the game. PLAYer level instruction is developmentally appropriate curriculum to help new participants establish a strong foundation both in golf and life skills. PAR level builds on the PLAYer level curriculum with continued exposure to the game of golf and focuses on two general The First Tee life skills: Self-Management and Interpersonal Skills.

Prerequisite: Successful completion of PLAYer 1,2, and 3 and the PLAYer level certification test.

**Eight Sessions \$125.00 Per Person** 

Charleston Springs GC

**PLAYer/Par Level** 

(ages 7-11)

Beginner and beginner advanced level.

Tue, Jul 7-Aug 25 4:15-5:30 PM.....T1703A

Teens on the Tee: 1 & 2

(ages 12-17)

Teens on the Tee 1 & 2 is designed specifically for kids 12 to 17 who are new to golf and The First Tee. This level incorporates both our beginner PLAYer level class and intermediate PAR level class, teaching the essentials upon which The First Tee was founded upon.

Tue, Jul 7-Aug 25 4:15-5:30 PM.....T1803A



## **Inclusion Services**

It is the philosophy of the Monmouth County Park System to provide accommodations for individuals with disabilities (who meet minimum eligibility requirements - with or without an accommodation - 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.

## **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 \$39.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

## Sun, Fun, and End of Summer Party!

Summer time and the living was easy, but it's not over yet! Join us for our annual pool party and enjoy an evening of fun at the Dorbrook Recreation Area. Start your evening off with some games at the pavilion by the Activity Center, including kickball, badminton, and other fun picnic games. We will then walk next door to take a dip in the pool. Afterwards enjoy a movie and BBQ of hot dogs, hamburgers, snacks and drinks. Don't forget your bathing suit, towel, sunscreen, change of clothes, and a beach chair to enjoy the movie from! Lifeguard, supervision, and food provided as part of registration cost.

Sat, Aug 15 3:45-8:15 PM(approx)......D4003A

## **Pickleball**

(ages 13 and up, with cognitive and developmental impairments)

Learn about one of the fastest growing sports in a program adapted for teens and adults with special needs. Improve motor skills while improving focus, concentration, and hand-eye coordination. A great program for fitness in a fun, friendly atmosphere.

Program instructed by the Women's Pickleball Association

## One Session \$19.00 Per Person

Fort Monmouth Recreation Center Gym A

(ages 13-18, with coanitive and developmental impairments)

Thu, Jul 16 5:00-6:00 PM	MDV03A
Thu, Aug 13 5:00-6:00 PM	
(adults, with cognitive and developmental)	
Thu, Jul 16 6:15-7:15 PM	MDW03A
Thu Aug 13 6:15-7:15 PM	WE403A

## **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. 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.

## One Session \$37.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

## **Night at the Monmouth County Fair**

Enjoy an evening with friends at our own Monmouth County Fair! We will be checking out the 4-H animal exhibit, the food vendors, crafts, musical acts, and so much more! Your admission ticket is included with registration; please bring at least \$20 for dinner and extra money if you would like to go on the rides or purchase any souvenirs or extra snacks. Therapeutic Recreation Campers attending camp on this day have the option of staying at Dorbrook with staff between programs for an extra fee; if interested please contact Justin at least two weeks prior.

Wed, Jul 22 5:30-9:30 PM ......D4103X

# Monmouth County Park Locations

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

Fisherman's Cove Conservation Area\*, Third Avenue, Manasquan 732-922-4080 or 3868 East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664 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 River Greenway\*, Freehold to Howell 732-462-7286 or 732-919-0996 Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996

Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440 Metedeconk River Greenway<sup>†</sup>, Freehold to Howell 732-462-7286 or 9265

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

Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265 Thompson Park, Newman Springs Road, Lincroft 732-842-4000

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 **′ellow Brook Tract**<sup>†</sup>, Highway 33, Howell 732-751-9453 or 732-919-0996

# GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024

Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272 Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227 Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141 Howell Park Golf Course, Preventorium Road, Howell 732-938-477 Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222

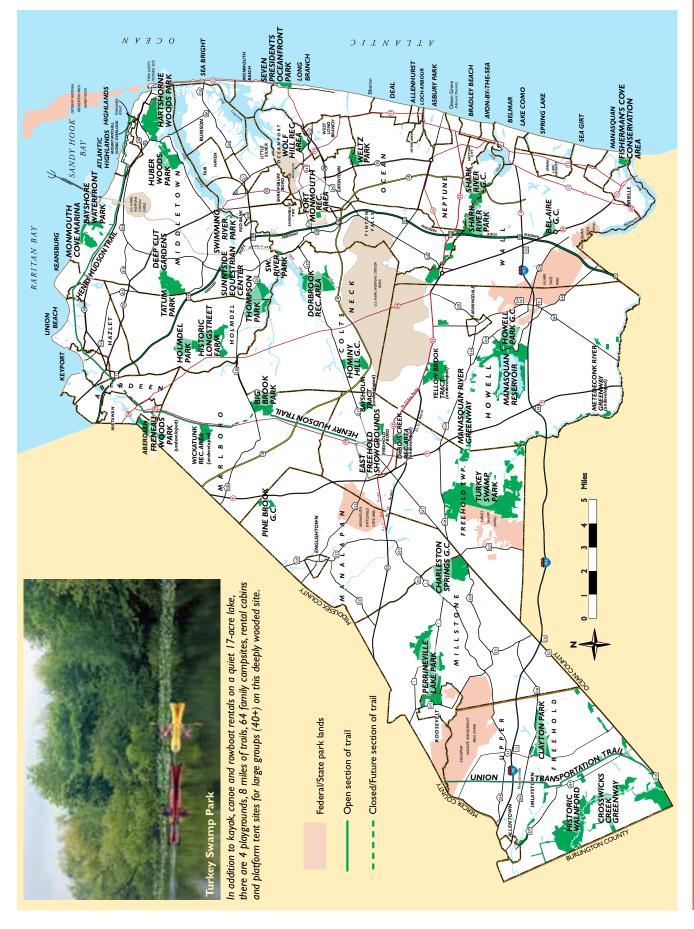


Tee up with us! Private club conditions at public course prices make Monmouth County's 8 golf courses one of the best values around.



Protecting the Jersey Shore's and their natural resources is a rapidly diminishing open spaces priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs. \* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

T Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



## **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 ½ 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 May 6. Visit the "Program Registration" page at www.monmouthcountyparks.com to become a registered user.
- **By Phone** beginning at 8:00 AM on May 6. 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 May 6. 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 May 6, 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
Do you require any	special accom	modations t	to participate in this	s program/acti	back of card)

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.



# Home & Garden Competition & Exhibits



A "taste" of what's going on: Baked Goods • Honey • Needlework Vegetables • Artwork • Crafts

All children ages 6-12 entering the competition will receive a ribbon.

Competition and exhibit information: 732-842-4000, ext. 3343, or visit www.MonmouthCountyParks.com.



## **Arts & Crafts Competition**

Entries accepted Sunday, July 19 from 10:00 AM-3:00 PM or Monday, July 22 from 8:00 -11:00 AM.

## Senior Center and Adult **Day Program Competition**

Pre-registration required. Entries accepted Monday, July 20 & Tuesday, July 21 from 9:00 AM-12:00 PM. For more information, call Ann at 732-460-1167, ext. 24.

## **Gardeners Day**

Entries accepted on Friday, July 24 from 8:00 AM-12:00 PM.

## **Bakers Day**

Entries accepted Saturday, July 25 from 9:00-11:00 AM Baked goods must be picked up between 8:30-10:00 PM same day or they will be discarded.

## **Pie Eating Contest**

Sunday, July 26 13th Annual Children's Pie Eating Contest (up to age 12) 12:45 PM

## 17th Annual Adult Pie Eating Contest (ages 13 and up)

1:15 PM

Same-day registration in the Home & Garden Tent at 11:00 AM.

Pie eating contests are sponsored by Wemrock Orchards.

## Daily demonstrations provided by:

Thompson Park's Creative Arts Center, Deep Cut Gardens, Monmouth County Master Gardeners and Central Jersey Beekeepers Association. Check the Fair schedule for additional demonstrators.



DATED MATERIAL - PLEASE DELIVER BY 5/1/2020

## **JUNE 2020**

Concert in the Park
Friday, June 5
7:30 PM
Thompson Park, Lincroft

Deep Cut Gardens
Open House
Saturday, June 6
10:00 AM-2:00 PM
Deep Cut Gardens,
Middletown

Eco Elephant
Family Flea Market
Saturday, June 20
9:00 AM-2:00 PM
Dorbrook Recreation Area,
Colts Neck

Freshwater
Fishing Derbies
Saturday, June 20
2:00-5:00 PM
Manasquan Reservoir,
Howell
Sunday, June 21
2:00-5:00 PM

Turkey Swamp Park, Freehold

## **JULY 2020**

Bayshore Fishing Derby
Saturday, July 11
11:00 AM-4:00 PM
Bayshore Waterfront Park,
Port Monmouth

Monmouth County Fair Wednesday-Sunday, July 22-26 East Freehold Showgrounds, Freehold August 2020
60th Anniversary Celebration
Concert with The Wag Band
Saturday, August 15
6:00-9:00 PM
Thompson Park, Lincroft

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