



MONMOUTH
COUNTY
**PARK
SYSTEM**

You're to Discover

PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

Guide



FALL 2026

REGISTRATION BEGINS AUGUST 12

WWW.MONMOUTHCOUNTYPARKS.COM



Saturday, September 19,

11:00 AM - 5:00 PM

BAYSHORE WATERFRONT PARK, PORT MONMOUTH

Enjoy a variety of activities during this celebration of all things water!

Get full details on page 15.

HARVEST HOME FESTIVAL

Sunday, September 27, 11:00 AM-5:00 PM

Historic Longstreet Farm, Holmdel

Experience an old-fashioned country fair reminiscent of the 1890s. Families can enjoy games, demonstrations, wagon rides, live entertainment and more!

See full details on page 5.



THOMPSON PARK DAY

SUNDAY, OCTOBER 18 • 11:00 AM-5:00 PM

THOMPSON PARK, LINCROFT

Celebrate autumn with the whole family! Activities include kids' races, pumpkin painting, ceramics, archery, contests, and so much more!

See additional details on page 18.



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Essential Eligibility Requirements for Programs

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

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

Icon Key



New Program



Free Program



America 250
Themed Program

SEPTEMBER 2026

FRIDAY, SEPTEMBER 4

Climb Time (p. 13)

SATURDAY, SEPTEMBER 5

Cookstove Demonstration (p. 4)

SUNDAY, SEPTEMBER 6

Music on the Porch (p. 7)

TUESDAY, SEPTEMBER 8

Casual Birder (p. 75)

WEDNESDAY, SEPTEMBER 9

Awesome Autumn Amble (p. 79)

SATURDAY, SEPTEMBER 12

Jigsaw Puzzle Swap (p. 56)

Open Shoot Archery (p. 13)

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

Potato Harvest (p. 4)

SUNDAY, SEPTEMBER 13

Blacksmith Demonstration (p. 4)

Bonsai Day (p. 74)

Potato Harvest (p. 4)

WEDNESDAY, SEPTEMBER 16

Awesome Autumn Amble (p. 79)

THURSDAY, SEPTEMBER 17

Travel to the Galapagos Islands (p. 77)

FRIDAY, SEPTEMBER 18

Open House Square Dance (p. 90)

SATURDAY, SEPTEMBER 19

Accordion Melodies of the 1890s (p. 4)

Cookstove Demonstration (p. 4)

Fall Native Plant Exchange (p. 74)

Wind & Sea Festival (p. 15)

SUNDAY, SEPTEMBER 20

Preserving the Harvest (p. 5)

TUESDAY, SEPTEMBER 22

Casual Birder (p. 75)

SATURDAY, SEPTEMBER 26

Everyone Has a Story (p. 88)

SUNDAY, SEPTEMBER 27

Harvest Home Festival (p. 5)

OCTOBER 2026

SATURDAY, OCTOBER 3

Cookstove Demonstration (p. 4)

SUNDAY, OCTOBER 4

Cider Making Demonstration (p. 5)
Eek-O-Fabulous Costume Swap (p. 35)
Music on the Porch (p. 7)

FRIDAY, OCTOBER 9

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SATURDAY, OCTOBER 10

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Explore the Rainforests of Belize (p. 77)
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Traditional Quilting Demonstration (p. 5)

WEDNESDAY, OCTOBER 21

Awesome Autumn Amble (p. 79)

SUNDAY, OCTOBER 25

Trick-or-Treat in the Park (p. 7)

SATURDAY, OCTOBER 31

Cookstove Demonstration (p. 4)

NOVEMBER 2026

WEDNESDAY, NOVEMBER 4

Awesome Autumn Amble (p. 79)

FRIDAY, NOVEMBER 6

Climb Time (p. 13)

SATURDAY, NOVEMBER 7

Fall Craft Show (p. 54)

SUNDAY, NOVEMBER 8

Blacksmith Demonstration (p. 4)

SATURDAY, NOVEMBER 14

Cookstove Demonstration (p. 4)
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SUNDAY, NOVEMBER 15

Nonnative Fish of New Jersey (p. 77)

TUESDAY, NOVEMBER 17

Casual Birder (p. 75)

WEDNESDAY, NOVEMBER 18

Awesome Autumn Amble (p. 79)

SATURDAY, NOVEMBER 21

Accordion Melodies of the 1890s (p. 4)

SATURDAY, NOVEMBER 28

Cookstove Demonstration (p. 4)

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

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



HISTORIC LONGSTREET FARM

Cookstove Demonstration

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

Saturday, September 5, 11:00 AM-3:00 PM

Saturday, September 19, 11:00 AM-3:00 PM

Saturday, October 3, 11:00 AM-3:00 PM

Saturday, October 17, 11:00 AM-3:00 PM

Saturday, October 31, 11:00 AM-3:00 PM

Saturday, November 14, 11:00 AM-3:00 PM

Saturday, November 28, 11:00 AM-3:00 PM

Piano Ballads from the Turn of the Century

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

Saturday, September 12, 1:00-3:00 PM

Saturday, October 10, 1:00-3:00 PM

Saturday, November 14, 1:00-3:00 PM

Potato Harvest

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.

Saturday & Sunday, September 12 & 13, 12:00-2:00 PM

Blacksmith Demonstrations

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

Sunday, September 13, 1:00-3:00 PM

Sunday, October 11, 1:00-3:00 PM

Sunday, November 8, 1:00-3:00 PM

Accordion Melodies of the 1890s

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

Saturday, September 19, 1:00-3:00 PM

Saturday, October 17, 1:00-3:00 PM

Saturday, November 21, 1:00-3:00 PM

Gingerbread Contest "Star Spangled Gingerbread"

Calling all Bakers and Artists!

This December we invite you to celebrate America's years of independence with a specially crafted patriotic gingerbread creation.

Farmhouse, barns, and other related scenes are encouraged to be patriotic. Show off your talent with red, white and blue. Winners will receive award ribbons and bragging rights.

Registration: Entrants must register between November 9-23. To register or for additional information, call 732-946-3758.

Entries will remain on display from December 5-13, in the Visitor Center.

Preserving the Harvest

Fall's cooler weather means the end of the growing season, so it's time to prepare for the coming winter. We'll be featuring some 19th-century techniques for food preservation, such as salting, pickling, drying, and jelling.

Sunday, September 20, 11:00 AM-3:00 PM

Cider Making Demonstration

Experience the traditional methods from the 19th century of cider making. This time-honored tradition of pressing apples for cider was produced as a staple, fermented drink that was enjoyed through dark and cold winter days.

Sunday, October 4, 12:00-2:00 PM

Traditional Quilting Demonstration

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

Sunday, October 18, 1:00-3:00 PM

Beginner Wood Carving

(adults)

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

One Session \$40.00 Per Person

Longstreet Farm Vis Ctr

Sat, Oct 24 11:00 AM-3:00 PM. F0364X

Feather Tree Workshop

(adults)

Discover the charm of feather trees, the first artificial Christmas trees, originally crafted in 19th-century Germany in response to deforestation, and made of dyed goose feathers to resemble the white pines of Europe. Join us for a hands-on workshop, where you'll craft your own heirloom-quality feather tree. All materials are included.

One Session \$50.00 Per Person

Longstreet Farm Vis Ctr

Sun, Nov 15 12:00-3:00 PM F0564A



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, Harvest Home Festival takes visitors back in time to when neighbors gathered to help with the harvest, spent time socializing and enjoying each other's company. These festivals showcased the best produce and craft work in the community; and music, games, and athletic contests provided entertainment for all who attended. Experience fun from 130 years ago with wagon rides, games, and live entertainment.

On-going craft demonstrations may inspire you to start a new hobby!

Morning Farm Chores

(ages 6 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens, and feeding the livestock at the start of the day. Children under 18 must be accompanied by an adult; chaperones are free, but please limit to one. Make sure to wear closed-toe shoes and dress for the weather.

Please Note: Due to the popularity of this program, participants may only sign up for one Morning Chores session per season. The Park System reserves the right to remove those scheduled in multiple sessions to provide an opportunity for someone on the waiting list.

One Session \$15.00 Per Person

Longstreet Farm

Sat, Sep 5 8:00-9:30 AM F0664X

Sun, Sep 20 8:00-9:30 AM F0764X

Sun, Oct 4 8:00-9:30 AM F0864X

Sat, Oct 17 8:00-9:30 AM F0964X

Sun, Nov 8 8:00-9:30 AM F1064X

Sun, Nov 22 8:00-9:30 AM F1164X

Old-Fashioned Barn Dance

(adults)

Enjoy an autumn evening at Longstreet Farm with an old-fashioned barn dance. Sue Dupre, along with the Jugtown Mountain Band, will provide the dance instruction and music. Beginners and experienced dancers are welcome to participate; this dance features a variety of square, circle, and contra dances typical to the 1890s.

One Session \$15.00 Per Person

Longstreet Farm Farm Grounds

Fri, Oct 2 7:00-9:00 PM F0164X

Rug Hooking Gathering

(adults)

Calling all rug hookers! Now is the time to gather with other rug hookers or learn techniques from experienced rug hookers. Bring an existing project or come for inspiration and get help with a new one. Be sure to bring your lunch.

Ten Sessions \$40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Sep 8-Nov 10 10:30 AM-3:30 PM . . . F0264X

HISTORIC HOLMES-HENDRICKSON HOUSE

Holmes-Hendrickson House

Holmdel Park, Holmdel

**Tours available Saturdays & Sundays
through October 18, 12:00-3:00 PM.**

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



Traditional Chair Caning Demonstration

Visit this historic house (circa 1754) to view an example of New Jersey's colonial past and observe a chair caning demonstration, an 18th-century technique often featuring a six-way hexagonal pattern that was popular in Europe and the American colonies.

Saturday, October 10, 1:00-3:00 PM



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

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

HISTORIC WALNFORD

Music on the Porch

Let the toe-tapping tunes of an acoustic duo enliven your visit to Historic Walnford!

Sunday, September 6, 1:00-3:00 PM

Sunday, October 4, 1:00-3:00 PM

Trick-or-Treat in the Park

(all ages, under 18 with adult)

Walk from building to building, where staff will provide facts about the site, as well as a treat to fill your basket!

Sunday, October 25, 12:00-2:00 PM

First Walnford, Then Wine!

(ages 21 and up)

Explore over 200 years of history across five generations as we tour Historic Walnford. Then, participants may drive around the corner to Cream Ridge Winery and join us for an optional picnic and wine tasting (\$10.00 pay on your own). The tour will take place as scheduled (weather permitting); the trip to the winery will take place after the tour and is contingent on the facility being open for business.

One Session \$10.00 Per Person

Historic Walnford Outdoor Area

Sun, Sep 20 12:00-1:00 PM. G0164A

Full Access Mill Tour

(all ages, under 14 with adult)

Take this rare 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 Waln's Mill!

One Session \$10.00 Per Person

Historic Walnford Gristmill

Sun, Oct 18 10:00-11:00 AM. G0264X

Keeping Backyard Chickens

(adults)

If you're considering keeping backyard chickens, this is the workshop for you. This course covers the basic needs of food, water, and shelter, as well as chicken growth and development; anatomy and egg production; bedding and manure handling; animal and handler health; and more. Participants will gain a comprehensive understanding of the many considerations when keeping a backyard flock. A Certificate of Completion will be provided upon successful completion of the class. This four-hour class includes a 30-minute break - please bring your own lunch/refreshments. For questions about this course, please call 732-946-3758.

Please Note: This workshop is designed to meet local ordinances that require an education course; all participants must be 18 years or older. Participants are responsible for complying with their local ordinances and zoning requirements.

One Session \$20.00 Per Adult

Historic Walnford

Sat, Oct 10 11:00 AM-3:00 PM. F0464X

Paint a Historically-Inspired Plate

(adults)

Learn about three historical china patterns: Raffallesco, Ming Dragon, and Blue Willow. You will then paint your own ceramic bisque plate and go for a guided tour of the historic site while the paint dries!

One Session \$35.00 Per Person

Historic Walnford

Sun, Oct 11 10:00 AM-12:00 PM. G0363X

HISTORIC SEABROOK-WILSON HOUSE Free

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

Bayshore Waterfront Park, Port Monmouth

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

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



Historic Portland Place Free

**Tours available Wednesday-Sunday through
November 15 at 10:30 AM, 11:30 AM, 1:30 PM
& 2:30 PM**

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

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



Historic Racing Stable Free

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

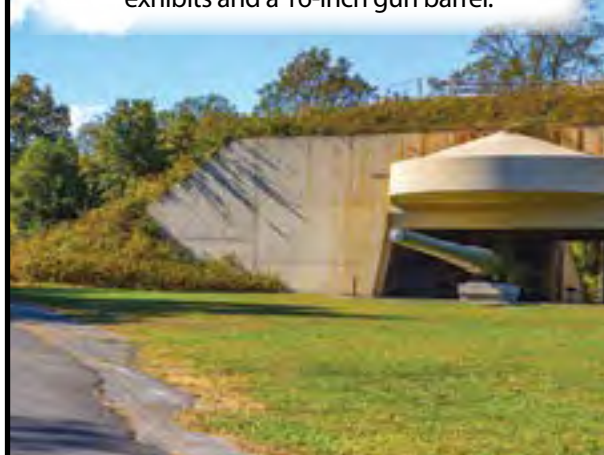
Located within the Brookdale Farm National Historic District, the historic racing stable showcases the history of Thoroughbred racing in Monmouth County through exhibits mounted within the rugged horse stalls.



Historic Battery Lewis Free

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

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



ARTS & CRAFTS

Celebrate The Great Pumpkin!

(ages 2-5, with adult)

Good grief! We all know and love Charlie Brown®, a classic American comic strip and cartoon. The fall season isn't complete without a celebration of the beloved Peanuts crew with family and friends. Enjoy story time together as we read *It's the Great Pumpkin, Charlie Brown*, followed by a themed take-home craft and more! If time allows, we may take a walk together to see if we can find the famous Great Pumpkin! This program is a great way to celebrate the fall season with mom, dad, grandma, or grandpa. The program will take place outdoors if the weather allows.

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg Classroom

Fri, Oct 23 10:00-11:00 AM. AAN64X

Sat, Oct 24 11:00 AM-12:00 PM. AAP64X

Chicka Chicka Boom Boom

(ages 2-5, with adult)

Let's learn the alphabet! *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault is a vibrant children's classic that enforces the ABCs in a silly rhyme sure to make your little one laugh. Learn some literacy skills with us as we read the book together and finish with a themed art project. We're excited to "meet you at the top of the coconut tree!"

One Session \$20.00 Parent/Child

Dorbrook Rec Area Prog Bldg Classroom

Thu, Nov 12 9:30-10:30 AM. AAS64X

Thu, Nov 12 10:45-11:45 AM. AAT64X

Friday Evening Pottery

(ages 11 and up)

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

Instructor: Kayla Robinson

Seven Sessions \$147.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 11-Oct 23 6:30-8:30 PM. Z0964X

Fri, Oct 30-Dec 18 6:30-8:30 PM. Z1064X

No class 11/27

Sunday Ceramics

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

Looking for a relaxing and creative way to spend your Sunday? Come try your hand at ceramic arts! Choose from a large selection of bisque-fired pottery pieces to glaze with your own personal style. Leave your piece with us, and we will have it glaze-fired and ready to pick up in about a week. Pre-registration is required, and space is limited. Your registration fee pays for your studio time; bisqueware is separate. Bisqueware is to be purchased on site the day of the program.

One Session \$15.00 Per Person

Thompson Pk Creative Arts Center

Sun, Sep 13 11:30 AM-1:00 PM. Z4264X

Sun, Sep 13 1:30-3:00 PM. Z4364X

Sun, Oct 4 11:30 AM-1:00 PM. Z4464X

Sun, Oct 4 1:30-3:00 PM. Z4564X

Sun, Nov 1 11:30 AM-1:00 PM. Z4664X

Sun, Nov 1 1:30-3:00 PM. Z4764X

FAMILY FUN

Jack! Sally! Zero! Oogie!

(ages 4-10, with adult)

Step into Halloween Town for a spooky-fun family adventure inspired by *The Nightmare Before Christmas!* The evening begins with a creative craft where kids design their own Jack Skellington face to take home. Families will then head to the gym for active themed games and cooperative challenges, including roll the dice with Oogie Boogie, stitch Sally back together, and help Jack dress for the holidays. The night wraps up with a Halloween Town scavenger hunt to find hidden characters and help reunite the residents of Halloween Town. A not-so-scary evening filled with creativity, movement, and family fun!

One Session \$22.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Fri, Oct 30 5:00-6:00 PM. M1064A

Fri, Oct 30 6:30-7:30 PM. M1164A

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

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

One Session \$22.00 Per Child**Fort Monmouth Rec Ctr Program Room C****Fri, Sep 18 5:00-6:00 PM M1464X****Fri, Sep 18 6:30-7:30 PM M1564X****NATURE****Critters and Jitters***(all ages, under 18 with adult)*

Meet the critters that give some people jitters! Enjoy a hayride through the rolling meadows of Huber Woods Park and a live animal presentation. A sugar pumpkin and a fun craft are included for children. This event takes place outdoors, so dress for the brisk fall weather. All participants must be registered. A lap child under the age of 2 may ride free with a paying adult.

One Session \$26.00 Parent/Child \$13.00 Additional Person**Huber Wds Pk Outdoor Area****Sun, Oct 11 10:00-11:15 AM IKS64X****Sun, Oct 11 10:45 AM-12:00 PM IKT64X****Sun, Oct 11 11:30 AM-12:45 PM IKU64X****Sun, Oct 25 10:00-11:15 AM IKV64X****Sun, Oct 25 10:45 AM-12:00 PM IKW64X****Sun, Oct 25 11:30 AM-12:45 PM IKX64X**

YOU'RE A GOOD MAN, CHARLIE BROWN

THE MUSICAL

Based on The Comic Strip
"Peanuts" by

Charles M. Schulz

Book, Music, and Lyrics by
Clark Gesner

Additional Dialogue by
Michael Mayer

Additional Music and Lyrics by
Andrew Lippa

Friday, October 2, 7:00 PM
#ACR64X

Saturday, October 3, 2:00 PM
#ACS64X

Saturday, October 3, 7:30 PM
#ACT64X

Thompson Park
Theater Barn, Lincroft

TICKETS

Adults: \$20.00

Seniors 55+: \$15.00

Children 12 & under: \$10.00

Registration is Required.

*If you wish to sit with other guests, please
list their names upon registration.*

YOU'RE A GOOD MAN, CHARLIE BROWN is presented by arrangement with
Concord Theatricals on behalf of Tams-Witmark LLC.

www.concordtheatricals.com

Creatures of the Night Wagon Rides

(all ages, under 18 with adult)

Celebrate the fall season with an interactive, family-friendly hayride that is educational, safe, and NON-SCARY FUN! Be thoroughly entertained as we put on this year's show, themed "Unlocking Nature's Magic". After your guided hayride through Huber Woods Park, enjoy some light refreshments. EACH participant, adults and children, MUST be preregistered to ride. Lap child aged 2 and under may ride free when accompanied by a paying adult. All rides begin and end at Huber Woods Environmental Center.

One Session \$16.00 Per Person

Huber Wds Pk Env Ctr

Friday, October 9

4:30-5:30 PM #IM564X • 5:00-6:00 PM #IM664X
5:30-6:30 PM #IM764X • 6:00-7:00 PM #IM864X
6:30-7:30 PM #IMB64X • 7:00-8:00 PM #IMC64X

Saturday, October 10

4:00-5:00 PM #IMD64X • 4:30-5:30 PM #IME64X
5:00-6:00 PM #IMF64X • 5:30-6:30 PM #IMG64X
6:00-7:00 PM #IMH64X • 6:30-7:30 PM #IMJ64X
7:00-8:00 PM #IMM64X • 7:30-8:30 PM #IMN64X

Friday, October 16

4:30-5:30 PM #IMK64X • 5:00-6:00 PM #IMP64X
5:30-6:30 PM #IMQ64X • 6:00-7:00 PM #IMR64X
6:30-7:30 PM #IMS64X • 7:00-8:00 PM #IMT64X

Saturday, October 17

4:00-5:00 PM #IMU64X • 4:30-5:30 PM #IMV64X
5:00-6:00 PM #IMW64X • 5:30-6:30 PM #IMX64X
6:00-7:00 PM #IMY64X • 6:30-7:30 PM #IMZ64X
7:00-8:00 PM #IN064X • 7:30-8:30 PM #IN164X

Friday, October 23

4:30-5:30 PM #IN264X • 5:00-6:00 PM #IN364X
5:30-6:30 PM #IN464X • 6:00-7:00 PM #IN564X
6:30-7:30 PM #IN664X • 7:00-8:00 PM #IN764X

Saturday, October 24

4:00-5:00 PM #IN864X • 4:30-5:30 PM #INN64X
5:00-6:00 PM #IN964X • 5:30-6:30 PM #INA64X
6:00-7:00 PM #INB64X • 6:30-7:30 PM #INC64X
7:00-8:00 PM #IND64X • 7:30-8:30 PM #INE64X



Fallen Leaf Walk*(all ages, under 18 with adult)*

Discover the beautiful colors of Autumn at our Winter Run Activity Center property, adjacent to Manasquan Reservoir. Collect and identify your favorite fallen leaves as we explore a one-mile trail with a Park System Naturalist just after the peak viewing time for New Jersey's fall foliage.

One Session \$11.75 Per Person**Manasquan River Greenway Outdoor Area****Sun, Nov 1 2:00-3:15 PM I0164X****Family Nature Days!***(ages 4 and up, under 18 with adult)*

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

One Session \$18.00 Parent/Child \$9.50 Additional Person**Freneau Wds Pk Vis Ctr Program Room 2****Sat, Nov 21 10:30 AM-12:00 PM INF64X****S'more Fun in the Fall***(ages 5 and up, with adult)*

Warm up with a fireside s'more and go for a guided nature walk with a Park System Naturalist to appreciate the autumn flora and fauna. S'more supplies will be provided, and binoculars will be available to borrow. Please dress for the weather and make sure to wear comfortable walking shoes (1.5-2 miles).

One Session \$23.00 Parent/Child \$11.50 Additional Person**Freneau Wds Pk Vis Ctr Program Room 2****Sat, Nov 21 2:00-3:15 PM. IM464X****Sunset Stroll Around Turkey Swamp Lake***(ages 5 and up, with adult)*

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

One Session \$20.00 Parent/Child \$10.00 Additional Person**Turkey Swamp Pk Council Ring****Sat, Nov 7 4:00-6:00 PM IKQ64X****World Animal Day***(ages 4 and up, under 18 with adult)*

Celebrate World Animal Day with a Park System Naturalist. You will get to enjoy a live animal show for a close encounter with some of our local native animals. Meet some insects, amphibians, and reptiles. Learn all about the life history of these interesting animals.

One Session \$10.00 Per Person**Manasquan River Greenway Winter Run****Sun, Oct 4 2:00-3:00 PM I2764X****OUTDOOR ADVENTURES****Archery Golf***(ages 9 and up, under 18 with adult)*

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

One Session \$27.00 Adult & Junior**Thompson Pk Activity Barn****Sat, Oct 3 1:00-3:00 PM W8564X****HOOKED ON FISHING BIRTHDAY PARTY***(ages 6-14)*

Plan your next party at beautiful Big Brook Park, where party-goers will learn to bait, cast, and attempt to catch some of the many bluegills and largemouth bass found in our scenic pond. Party package includes one hour of fishing followed by thirty minutes of party time in Elsa's Lodge. We provide a Park System leader and all fishing equipment; the group provides party supplies.

Please Note: We cannot guarantee that fish will be caught by your group.**Call 732-834-9606 for details, available dates, and registration.**

Delaware River Railroad and Mining Experience

(ages 10 and up, under 18 with adult)

Take your family on a historic steam engine ride along the Delaware River to the site of the Susquehanna Mining Company. We'll meet at Thompson Park, where we'll take a Park System minibus to the train station. At the first stop, you and your child will learn the history of the mine and get a bag of mining "rough" to pan for real gemstones, which you get to take home. Afterward, enjoy lunch in their beautiful picnic area and spend the rest of the afternoon playing giant checkers, cornhole, horseshoes, and tetherball. A corn maze can be added on-site for an additional \$5.00 (pay on your own). You can also purchase additional bags to pan or geodes you can crack open yourself. Then, we'll take the train back to the bus, but not before one more pit stop at a pumpkin field where every child will get to pick a free pumpkin to take home! Please pack water, a healthy snack, and a lunch for the whole family.

One Session \$75.00 Per Adult \$65.00 Per Child

Thompson Pk 3 Barns Parking Lot

Sat, Oct 17 8:00 AM-4:00 PM W3164X

Family Halloween Camping

(ages 5 and up, families, with adult)

Spend a spooktacular weekend camping with your family at the Nomoco Activity Area of Turkey Swamp Park, Freehold. Decorate your tent, carve a pumpkin, play Halloween games, go trick-or-treating, and hike in the woods at night! Each family will be provided with a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request.

\$230.00 Per Family (3-6 persons per family)

Turkey Swamp Pk Nomoco Group Campground

Sat-Sun, Oct 24-25 12:00 PM-11:00 AM . W4164X

Family Paper Turkey Hunt

(ages 9-12, with adult)

Spend the day outdoors searching for the perfect turkey for your holiday feast. Our turkey targets are not edible, but your family will enjoy using our handheld GPS units to locate them. After all your turkeys have been found. Your family will work on their aim as you use our compound bows to shoot the paper turkey targets at our archery range. No turkeys are harmed during this event.

One Session \$36.00 Adult & Junior \$21.00 Additional Sibling

Thompson Pk Activity Barn

Sat, Nov 21 12:00-2:00 PM W3864X

Autumn Outdoor Fun

Climb Time

(ages 8 and up, with adult)

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

Cost: FREE!

Friday, September 4, 3:00-6:00 PM

Seven Presidents Oceanfront Park

Friday, October 9, 3:00-6:00 PM

Shark River Park

Friday, November 6, 12:00-3:00 PM

Thompson Park Filly Run Lot

Open Shoot Archery

(ages 10 and up, under 18 with adult)

Take a shot at archery! Stop in anytime during open shoot archery to improve your archery skills at our indoor range at the Thompson Park Activity Barn. This is NOT a beginner instructional program.

If you are new to archery, register for one of our instructional classes prior to attending (pg. #). Please dress for the weather, as the Activity Barn is not heated or air-conditioned. Closed-toe shoes are required. All equipment is provided.

Cost: \$10 per person, cash or check only.

No registration necessary.

Saturday, September 12, 10:00 AM-1:00 PM

Saturday, October 10, 10:00 AM-1:00 PM

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

For more information, please call

732-842-4000, ext. 4236, or email

douglas.kalucki@monmouthcountyparks.com.

ARTS & CRAFTS

ART Capades*(ages 2-4, with adult)*

In this class, we're all about the process. Each week, children will have a new project, medium, and materials to explore and use to create their own unique works of art. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments, and more, little ones will love expressing their creativity!

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

Fort Monmouth Rec Ctr Program Room B

Thu, Sep 17-Oct 8 9:30-10:15 AM M2464X

Thu, Oct 22-Nov 12 9:30-10:15 AM M2564X

Thu, Nov 19-Dec 17 9:30-10:15 AM M2664X

No class 11/26

Craft 'n' Play*(ages 18 months-3 years, with adult)*

Spark your child's imagination while exploring colors, textures, paint, glitter, glue, and more. Children will express themselves through crafts while exploring seasons and holidays together, as well as enjoy some time in our play area.

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

Fort Monmouth Rec Ctr Program Room B

Wed, Sep 16-Oct 7 9:30-10:15 AM M3064X

Wed, Oct 21-Nov 11 9:30-10:15 AM M3164X

Wed, Nov 18-Dec 16 9:30-10:15 AM M3264X

No class 11/25

Thu, Sep 17-Oct 8 10:30-11:15 AM. M3364X

Thu, Oct 22-Nov 12 10:30-11:15 AM. M3464X

Thu, Nov 19-Dec 17 10:30-11:15 AM M3564X

No class 11/26

Dragons Love Tacos!*(ages 2-5, with adult)*

Do you love tacos? Did you know dragons do too? Let's read this silly story by Adam Rubin and learn what not to feed dragons. Afterwards, we'll make a take-home craft and make a dessert taco.

One Session \$25.00 Per Person

Dorbrook Rec Area Prog Bldg Classroom

Thu, Oct 8 9:30-10:30 AM AAQ64X

Thu, Oct 8 10:45-11:45 AM.AAR64X

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

In these art classes, artful squiggles are soon followed by proud grins! Your child will be inspired by fun and creative activities designed to enhance motor skills and develop language and social skills while completing projects using fun and safe materials. A supply fee of \$10.00 is payable to the instructor at the first class.

Six Sessions \$104.00 Per Child

Freneau Wds Pk Vis Ctr Art Room

Wed, Sep 16-Oct 21 11:30 AM-12:30 PM . . .ZBV64A

Wed, Oct 28-Dec 9 11:30 AM-12:30 PM . . .ZBW64A

No class 11/25

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 22-Oct 27 11:30 AM-12:30 PM . .ZAW64A

Tue, Nov 3-Dec 8 9:00-10:00 AMZAX64A

Henry Hudson Trail Act Ctr

Thu, Sep 24-Oct 29 11:30 AM-12:30 PM . .ZAY64A

Thu, Nov 5-Dec 17 11:30 AM-12:30 PM . . .ZAZ64A

No class 11/26

Let's Create!*(ages 2-4, with adult)*

Let's spend some creative time together! Play is an important and exciting part of childhood development. You and your little one will have circle time working on socialization and fine motor skills, featuring a story, followed by an art project to bring home.

Six Sessions \$77.00 Parent/Child

Dorbrook Rec Area Prog Bldg Classroom

Fri, Sep 11-Oct 16 10:30-11:15 AM.AA064X

Sat, Oct 24-Nov 28 9:30-10:15 AMAAM64X

Thu, Oct 22-Dec 3 10:45-11:30 AM.AA164X

No class 11/26

Messy Art*(ages 18 months-3 years, with adult)*

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

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

Fort Monmouth Rec Ctr Program Room B

Wed, Sep 16-Oct 7 10:30-11:15 AMM2764X

Wed, Oct 21-Nov 11 10:30-11:15 AMM2864X

Wed, Nov 18-Dec 16 10:30-11:15 AMM2964X

No class 11/25

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



**SATURDAY,
SEPTEMBER 19**

11:00 AM – 5:00 PM

**BAYSHORE WATERFRONT PARK,
PORT MONMOUTH**

FREE ADMISSION • FREE PARKING

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

ACTIVITIES LIST:

- KAYAKING
- FISHING
- KITE FLYING
- CRABBING
- SANDCASTLE BUILDING
- SEINING
- SHELLING
- 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



CULINARY ARTS

Fall Harvest Cupcakes

(ages 8-12, with adult)

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

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Sep 19 10:00 AM-12:30 PM. M6464X

Halloween Cat Cut-Up Cake

(ages 8-12, with adult)

The lost art of cut-up cakes is making a comeback. What are they, you ask? These simple cakes are made from single-layer cakes that are cut into geometric-shaped pieces, rearranged, and iced to make beautiful designs – like our Halloween cat! This is a design class! We will use Devil's food cake mix in this program. We will demo the techniques and then have fun assembling and decorating our own cats.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Oct 16 6:00-8:30 PM M6764X

Sat, Oct 24 10:00 AM-12:30 PM. M6864X

Thanksgiving Turkey Cake

(ages 8-12, with adult)

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

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Fri, Nov 13 6:00-8:30 PM M6964X

Sat, Nov 21 10:00 AM-12:30 PM M7064X



Wee Can Cook

(ages 3-4, with adult)

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

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

Four Sessions \$74.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Sep 8-29 10:00-11:00 AM A4364X

Fri, Sep 11-Oct 2 10:00-11:00 AM A4464X

Tue, Oct 13-Nov 3 10:00-11:00 AM. A4564X

Fri, Oct 16-Nov 13 10:00-11:00 AM A4664X

No class 11/6

Wizarding Treats & Spooktacular Appetizers "Mash Up"

(ages 8-13, with adult)

This Halloween, surprise your friends with edible creations inspired by the Wizarding World of Harry Potter! From the halls of Hogwarts, Professor Dumbledore has officially appointed Mrs. Chef, aka Lisa Wolff, as Wizard of Culinary Arts to show our young wizards and witches how to make the perfect delectable creations fit for a feast. This year, we will include some fan favorites from our Spooktacular Appetizers program.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Oct 10 10:00 AM-1:00 PM. M6664X

EDUCATION & ENRICHMENT

Alphabet Adventures

(ages 3-5, with adult)

Students will be introduced to the alphabet, consonants and vowels, letter sounds, and word building. All sessions will include a whole-group lesson with a story. Children will then complete a craft related to the session's focus, as well as center activities incorporating fine and gross motor skills. Led by a NJ Certified Teacher (K-6).

Six Sessions \$77.00 Per Person

Dorbrook Rec Area Prog Bldg Classroom

Wed, Sep 9-Oct 14 9:30-10:15 AM A9364X

Wed, Oct 21-Nov 25 9:30-10:15 AM A9564X

Fall Reading Fun!

(ages 2-5, with adult)

Join us for some fun as we read and sing some of our favorite children's songs through stories! Whether the author changes all the words or adds silly new verses, these song stories are sure to bring laughter and smiles. We will read, sing, move, and play. A take-home craft will finish up our story adventure.

One Session \$20.00 Per Person

Dorbrook Rec Area Prog Bldg Classroom

Fall Leaves

Let's explore the colors of fall

Sat, Sep 26 11:00 AM-12:00 PM. AAG64X

Halloween Fun

A fun action-packed Halloween story with a surprise ending

Sat, Oct 17 11:00 AM-12:00 PM. AAH64X

Pie Time

What a tasty treat a fall pie can be!

Sat, Nov 14 11:00 AM-12:00 PM AAJ64X

Little Learners

(ages 2-5, with adult)

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

Six Sessions \$77.00 Parent/Child

Dorbrook Rec Area Prog Bldg Classroom

Fri, Sep 11-Oct 16 9:30-10:15 AM A9864X

Thu, Oct 22-Dec 3 9:30-10:15 AM A9964X

No class 11/26

Keyboard Beginnings Music - Level 1 Beginners

(ages 4 ½-6, with adult)

Young children are fascinated by musical sounds. They naturally respond to rhythms and love to sing familiar melodies. Children who love to sing, dance, and are curious about musical instruments will enjoy Ms. Judy Kagel's class. Children will learn the names of the musical keys and play short songs on keyboards provided in the classroom. It is highly recommended that your child have access to a keyboard or piano at home for short follow-up assignments. Parents are asked not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit. Children will receive a music book for home practice, a rhythm instrument, crayons, and lesson outlines. On the first day of class, please be prepared to pay a materials fee of \$28.00 to the instructor.

Seven Sessions \$162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 28-Nov 9 4:00-4:45 PM. A5864X

Mon, Sep 28-Nov 9 5:00-5:45 PM. A5964X

“

*Judy Kagel is excellent and so good
with the kids! We cannot wait to
take another class with her.
She is truly the best!*

”

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

Morning Tea Party

(ages 2-5, with adult)

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

One Session \$25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Apples, Apples

Thu, Sep 17 10:00-10:45 AM.AA264X

Thu, Sep 17 11:00-11:45 AM.AA364X

Sat, Sep 19 11:00-11:45 AM.AA464X

Teddy Bear Teatime

Thu, Oct 1 10:00-10:45 AM.AA564X

Thu, Oct 1 11:00-11:45 AM.AA664X

Sat, Oct 10 11:00-11:45 AM.AA764X

Woodland Friends

Thu, Oct 15 10:00-10:45 AM.AA864X

Thu, Oct 15 11:00-11:45 AM.AA964X

Halloween Fun

Mon, Oct 26 10:00-10:45 AM.ACZ64X

Mon, Oct 26 11:00-11:45 AM.AD064X

Sat, Oct 31 11:00-11:45 AM.AAC64X

Gobble Gobble

Sat, Nov 21 11:00-11:45 AM.AAF64X

Mon, Nov 23 10:00-10:45 AM.AD164X

Mon, Nov 23 11:00-11:45 AM.AD264X



NATURE

All About Owls

(ages 5 and up, with adult)

Learn about our local owls of Monmouth County. During this program, you and your child will identify owls by sight and sound, learn about their diet by dissecting an owl pellet, and go for a guided walk at dusk in hopes of hearing some owls calling.

One Session \$25.00 Parent/Child \$12.50 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Fri, Nov 13 4:30-5:45 PM.IM364X

Autumn Adventures

(ages 3-5, with adult)

The warm weather has wound down, but that doesn't mean we can't enjoy spending time outside. Join us each week during this preschool series as we explore a different topic of nature. We will wander the natural world while opening our eyes and ears to our various surroundings. Sessions will include a short walk, games, and crafts suited for young children. At times, part of this program will take place indoors.

Four Sessions \$54.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Sep 9-30 10:00-11:15 AM (approx) . . IKY64X

Curious Kids

(ages 3-5, with adult)

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

Three Sessions \$42.00 Parent/Child

Huber Wds Pk Env Ctr

Tue, Sep 1-15 10:00-11:00 AM (approx) . . IM164X

Hue Hike

(ages 3-5, with adult)

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

One Session \$12.00 Parent/Child

Holmdel Pk Forest Edge Shelter

Thu, Oct 15 10:00-11:00 AM IM964X

Huber Wds Pk Outdoor Area

Wed, Oct 21 10:00-11:00 AM IMA64X

My First Fish

(ages 6-12, with adult)

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

One Session \$16.00 Per Child

Turkey Swamp Pk

Sat, Sep 26 10:00-11:30 AM I0764X

My First Nature Box

(ages 2 ½-5, with adult)

Your child will have fun making their first nature box to keep all those special items they love to collect. Then we'll go on a short walk and scavenger hunt to fill them up with natural treasures.

One Session \$15.00 Per Child

Manasquan River Greenway Winter Run

Thu, Oct 8 11:00-11:45 AM. I0664X

National Wildlife Day

(ages 4 and up, under 18 with adult)

Celebrate National Wildlife Day with a Park System Naturalist! Enjoy a live animal show as we meet some of our local wildlife. Learn fun facts, life histories, and the habitats these creatures can be found in. You will meet and have an up-close encounter with insects, amphibians, and reptiles that call Monmouth County home.

One Session \$10.00 Per Person

Manasquan River Greenway Winter Run

Fri, Sep 4 5:00-6:00 PM I1864X

Nature Story Time at Huber Woods Environmental Center

(ages 2-5, with adult)

Children ages 2-5 and their guardians are invited to join us for a nature-themed story time. Each session will be approximately 30 minutes and offer the opportunity to get hands-on with nature knick-knacks. Sessions are free, but space is limited, and pre-registration is required.

One Session FREE!

Huber Wds Pk Env Ctr

Thu, Nov 12 10:00-10:30 AM PIKR6A

Tue, Nov 24 10:00-10:30 AM. PIKS6A

Oh My Gourd!

(ages 5 and up, with adult)

Let's celebrate fall with a fun take-home harvest craft that won't expire! We will start our program by learning how plants grow. Then, following the craft, we may take a short nature walk. Weather permitting, the walk may be replaced by an indoor nature presentation.

One Session \$14.50 Per Child

Manasquan River Greenway Winter Run

Sat, Nov 7 10:00-11:00 AM. I0264X



Learning about plant growth teaches children about nature, improves physical coordination, and builds patience and responsibility.

DID YOU KNOW?

OUTDOOR ADVENTURES

After Work Tot Trot ^{NEW}

(ages 2-5, with adult)

Are you looking for something to help break up the work week? Come out and take a stroll through our parks and see them through younger eyes. This hike is designed for kids with little legs and short attention spans and for their guardians who want to spend a little more time outside with them. Please pack a snack, water, and dress for an early evening event.

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

Holmdel Pk Hilltop Area

Tue, Sep 22 5:30-7:00 PM. W3464X

Hiking Adventures

(ages 2-5, with adult)

Enjoy a refreshing outing 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. Actual hiking time and distance will vary with the group's stamina. Additional children under the age of 2 are welcome to join in at no charge. Please bring a back or front carrier for children who tire easily, as strollers are not suitable for the trails.

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

Thompson Pk Old Orchard Parking Lot

Sat, Sep 5 10:00-11:30 AM. W0764X

Hartshorne Wds Pk Buttermilk Valley Parking Lot

Sat, Oct 3 10:00-11:30 AM. W0864X

Clayton Pk Emley's Hill Lot

Sat, Nov 14 10:00-11:30 AM. W0964X

Leaf Jumpers

(ages 2-5, with adult)

Get ready to jump, stomp, and crunch your way through an exciting fall adventure! Explore the colorful woods, dive into piles of crunchy leaves, and enjoy the sights and sounds of autumn-while your little ones let their curiosity run wild. Perfect for tiny explorers and parents who need to leave the house for some fresh air. Bring a snack, water, and let's jump into the fall fun together!

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

Holmdel Pk Hilltop Area

Tue, Nov 10 10:00-11:30 AM. W3064X



Nature Tots

(ages 2-5, with adult)

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

Three Sessions \$45.00 Parent/Child \$18.00 Additional Sibling

River Otter Series

9/9 - Manasquan Res Env Ctr Lot

9/16 - Shark River Pk Shelter Bldg

9/23 - Big Brook Lower Pond Lot

Wed, Sep 9-23 10:00-11:30 AM. W1064X

Deer Series

10/1 - Thompson Pk Old Orchard Lot

10/8 - Hartshorne Wds Pk Buttermilk Valley Lot

10/15 - Tatum Pk Red Hill Lot

Thu, Oct 1-15 10:00-11:30 AM. W1164X

Sparrow Series

11/6 - Holmdel Pk Pond View Lot

11/13 - Huber Woods Env Ctr Lot

11/20 - Turkey Swamp Pk Shelter Bldg

Fri, Nov 6-20 10:00-11:30 AM. W1264X

PLAY GROUP

Ballet Together*(ages 2 ½-3 ½, with adult)*

We are excited to offer this pre-ballet class for our youngest students and their parent/caregiver! Your little one will be introduced to basic ballet movement through the use of props and fun songs. Adults should be dressed to move for the entire class. Students should wear ballet shoes and attire.

Ten Sessions \$125.00 Per Pair**Tatum Pk Red Hill Act Ctr****Tue, Sep 8-Nov 10 9:30-10:15 AMA6764X****Wed, Sep 9-Nov 11 9:30-10:15 AM.A6864X****Let's Explore***(ages 2-5, with adult)*

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

Six Sessions \$77.00 Per Pair**Dorbrook Rec Area Prog Bldg Classroom****Wed, Sep 9-Oct 14 10:30-11:15 AMA9664X****Sat, Sep 12-Oct 17 9:30-10:15 AMABB64X***No class 9/21 & 10/12***Mon, Sep 14-Nov 2 10:00-10:45 AMA8564X***No class 9/21 & 10/12***Mon, Sep 14-Nov 2 11:00-11:45 AMA8664X***No class 9/21 & 10/12***Wed, Oct 21-Nov 25 10:30-11:15 AMA9764X****Mon, Nov 9-Dec 14 10:00-10:45 AMA8764X****Mon, Nov 9-Dec 14 11:00-11:45 AMA8864X**

My daughter is spoiled by the quality of programs being offered by the Park System.

She can't wait to do the next programs we've signed up for!

**Morning Playtime***(ages 18 months-3 years, with adult)*

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

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

Stage 2*(ages 18 months-2 years, with adult)***Four Sessions \$52.00 Parent/Child****Tatum Pk Holland Act Ctr****Wed, Oct 21-Nov 18 9:30-10:15 AMXE264X***No class 11/4***Five Sessions \$65.00 Parent/Child****Dorbrook Rec Area Vis Ctr****Thu, Sep 10-Oct 8 9:15-10:00 AMXDE64X****Thu, Oct 22-Nov 19 9:15-10:00 AMXDF64X****Tatum Pk Holland Act Ctr****Wed, Sep 9-Oct 7 9:30-10:15 AMXE164X****Thompson Pk Vis Ctr Tulip Room****Wed, Sep 9-Oct 7 9:15-10:00 AMXDC64X****Wed, Oct 21-Nov 18 9:15-10:00 AMXDD64X****Stage 3***(ages 2-3 years, with adult)***Four Sessions \$52.00 Parent/Child****Tatum Pk Holland Act Ctr****Wed, Oct 21-Nov 18 10:15-11:00 AMXE464X***No class 11/4***Five Sessions \$65.00 Parent/Child****Dorbrook Rec Area Vis Ctr****Thu, Sep 10-Oct 8 10:15-11:00 AM.XDJ64X****Thu, Oct 22-Nov 19 10:15-11:00 AM.XDK64X****Tatum Pk Holland Act Ctr****Wed, Sep 9-Oct 7 10:15-11:00 AMXE364X****Thompson Pk Vis Ctr Tulip Room****Wed, Sep 9-Oct 7 10:15-11:00 AMXDG64X****Wed, Oct 21-Nov 18 10:15-11:00 AMXDH64X**

Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

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

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr

Mon, Sep 14-Nov 9 9:30-10:15 AM. ABQ64X

No class 10/12

Mon, Sep 14-Nov 9 10:30-11:15 AM. ABR64X

No class 10/12

Fri, Sep 18-Nov 6 9:30-10:15 AM. ABS64X

Fri, Sep 18-Nov 6 10:30-11:15 AM. ABT64X

Sat, Sep 19-Nov 7 9:00-9:45 AM. ABU64X

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Sep 15-Nov 10 9:30-10:15 AM. AC764X

No class 11/3

Tue, Sep 15-Nov 10 10:30-11:15 AM. AC864X

No class 11/3

Wed, Sep 16-Nov 4 9:30-10:15 AM. AC964X

Wed, Sep 16-Nov 4 10:30-11:15 AM. ACA64X

MOVE Grown Up and Me

(ages 18 months-3 years, with adult)

MOVE is an engaging movement class designed for children to build strong bodies and active minds. Through dance, creative play, and themed activities, children explore balance, coordination, rhythm, and self-expression while having fun! Each class blends different elements of dance to support gross motor development, boost confidence, and encourage a lifelong love of moving.

Six Sessions \$72.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Sep 9-Oct 14 10:00-10:45 AM. A0764X

Wed, Oct 28-Dec 2 10:00-10:45 AM. A0864X

My Morning Playtime

(ages 3-4, with adult)

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

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

Five Sessions \$65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Sep 10-Oct 8 11:15 AM-12:00 PM. . . . XDP64X

Thu, Oct 22-Nov 19 11:15 AM-12:00 PM. . . . XDQ64X

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 9-Oct 7 11:15 AM-12:00 PM. . . . XDM64X

Wed, Oct 21-Nov 18 11:15 AM-12:00 PM. . . . XDN64X

PreK Prep

(ages 3-4, with adult)

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

Four Sessions \$52.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Oct 22-Nov 19 11:30 AM-12:15 PM. . . . XEG64X

No class 11/5

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 18-Oct 9 11:30 AM-12:15 PM. . . . XEH64X

Fri, Oct 23-Nov 20 11:30 AM-12:15 PM. . . . XEJ64X

No class 11/6

Five Sessions \$65.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Sep 10-Oct 8 11:30 AM-12:15 PM. . . . XEF64X

Sensory Explorers

(ages 9 months-3 years, with adult)

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

Six Sessions \$70.00 Per Pair

Dorbrook Rec Area Prog Bldg Classroom

(ages 9 months-18 months, with adult)

Tue, Sep 8-Oct 13 10:00-10:45 AM A8964X

Tue, Oct 27-Dec 1 10:00-10:45 AM A9164X

(ages 18 months-3 years, with adult)

Tue, Sep 8-Oct 13 11:00-11:45 AM A9064X

Tue, Oct 27-Dec 1 11:00-11:45 AM A9264X

Superheroes

(ages 2 ½-5, with adult)

Let your child's imagination run wild as they unleash their inner superhero! After we read a superhero story, we will soar, climb, jump, run, and, most importantly, have fun! Exciting games and activities are designed to build confidence and independence as well as encourage teamwork and problem-solving skills. This unique program will feature a different superhero every week. All your child needs are sneakers and a superhero spirit!

Five Sessions \$70.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Avengers Assemble

Including heroes: Captain America, Spiderman, and Hulk

Mon, Sep 21-Oct 26 9:30-10:15 AM M0264X

No class 10/12

Mon, Sep 21-Oct 26 10:30-11:15 AM . . . M0364X

No class 10/12

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Nov 9-Dec 7 9:30-10:15 AM M0464X

Mon, Nov 9-Dec 7 10:30-11:15 AM. . . . M0564X

The Power of Play

(ages 2-4, with adult)

Few activities are more important for a child's development than play. Each structured session will use games, short demos, and recreation to reinforce following directions, taking turns, fine and gross motor skills, coordination, social and dramatic play, and the repetition necessary to learn new skills. A fun, age-appropriate introduction to competition, winning and losing, and literally overcoming obstacles. Fire up your child's muscles, socialization, and imagination all at once.

Four Sessions \$56.00 Per Person

Fort Monmouth Rec Ctr Gym A

Fri, Oct 2-23 9:30-10:15 AM M0664X

Fri, Oct 2-23 10:30-11:15 AM M0764X

Fri, Nov 13-Dec 11 9:30-10:15 AM M0864X

No class 11/27

Fri, Nov 13-Dec 11 10:30-11:15 AM M0964X

No class 11/27

When You Wish Upon a Star

(ages 2-4, with adult)

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

Tatum Pk Holland Act Ctr

Four Sessions \$52.00 Per Person

Wed, Oct 21-Nov 18 11:30 AM-12:15 PM. . XE664X

No class 11/4

Five Sessions \$65.00 Per Person

Wed, Sep 9-Oct 7 11:30 AM-12:15 PM. . . XE564X



SPORTS & FITNESS

Baby & Me Yoga*(ages 1 month-12 months, with parent)*

A supportive, uplifting, and connection-based class for mothers and their babies. This Baby & Me Yoga Series is designed to support postpartum healing, encourage early development, and strengthen the bond between you and your baby. It's the perfect way to get out of the house with your little one while meeting other families in the same area and life stage as you! Each class includes gentle yoga for you, playful movement for your baby, and grounding breathwork that helps you feel both centered and connected. This class is pressure-free - feeding, changing, and soothing are always welcome. Please bring a yoga mat and a soft blanket for your baby to lie on.

Instructor: Rachel Ballington — Founder of Mama's Mindful Yoga LLC; Postnatal Yoga Instructor; Trained under Sri Dharma Mitra in 2018; Parent-Child Programming Specialist

Four Sessions \$72.00 Per Person**Seven Presidents Pk Act Ctr****Thu, Sep 10-Oct 1 2:00-3:00 PM XEP64X****Thu, Oct 8-29 2:00-3:00 PM XEQ64X****Basketball with Me & Dad/Mom***(ages 5-6, with adult)*

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

Four Sessions \$60.00 Parent/Child**Dorbrook Rec Area****Sat, Oct 17-Nov 7 9:00-9:55 AM. X6064X****Fort Monmouth Sport Court****Sat, Sep 12-Oct 3 9:00-9:55 AM. X5364X****Mon, Sep 14-Oct 5 4:00-4:55 PM X5664X****Basketball with Me & Dad/Mom Clinic***(ages 5-6, with adult)*

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

One Session \$15.00 Per Person**Dorbrook Rec Area****Sun, Oct 25 9:00-9:55 AM X6964X****Fort Monmouth Sport Court****Sun, Sep 13 9:00-9:55 AM X6364X****Sun, Sep 27 9:00-9:55 AM X6664X****Cuddle Flow: Baby & Me Yoga***(ages 3 months-12 months, with adult)*

A sweet, welcoming space to move, breathe, and bond with your little one. Baby & Me Yoga is a gentle, feel-good class designed for parents and caregivers to stretch, relax, and connect, both with their baby and with other families in the community. We'll explore simple yoga poses, calming songs, and soothing techniques that support wellness, ease tension, and help you slow down and be present together. Come as you are, enjoy a great stretch, and leave feeling a little more grounded, supported, and connected. Bring a yoga mat and a small blanket.

Instructor: Nicole Curtis, a 200hr Registered Yoga Teacher (RYT), mama, and fitness lover with over a decade of experience educating children and teens

Four Sessions \$60.00 Per Adult**Freneau Wds Pk Vis Ctr Program Room 1****Sat, Sep 26-Oct 17 9:00-10:00 AM XDA64X****Gymnastics***(ages 2-3, with adult)*

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

All American Gymnastics Cindy Lane, Ocean**Three Sessions \$52.00 Per Pair****Thu, Nov 5-19 9:30-10:15 AM MA564A****Thu, Nov 5-19 10:30-11:15 AM MA764A****Four Sessions \$70.00 Per Pair****Sat, Sep 5-26 9:00-9:45 AM M7564A****Sat, Sep 5-26 11:00-11:45 AM. M7964A****Sat, Sep 5-26 12:00-12:45 PM. M8364A****Thu, Sep 10-Oct 1 9:30-10:15 AM M7164A****Thu, Sep 10-Oct 1 10:30-11:15 AM. M7364A****Sat, Oct 3-24 9:00-9:45 AM. M9264A****Sat, Oct 3-24 11:00-11:45 AM. M9664A****Sat, Oct 3-24 12:00-12:45 PM MA064A****Thu, Oct 8-29 9:30-10:15 AM M8864A****Thu, Oct 8-29 10:30-11:15 AM M9064A****Sat, Oct 31-Nov 21 9:00-9:45 AM. MA964A****Sat, Oct 31-Nov 21 11:00-11:45 AM MAD64A****Sat, Oct 31-Nov 21 12:00-12:45 PM MAH64A**

Happy Little Yogis: Toddler & Me Yoga

(ages 1-3, with adult)

A gentle, playful class where parents and toddlers share movement, breath, and lots of snuggles. Toddler & Me Yoga blends simple yoga poses, songs, and imaginative movement to help little ones build flexibility, strength, balance, and coordination. Our mindful movement supports important social-emotional skills like focus, self-regulation, body awareness, and confidence. Through breathing and playful exploration, toddlers learn healthy ways to move, calm their bodies, and express themselves. For caregivers, it's a chance to slow down, share quality time, and enjoy gentle movement alongside your child, laying the foundation for lifelong well-being together. Bring a yoga mat for you and your child, and your child's favorite stuffed animal.

Instructor: Nicole Curtis, a 200hr Registered Yoga Teacher (RYT), mama, and fitness lover with over a decade of experience educating children and teens

Four Sessions \$52.00 Per Adult

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Sep 26-Oct 17 10:30-11:15 AMXDB64X

Hat Trick Hockey - Mites

(age 3, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Thu, Oct 8-29 4:00-4:55 PMX4864X

Sat, Oct 10-31 9:00-9:55 AM.X5064X

Fort Monmouth Rec Ctr Gym A

Thu, Sep 10-Oct 1 4:30-5:25 PMX4364X

Sat, Sep 12-Oct 3 9:00-9:55 AM.X4564X

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

Have fun, play soccer - in that order. The basic concepts of soccer will be taught through games, demonstrations, and modified drills. Small classes are designed to exercise and encourage. Walk-along parent assistance is required.

Outdoor Season

Three Sessions \$45.00 Per Child

Dorbrook Rec Area

Wed, Oct 14-28 4:00-4:45 PMXAY64X

Mon, Oct 19-Nov 2 10:00-10:45 AMXAU64X

Mon, Oct 19-Nov 2 11:00-11:45 AMXAV64X

Four Sessions \$60.00 Per Child

Dorbrook Rec Area

Wed, Sep 9-30 4:30-5:15 PM.XA264X

Sat, Sep 12-Oct 3 9:00-9:45 AM.XA764X

Sun, Sep 13-Oct 4 9:00-9:45 AMXAJ64X

Sun, Sep 13-Oct 4 10:00-10:45 AM.XAK64X

Mon, Sep 14-Oct 5 10:00-10:45 AMX9464X

Mon, Sep 14-Oct 5 11:00-11:45 AMX9564X

Sat, Oct 17-Nov 7 9:00-9:45 AM.XB264X

Sun, Oct 18-Nov 8 9:00-9:45 AMXB864X

Sun, Oct 18-Nov 8 10:00-10:45 AMXB964X

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 8-29 9:30-10:15 AMX9764X

Tue, Oct 13-Nov 3 9:30-10:15 AMXAW64X

Sat, Oct 17-Nov 7 9:00-9:45 AM.XB564X

Sat, Oct 17-Nov 7 10:00-10:45 AMXB664X

Holmdel Pk Hilltop Area

Fri, Sep 11-Oct 2 9:30-10:15 AMXA564X

Fri, Sep 11-Oct 2 10:30-11:15 AMXA664X

Sat, Sep 12-Oct 10 9:00-9:45 AMXAD64X

No class 10/3

Sat, Sep 12-Oct 10 10:00-10:45 AMXAF64X

No class 10/3

Fri, Oct 16-Nov 6 9:30-10:15 AMXB064X

Fri, Oct 16-Nov 6 10:30-11:15 AMXB164X

Indoor Season

Four Sessions \$60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sat, Nov 14-Dec 12 9:00-9:45 AMXBD64X

No class 11/28

Sat, Nov 14-Dec 12 10:00-10:45 AMXBE64X

No class 11/28

Sun, Nov 15-Dec 13 10:30-11:15 AMXBG64X

No class 11/29

Tue, Nov 17-Dec 8 9:30-10:15 AMXBK64X

“

*This was a wonderful program!
The coach was great, especially
when it came to keeping all the
children engaged.*

”

Kidz Yoga

(ages 4-8, with adult)

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

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

Five Sessions \$85.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Sep 13-Oct 11 11:30 AM-12:00 PM . . X3564X

Sun, Oct 25-Nov 22 11:30 AM-12:00 PM . . X3964X

Kixx Soccer & Crafts

(ages 3-5, with adult)

Learn, play, create. Expand your toddler's abilities while we combine age-appropriate sports activities with related art projects. Get a head start on early preschool skills, including socialization, following directions, sharing, and transitions. Each class will start with basic soccer skills and games focusing on gross motor skills, then we will work on our fine motor skills creating art projects. Come play a game of Red Light, Green Light, and then make your own traffic light.

Four Sessions \$64.00 Per Person

Outdoor Season

Fort Monmouth Rec Ctr Outdoor Area

Tue, Sep 8-29 10:30-11:15 AMXA064X

Tue, Oct 13-Nov 3 10:30-11:15 AM.XAX64X

Indoor Season

Fort Monmouth Rec Ctr Gym A

Tue, Nov 17-Dec 8 10:30-11:15 AM XBM64X

Mini-Hawk Multi Sport

(ages 4-6, with adult)

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

Six Sessions \$110.00 Per Person

Dorbrook Rec Area

Mon, Sep 14-Oct 26 4:00-4:50 PM XDW64A

No class 10/12

Mini Pee Wee Sports

(ages 2-3, with adult)

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

Four Sessions \$52.00 Parent/Child

Big Brook Pk Elsas Lodge

Thu, Oct 22-Nov 19 9:30-10:15 AMXE864X

No class 11/5

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 18-Oct 9 9:30-10:15 AMXE964X

Fri, Oct 23-Nov 20 9:30-10:15 AMXEA64X

No class 11/6

Five Sessions \$65.00 Parent/Child

Big Brook Pk Elsas Lodge

Thu, Sep 10-Oct 8 9:30-10:15 AMXE764X



When children become involved in sports at a young age they may more rapidly develop motor skills while also increasing self-confidence and building healthy bodies.

DID YOU KNOW?



Pee Wee Sports

(ages 3-5, with adult)

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

Four Sessions \$52.00 Parent/Child

Big Brook Pk Elsas Lodge

Thu, Oct 22-Nov 19 10:30-11:15 AM.XEC64X

No class 11/5

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Sep 18-Oct 9 10:30-11:15 AMXED64X

Fri, Oct 23-Nov 20 10:30-11:15 AMXEE64X

No class 11/6

Five Sessions \$65.00 Parent/Child

Big Brook Pk Elsas Lodge

Thu, Sep 10-Oct 8 10:30-11:15 AM.XEB64X

T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

Four Sessions \$60.00 Parent/Child

Dorbrook Rec Area

Tue, Sep 8-29 4:00-4:55 PMX7964X

Sat, Sep 12-Oct 3 9:00-9:55 AM.X7264X

Sun, Sep 13-Oct 4 9:00-9:55 AMX7664X

Sat, Oct 17-Nov 7 9:00-9:55 AM.X8164X

Sun, Oct 18-Nov 8 9:00-9:55 AMX8564X

Toddler & Me Yoga

(ages 12 months-3 ½ years, with adult)

A playful, movement-filled yoga class designed to support your toddler's natural curiosity, coordination, and emotional development. Through simple poses, music, creative movement, and early mindfulness tools, toddlers build body awareness, confidence, and connection — all while sharing a fun, intentional experience with their grown-up. The environment is relaxed and judgment-free, allowing plenty of room for wobbling, exploring, and giggles. Please bring one yoga mat per adult/toddler pair.

Instructor: Rachel Ballington — Founder of Mama's Mindful Yoga LLC; Toddler Yoga Instructor; Trained under Sri Dharma Mitra in 2018; Parent-Child Programming Specialist

Four Sessions \$72.00 Per Person

Seven Presidents Pk Act Ctr

Thu, Sep 10-Oct 1 3:00-4:00 PMXER64X



MONMOUTH COUNTY PARK SYSTEM

THOMPSON PARK DAY

SUNDAY, OCTOBER 18

11:00 AM-5:00 PM

THOMPSON PARK, LINCROFT



Celebrate the magic of autumn with this annual family-friendly event that features:

Pumpkin Painting • Scarecrow Contest • Pumpkin Carving Contest
Pie Eating Contests • Rides • Kids' Races • Ceramics • Climbing Wall
Wagon Rides • Entertainment • Archery • Pottery Demonstrations
Food Vendors • And So Much More!

For full details, visit us online at www.MonmouthCountyParks.com.



ARTS & CRAFTS

CERAMICS & POTTERY

Children's Ceramics

(ages 8-16)

Pre-cast ceramic items (purchased separately at the center) will be decorated. Learn about greenware, bisque, underglaze, and glaze. Class fee includes instruction, tools, firings, underglaze and glaze.

Six Sessions \$90.00 Per Child**Thompson Pk Creative Arts Center****Sat, Sep 12-Oct 17 9:30-11:30 AM Z2864X****Sat, Oct 31-Dec 12 9:30-11:30 AM Z2964X***No class 11/28*

Children's Handbuilding with Clay

(ages 7-10)

Learn the basics of handbuilt pottery while creating exciting decorative and functional works of art! Each week, students will be led through a clay project that will be formed using traditional hand-building techniques such as pinch pot and slab construction. Afterwards, students will be encouraged to use their creativity to paint and decorate their pottery using our bright and colorful glazes. All materials are included in the class fee.

Six Sessions \$112.00 Per Child**Thompson Pk Creative Arts Center****Fri, Sep 11-Oct 16 4:30-6:00 PM Z1664X****Fri, Oct 30-Dec 11 4:30-6:00 PM Z1764X***No class 11/27*

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. The instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes, and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions \$147.00 Per Child**Thompson Pk Creative Arts Center**

Instructor: Joyce Nokes

Thu, Sep 10-Oct 22 4:00-6:00 PM. Z2264X**Thu, Oct 29-Dec 17 4:00-6:00 PM. Z2464X***No class 11/26*

Instructor: John Fossa

Sat, Sep 12-Oct 24 9:00-11:00 AM Z2664X**Sat, Oct 31-Dec 19 9:00-11:00 AM Z2764X***No class 11/28*

Halloween Candy Bowl

(ages 7-12)

Follow along with the instructor to paint your very own spooky ceramic candy bowl! Use it as a decoration or for all your Halloween treats. The candy bowl will be kiln-fired and ready for pick-up the following week.

One Session \$40.00 Per Child**Thompson Pk Creative Arts Center****Sat, Oct 10 12:00-1:15 PM Z3264X****Sat, Oct 10 1:45-3:00 PM Z3364X**Sculpt a Halloween Monster

(ages 6-11)

Get into the Halloween spirit by sculpting your very own spooky or silly clay monster! Participants will be guided through the project using handbuilding techniques, then will use their imagination to paint and decorate their unique clay monsters. Projects will be kiln-fired and ready for pick up two weeks after the class.

One Session \$42.00 Per Person**Thompson Pk Creative Arts Center****Sat, Oct 3 12:00-1:30 PM Z3864X****Sat, Oct 3 2:00-3:30 PM Z3964X**

Sculpt a Pumpkin

(ages 6-10)

It's time to start the fun fall festivities by creating a clay pumpkin in our pottery studio! In this workshop, children will be instructed on making a pumpkin using hand-building techniques, and then they can use their creativity to paint and decorate their pumpkin. Projects will be kiln-fired and ready for pick up two weeks after the workshop.

One Session \$42.00 Per Child**Thompson Pk Creative Arts Center****Sat, Sep 19 12:00-1:30 PM Z3064X****Sat, Sep 19 2:00-3:30 PM Z3164X**

Sculpt a Turkey for Your Table

(ages 6-10)

Start celebrating Thanksgiving by creating a clay turkey in our pottery studio. Participants will learn some hand-building techniques, paint and decorate their turkey, and have lots of fun. Projects will be kiln-fired and ready for pick up two weeks after the workshop.

One Session \$42.00 Per Child**Thompson Pk Creative Arts Center****Sat, Nov 7 12:00-1:30 PM. Z3464X****Sat, Nov 7 2:00-3:30 PM Z3564X**

Thanksgiving Ceramic Plate

(ages 7-12)

Make your Thanksgiving Day table extra special this year with a hand-painted ceramic plate. Children will learn some ceramic painting techniques while creating a commemorative holiday plate. The plate will be kiln-fired and ready for pick-up the following week.

One Session \$40.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 14 12:00-1:15 PM Z3664X

Sat, Nov 14 1:45-3:00 PM. Z3764X

DRAWING & PAINTING

Aspiring Artists for Homeschoolers

(ages 6-12)

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

Instructor: Debra Stasiak, Founder of Aspiring Artists LLC

Four Sessions \$96.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 9-30 10:30 AM-12:00 PM Z6964A

Wed, Sep 9-30 1:00-2:30 PM. Z7064A

Wed, Oct 7-28 10:30 AM-12:00 PM. Z7164A

Wed, Oct 7-28 1:00-2:30 PM Z7264A

Wed, Nov 4-25 10:30 AM-12:00 PM Z7364A

Wed, Nov 4-25 1:00-2:30 PM Z7464A

Coastal Creations

(ages 8-12)

In this exciting blend of art with nature, we'll enjoy seaside sights during a Park System Naturalist-led beach walk. After learning fun facts about sea turtles, shells, and marine life, we'll paint a unique sea turtle in the picnic area right by the dunes.

One Session \$40.00 Per Child

Seven Presidents Pk North Picnic Tent

Sun, Sep 13 1:00-4:00 PM Z6564A

Crafternoons at Dorbrook

(ages 7-11)

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

Six Sessions \$80.00 Per Child

Dorbrook Rec Area Prog Bldg Classroom

Tue, Sep 8-Oct 13 4:00-5:15 PM. A5264X

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Thompson Pk Creative Arts Center

Four Sessions \$66.00 Per Person

Valtat's Field of Corn

Monet's Oat and Poppy Field

van Gogh's Three Sunflowers in a Vase

ORIGINAL Apple Tree

Sat, Sep 5-26 11:00 AM-12:00 PM Z8264A

Monet's Banks on the Seine in Autumn

Monet's Water Lilies

Valtat's Mediterranean Landscape

ORIGINAL Sunflower

Sat, Oct 3-24 11:00 AM-12:00 PM Z8364A

Three Sessions \$50.00 Per Person

Renoir's Wheatfield

van Gogh's Starry Night

ORIGINAL Thanksgiving Cornucopia

Sat, Nov 7-21 11:00 AM-12:00 PM Z8464A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions \$102.00 Per Person

Thompson Pk Creative Arts Center

Monet's Oat and Poppy Field

van Gogh's Three Sunflowers in a Vase

Garber's Late Afternoon, September

ORIGINAL Apple Orchard

Fri, Sep 4-25 4:30-6:30 PM Z7964A

Marquet's Bouquet of Flowers

van Gogh's Wheatfield with Cypresses

Monet's Morning on the Seine in Giverny

ORIGINAL Field of Sunflowers

Fri, Oct 2-23 4:30-6:30 PM Z8064A

van Gogh's Starry Night

Monet's Banks of the Seine in Autumn

Valtat's Mediterranean Landscape

ORIGINAL Thanksgiving Cornucopia

Fri, Oct 30-Nov 20 4:30-6:30 PM Z8164A

“

*This class is amazing!
Miss Deborah is wonderful and my
children wish they could take this
class all the time!*

”

KidzArt Explore

(ages 6-10)

KidzArt is a fun and unique art experience. Today's world requires creative thinking skills. KidzArt encourages problem-solving, creative thinking, and self-confidence using our exclusive methods for teaching drawing. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel, and marker, and complete a finished piece in each class. Help your children face the future with a creative mind. A supply fee of \$10.00 is payable to the instructor at the first class.

Six Sessions \$104.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Wed, Sep 16-Oct 21 4:00-5:00 PM ZA064A

Wed, Oct 28-Dec 9 4:00-5:00 PM ZA164A

No class 11/25

Thompson Pk Creative Arts Center

Thu, Sep 17-Oct 22 4:15-5:15 PM. ZA264A

Thu, Oct 29-Dec 10 4:15-5:15 PM. ZA364A

No class 11/26

Henry Hudson Trail Act Ctr

Mon, Sep 21-Oct 26 4:00-5:00 PM ZA464A

Mon, Nov 2-Dec 7 4:00-5:00 PM ZA564A

KidzArt Discover

(ages 3 ½-5)

Learning about art and how to draw is like learning a new language. Students learn to focus and see how their wonderful world is put together. Through individual guidance and encouragement, they complete art projects that enhance drawing skills and are simple, fun, and get great results. Students develop Kindergarten readiness through learning to follow directions, focus, interact socially, build confidence, and learn problem-solving skills. KidzArt curriculum meets or exceeds the National Standards for Art Education.

Six Sessions \$104.00 Per Child

Freneau Wds Pk Vis Ctr Art Room

Wed, Sep 16-Oct 21 1:00-2:00 PM ZBX64A

Wed, Oct 28-Dec 9 1:00-2:00 PM ZBY64A

No class 11/25

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 22-Oct 27 1:00-2:00 PM. ZAC64A

Tue, Nov 3-Dec 8 1:00-2:00 PM ZAD64A

Henry Hudson Trail Act Ctr

Thu, Sep 24-Oct 29 1:00-2:00 PM. ZAE64A

Thu, Nov 5-Dec 17 1:00-2:00 PM ZAF64A

No class 11/26

KidzArt Painting Workshop*(ages 6-11)*

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

One Session \$37.00 Per Child**Night Owl****Henry Hudson Trail Act Ctr****Sat, Sep 19 10:30 AM-12:00 PM. ZB664A****Thompson Pk Creative Arts Center****Sat, Sep 19 1:30-3:00 PM. ZB764A****Scarecrow****Henry Hudson Trail Act Ctr****Sat, Oct 17 10:30 AM-12:00 PM. ZB864A****Thompson Pk Creative Arts Center****Sat, Oct 17 1:30-3:00 PM. ZB964A****Harvest Scene****Henry Hudson Trail Act Ctr****Sat, Nov 14 10:30 AM-12:00 PM. ZBA64A****Thompson Pk Creative Arts Center****Sat, Nov 14 1:30-3:00 PM. ZBB64A****TeenzArt Studio***(ages 11-17)*

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

Six Sessions \$110.00 Per Child**Fort Monmouth Rec Ctr Program Room A****Wed, Sep 16-Oct 21 5:15-6:30 PM. ZB064A****Wed, Oct 28-Dec 9 5:15-6:30 PM. ZB164A***No class 11/25***Thompson Pk Creative Arts Center****Thu, Sep 17-Oct 22 5:30-6:45 PM. ZB264A****Thu, Oct 29-Dec 10 5:30-6:45 PM. ZB364A***No class 11/26***Henry Hudson Trail Act Ctr****Mon, Sep 21-Oct 26 5:15-6:30 PM. ZB464A****Mon, Nov 2-Dec 7 5:15-6:30 PM. ZB564A****MISCELLANEOUS CRAFTS****Alice's Tea Party***(ages 7-10)*

Don't be late for this very important date! Let's have an adventure in Wonderland. Drink some tea, nibble some snacks, and make a craft. All this while making new friends!

One Session \$30.00 Per Person**Dorbrook Rec Area Prog Bldg Classroom****Sat, Sep 19 1:00-3:00 PM. A5364X****American Girl® Doll Design***(ages 7-12)*

Doll mommies will create fun and stylish accessories for their dolls in this drop-off program where they'll meet other avid American Girl® fans. Children must own an American Girl® or similar 18" doll and bring her to class. Please Note: Our young stylists will not be sewing in this program, but will be using a hot glue gun under careful supervision.

One Session \$35.00 Per Child**Fort Monmouth Rec Ctr Program Room A****Let's Have a Sleepover**

Make her a sleeping bag and fun stuff for a sleepover with her friends.

Sat, Sep 19 10:30-11:30 AM. M3664X**Sat, Sep 19 12:00-1:00 PM. M3764X****Sat, Sep 19 1:30-2:30 PM. M3864X****Halloween Costume**

Create a cool costume just in time for Trick-or-Treating.

Sat, Oct 24 10:30-11:30 AM. M3964X**Sat, Oct 24 12:00-1:00 PM. M4064X****Sat, Oct 24 1:30-2:30 PM. M4164X****Fall Baking**

Delicious autumn treats she can share with her doll friends.

Sat, Nov 21 12:30-1:30 AM. M4364X**Sat, Nov 21 10:30-11:30 AM. M4264X****Sat, Nov 21 1:30-2:30 PM. M4464X****Creating Iconic Comic Book Characters***(ages 7-11)*

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

One Session \$40.00 Per Person**Dorbrook Rec Area Prog Bldg Classroom****Sat, Sep 5 10:00 AM-12:00 PM. AD764X****Sat, Oct 3 1:00-3:00 PM. AD864X**

Fall Fox Felt Plushie Keyring Workshop NEW

(ages 7-12)

Learn to sew a fall fox felt plushie keyring for your backpack. All supplies are included.

One Session \$37.00 Per Person

Thompson Pk Creative Arts Center

Sat, Nov 7 1:30-3:00 PM ZBD64A

CULINARY ARTS

Books & Cooks

(ages 4-5)

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

Please Note: Children must be fully potty-trained.

Four Sessions \$74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 9-30 3:00-4:00 PM. A1864X

Thu, Sep 10-Oct 1 3:00-4:00 PM A1964X

Wed, Oct 7-28 3:00-4:00 PM A2064X

Thu, Oct 8-29 3:00-4:00 PM A2164X

Wed, Nov 4-Dec 9 3:00-4:00 PM A2264X

No class 11/11 & 11/25

Thu, Nov 12-Dec 10 3:00-4:00 PM A2364X

No class 11/26

Thu, Nov 12-Dec 10 4:30-5:30 PM A2464X

Cooking Basics for Teens

(ages 13-16)

You will learn essential culinary skills to give you confidence to try new recipes and cook at home! Emphasis will be on knife skills: dicing, cubing, chopping, mincing, and slicing. Additionally, you will learn how to read recipes, use measuring cups and spoons, operate a stove and oven, and learn kitchen hygiene and safety. Recipes will vary from session to session. All skill levels welcome! No previous experience necessary.

Four Sessions \$82.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Sep 9-30 6:00-7:15 PM. A3264X

Wed, Oct 7-28 6:00-7:15 PM A3364X

Dinner Party Chefs

(ages 8-10)

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

One Session \$77.00 Per Person

Dorbrook Rec Area Vis Ctr

Chinese

Sat, Sep 12 2:00-5:30 PM A7964X

Italian

Sat, Sep 26 2:00-5:30 PM A8064X

BBQ

Sat, Oct 10 2:00-5:30 PM A8164X

Viral TikTok Foods

Sat, Oct 24 2:00-5:30 PM A8264X

French

Sat, Nov 7 2:00-5:30 PM A8364X

Caribbean

Sat, Nov 21 2:00-5:30 PM. A8464X

Kids Baking

(ages 10-13)

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

Three Sessions \$65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Oct 6-20 5:30-8:00 PM MAW64X

Tue, Nov 3-17 5:30-8:00 PM MAX64X



Let's Cook*(ages 6-8)*

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

Four Sessions \$74.00 Per Person**Dorbrook Rec Area Vis Ctr****Thu, Sep 10-Oct 1 4:30-5:30 PMA2664X****Thu, Sep 10-Oct 1 6:00-7:00 PMA2764X****Thu, Oct 8-29 4:30-5:30 PMA2864X****Thu, Oct 8-29 6:00-7:00 PMA2964X****Wed, Nov 4-Dec 9 4:30-5:30 PMA3064X***No class 11/11 & 11/25***Thu, Nov 12-Dec 10 6:00-7:00 PMA3164X***No class 11/26***Let's Decorate Cupcakes***(ages 9-11)*

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

One Session \$60.00 Per Child**Dorbrook Rec Area Vis Ctr****Mon, Nov 16 5:40-7:40 PMACQ64X****Star Chefs***(ages 9-12)*

Ready to take your cooking skills to the next level? Students will learn more advanced skills, including reading a recipe, knife skills, measuring, cleanliness, and safety. Recipes will vary from session to session. All skill levels welcome! No previous experience necessary.

Four Sessions \$74.00 Per Person**Dorbrook Rec Area Vis Ctr****Wed, Sep 9-30 4:30-5:30 PMA3464X****Wed, Oct 7-28 4:30-5:30 PMA3564X****Wed, Nov 4-Dec 9 6:00-7:00 PMA3664X***No class 11/11 & 11/25***Tween Chefs***(ages 11-13)*

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

Four Sessions \$95.00 Per Person**Dorbrook Rec Area Vis Ctr****Sun, Oct 18-Nov 8 10:30 AM-12:00 PM . . .A4964X****Young Chefs***(ages 8-10)*

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

Four Sessions \$95.00 Per Person**Dorbrook Rec Area Vis Ctr****Sun, Sep 13-Oct 4 10:30 AM-12:00 PM . . .A4764X****EDUCATION & ENRICHMENT****EARLY FINANCIAL LEARNING****Finance Club***(grades 6-8)*

Learn how to manage your money in this program promoting essential life skills! Set your financial goals, develop a budget from scratch, shop for a credit card, and calculate the monthly cost of your dream car. Students learn about mortgages, FICO scores, taxes, and the dangers of piling up debt. Through simulations and hands-on activities, students explore financial decisions they will have to make in the future.

Instructor: SPARK Business Academy

Six Sessions \$180.00 Per Person**Fort Monmouth Rec Ctr Program Room C****Thu, Oct 1-Nov 5 4:00-5:00 PMMAV64A**

My First Piggy Bank

(entering grades K-2)

Earn, save, spend, donate! Through math games and hands-on activities, kids learn about these and other key financial concepts like money, budgeting, and saving. Students will also learn the basic concepts of philanthropy and donating to charity. Plus, everyone will make their very own piggy bank to take home!

Instructor: SPARK Business Academy

Six Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 29-Nov 3 4:00-5:00 PM MAT64A

Young Entrepreneurs

(grades 3-5)

Students will be empowered with an entrepreneurial mindset to develop a plan for their very own business ideas, drawing from such disciplines as marketing, finance, and strategy, in a supportive environment fostering teamwork. From designing marketing flyers to estimating profits, students have fun while developing business savvy!

Instructor: SPARK Business Academy

Six Sessions \$180.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Sep 30-Nov 4 4:00-5:00 PM. MAU64A

RE-SPOOK, RE-WEAR, RE-SCARE
EEK-O-FABULOUS COSTUME SWAP *Free*

Save the planet and your budget!

Up-cycle gently used kids', adults', and even pet costumes for a spooktacular new-to-you ensemble.

HOW IT WORKS

- Costumes must be dropped off in advance at one of the locations below.
- For each costume you bring, receive a token entitling you to a "new" costume the day of the swap.
- Please, no dirty, stained, or torn costumes.

DROP OFF DATES

**Wednesday-Tuesday, September 23-29,
10:00 AM-4:00 PM**

DROP OFF LOCATIONS

Huber Woods Environmental Center
Thompson Park Visitor Center

SWAP DAY

Sunday, October 4, 2:00-3:30 PM
Freneau Woods Park Visitor Center

Almost due or have a newborn?
No token required for baby's costume!

Please Note: Costumes are only available during the swap date and time. Unused tokens may be used at the next year's swap.

Questions?
Please call 732-872-2670.

GAMES

Among Us® at Fort Monmouth*(ages 6-14)*

Crewmate or Imposter? Beam aboard the Spaceship Fort Monmouth and complete tasks in different rooms. But watch out! Some participants are trying to sabotage your mission and eliminate Crewmates undetected. Can you guess who the Imposters are before it's too late? A real-life version of the popular social deduction mobile game with time for multiple rounds and Among Us® activities.

One Session \$32.00 Per Person**Fort Monmouth Recreation Center***(ages 6-10)***Sat, Sep 26 1:30-3:00 PM M2264X***(ages 11-14)***Sat, Sep 26 3:30-5:00 PM M2364X****Beginner Chess***(ages 9-12)*

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

Four Sessions \$75.00 Per Person**Thompson Pk Vis Ctr Tulip Room****Tue, Sep 29-Oct 20 4:00-5:30 PM Q0464X****Friday Night Game Night***(ages 10 and up)*

Welcome to Friday Night Game Night! While you drop the kiddos off and enjoy your own date night, our gamers will enjoy learning and playing popular games from our vast collection of modern board games, including Catan, Ticket to Ride, and King of Tokyo. Participants will also enjoy plenty of snacks, including fruits, veggies, chips, and ice cream!

One Session \$45.00 Per Person**Freneau Wds Pk Vis Ctr Program Room 2****Fri, Sep 4 6:00-9:30 PM ING64X****Freneau Wds Pk Vis Ctr Program Room 1****Fri, Nov 13 6:00-9:30 PM INH64X****Minecraft® at Fort Monmouth***(ages 6-10)*

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

One Session \$22.00 Per Person**Fort Monmouth Rec Ctr Program Room C****Fri, Nov 20 5:00-6:00 PM M1264X****Fri, Nov 20 6:30-7:30 PM M1364X****Open Chess** *(ages 9-12)*

Looking for a game of chess? Whether you are a beginner or more advanced, we will pair you up to hone your chess skills in chess play matches. Our chess instructor will be on hand for questions during play. Chess boards, pieces, and tournament clocks will be supplied.

Four Sessions \$65.00 Per Person**Thompson Pk Vis Ctr Tulip Room****Tue, Nov 10-Dec 15 4:00-5:30 PM Q0564X***No class 11/24 & 12/1*

Playing chess at a young age assists in cognitive development, such as memory, visualization, and problem solving, as well as creates an understanding of sportsmanship.

DID YOU KNOW?

SAFETY

Child and Babysitting Safety

(ages 13-17)

Calling all teens! Have you ever been left in charge of your younger siblings? Or maybe you watch the children in your neighborhood? No matter the situation, prepare yourself and learn the essentials of child and babysitting safety. This course will build confidence and peace of mind by showing teens safe and effective methods to care for children. Topics covered include safety and injury prevention, conflict resolution, setting boundaries, age-appropriate play, and basic first aid. Taught in a relaxed and comfortable environment, participants will develop practical skills and strategies that will last a lifetime. The course includes a manual.

One Session \$72.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Oct 17 10:00 AM-12:00 PM.U1164A

STEM

Snapology STEAM Programs

(ages 5-9)

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

Six Sessions \$165.00 Per Child

Snapology Favorites: Video Game Edition

(ages 6-8)

Indulge your child's gaming obsession IRL at this hands-on, creative weekly Snapology class! It's all about games, games, games, and we will use LEGO® bricks to recreate some of your child's favorites. Super Mario®, Roblox®, Minecraft®, and even Fortnite® fans will get creative re-creating the characters and games they love with us. Rest assured that we will keep this video-game-themed class screen-free and violence-free. Emphasis will be on characters and scenery ONLY. Game on!

Fort Monmouth Rec Ctr Program Room D

Wed, Sep 16-Oct 21 5:00-6:00 PMU1464A

(continued...)

Snapology STEAM Programs continued...

Mega Machines Robotics & Coding

(ages 9-11)

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

Thompson Pk Vis Ctr Beech Room

Thu, Sep 17-Oct 22 5:00-6:00 PM.U1564A

STEM Lab

(ages 6-8)

In Snapology's STEM Lab, students will actively experiment with the principles of science, technology, engineering, art, and mathematics. All programs and activities are hands-on, creative, and fun! Our programs utilize teamwork, communication, and creative problem-solving as an essential part of creating a fun and productive atmosphere where students can learn, challenge themselves, and practice their social skills. Students will work with a partner to create a variety of structures, robots, and machines using LEGO® bricks to solve challenges presented to them in this exciting enrichment club, where every week focuses on a different aspect of science and STEM education.

Fort Monmouth Rec Ctr Program Room D

Wed, Nov 4-Dec 16 5:00-6:00 PM.U1664A

No class 11/25/26

Pokémonia

(ages 6-9)

Join Snapology for Pokémania! Students will build and explore the world of Pokémon® as they create their own poké balls, training gyms, and even their very own generation of Pokémon® characters. Kids will learn about real-world science as they create habitats and architecture by building homes and gyms, and of course, there will be plenty of creativity, socialization, and fun. Your child will have a blast becoming the best Pokémon® trainer ever!

Thompson Pk Vis Ctr Beech Room

Thu, Nov 5-Dec 17 5:00-6:00 PMU1764A

No class 11/26

OUTDOOR ADVENTURES

After School Hikes

(ages 6-12)

Looking for an after-school activity for your child that gets them away from screens and out into nature? Look no further! On our hikes, your child will spend time outdoors while learning about trail etiquette, looking out for animals on the trails, and making new friends along the way! Please pack a water and a snack in a day pack and dress for an evening adventure.

One Session \$15.00 Per Child

Holmdel Pk Hilltop Area

(ages 6-8)

Mon, Oct 5 5:30-7:00 PM W3264X

(ages 9-12)

Wed, Oct 7 5:30-7:00 PM W3364X

Building Confidence thru Bike Riding

(ages 5-8, with adult)

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

Two Sessions \$50.00 Per Child

Thompson Pk Activity Barn

Tue, Thu, Sep 15-17 4:00-5:15 PM W8164X

Tue, Thu, Sep 15-17 5:30-6:45 PM W8264X

Climb & Campfire

(ages 8 and up, with adult)

Take on the challenge of our 25' portable rock climbing wall at night! After conquering the wall, kick back by the campfire and enjoy some delicious s'mores. Bring a friend or make new ones! Participants must be 42" or taller to climb.

One Session \$23.00 Parent/Child \$10.50 Additional Person

Thompson Pk 3 Barns Parking Lot

Thu, Sep 17 6:30-8:00 PM W4464X

Fri, Nov 13 6:00-7:30 PM W4564X

Lights Out Hike

(ages 10-14)

Explore the trails at night - no flashlights allowed! With the full moon lighting our way, we'll venture through the forest, discovering the mysteries of the night and experiencing the eerie quiet of the wilderness after dark. This exciting experience is perfect for adventurers who love the idea of exploring nature in a whole new way. Bring your sense of adventure and get ready to uncover the wonders of the outdoors when the sun goes down.

One Session \$18.00 Per Person

Thompson Pk Old Orchard Parking Lot

Mon, Oct 26 7:00-8:30 PM W4264X

Take a Shot: Archery Series

(ages 10-17)

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

Three Sessions \$69.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 7-21 4:30-6:30 PM W5164X

Take a Shot: Intro to Archery

(ages 9-17)

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

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 10 4:30-6:30 PM W5364X

Tue, Oct 13 4:30-6:30 PM W5464X

Wed, Nov 4 4:30-6:30 PM W5564X

Young Explorers at Night

(ages 6-9)

Get your child in touch with their natural surroundings by experiencing the trails in ways you've never seen them before...at night! We'll explore trail etiquette, keep an eye out for wildlife we share the trails with, and learn safety on the trails when you don't have the sun lighting the way. Most importantly, your young hiker will meet new outdoorsy kids and build new friendships! Please pack water and a snack in a day pack, bring a flashlight, and dress for an evening adventure.

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

11/5 - Turkey Swamp Park Shelter Bldg

11/12 - Shark River Shelter Bldg

11/19 - Tatum Park Red Hill Lot

Thu, Nov 5-19 5:15-6:45 PM W8364X

Young Patriots Day at Princeton

Battlefield  **NEW**

(ages 9-12)

Join us on a bus trip to Princeton Battlefield for Young Patriots Day. Your child will get to step back in time to the beginnings of America to celebrate its 250th anniversary. The events include talks with George Washington and Benjamin Franklin, musket and artillery firing demonstrations, battle reenactments, and more! Please pack a backpack with lunch, water, and be sure to dress for the weather.

One Session \$58.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Sep 20 10:00 AM-4:30 PM W4664X

Zombie Archery

(ages 9-17)

Zombies are everywhere! Use your new archery skills to defeat the zombie horde. Staff will provide archery instruction and then facilitate zombie games! Disclaimer: No zombies will be harmed in this program.

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Fri, Oct 23 4:30-6:30 PM W5664X

PERFORMING ARTS

ACTING

Beginner Acting

(ages 8-10)

By age ensembles, we will learn beginner acting techniques for theater, television, and film, including improvisation, space objects, character building, and the fourth wall. We will also begin work on The Four Centers of Acting: the center of your focus, the center of your breath, the center of your body, and the center of the stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class for your family and friends.

The Performers

Six Sessions \$135.00 Per Person

Manasquan River Greenway Winter Run Act Ctr Barn

Sat, Sep 12-Oct 17 10:00-11:30 AM Q0764X

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 28-Nov 9 4:30-6:00 PM. Q0364X

No class 10/12

Clayton Park Black Box Theater

(ages 8-12)

Do you live in the western part of Monmouth County? Come together and create a performance of monologues/scenes and/or a play to be performed in our Clayton Park Black Box Theater. Each class will begin with an actor's warm-up of voice, movement, imagination, and the playing of our favorite acting games. As we rehearse for our show, we will also work on The Four Centers of Acting: the center of your focus, the center of your breath, the center of your body, and the center of the stage. A performance for family and friends will be held on the last day of class.

Six Sessions \$140.00 Per Person

Clayton Pk Act Ctr Classroom B

Fri, Oct 16-Nov 20 4:30-6:00 PM Q1664X

Good Morning Puppet Show!

(ages 5-8)

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

Four Sessions \$110.00 Per Person

Manasquan River Greenway Winter Run Act Ctr

Sat, Nov 14-Dec 5 10:00-11:30 AM.Q1464X

Homeschool Troupe of Actors

(ages 9-15)

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

Six Sessions \$135.00 Per Person

Navesink Library The Theater

Tue, Sep 22-Oct 27 12:30-2:00 PM.Q0664X

Saturday Troupe of Actors

(ages 11-15)

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

Six Sessions \$158.00 Per Person

Manasquan River Greenway Winter Run Act Ctr Barn

Sat, Sep 12-Oct 17 1:00-3:00 PM.Q0964X



Stop Motion Animation Creation

(ages 9-12)

Bring your ideas, stories, objects, and figurines to this class as we collaborate to create your very own stop motion animation video. We will be using the Stop Motion Animation free app. iPad, stand, and lighting will be provided for use during class. A thumb drive will be provided to save your work. We will have a film premiere on the last day of class for our families.

Five Sessions \$135.00 Per Person

Manasquan River Greenway Winter Run

Sat, Nov 7-Dec 12 1:30-3:30 PM.Q1364X

No class 11/28

DANCE

Hip Hop Dance

(ages 5-7)

Breaking, crumping, the Slide Glide, and more high-energy moves are introduced in this athletic class. We start with stretches and warm-ups and gradually combine moves into routines to present to parents at the end of the session. Learning cool moves, quick spins, and the improvisational style that is a hallmark of this street dance form, kids will improve strength, flexibility, and stamina while getting in the groove. Only age-appropriate music is presented; students should wear comfortable clothes and sneakers and bring a water bottle.

Instructor: Julie Asfendis

Six Sessions \$84.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Sep 22-Oct 27 4:30-5:15 PM. M1664X

Tue, Sep 22-Oct 27 5:30-6:15 PM. M1764X

Tue, Nov 10-Dec 15 4:30-5:15 PM. M1864X

Tue, Nov 10-Dec 15 5:30-6:15 PM. M1964X

Little Dancers

(ages 5-6)

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

Ten Sessions \$130.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 4:45-5:30 PMA7164X

MOVE

(ages 4-6)

MOVE is an engaging movement class designed for children under 6 to build strong bodies and active minds. Through dance, creative play, and themed activities, children explore balance, coordination, rhythm, and self-expression while having fun! Each class blends different elements of dance to support gross motor development, boost confidence, and encourage a lifelong love of moving.

Six Sessions \$72.00 Per Child

Dorbrook Rec Area Vis Ctr

Wed, Sep 9-Oct 14 3:00-3:45 PMA1064X

Wed, Oct 28-Dec 9 3:00-3:45 PMA1164X

No class 11/25

Storytime Ballet

(ages 3-4)

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

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 9-Nov 11 10:15-11:00 AMA7264X

Tots in Tutus I

(ages 3-4)

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

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 10:15-11:00 AMA6964X

Tots in Tutus II Combo

(ages 4-5)

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

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 4:00-4:45 PMA7064X

“

*We love these programs!
Every instructor is always so
kind and it makes it such a great
experience for the children.*

”

SPORTS & FITNESS

BASEBALL

Baseball FUNdamentals*(ages 6-8)*

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

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Sep 12-Oct 3 12:00-12:55 PMX7564X****Sat, Oct 17-Nov 7 12:00-12:55 PMX8464X****T-Ball***(ages 4-5)*

Children have fun while learning the fundamental skills of America's pastime in this noncompetitive program. There's no better introduction to the sports of baseball or softball! Our instructors will utilize fun games and activities as players learn the skills of hitting, throwing, base running, and fielding. At the end of the program, participants may apply these skills in realistic mini game situations.

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Tue, Sep 8-29 5:00-5:55 PMX8064X****Sat, Sep 12-Oct 3 10:00-10:55 AMX7364X****Sat, Sep 12-Oct 3 11:00-11:55 AMX7464X****Sun, Sep 13-Oct 4 10:00-10:55 AM.X7764X****Sun, Sep 13-Oct 4 11:00-11:55 AM.X7864X****Sat, Oct 17-Nov 7 10:00-10:55 AMX8264X****Sun, Oct 18-Nov 8 10:00-10:55 AMX8664X****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 \$60.00 Per Person**Dorbrook Rec Area****Sat, Oct 17-Nov 7 11:00-11:55 AMX8364X****Sun, Oct 18-Nov 8 11:00-11:55 AMX8764X**

BASKETBALL

Basketball FUNdamentals*(ages 6-8)*

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

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Oct 17-Nov 7 10:00-10:55 AMX6164X****Fort Monmouth Sport Court****Thu, Sep 10-Oct 1 4:00-4:55 PMX5864X****Sat, Sep 12-Oct 3 10:00-10:55 AMX5464X****Mon, Sep 14-Oct 5 5:00-5:55 PMX5764X****Basketball FUNdamentals Clinic***(ages 6-8)*

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

One Session \$15.00 Per Person**Dorbrook Rec Area****Sun, Oct 25 10:00-10:55 AM.X7064X****Fort Monmouth Sport Court****Sun, Sep 13 10:00-10:55 AM.X6464X****Sun, Sep 27 10:00-10:55 AM.X6764X****Girls' Basketball FUNdamentals***(ages 6-9)*

Designed for girls to learn the fundamentals of basketball in a noncompetitive, non-intimidating environment. Our coaches will use age-appropriate drills and games to teach shooting, dribbling, passing and defense, along with the rules of the game.

Four Sessions \$60.00 Per Person**Dorbrook Rec Area****Sat, Oct 17-Nov 7 11:00-11:55 AMX6264X****Fort Monmouth Sport Court****Sat, Sep 12-Oct 3 11:00-11:55 AMX5564X**

Girls' Basketball FUNdamentals Clinic

(ages 6-9)

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

One Session \$15.00 Per Person

Dorbrook Rec Area

Sun, Oct 25 11:00-11:55 AM. X7164X

Fort Monmouth Sport Court

Sun, Sep 13 11:00-11:55 AM. X6564X

Junior Hoopsters

(ages 8-11)

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

Four Sessions \$60.00 Per Person

Fort Monmouth Sport Court

Thu, Sep 10-Oct 1 5:00-5:55 PM X5964X

Young Junior Hoopsters Clinic

(ages 8-11)

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

One Session \$15.00 Per Person

Fort Monmouth Sport Court

Sun, Sep 27 11:00-11:55 AM. X6864X



When children participate in basketball and other sports their cardiovascular health and bone density improve as they also learn strategic thinking and increased focus.

**DID YOU
KNOW?**

FENCING

Touché! Intro to Fencing

(ages 5-12)

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

Eight Sessions \$304.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Sep 17-Nov 5 3:30-4:30 PM M0164A

FIELD HOCKEY

Skyhawks Field Hockey

(ages 7-11)

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

Six Sessions \$120.00 Per Person

Dorbrook Rec Area

Mon, Sep 14-Oct 26 5:00-5:50 PM XDX64A

No class 10/12

FOOTBALL

Skyhawks Flag Football

(ages 6-11)

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

Instructed by: Skyhawks Sports Academy

Four Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Sep 13-Oct 4 9:00-9:50 AM XDT64A

Sun, Oct 18-Nov 8 9:00-9:50 AM XDY64A

GYMNASTICS

Gymnastics - Kids

(ages 3-10)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions \$52.00 Per Person

(ages 3-4)

Thu, Nov 5-19 9:30-10:15 AM MA664A

Thu, Nov 5-19 10:30-11:15 AM MA864A

Four Sessions \$70.00 Per Person

Sat, Sep 5-26 9:00-9:45 AM M7664A

Sat, Sep 5-26 11:00-11:45 AM M8064A

Sat, Sep 5-26 12:00-12:45 PM M8464A

Thu, Sep 10-Oct 1 9:30-10:15 AM M7264A

Thu, Sep 10-Oct 1 10:30-11:15 AM M7464A

Sat, Oct 3-24 9:00-9:45 AM M9364A

Sat, Oct 3-24 11:00-11:45 AM M9764A

Sat, Oct 3-24 12:00-12:45 PM MA164A

Thu, Oct 8-29 9:30-10:15 AM M8964A

Thu, Oct 8-29 10:30-11:15 AM M9164A

Sat, Oct 31-Nov 21 9:00-9:45 AM MAA64A

Sat, Oct 31-Nov 21 11:00-11:45 AM MAE64A

Sat, Oct 31-Nov 21 12:00-12:45 PM MAJ64A

(ages 5-6)

Sat, Sep 5-26 9:00-9:45 AM M7764A

Sat, Sep 5-26 11:00-11:45 AM M8164A

Sat, Sep 5-26 12:00-12:45 PM M8564A

Sat, Oct 3-24 9:00-9:45 AM M9464A

Sat, Oct 3-24 11:00-11:45 AM M9864A

Sat, Oct 3-24 12:00-12:45 PM MA264A

Sat, Oct 31-Nov 21 9:00-9:45 AM MAB64A

Sat, Oct 31-Nov 21 11:00-11:45 AM MAF64A

Sat, Oct 31-Nov 21 12:00-12:45 PM MAK64A

(ages 7-10)

Sat, Sep 5-26 9:00-9:45 AM M7864A

Sat, Sep 5-26 11:00-11:45 AM M8264A

Sat, Sep 5-26 12:00-12:45 PM M8664A

Sat, Oct 3-24 9:00-9:45 AM M9564A

Sat, Oct 3-24 11:00-11:45 AM M9964A

Sat, Oct 3-24 12:00-12:45 PM MA364A

Sat, Oct 31-Nov 21 9:00-9:45 AM MAC64A

Sat, Oct 31-Nov 21 11:00-11:45 AM MAG64A

Sat, Oct 31-Nov 21 12:00-12:45 PM MAM64A

Introduction to Cheerleading

(ages 5-8)

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

Four Sessions \$70.00 Per Person

All American Gymnastics Cindy Lane, Ocean

Sat, Sep 5-26 12:00-12:45 PM M8764A

Sat, Oct 3-24 12:00-12:45 PM MA464A

Sat, Oct 31-Nov 21 12:00-12:45 PM MAN64A

HOCKEY

Hat Trick Hockey - Floor

(ages 4-6)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Thu, Oct 8-29 5:00-5:55 PM X4964X

Sat, Oct 10-31 10:00-10:55 AM X5164X

Sat, Oct 10-31 11:00-11:55 AM X5264X

Fort Monmouth Rec Ctr Gym A

Thu, Sep 10-Oct 1 5:30-6:25 PM X4464X

Sat, Sep 12-Oct 3 10:00-10:55 AM X4664X

Sat, Sep 12-Oct 3 11:00-11:55 AM X4764X



LACROSSE

Skyhawks Lacrosse

(ages 6-11)

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

Instructed by: Skyhawks Sports Academy

Four Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Sep 13-Oct 4 11:00-11:50 AM. XDV64A

Sun, Oct 18-Nov 8 11:00-11:50 AM XE064A

Skyhawks Track & Field

(ages 6-11)

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

Four Sessions \$85.00 Per Person

Dorbrook Rec Area

Sun, Sep 13-Oct 4 10:00-10:50 AM. XDU64A

Sun, Oct 18-Nov 8 10:00-10:50 AM XDZ64A

RUNNING

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 \$126.00 Per Person

Thompson Pk Old Orchard Parking Lot

Mon, Sep 14-Oct 19 5:30-6:30 PM XCT64X

Fri, Sep 18-Oct 23 5:30-6:30 PM XCV64X

Wolf Hill Recreation Area

Thu, Sep 17-Oct 22 5:30-6:30 PM. XCU64X

SKATEBOARDING

Skateboarding Beginner

(ages 9-15)

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

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Tue, Sep 8-29 5:15-6:15 PM XAP64X

Wed, Sep 9-30 5:15-6:15 PM. XAR64X

Skateboarding Intermediate

(ages 9-15)

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

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Tue, Sep 8-29 4:00-5:00 PM XAN64X

Thu, Sep 10-Oct 1 5:15-6:15 PM XAT64X



Skateboarding Starter

(ages 9-15)

Learn to skateboard at our beautiful Seven Presidents Oceanfront Park! This class is designed to teach the basic skating principles and provide a foundation for learning to ride a skateboard. This class is for those who have had minimal or no prior experience on a skateboard. Class size is limited to allow for individual attention. The following equipment is required to participate: a skateboard, a helmet, knee and elbow pads, and wrist guards. We have the required equipment to lend out if needed!

Four Sessions \$68.00 Per Person

Seven Presidents Pk Skateplex

Wed, Sep 9-30 4:00-5:00 PM XAQ64X

Thu, Sep 10-Oct 1 4:00-5:00 PM XAS64X

SOCCER

Kids Kixx Soccer: Ladybugs

(ages 4-6)

She shoots-she scores! In addition to our co-ed Kids Kixx classes, we offer classes for girls only. Start your little girl off on the right foot.

Four Sessions \$60.00 Per Person

Outdoor Season

Dorbrook Rec Area

Sat, Sep 12-Oct 3 11:00-11:55 AM XAB64X

Sat, Oct 17-Nov 7 11:00-11:55 AM XB464X

Indoor Season

Fort Monmouth Rec Ctr Gym A

Thu, Nov 12-Dec 10 5:00-5:55 PM XBC64X

No class 11/26

Sun, Nov 15-Dec 13 12:30-1:25 PM XBJ64X

No class 11/29

Kids Kixx Soccer

(ages 4-5)

Soccer made simple! Skills including dribbling, passing and shooting will be taught by encouraging instructors using age-appropriate games, demonstrations and drills to teach the basics of soccer. Please see Kids Kixx: Nexxt Step for classes for older children.

Outdoor Season

Three Sessions \$45.00 Per Person

Dorbrook Rec Area

Wed, Oct 14-28 5:00-5:55 PM XAZ64X

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Wed, Sep 9-30 5:30-6:25 PM XA464X

Sat, Sep 12-Oct 3 10:00-10:55 AM XA964X

Sat, Oct 17-Nov 7 10:00-10:55 AM XB364X

Fort Monmouth Rec Ctr Outdoor Area

Sat, Oct 17-Nov 7 11:00-11:55 AM XB764X

Holmdel Pk Hilltop Area

Sat, Sep 12-Oct 10 11:00-11:55 AM XAH64X

No class 10/3

Indoor Season

Four Sessions \$60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Nov 12-Dec 10 4:00-4:55 PM XBB64X

No class 11/26

Sat, Nov 14-Dec 12 11:00-11:55 AM XBF64X

No class 11/28

Sun, Nov 15-Dec 13 11:30 AM-12:25 PM XBH64X

No class 11/29

Kids Kixx Soccer: Nexxt Step

(ages 5-7)

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

Four Sessions \$60.00 Per Person

Dorbrook Rec Area

Sun, Sep 13-Oct 4 11:00-11:55 AM XAM64X

Sun, Oct 18-Nov 8 11:00-11:55 AM XBA64X

TENNIS

Pre-Teen Tennis

(ages 9-12)

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

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Sep 12-Oct 3 10:00-10:55 AMXCE64X

Sun, Sep 13-Oct 4 10:00-10:55 AM.XC264X

Six Sessions \$108.00 Per Person

Tue,Thu, Sep 8-24 5:00-5:55 PMXCB64X

Wed,Mon, Sep 9-28 5:00-5:55 PMXBZ64X

Mon,Wed, Oct 5-21 5:00-5:55 PMXC664X

Tue,Thu, Oct 6-22 5:00-5:55 PMXCM64X

Tikes Tennis

(ages 6-8)

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

Dorbrook Rec Area

Four Sessions \$72.00 Per Person

Sat, Sep 12-Oct 3 9:00-9:55 AM.XCD64X

Sun, Sep 13-Oct 4 9:00-9:55 AMXC164X

Six Sessions \$108.00 Per Person

Tue,Thu, Sep 8-24 4:00-4:55 PMXCA64X

Wed,Mon, Sep 9-28 4:00-4:55 PMXBY64X

Mon,Wed, Oct 5-21 4:00-4:55 PMXC564X

Tue,Thu, Oct 6-22 4:00-4:55 PMXCK64X



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

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



[MonmouthCountyParks.com](https://www.monmouthcountyparks.com)

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

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



RECASSIST FOR INDIVIDUALS & FAMILIES



ACTIVE ADULTS 55+

Fall Senior Hikers

(ages 55 and up)

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

Location Varies Week to Week

Level 1

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

Fourteen Sessions \$98.00 Per Person

Tue, Sep 1-Dec 8 9:30-11:00 AMD2064X
No hike 11/3

Thu, Sep 3-Dec 10 9:30-11:00 AMD2464X
No hike 11/26

Level 2

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

Thirteen Sessions \$104.00 Per Person

Wed, Sep 2-Dec 9 9:30-11:30 AM.D2164X
No hike 11/11 & 11/25

Fourteen Sessions \$112.00 Per Person

Thu, Sep 3-Dec 10 9:30-11:30 AMD2264X
No hike 11/26

Fri, Sep 4-Dec 11 9:30-11:30 AMD2364X
No hike 11/27

Level 3

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

Fourteen Sessions \$112.00 Per Person

Tue, Sep 1-Dec 8 9:30-11:30 AMD1464X
No hike 11/3

Level 4

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

Thirteen Sessions \$104.00 Per Person

Mon, Sep 14-Dec 14 9:30-11:30 AMD1364X
No hike 10/12

Special Hikes

(ages 55 and up)

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

Dorbrook Rec Area Act Ctr Parking Lot

Hemlock Falls/South Mountain

Enjoy the scenic hike up Hemlock Falls in the South Mountain Reservation! There are mostly dirt/gravel/and paved trails but be prepared for seasonally different conditions at this time of year. There is plenty of wildlife to see, and we will stop for lunch on the trail during the hike. Please plan to arrive by 8:15 AM to ensure a prompt departure time at 8:30 AM.

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

One Session \$58.50 Per Person

Tue, Oct 13 8:30 AM-4:00 PM (approx) . . .D3264X
Rain Date TBD

Belle Plain State Forest

Join us on a lovely fall hike at a beautiful location in Northern Cape May County. There are over 23,000 acres of Pine, Oak, and Atlantic White Cedar Forest to enjoy. An important avian sanctuary, we may see some rarer species, so bring your binoculars! Further information will be provided upon registration.

Tue, Oct 27 8:30 AM-4:00 PM (approx) . . .D3364X
Rain Date TBD

Learning Mahjong for Beginners

(adults)

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

Seven Sessions \$40.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Sep 8-Oct 20 10:30 AM-12:30 PM . . . MAP64X

Tue, Nov 3-Dec 15 10:30 AM-12:30 PM . . . MAR64X

Fort Monmouth Rec Ctr Atrium Room

Thu, Sep 10-Oct 22 12:30-2:30 PM. MAQ64X

Stronger for Longer

(ages 55 and up)

The time has come to improve your muscle tone, flexibility, and coordination through light strength training. Enjoy a fun and social environment with other active adults. The class will utilize a variety of equipment, such as fitness bars and rubber resistance. No prior weight training experience is necessary.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Sep 10-Oct 22 10:00-11:00 AM. D0764X

No class 10/1

Tue, Sep 15-Oct 27 11:15 AM-12:15 PM . . D1164X

No class 9/29

Thu, Nov 5-Dec 17 10:00-11:00 AM D0864X

No class 11/26

Tue, Nov 10-Dec 15 11:15 AM-12:15 PM . . D1264X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 14-Oct 26 1:00-2:00 PM D0964X

No class 9/28

Mon, Nov 9-Dec 14 1:00-2:00 PM. D1064X

Stronger for Longer Plus

(ages 55 and up)

Enjoy all the benefits of Stronger for Longer with the addition of a floor workout on mats! This class will be more challenging than Stronger for Longer.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 15-Oct 27 10:00-11:00 AM D1864X

No class 9/29

Tue, Nov 10-Dec 15 10:00-11:00 AM. D1964X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Sep 14-Oct 26 11:45 AM-12:45 PM . . D1664X

No class 9/28

Mon, Nov 9-Dec 14 11:45 AM-12:45 PM . . D1764X

T'ai Chi Chih Seated Position

(adults)

The gentle, effective movements of this Qigong-based health practice are easily adaptable to the seated position and can be therapeutic and promote many desired health benefits when practiced regularly. This series will focus exclusively on movements done while sitting down. It is highly recommended to bring a comfortable seat cushion, but not required.

Instructor: Daniel Pieniac

Three Sessions \$85.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Oct 16-30 1:30-2:50 PM ACJ64X

Take a Shot: Intro to Archery

(ages 55 and up)

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

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Sun, Sep 13 2:00-4:00 PM W6164X

Zumba Gold

(ages 55 and up)

An easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude.

Eight Sessions \$120.00 Per Person

Fort Monmouth Rec Ctr Gym A

Wed, Sep 16-Nov 4 10:00-10:55 AM X2064X

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 18-Dec 11 4:30-5:25 PM X3064X

No class 10/30 & 11/27

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 in-depth forms will be presented. Fee includes glazes, firings, and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions \$217.00 Per Person**Thompson Pk Creative Arts Center**

Instructor: Pete MacConnell

Tue, Sep 8-Oct 20 7:00-10:00 PM ZC664X**Tue, Oct 27-Dec 15 7:00-10:00 PM ZC764X***No class 11/24***Thu, Sep 10-Oct 22 9:00 AM-12:00 PM . . . ZC864X****Thu, Oct 29-Dec 17 9:00 AM-12:00 PM . . . ZC964X***No class 11/26*

Instructor: Matt Burton

Thu, Sep 10-Oct 22 6:30-9:30 PM ZCA64X**Thu, Oct 29-Dec 17 6:30-9:30 PM ZCB64X***No class 11/26*

All Level Pottery - Extended

(adults)

This pottery class has an added hour for beginner and advanced students to learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and instruction in all aspects of wheel-throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Instructor: Sue Johnson

Seven Sessions \$280.00 Per Person**Thompson Pk Creative Arts Center****Tue, Sep 8-Oct 20 9:00 AM-1:00 PM ZC464X****Tue, Oct 27-Dec 15 9:00 AM-1:00 PM ZC564X***No class 11/24*

All Level Pottery Classes

(adults)

This course will introduce the fundamental skills necessary to center clay and produce basic pottery forms on and off the potter's wheel. This is a great opportunity for students of all levels to explore clay in a fun and creative atmosphere. Students with previous experience will strengthen their techniques with guidance and critique from one of our knowledgeable instructors. Class includes 25 lbs of stoneware clay, glazes, and firings. Tools may be purchased at the studio. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions \$217.00 Per Person**Thompson Pk Creative Arts Center**

Instructor: Sue Johnson

Tue, Sep 8-Oct 20 4:00-7:00 PM ZCG64X**Tue, Oct 27-Dec 15 4:00-7:00 PM ZCH64X***No class 11/24*

Instructor: Joanne Traskiewicz

Wed, Sep 9-Oct 21 9:00 AM-12:00 PM . . . ZCJ64X**Wed, Oct 28-Dec 16 9:00 AM-12:00 PM . . . ZCK64X***No class 11/25***Wed, Sep 9-Oct 21 1:00-4:00 PM ZCM64X****Wed, Oct 28-Dec 16 1:00-4:00 PM ZCN64X***No class 11/25*

Instructor: TBA

Wed, Sep 9-Oct 21 6:30-9:30 PM ZCP64X**Wed, Oct 28-Dec 16 6:30-9:30 PM ZCQ64X***No class 11/25*

Instructor: Joyce Nokes

Fri, Sep 11-Oct 23 9:00 AM-12:00 PM . . . ZCR64X**Fri, Oct 30-Dec 18 9:00 AM-12:00 PM . . . ZCS64X***No class 11/27***Fri, Sep 11-Oct 23 1:00-4:00 PM ZCT64X****Fri, Oct 30-Dec 18 1:00-4:00 PM ZCU64X***No class 11/27*

Instructor: John Fossa

Sat, Sep 12-Oct 24 11:30 AM-2:30 PM. . . ZCV64X**Sat, Oct 31-Dec 19 11:30 AM-2:30 PM. . . ZCW64X***No class 11/28*

Instructor: Laura Copeland

Mon, Sep 14-Oct 26 9:00 AM-12:00 PM. . . ZCX64X**Mon, Nov 2-Dec 14 9:00 AM-12:00 PM . . . ZCY64X****Mon, Sep 14-Oct 26 1:00-4:00 PM ZCZ64X****Mon, Nov 2-Dec 14 1:00-4:00 PM. ZD064X**

Instructor: TBA

Mon, Sep 14-Oct 26 6:00-9:00 PM ZD164X**Mon, Nov 2-Dec 14 6:00-9:00 PM. ZD264X**

Basic Sculpture & Modeling in Clay

(adults)

Discover how to create an armature, sculpt and model clay, and make a finished ceramic sculpture. We will explore different ways of sculpting a portrait, modeling a figure in the round, and sculpting in relief. Each student, independent of their experience, will receive personal direction from the instructor, professional sculptor Konstantin Zingerman. This course includes 25 lbs. of clay, the use of tools, and kiln firings. Additional materials may be required for armatures and will be discussed during the first day of class.

Seven Sessions \$231.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 22 12:30-3:30 PM ZCC64X

Thu, Oct 29-Dec 17 12:30-3:30 PM ZCD64X

No class 11/26

Mon, Sep 14-Oct 26 6:00-9:00 PM ZCE64X

Mon, Nov 2-Dec 14 6:00-9:00 PM. ZCF64X

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items, and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes, and glaze. Advanced students can work independently. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes, and underglazes.

Seven Sessions \$115.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 22 9:00 AM-12:00 PM . . . Z6064X

Thu, Oct 29-Dec 17 9:00 AM-12:00 PM . . . Z6164X

No class 11/26



Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting, and firing your own hand-built creations. Class includes 25 lbs. of clay, glazes, and firings.

Seven Sessions \$217.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett

Wed, Sep 9-Oct 21 1:00-4:00 PM Z5464X

Instructor: Janice Karp

Wed, Sep 9-Oct 21 6:30-9:30 PM Z5664X

Instructor: Kathy Bennett

Wed, Oct 28-Dec 16 1:00-4:00 PM Z5564X

No class 11/25

Instructor: Beth Couchoud

Wed, Oct 28-Dec 16 6:30-9:30 PM Z5764X

No class 11/25

Please Note: Due to the popularity of the following pottery programs, you may only sign up for one class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.

Advanced Wheel-Thrown Pottery

All Level Pottery - Extended

All Level Pottery Classes

Foundations of Clay Hand-Building

DRAWING & PAINTING

A Day with the Impressionists*(adults)*

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

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session \$49.00 Per Person

Thompson Pk Creative Arts Center

Valtat's On the Beach (Madame Valtat and Jean)

Sat, Sep 5 2:00-5:00 PM. Z8564A

Monet's Oat and Poppy Field

Sat, Sep 12 2:00-5:00 PM. Z8664A

Wiley's East Tennessee Fall Landscape

Sat, Sep 19 2:00-5:00 PM. Z8764A

Garber's Late Afternoon, September

Sat, Sep 26 2:00-5:00 PM. Z8864A

Monet's The Banks on the Seine in Autumn

Sat, Oct 3 2:00-5:00 PM. Z8964A

Monet's Poppy Field, 1881

Sat, Oct 10 2:00-5:00 PM. Z9064A

Monet's Morning on the Seine

Sat, Oct 17 2:00-5:00 PM. Z9164A

Valtat's Antheor Bay

Sat, Oct 24 2:00-5:00 PM. Z9264A

Valtat's Mediterranean Landscape

Sat, Nov 7 2:00-5:00 PM. Z9364A

van Gogh's Starry Night

Sat, Nov 14 2:00-5:00 PM. Z9464A

Thanksgiving Cornucopia

Sat, Nov 21 2:00-5:00 PM. Z9564A

“

Debra Stasiak is so wonderful! She's positive, encouraging, and calming. I tell everyone that this class with her is as good as a therapy session. I love painting with Ms. Debra!

”

An Art Class for the Non-Artist*(adults)*

Can't even draw a stick figure? Never signed up for an art class before? Struggle with perfectionism? This one-of-a-kind workshop hosted by Jenny Santa Maria is going to bring out something in you that you can't see in yourself. You will leave this workshop with a whole new perspective, empowered to use the arts as a new language you can apply to all areas of your life. Jenny has coached countless anxious, self-conscious, and discouraged people throughout her career and has never failed to see results. Bring a sketchbook to write and doodle in. A materials fee of \$5.00 is due to the instructor on the day of class.

One Session \$46.00 Per Person

Thompson Pk Creative Arts Center

Sun, Oct 25 1:00-3:00 PM. Z2364X

Mon, Nov 9 5:30-7:30 PM. Z2564X

Art of the Sea: Horseshoe Crabs*(adults)*

Horseshoe crabs, sometimes called “living fossils,” are an ecological staple of the marine life of the Jersey shore. Join us as we journey into a fun and informative discussion and walk led by a Park System Naturalist about the ecological roles of the horseshoe crab. After our walk and collection, we will begin the drawing process. The instructor will cue participants on how to achieve appropriate proportion, proper color use, shadowing, and more. A supply list and specifics will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Megan Orens

One Session \$48.00 Per Person

Bayshore Waterfront Pk

Wed, Sep 16 9:00 AM-12:00 PM. Z1564X

Beginner Drawing for Adults*(adults)*

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil, and watercolor in drawing projects that are stimulating and fun. Enter the creative zone with us! No art experience necessary. A supply fee of \$10.00 is payable to artist/instructor Tresse DeLorenzo or Deanna Gallaro on the first day of class.

Six Sessions \$164.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Thu, Sep 17-Oct 22 11:30 AM-1:00 PM . . . Z9664X

Thu, Oct 29-Dec 10 11:30 AM-1:00 PM . . . Z9764X

No class 11/26

Freneau Wds Pk Vis Ctr Art Room

Mon, Sep 21-Oct 26 12:30-2:00 PM Z9864X

Mon, Nov 2-Dec 7 12:30-2:00 PM. Z9964X

Botanical Illustration: Asters *(adults)*

Blooming in late summer and early fall, the resilient, easy-to-care-for aster is the perfect addition to any home garden. They come in a tremendous variety of species and in a diversity of colors and forms. In this class, we will learn from an expert horticulturist about the many interesting features of this beautiful flower. Afterwards, we will spend some time learning how to illustrate these flowers. The botanical illustration portion of the class will focus on drawing the complexity of abundant blooms, capturing small details, and understanding basic forms. A supply list and specifics will be attached to your receipt.

Art Instructor: Katie Stone / Horticulturist: Kate Lepis

One Session \$48.00 Per Person

Deep Cut Gardens Horticultural Center

Tue, Sep 29 9:00 AM-12:00 PM Z1464X

Botanical Illustration: Autumn's Harvest *(adults)*

As autumn arrives, and the landscape changes, nature still provides a bounty of flora just reaching their peak in the cooler weather. A Park System Naturalist will lead us through the trails, teaching how to identify some plants that reach maturity to be foraged in the fall season. We will then begin the botanical illustration work from live samples, where we will learn how to capture dimension and color with accuracy. A supply list and specifics will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Blake Beyer

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Sat, Sep 26 9:30 AM-12:30 PM Z1364X

Botanical Illustration: Frightful Flora *(adults)*

Doll's eye, ghost pipe, wolfsbane, carnivorous plants... the world of flora is full of mystery and enchantment. Explore some uncanny species that appear otherworldly, even some that are native to our New Jersey landscape. After our nature walk and lecture, we will focus on drawing one of these haunting plants and learn the art of botanical illustration. Supply list and more information will be included on your receipt.

Art Instructor: Katie Stone / Naturalist: Blake Beyer

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Sat, Oct 24 12:30-3:30 PM Z7864X

Colored Pencil Extended Workshop*(adults)*

Join us for this four-part workshop concentrated on the art of colored pencil. Colored pencils have the potential to yield beautiful works when used properly. Beginning with the basics of color theory, we will delve into everything one needs to know to use this medium to its maximum potential. Basic drawing skills are strongly recommended, however, not required.

Instructor: Katie Stone

Four Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Thu, Oct 29-Nov 19 1:00-3:00 PM Z0864X

Contemporary Watercolor Painting*(adults)*

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes, beginner and advanced students will enjoy learning cutting-edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Thompson Pk Creative Arts Center

Instructor: MaryAnn Goodwin

Six Sessions \$120.00 Per Person

Thu, Sep 10-Oct 15 6:30-8:30 PM. ZA664X

Thu, Oct 22-Dec 3 6:30-8:30 PM ZA764X

No class 11/26

Fri, Sep 11-Oct 16 10:00 AM-12:00 PM . . . ZA864X

Fri, Oct 23-Dec 4 10:00 AM-12:00 PM . . . ZA964X

No class 11/27

Five Sessions \$100.00 Per Person

Sat, Sep 19-Oct 17 10:00 AM-12:00 PM. . . ZAA64X

Sat, Oct 24-Nov 21 10:00 AM-12:00 PM. . . ZAB64X

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Mon, Sep 14-Nov 2 10:30 AM-12:30 PM . . ZAH64X

No class 10/12 & 10/19

Mon, Nov 9-Dec 14 10:30 AM-12:30 PM . . ZAJ64X

Mon, Sep 14-Nov 2 1:00-3:00 PM. ZAK64X

No class 10/12 & 10/19

Mon, Nov 9-Dec 14 1:00-3:00 PM. ZAM64X

Fall CRAFT SHOW

Saturday, November 7

9:00 AM-2:00 PM

Fort Monmouth Recreation Center,
Tinton Falls



Just in time for the holidays!
Shop for gifts for your special someones from over 40
unique, quality craft vendors.

→ Jewelry

→ Artwork

→ Candles

→ Home Decor

→ Ceramics/Pottery

→ Pet Items

→ Wreaths

→ Holiday Decor

→ And much more!

INTERESTED IN BECOMING A VENDOR?

Online registration begins at 8:00 AM on Wednesday, August 12 (#M2064A).
*Only hand-crafted items are accepted and crafters must submit a copy of the NJ
Sales Tax Certificate to participate (send to email below upon registering).*

For more information, email James.Butler@monmouthcountyparks.com.

Discover Zen-Art

(adults)

This beginner-friendly class invites you to discover the calming practice of Zen-Art—no prior drawing experience required. If you think you “can’t draw,” you’re in exactly the right place. In Zen-Art, there are no mistakes; simple lines and shapes develop into flowing patterns that form both abstract and realistic designs. The emphasis is on relaxation, creativity, and enjoyment rather than perfection. Participants will explore easy techniques that encourage focus, reduce stress, and support confidence in making art at any stage of life. Supply list will be provided upon registration.

Ten Sessions \$145.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Sep 19-Nov 21 11:00 AM-12:30 PM . . . AB964X

Drawing Wildflowers

(adults)

This workshop highlights techniques and tips to create drawings that are beautiful to people and pollinators alike. Class begins with an informative walk led by a Park System Naturalist, covering the native plants and pollinators found in the wildflower garden. After the talk, we will begin the drawing process from live samples, investigating how to approach complex petal patterns, picking floral color palettes, creating form and dimension, and more. Our focus will be on the blue mist flower. All levels are welcome.

Please Note: Class will run rain or shine. If weather conditions are poor, portions may be moved inside. A supply list will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Jason Goldman

One Session \$48.00 Per Person

Huber Wds Pk Env Ctr

Mon, Sep 14 10:00 AM-1:00 PM Z5964X



Fall Silk Painting Workshop

(adults)

Painting fall themes on silk, in unconventional ways, is a wonderful way to welcome the season! We will explore several methods of creating unique works of art on the magical canvas of silk. No previous experience is needed. A materials fee of \$40.00 (cash) is due to the instructor at the first session.

Instructor: Karin Trunz

Three Sessions \$77.00 Per Person

Thompson Pk Creative Arts Center

Sat, Nov 7-21 1:00-3:00 PM Z4864X

Fixing Watercolor Mistakes

(adults)

It's often said, "Watercolor is hard. If you make a mistake, it can't be fixed." Well, that's not quite true. In two sessions, we'll explore 20 watercolor issues that can be addressed to improve your painting experience. Just bring your watercolor paints and paintbrushes, and experience the many different methods of altering your watercolor imagery.

Art Instructor: Karin Trunz

Two Sessions \$53.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 18-25 1:00-3:00 PM Z5064X

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism. Using acrylic paint, students will learn the specific brushstrokes, layering techniques, color mixing, and unique styles of these painters. Please bring two 11"x14" canvases and a set of acrylic brushes to class. During this four-week series, we will complete the two paintings listed below. Acrylic paint will be provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions \$108.00 Per Person

Thompson Pk Creative Arts Center

Valtat's On the Beach (Madame Valtat and Jean) & Garber, Late Afternoon, September

Fri, Sep 4-25 10:00-12:30 PM Z7564A

Monet's Banks of the Seine in Autumn & Marquet Bouquet of Flowers

Fri, Oct 2-23 10:00 AM-12:30 PM Z7664A

Valtat's Bouquet of Flowers & Monet's Oat and Poppy Field

Fri, Oct 30-Nov 20 10:00 AM-12:30 PM . . . Z7764A

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.

Instructor: Katie Stone

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 15 1:00-3:00 PM. Z0764X

Intro to Metallic Watercolor Painting

(adults)

Ever wanted to add a little luster to your watercolors? Let's explore multiple methods of using metallic watercolor paint! This paint is usually composed of fine, mica particles, which reflect light and create an iridescent effect, adding a little magic to your paintings. Bring your own regular watercolors, paper, brushes, and a small set of metallic watercolors. The instructor will be working with a six-pan metallic watercolor set from the brand Coliro called "Candy".

Instructor: Karin Trunz

Two Sessions \$53.00 Per Person

Thompson Pk Creative Arts Center

Sat, Oct 17-24 1:00-3:00 PM. Z4964X

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. A supply list will be provided upon registration.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 8-Oct 13 9:00-11:00 AM. Z0164X

Tue, Oct 27-Dec 8 9:00-11:00 AM. Z0264X

No class 11/24

Jigsaw Puzzle Swap

(all ages, under 18 with adult)

Saturday, September 12, 10:00-11:00 AM

Thompson Park Theater Barn, Lincroft

Calling all jigsaw puzzle fans! Do you have a collection of used puzzles in your closet?

Swap them for "new to you" puzzles.

For every puzzle you bring, you will get one token to take a "new" puzzle home. Complete puzzles in good condition, please. All categories welcome.

Illustrating Bats

(adults)

Bats have often been a symbol of the spooky, the scary and the sinister. This Halloween we learn just how misunderstood these "scary creatures" really are! We'll discover how important the bat is to the health of the New Jersey ecosystem, our different species, and their behaviors. For the drawing portion of the class, participants will learn how to accurately convey these animals, including rendering fur, facial features, wings and forms correctly.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Mon, Oct 26 5:00-8:00 PM. Z5864X

Illustrating Birds: Falcons

(adults)

New Jersey acts as home to three native falcon species. In this class we will learn about these amazing, and beautiful, birds of prey. We will begin with a birding walk led by a park system naturalist, looking for our native falcon species. After the hike, participants will learn the skills necessary to draw these incredible birds including; observing key features, rendering complicated feathers and markings, and more. A supply list and specifics will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 30 9:00 AM-12:00 PM. Z5164X

Illustrating Birds: Nocturnal Nature

(adults)

Our focus for this session of illustrating birds will be owls. We'll spend some time learning from a park naturalist about our New Jersey native species, looking for them in their natural habitats. Afterwards we will venture in to the art of ornithological (bird) illustration. Participants will learn how to draw these birds including: observing key features, complicated feathers and markings, and more. A supply list and specifics will be attached to your receipt.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

One Session \$48.00 Per Person

Thompson Pk Creative Arts Center

Mon, Nov 9 5:00-8:00 PM. Z5264X

Mon, Nov 23 5:00-8:00 PM. Z5364X

Intro to Watercolor Pencil

(adults)

Watercolor pencils offer the best of both worlds—the precision and control of drawing and the expressive, fluid beauty of watercolor painting. In this class, we'll look to the Impressionists for inspiration, exploring how they captured color and movement with freedom and play. Participants will choose a famous work to reimagine, with gentle guidance and a review of techniques. Along the way, you'll learn accessible observational drawing methods, practice painting techniques, and discover how professional-grade supplies like Derwent and Castle Arts watercolor pencils can open new doors in your creative process. In this warm and welcoming class led by instructor Jenny Santa Maria, both first-time experimenters and seasoned artists are invited to ease into the creative flow and experience the joy of seeing art take shape through each stage. A materials fee of \$5.00 is due to the instructor at the start of class.

One Session \$47.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 21 2:30-4:30 PM Z2064X

Tue, Oct 13 5:00-7:00 PM Z2164X

LightScapes Studio - Oil Painting Techniques

(adults)

A hands-on journey through classic and contemporary methods. Whether you're just starting or looking to sharpen your skills, this course is designed to build your confidence and expand your technique. You'll explore a variety of oil painting styles and learn methods used by the masters and contemporary artists. We'll cover essential concepts such as Lean to fat layering, Impasto, and Alla prima, all while creating expressive underpaintings tailored to each composition. You'll complete three original paintings, using diverse reference photos provided by your instructor. Paintings will be sized at 5"x7", 6"x8", or 8"x10", perfect for practice and presentation. You will be challenged, encouraged, and empowered to grow as an artist. All skill levels are welcome! A detailed supply list will be included on your registration.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Oct 21 1:30-4:00 PM ZBM64A

Wed, Oct 28-Dec 9 1:30-4:00 PM ZBN64A

No class 11/25

LightScapes Studio – “Paint My Produce”

(adults)

“Paint my Produce” will be fun, creative, and a very loose way to express yourself in your medium of choice. Interpret still lifes in many diverse styles including abstraction, expressionistic, impressionistic, Fauvist, and realistic. The instructor and your creative peers will always add to your inspiration. The fruit and vegetables will be arranged according to the color theory scheme of the week. Please remember to bring all necessary supplies for your chosen painting medium, whether they be oils, pastels, gouache, watercolors, or mixed media. Come prepared to create and have fun doing so. Instructor: Gina Torello, MFA Professional Artist

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 28-Dec 9 10:00 AM-12:30 PM . . . Z0171A

No class 11/25

LightScapes Studio – Plein Air Pastels at the Cove

(adults)

Join Gina Torello for an inspiring outdoor pastel painting class along the Manasquan Inlet, where participants paint step-by-step in scenic coastal locations like the beach, jetty, marsh grasses, and marina. Artists will complete several paintings while focusing on composition, color theory, material application, and capturing natural light in the Impressionist style. Designed for intermediate artists, the class includes the use of a New Wave pochade easel and chair. Bring all materials packed in a backpack and enjoy this unique chance to paint the Jersey shore with a professional fine artist. A detailed supply list will be included with your registration receipt.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions \$158.00 Per Person

Fisherman's Cove Outdoor Area

Wed, Sep 16-Oct 21 9:00 AM-12:00 PM . . . ZBZ64A

Painting: All-Level

(adults)

If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with experience, the focus of this class will be fine-tuning and developing technique with independent guidance and critique. Come prepared with ideas on the first day to start painting.

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 8-Oct 13 11:30 AM-1:30 PM Z0364X

Tue, Sep 8-Oct 13 2:00-4:00 PM. Z0564X

Tue, Oct 27-Dec 8 11:30 AM-1:30 PM Z0464X

No class 11/24

Tue, Oct 27-Dec 8 2:00-4:00 PM. Z0664X

No class 11/24

Pastel Impressionism

(adults)

Discover the beauty and versatility of soft pastels in this inspiring and forgiving medium. Through step-by-step instruction and a variety of provided references, you'll learn how a professional artist begins, develops, and completes a pastel painting. Explore color theory, composition, application techniques, and learn many ways to create texture and dimension while developing your own personal style. All skill levels are welcome, and returning students may bring their own references for personalized guidance on their artistic journey. A supply list will be included with your registration.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions \$144.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 14-Oct 19 2:00-4:30 PM ZBE64A

Mon, Oct 26-Dec 7 2:00-4:30 PM ZBF64A

No class 11/23

Pen & Ink with Watercolor

(adults)

Discover the charm of combining expressive ink lines with the soft beauty of watercolor. In this workshop, we'll explore techniques for sketching with pen to create texture, depth, and detail—then bring those drawings to life with transparent watercolor washes. Learn how to balance line and color as you create lively artwork.

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Nov 11-Dec 16 1:00-3:00 PM ZBJ64X

Portrait Drawing

(adults)

Portrait drawing is probably one of the hardest, but most inspiring, subject matters of art. There is nothing like a fine art portrait of someone you know and love. Demos and critiques will address accuracy in proportion, shape, line, value, and anatomical structure. Each week, the instructor will concentrate on a different facial feature in order to hone your drawing skills. Students will learn the tools fundamental to capturing likeness, utilizing the medium of charcoal primarily, though other drawing mediums will be incorporated. Please bring \$43.00 for the model fee on the first day of class.

Instructor: Kristin Kunc

Six Sessions \$135.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 28-Nov 9 9:30-11:30 AM. Z6664X

No class 10/12

Studio Time with Gina

(adults)

Join a welcoming studio environment where artists of all levels create, explore, and grow together. This ongoing weekly class offers individualized instruction from a professional artist, tailored to your style and chosen medium. Everyone will receive one-on-one guidance in perspective, composition, color theory, and technique. Each session is shaped around your personal goals, offering a supportive space for growth alongside fellow creatives. Whether you're just starting out or refining your craft, this class provides the direction and freedom to evolve your artistic practice. Please remember to bring all necessary supplies for your chosen medium and come prepared to create.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions \$158.00 Per Person

Thompson Pk Creative Arts Center

Fri, Sep 18-Oct 23 1:00-4:00 PM ZBG64A

Fri, Oct 30-Dec 11 1:00-4:00 PM ZBH64A

No class 11/27

Understanding Value: An Intensive Workshop

(adults)

In this foundational intensive workshop, students will explore simplifying a painting to its essentials and understanding the importance of shapes to create a dynamic impact. The value step scale exercise provides you with an opportunity to practice mixing clean, distinct piles of paint. We will use the resulting paint piles for a value poster study to understand how to capture the feeling of the picture with the fewest shapes. This workshop is about honing one's understanding of the basics of painting.

Art Instructor: Jane Manco

Six Sessions \$160.00 Per Person

Thompson Pk Creative Arts Center

Wed, Oct 14-Nov 18 6:00-8:00 PM Z6264A

Watercolor Studio

(adults)

Designed for artists who have good basic experience with watercolor painting and would like time to practice their skills, work on their own project, and experiment with new techniques. Our knowledgeable instructor will give individual attention as needed and provide some inspirational demonstrations. This is not a beginner class. Students are required to have taken Contemporary Watercolor or a comparable beginner watercolor class.

Instructor: Tracey Witter

Six Sessions \$120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Nov 4 10:00 AM-12:00 PM . . . ZAR64X

No class 10/14 & 10/21

Wed, Nov 11-Dec 16 10:00 AM-12:00 PM. . . ZAS64X



Tracey is not only an accomplished artist, she is also an excellent teacher. She demonstrated techniques clearly, was encouraging and supportive to all students while allowing them to explore their creativity, and her class was a pleasure to be a part of.



Watercolor Unleashed

(adults)

Combining traditional techniques with experimental mixed media. This workshop will explore how to go beyond brush and paper to achieve unexpected textures and effects by painting on alternative surfaces as well as traditional papers. Discover dynamic effects, such as rubbing alcohol, that can add beautiful elements to your work. We will also introduce the expressive combination of watercolor and pen and ink, using line work to define and accentuate your fluid paint applications. This class is for artists of all levels who want to loosen up, experiment, and create unique paintings. Students are required to bring their own watercolor supplies that would be used in a typical watercolor class. Additional supplies will be provided by the instructor.

Instructor: Tracey Witter

Six Sessions \$150.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Nov 4 1:00-3:00 PM. ZBK64X

No class 10/14 & 10/21

Wings of Freedom: Bald Eagle Illustration

(adults)

Celebrate America's 250th anniversary with a creative exploration of the bald eagle, our national bird. This illustration program begins with a guided nature walk to observe local birdlife and learn about eagle habitats, behavior, and symbolism in American history. Participants will then learn step-by-step techniques for drawing an eagle, focusing on proportion, form, and plumage. Artists of all skill levels are welcome, and each participant will leave with their own eagle illustration inspired by nature and this historic milestone.

Please Note: Class meets rain or shine. The walk portion may be changed to an indoor lecture component if weather conditions are poor. Supply list and directions will be emailed two weeks in advance of the class start date.

One Session \$48.00 Per Person

Red Gables

Wed, Nov 18 9:00 AM-12:00 PM IM064X

JEWELRY

Global Influence Bangle Bracelet*(adults)*

Nested spiraled cones are an ancient global jewelry design, and Sandra Lupo has invented an easier way to make them. This dynamic silver-plated and gold-plated wire worked bangle bracelet can be customized just for you. Bead kits will be available with a selection of different wire gauges with either Austrian crystal or lampworked glass with Chinese freshwater pearls and African Glass. This is a truly global design! A bead kit fee of \$40.00 (cash) is payable to the instructor at the start of class. Conetastic Tool (approx. \$35.00) is also available to purchase, or you can bring your own. Other tools will be available to share.

One Session \$66.00 Per Person**Thompson Pk Creative Arts Center****Mon, Oct 5 10:00 AM-1:30 PM.ZD964X****Knot Your Mother's Pearls Part 2***(adults)*

Hand-knot and complete a pearl bracelet using traditional silk thread methods. As a sequel to the beginner class, students will have a choice to work again with Swarovski round crystal pearls or for a new challenge - natural freshwater pearls! With either selection, the pearl colors are varied and pleasing. Required kits will be available from the instructor and begin at \$65.00 (cash), which is payable to the instructor at the start of class; price will depend on the pearls and tools you may need. Basic plier sets are available to share in class.

Instructor: Sandra Lupo

One Session \$66.00 Per Person**Thompson Pk Creative Arts Center****Mon, Oct 26 10:00 AM-1:30 PM.ZDA64X****Metal Clay Basics***(adults)*

This versatile medium is very user-friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects. Students will be working with fine silver metal clay. The cost of the metal clay will depend on the market value. Please refer to the fact sheet for more pricing information.

Instructor: Eileen Reed

Six Sessions \$150.00 Per Person**Thompson Pk Creative Arts Center****Thu, Sep 3-Oct 8 10:30 AM-1:30 PM ZDD64X****Thu, Sep 3-Oct 8 6:30-9:30 PMZDE64X****Thu, Oct 15-Nov 19 10:30 AM-1:30 PM . . .ZDF64X****Thu, Oct 15-Nov 19 6:30-9:30 PMZDG64X**

KNITTING & SEWING

ABC's of Sampler Cross Stitch*(adults)*

Have you ever thought about how cross-stitch embroidery or a sampler is made? Cross-stitch is one of the easiest embroidery skills and talents that is perfect for beginners. Whether you learned this years ago or want to pick up that needle and stitch, this course will get you started on your very own sampler. We will delve into the history of how and where cross-stitch was used, what types of materials can be used and the resources for them, as well as a survey of some of the stitches used. Everyone will make their own sampler masterpiece with a step-by-step demonstration. Materials for this creation will be provided. Plenty of easy-to-make designs will also be available to take and make.

Instructor: Rachael Goldman

Four Sessions \$60.00 Per Person**Thompson Pk Creative Arts Center****Sun, Oct 11-Nov 1 12:00-1:30 PMZD364X****Beginner Sewing and Beyond***(adults)*

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making something simple, like lounge pants or pajama bottoms, then move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

Please Note: Participants must be able to operate the sewing machine they bring to class.

Six Sessions \$96.00 Per Person**Fort Monmouth Rec Ctr Program Room C****Tue, Sep 15-Oct 20 7:00-9:00 PM.ZD764X****Tue, Nov 3-Dec 8 7:00-9:00 PMZD864X**

Embroidery 101

(adults)

Learn the art of embroidery in this step-by-step workshop. Participants will learn 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 a great way to start your journey into the world of embroidery while also reviewing some basics of the craft form. All skill levels are welcome. A materials fee of \$10.00 is due to the instructor on the day of the workshop.

Artist/Instructor: Jennifer Santa Maria

One Session \$42.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 21 5:00-7:00 PM Z1864X

Tue, Oct 13 2:30-4:30 PM. Z1964X

Hooked from the Start: Crochet Basics & Beyond

(adults)

Curious about crochet but don't know where to start? This beginner-friendly class will take you through all the foundational skills to get you crocheting with confidence. Do you already know the basics? Adventurous beginners are also welcome! You'll get guidance on building your skills while you work on a project of your choice. Crochet is a versatile and relaxing craft and offers enormous project variety. Bring some ideas about things you may like to make. Projects and materials will be discussed on the first day of class. A kit fee of \$20.00 is payable to the instructor on the first day of class.

Instructor: Jody Forbes

Six Sessions \$80.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16-Oct 21 6:30-8:30 PM ZD564X

Wed, Oct 28-Dec 9 6:30-8:30 PM ZD664X

No class 11/26

Knitting 101 and Beyond

(ages 15 and up)

Learn to knit or learn new knitting skills. Beginners will master all the basics: reading a pattern, casting on, casting off, and the stitches knit and purl. Work on a pair of slippers, a scarf, or a hat while acquiring skills needed to knit projects on your own. More advanced students will work on projects of their choice.

Instructor: Karen Stein

Six Sessions \$75.00 Per Person

Thompson Pk Creative Arts Center

Mon, Sep 21-Oct 26 6:30-8:30 PM ZC064X

Mon, Nov 9-Dec 14 6:30-8:30 PM. ZC164X

Sat, Oct 31-Dec 12 10:30 AM-12:30 PM. . . ZC364X

No class 11/28



Knitting Beyond the Basics

(adults)

Do you wish to advance to more complex knitting projects, but lack the skills or are confused by instructions? This workshop is intended to give you confidence in exploring more advanced topics in knitting, such as swatching, garment construction, intarsia, knitting in the round, magic loop, and more. We will create mini projects to practice skills using the needles and yarn you already have, review questions on your current projects, and share knowledge of knitting resources.

Instructor: Laurel Von Gerichten

Five Sessions \$60.00 Per Person

Thompson Pk Creative Arts Center

Tue, Sep 29-Oct 27 5:30-7:00 PM. ZAG64X

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling as you learn the basics and more. Allow your art journal to become your diary, scrapbook, or art portfolio. Art journaling is a way of documenting your daily life, incorporating "pieces" of your day into your pages, a place to experiment with different art mediums. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions \$145.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Oct 22-Nov 12 6:30-8:30 PM AC064X

Autumn Egg Etching *(adults)*

Discover the art of etched eggs in an autumn-inspired exploration of this wax-resist process. Using a kistka (a beeswax-filled tool), we'll draw designs on real (empty) eggs, layering wax between etching baths to reveal delicate patterns in rich, earthy tones. Working on deep brown eggs, etching baths uncover a range of natural hues, from dark, rustic browns to soft, creamy whites, creating pieces that pair beautifully with dried bouquets and autumn décor. Participants may follow traditional motifs or create their own designs. No experience is required, though those familiar with pysanky will find this a fresh and exciting extension of the process. All materials are provided, and everyone will have the opportunity to complete up to two eggs. Please bring an egg carton to take home your finished treasures. A materials fee of \$20.00 (cash) is due to the instructor on the day of the workshop.

Instructor: Jenny Santa Maria

One Session \$43.00 Per Person**Thompson Pk Creative Arts Center****Sun, Oct 25 4:00-6:00 PM. Z4064X****Wed, Nov 11 5:00-7:00 PM. Z4164X****Basket Making Workshops***(adults)*

Basket weaving is an ancient craft that uses natural materials to make practical things. Today's baskets, while still useful, have evolved into a serious art form. Fees for materials (cash or check) are listed below and are to be paid to the instructor on the day of class. All classes are suitable for beginner and experienced weavers.

Instructor: Martha Costain

Two Sessions \$44.00 Per Person**Thompson Pk Creative Arts Center****Unfinished Basket Project or Weed Basket**

Do you have a basket project that never got finished? Or a kit you bought but never made? Bring it to class along with any supplies you may have. We can evaluate what is needed to be able to complete your basket; the materials fee will vary depending on the materials needed. For the weed basket, the instructor will bring supplies for a simple weed basket to weave that day, if desired. The materials fee for the weed basket will be \$10.00.

Thu, Sep 10-17 10:00 AM-1:00 PM. ZDB64X**Tote Basket**

A handsome tote with a filled base to take to the farmers' market. Shaker tape (woven cotton) handles complete this basket with color accents. Suitable for beginners.

Size: 12"L x 5"W x 8"H (approximately)

Materials fee: \$28.00

Thu, Oct 1-8 10:00 AM-1:00 PM. ZDC64X**Comic Book Writing 101***(adults)*

Learn how to write engaging and visually driven comic book scripts. This workshop breaks down panel pacing, dialogue, and worldbuilding. No art skills required, just imagination and a love for storytelling!

Instructor: Derek "Lonzo Starr" Allen, Creator of Konkret Comics

Three Sessions \$100.00 Per Person**Thompson Pk Vis Ctr Beech Room****Wed, Sep 16-30 6:00-7:30 PM. ACU64X****Creative Collage Challenge Class***(adults)*

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk"? Then this class is for you! Instructor Tara Collins will teach composition and various techniques. Each week, you will get a new challenge to work on while allowing your intuition and subconscious brain to lead the way! One week it may be a color challenge, the next a shape or seasonal/nature challenge. It will be a fun, creative setting for art exploration! This class is for those with basic collage and art material knowledge.

Four Sessions \$145.00 Per Person**Dorbrook Rec Area Vis Ctr****Thu, Sep 17-Oct 8 6:30-8:30 PM. ABZ64X****Festive Fall Rock Painting Workshop** *(adults)*

Let's get our autumn decorations started with some seasonally painted rocks. This fun and relaxing art project will show how to paint an expressive pumpkin and candy corn on a decorative rock. Each participant will paint two rocks (rocks will be approximately 2-3 inches). One will be primed and penciled with a pumpkin design to learn and practice tricks for shadowing and detailing, and on the other you will create the candy corn. All supplies are included.

Instructor: Dot Villipart

One Session \$40.00 Per Person**Clayton Pk Act Ctr Classroom A****Sun, Sep 20 11:00 AM-2:00 PM. Z6764A****Sat, Oct 10 11:00 AM-2:00 PM. Z6864A**

Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information-packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. You will explore how to frame various types of art and photos using ready-made frames along with the appropriate tools and materials for each media; how to correctly wire your work to hang safely and securely; how to create a "Basic Framing Tool Kit"; and lots of helpful money-saving tips so you can frame your art and photos beautifully and economically.

Instructor: Hillary Binder-Klein

One Session \$40.00 Per Person

Thompson Pk Creative Arts Center

Wed, Sep 16 10:00 AM-12:00 PM Z1164X

Wed, Nov 18 10:00 AM-12:00 PM Z1264X

Intro to Chainmaille: Byzantine

(adults)

Chainmaille, the stuff of knights and dragons, legends and kings. During the Middle Ages, men wore mesh garments into battle as protection. Today, we can weave these ancient patterns into wearable art, not with heavy riveted iron but with shiny, lightweight (non-tarnishing) aluminum! This beginner-friendly class will offer a basics/history of chainmaille along with the proper techniques required to create a sturdy piece of chainmaille jewelry, the Byzantine weave. A little history. A little bling. All materials included.

Instructor: Karen Bellitto

One Session \$70.00 Per Person

Thompson Pk Creative Arts Center

Mon, Oct 19 9:00 AM-12:00 PM ZD464X

MIXED MEDIA ART

Mixed Media Canvas - Mandala

(adults)

We will begin by making decorative papers with a gelli plate. Then we will draw our own unique, simple Mandala template. Then use the papers we have made and the template to cut out and collage our Mandala. Finishing the canvas with dimensional embellishments, a phrase, and glitter if desired. Template examples will be provided. Students can select the color scheme of their choice. All supplies are included.

Instructor: Monique Topp

Two Sessions \$70.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Oct 15-22 6:00-9:00 PM AD464X

Mixed Media Christmas Crafts

(adults)

We will learn to use the Gelli Plate to make a variety of holiday-themed decorative papers in the color scheme of your choice. Then we will use the decorative papers, inks, paints, and embellishments to create Christmas-themed decorations such as ornaments, boxes, tags, or a canvas. All supplies are included.

Instructor: Monique Topp

Two Sessions \$70.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Nov 12-19 6:00-9:00 PM AD564X

Monotype Art Printmaking: Techniques, Tools & Creative Exploration

(adults)

Join local artist Ilene Hinden and learn how she combines digital and analog processes to create monotype art. Students will acquire tools and methods to help build a strong foundation to produce works of their own. Experiment with gelli and plexi plates, acrylic paint, ink, and other mediums, found objects and stencils, digital images, transfer images, and more. Whether you are new to Monotype and Gelli printmaking or looking to expand your range of art materials and techniques, this class will encourage and inspire you to explore, play, and discover new ways of making art. Once you learn the fundamentals, the possibilities are endless!

Instructor: Ilene Hinden, Monotype & Digital Artist

Six Sessions \$187.00 Per Person

Thompson Pk Creative Arts Center

Thu, Sep 10-Oct 15 6:00-8:30 PM Z6364A

Tue, Oct 27-Dec 8 1:00-3:30 PM Z6464A

No class 11/24

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion, and grouting. No experience necessary. A materials fee of \$85.00 (cash or check) is payable on the first day of class to instructor Harry Belkowitz.

Four Sessions \$56.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Sat, Sep 19-Oct 10 1:00-3:00 PM ZAN64X

Sat, Oct 24-Nov 14 1:00-3:00 PM ZAP64X

Tue, Sep 22-Oct 13 10:00 AM-12:00 PM . . ZAU64X

Tue, Oct 27-Nov 17 10:00 AM-12:00 PM . . ZAV64X



Beginner Stained Glass

(adults)

This is the perfect time to learn all about stained glass. In this class, students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns, and you will advance at your own rate. All supplies are provided for a fee of \$150.00 (cash or check) payable to the instructor on the first day of class.

Instructor: Harvey Altman

Six Sessions \$114.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Mon, Sep 21-Oct 26 10:00 AM-12:00 PM . . .ZBP64X

Mon, Nov 2-Dec 7 10:00 AM-12:00 PM . . .ZBQ64X

Wed, Sep 23-Oct 28 10:00 AM-12:00 PM . . .ZBR64X

Wed, Nov 4-Dec 9 10:00 AM-12:00 PM . . .ZBS64X

Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind, and solder a stained glass mosaic. Craft a one-of-a-kind project to take home. All materials are provided by the instructor for a fee of \$150.00 (cash or check) to be paid at the first session.

Instructor: Harvey Altman

Six Sessions \$114.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Tue, Sep 22-Oct 27 1:00-3:00 PMZBT64X

Tue, Nov 3-Dec 8 1:00-3:00 PMZBU64X

Intermediate Mosaics

(adults)

Intermediate Mosaics is for students who have taken our Beginner Mosaics class. Students will learn more advanced tile cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials provided by the instructor for a \$90.00 fee (cash or check) payable during the first class.

Instructor: Harry Belkowitz

Six Sessions \$80.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Sat, Sep 19-Oct 24 10:00 AM-12:00 PM . . .ZAQ64X

Sat, Oct 31-Dec 12 10:00 AM-12:00 PM . . .ZAT64X

No class 11/28

SOAPMAKING

Fall Wellness Soapmaking Workshop

(adults)

Warm up your creativity this fall with a hands-on soapmaking and self-care session! You'll learn the art of melt and pour soapmaking while experimenting with colorants, botanicals, and natural additives to create a beautiful, nourishing bar of soap. To round out your fall wellness toolkit, we'll also craft shower steamers. These aromatic, fizzing tablets infused with essential oils will transform your shower into a spa-like escape. Perfect for clearing the senses and soothing the season's chill, these little luxuries make wonderful gifts, or a treat just for you. Please remember to bring an 8 or 16 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor at the start of the class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Oct 3 11:00 AM-12:30 PM.AB264X

Handcrafted Soapmaking

(adults)

Discover the art of melt and pour soap making in this relaxing, fun-filled, hands-on workshop. You'll learn how to craft two beautiful, nourishing soaps using gentle ingredients like goat milk, glycerin, essential oils, botanicals, and natural exfoliants such as loofah and oatmeal. You will be guided through various creative techniques, including fragrance blending and incorporating skin-loving oils for natural, nourishing soaps. Whether for yourself or for gift giving, this is a craft you will enjoy the benefits of for years to come. Bring your creativity and an 8 oz. Pyrex glass measuring cup. A supply fee of \$20.00 is to be paid directly to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Sep 5 11:00 AM-12:30 PMAB364X

Soapmaking and Herbal Product Workshop

(adults)

Ready to learn how to formulate your own herbal delight? This soapmaking session will not only teach you the art of "how to" make delightful soaps made from natural ingredients and additives, but will also walk you through formulating a therapy balm suitable for all skin types. This is your first step to a practical, safe, holistic approach to herbal medicine. Are you ready? Participants will take home two full bars of soap and a tin-filled container of therapy balm. A supply fee of \$20.00 is to be paid directly to the instructor at the start of the class.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

One Session \$60.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Nov 7 11:00 AM-12:30 PMAB464X



CULINARY ARTS

A French Alps Feast - Raclette and Tartiflette NEW

(adults)

The best part of skiing in the French Alps, besides the beautiful scenery and friendly folks, is the food! Three classic dishes from Savoie are what you will enjoy tonight. Relax while the chef makes Tartiflette, a winning combination of humble ingredients: bacon, onions, potatoes, and cheese. And while this bakes, you can start your supper with a French-style salad. Then, begin to melt your raclette cheese and heat a wonderful assortment of sliced sausages, ham, and vegetables. This filling feast must be topped off with gateau de Savoie and warm blueberry compote, a light cake that will send you home on a cloud. Class is in a partial demonstration and partial hands-on format.

Instructor: Chef Peter De Celie

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Nov 17 6:00-9:30 PMA6664X

Buttercream Flowers

(adults)

Create roses, daisies, primroses, and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers, and flower nails. This detail-oriented class is a little more advanced, and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session \$67.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 28 6:00-8:00 PMACN64X

Chinese Dumpling 101

(adults)

Have you ever wanted to learn how to make Chinese dumplings? If so, today is your lucky day! In this hands-on dumpling making class, you'll learn how to prepare, fold, and cook Wontons with Peanut Sauce, Shumai, and Chinese Pork and Leek Dumplings. Attendees will work in groups with guidance from the instructor as they prepare the dishes and accompanying sauces.

Instructor: Nick Mietkowski, Sunnyside Kitchen LLC

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 19 6:00-8:30 PMA5064X

Chocolate Making Basics

(adults)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced during this hands-on class. Everyone will leave with beautifully decorated chocolates designed by you. All supplies are included.

Instructor: Kimberly Megill

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Oct 26 6:00-9:00 PM ACP64X

Empanadas Gone Wild

(adults)

Whether you've never tried this South American hand pie or you are already a fan, you've got to see how easy these are to make. With traditional fillings as varied as the many countries and regions they are from, Chef Stephen will focus on creating a popular variety, with tips for stuffing it just right. Once stuffed, you will see how to bake or fry the empanada to perfection. Top it off by creating fresh dipping sauces and salsas for one mouthwatering meal!! Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 19 6:00-8:30 PM M6364X

Fall Harvest Pies

(adults)

Surprise your family this holiday season with a delicious, traditional pie made from scratch. Yes, you can do it! Pumpkin and apple are on the menu as we demystify the process and show you just how simple it is to make a crust, prepare the filling, and bake it to golden perfection. Make this a holiday to remember!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Nov 7 10:00 AM-1:00 PM M6264X



Flavors of the World NEW

(adults)

Why not liven up your weekly dinners with some fantastic dishes from around the world! Chef Stephen Wolff will help you get there with step-by-step, easy instructions. You will be happy to add these recipes to your repertoire and be able to make new and classic dishes any time you wish!

Menu: Chicken Bulgogi (Korean marinated stir-fry), Pastitsio (Greek baked pasta with bechamel), and a Sweet Sicilian Love Cake

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Nov 5 6:00-8:30 PM M6164X

Let's Make Crepes NEW

(adults)

While crepes are known for being a sweet brunch delicacy, this class will show you how you can bring both savory and sweet crepes to your home kitchen. In this hands-on class, attendees will make three kinds of crepes: Ham and Gruyère, Vegetarian Crepes, and a dessert crepe (lemon curd or bananas foster). Everyone will leave with the skills and knowledge to host a fancy brunch for friends and family.

Instructor: Nick Mietkowski, Sunnyside Kitchen LLC

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Sep 14 6:00-8:00 PM AD364X

Oktoberfest Traditions

(adults)

Nothing rings in the Fall Season like this German-inspired festival. Skip the travel plans, because you can create some of these traditional foods for your very own Oktoberfest! Along the way, learn how to clean and portion various ingredients, techniques for pan frying, knife skills, and more. Soon you'll be ready to add some Oom-Pah-Pah to your next celebration!

Menu: Pork Schnitzel with Dill Sauce, Red Cabbage and Easy Apple Strudel

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 1 6:00-8:30 PM M5964X

Outdoor Paella

(adults)

Let's go outdoors and have a paella feast! Have you never tried to cook paella at home? It's simple! Think rice with goodies! Tonight, you will learn how to cook outside over an open fire with the special paella rice called calasparra. Heat control and knowing when to mix in the "goodies" with this rice is what makes great paella. We'll use chicken, chorizo, saffron, and clams. We also use squid, shrimp, bacon, and smoked paprika. You'll think you are in Barcelona! Sit back and relax – I'll cook for you tonight. Oh, and ice cream, too! Class is taught in a demonstration format.

Instructor: Chef Peter De Celie

One Session \$70.00 Per Person

Dorbrook Rec Area Barnview Shelter Bldg

Wed, Sep 9 6:00-9:30 PM A6364X

Wed, Sep 16 6:00-9:30 PM A6464X

San Gennaro Festival

(adults)

This iconic New York City Festival goes back to 1926, when immigrants from Naples lined Mulberry Street to celebrate their patron, St. Januarius. We will celebrate this "Feast of all Feasts" by preparing some unexpected recipes that celebrate the Italian culinary spirit of this festival. Roll up your sleeves and get ready to cook – Mangia Diverti!

Menu: Grilled Pizza on a Stick, San Gennaro Sausage and Pepper Burgers, and Grandmom Consiglio's Homemade Zeppole (Italian Donuts)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Sep 17 6:00-8:30 PM M5864X



*When we learn new recipes
and cooking techniques,
we're not only experiencing
new foods, but may also
be improving our nutrition,
relieving stress, and
improving our memory.*

**DID YOU
KNOW?**

Stir-Fry and Your Chinese Pantry

(adults)

At home, Chinese-inspired dishes require a few must-have essentials in the pantry. Tonight, you will use these pantry essentials to create great flavors, textures, and variety. A stir-fry feast will be your reward! This one technique will give us a great meal. Chef will supply the woks, chopsticks, and recipes so you can create velvet black pepper chicken, Singapore mei fun with shrimp, sweet and spicy orange beef, hot and sour vegetables, and Hunan-style pork, along with side dishes of bok choy with black bean sauce, broccoli and garlic sauce, and simple white rice. Mango ginger ice cream, made by the chef, will top off this stir-fry feast. Please bring a knife and an apron to this hands-on class.

Instructor: Chef Peter De Celie

One Session \$70.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 20 6:00-9:30 PM A6564X

Sushi for Everyone!

(adults)

We are on a roll with homemade sushi. Chef Stephen Wolff will demonstrate the proper techniques, and then you will receive hands-on instruction. You will be able to make your own hand-crafted sushi rolls. Start with the specialty rice cooked to perfection, move on to the authentic Nori paper, along with traditional and creative fillings. We will even make a variety of sauces from scratch to accompany your own sushi! Your friends and family will think you just got back from a year in Japan!

Menu: California Roll, Spicy Tuna Roll, Salmon Roll, Veggie Roll

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session \$85.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Thu, Oct 15 6:00-8:30 PM M6064X

EDUCATION & ENRICHMENT

FISHING

Adult Fishing Camp

(adults)

Pack a hat, sunscreen, and a bagged lunch; you're going back to summer camp! Relive the fun of summer camp in this three-day, adult-only fishing-themed camp. We will spend two days fishing from kayaks in both fresh and saltwater, followed by a privately chartered fishing trip off the Jersey Coast. All equipment, instruction, and transportation will be provided; no prior experience required. A NJ freshwater fishing license is required for all participants between the ages of 16 and 69 per state regulations, and can be purchased on the NJ Fish & Wildlife website.

Three Sessions \$415.00 Per Person

Manasquan Res Env Ctr Parking Lot

Tue-Thu, Sep 1-3 8:00 AM-3:00 PM I2864X

GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game. This is not an instructional program; for experienced players only.

Seven Sessions \$30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Sep 14-Oct 26 10:00 AM-12:00 PM . . M4964X

Mon, Nov 9-Dec 21 10:00 AM-12:00 PM. . . M5264X

“

Fort Monmouth Rec Center staff are very attentive, accomodating, and always show concern for the safety of the group attending their programs.

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Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open play format and is for players who have knowledge of how to play.

Please Note: No instruction is provided; those with no previous knowledge of the game should register for Learning Mahjong for Beginners (p. 49).

Seven Sessions \$30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong.

Fort Monmouth Rec Ctr Program Room C

Mon, Sep 14-Oct 26 10:00 AM-12:00 PM . . M5064X

Wed, Sep 16-Oct 28 10:00 AM-12:00 PM . . M4764X

Mon, Nov 9-Dec 21 10:00 AM-12:00 PM. . . M5164X

Wed, Nov 11-Dec 23 10:00 AM-12:00 PM . . M5564X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Sep 15-Oct 27 9:30-11:30 AM. M4564X

Wed, Sep 16-Oct 28 9:30-11:30 AM M4664X

Tue, Nov 10-Dec 22 9:30-11:30 AM M5364X

Wed, Nov 11-Dec 23 9:30-11:30 AM. M5464X

Fort Monmouth Rec Ctr Program Room C

Thu, Sep 17-Oct 29 9:30-11:30 AM. M4864X

Thu, Nov 12-Dec 31 9:30-11:30 AM M5664X

No class 11/26

HISTORY

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house and the area, as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey through time. The house inside can get very dark at night; please bring your own flashlight or use a cell phone to light the way.

One Session \$12.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Sun, Oct 25 7:00-8:00 PM. IK864X

Sun, Oct 25 8:30-9:30 PM. IK964X

SAFETY

Boat America

(ages 13 and up)

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

One Session \$82.50 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 12 8:30 AM-5:00 PMU0164A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

One Session \$85.00 Per Person

Big Brook Pk Elsas Lodge

Mon, Sep 14 7:00-9:30 PMU0564A

Thompson Pk Vis Ctr Beech Room

Thu, Oct 15 7:00-9:30 PM.U0664A

Sat, Nov 7 10:00 AM-12:30 PMU0764A

Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master lifesaving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios, including medical, injury, and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

One Session \$78.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 19 10:00 AM-12:30 PM.U0864A

Tue, Oct 6 7:00-9:30 PM.U0964A

Big Brook Pk Elsas Lodge

Fri, Oct 16 7:00-9:30 PMU1064A

SELF-IMPROVEMENT

Creating Your Life on Purpose

(adults)

Your mind is a powerful force in shaping your reality. From ancient wisdom to the Law of Attraction to quantum physics and modern neuroscience, we now know that what we focus on, we amplify. In this interactive workshop, you'll explore practical ways to shift your mindset, clarify your desires, and align your energy to bring them into being. You'll leave inspired and equipped with tools you can use right away to create more of what you want in your life.

Presented by: Kate Cauley

One Session \$35.00 Per Person

Tatum Pk Holland Act Ctr

Sat, Sep 19 11:00 AM-1:00 PMACK64X

Thompson Pk Vis Ctr Beech Room

Wed, Sep 9 7:00-9:00 PMACC64X

The Let Them Theory: Book Discussion and Beyond!

(adults)

Join us for a fresh, meaningful conversation around Mel Robbins' Let Them Theory. This simple idea has the power to transform how we show up in every aspect of life. We'll go beyond reading to explore how "letting them" can help us reduce emotional clutter, reclaim our energy, and respond to life with more clarity and calm. Together, we'll look at practical ways to apply these ideas in real moments with partners, kids, colleagues, and ourselves. This isn't just a discussion. It's an invitation to practice a lighter, more grounded way of living. Come ready to connect, reflect, and walk away with tools you can use immediately.

Instructor: Alison Soltis, Certified Life Coach

One Session \$12.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Sep 29 1:00-2:30 PM. ABC64X

WRITING

Write Out Loud: Writing From the Heart

(adults)

There are stories we carry: moments, memories, and experiences that have shaped us, but finding a way to express them on the page can feel elusive. In this workshop, you'll be guided to connect with your voice and explore your stories with honesty, depth, and clarity. Through discussion, brief meditation, and inspiring in-class and take-home writing exercises, you'll discover various ways of beginning and shaping your stories and bringing your experiences to life in a way that feels natural and true to you. Each session includes time to write, reflect, and share (optional) in a supportive, respectful environment. Whether you're just beginning or returning to writing, this workshop offers space to put your heart into shaping your writing.

Four Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Sep 15-Oct 6 1:30-4:00 PM. ACH64X

HEALTH & WELLNESS

Balancing the 7 Body Chakras

(adults)

Learn ways to align the seven in-body chakras by pairing them together to optimize their functionality. Participants will learn how to pair chakra 1 with chakra 5, chakra 2 with 6, chakra 3 with 7, and ultimately filtering all the chakras through the loving energy of chakra 4 - the heart. Through the third-eye chakra's insight and wisdom, we will create healing, vitality, and fuller integration.

Presented by Grace Conte, M.A., educator and certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Sep 10 6:00-7:30 PM A6264X

Beginner Breathwork & Meditation

(adults)

Take time for yourself to pause, breathe, and reconnect with your body before the rest of your day unfolds. This gentle, beginner-friendly experience serves as a mid-day reset, weaving together gentle breathwork, guided meditation, and mindful movement to help you release stress and tension, regulate your nervous system, and ground your energy before stepping into the rest of your day. No movement or meditation experience required.

Facilitated by: Caitlin Mahon, Certified Breathwork and Meditation Facilitator

Six Sessions \$166.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 14-Oct 19 1:00-1:50 PM ABY64X

Chakra Bowls Meditation

(adults)

In each one of us, there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. We will learn about seven of the wheelhouses (Chakras), their individual sounds, and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions \$52.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Sep 24-Oct 15 7:00-8:00 PM. Q1164X

Thu, Oct 29-Nov 19 7:00-8:00 PM Q1264X

Creating Your Life on Purpose:

Going Deeper

(adults)

This workshop builds upon my foundational Law of Attraction class (also offered as Creating Your Life on Purpose, Designing Your Reality, and Putting the Law of Attraction to Work for You) and is designed for those who have previously attended. We'll revisit key insights and tools, and you'll be guided in reflecting on your experiences since then. We'll look at what has felt clear and effective, as well as where things feel less steady, and explore strengthening your alignment in ways that feel sustainable. You'll leave with a sense of how to continue applying this work in your daily life, along with tools to support ongoing growth.

Presented by: Kate Cauley

One Session \$35.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Nov 14 11:00 AM-1:00 PM ACE64X

Wed, Nov 18 7:00-9:00 PM AD664X

Expressive Arts for Mental Wellbeing

(adults)

Learn and experience the potential for healing that expressive arts yield. Experience and reflect on how different forms of expression can be helpful for mental well-being, and learn some new coping skills. Throughout this four-week program, we'll explore different facets of expressive arts, including gentle movement, creative writing, mandala making, and more. Please bring a yoga mat.

Led by: Amanda Levitt, MS, LPC, licensed mental health counselor & registered yoga teacher

Four Sessions \$100.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Wed, Sep 23-Oct 14 5:30-7:00 PM ABA64X

Functional Principles of Digestion and Detoxification

(adults)

Our body is a healing machine! Learn about the eight steps to optimize digestion and detoxification to improve overall physical and mental well-being.

Presented by: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Oct 20 6:00-8:00 PM ABJ64X

Harvest Moon Equinox Meditation

(adults)

The harvest moon signals a time for abundance, preparing for going inward, finding balance, and acknowledging personal growth and gratitude. Your certified health and life coach, Lisa Vento, will lead you through intention setting, a guided meditation, and vision boarding. Bring magazines with images that inspire you.

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Sep 26 4:00-6:00 PM ABM64X

Meditation Retreat

(adults)

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with morning meditation in the Visitor Center. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice mindful mealtime. We will finish our day with Chakra and Reiki meditations. Please pack a lunch and snacks, as well as outer weather gear for walking.

One Session \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Oct 24 9:00 AM-3:00 PM Q0264X

Mindful Home Coaching: Creating the Home You Love from the Inside Out

(adults)

Transform your space and mindset during this hands-on, four-week course designed to help you declutter with intention. Each class blends mindfulness techniques with practical decluttering strategies, guiding you to create a home that aligns with your values. You'll develop a vision for your space, explore emotional and thought patterns tied to clutter, learn stress-regulation tools, and discover your unique organizing style. Led by an experienced psychotherapist, this supportive small group setting provides the tools and encouragement you need to make lasting change. Take the first step toward a home and a life you'll love!

Four Sessions \$80.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Sep 21-Oct 12 1:00-2:00 PM A0364X

Nervous System Regulation *(adults)*

Participants will use the positive energies found in nature to de-stress and harmonize their bodies, minds, and spirits for better health. Outdoor mindful practices, such as sensory orientation, visualization, breathing, vocalization, and movement, will be experienced. Dress comfortably and for the weather. Class will be held indoors and outdoors.

Presenter: Grace Conte, M.A., educator and certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Oct 7 6:00-7:30 PM A6164X

Parent Connect Collective*(adults)*

This group is a judgment-free space for parents to connect, share, and grow together. We come together to talk honestly about the challenges and joys of parenting, offering encouragement, understanding, and real community. Whether you need a place to feel heard, learn from others, or simply not feel alone, you'll find a village here. For parents of children all ages!

Instructor: Alison Soltis, Certified Life Coach

Four Sessions \$42.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Sep 21-Oct 12 7:00-8:30 PM ABD64X

Post-Traumatic Growth *(adults)*

Turning trauma into growth, healing, and transformation. This workshop will help you understand the psychology of trauma and what science can teach you. You will alter your perceptions of suffering to offer you renewal, restoration, and healing. Workshop goals: 1) uncover the physical, emotional, and spiritual aspects of suffering; 2) explore turning trauma into growth experiences and transformation; and 3) experience healing and recovery. Presenter: Grace Conte, M.A., educator and certified Reiki Master

One Session \$40.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Nov 17 6:00-7:30 PM A6064X

Stop Living Small *(adults)*

Have you ever felt like you're holding back? Staying quiet, playing it safe, or shrinking yourself to fit expectations? This workshop explores why we live small and how to begin shifting out of those patterns. Through practical exercises and honest self-examination, you'll uncover the beliefs and patterns that may be holding you back, and learn simple, grounded ways to show up more fully in your life. This is not about becoming louder or more forceful. It's about becoming more fully yourself. You'll leave with greater awareness, a clearer sense of where you may be holding back, and practical tools to begin showing up more fully in your life.

Presenter: Kate Cauley

One Session \$35.00 Per Person

Tatum Pk Holland Act Ctr

Sat, Oct 17 11:00 AM-1:00 PM. ACM64X

Thompson Pk Vis Ctr Beech Room

Wed, Oct 14 7:00-9:00 PM ACF64X

Programs for Caregivers & Individuals with Memory Loss**Caregiver Workshop Series** *(adults)*

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie, and support with others on a similar journey. This is a free program; however, registration is required.

Four Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 8-Dec 8 7:00-8:00 PM #D0664A (Program meets 9/8, 10/13, 11/10 & 12/8)

Memory Cafe *(adults, with age-related memory loss)*

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn, and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information at 732-460-1167, ext. 4643. This is a free program; however, registration is required.

Three Sessions FREE! • Dorbrook Rec Area Act Ctr

Tue, Sep 22-Nov 24 10:30 AM-12:00 PM #PD096A (Program meets 9/22, 10/27 & 11/24)

T'ai Chi Chih® Joy Through Movement

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Four Sessions \$98.00 Per Person

Begin or Review

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

Manasquan River Greenway Winter Run Act Ctr

Thu, Sep 3-24 6:30-8:00 PM AC464X

Six Sessions \$105.00 Per Person

Manasquan River Greenway Winter Run

Tue, Oct 13-Nov 24 6:30-8:00 PM. AC564X

No class 11/3

Dorbrook Rec Area Act Ctr

Sat, Sep 12-Nov 14 10:30 AM-12:00 PM . . AC364X

No class 9/19, 10/3, 10/17 & 10/31

Thompson Pk Vis Ctr Beech Room

Thu, Oct 15-Dec 3 10:30 AM-12:00 PM . . . AC664X

No class 10/29 & 11/26

Beginner

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 18-Oct 30 11:30 AM-12:50 PM . . . ACV64X

No class 10/2

Mon, Nov 2-Dec 7 11:30 AM-12:50 PM . . ACW64X

Intermediate

Six Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Sep 18-Oct 30 10:00-11:20 AM. ACX64X

No class 10/2

Mon, Nov 2-Dec 7 10:00-11:20 AM. ACY64X

T'ai Chi Chih & Meditation

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 25+ year International Teacher Trainer

Three Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Mon, Sep 14-28 10:30 AM-12:30 PM. AC164X

Fri, Nov 13-Dec 4 11:00 AM-1:00 PM AC264X

No class 11/27

The Longevity Lifestyle

(adults)

You can live longer, stronger, healthier, and free of pain and chronic illness. Achieve more energy, better focus, clarity, improved digestion, emotional regulation, and lower inflammation. Learn how to understand the language of your body through the principles of functional medicine. In this workshop, you will analyze your current health through the language of the body, understand your personal health issues, and be guided on how to improve your mental and physical well-being. Instructor Lisa Vento will give you tools to help improve nervous system regulation, metabolic health, mitochondrial energy, microbiome health, sleep, and circadian rhythms.

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Nov 2 6:00-8:00 PM. ABK64X

Vagal Toning

(adults)

Stress is a fact of life! Some stress is healthy, but when it becomes chronic, it can wreak havoc on your mental and physical health. Put the brakes on the physiological effects of stress with vagal toning and the nervous system. Some benefits include better digestive health, immune enhancement, calm mind, better focus and mental clarity, lower blood pressure and blood glucose, stress resilience, and decreased pain and inflammation. Dress comfortably, bring a yoga mat, and a bottle of water.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Sep 29 6:00-8:00 PM. ABG64X

What Are You Hungry For?

(adults)

Do you struggle with constant cravings, especially for "feel-good" foods? Do you eat when you are bored, nervous, excited, or sad? Do you habitually overeat? If emotional eating during stressful times becomes a regular occurrence and gets in the way of your health goals, it's time to get empowered with knowledge and tools to overcome the hunger, cravings, and mindless habits. In this workshop, we will discuss the physiological, mental, and spiritual causes of emotional eating. You will learn how to nourish, cleanse, move, and relax to reduce cravings and excessive hunger. Bring a pen and a journal.

Instructor: Lisa Vento, CFHC

One Session \$30.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Oct 6 6:00-8:00 PM. ABH64X

HORTICULTURE

Bonsai Day **Sunday, September 13, 12:00-4:00 PM****Deep Cut Gardens, Middletown**

The Monmouth County Park System and the Deep Cut Bonsai Society present Bonsai Day. Experience this intricate and ancient art through demonstrations and displays, with experts on hand to answer your questions.

Admission and parking are free.

**Fall Native Plant Exchange** **Saturday, September 19****Deep Cut Gardens, Middletown**

Improve the biodiversity in your yard and help others do the same! Bring native plants from your garden to exchange with others.

- Plant drop-off is from 8:30 AM-10:00 AM.
- Only plants native to the Mid-Atlantic Region will be accepted. (*Visit the Deep Cut Gardens page of our website to learn about acceptable species and the benefits of using native plants.*)
- Bring established plants in 4-inch, 1-quart, or 1-2 gallon containers to exchange for plants in like sizes. Label all plants.
- House plants may also be exchanged (do not need to be native).
- The swap will commence at 10:00 AM.

For more information, call 732-671-6050.



NATURE

A Billion Years in 60 Minutes**Nature Walk** *(adults)*

Explore the changing landscapes of Freneau Woods Park! We tend to think of nature as being the same or fluctuating only during our own lives. But the landscape we see has been through many dramatic changes in climate, vegetation, and wildlife. Discover how people and Mother Nature have transformed our small corner of Earth over millions of years and broaden your understanding of local landscapes and local history.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Nov 14 1:00-2:00 PM. IKN64X

A Walk with Henry Johnson, Soldier of the American Revolution *(ages 16 and up)*

A simple farmer living on the Navesink River in Middletown witnessed some of the most important battles in Revolutionary War history. Remarkably, several letters written by Henry Johnson to his parents describing his life as a soldier survive. We will discuss the places he mentions in his correspondence as we ramble through the meadows and woods of his childhood farm. Along the way, we will identify which plant and tree species may have existed in Johnson's time. While the walk is only one mile in length, it is over hilly and rocky dirt roads. Please wear sturdy shoes and bring a hat and water.

One Session \$15.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Sat, Sep 19 10:00-11:30 AM (approx) IKZ64X

Fall Bird Excursion*(ages 14 and up, under 18 with adult)*

Spend the day with a Park System Naturalist on a fall excursion to a birding hotspot around New Jersey. We will be on the lookout for fall birds and migrants such as warblers, hawks, and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport via minibus is provided from Thompson Park. Participants should expect to walk between 2-6 miles throughout the day over varied terrain.

One Session \$58.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Sep 9 7:00 AM-4:30 PM I1964X

Wed, Sep 23 7:00 AM-4:30 PM I2164X

Wed, Oct 14 7:00 AM-4:30 PM. I2064X

Fall Birding at Sandy Hook!

(ages 14 and up, under 18 with adult)

Search for fall migrants at one of the premier birding hotspots in the state: Monmouth County's own Sandy Hook! We will search for migrating songbirds, seabirds, and raptors during this exciting time of the year! Please dress for the weather (layers) and wear sturdy footwear, as we may be walking up to several miles.

One Session \$10.00 Per Person

Sandy Hook

Wed, Sep 9 9:00-10:30 AM (approx) IK164X

Wed, Sep 23 9:00-10:30 AM (approx) IK264X

Wed, Oct 7 9:00-10:30 AM (approx) IK364X

Wed, Oct 28 9:00-10:30 AM (approx) IK464X

Fall Equinox Walk

(all ages)

Celebrate the changing of seasons with us! Enjoy the new colors of the forest and the crisp autumn air on a guided walk (1.5-2 miles) with one of our Park System Naturalists.

One Session \$10.50 Per Person

Thompson Pk Marlu Lake

Tue, Sep 22 4:30-5:30 PM (approx). IM264X

Fall Migration at Bayshore Waterfront Park

(ages 14 and up, under 18 with adult)

During the fall, birds may be quieter and less colorful, but the numbers and species diversity increase! Join us during the peak of fall migration as we scour the beachfront and woodlands for warblers, sparrows, shorebirds, and raptors during this exciting time of year for birding. A limited number of binoculars will be available to borrow if needed. Please dress for the weather (layers) and wear sturdy footwear, as we may be walking up to several miles.

One Session \$9.00 Per Person

Bayshore Waterfront Pk

Wed, Sep 16 9:00-10:30 AM (approx) IK564X

Wed, Sep 30 9:00-10:30 AM (approx) IK664X

Wed, Oct 21 9:00-10:30 AM (approx) IK764X



Fall Migration Surf Fishing NEW

(adults)

October's New Moon should signal the start of fall migration for the bait fish out of Raritan and Sandy Hook Bays. This movement will hopefully trigger striped bass and bluefish to meet these small fish on their journey south. Bring your 8-to-10-foot surf fishing gear and a variety of lures to explore techniques to hook up fish. We'll have a variety of lures for you to try. Waders are not required but may be more comfortable depending on the air temperature. Participants must possess a free NJ Saltwater Fishing Registration. Dress for the weather; we will be outdoors the entire length of the program.

One Session \$25.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Oct 27 8:00-10:00 AM IKE64X

Wed, Oct 28 8:00-10:00 AM IKF64X

Fall Weekend Bird Excursions

(ages 14 and up, under 18 with adult)

Spend the day with a Park System Naturalist on a fall excursion to a birding hotspot. We will be on the lookout for fall migrants such as warblers and shorebirds. Participants should bring binoculars, a drink, lunch, and dress for the weather. Limited numbers of binoculars will be available to borrow if needed. Transport is via minibus provided from Thompson Park. Participants should be prepared to walk 2-8 miles of varying terrain.

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Great Swamp National Wildlife Refuge

Sun, Sep 13 7:00 AM-4:30 PM I3164X

Cape May

Sun, Oct 11 7:00 AM-4:30 PM I2664X

CASUAL BIRDER Free

(ages 10 and up, under 18 with adult)

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

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

September 8

Huber Wds Pk

September 22

Hartshorne Wds Pk Rocky Point Section

October 13

Holmdel Pk

November 17

Manasquan Res Env Ctr Lot

Forest Bathing at Freneau Woods

(adults)

De-stress and get back to nature with a forest bathing self-exploration! Join us as we turn off our cell phones, get outdoors, and enjoy a nature/meditative walk among the tall trees and ample space in Freneau Woods. Forest bathing is about bathing yourself in the forest atmosphere through all your senses. Spending time in nature, simply soaking in nature's surroundings and atmosphere, and allowing all our senses to indulge and discover the natural world around us has many proven benefits. A Park System Naturalist will move the experience along, offering participants "invitations" to interact with the forest in meaningful and healing ways. Walks generally cover approximately one mile. Inclement weather or muddy/icy trails will cancel the program.

One Session \$10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sun, Oct 11 11:00 AM-12:00 PM (approx) . IKK64X

Forest Eats and Wild Treats

(adults)

Explore what's on the menu in Monmouth County as we forage for a variety of native and edible plants. Join a Park System Naturalist as we learn to identify common wild edibles, their medicinal properties, and the uses of several other common plants that can be found right here in Monmouth County. Be sure to dress for the weather and wear sturdy shoes.

One Session \$16.00 Per Person

Thompson Pk Old Orchard Parking Lot

Thu, Sep 10 10:00-11:30 AM. I1264X

Manasquan River Greenway Winter Run Act Ctr Barn

Sun, Sep 13 10:00-11:30 AM. I1364X

Huber Wds Pk Env Ctr Parking Lot

Mon, Sep 21 10:00-11:30 AM I1464X

Big Brook Pk Lower Pond Lot

Sun, Oct 11 10:00-11:30 AM. I1564X

“

It's always a pleasure participating in a program with Blake. I've been to several of his programs in the past and hope to continue to in the future.

”

From Wood to Waterfowl

(adults)

Explore the wetlands in search of waterfowl during a guided bird walk with a Park System Naturalist, then step into our outdoor classroom to learn beginner carving techniques. By the end of this session, you'll craft your own miniature duck decoy inspired by the birds you observe.

Instructors: Megan Orens & Blake Beyer

One Session \$50.00 Per Person

Manasquan Res Env Ctr MREC Outdoor Area

Wed, Oct 14 9:00 AM-12:00 PM. IKR64X

Fungi Findings

(adults)

The world of fungi and mushrooms is endlessly fascinating but learning how to identify them on your own can seem like a daunting task. Learn the broad families of fungi, parts of a mushroom, and key features used in identifying local mushroom species in this workshop designed for the first timer.

One Session \$16.00 Per Person

Shark River Pk Outdoor Area

Sun, Sep 27 10:00-11:30 AM. I1664X

Freneau Wds Pk Vis Ctr Parking Area

Sun, Oct 4 10:00-11:30 AM. I1764X

Half Day Hike and Paddle

(adults)

This fun, challenging, and educational half-day experience is perfect for those who just can't get enough of the land and water. We'll start our adventure with a Park System Naturalist-guided hike through Hartshorne Woods Park. Along the way, we will learn about the many species of native plants and wildlife that call our parks home. Then we'll shift gears and go for a paddle on the Navesink River. Be sure to bring water, snacks, sunscreen, and footwear for both hiking and kayaking.

One Session \$58.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Fri, Sep 4 1:00-5:00 PM IKP64X

Hawk Mountain Sanctuary *(adults)*

We will travel to Kempton, Pennsylvania, to visit the world's first refuge for birds of prey established in 1934. View various eagle, falcon, and hawk species as they soar south for the winter. Be prepared for a short but difficult rocky trail that has uneven footing. Wear hiking boots, bring hiking poles, dress in layers, pack a lunch, water, and extra layers in a daypack. Once at the top of the mountain, we will be sitting on the ridge's rocky outcropping for a few hours to witness what raptors fly by the ridge. Bring your own binoculars or use ours. An additional \$10.00 entrance fee is required at the sanctuary.

One Session \$62.00 Per Person**Thompson Pk Estate Grounds Parking Lot****Sat, Sep 19 7:00 AM-4:30 PM I2464X****Sat, Oct 17 7:00 AM-4:30 PM I2264X****Sat, Nov 21 7:00 AM-4:30 PM I2364X****Hidden Stories of Nature***(adults)*

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees and out-of-place mounds to mysterious bare patches in the woods. During this hike, we will slow down and look at the forest in a whole new way, explaining these quirks and revealing the stories of the forest that often go unnoticed and hidden.

One Session \$15.00 Per Person**Thompson Pk Old Orchard Parking Lot****Sun, Nov 1 10:00-11:30 AM I1064X****Clayton Pk Emley's Hill Lot****Sun, Nov 8 9:00-10:30 AM I1164X****Local Nature Lecture Series** *(adults)*

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

Travel to the Galapagos Islands**Thursday, September 17, 7:00-8:00 PM****Bayshore Waterfront Pk Act Ctr**

Few people get a chance to travel to the Galapagos Islands and discover all its wonderful wildlife. Join a park naturalist who travelled to this exotic location to observe the sights, sounds, and biodiversity of this global hot spot for wildlife. You will be surprised to learn that some of the wildlife found living in the Galapagos Islands can also be found right here in New Jersey.

Explore the Rainforests of Belize**Sunday, October 18, 1:00-2:00 PM****Freneau Wds Pk Vis Ctr**

Belize's rainforests are a pristine, biodiversity-rich area that includes jaguars, green iguanas, howler monkeys, and over 400 species of birds. Join a Park System Naturalist to take a rare glimpse of one of the most secluded rainforests in the world. Along the way, you will discover how our choices in Monmouth County directly influence the ecosystems and threaten the Belize rainforest from deforestation and climate change.

Nonnative Fish of New Jersey**Sunday, November 15, 1:00-2:00 PM****Freneau Wds Pk Vis Ctr**

Nonnative fish can severely disrupt ecosystems in New Jersey by preying on native species, competing for food, and spreading diseases. Discover some of the nonnative and invasive fish species swimming in New Jersey's waters that threaten our native aquatic ecosystems. Nonnative fish, including some that were stocked for recreational fishing, can be found all over New Jersey, including right here in Monmouth County. Find out more and what you can do to help.

High Tide Kayak Tour of Swimming River

(adults)

Join us for a high tide kayak tour of the Swimming River, where the rising waters transform the landscape into a vibrant playground of exploration. Navigate through winding channels and flooded grasslands, where the marsh comes alive with wildlife. We will try to work our way to Pine Brook and then wait for the tide to change and ride the tide back to the launching area. This is a challenging paddle. Not recommended for those with recent back, hip, or wrist injuries. The weight limit for kayaking is 250 lbs. for a single. Wear your sunscreen, floppy hat, and water shoes, and bring a waterproof bag to hold your gear. This program has a limited number of spaces, so register early.

One Session \$48.00 Per Person

Swimming River Park Boat Ramp

Tue, Sep 29 11:00 AM-1:30 PM (approx) . . . IKA64X

Wed, Sep 30 11:30 AM-2:00 PM (approx) . . . IKB64X

Kayak Crabbing at Swimming River Park

(adults)

Have fun catching crabs! It's the season for beautiful swimmers! After a year of hibernating, eating, molting, and growing, blue claw crabs should reach their largest size of the year now. We'll try catching these feisty crabs with pole nets and drop-lining for some delicious, beautiful swimmers in the calm backwaters of the Navesink River. No license is required for recreational crabbing, but one bushel/person/day is the limit. Hard shell crabs must measure a minimum of 4.5 inches point to point. Polarized sunglasses, sunscreen, water, and a hat are recommended. The weight limit for kayaks is 250 lbs. for a single. Not recommended for those with recent back, hip, or wrist injuries. This program has a limited number of spaces, so register early to catch the crabs!

One Session \$60.00 Per Person

Swimming River Park Boat Ramp

Tue, Sep 15 1:00-4:00 PM (approx) IKC64X

Wed, Sep 16 1:00-4:00 PM (approx) IKD64X

Late Bloomers: Fall Wildflower Walk

(adults)

Last but certainly not least, fall-blooming flowers add a burst of color to the landscape before the chills of winter arrive. Enjoy the crisp autumn air as we explore the forest and meadows in search of these belated bloomers.

One Session \$13.00 Per Person

Huber Wds Pk Env Ctr Parking Lot

Thu, Sep 17 10:00-11:00 AM. I0864X

Sun, Sep 20 10:00-11:00 AM. I0964X

Native Wildflower Gardening

(ages 9 and up, under 18 with adult)

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species, no matter what your yard conditions are at home.

One Session \$13.00 Per Person

Huber Wds Pk Env Ctr Courtyard

Thu, Sep 17 5:00-6:30 PM INK64X

NJ Fossil Hunting

(adults)

Millions of years ago, the land that we now call New Jersey was covered by a shallow sea, preserving marine life like shark teeth, ammonites, and reptile bones in ancient sediment layers. If you know where to go and what to look for, fossil hunting can be a great pastime. This program includes hiking to one of our staff's favorite spots, learning about the area's unique features, and spending time searching gravel bars in and along the stream for fossils. Necessary equipment will be provided; please bring water and a light snack. Light shoveling may be required. All persons attending the program must wear closed-toe shoes that can get wet. Contact Heather FitzGerald if you have questions at 732-751-9453, ext. 4522.

One Session \$25.00 Per Person

Holmdel Pk Ramanessin Section Parking Lot

Sat, Sep 12 9:00 AM-12:00 PM I0364X

Thu, Sep 17 9:00 AM-12:00 PM I0464X

Primitive Fire

(adults)

Early man's ability to make, control, and manipulate fire was a landmark catalyst in the development of the human species. Learn primitive fire-making skills from an anthropological and wilderness survival perspective. Program will run rain or shine.

Instructor: Dr. Randall Chalnack, D.C.

One Session \$27.00 Per Person

Turkey Swamp Pk Oak Point Picnic Shelter

Sun, Oct 18 10:00 AM-1:00 PM I2964X

Sun, Oct 25 10:00 AM-1:00 PM I3064X



Seashells of the Jersey Shore

(adults)

Starting a shell collection this year? Want to know what the State Shell of New Jersey is? Did you find a shell and now want to know its name? Join a park naturalist during this informational talk as we share secrets of shells found along the shore. It's the best way to get to know the Jersey shore. If you 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 damaging the environment. Plus, we will feature an assortment of mollusks, crustaceans, and other cool beach finds and artifacts to view. Bring your questions and get some answers.

One Session \$10.00 Per Person

Bayshore Waterfront Pk Seabrook Wilson House

Sun, Sep 20 1:00-2:00 PM IKJ64X

Southern Speedster Surf Fishing

(adults)

September brings the clearest and warmest water of the year to the Jersey shore. False albacore, Bonita, and Spanish mackerel usually come near the beach to feast on the abundant small bait fish. This will be an introduction to lures and retrieval techniques to attract these hard-fighting and mostly delicious fish. Bring your own surf fishing gear and small metal lures. In addition, we will have a variety of lures for you to try. Recommended 8-to-10-foot surf rod and spinning reel recently spooled with 12-pound test monofilament line. Please wear appropriate footwear to walk across the parking lot and go surf fishing. Participants must possess a free NJ Saltwater Fishing Registration.

One Session \$25.00 Per Person

Seven Presidents Pk Act Ctr

Tue, Sep 8 8:00-10:00 AM IKG64X

Wed, Sep 9 8:00-10:00 AM IKH64X

Visit The Raptor Trust and Great Swamp National Wildlife Refuge

(adults)

Head out on an exploration with our Park System Naturalists as we venture to The Raptor Trust and Great Swamp National Wildlife Refuge in northern New Jersey. For decades, The Raptor Trust has been rehabilitating injured birds of prey. We'll tour their avian exhibits and enjoy a BYO lunch. But before we do all of that, we'll first trek on foot at Great Swamp and search for birds and other wildlife. Please wear sturdy footwear as we will walk unpaved trails for part of the day.

One Session \$49.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Oct 20 8:30 AM-4:00 PM INM64X

Wines and Pines

(ages 21 and up)

Come explore Monmouth County as we combine two activities that complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00, pay on your own). Hike will take place as scheduled (weather permitting), but the trip to the winery is contingent on the facility being open for business.

One Session \$19.00 Per Person

Big Brook Pk Lower Pond Lot

Sun, Sep 6 1:00-2:30 PM (approx) INJ64X

Awesome Autumn Amble

(all ages, under 18 with adult)

Autumn is the time of year when our parks become a kaleidoscope of color! Explore our trails with a Park System Naturalist as we discuss all manner of plant and animal phenomena.

Walks are approximately 1 ½ hours.

Please Note: Sturdy footwear recommended, trails used may have inclines or tree roots to step over.

Meet on the following Wednesdays at 10:00 AM:

September 9 - Huber Wds Env Ctr Parking Lot

September 16 - Clayton Pk Emley's Hill Parking Lot

October 21 - Thompson Pk Old Orchard Parking Lot

November 4 - Freneau Wds Pk Vis Ctr Parking Lot

November 18 - Hartshorne Wds Pk Rocky Point Parking Lot

OUTDOOR ADVENTURES

ARCHERY

Archery Golf

(adults)

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

One Session \$27.00 Per Person

Thompson Pk Activity Barn

Sat, Sep 5 12:30-2:30 PM W8464X

Take a Shot: Archery Series

(adults)

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

Four Sessions \$88.00 Per Person

Thompson Pk Activity Barn

Wed, Oct 7-28 7:00-9:00 PM W5264X

Take a Shot: Intro to Archery

(adults)

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

One Session \$28.00 Per Person

Thompson Pk Activity Barn

Thu, Sep 10 7:00-9:00 PM W5764X

Tue, Oct 13 7:00-9:00 PM W5864X

Wed, Nov 4 7:00-9:00 PM W6064X

Sat, Nov 7 2:00-4:00 PM W5964X

BICYCLING

Adult Cycling Basics

(adults)

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages. When you're safe and start slowly, this low-impact activity can help build strength, flexibility, mental strength, and more. You can sneak in cycling to fit into your daily routine by riding to the shops, park, school, or work. Spend time developing skills for safe riding.

Instructor: Ward Kradjel

One Session \$32.00 Per Person

Trail Riding Basics

Learn essential bike-handling skills on paved and crushed stone trails. Includes shifting, braking, trail etiquette, and hazard avoidance.

Thompson Pk Activity Barn

Wed, Sep 2 5:30-7:30 PM (approx) W2464X

Bike Handling & Hazard Avoidance

Skill-building focused on maneuvering, quick stops, scanning, navigating common paths, and road hazards.

Thompson Pk 3 Barns Parking Lot

Wed, Sep 9 5:30-7:30 PM (approx) W2564X

Intro to Road Riding

Learn basic road positioning, lane selection, signaling, scanning, and group riding.

Prerequisite: Completion of Bike Handling & Hazard Avoidance (above).

Thompson Pk 3 Barns Parking Lot

Wed, Sep 23 5:30-7:30 PM (approx) W2664X

Coast & Coffee Bike Rides

(adults)

Join like-minded people as we enjoy a relaxed morning bike ride. Stay away from the crowds and off the busy roads on these scenic routes, plus enjoying a favorite cup of coffee along the way or post-ride is a great way to start the day. Bikes must be in good working order, a safety-certified helmet must be worn (CPSC label on inside), and water bottles filled. We will meet each month for a new ride and a new park. (Coffee is pay your own way.)

Rating: Easy. Miles: 13-18

One Session \$30.00 Per Person

Highlands - Sandy Hook Natl Gateway Park

Henry Hudson Trail Popamora Point Parking Lot

Fri, Sep 11 9:00 AM-12:00 PM (approx) . . . W2264X

Edgar Felix Bikeway - Manasquan

Allaire State Park

Fri, Sep 25 9:00 AM-12:00 PM (approx) . . . W2364X

Columbia Rails to Trails Bike Ride

(adults)

Spend a relaxing fall day biking along the former 1875 rail line as we cross over the south branch of the Raritan River through one of the most scenic areas of New Jersey, Ken Lockwood Gorge. Bring your own properly fitted hybrid or mountain bike in good working condition. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets for 5 and older (CPSC label inside helmet). Bike riders age 16 and up are welcome with registered adults.

Rating: *Easy/moderate; dirt, gravel, and paved trails.*
Miles: 14

One Session \$79.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Oct 14 7:00 AM-3:00 PM (approx). . W6464X

CLIMBING

Leap of Faith

(adults)

Welcome to the world of high adventure. Take the challenge to climb our 25-foot telephone pole and make a leap of faith to the trapeze. All harnesses and helmets provided; just bring your courage. One to two jumps per person, depending on the group's pace. If your schedule allows, be sure to pack a picnic lunch and enjoy Thompson Park after the program.

One Session \$24.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sun, Oct 4 9:30-11:00 AM (approx) W8664X

Tree Top Adventures

(adults)

Calling all thrill-seekers or tree-climbing amateurs! Our challenge course in the woods of Thompson Park will keep you challenged, present, and living in the moment. We will take you on a memorable adventure that combines ziplining with fun and exciting aerial obstacles. You'll step outside your comfort zone on this journey through the forest canopy. This challenge by choice adventure is led by professionally trained and enthusiastic staff who cover safety standards, gear outfitting, and basic ground school. All equipment will be supplied. Please bring water and wear closed-toe/heel shoes. The trees are calling! Are you up for the challenge?

One Session \$32.00 Per Person

Thompson Pk Old Orchard Parking Lot

Sun, Sep 13 10:00 AM-12:00 PM W4764X

HIKING

A Handful of Harriman Hike

(adults)

Enjoy an uncrowded Harriman State Park on a loop hike that climbs five peaks with several outstanding views and much up-and-down hiking.

Please Note: Hiking boots are required; trekking poles are highly recommended.

Rating: *Strenuous; moderate pace, steep ascents/descents, rocky terrain.* **Miles:** 5

One Session \$65.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Tue, Oct 20 6:30 AM-3:00 PM W3764X

Apshaw Preserve Hike

(adults)

Find yourself in a leaf peeper's paradise in the mountains of West Milford. A scenic reservoir, oak forest, rock outcrops, and overlooks will be ours to enjoy on this autumn hike. Expect rocky and possibly muddy trails.

Please Note: Hiking shoes are required.

Rating: *Moderate; rocky trail, some ascents/descents.*
Miles: 6

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Sep 28 7:00 AM-3:30 PM W2764X

Batsto Pinelands Hike

(adults)

There's nothing like hiking the Pinelands! The trails are surrounded by pines, oaks, red maples, and Atlantic cedar trees. The sugar sand trails are covered with pine needles as we walk along Batsto Lake with its tannin-stained river. We will finish by stepping back in time as we discover the 1776 thriving village and people who once were here.

Rating: *Easy; flat, packed sand trails.* **Miles:** 5+

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Mon, Oct 19 7:30 AM-3:30 PM (approx) . W3664X

Budd Lake Fire Tower and Waterloo Village

(adults)

Experience one of New Jersey's Fire Towers with views of Budd Lake, along with a visit to Waterloo Village. Join us as we discover the history of some unique Jersey treasures, along with some deserved trail time. Be sure to dress for the weather, leaving room in your pack for clothes as you warm up. Hiking shoes are required, and trekking poles are recommended.

Rating: *Easy/moderate; rocky, sandy, bridges, slight ascents/descents, creek crossings. Miles: 5+*

One Session \$64.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 13 8:00 AM-4:30 PM W2164X

Castle Point and Wanaque Ridge Hike

(adults)

Enjoy this hike as we climb to scenic Ramapo Lake, the ruins of the old stone Van Slyke Castle, and follow the western ridge of the Ramapo Mountains with panoramic views.

Please Note: Hiking boots/shoes are required.

Rating: *moderate/strenuous; quick pace, steep ascents/descents, rocky terrain. Miles: 7*

One Session \$69.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 31 7:00 AM-4:00 PM (approx) . . W6664X

Hacklebarny Hike and Cider Mill

(adults)

Spend a fall day away from the rat race by getting some fresh air during a scenic hike. The trail parallels the Black River and is a great place for a quick escape. After our hike, we will stop for some fresh-pressed apple cider and tasty homemade baked goods (pay your own way).

Rating: *Easy/moderate (rocks/boulders make it moderate), easy pace, cinder path, roots. Miles: 3+*

One Session \$52.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Oct 29 8:30 AM-3:00 PM W7364X

Hartshorne Woods County Park Long Hike

(adults)

Hike through this entire 794-acre park -- through mountain laurel over rolling hills, enjoy river and ocean views, and check out military bunkers from WWII.

Please Note: Hiking shoes or boots are required.

Rating: *Moderate; quick pace, ascents/descents, 1,000 ft elevation gain. Miles: 9.5*

One Session \$36.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Sat, Nov 28 7:30 AM-1:30 PM W7064X

CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please review the program description carefully and ensure you can comfortably meet the activity's stated pace, distance, terrain, and duration requirements. For the safety and enjoyment of all participants, the group is expected to maintain the pace and complete the route as described. If you have questions about whether a program is a good fit for your abilities, or would like to discuss accommodation needs, please contact us before registering.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Historic Timp Mountain Hike *(adults)*

Join in this challenging out-and-back hike to panoramic viewpoints atop the summit of Timp Mountain. Along the way, we will be crossing the intersection of the 1777 trail used by the British troops to attack Fort Clinton and Fort Montgomery, understanding the strategic advantage point of this ascent. Another historic site we'll see is the railway project started in 1891, known as the Dunderberg Spiral Railway.

Please Note: Hiking shoes are required.

Rating: Strenuous, quick pace, steep ascents/descents, rocky terrain. Miles: 7

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 14 6:30 AM-3:30 PM (approx) . . W3564X

Hogencamp Mountain Hike*(adults)*

Hogencamp Mountain, located in Harriman State Park, NY, was first blazed in 1920. Hike this historic trail and a section of Long Path as we witness amazing summit views, ruins of the Hogencamp Mine, and two terrific erratics: Bowling and Ship Rocks. We will also pass through Times Square, missing the crowds. Sturdy hiking shoes are a must, and trekking poles are encouraged. Your day pack should have room for the layers you shed as you warm up.

Rating: Moderate, moderate pace, steep ascents/descents, rocky trails, and wooded roads. Miles: 8

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 7 7:00 AM-3:30 PM (approx) . . . W0464X

Holmdel Park Long Hike *(adults)*

Are you looking to do more mileage in a couple of our popular parks? Hit the local trails at Holmdel Park, where we'll discover one of the county's most visited parks without the crowds. Discover the Ramanessin side of the park, the Arboretum, Historic Longstreet Farm, and the Holmes- Hendrickson House (built in 1754). Come prepared with water, snacks, and a day pack with room to take off layers as you warm up.

Rating: Moderate pace; dirt, sand, muddy, rooty, rocky trails, some ascents and descents. Miles: 7-8.5

One Session \$32.00 Per Person

Holmdel Pk Lake

Sat, Sep 19 8:30 AM-1:30 PM (approx) . . W7664X

Hook Mountain & Nyack Beach Hike*(adults)*

Looking to add variety to your hikes? This trail will take you from the beach at sea level to 1,000+ feet to the summit. You will cover four state parks, rich in history, the land of the Lenape, incredible views of the Hudson River, a section on the Long Path, a migrating route of hawks, including geological evidence of a time when the dinosaurs roamed at the Palisades' Sill.

Rating: Moderate to strenuous; rocky trails, ascents/descents, cinder, roots. Miles: 7

One Session \$68.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 19 7:00 AM-4:00 PM (approx) . . W2864X

Jockey Hollow National Park Hike - Where America Survived *(adults)*

Experience a step back in time to 250 years ago, into the life of a soldier at Jockey Hollow Park. These grounds are the site that commemorates General Washington and the Continental Army's winter encampment from December 1779 to June 1780, where soldiers survived the coldest winter on record. Additionally, we will head to Ford Mansion, which served as Washington's Headquarters, and join a guided tour of the building. Be prepared to be outside on hiking trails. Bring water, a daypack, hiking poles, and boots.

Rating: Easy/moderate pace and terrain (pending trail conditions), slight ascents/descents, rocky, wooded. Miles: 4+

One Session \$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri, Sep 11 8:00 AM-4:00 PM. W1364X

“

The hikes I've participated in have been fantastic and always exceed my expectations.

I love the team and am so appreciative of Jan.

”

Local County Hikes

(adults)

Are you looking to discover your awesome county parks but not up for a series and unsure about reading trail markers? These leader-led individual hikes are for you! You will learn some history of each park, experience the beauty of the parks, get some great exercise, and meet like-minded outdoorsy people. Be sure to have sturdy hiking shoes, a small day pack with water, a rain jacket, and hat/gloves.

Rating: Moderate/easy; sandy, paved, rooty, muddy, wooden boards. Miles: 3.5-5

One Session \$20.00 Per Person

Thompson Pk 3 Barns Parking Lot

Tue, Sep 8 10:00 AM-12:00 PM W1864X

Shark River Pk Shelter Bldg

Fri, Oct 16 4:00-6:00 PM W1964X

Hartshorne Wds Pk Rocky Point Parking Lot

Thu, Nov 12 12:00-2:00 PM W2064X

Monday "After Work" Hiking Series

(adults)

Beat the Monday blues by getting outside. Devote some time after work to enjoy exercising in a natural environment. Each week we will meet at a different park. Wear sturdy hiking shoes and dress appropriately for the weather (rain/wind jacket and water in a day pack is suggested).

Rating: Moderate pace; dirt trails, paved paths, some hills. Miles: 3-5

Five Sessions \$72.00 Per Person

9/14 - Thompson Pk 3 Barns Lot

9/21 - Holmdel Pk Ramanessin Lot

9/28 - Tatum Pk Holland Rd Lot

10/5 - Huber Wds Pk Env Ctr Lot

10/12 - Hartshorne Wds Pk Rocky Point Lot

Mon, Sep 14-Oct 12 5:30-7:15 PM W8062X



Ruins of the Cornish Estate, NY

(adults)

A ruined mansion hidden in the woods of the Hudson Valley, home of a tragically doomed romance. Once a grand estate dream home of the wealthy Cornish's now being reclaimed by the forest. Learn their story as we hike along the "driveway" to the estate. After our excursion, we will spend some time in Cold Springs, at your own pace, before heading back. Come enjoy the spectacular fall colors on this unique adventure. Sturdy hiking shoes and hiking poles are recommended along with a daypack to carry water, snacks, lunch, rain jacket.

Rating: Easy; flat & rocky trails. Miles: 3+

One Session \$69.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Oct 25 6:30 AM-3:30 PM (approx) . . W1464X

Schunemunk Mountain Hike

(adults)

Come and enjoy the summit of Schunemunk Mountain in the West Hudson area of NY. This challenging hike climbs about 1,500 feet to a ridge composed of unusual conglomerate rock with many viewpoints from open rock ledges dotted with pitch pine trees.

Please Note: Hiking boots are required.

Rating: Strenuous; quick pace, steep ascents/descents, rocky terrain. Miles: 8

One Session \$79.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 10 6:30 AM-4:30 PM (approx) . . W6864X

Section Hikes on the Appalachian Trail

(adults)

SOUTH BOUNDERS WANTED! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states; Maine to Georgia. Join in the year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging seven miles per trip. **Please Note: Hiking shoes are required, trekking poles are highly suggested. Hikers ages 16 and up are welcome to register with a registered adult.**

Rating: Moderate; challenging trails, steep ascents/descents, creek crossing, rocky.

One Session \$76.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Unionville Rt 284 to High Point St Park; 9 miles

Sat, Sep 12 6:30 AM-5:30 PM (approx) . . W7464X

High Point St. Park to Deckertown Rd.; 7 miles

Sat, Oct 17 6:30 AM-5:30 PM (approx) . . W8162X

Deckertown Rd to Culver Gap; 8 miles

Sat, Nov 21 6:30 AM-5:30 PM (approx) . . W7564X

Culvers Gap to Buttermilk Falls; 7 miles

Sat, Dec 12 6:30 AM-5:30 PM (approx) . . W0271X

Storm King State Park *(adults)*

A very challenging hike that climbs to the summit of Storm King Mountain and the North Peak of Crows Nest Mountain. Take in many spectacular viewpoints over the Hudson River and the Highlands.

Please Note: Hiking boots/shoes are required. Recommended for experienced hikers capable of maintaining a reasonably brisk pace.

Rating: Strenuous; quick pace, steep ascents, and descents, rocky terrain. Miles: 7.5

One Session \$70.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 14 6:30 AM-4:00 PM (approx) . . W6964X

Taking it to the Trails *(adults)*

Take to the trails for a full day of adventure and exploration. We will do the driving so you can rest after our day's exploration. Please see each short hike description to find the one that best fits. All trails have an ascent, helping to provide spectacular views. Day pack with lunch/water, raingear, and hiking boots/trail shoes required; trekking poles highly recommended.

Rating: Moderate, rocky trails, wet, some ascents/descents.

One Session \$52.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Point Mountain

One rocky steep ascent, views, possibly muddy. Miles: 3.5+

Fri, Sep 25 7:30 AM-3:00 PM. W7864X

AT/Catfish Tower

Ascent/decent, views, fire tower, rocky, cliff edge. Miles: 5

Mon, Oct 26 7:30 AM-3:00 PM. W7964X

Stokes Stoney Brook/Fire Tower

Ascents including one very steep, short scramble, views, rocky, creek crossings. Miles: 4.5+

Tue, Nov 24 7:30 AM-3:00 PM. W8064X



Hiking offers physical benefits, such as building stronger muscles, improving your heart health, and enhancing balance and stability, while also boosting reducing stress and anxiety.

**DID YOU
KNOW?**

Thursdays on the Trails*(adults)*

Looking to get moving, but walking the neighborhood isn't quite your style? Head to the trails for this moderate-paced hiking program. Learn about your county parks as we visit a different park each week. Please come prepared with a small daypack, water, and a rain jacket. Wear sturdy hiking shoes/boots; trekking poles are suggested.

Rating: Moderate pace, dirt, roots, views, pavement, woods roads, slight ascents/descents. Miles: 3.5-5

Five Sessions \$68.00 Per Person

10/1 - Thompson Pk Old Orchard Lot

10/8 - Holmdel Pk Ramanessin Lot

10/15 - Clayton Pk Emley's Hill Rd Lot

10/22 - Shark River Pk Schoolhouse Rd Lot

10/29 - Huber Wds Pk Env Ctr Lot

Thu, Oct 1-29 9:00-11:00 AM W7164X

Six Sessions \$81.00 Per Person

11/5 - Thompson Pk Old Orchard Lot

11/12 - Holmdel Pk Ramanessin Lot

11/19 - Hartshorne Wds Pk Rocky Point Lot

12/3 - Perrineville Lake Pk Pine Hill Rd Lot

12/10 - Allaire State Pk Hospital Rd Lot

12/17 - Shark River Pk Schoolhouse Rd Lot

Thu, Nov 5-Dec 17 9:00-11:00 AM W7264X

No hike 11/26

**Tillmans Ravine Hike & Luna
Parc Discovery** *(adults)*

We will start our day with a hike along Tillmans Ravine and a stop at Buttermilk Falls before heading over to the whimsical, madcap world of Luna Parc, designed by Ricky Boscarino. Tucked away in the northwestern corner of NJ is Ricky's home, atelier Luna Parc. It is his largest work, ongoing since 1989, and still an active artwork in progress. Ricky works in a variety of media, including metal, clay, glass, wood, and cement. Sturdy hiking shoes and trekking poles are recommended.

Please Note: Luna Parc is situated in a rugged country setting. Paths are gravel-lined and can be uneven. The house also has many stairs.

Rating: Easy/moderate; slight ascents/descents along ravine trail. Miles: 4

One Session \$84.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Sep 27 8:00 AM-4:00 PM (approx) . . W2964X



Turkey Swamp Park Long Hike NEW

(adults)

Discover our local Pine Barrens as we begin our hike at the headwaters of five rivers. Turkey Swamp is the county's largest park at over 2,400 acres, with its thriving ecosystem to be discovered. Along with its natural diversity, there are two campgrounds, an archery range, and a 17-acre lake. Come prepared with water, snacks, and a day pack with room to take off layers as you warm up.

Rating: Moderate pace; dirt, sand, muddy, rooty, some slight ascents/descents. **Miles:** 7-8.5

One Session \$32.00 Per Person

Turkey Swamp Pk Campground Office Shelter

Sat, Oct 24 8:30 AM-1:30 PM (approx) . . W7764X

Twin Mountain Hike NEW

(adults)

Enjoy a challenging but rewarding hike for experienced hikers only seeking classic Catskills adventure -- significant elevation gain (1800+), rock scrambles, and stunning summit vistas.

Please Note: Hiking boots/shoes are required.

Rating: strenuous; quick pace, steep ascents/descents, rocky terrain. **Miles:** 6

One Session \$79.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 26 6:00 AM-5:30 PM (approx) . . W6764X

LADIES ONLY

Autumnal Escape: Ladies Weekend Hike

(adults)

Experience the beauty of autumn's changing colors as we hike the trails of New York's Harriman State Park. Step away from the hustle and bustle of everyday life and reconnect with nature. This weekend getaway includes a private lodge, two breakfasts, one dinner (not including lunches), transportation, and park guides. The lodge sits on the serene 64-acre Breakneck Pond, providing time for quiet and relaxation. Be sure to attend our orientation meeting, where we will get to know one another and discuss the details of our escape, equipment, and meal information. Beginners and seasoned hikers are welcome.

Rating: Moderate, trails include rocky portions, woods, roads, lakes, ascents/descents, and incredible views.

Miles: 4-8

Register early; the program must meet its minimum registrants by September 5.

\$395.00 Per Person

Orientation

Thompson Pk Activity Barn

Thu, Sep 24 6:45-8:00 PM

Program

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Oct 2-4 7:00 PM-4:00 PM W0164X

Ladies Hiking Club

(adults)

Enjoy the camaraderie of like-minded women as you hike in the great outdoors. Together, we will explore a new county park each week. Stay after the morning session or come early for the afternoon to enjoy your picnic lunch with our "club". Sturdy hiking shoes and trekking poles are highly recommended, along with a small day pack for water, hat, gloves, and raingear. Length of hike depends on weather and trail conditions.

Trails: Easy/moderate, dirt, sandy, rocky, roots, some hills, fields, muddy. **Miles:** 3-4.5

Ten Sessions \$129.00 Per Person

9/9 - Thompson Pk Estate Lot

9/16 - Clayton Pk Emely's Rd Lot

9/23 - Sandy Hook Ntl Rec Park Lot D

9/30 - Shark River Pk Schoolhouse Rd Lot

10/7 - Turkey Swamp Pk Shelter Bldg

10/14 - Tatum Pk Red Hill Lot

10/21 - Cheesequake State Pk

10/28 - Huber Wds Env Ctr Lot

11/4 - Freneau Wds Park Vis Ctr Lot

11/11 - Hartshorne Wds Rocky Point Lot

Wed, Sep 9-Nov 11 9:30-11:30 AM W6264X

Wed, Sep 9-Nov 11 12:00-2:00 PM W6364X

ON THE WATER

Paddling the Quiet Waters

(adults)

Enjoy a kayak paddle on Monmouth County's smaller yet beautiful lakes without the crowds. This will be a relaxed paddle, so bring your camera, snack, and binoculars, and be ready to submerge (not really) yourself in nature. All equipment will be provided, but feel free to bring your own boat. Meet at each paddle launch. Be sure to wear closed-toe/heel footware and bring water and sunscreen.

Rating: Easy, flat water

Four Sessions \$85.00 Per Person

9/3 - Thompson Pk Marlu Lake

9/10 - Stevenson Park, Middletown

9/17 - Deal Lake, Asbury

9/24 - Prospertown, Jackson

Thu, Sep 3-24 10:00 AM-12:00 PM W0564X

Stand Up Paddle Boarding Basics

(adults)

The fundamentals! We will teach the forward stroke, how to capsize, and re-mount. Practice your newly acquired skills as we explore the Manasquan Reservoir. Whether you're looking to try something new or enhance your skills, this program is perfect for those looking to explore the calm waters while building balance, strength, and coordination. We will provide the stand-up paddleboard, personal floatation device, paddle, and instructions.

One Session \$36.00 Per Person

Manasquan Res West Dock

Tue, Sep 8 10:00 AM-12:00 PM W3964X

Sunrise on the Water

(adults)

As the day starts to break and the colors come to light, we will explore the Navesink River by kayak before the rest of the world is awake. Take this opportunity to experience the marsh in its most peaceful state and start your day on a positive note. All equipment is provided.

One Session \$28.00 Per Person

Swimming River Park Parking Lot

Tue, Oct 6 6:30-8:30 AM W4064X

PERFORMING ARTS

ACTING & PUBLIC SPEAKING

Beginner Acting: A Journey

(adults)

We will begin the journey of acting by learning techniques for theater, television, and film. These include improvisation, space objects, character building, and the fourth wall. We will also begin work on The Four Centers of Acting: The center of your focus, your breath, your body, and of the stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class. Please wear closed-toe shoes and bring a water bottle.

Six Sessions \$135.00 Per Person

Navesink Library The Theater

Wed, Sep 30-Nov 4 6:30-8:00 PM Q1064X

Open Mic Poetry

(adults)

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm, and verse. All are welcome to read your work aloud or read work from your favorite poet(s). You will also get the opportunity to connect with the growing community of "Monmouth County Poets". Themes and prompts are suggested, and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Preregistration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!

Becoming and/or poems written only in the present tense

Thompson Pk Theater Barn

Sun, Sep 13 3:00-4:30 PM PE126A

What Haunts You and/or poems written as a dialogue

Thompson Pk Theater Barn

Wed, Oct 14 7:00-8:30 PM PE136A

Gratitude and/or poems written as a set of instructions (e.g. a recipe, "how-to", manual)

Thompson Pk Vis Ctr Beech Room

Sun, Nov 1 3:00-4:30 PM PE146A

The Wives and the Signers Ensemble

(adults)

From Dorothy Quincy Hancock and Abigail Adams to Thomas Jefferson and Samuel Adams, let's bring the Wives and the Signers of the Declaration of Independence to life as we tell their stories through preserved letters and historical facts about their lives. A performance of monologues and scenes will be held for family and friends on the last day of class.

Seven Sessions \$125.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Sep 28-Nov 16 6:45-8:15 PMQ1564X

No class 10/12



DANCING

Adult Ballet - Beginner Level 1

(adults)

Have you always wanted to try ballet? It's never too late! Discover the grace and elegance of ballet in this introductory course designed for those with little or no experience. Class covers basic ballet positions, steps, and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance, and flexibility. Wear comfortable clothes and ballet shoes of your choice.

Ten Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 11:00-11:45 AMAAZ64X

Wed, Sep 9-Nov 11 11:00-11:45 AMAB064X

Adult Tap - Beginner Level 1

(adults)

Have you ever wanted to try tap dancing? Maybe you tapped as a child and really loved it? Calling all beginner or better tap dancers for a fun adult-only class with Marcy. Learn a complete routine in the 10-week session. Wear comfortable clothes and tap shoes of your choice.

Ten Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 2:00-2:45 PMA7364X

Tue, Sep 8-Nov 10 5:30-6:15 PMAAV64X

Wed, Sep 9-Nov 11 12:00-12:45 PMAAW64X

FALL PERFORMANCES AT THOMPSON PARK

A Night of Jazz and Blues

(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 talents from our own backyard. Performers include Bethany Taylor, Kevin Hill, Jair-Rohm Parker Wells and James Dalton of AP&MeProductions. Registration is required. To ensure a comfortable experience, guests with mobility considerations or who use walking or mobility aids are encouraged to contact Rachel Cohen at 732-542-1642, ext. 4648, to arrange reserved seating.

Thompson Pk Theater Barn

Fri, Sep 18 7:00-8:30 PM #PA116A

Everyone Has a Story

(all ages, under 18 with adult)

Saturday, September 26, 6:00-8:00 PM

Thompson Pk Theater Barn

Gather in the Theatre Barn for a night of storytelling through life experiences. James Dalton, creator of AP&Me Productions, invites a cast of different characters from the region, all with unique voices and perspectives, all sharing their stories through a variety of topical prompts. Audience members will be encouraged to share their stories that relate to the given prompts as time allows. Light refreshments will be served.

Adult Tap - Beginner Level 2

(adults)

Do you know the difference between a cramp roll and a ball change? This class is for the student who enjoys tap dancing and already knows the basics. We're going to explore rhythms with new combinations and really get your feet moving! Wear comfortable clothing and the tap shoes of your choice. Pre-requisite: 3-4 sessions of Adult Tap Beginner Level 1 or similar experience.

Ten Sessions \$135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Nov 10 3:00-3:45 PM AAX64X

Tue, Sep 8-Nov 10 11 6:15-7:00 PM AAY64X

Beginner Ballroom & Latin Dance

(adults)

Attending a wedding this year? Planning a first dance for your own wedding beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes" to any of these, this six-week beginner social dancing workshop is for you! We will learn beginner steps together, allowing plenty of practice time and instructor assistance. Each week, we will review and improve our ballroom and Latin dance styles. Dancers must register and participate with a partner. We welcome any two individuals who are able to participate in classes together. Participants are encouraged to dress comfortably and in closed-toe/heel shoes that you can easily move in.

Instructed by: Sing and Sway

Six Sessions \$266.00 Per Couple

Tatum Pk Red Hill Act Ctr

Mon, Sep 14-Oct 26 1:10-2:00 PM ABN64X

No class 10/12

Wed, Sep 30-Nov 4 5:00-5:50 PM ABW64X

“

Caitlin is a wonderful instructor! She provides excellent instruction for beginners while also providing additional challenges for those who are more advanced. She is super friendly and welcoming to all.

”

Beginner Ballroom & Latin Dance:

Part Two

(adults)

Ready to build on what you've learned so far? This workshop is designed for our returning students who are comfortable with the basics and ready to continue growing. We'll expand on a selection of styles introduced in Part One by adding new steps, introducing basic techniques, and refining skills like lead/follow and timing. After a foundation review, each class will include guided instruction and practice with instructor support throughout. Participants must register with a partner. Participants are encouraged to dress comfortably and in closed shoes that you can easily move in.

Instructed by: Sing and Sway

Six Sessions \$266.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 30-Nov 4 6:00-6:50 PM ABX64X

Broadway Jazz - Beginner Level 1

(adults)

Hamilton! Chicago! Hairspray! This class is perfect for students who love musical theatre and will feature choreography set to songs from your favorite musicals. Class work consists of jazz warm-ups, across the floor, and building a vocabulary of steps and combinations. Wear comfortable clothes and jazz shoes of your choice.

Ten Sessions \$130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 9-Nov 11 1:00-1:45 PM AB164X

Latin & Party Line Dancing

(adults)

Light up the dance floor with confidence and rhythm! In this upbeat, beginner-friendly class, you'll learn a mix of Latin-inspired line dances, including Salsa and Bachata basics, alongside a selection of classic and contemporary party favorites, the Electric Slide, Cupid Shuffle, and Cha Cha Slide. We'll cover foundational line dancing skills, counting beats, understanding rhythm, learning common patterns, and adapting them to music on any dance floor. Each week balances repetition and variety, so you'll build muscle memory while having a blast. No experience or partner required. Participants should wear comfortable clothes and closed-toe shoes that they can easily move in.

Instructed by: Sing and Sway

Six Sessions \$144.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Sep 14-Oct 26 3:10-4:00 PM ABP64X

No class 10/12

Open House Square Dance

(ages 14 and up, under 18 with adult)

Friday, September 18, 7:00-9:00 PM

Thompson Pk Activity Barn

Celebrate fall by learning square dancing with the Middletown Ramblers Square Dance Club during this free family fun evening! No partner or experience needed.

Square Dancing Level 1

(adults)

Keep your mind sharp and your body moving by learning modern western square dance! You will learn square dance steps, a low-impact exercise, set to both contemporary and folk music. No partner needed! Taught by Doug Kauffman and members of the Middletown Ramblers.

Twelve Sessions \$75.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Sep 29-Dec 15 9:00-11:00 AM.ABE64X

Tue, Sep 29-Dec 15 7:00-9:00 PM.ABF64X

Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience to partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

One Session \$100.00 Per Couple

Tatum Pk Red Hill Act Ctr

Wed, Sep 9 6:00-8:00 PM.ABV64X

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

Five Sessions \$75.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Nov 12-Dec 17 5:30-6:30 PM.XD464X

No class 11/26

Seven Sessions \$105.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Nov 10-Dec 22 5:30-6:30 PM.XD264X

Eight Sessions \$120.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Sep 3-Oct 29 5:30-6:30 PM.XD364X

No class 9/10

Nine Sessions \$135.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Sep 1-Oct 27 5:30-6:30 PM.XD164X

Barre Connect

(adults)

This class uses ballet and dance-inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance, and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water; no experience is necessary in any fitness/dance format.

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 18-Dec 11 5:30-6:25 PM.X3164X

No class 10/30 & 11/27

Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and gentler than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 21-Nov 16 5:00-5:55 PM X1464X

No class 10/12

Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance, and strength as we engage the arms, legs, hips, and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Please bring a veil and zills to each class.

Nine Sessions \$135.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Sep 9-Nov 4 5:00-5:55 PM X2364X

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

Thirteen Sessions \$195.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Sep 8-Dec 15 7:25-8:55 PM X1964X

No class 10/13 & 11/24

Dance Tone Stretch

(adults)

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

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Oct 1-Dec 17 5:00-5:55 PM X2664X

No class 10/29 & 11/26

Foundation Training – On the Beach

(adults)

Ready to change the way you move, correct unwanted postural habits that may lead to chronic pain - or simply enjoy the benefits of how your new body will feel? Scientifically designed by Dr. Eric Goodman, Foundation Training (FT) is a series of corrective exercises that teach your body to move the way it was originally designed to do. This unique, widely recognized program provides the building blocks for lifelong fitness, helping you move effortlessly throughout your day. Foundation Training lengthens and strengthens the body while improving its mobility, stability, and core strength. Enjoy the added shoreline benefits, with the sea air, the sound of the waves, and your feet grounded in the soft sand. Designed for many levels of fitness, from recreational walker to marathon runner, this program is for you! Participants need to feel comfortable transitioning from the sandy ground to standing. Please bring a beach towel.

Instructor: Gina Girard

Four Sessions \$64.00 Per Person

Seven Presidents Pk

Fri, Sep 25-Oct 16 8:00-8:45 AM XD064X

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Ten Sessions \$150.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Oct 1-Dec 17 7:15-8:10 PM X2864X

No class 10/29 & 11/26

Mat Workout and Stretch

(adults)

A muscle-toning workout on your mat! We will do body weight exercise and use hand weights during this 40-minute, medium intensity, lengthening, and strengthening full body routine. For the last 10 minutes, we will stretch and lengthen the muscles and improve our recovery time by foam rolling. Please bring water and a mat. We have hand weights and foam rollers to use.

Dorbrook Rec Area Act Ctr

Eight Sessions \$120.00 Per Person

Mon, Sep 21-Nov 16 7:15-8:10 PM X1664X

No class 10/12

Nine Sessions \$135.00 Per Person

Wed, Sep 9-Nov 4 7:15-8:10 PM X2564X

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 on to the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Seven Sessions \$122.50 Per Person

Sat, Aug 29-Oct 31 8:00-9:00 AM. XNV63X

No class 9/5, 9/12 & 10/24

Six Sessions \$105.00 Per Person

Sat, Nov 14-Dec 19 8:00-9:00 AM XD664X



PICKLEBALL

Adult Beginners Pickleball

(ages 16 and up)

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

Four Sessions \$68.00 Per Person

Fort Monmouth Sport Court

Tue, Sep 8-29 9:30-10:30 AM X9964X

Thu, Sep 10-Oct 1 9:30-10:30 AM XA364X

Mon, Sep 14-Oct 5 12:00-1:00 PM X9664X

Tue, Oct 13-Nov 3 9:30-10:30 AM XAA64X

Thu, Oct 15-Nov 5 9:30-10:30 AM XAE64X

Adult Improvers Pickleball

(ages 16 and up)

Looking to improve upon the basics of pickleball? While revisiting rules and skills, apply the basics through more in-depth drills and gameplay that touch upon not just the technical aspects, but also the tactical aspects of the sport.

Four Sessions \$100.00 Per Person

Fort Monmouth Sport Court

Tue, Sep 8-29 10:40 AM-12:10 PM XA164X

Thu, Sep 10-Oct 1 10:40 AM-12:10 PM . . . XA864X

Mon, Sep 14-Oct 5 1:10-2:40 PM X9864X

Tue, Oct 13-Nov 3 10:40 AM-12:10 PM . . . XAC64X

Thu, Oct 15-Nov 5 10:40 AM-12:10 PM . . . XAG64X

QIGONG

Beginner Therapeutic Qigong

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular strength. Wear comfortable clothing and shoes—no equipment needed.

Five Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Oct 3-31 9:00-10:00 AM. XCY64X

Therapeutic Qigong Level II

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular health. We will practice movements to feel Qi, review movements 1-18, and practice movements 19-36 in this class. Completing Beginner Qigong is not required to join this class; however, we will just quickly review movements 1-18. Wear comfortable clothing and shoes—no equipment needed.

Five Sessions \$85.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Oct 3-31 10:15-11:15 AM. XCZ64X



The ancient Chinese practice of Qigong can significantly improve symptoms of fatigue and sleep quality, while also reducing stress, improving mobility, and assisting in overall pain relief.

DID YOU KNOW?

TENNIS

Adult Advanced Beginner Tennis

(adults)

For those looking to master the basics of strokes and skills they learned from a beginners programs before progressing to intermediate-level programs. Class size is limited to allow for some individual attention.

Dorbrook Rec Area

Four Sessions \$60.00 Per Person

Sun, Sep 13-Oct 4 11:00-11:55 AM. XC464X

Six Sessions \$90.00 Per Person

Tue, Thu, Sep 8-24 11:35 AM-12:30 PM . . . XC964X

Wed, Mon, Sep 9-28 11:35 AM-12:30 PM . . . XBU64X

Wed, Mon, Sep 9-28 6:05-7:00 PM XC064X

Mon, Wed, Oct 5-21 11:35 AM-12:30 PM . . . XBX64X

Tue, Thu, Oct 6-22 11:35 AM-12:30 PM . . . XCJ64X

Thompson Pk

Eight Sessions \$120.00 Per Person

Tue, Thu, Sep 15-Oct 8 4:30-5:25 PM. XBQ64X

Adult Beginner Tennis

(adults)

Considered to be one of the world's healthiest sports! Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each player's understanding of scoring, court position, and court etiquette. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Tue, Thu, Sep 8-24 9:00-9:55 AM XC764X

Wed, Mon, Sep 9-28 9:00-9:55 AM XBS64X

Mon, Wed, Oct 5-21 9:00-9:55 AM XBV64X

Tue, Thu, Oct 6-22 9:00-9:55 AM XCG64X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon, Wed, Sep 14-Oct 7 4:30-5:25 PM. XBN64X

Adult Intermediate Tennis

(adults)

Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Prerequisite: All Players must have received instruction on forehand, backhand, volleys, and serve prior to the class starting date.

Six Sessions \$90.00 Per Person

Dorbrook Rec Area

Tue,Thu, Sep 8-24 6:05-7:00 PMXCC64X

Eight Sessions \$120.00 Per Person

Thompson Pk

Mon,Wed, Sep 14-Oct 7 5:30-6:25 PM. . . .XBP64X

Tue,Thu, Sep 15-Oct 8 5:30-6:25 PM. . . .XBR64X

Four Sessions \$90.00 Per Person

Dorbrook Rec Area

Sat, Sep 12-Oct 3 11:00 AM-12:25 PM. . . .XCF64X

Six Sessions \$135.00 Per Person

Dorbrook Rec Area

Tue,Thu, Sep 8-24 10:00-11:25 AMXC864X

Wed,Mon, Sep 9-28 10:00-11:25 AMXBT64X

Mon,Wed, Oct 5-21 10:00-11:25 AM. . . .XBW64X

Tue,Thu, Oct 6-22 10:00-11:25 AM.XCH64X

VOLLEYBALL

Indoor Fall Volleyball League

(ages 17 and up)

Join the fun as teams exercise and compete in our indoor volleyball league. Pre-registration is required PER TEAM. Teams must have at least six players on the roster and at least two women on the court at all times. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out on the first night of the league. Captains sign up for the team. Organizational and rules meeting held at 6:15 PM on the first night of the league.

Eleven Sessions \$198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Sep 16-Dec 2 6:00-9:00 PMM5764X

No games 11/25

YOGA

Advanced Beginners Yoga

(adults)

Breath. Move. Flourish. These classes are designed for those who have prior knowledge and understanding of the principal yoga movements. Continue to build your endurance, flexibility, and aversion to stress. No inversions necessary! Only a sense of humor and the simple desire to choose challenge and growth. Invest in yourself -and have fun doing it!

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Sep 13-Oct 11 9:00-10:00 AM.X3364X

Sun, Oct 25-Nov 22 9:00-10:00 AMX3764X

Beginners Yoga

(adults)

Not your average beginner's class. Here, we cover a variety of styles. Perfect for beginners who want to discover a practice of their own or for those who are simply curious. You will learn the best way to move in your body and enjoy the feeling of success. Discover yoga in a fun, relaxed, and positive atmosphere. Reduce stress as you gain confidence, flexibility, strength, and self-awareness.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Sep 13-Oct 11 10:15-11:15 AM.X3464X

Sun, Oct 25-Nov 22 10:15-11:15 AM.X3864X

“

Melanie has built a wonderful sense of community with her classes that keeps us coming back and makes us excited to welcome new students.

”

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, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Five Sessions \$75.00 Per Person

Thu, Nov 12-Dec 17 11:00 AM-12:00 PM . . X1264X

No class 11/26

Six Sessions \$90.00 Per Person

Mon, Sep 14-Oct 19 6:00-7:00 PM X0364X

Seven Sessions \$105.00 Per Person

Thu, Sep 10-Oct 22 11:00 AM-12:00 PM . . X0764X

Mon, Nov 9-Dec 21 6:00-7:00 PM. X0864X

Chair Yoga

(adults)

Chair yoga is a gentle form of yoga 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.

Fully Seated

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 21-Nov 16 4:00-4:55 PM X1364X

No class 10/12

Fort Monmouth Rec Ctr Program Room D

Wed, Sep 16-Nov 4 11:05 AM-12:00 PM . . X2164X

Sit and Stand

Eleven Sessions \$165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 18-Dec 11 3:15-4:10 PM X2964X

No class 10/30 & 11/27

Chair Yoga with Amy

(adults)

Cultivate a sense of calmness and peace while you stretch, strengthen, and move your body in this gentle form of yoga. Learn to connect your mind and body through breath and improve your physical, mental, and spiritual health. Sequences are mostly seated with optional standing poses.

Instructor: Amy Boylan

Five Sessions \$65.00 Per Person

Henry Hudson Trail Act Ctr

Fri, Sep 11-Oct 9 9:00-10:00 AM XDR64X

Fri, Oct 23-Nov 20 9:00-10:00 AM XDS64X

Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga practiced sitting on a chair or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

Instructor: Eryka Andrex

Nine Sessions \$135.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Sep 9-Nov 4 4:00-4:55 PM X2264X

Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness. This practice, designed by MJ Kasliner, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice, helping you achieve your intentions both on and off the mat.

Please Note: Props and alternative poses are offered to accommodate different levels of yoga experience.

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She owns the Registered Trademark 'Codes of Creation in Movement®'. MJ has over 800 hours of certification training, including studies in India.

Eight Sessions \$136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Thu, Sep 10-Nov 12 9:30-10:45 AM XCR64X

No class 9/24 & 10/1

Easy Evening Yoga

(adults)

Restore and renew your body, mind, and spirit as you tune into the body's natural ability to heal itself. A blissful blend of gentle stretching to open the body, guided meditation to calm the mind, combined with Restorative and Yoga Nidra will completely unwind the mind, body, breath, and nervous system. Start the week off right as we reduce stress and experience total body relaxation. All levels are welcome. Please bring a yoga mat and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Six Sessions \$90.00 Per Person

Mon, Sep 14-Oct 19 7:00-8:00 PM X0464X

Seven Sessions \$105.00 Per Person

Mon, Nov 9-Dec 21 7:00-8:00 PM. X0964X

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

Five Sessions \$75.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Nov 12-Dec 17 9:30-10:30 AM X1164X

No class 11/26

Seven Sessions \$105.00 Per Person

Tatum Pk Holland Act Ctr

Tue, Nov 10-Dec 22 9:00-10:00 AM X1064X

Tatum Pk Red Hill Act Ctr

Tue, Sep 8-Oct 20 9:00-10:00 AM. X0564X

Thu, Sep 10-Oct 22 9:30-10:30 AM. X0664X

Fall Equinox Yoga Along the River

(adults)

The Fall Equinox represents a moment of transition from the expansion of summer to the introspection of winter. Honor this juncture with a Vinyasa class designed to release summer heat and begin to ground us for the fall and winter. We will practice outdoors, so dress in layers. The class is active but can be adjusted for all skill levels. Bring a mat, water, and a blanket.

Instructor: Tiffany McCann, 500-hour YA-RYT, Live Grace Yoga

One Session \$20.00 Per Person

Hartshorne Wds Pk Historic Portland Place

Tue, Sep 22 6:30-7:30 PM. XD964X

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for Flexibility and Wisdom? Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification training, including studies in India.

Ten Sessions \$170.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Tue, Sep 1-Nov 10 7:00-8:15 PM XCP64X

Full Moon Yoga Along the River

(adults)

Bath in the full moonlight on the Navesink River while moving through a slow vinyasa yoga practice. We will move with intention and fluidity to rejuvenate the mind and body after the moon phase. We will practice outside, rain or shine, so dress in layers. Bring a mat, water, and a blanket.

Instructor: Tiffany McCann, 500-hour YA-RYT, Live Grace Yoga

One Session \$20.00 Per Person

Hartshorne Wds Pk Historic Portland Place

Fri, Aug 28 7:00-8:00 PM XNX63X

Sat, Sep 26 6:15-7:15 PM. XD864X



Gentle Yoga

(adults)

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

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Holland Act Ctr

Four Sessions \$60.00 Per Person

Mon, Sep 14-Oct 12 12:00-1:00 PM X8864X

No class 9/28

Fri, Sep 18-Oct 16 10:00-11:00 AM. X9064X

No class 10/2

Five Sessions \$75.00 Per Person

Mon, Oct 26-Nov 30 12:00-1:00 PM X9164X

No class 11/23

Fri, Oct 30-Dec 4 10:00-11:00 AM X9364X

No class 11/27

Harvest Full Moon Yoga

(adults)

The Harvest Full Moon is active and intentional. Highlighting all you have grown and knowing you decide what comes next. Recall what you are most proud of and hold onto it. Open to all bodies and levels, we will celebrate this moon's energy with low, grounded movements. Please bring a mat or any additional support you may need. Weather permitting, this will be an outdoor class.

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

One Session \$20.00 Per Person

Deep Cut Gardens Outdoor Area

Sat, Sep 26 7:00-8:00 PM. X4264X

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility, or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of the joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Sep 17-Nov 19 11:00 AM-12:00 PM . . X0164X

Restorative/Yoga Nidra

(adults)

Restore. Renew. Refresh. Take this hour to remind yourself that you are the most important thing. This all-levels class will get you through the mid-week slump. Using a therapeutic red light to help with joint inflammation and muscle soreness. We take a few moments to gently move the body, followed by a guided meditation/Yoga Nidra practice. You will leave class feeling like you received a full night of restful sleep. Please bring any pillows, blankets, eye masks, etc., to support your rest.

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

Five Sessions \$75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Wed, Sep 9-Oct 7 6:00-7:00 PM X3664X

Wed, Oct 21-Nov 18 6:00-7:00 PM X4064X

Restore and Renew

(adults)

Enjoy a gentle and supportive form of yoga that emphasizes relaxation and rejuvenation. Experience deep peace and increased flexibility. Breathe freely through mindful stretching as the body opens more deeply and is gently supported by bolsters, blocks, and blankets. Restore and renew your body, mind, spirit, as well as your nervous system. Enjoy the freedom to breathe and connect...and transform into peace and serenity. All levels welcome.

Instructor: Lisa Mandragona

Ten Sessions \$150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Sep 17-Nov 19 12:00-1:00 PM X0264X

Somatic Yoga for a Healthier Body

(adults)

This gentle, mindful yoga class blends traditional poses with somatic movement to help you reconnect with your body, release chronic tension, and improve mobility. Through intentional movements and breath awareness, you'll build strength, enhance flexibility, and support nervous system regulation, creating a foundation for long-term physical health and well-being. Perfect for all levels.

Four Sessions \$68.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Oct 5-26 4:15-5:15 PM.XCX64X

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification training, including studies in India

Thompson Pk Vis Ctr Tulip Room

Eight Sessions \$136.00 Per Person

Fri, Sep 11-Nov 13 9:30-10:45 AM.XCS64X

No class 9/25 & 10/2

Mon, Sep 14-Nov 9 7:00-8:15 PM.XCN64X

No class 9/28

Vinyasa Yoga with Faith

(ages 13 and up)

This Vinyasa style yoga class is meant to improve your mood, give you a better connection with your body, and pause the busy mind through meditation, breath, and movement. We will use props and modifications to allow all bodies a chance to experience a yoga practice that works for them. There are no judgments in this class, but lots of laughs and slow breathing.

Instructor: Faith Miller, 200-hour Certified Vinyasa Yoga Instructor

Four Sessions \$52.00 Per Person

Clayton Pk Act Ctr Classroom A

Tue, Sep 15-Oct 6 6:00-7:15 PM.XEK64X

Tue, Oct 20-Nov 10 6:00-7:15 PM.XEM64X

Tue, Nov 17-Dec 15 6:00-7:15 PM.XEN64X

No class 12/1

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 help 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 a relaxing meditation and foot massage. Some yoga experience is recommended. Bring a yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification training, including studies in India.

Nine Sessions \$153.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Sep 9-Nov 11 9:30-10:45 AM.XCQ64X

No class 9/30

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose "looks" on the outside is less important than how it "feels" on the inside. Yoga can help increase breath control and capacity, thereby improving the overall health and function of the body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Please bring a yoga mat, two yoga blocks, a yoga strap, a beach towel or blanket, and water. Weather permitting, classes will be held outdoors, so be prepared with a hat and sunblock. Classes will be indoors at the Activity Center when weather conditions warrant.

Instructor: Barbara Sager, 1,200-hour certified Yoga Therapist, registered with the International Association of Yoga Therapists

Eleven Sessions \$165.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Oct 3-Dec 19 8:00-9:00 AM. XCW64X

No class 11/28

Yoga Flow

(adults)

A 60-minute morning yoga session for energy and motivation! This vinyasa flow class builds heat, boosts focus, and helps you feel grounded and ready to take on the rest of your day. This class is suitable for all levels.

Instructor: Laurie Vuksanovich (200hr)

Tatum Pk Red Hill Act Ctr

Seven Sessions \$105.00 Per Person

Sat, Aug 29-Oct 31 9:00-10:00 AM. XNW63X

No class 9/5, 9/12 & 10/24

Six Sessions \$90.00 Per Person

Sat, Nov 14-Dec 19 9:00-10:00 AM. XD764X

Yoga Flow on the River

(adults)

Portland House sits majestically on the Navesink River with sweeping views. Enjoy a yoga practice outdoors, in the natural world, in this beautiful spot. We will flow through sun salutations and deep stretches to release the winter chill. We will end with a relaxing savansa. All movements can be adjusted for those with limited mobility. We will practice outside, so dress in layers. There is a covered porch in case of rain. Bring a mat, water, and a blanket in case the grass is wet.

Instructor: Tiffany McCann

Six Sessions \$90.00 Per Person

Hartshorne Wds Pk Historic Portland Place

Sat, Sep 12-Oct 24 9:00-10:00 AM. XD564X

No class 10/3

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace that is geared for 50s, 60s, and up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness.

Please Note: The Sun Salutation portion of the class is modified using a chair, so that flowing movements can be done safely, without doing lunges on the 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, E-RYT 200 Yoga Alliance Certified Instructor

Tatum Pk Red Hill Act Ctr

Four Sessions \$80.00 Per Person

Tue, Sep 15-Oct 13 10:30 AM-12:00 PM . . X8964X

No class 9/29

Five Sessions \$100.00 Per Person

Tue, Oct 27-Dec 1 10:30 AM-12:00 PM . . . X9264X

No class 11/24

Yoga for the Autumn Equinox

(adults)

On the day that sits right at the threshold of light and dark, this class isn't about intensity, it's about integration. This class will reflect a balance of effort and ease. An intentional flow, embracing a slow vinyasa and finishing with a deep stretch. There will be no rush, only recalibration. Please bring a mat or any additional support you may need. Weather depending, this may be an outdoor class.

Instructor: Melanie Fiorillo 500+ RYT Advanced Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

One Session \$20.00 Per Person

Tatum Pk Outdoor Area

Tue, Sep 22 7:00-8:00 PM. X4164X

ZUMBA

Chair Zumba

(adults)

Fully seated Latin dance cardio from Zumba Fitness! Ditch the workout, join the party! This class combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Participants will tone and sculpt their bodies, burn calories, improve neurocognitive function, enjoy music and rhythm, and reenergize, all while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude. No experience needed.

Instructor: Eryka Andrex

Seven Sessions \$105.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Oct 20-Dec 8 4:30-5:25 PM. X1764X

No class 11/24

Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories, and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude!

Dorbrook Rec Area Act Ctr

Ten Sessions \$150.00 Per Person

Thu, Oct 1-Dec 17 6:15-7:10 PM X2764X

No class 10/29 & 11/26

Thirteen Sessions \$195.00 Per Person

Tue, Sep 8-Dec 15 6:15-7:10 PM X1864X

No class 10/13 & 11/24

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio work-out! Latin-infused ZUMBA® moves create a fun, follow-along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes that you can move in.

Dorbrook Rec Area Act Ctr

Nine Sessions \$135.00 Per Person

Wed, Sep 9-Nov 4 6:00-6:55 PM X2464X

Eleven Sessions \$165.00 Per Person

Fri, Sep 18-Dec 11 6:35-7:30 PM X3264X

No class 10/30 & 11/27

Zumba: Low Impact

(adults)

Join us for a fun 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 breakdowns of the basic moves and combos, and each dance routine will be different than the last! In this one-hour, 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!

Eight Sessions \$120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Sep 21-Nov 16 6:10-7:05 PM. X1564X

No class 10/12

EQUESTRIAN

Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are needed to work as volunteers.

The minimum age to volunteer is 14.

For information on horseback riding lessons for individuals with disabilities or about volunteering with the programs, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking, and leading a horse. Basic beginning riding skills will be taught with focus on safety, balance, and control. Please note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear long pants and a helmet while riding.

Sunnyside Rec Area

Three Sessions \$180.00 Per Person

Fri, Dec 4-18 4:00-5:00 PM V0371X

Four Sessions \$240.00 Per Person

Fri, Sep 18-Oct 9 4:00-5:00 PM V0564X

Fri, Oct 16-Nov 6 4:00-5:00 PM V0664X

Fri, Jan 8-29 4:00-5:00 PM V0471X

MONMOUTH COUNTY PARK SYSTEM



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**HOMINY HILL
GOLF COURSE**
92 Mercer Road
Colts Neck, NJ

**HOWELL PARK
GOLF COURSE**
405 Squankum-
Yellowbrook Road,
Farmingdale, NJ

**PINE BROOK
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GOLF

60 Minute Chip/Pitch*(adults)*

Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities.

One Session \$35.00 Per Person**Bel-Aire GC****Wed, Sep 9 10:30-11:30 AM Y1664X****Thu, Sep 10 10:15-11:15 AM. Y1864X****Wed, Sep 16 10:30-11:30 AM Y2064X****Mon, Sep 21 9:00-10:00 AM Y2664X****Thu, Oct 1 9:00-10:00 AM Y4464X****60 Minute Driver***(adults)*

Develop more consistency and power for all levels of golfers and swing types in this 60 Minute Driver 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 to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One Session \$35.00 Per Person**Bel-Aire GC****Wed, Sep 2 10:30-11:30 AM Y1164X****Thu, Sep 10 9:00-10:00 AM Y1764X****Mon, Oct 5 9:00-10:00 AM Y2964X****Thu, Oct 8 9:00-10:00 AM Y4664X****Charleston Springs GC****Sat, Sep 5 11:00 AM-12:00 PM T1164X****Sat, Oct 10 11:00 AM-12:00 PM. T0864X****Sat, Oct 10 11:30 AM-12:30 PM. T0664X****Howell Pk GC****Wed, Sep 16 4:00-5:00 PM J0564X****Sat, Oct 3 2:30-3:30 PM J0664X****60 Minute Full Swing***(adults)*

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence, and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting, so each student learns new skills based on their current golf level.

One Session \$48.00 Per Person**Bel-Aire GC****Mon, Sep 14 9:00-10:00 AM Y2464X****60 Minute Putting***(adults)*

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important lag putting. 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 \$35.00 Per Person**Bel-Aire GC****Mon, Sep 14 10:15-11:15 AM Y2564X****Mon, Oct 5 10:15-11:15 AM Y3064X****Charleston Springs GC****Fri, Sep 11 4:00-5:00 PM T1364X****Sat, Oct 17 11:00 AM-12:00 PM. T1064X****60 Minute Sand Bunker***(adults)*

Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. Low student-to-teacher ratios ensure that students are given maximum individual attention. Open to all levels and abilities.

One Session \$35.00 Per Person**Bel-Aire GC****Thu, Sep 3 10:15-11:15 AM Y1364X****Mon, Sep 21 10:15-11:15 AM Y2764X**

Advanced Golf for Adults

(adults)

At this level, it is vital to spend time learning the game where it is played, on the golf course. This hybrid instructional clinic shares time between the range and the golf course. The practice range portion of instruction aims to teach you proper warm-up techniques. While on the course you will receive real time coaching. Students should be able to consistently hit the ball as well as exhibit an understanding of golf etiquette and course responsibility.

Four Sessions \$175.00 Per Person

Charleston Springs GC

Fri, Sep 11-Oct 2 2:00-5:00 PM T0264X

Beginner Golf

(adults)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

Bel-Aire GC

Children

(ages 6-10)

Four Sessions \$83.00 Per Person

Tue, Sep 1-22 4:15-5:15 PM Y0164X

Sat, Sep 5-26 10:00-11:00 AM Y0564X

Tue, Oct 6-27 4:15-5:15 PM Y3364X

Sat, Oct 31 10:00-11:00 AM Y3764X

Juniors

(ages 11-14)

Four Sessions \$83.00 Per Person

Tue, Sep 1-22 5:30-6:30 PM Y0264X

Sat, Sep 5-26 11:15 AM-12:15 PM Y0664X

Sun, Sep 6-27 12:15-1:15 PM Y0864X

Tue, Oct 6-27 5:30-6:30 PM Y3464X

Sun, Oct 11-Nov 1 10:00-11:00 AM Y3864X

Junior Girls

(ages 11-14)

Four Sessions \$83.00 Per Person

Thu, Sep 3-24 5:30-6:30 PM Y0464X

Thu, Oct 8-29 5:30-6:30 PM Y3664X

Adults

(adults)

Three Sessions \$89.00 Per Person

Wed, Sep 2-16 9:00-10:20 AM Y1064X

Women

(adults)

Four Sessions \$89.00 Per Person

Thu, Sep 3-24 4:15-5:15 PM Y0364X

Sun, Sep 6-27 11:00 AM-12:00 PM Y0764X

Thu, Oct 8-29 4:15-5:15 PM Y3564X

Bel-Aire Seniors Players Club

(adults)

If you are a recent graduate of the Senior Stroke Saver clinic, this Bel-Aire Seniors Players Club is the next step for you. Golfers will receive one hour of advanced instruction and then will be responsible for booking their own tee times - whether they choose to golf on the 18-hole course or 9-hole course. Greens fees and reserved times are not included.

One Session \$35.00 Per Person

Bel-Aire GC

Wed, Sep 2 8:00-9:00 AM Y4964X

Wed, Sep 9 8:00-9:00 AM Y5064X

Wed, Sep 16 8:00-9:00 AM Y5164X

Wed, Sep 23 8:00-9:00 AM Y5264X

Wed, Oct 7 8:00-9:00 AM Y4064X

Wed, Oct 14 8:00-9:00 AM Y4164X

Wed, Oct 21 8:00-9:00 AM Y4264X

Wed, Oct 28 8:00-9:00 AM Y4364X

Breaking 100

(adults)

Improve your scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. Knowing how to manage your game and playing with your strengths can produce lower scores 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 \$145.00 Per Person

Charleston Springs GC

Sat, Sep 12 1:00-4:00 PM T0464X

Sat, Oct 10 1:00-4:00 PM T0764X

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.

Three Sessions \$130.00 Per Couple

Bel-Aire GC

Sat, Sep 5-19 9:00-10:20 AM Y1464X

Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting, so each student learns new skills based on his/her current golf level.

One Session \$96.00 Per Person

Bel-Aire GC

Thu, Sep 3 8:00-10:00 AM Y1264X

Sat, Sep 12 10:00 AM-12:00 PM. T1464X

Sun, Sep 13 8:00-10:00 AM Y1964X

Mon, Sep 28 9:00-11:00 AM Y2864X

Wed, Sep 30 8:00-10:00 AM Y2364X

Wed, Oct 7 8:00-10:00 AM Y4564X

Mon, Oct 12 9:00-11:00 AM Y3164X

Mon, Oct 19 9:00-11:00 AM Y3264X

Hominy Hill GC

Sat, Sep 5 12:00-2:00 PM J0464X

Golf for High School Players

(ages 14-18)

This program is for teens in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. 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.

Please Note: This is not a beginner's clinic; participants must have prior golf experience.

Four Sessions \$125.00 Per Person

Charleston Springs GC

Sat, Sep 5-26 12:30-3:30 PM. T1264X

Sat, Oct 10-31 1:00-4:00 PM T0964X

Intermediate Golf Adults

(adults)

This clinic will focus on refining the fundamentals of your swing learned in the beginner clinic. Emphasis will be on exploring putting/chipping, pitch shots, bunker shots, and full swing shots. Instruction includes time on the practice area and time on the course. Basic golf knowledge or previous experience is preferred as this is an intermediate-level class.

Four Sessions \$130.00 Per Person

Bel-Aire GC

Sun, Sep 6-27 1:30-3:30 PM Y4764X

Charleston Springs GC

Fri, Sep 11 4:00-6:00 PM Y4864X

Howell Pk GC

Thu, Sep 10-Oct 1 5:00-7:00 PM J0364X

Short Game

(adults)

Discover the simple basics of chipping, putting, and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. Sessions include individual instruction in a group setting so each student learns new skills based on their current golf level - whether just starting, an accomplished player, or somewhere in between.

One Session \$135.00 Per Person

Bel-Aire GC

Sun, Sep 6 8:00-11:00 AM Y1564X

Thu, Sep 17 8:00-11:00 AM Y2164X

Sun, Sep 20 8:00-11:00 AM Y2264X

Charleston Springs GC

Sun, Sep 6 12:00-3:00 PM T0364X

Sun, Oct 4 12:00-3:00 PM. T0564X



THERAPEUTIC RECREATION

25th Annual Semi-Formal Dinner and Dance!*(ages 16 and up, with special needs)*

Come and dance and sing the night away with your friends at our annual Semi-Formal! We are celebrating our 25th! Semi-Formal and for the first time hosting the event at the newly redesigned banquet facility at Hominy Hill Golf Course in Colts Neck. Enjoy a delicious catered meal and a Professional D.J. service playing all your favorite music! Participants must be able to function in a 1:3 staff to participant ratio. Some additional paperwork is required and will be mailed to you upon registration. Please call Justin at 732-460-1167, ext. 4641, for more information.

One Session \$65.00 Per Person**Hominy Hill GC****Fri, Nov 20 6:00-9:00 PMD0464A****Art Club***(ages 16 and up, with special needs)*

This club offers time for socialization, creative stimulation, and building self-confidence through the use of color and form with support and positive feedback. Participants will have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media, and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Six Sessions \$90.00 Per Person**Dorbrook Rec Area Act Ctr****Sat, Sep 26-Dec 5 10:00-11:30 AMD1564X***Class meets 9/26, 10/10, 10/24, 11/7, 11/21 & 12/5***Drama Troupe***(ages 13 and up, with special needs)*

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. Performance will take place during the final session. Please contact Justin at 732-460-1167, ext. 4641, for more information.

Fifteen Sessions \$246.00 Per Person**Tatum Pk Holland Act Ctr Parking Area****Wed, Sep 9-Dec 16 6:00-7:00 PMD0264X****Halloween Karaoke & Pizza Social***(ages 16 and up, with special needs)*

Get ready for a spook-tacular time at our Halloween Karaoke & Pizza Social! Come dressed in your funniest, silliest, or most creative costume, and get ready to sing some spooky songs! Whether it's a Halloween classic or your favorite song, it's going to be a fang-tastic time. Participants must be able to function in at least 1:3 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person**Dorbrook Rec Area Act Ctr****Sat, Oct 24 5:00-7:30 PMD2964A****Night Out***(ages 16 and up, with special needs)*

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

One Session \$45.00 Per Person**Dorbrook Rec Area Act Ctr Parking Lot****Eat, Putt, and Leave Room for Ice Cream!**

Indulge your appetite and test your putting skills by meeting us for dinner at Juanito's II Mexican Restaurant and a round of mini golf at Swingtime Golf Center on Route 9 in Howell. Afterwards, we will stop for ice cream at Jersey Freeze, a few miles down the road in Freehold. You will need to bring at least \$50 to cover the cost of dinner, mini golf, and ice cream.

Participants have the option of taking the bus from Dorbrook or meeting on-site.

Fri, Sep 18 4:45-8:45 PMD0164X**Dinner and a Movie - Freehold**

A delicious meal with friends, followed by a movie, sounds like a great night! Drop-off will be at the 2nd floor food court of the Freehold Raceway Mall, and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days before the event; the start and end times of the program will be affected by the movie choices. Participants will need to bring at least \$50.00 to cover the cost of their meal and movie ticket.

Fri, Oct 9 5:30-9:30 PMD0564X

Pizza Social

(ages 16 and up, with special needs)

Are you ready for an evening packed with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun. Think board games, card games, trivia, video games, and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in an entertaining and welcoming environment. Participants must be able to function in at least a 1:4 staff-to-participant ratio. Participants will need to bring \$15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session \$20.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Sep 25 6:00-8:00 PMD2764A

Fri, Nov 6 6:00-8:00 PMD2864A

Special Trip

(ages 16 and up, with special needs)

Join us as we travel to exciting events and destinations in and out of Monmouth County throughout the year. Drop-offs and pick-ups will be at the Dorbrook Recreation Area unless otherwise noted. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

One Session \$95.00 Per Person

Medieval Times

Revel in the chivalry and rivalry as knights battle for victory and the Queen's favor! We will enjoy an exciting show and a delicious old-time meal at the Medieval Times in Lyndhurst. Supervision, transportation, admission, and meals are included with your registration; if you would like to purchase souvenirs, please plan accordingly. Times are subject to change based on final performance schedule. If there is enough interest, we may be able to run a second bus for additional participants. As a reminder, this is a program for individuals with special needs only!

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Dec 5 12:30-5:00 PMD0171A

TRIPS

American Museum of Natural History

(all ages, under 18 with adult)

Explore the Rose Center for Earth and Space, dinosaur fossil displays, four floors of exhibits, and the IMAX theater. There is something for everyone! Fee includes bus transportation and Park System leader only. Purchase tickets online at amnhn.org

\$59.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 19A7664X

Board: 9:00 AM Return: 6:00 PM (approx)

Broadway Matinee Transportation

(adults)

Enjoy a day at the theater! Choose between Hamilton, MJ the Musical (Michael Jackson), Wicked, The Book of Mormon, The Great Gatsby, Oh Mary! Maybe Happy Ending, SIX, Little Shop of Horrors, and more! You will arrive in the theater district at 12:00 PM and depart at 7:00 PM. Trip pricing includes round-trip motor coach transportation and a Park System leader.

Please Note: Broadway show tickets are not included. You must purchase tickets on your own.

One Session \$62.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Oct 17 10:30 AM-8:00 PM.AAU64X

Christmas Candlelight House Tour

(all ages, under 18 with adult)

Cape May's Christmas Candlelight House Tours have been a beloved annual tradition for nearly half a century! Travel to homes, inns, B&Bs, churches, and hotels, stepping across the thresholds to take in interiors beautifully decorated for the holidays. Trip pricing includes round-trip motor coach transportation, tickets, and a Park System leader.

One Session \$120.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 12 2:00-11:00 PMA0571X

Explore Historic Virginia NEW

(adults)

Step back in time on an unforgettable journey through Virginia's most historic sites. Explore Colonial Williamsburg, where living-history interpreters bring the 18th century to life, and stroll through the streets, gardens, and museums at your own pace. Experience the origins of the American Revolution with a visit to Historic St. John's Church in Richmond and its celebrated reenactment of Patrick Henry's iconic "Give me liberty or give me death!" speech. Continue your discovery of the early beginnings of English America through guided visits to Jamestown Settlement, Jamestown Glasshouse, Berkeley Plantation, the American Revolution Museum at Yorktown, and Thomas Jefferson's Monticello. The price includes round-trip motor coach transportation, five nights of accommodation in the Colonial Williamsburg area, admissions to featured tours, attractions, and historic sites, five breakfasts, one lunch, five dinners, a manager's hotel reception every evening, all taxes, baggage handling, meal gratuities, and a Park System volunteer leader. Guests will also enjoy some free time for independent sightseeing and meals. When registering, participants should include both an email and a mailing address to receive tour information. A detailed itinerary and additional travel materials will be sent via email and postal mail approximately three weeks before departure. For additional information or questions, please contact Rachel Cohen at 732-542-1642, ext. 4648, or via email at rachel.cohen@monmouthcountyparks.com. Travel insurance is recommended but not required; for more information, visit www.travelinsured.com or call 1-800-243-3174.

\$1,500.00 Double; \$1,600.00 Single; \$1,400.00 Triple; \$1,350.00 Quadruple; \$750.00 Per Child (ages 12 and under)

Thompson Pk Estate Grounds Parking Lot

Sun-Fri, Sep 13-18 A0264X
Board: 7:00 AM Return: 7:00 PM (approx)



Fall Foliage Tour of Monmouth County

(adults)

From bright yellow to fiery red, colorful autumn scenes will make you fall for the change of seasons in Monmouth County. This four-hour tour will take you to vistas of fabulous foliage with a variety of up-close cascades of color. We will drive via mini-bus to discover the most spectacular fall foliage and slowly meander with the vibrant echo of color in our minds. The tour route and sites will vary depending on forest conditions, as weather impacts fall colors, but generally count on late October or early November for idyllic leaf peeping time. Don't forget a camera! You will want to capture the beauty of fall foliage. Our tour is limited to just 12 passengers, so you will have a chance to ask questions and experience beautiful fall foliage up close.

One Session \$42.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Oct 25 9:00 AM-1:00 PM (approx) . . . IKM64X
Wed, Oct 28 9:00 AM-1:00 PM (approx). . . INP64X

Haunted Happenings in Historic Salem, MA

(adults)

Experience the charm and mystery of Salem, Massachusetts, on this overnight getaway designed for curious travelers. Visit and explore Salem's most iconic historic sites and museums, including the House of the Seven Gables, the Salem Witch Museum, the Peabody Essex Museum, and the Hammond Castle Museum. Guided experiences, such as a Tales & Tombstones trolley tour, a private ghost tour, and a haunted harbor cruise, bring Salem's fascinating history and legends to life. The price includes round-trip motor coach transportation, three nights' accommodation in the Salem, Massachusetts area, admissions to featured tours, attractions, and historic sites, a round-trip harbor cruise, three breakfasts, two dinners, all taxes, baggage handling, meal gratuities, and a Park System volunteer leader. Guests will also enjoy some free time for independent sightseeing and meals. When registering, participants should include both an email and a mailing address to receive tour information. A detailed itinerary and additional travel materials will be sent via email and postal mail approximately three weeks before departure. For additional information or questions, please contact Rachel Cohen at 732-542-1642, ext. 4648, or via email at rachel.cohen@monmouthcountyparks.com. Travel insurance is recommended but not required; for more information, visit www.travelinsured.com or call 1-800-243-3174.

\$1,000.00 Double; \$1,200.00 Single; \$950.00 Triple; \$900.00 Quadruple; \$400.00 Per Child (ages 12 and under)

Thompson Pk Estate Grounds Parking Lot

Sun-Wed, Oct 4-7. A0164X
Board: 7:00 AM Return: 3:00 PM (approx)

Metropolitan Museum of Art

(all ages, under 18 with adult)

Spend the day exploring the museum, including 19th-century European paintings, the American Wing, the Old Masters, and the Costume Institute. For ticket information and pricing, visit www.metmuseum.org. Fee includes bus transportation and Park System leader only. Rain or shine.

\$59.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Nov 7 A7864A
Board: 9:00 AM Return: 6:00 PM (approx)

New Hope Arts & Crafts Festival

(adults)

Come see 160 juried fine artists and craftsmen who will exhibit oil paintings, watercolors, sculpture, fine and fun jewelry, ceramics, works in wood, and much more! The Arts & Crafts Festival will have food, music, and live entertainment for you to enjoy. Downtown New Hope, Pennsylvania, is a short walk or shuttle from the festival. Explore the shops and restaurants while enjoying stunning views of the Delaware River!

One Session \$59.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Sep 26 9:00 AM-5:00 PM A7764X

Radio City Christmas Spectacular®!

(all ages, under 18 with adult)

There is no better place to be this holiday than at the Radio City Christmas Spectacular®! It is a one-of-a-kind celebration for family, friends, and loved ones. The radiant Radio City Music Hall is decked out for the season, and the Rockettes shine like never before in a breathtaking new number that transforms the stage into a glistening winter wonderland! Share in the joy with Santa, the Nutcracker, and the unforgettable live nativity. Price includes reserved orchestra seating, round-trip bus transportation, and a volunteer Park System leader. There will be time for dinner and sightseeing after the performance.

\$205.00 Per Person

Thompson Pk Estate Grounds Parking Lot

1:00 PM Show

Sat, Nov 21. A7564X
Board: 10:00 AM Return: 7:00 PM (approx)

2:00 PM Show

Tue, Dec 8 A0471X
Board: 11:00 AM Return: 8:00 PM (approx)

“

This was a great trip and I love the memories I'll now share with my grandsons.

”



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.



Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county

parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.



Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth.

Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.



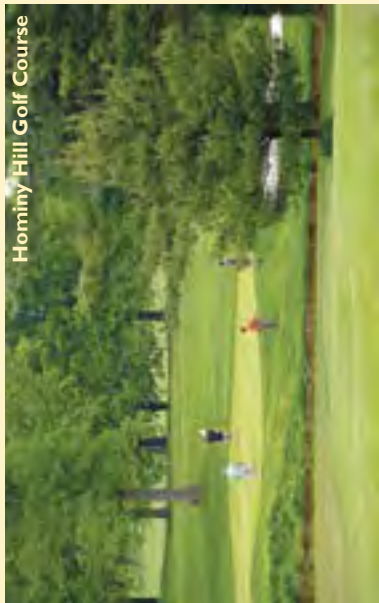
Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract[†], Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park^{*}, Route 520, Marlboro 732-834-9607
Clayton Park^{*}, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park^{*}, Upper Freehold 609-259-5794
DeBois Creek Recreation Area[†], Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643
East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area^{*}, Third Avenue, Manasquan 732-922-4080 or 3868
Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278
Freneau Woods Park[†], Marlboro & Aberdeen 732-842-4000
Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670
Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033
Holmdel Park, Longstreet Road, Holmdel 732-946-9562
Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336
Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758
Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway^{*}, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway[†], Freehold to Howell 732-462-7286 or 9265
Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440
Mount Mitchell Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
Perrineville Lake Park^{*}, Sweetmans Lane, Millstone 609-259-5794
Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025
Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367
Swimming River Park, West Front Street, Middletown 732-741-9676
Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987
Thompson Park, Newman Springs Road, Lincroft 732-842-4000
Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail^{*}, Upper Freehold 609-259-5794
Historic Wainford, Wainford Road, Upper Freehold 609-259-6275
Weltz Conservation Area^{*}, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area[†], Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract[†], Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old Cortlies Avenue, Neptune 732-922-4141



Hominy Hill Golf Course

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



Fisherman's Cove Conservation Area

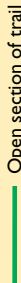
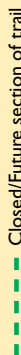
Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

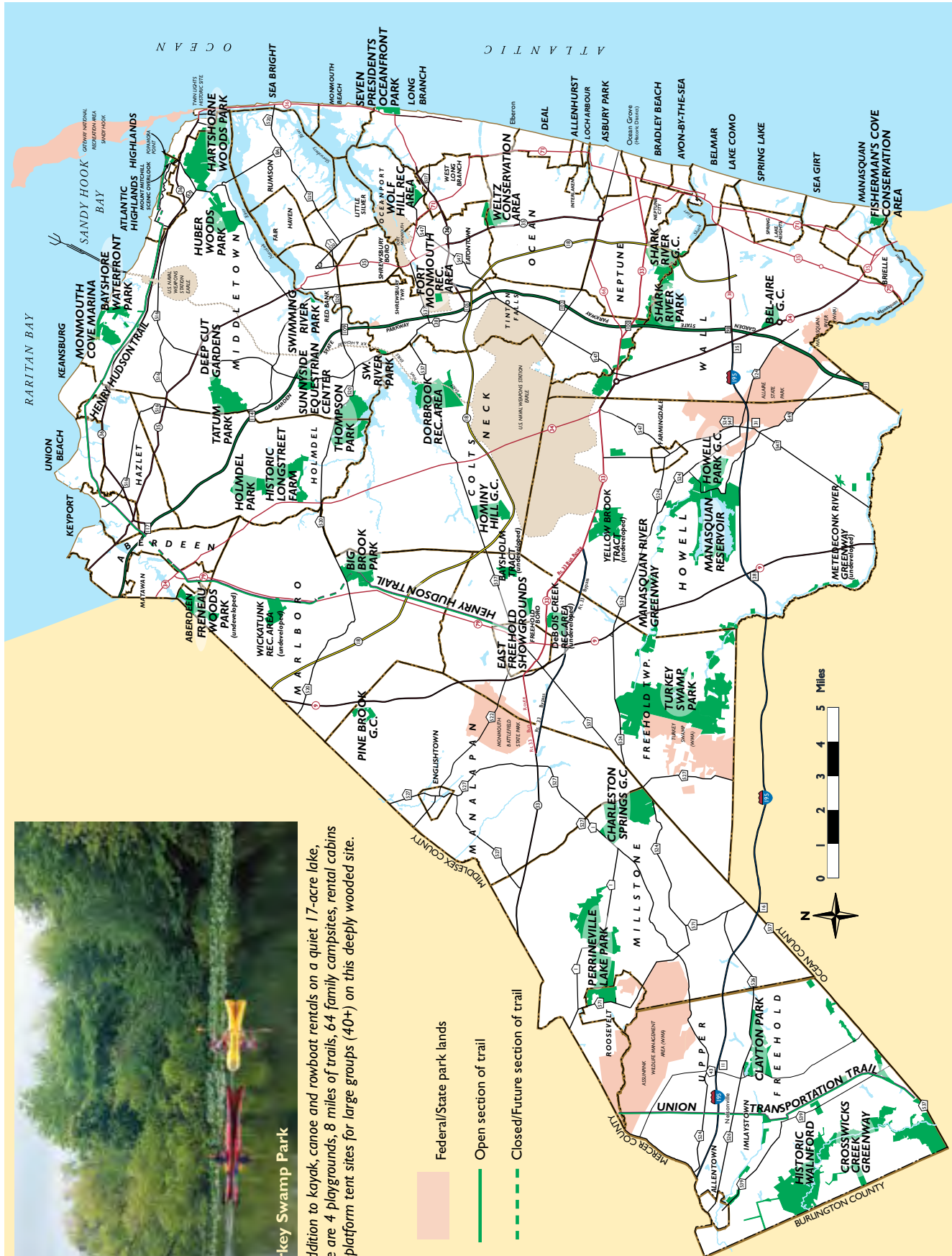
^{*} Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.
[†] Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



Turkey Swamp Park

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.

-  Federal/State park lands
-  Open section of trail
-  Closed/Future section of trail



Important Notice

Any use of equipment, trade names, or personnel by the Monmouth County Park System does not necessarily represent an expressed or implied endorsement of said products or persons. The Monmouth County Park System will not be responsible for errors concerning information or prices in this publication. It is understood and agreed that park visitors and participants in Monmouth County Park System program, activities and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. We invite you to reach out to us for modifications to make your experience most enjoyable.

Participants, Please Note

Due to the strenuous nature of some activities, participants are urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant must consider and which the participant assumes.

Weather Cancellations

Call the following number 1 ½ hours prior to your program's start time to find out whether it has been cancelled: 732-842-4000, ext. 6. The message includes only programs cancelled due to bad weather.

Americans with Disabilities Act

The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Frank Masini, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4219, has been designated by the Board of Recreation Commissioners to be the Park System's Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder, are available from the above named coordinator. If you require any modifications because of a disability, please indicate at time of registration.

Service Animals

Service animals are defined as a dog that has been trained to perform tasks for an individual with a disability. The task(s) performed by the dog must be directly related to the person's disability. "Comfort," "therapy," or "emotional support" animals do not meet the definition of a service animal. Monmouth County does not require service animals to be certified, licensed, or registered as a service animal. Nor are they required to wear service animal vests or patches. Service animals are allowed in all areas of a facility where the public is allowed except where the dog's presence would create a legitimate safety risk or would fundamentally alter the nature of the services being provided. The County requires that service animals be under the control of the handler at all times and be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents them from using these devices.

Program Refunds/Fees

In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy

1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
 - **General program or one-day trip:** full refund with at least 10 days advance notice, less \$5.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Multi-day bus/van trip or ticketed day trip:** full refund with at least 45 days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
 - **Camps:** full refund with at least 30 calendar days advance notice, less a \$25.00 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.); 50% refund with 14 to 29 calendar days notice, less a \$25.00 processing fee and any non-recoverable expenses; no refund within 13 calendar days of the start of camp.
4. For refund requests, please call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

Vacation Insurance

Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information

Unless otherwise stated, all programs require pre-registration. Registration is on a first-come, first-served basis.

Fees

Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to "Board of Recreation Commissioners".

Registration

Beginning at 8:00 AM on Wednesday, August 12, you may register:

Online 24/7 by clicking "Register for Programs" at www.MonmouthCountyParks.com.

By Phone by calling 732-842-4000, ext. 1, Monday through Friday between 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.

In Person at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

The Creative Arts Center proudly showcases the work of our talented students and instructors who participate in a variety of fine arts and craft classes throughout the year.

CREATIVE ARTS CENTER



EXHIBIT & SALE

Saturday-Friday,
December 5-11, 11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft

Kick off your holiday shopping with original pieces created by our talented students and instructors, including paintings, photography, jewelry, pottery, and more.



For more information, contact Barbara Zarella at
barbara.zarella@monmouthcountyparks.com
or 732-842-4000, ext. 4253.





Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738



Mark Your Calendars

SEPTEMBER

WIND & SEA FESTIVAL

Saturday, September 19
11:00 AM-5:00 PM
Bayshore Waterfront Park,
Port Monmouth

FALL NATIVE PLANT EXCHANGE

Saturday, September 19
8:30-11:00 AM
Deep Cut Gardens, Middletown

HARVEST HOME FESTIVAL

Sunday, September 27
11:00 AM-5:00 PM
Historic Longstreet Farm, Holmdel

OCTOBER

THOMPSON PARK DAY

Sunday, October 18
11:00 AM-5:00 PM
Thompson Park, Lincroft



NOVEMBER

FALL CRAFT SHOW

Saturday, November 7
9:00 AM-2:00 PM
Fort Monmouth Recreation Center,
Tinton Falls

INFO: 732-842-4000, ext. 4312 • MONMOUTHCOUNTYPARKS.COM



Board of County Commissioners:

Thomas A. Arnone, *Director*
Dominick "Nick" DiRocco, *Deputy Director*
Susan M. Kiley
Ross F. Licitra, *Park System Liaison*
Erik Anderson

Board of Recreation Commissioners:

Anthony Fiore, *Chairman*
Kevin Mandeville, *Vice Chairman*
Thomas E. Hennessy, Jr. • Patricia M. Butch
Thomas Adcock • Lori Ann Davidson
Brian Foster • Rachael Stolte • Matt Duru
Andrew J. Spears, *Director*