



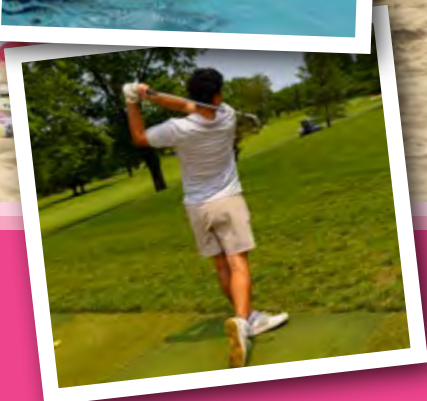
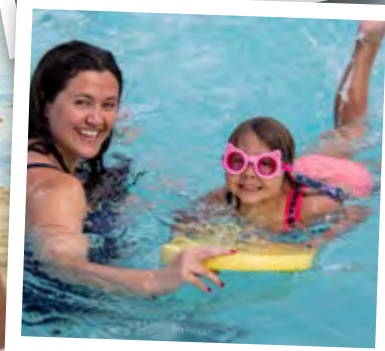
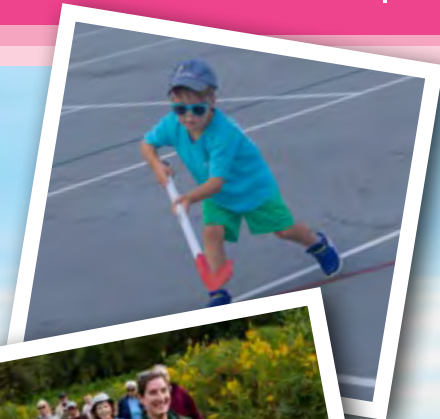
MONMOUTH  
COUNTY  
**PARK  
SYSTEM**

*Yours to Discover*

# PARKS & PROGRAMS

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS

## Guide



## SUMMER 2026

REGISTRATION BEGINS MAY 13

[WWW.MONMOUTHCOUNTYPARKS.COM](http://WWW.MONMOUTHCOUNTYPARKS.COM)

The original Monmouth County agricultural fair!

# JULY 22-26

EAST FREEHOLD SHOWGROUNDS, KOZLOSKI ROAD, FREEHOLD

# MONMOUTH COUNTY FAIR



A COUNTYWIDE EVENT FOR ALL AGES!

ADMISSION: \$10.00

AGES 12 & UNDER ADMITTED FREE  
FREE PARKING

- Free Entertainment
- 4-H Shows & Exhibits
- Rides & Amusements by Reithoffer Shows
- Live Music on the Main Stage
- Home & Garden Competitions & Displays
- Robinson's Racing Pigs
- Bwana Jim Wildlife Show
- WonderZone Dinosaur Zoo
- DAWG Pro Wrestling
- Tommie Turvey's Stunt Horses & Dogs
- Delicious Food
- Crafters & Commercial Vendors
- Living History Interactive Displays
- Monmouth County Park System Interactive Display
- And so much more!



## Become a Vendor!

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



Enter the Monmouth County Fair Home & Garden Competition!  
For more information, see the inside back cover.

For additional details about this year's Monmouth County Fair, see pages 32-33

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### Essential Eligibility Requirements for Programs

- Age:** Must fall within the listed age/grade for a program.
- Capacity:** An individual must register before the program has reached its maximum capacity.
- Charges:** Payment is due upon registering, or through an approved third-party balance due.
- Hygiene:** Participants must be able to manage their personal care including eating, drinking, changing clothing, and toileting.
- Prerequisite Skills:** Individuals may be required to be at a specific stated skill level for some programs.
- 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**



**American 250  
Themed Program**



**World Cup  
Themed Program**

# JUNE 2026

**WEDNESDAY, JUNE 3**

Superb Summer Saunter (p. 51)

**FRIDAY, JUNE 5**

Basket Weaving Demonstration (p. 6)  
Colts Neck Community Band (p. 9)

**SATURDAY, JUNE 6**

Basket Weaving Demonstration (p. 6)  
Canoe Rentals on Marlu Lake (p. 12)  
Dairy Day (p. 4)  
Deep Cut Gardens Open House (p. 47)  
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**SUNDAY, JUNE 7**

Canoe Rentals on Marlu Lake (p. 12)  
Music on the Porch (p. 6)

**TUESDAY, JUNE 9**

Casual Birder (p. 48)

**WEDNESDAY, JUNE 10**

Superb Summer Saunter (p. 51)

**THURSDAY, JUNE 11**

Fireflies of Monmouth County (p. 52)

**FRIDAY, JUNE 12**

Sentimental Journey Big Band Concert -  
America's Swinging Two-Fifty! (p. 9)

**SATURDAY, JUNE 13**

Open Shoot Archery (p. 12)  
Penny Rug Demonstration (p. 4)

**SUNDAY, JUNE 14**

Victorian Laundry Demonstration (p. 4)

**THURSDAY, JUNE 18**

Rigging 101 (p. 55)

**SATURDAY, JUNE 20**

Canoe Rentals on Marlu Lake (p. 12)  
Freshwater Fishing Derby (p. 49)  
Traditional Basketmaking Demonstration (p. 5)

**SUNDAY, JUNE 21**

19th Century Woodworking Demonstration (p. 4)  
Canoe Rentals on Marlu Lake (p. 12)  
Freshwater Fishing Derby (p. 49)

**WEDNESDAY, JUNE 24**

Superb Summer Saunter (p. 51)

**THURSDAY, JUNE 25**

Life in a Freshwater Pond (p. 11)

**SATURDAY, JUNE 27**

Climb Time (p. 12)  
Early American Music and Arts (p. 5)  
Everyone Has a Story (p. 58)

# JULY 2026

**THURSDAY, JULY 2**

Life in a Freshwater Pond (p. 11)

**SATURDAY, JULY 4**

Canoe Rentals on Marlu Lake (p. 12)  
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**SUNDAY, JULY 5**

Canoe Rentals on Marlu Lake (p. 12)

**TUESDAY, JULY 7**

Tidal Tuesday - Seine the Cove (p. 11)

**THURSDAY, JULY 9**

Life in a Freshwater Pond (p. 11)

**SATURDAY, JULY 11**

Disc Golfing at Big Brook Park (p. 8)  
Lacemaking Demonstration (p. 4)  
Open Shoot Archery (p. 12)  
Rigging 101 (p. 55)

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Victorian Laundry Demonstration (p. 4)

**TUESDAY, JULY 14**

Tidal Tuesday - Seine the Cove (p. 11)

**THURSDAY, JULY 16**

Life in a Freshwater Pond (p. 11)

**FRIDAY, JULY 17**

American Folk Rock with Jackson Pines (p. 9)

**SATURDAY, JULY 18**

Canoe Rentals on Marlu Lake (p. 12)

Disc Golfing at Big Brook Park (p. 8)

**SUNDAY, JULY 19**

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**TUESDAY, JULY 21**

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Tidal Tuesday - Seine the Cove (p. 11)

**WEDNESDAY, JULY 22**

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Understanding Dolphin Behavior (p. 52)

**THURSDAY, JULY 23**

Life in a Freshwater Pond (p. 11)

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**FRIDAY, JULY 24**

Monmouth County Fair (p. 32)

**SATURDAY, JULY 25**

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Tidal Tuesday - Seine the Cove (p. 11)

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Life in a Freshwater Pond (p. 11)

# AUGUST 2026

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Canoe Rentals on Marlu Lake (p. 12)

Disc Golfing at Big Brook Park (p. 8)

Wood Carving Demonstration (p. 5)

**SUNDAY, AUGUST 2**

Canoe Rentals on Marlu Lake (p. 12)

Music on the Porch (p. 6)

**TUESDAY, AUGUST 4**

Tidal Tuesday - Seine the Cove (p. 11)

**THURSDAY, AUGUST 6**

Life in a Freshwater Pond (p. 11)

**SATURDAY, AUGUST 8**

Disc Golfing at Big Brook Park (p. 8)

Open Shoot Archery (p. 12)

**SUNDAY, AUGUST 9**

Victorian Laundry Demonstration (p. 4)

**TUESDAY, AUGUST 11**

Tidal Tuesday - Seine the Cove (p. 11)

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The Girl Who Won the Waves (p. 43)

**SATURDAY, AUGUST 15**

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**SUNDAY, AUGUST 16**

Canoe Rentals on Marlu Lake (p. 12)

**TUESDAY, AUGUST 18**

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**THURSDAY, AUGUST 20**

Life History of Blue Crab Claws (p. 52)

Life in a Freshwater Pond (p. 11)

**FRIDAY, AUGUST 21**

JO & the Highland Express Concert (p. 9)

**SATURDAY, AUGUST 22**

19<sup>th</sup> Century Woodworking Demonstration (p. 4)

I Hear America Singing (p. 9)

**SUNDAY, AUGUST 23**

Climb Time (p. 12)

**TUESDAY, AUGUST 25**

Tidal Tuesday - Seine the Cove (p. 11)

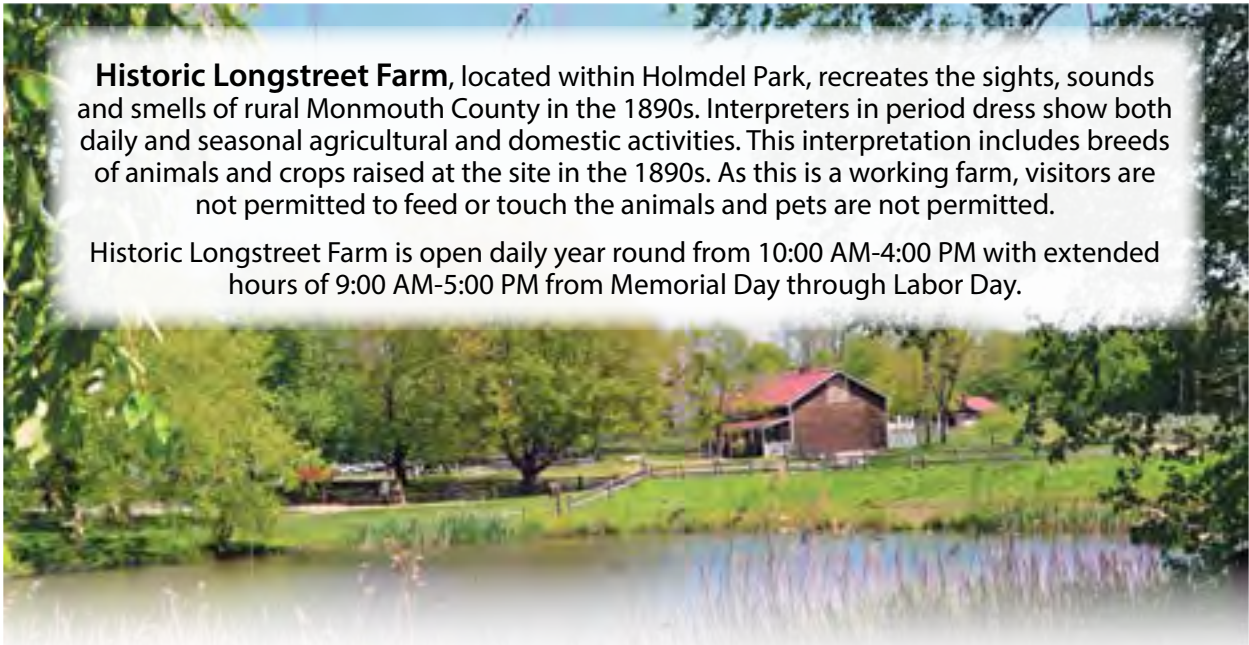
**SATURDAY, AUGUST 29**

Canoe Rentals on Marlu Lake (p. 12)

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**SUNDAY, AUGUST 30**

Canoe Rentals on Marlu Lake (p. 12)



**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**

**Dairy Day** *Free*

Visit with the knowledgeable Longstreet Farm staff and discover the vital role our dairy played in rural farm life. Stop by the summer kitchen from 1:00-2:00 PM to learn about cream separation and the art of cheesemaking. From 2:00-3:00 PM, you can assist the staff in churning fresh butter and homemade ice cream. A Dairy Day celebration would not be complete without seeing the cows — so join us at 3:00 PM for our afternoon milking demonstration!

**Saturday, June 6, 1:00-3:00 PM**

**Penny Rug Demonstration** *Free*

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

**Saturday, June 13, 1:00-3:00 PM**

**Victorian Laundry Demonstration** *Free*

We get it, laundry is agitating for everyone! But you will appreciate your modern conveniences after experiencing a late-Victorian laundry day. From lighting the wood stove to ironing the aprons, we cover loads of material during this demonstration, so make sure to hang around for a bit.

**Sunday, June 14, 1:00-2:30 PM**

**Sunday, July 12, 1:00-2:30 PM**

**Sunday, August 9, 1:00-2:30 PM**

**19<sup>th</sup> Century Woodworking Demonstration** *Free*

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

**Sunday, June 21, 12:00-3:00 PM**

**Saturday, August 22, 12:00-3:00 PM**

**Independence Day Celebration** *Free*

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

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

**Lacemaking Demonstration** *Free*

Watch lacemaking in action, as our demonstrator shows the historic techniques of crochet, bobbin, and shuttle work used in the Victorian era.

**Saturday, July 11, 1:00-3:00 PM**

**Smocking Demonstration** *Free*

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

**Saturday, August 15, 1:00-3:00 PM**

**Farm Buds** 

(ages 4-5, with adult)

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

**One Session \$14.00 Parent/Child**

**Longstreet Farm Vis Ctr**

**Thu, Jun 4 10:30-11:45 AM. . . . . F0363X**

**Thu, Jun 11 10:30-11:45 AM. . . . . F0463X**

**Morning Farm Chores**

(ages 6 and up, under 18 with adult)

Rise and shine! Help the farm staff with morning chores before the farm opens to the public. Experience the lasting memories of milking a cow, collecting eggs from the chickens and feeding the livestock at the start of the day. Ages 6 & up; under 18 must be accompanied by an adult (chaperones are free, but please limit 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, Jun 13 8:00-9:30 AM. . . . . F2063X**

**Sun, Jun 28 8:00-9:30 AM . . . . . F2163X**

**Sat, Jul 11 8:00-9:30 AM . . . . . F2263X**

**Sat, Aug 8 8:00-9:30 AM . . . . . F2363X**

**Sun, Aug 23 8:00-9:30 AM . . . . . F2463X**

**Time-Traveler's Walking Tour**  

(ages 10 and up, under 18 with adult)

This two-hour guided walk through Holmdel Park features tours of two historic houses: the Holmes-Hendrickson House and the Longstreet Farmhouse. The tour includes a discussion about domestic and agricultural life in Holmdel from the 1770s through the 1890s and the many changes and challenges residents would have experienced during the past 250 years.

**Please Note: This walk is approximately one mile over hilly terrain. The tour will meet at Forest Edge parking lot in Holmdel Park and conclude at Historic Longstreet Farm. Due to the historic nature of these structures, they are not wheelchair accessible.**

**One Session FREE!**

**Holmdel Pk Forest Edge Parking Lot**

**Sat, Aug 15 10:00 AM-12:00 PM . . . . . PF366A**

**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 17<sup>th</sup> century. The history of their lives and accomplishments is kept alive in this stunning house museum featuring interpreters in period clothing.



**Traditional Basketmaking**

**Demonstration** 

(adults)

Take a close look at the craftsmanship that goes into making a basket when artisan Mary May visits the Holmes-Hendrickson house. Her focus is on weaving traditional New Jersey baskets, specializing in South Jersey white oak baskets and basket traditions.

**Saturday, June 20, 11:00 AM-3:00 PM**

**Early American Music and Arts** 

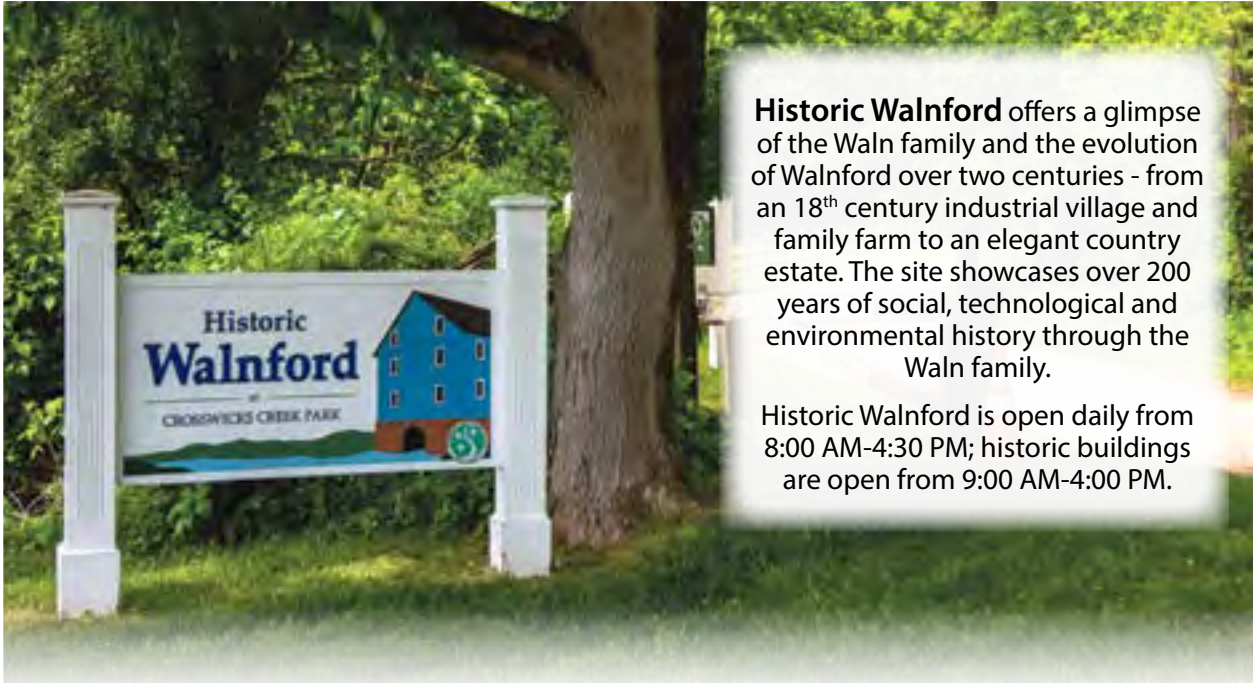
Calling all history buffs! This Saturday at the Holmes-Hendrickson House, Early American Music and Arts will be performed on fifes and drums in true Revolutionary style! Discover why these instruments played a vital role in military action during America's battle for independence, then venture into the house for a special presentation on colonial teas, a hot commodity in the 18<sup>th</sup> century.

**Saturday, June 27, 12:00-3:00 PM**

**Wood Carving Demonstration**  

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

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



**Historic Walnford** offers a glimpse of the Waln family and the evolution of Walnford over two centuries - from an 18<sup>th</sup> 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**

**Basket Weaving Demonstration** *Free*  
(adults)

Come visit the Penn/Jersey Basket Weaving Guild as they practice the historical art of basket weaving in our Cow Barn!

**Friday, June 5, 10:00 AM-3:00 PM**  
**Saturday, June 6, 10:00 AM-3:00 PM**

**Silhouettes by Hand with Lauren Mune** *Free*

Join us for a live demonstration of the traditional, historical trade of silhouette portraiture. Lauren Mune of Silhouettes by Hand will cut silhouettes freehand using only paper and scissors. Portraits are available on a first-come, first-served basis at this free event.

**Saturday, June 6, 12:00-3:30 PM**

**Music on the Porch** *Free*  
(all ages, under 18 with adult)

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

**Sunday, June 7, 1:00-3:00 PM**  
**Sunday, August 2, 1:00-3:00 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). Tour will take place as scheduled at 11:00 AM (weather permitting); trip to the winery takes place after the tour and is contingent on the facility being open for business.

**One Session \$10.00 Per Person**  
**Historic Walnford**  
**Sun, Jun 28 12:00-1:00 PM. . . . .G0163A**

**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 the historic Waln's Mill!

**One Session \$10.00 Per Person**  
**Historic Walnford**  
**Sun, Aug 16 10:00-11:00 AM . . . . .G0263X**

## Historic Portland Place

*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 18<sup>th</sup> 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

**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

**Hartshorne Woods Park  
Rocky Point Section, Highlands**

*Tours available Saturdays & Sundays from May 23-October 11, 10:00 AM-4:00 PM.*

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



**ARTS & CRAFTS**



**Friday Evening Pottery**

*(ages 11 and up)*

Discover the basics of throwing and hand building with clay while creating works of art. This is a great family class opportunity. Participants 13 and under must be registered with an adult. Fee includes glazes, firings, and 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, Jul 3-Aug 14 6:30-8:30 PM . . . . . Z4363X**

**Sunday Ceramics**

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

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

**One Session \$15.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sun, Jun 7 11:00 AM-12:30 PM . . . . . Z5763X**

**Sun, Jun 7 1:30-3:00 PM . . . . . Z5863X**

**Sun, Jul 12 11:30 AM-1:00 PM. . . . . Z5963X**

**Sun, Jul 12 1:30-3:00 PM . . . . . Z6063X**

**Sun, Aug 2 11:30 AM-1:00 PM. . . . . Z6163X**

**Sun, Aug 2 1:30-3:00 PM . . . . . Z6263X**

**FAMILY FUN**

**MCPS Family Stop Motion Animation Film Challenge <sup>NEW</sup>**

*(all ages, under 18 with adult)*

Compete in the first-ever MCPS Family Stop Motion Animation Film Challenge! Each family will be given the same three prompts at the start of the day: a character, an object, and a line. Families will then make a two-minute stop motion animation film incorporating those three prompts. Families will use our iPads, iPad stands, stop motion animation app, tables, lighting, backboards, and basic craft supplies. Our staff will assist with the addition of sound to the films. Families will bring in their own figurines/props to create their films. At the end of the day, a film premiere will be held for a community audience, which will then vote on the films. Films will be presented to the audience by title only. The winning film will be posted to YouTube with a link sent to all participants. Each family will take home a thumb drive with their saved film. Please pack snacks and beverages.

**One Session \$75.00 Per Family of 4**

**Manasquan River Greenway Winter Run Act Ctr Barn**

**Sat, Jun 13 10:00 AM-3:00 PM. . . . . Q3063X**

**Disc Golfing at Big Brook Park**

*Free*

*(ages 5 and up, families, with adult)*

How many throws will it take for you to hear the "ching" of the disc hitting the basket? Bring your friends or family and challenge each other to find out! Disc golf offers a low-stress alternative to traditional golf and is more accessible to all ages and abilities. The baskets are set up in varying lengths from 150 to 250 feet. We will provide the discs, or bring your own. Sign in at the Big Brook Park Pool House and let the disc fly!

**The following Saturdays  
between 10:00 AM-2:00 PM:  
July 11, July 18, July 25, August 1,  
August 8 & August 15**

## Musical Performances at Thompson Park, Lincroft

Colts Neck Community Band 

**Friday, June 5, 7:30 PM**

Enjoy an evening of music with The Colts Neck Community Band at the Thompson Park Activity Barn. The band has been recognized as one of the finest in the state of New Jersey, and will perform a variety of music, from light classical to marches to Broadway favorites. For more information about the Colts Neck Community Band, visit [www.coltsneckband.org](http://www.coltsneckband.org). Indoor seating is available or bring your lawn chairs or blankets and have a picnic outside before the show. For more information, call 732-542-1642, ext. 4653.

Sentimental Journey Big Band Concert - America's Swinging Two-Fifty!   

**Friday, June 12, 7:00-8:30 PM**

There's no better way to celebrate America's 250th anniversary than with American music written in styles that developed right here at home! Jazz began in New Orleans, Louisiana, around 1900, and the music spread north in the 1910s and 1920s. Band leaders hired larger groups, and composers added arrangements, leaving room for improvisation. Dancers of all races crowded ballrooms to hear the swinging bands of Glenn Miller, Duke Ellington, Benny Goodman, Count Basie, and others. Coast-to-coast radio broadcasts introduced the Swing Era to living rooms in almost every state. Sentimental Journey Big Band, featuring vocalist Altha Morton, brings back the classic melodies of the 20<sup>th</sup> century with a patriotic theme. Bring your lawn chairs or blankets, food, and soft drinks. The concert is outdoors at the Theatre Barn; however, inclement weather will move the concert indoors.

American Folk Rock with Jackson Pines  

**Friday, July 17, 7:00-8:30 PM**

Jackson Pines are a Billboard and PBS featured band from the Pine Barrens of Jersey, who play original songs and centuries-old folksongs from the woods where they grew up. They just released their new album *Wheel* and were recently named "Band of the Year" by [NewJerseyStage.com](http://NewJerseyStage.com) and *The Aquarian Magazine*, for notably combining the sounds of rootsy Americana with modern lyrical storytelling. Known for their live shows, the boys weave fingerpicking, fiddle, and stand-up bass with vocal harmonies. Bring your lawn chairs or blankets, food, and soft drinks. The concert is outdoors at the Theatre Barn; however, inclement weather will move the concert indoors.

JO & the Highland Express Concert  

**Friday, August 21, 7:00-8:30 PM**

A recent addition to the Jersey Shore music scene, JO & the Highland Express, has emerged as a musical force to be reckoned with as a favorite of funk & soul music fans. Inspired by saxophonist John Orlando "JO", the band seeks to recreate the musical masterpieces of the funk & soul greats throughout the ages. Putting their own original spin on each song, their curated show experience includes the music of iconic artists such as Stevie Wonder, Aretha Franklin, Kool & the Gang, The Commodores, The JB's, Maceo Parker, The Meters, Billy Preston, Parliament Funk, Dr. John, War, and many others. Comprised of an incredible cast of experienced musicians, a Highland Express show will take you on a memorable musical journey. Bring your lawn chairs or blankets, food, and soft drinks. The concert is outdoors at the Theatre Barn; however, inclement weather will move the concert indoors.

I Hear America Singing  

Creative OPERATIONS presents I Hear America Singing. In honor of the 250th anniversary of the founding of the United States, this special concert celebrates the many voices that have shaped our nation's musical soul. This inspiring program weaves together classical vocal works, beloved folk songs, spirituals, and piano music to tell the story of America through sound. Featuring music by influential American composers such as Aaron Copland and Florence Price, alongside other trailblazing voices, the concert reflects the diverse traditions and shared spirit that define our cultural heritage. The evening brings together three professional vocalists and a pianist, with projected visuals that highlight composer stories and historical moments, transforming the performance into an immersive and educational experience for audiences of all ages. Hear America's story — sung, shared, and brought to life through music inside the Theatre Barn..

**Please Note: This is a free event; however, 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.**

**One Session FREE! • Saturday, August 22, 7:00-8:30 PM (#PA086A)**

## HORTICULTURE

### Pollinator Power Walk

*(all ages, under 18 with adult)*

The garden's summer blooms attract all kinds of pollinators like bees, wasps, and butterflies. Bring the whole family to a guided walk around our colorful gardens and learn about how these pollinators sustain a healthy ecosystem.

**One Session \$15.00 Per Family of 4**

**Deep Cut Gardens Outdoor Area**

**Fri, Jul 31 10:00-11:00 AM . . . . . H1563X**

**Fri, Aug 7 10:00-11:00 AM . . . . . H1663X**

**Fri, Aug 21 10:00-11:00 AM . . . . . H1763X**

## NATURE

### Animal Hours at a Park Near You!

*(all ages, under 18 with adult)*

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

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

**Freneau Wds Pk Vis Ctr Program Room 2**

**Mon, Jun 8 4:30-5:30 PM . . . . . IM863X**

### Eco-Kayak Tour of the Manasquan Reservoir

*(ages 10 and up, under 18 with adult)*

Tour the Manasquan Reservoir with a Park System Naturalist as your guide and experience nature close up. If lucky, we'll glimpse bald eagles resting, great blue herons stalking prey, or turtles basking in the sun. No experience is needed. Basic paddling instruction will be given before the trip begins. Each trip's course will vary according to water level, weather, and the ability of the group. Single and tandem kayaks are available on a first-come, first-served basis. Weight limits are 250 lbs. for single kayaks and 400 lbs. for tandems.

**One Session \$30.00 Per Person**

**Manasquan Res Env Ctr Outdoor Area**

**Thu, Jul 30 9:00-10:30 AM . . . . . I4363X**

### Family Fossiling at Shark River

*(ages 8 and up, with adult)*

Fossil hunting is a great pastime and requires experience to know where to look and what to keep. A Park System Naturalist will assist you and, with luck, find ancient fossils. Every registered child will bring home a real fossil shark tooth as a souvenir! Light shoveling by the accompanying adult is required, and each child needs an adult to assist. All persons attending the program must wear closed-toe shoes that can get wet. Rain boots are preferred; everyone will get wet!

**One Session \$17.00 Per Child**

**Shark River Pk Outdoor Area**

**Sat, Jun 27 10:00-11:30 AM . . . . . I2363X**

**Sun, Jul 19 10:00-11:30 AM . . . . . I2463X**

**Fri, Aug 28 10:00-11:30 AM . . . . . I2563X**

### Ice Cream and Evening Boat Tour

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

What better way to start the weekend than with a sunset cruise on the reservoir followed by ice cream?! After seeing all the sights nature has to offer, satisfy your sweet tooth by enjoying ice cream with your friends and family. All aboard!

**Please Note: Program meets at the Manasquan Reservoir Visitor Center. The boat leaves the dock promptly at the scheduled time. Life jackets are provided and must be worn by all passengers. Children under 3 may not attend. Participants will receive individually packaged ice cream.**

**One Session \$14.00 Per Person**

**Manasquan Res Vis Ctr Waterview Room**

**Fri, Jun 19 6:00-7:00 PM . . . . . I1763X**

**Fri, Jun 19 7:00-8:00 PM . . . . . I1863X**

**Fri, Jul 17 6:00-7:00 PM . . . . . I1963X**

**Fri, Jul 17 7:00-8:00 PM . . . . . I2063X**

**Fri, Aug 21 6:00-7:00 PM . . . . . I2163X**

**Fri, Aug 21 7:00-8:00 PM . . . . . I2263X**



*The guides on the boat tour were incredibly kind and patient with my children. They were all amazing!*



## SUMMER NATURE EXPLORATIONS IN THE PARKS

### PUBLIC BOAT TOURS AT THE MANASQUAN RESERVOIR

Enjoy a boat tour on the beautiful Manasquan Reservoir. Tours are narrated by Park System Naturalists and will include opportunities to view local wildlife including turtles, egrets, herons, ospreys, and perhaps a bald eagle! Tours are approximately 45 minutes long and launch from the Visitor Center. Lifejackets are provided and must be worn by all passengers. All tours are weather and reservoir level dependent.

**Please Note: Children must be 2-years or older to attend and able to sit independently during the duration of the tour.**

**Cost: \$4.00 children 2 years old and older and \$6.00 for adults and children 13 years and older.**

*Tickets can be purchased at the Visitor Center (day of tour only)*

**Weekend & Holiday Tours: May 23-September 7 at 2:00 PM, 3:00 PM, 4:00 PM & 5:00 PM**

**First Friday Boat Tours: June 5, July 3 & August 7 at 6:00 PM and 7:00 PM**

**Wednesday Boat Tours: July 1 through August 26 at 2:00 PM, 3:00 PM, 4:00 PM**

### SEINING ALONG SANDY HOOK BAY

*(all ages, under 18 with adult)*

**Mondays, Wednesdays & Fridays, June 22-August 21, 11:00 AM-12:00 PM**

**Bayshore Waterfront Park**

Discover a variety of fish, crabs, and other sea creatures as we pull a long seine net towards the edge of Sandy Hook Bay. It will be a fun time for everyone as we discover what lives and swims in Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the parking lot. The program will not take place during inclement weather. Parents or guardians are required to stay with and supervise their children. No swimming during the event. The program is designed for individuals and families, not groups. Groups can reserve a date by calling 732-872-7369. For more information about this event, please call 732-264-7277, ext. 1#.

### LIFE IN A FRESHWATER POND

*(all ages, under 18 with adult)*

**Thursdays, June 25-August 20, 11:00 AM-12:00 PM**

**Freneau Woods Park**

Join Park System Naturalists for a free drop-in to explore a freshwater pond. We'll look for basking turtles, hopping frogs, hunting herons, splashing fish, and anything else that catches our eye. We will also discover the unique life that lies underneath the water in a freshwater pond. Participants should bring closed-toe shoes; please no flip-flops. We will meet outside at the Visitor Center near the picnic tables. The program will not take place during inclement weather. Parents or guardians are required to stay with and supervise their children. The program is designed for individuals and families. Groups can reserve a date by calling 732-872-7369. For more information about this event, please call 732-264-7277, ext. 1#.

### TIDAL TUESDAY - SEINE THE COVE

*(all ages, under 18 with adult)*

**Tuesdays, July 7-August 25, 11:00 AM-12:00 PM**

**Fisherman's Cove Conservation Area**

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

Space is limited on a first-come, first-serve basis.

- Closed-toe shoes are required.
- The program will not run during inclement weather.
- Parents or guardians are required to stay with and supervise their children.
- No swimming during the event.
- This program is designed for individuals and families. No large groups please
- Street parking is first come, first serve, and during summer can be full. A municipal parking lot is also available for a fee, but it can also be full.

## Meet The Martins! Experience a Purple Martin Colony!

*(ages 7 and up, under 18 with adult)*

A Park System Naturalist will introduce you to a purple martin colony, which volunteers monitor and maintain as members of our Volunteers in Parks program. Participants will learn the basics of the purple martin life history and see these magnificent birds up close and personal. It's a wonderful experience for adults and children of all ages! We may see eggs and/or chicks of various ages, up close, in an unforgettable nature experience for all.

**One Session \$6.00 Per Person**

**Dorbrook Rec Area Outdoor Area**

**Sun, Jun 28 10:00-11:00 AM . . . . . I3363X**

**Bayshore Waterfront Pk Outdoor Area**

**Sun, Jun 28 2:00-3:00 PM . . . . . I3463X**

## Moths of the Night!

*(ages 11 and up, under 16 with adult)*

Have you ever wondered about moths and what types can be seen in NJ? Did you know that over 1,500 species of moths have been documented in NJ?! Explore these mysterious creatures of the night and see which ones we can attract. The summer months are a great time to look for moths and other nocturnal insects. You might be surprised what shows up!

**One Session FREE!**

**Bayshore Waterfront Pk Bay House**

**Fri, Jul 17 9:00-11:00 PM (approx) . . . . .IMQ63X**

## Sunset Seining Along Sandy Hook Bay

*(ages 7 and up, under 18 with adult)*

Heave-ho! Find out what swims in the water while the sun sets over beautiful Sandy Hook Bay. Sometimes, different fish come out to play as the waters get darker. Join us as we haul out a 30-foot seine net into the dark waters of the bay to discover what was caught. You never know what crabs, fish, or other sea creatures we might pull in! This is a fun and popular program not to be missed! The program is intended for individual adults and families. Please bring a flashlight, dress for the weather, and wear closed-toe shoes that can get wet.

**One Session \$10.00 Per Person**

**Bayshore Waterfront Pk**

**Sun, Jul 12 7:30-8:30 PM (approx) . . . . .IMX63X**

**Sun, Aug 2 7:00-8:00 PM (approx) . . . . .IMY63X**

## OUTDOOR ADVENTURES

### Canoe Rentals on Marlu Lake

*(all ages, under 18 with adult)*

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

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

Rentals are available from 10:00 AM to 3:00 PM on the following dates:

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

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

**August 15 & 16, August 29 & 30**

*All rentals must be returned by 3:00 PM.*

### Climb Time

*(ages 8 and up, with adult)*

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

**Cost: FREE!**

**Saturday, June 27, 12:00-3:00 PM**

**Thompson Park Filly Run Lot**

**Sunday, August 23, 12:00-3:00 PM**

**Shark River Park**

### Open Shoot Archery

*(ages 10 and up, under 18 with adult)*

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

If you are new to archery, register for one of our instructional classes prior to attending (*see pages 13, 24 & 53*). Please dress for the weather as the Activity Barn is not air-conditioned. Closed-toe shoes are required; all equipment provided.

**Cost: \$10 per person**

**Saturday, June 13, 10:00 AM-1:00 PM**

**Saturday, July 11, 10:00 AM-1:00 PM**

**Saturday, August 8, 10:00 AM-1:00 PM**

*For more information, please call*

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

*douglas.kalucki@monmouthcountyparks.com.*

**Global Sleep Under the Stars Night Family Camping** NEW

*(ages 5 and up, families, with adult)*

Disconnect alongside the rest of the world with a fun-filled weekend of family camping. Your family will learn various camping skills, relax in the sun, enjoy a nighttime fire, canoe the lake, and so much more! Each family will be provided a platform tent, dinner Saturday night, and breakfast Sunday morning. Additional camping equipment can be provided upon request. Platform tents fit 3-6 persons per family.

**\$230.00 Per Family**

**Turkey Swamp Pk Nomoco Group Campground**

**Sat-Sun, Aug 8-9 12:00 PM-11:00 AM . . . W0463X**

**Take a Shot: Families Intro to Archery**

*(ages 9 and up, under 18 with adult)*

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 \$26.00 Additional Person**

**Thompson Pk Activity Barn**

**Sat, Jul 11 1:30-3:30 PM . . . . . W8963X**

**OPEN SWIM TIMES IN THE PARKS**

**Open Swim Time at Fort Monmouth Recreation Area**

*(all ages, under 18 with adult)*

Pool season opens Memorial Day Weekend, Saturday, May 23, and closes Labor Day, September 7.

Early Bird Workout in our lap lanes is available Monday-Friday from 7:00-10:00 AM.

Monthly open swim schedules are posted on the Fort Monmouth Recreation Area page of our website at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**Open Swim Season Passes**

Season Pass: \$210.00 per Family Pass (up to 4 people) • \$105.00 per Individual Pass

**Open Swim Daily Rates**

Monday-Friday: \$25.00 per family (up to 4 people) • \$10.00 per person

Saturdays, Sundays & Holidays - \$45.00 per family (up to 4 people) • \$15.00 per person

*For more information, please call the Recreation Center at 848-456-4278, ext. 2#, through May 22; and from May 23-September 7, please call the pool house at 732-440-4179.*

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**Saturday Swim Time at Big Brook Park**

*(all ages, under 18 with adult)*

Pool season opens on Saturday, July 11, and closes Saturday, August 15.

Monthly open swim schedules are posted on the Big Brook Park page of our website at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).

**Open Swim Daily Fees**

\$35.00 per family (up to 4 people); \$10.00 per person

*For more information, please call 732-834-9606.*



**ARTS & CRAFTS**

**Daddy and Me for Father's Day**

(ages 6-10, with adult)

To celebrate Father's Day, fathers can paint alongside their child, as they recreate van Gogh's *Starry Night*! We will use acrylic paints on canvas boards. Acrylic paints stain, so please wear "painting clothes" or bring smocks. A medium-sized box works well to transport the wet artwork home. Instructor: Debra Stasiak, Founder of Aspiring Artists

**One Session \$50.00 Per Pair**

**Thompson Pk Creative Arts Center**

**Sat, Jun 20 10:00 AM-12:00 PM. . . . . Z8763A**

**Let's Create!**

(ages 2-5, 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 \$72.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg Classroom**

**Sat, Jul 25-Aug 29 9:00-9:45 AM . . . . . A6763X**

**Summer Reading Fun!**

(ages 2-5, with adult)

Come explore summer through classic stories about this wonderful, hot, and sunny season. We will recreate our own versions of the summer activities we read about through music, movement, and sensory play. To remember our day, we will finish with a creative art project.

**One Session \$25.00 Parent/Child**

**Dorbrook Rec Area Prog Bldg Classroom**

**Summer Vacation Here I Come!**

An action-packed book about favorite summer adventures.

**Sat, Jun 13 10:30-11:30 AM . . . . . A6863X**

**The Night Before the 4th of July**

Celebrate Independence Day with some fireworks crafts.

**Sat, Jun 27 10:30-11:30 AM . . . . . A6963X**

**My Ocean is Blue**

Let's spend the day at our pretend beach.

**Sat, Jul 11 10:30-11:30 AM. . . . . A7063X**

**Max and Marla Are Having a Picnic**

Join best friends who plan a picnic only for it to go hilariously wrong!

**Sat, Aug 8 10:30-11:30 AM. . . . . A7163X**

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

**EDUCATION & ENRICHMENT**

**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 \$27.00 Parent/Child**

**Dorbrook Rec Area Vis Ctr**

**Summer Strawberries**

**Sat, Jun 13 11:00-11:45 AM . . . . . A7263X**

**Beach Adventure**

**Sat, Jul 25 11:00-11:45 AM. . . . . A7363X**

**My Favorite Stuffed Animal Teatime**

**Sat, Aug 15 11:00-11:45 AM. . . . . A7663X**

**Picnic with Friends**

**Sat, Aug 22 11:00-11:45 AM. . . . . A7563X**

**Story Time at the Historic Racing Stable**

(ages 2-5, with adult)

Enjoy our Park System Historian's favorite horse-themed stories, followed by a hands-on craft that you can take home with you! This is a free program; however, pre-registration is required.


**One Session FREE!**

**Thompson Pk Racing Stable**

**Tue, Jun 9 11:00-11:45 AM. . . . . EBE63X**

**Tue, Jul 14 11:00-11:45 AM . . . . . EBF63X**

**Tue, Aug 11 11:00-11:45 AM. . . . . EBG63X**



*Exploring history at a young age sparks a child's curiosity while helping them to develop critical thinking skills, an understanding of the world around them, and a connection to their heritage.*

**DID YOU KNOW?**

## HORTICULTURE

### Tots in the Garden Plots

(ages 2-4, with adult)

Throughout each month, explore gardening topics while participating in enriching activities like outdoor story times, hands-on learning, and garden-themed songs. Each session will feature an activity and a brief walk around the garden to see what's growing. Remember to dress for the weather because the bulk of these programs will take place outside, so bring your hat, sunscreen, and plenty of water!

**Three Sessions \$30.00 Parent/Child**

**Deep Cut Gardens Gardener's Cottage**

**Thu, Jun 4-18 10:00-11:00 AM . . . . . H0863X**

**Thu, Jul 9-23 10:00-11:00 AM . . . . . H0963X**

**Thu, Aug 6-20 10:40-11:40 AM . . . . . H1063X**

## NATURE

### A Nest is Noisy

(ages 4-7, with adult)

Inspired by the book *A Nest Is Noisy*, this program invites young learners to explore the many kinds of homes animals build in nature. Through storytime, hands-on discovery, and outdoor exploration, children will learn how birds, insects, and other animals create nests and shelters to keep safe and raise their young. Participants will use their senses to observe different natural materials and search for signs of animal homes while learning that every nest is unique, encouraging curiosity, gentle observation, and an appreciation for the animals that share our park.

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

**Huber Wds Pk Outdoor Area**

**Thu, Aug 20 10:30-11:30 AM . . . . . IMG63X**

### Bug Safari

(ages 8-12, with adult)

Thousands of species of insects can be found on our native trees, although many of them go unnoticed. Join a Park System Naturalist to learn more about this fascinating hidden world. Get a basic introduction to insect identification as we sample trees throughout the parks using various methods that will ultimately give us all a better understanding of what hidden creatures are hiding. Magnifying glasses will be provided.

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

**Manasquan River Greenway Outdoor Area**

**Mon, Jun 29 10:00-11:30 AM . . . . . I3063X**

**Mon, Jul 20 10:00-11:30 AM . . . . . I3163X**

**Mon, Aug 3 10:00-11:30 AM . . . . . I3263X**

### Curious Kids

(ages 3-5, with adult)

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

**Three Sessions \$42.00 Parent/Child**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Tue, Jun 2-16 10:00-11:00 AM (approx). . . IKU63X**

### Growing Up Wild

(ages 3-5, with adult)

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

**Three Sessions \$43.50 Parent/Child**

**6/3 - Freneau Wds Pk Act Ctr**

**6/10 - Holmdel Pk Shelter Building**

**6/17 - Deep Cut Gardens**

**Wed, Jun 3-17 10:00-11:00 AM . . . . . IM363X**

“

*Growing Up Wild provided my family with time to bond and enjoy nature while creating an amazing experience for my four-year-old and me!*

”

**Jr. Paleontologists**

*(ages 4-7, with adult)*

Introduce your little one to the world of paleontology by going on a fossil hunt in the Big Brook with a Park System Naturalist. Participants will take a walk down to the brook to wade in the water and learn how to identify and find fossils from animals that once lived in our area millions of years ago. All fossiling tools will be supplied; closed-toe shoes that can get wet are required. An email will go out two weeks before the program to provide further information on suggested items to bring.

**One Session \$18.50 Parent/Child \$9.00 Additional Person**

**Big Brook Pk Boundary Rd Parking Lot**

**Wed, Jul 15 9:30-10:45 AM (approx). . . . . IKV63X**

**Sat, Aug 15 9:30-10:45 AM (approx). . . . . IKX63X**

**Tue, Aug 18 9:30-10:45 AM (approx) . . . . . IKW63X**

**Mermaid Tales**

*(ages 4-6, with adult)*

Take a dive into the magical world of mermaids with one of our Park System Naturalists! You will explore and see what creatures live under the water's surface, read a story, and create a mermaid-themed craft. Feel free to wear your favorite mermaid attire and be ready to have a FINtastic time! This program will have both indoor and outdoor components and requires a short walk to our pond. Wearing closed-toe shoes and bug spray is strongly encouraged.

**One Session \$18.50 Parent/Child \$9.25 Additional Person**

**Freneau Wds Pk Vis Ctr Program Room 2**

**Sat, Jul 11 10:00-11:00 AM. . . . . IKY63X**

**My First Fish**

*(ages 6-12, with adult)*

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

**One Session \$16.00 Per Child**

**Turkey Swamp Pk**

**Sun, Jun 28 10:00-11:30 AM. . . . . I4163X**

**Tue, Aug 11 10:00-11:30 AM. . . . . I4063X**

**Mon, Aug 31 10:00-11:30 AM . . . . . I3963X**

**Pond Pals**



*(ages 4-7, with adult)*

Join us for a fun and gentle introduction to pond life! In this preschool-friendly program, children will explore the pond alongside a Park System Naturalist and their guardian to look for tiny critters living in and around the water. Using simple tools and close observation, we'll search for wiggly, swimming, and crawling pond creatures while learning how they live and why ponds are important habitats. This hands-on program is designed for young learners and requires active participation and assistance from a guardian to ensure a safe and enjoyable experience for everyone.

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

**Shark River Pk Shelter Bldg**

**Tue, Aug 18 10:00-11:00 AM. . . . . IMH63X**

**Shore Sleuthing at Sunset**

*(all ages, under 18 with adult)*

Encourage your child's curiosity during this unique exploration of the Atlantic Seashore. What will we find along the shore as day turns into night? Join a Park System Naturalist as we take a beach walk and explore Fisherman's Cove at dusk. Participants should bring a flashlight and wear closed-toe shoes. Swimming is not allowed during the program. Free street parking is available, as well as a Municipal lot for a fee.

**One Session \$15.00 Per Child**

**Fisherman's Cove Waterfront**

**Fri, Aug 14 6:30-7:30 PM . . . . . I2663X**

**Tiny Creatures, Big World**



*(ages 3-5, with adult)*

Little explorers are invited to shrink down and discover the wonders of the small! Each week, we'll explore a different group of tiny living things—such as insects, pond creatures, or garden critters—and learn how they live, grow, and interact with the world around them. Through simple stories, guided outdoor exploration, nature-based play, and hands-on activities, children will practice observation skills and develop curiosity and respect for the natural world. This program shows that even the tiniest creatures can play a big role in our environment.

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

**Featuring Fireflies!**

**Thompson Pk Old Orchard Parking Lot**

**Fri, Jun 12 10:00-11:00 AM. . . . . IMA63X**

**Featuring Tadpoles!**

**Shark River Pk Shelter Bldg**

**Tue, Jul 21 10:00-11:00 AM . . . . . IMB63X**

**Featuring Butterflies!**

**Huber Wds Pk Env Ctr Courtyard**

**Wed, Aug 12 10:00-11:00 AM . . . . . IMC63X**

## OUTDOOR ADVENTURES

### Capture the Flags Geocache

(ages 8-12, with adult)

Our flag has had many forms since Betsy Ross first stitched hers 250 years ago. Your family will love using our GPS units to search the park to find the historic flags of America that will be hidden throughout. Learn about our flag's history and spend some time out in the park!

**One Session \$18.00 Parent/Child \$10.00 Additional Sibling**

**Thompson Pk Old Orchard Picnic Shelter**

**Sun, Jun 14 9:00-11:00 AM. . . . . W0363X**

### 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 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.

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

**Tatum Pk Red Hill Act Ctr Parking Area**

**Sat, Jun 20 10:00-11:30 AM . . . . . W5563X**

**Holmdel Pk Hilltop Area**

**Sat, Jul 18 10:00-11:30 AM. . . . . W5663X**

**Shark River Pk Shelter Bldg**

**Sat, Aug 15 10:00-11:30 AM. . . . . W5763X**

### 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**

#### Sand Crab Series

**6/3 - Popamora Point**

**6/10 - Shark River Pk**

**6/17 - Bayshore Waterfront Pk**

**Wed, Jun 3-17 10:00-11:30 AM . . . . . W4963X**

#### Woodpecker Series

**7/2 - Freneau Wds Pk Vis Ctr Lot**

**7/9 - Huber Wds Pk Env Ctr Lot**

**7/16 - Hartshorne Wds Pk Rocky Point Lot**

**Thu, Jul 2-16 10:00-11:30 AM . . . . . W5063X**

#### Rainbow Trout Series

**8/7- Turkey Swamp Pk Shelter Bldg**

**8/14- Manasquan Res Env Ctr Lot**

**8/21- Fisherman's Cove Conservation Area**

**Fri, Aug 7-21 10:00-11:30 AM . . . . . W5163X**

### TOP FIVE REASONS TO GET OUT IN NATURE WITH YOUR CHILDREN

- Offers a positive bonding experience as a family, strengthening your relationship and improving communication.
- Encourages an appreciation for the world around them.
- Improves mental well-being by reducing stress and anxiety.
- Fosters curiosity which can assist in improving concentration and academic performance.
- Experiences in nature help children learn about why it's worth protecting.



**World Cup Geocache & Archery**

**Shootout**  

(ages 9-12, with adult)

The World Cup is coming to the USA, Mexico, and Canada! Through the use of our handheld GPS devices you will search for caches scattered throughout the park and collect something from each host country. Then you'll head over to the archery range to shoot at our custom targets. No geocache or archery experience required. All equipment is provided.

**One Session \$32.00 Adult & Junior \$20.00 Additional Sibling**

**Thompson Pk Activity Barn**

**Sun, Jul 19 10:00 AM-12:00 PM . . . . . W6663X**

**PLAY GROUP**

**Let's Explore**

(ages 2-5, with adult)

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

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

**Six Sessions \$72.00 Per Pair**

**Dorbrook Rec Area Prog Bldg Classroom**

**Sat, Jun 6-Jul 18 9:00-9:45 AM . . . . . A6663X**

*No class 7/4*

**Miss Melissa's Music for Aardvarks**

(ages 6 months-5 years)

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

Instructor: Ms. Meggan

**Six Sessions \$175.00 Per Pair \$130.00 2nd Child**

**Tatum Pk Red Hill Act Ctr**

**Tue, Jul 14-Aug 18 9:30-10:15 AM . . . . . A4363X**

**Tue, Jul 14-Aug 18 10:30-11:15 AM . . . . . A4463X**

**Wed, Jul 15-Aug 19 9:30-10:15 AM . . . . . A4563X**

**Wed, Jul 15-Aug 19 10:30-11:15 AM. . . . . A4663X**

**SPORTS & FITNESS**

**Baby & Me Yoga** 

(ages 1 months-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

**Hartshorne Wds Pk Historic Portland Place**

**Six Sessions \$108.00 Per Person**

**Tue, Jun 23-Jul 28 9:30-10:30 AM . . . . . XNS63X**

**Four Sessions \$72.00 Per Person**

**Tue, Aug 4-25 9:30-10:30 AM . . . . . XNT63X**

**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.

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

**Three Sessions \$45.00 Per Person**

**Tatum Pk Holland Act Ctr**

**Tue, Jul 14-28 9:30-10:30 AM . . . . . XMD63X**

**Tue, Aug 4-18 9:30-10:30 AM . . . . . XME63X**

## Gymnastics

(ages 2-3, with adult)

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

**Four Sessions \$70.00 Per Pair**

**All American Gymnastics Cindy Lane, Ocean**

- Wed, Jun 3-24 9:30-10:15 AM . . . . . M4663A**
- Wed, Jun 3-24 10:30-11:15 AM . . . . . M4863A**
- Thu, Jun 4-25 9:30-10:15 AM . . . . . M5063A**
- Thu, Jun 4-25 10:30-11:15 AM . . . . . M5263A**
- Sat, Jun 6-27 9:00-9:45 AM . . . . . M5463A**
- Sat, Jun 6-27 11:00-11:45 AM . . . . . M5863A**
- Sat, Jun 6-27 12:00-12:45 PM . . . . . M6263A**
- Wed, Jul 8-29 9:30-10:15 AM . . . . . M6763A**
- Wed, Jul 8-29 10:30-11:15 AM . . . . . M6963A**
- Thu, Jul 9-30 9:30-10:15 AM . . . . . M7163A**
- Thu, Jul 9-30 10:30-11:15 AM . . . . . M7563A**
- Sat, Jul 11-Aug 1 9:00-9:45 AM . . . . . M7763A**
- Sat, Jul 11-Aug 1 11:00-11:45 AM . . . . . M8163A**
- Sat, Jul 11-Aug 1 12:00-12:45 PM . . . . . M8563A**
- Wed, Aug 5-26 9:30-10:15 AM . . . . . M9063A**
- Wed, Aug 5-26 10:30-11:15 AM . . . . . M9263A**
- Thu, Aug 6-27 9:30-10:15 AM . . . . . M9463A**
- Thu, Aug 6-27 10:30-11:15 AM . . . . . M9663A**
- Sat, Aug 8-29 9:00-9:45 AM . . . . . M9863A**
- Sat, Aug 8-29 11:00-11:45 AM . . . . . MA263A**
- Sat, Aug 8-29 12:00-12:45 PM . . . . . MA663A**

## 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, Jun 25-Jul 16 4:30-5:25 PM . . . . . XJ263X**
- Sat, Jun 27-Jul 25 9:00-9:55 AM . . . . . XJ463X**  
*No class 7/4*
- Thu, Jul 30-Aug 20 4:30-5:25 PM . . . . . XJ663X**
- Sat, Aug 8-29 9:00-9:55 AM . . . . . XJ863X**

## 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, Jun 7-Jul 5 11:30 AM-12:00 PM. . . . . XMU63X**

## Mama & Mini Fitness

(ages 1-4, with adult)

A workout class designed for moms, with babies and toddlers welcome. This safe, supportive environment focuses on helping moms build strength, tone, stretch, and sculpt through a yoga-inspired fitness class using bodyweight exercises and mindful movement. Expect a fun, effective workout that supports postpartum and overall wellness, with options to modify as desired. Your little one can play, observe, or snuggle nearby while you move at your own pace, connect with other moms, and carve out time to feel strong, energized, and cared for. Instructor: Nicole Curtis, a 200hr Registered Yoga Teacher (RYT), mama, and fitness lover with over a decade of experience educating children and teens.

**Three Sessions \$45.00 Per Person**

**Tatum Pk Holland Act Ctr**

- Wed, Jul 15-29 10:30-11:30 AM. . . . . XMK63X**
- Wed, Aug 5-19 10:30-11:30 AM. . . . . XMM63X**

## T-Ball with Me & Dad/Mom

(ages 4-5, with adult)

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

**Four Sessions \$60.00 Parent/Child**

**Dorbrook Rec Area**

- Sat, Jun 27-Jul 25 9:00-9:55 AM . . . . . XHV63X**  
*No class 7/4*
- Sun, Jun 28-Jul 26 9:00-9:55 AM . . . . . XHZ63X**  
*No class 7/5*

**Happy Little Yogis: Toddler & Me Yoga** NEW

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

**Three Sessions \$39.00 Per Person**

**Tatum Pk Holland Act Ctr**

- Tue, Jul 14-28 10:45-11:30 AM . . . . . XMF63X**
- Wed, Jul 15-29 9:30-10:15 AM . . . . . XMG63X**
- Tue, Aug 4-18 10:45-11:30 AM . . . . . XMH63X**
- Wed, Aug 5-19 9:30-10:15 AM . . . . . XMJ63X**

**Toddler & Me Yoga** NEW

*(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**

**Hartshorne Wds Pk Historic Portland Place**

**Tue, Aug 4-25 10:35-11:35 AM . . . . . XNU63X**



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](http://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, artipants are provided free access to several activities including cross-country ski and snowshoe rentals, open shoot archery, and more.



**RECASSIST  
FOR  
INDIVIDUALS  
& FAMILIES**





# Wind & Sea

## FESTIVAL

**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](http://WWW.MONMOUTHCOUNTYPARKS.COM)

REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, MAY 13. SEE PAGE 80 FOR FULL DETAILS.

## ARTS &amp; CRAFTS

## CERAMICS &amp; POTTERY

**Children's Handbuilding with Clay***(ages 7-10)*

Use your imagination to create functional or decorative works of art. Clay projects will be formed by using traditional hand-building techniques such as slab and coil construction. Class includes 10 lbs. of clay, glazes, and firings.

**Six Sessions \$108.00 Per Child**

**Thompson Pk Creative Arts Center**

**Fri, Jul 10-Aug 14 4:30-6:00 PM. . . . . Z4463X**

**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 are 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: John Fossa

**Sat, Jun 27-Aug 15 9:00-11:00 AM. . . . . Z4563X**

*No class 7/4*

Instructor: Joyce Nokes

**Thu, Jul 2-Aug 13 4:00-6:00 PM. . . . . Z4663X**

**Father's Day Ceramic Mug***(ages 7-12)*

Want to make Dad feel special every day? Give him a hand-decorated ceramic mug suitable for any of his favorite beverages! Our ceramics instructor will show you a variety of techniques to make your gift unique. Class includes mug, glazes, and firing. Your piece will be fired and ready to pick up for Father's Day.

**One Session \$40.00 Per Child**

**Thompson Pk Creative Arts Center**

**Sat, Jun 6 12:00-1:30 PM. . . . . Z4763X**

**Hand-Built World Cup Wall Plaque**  *(ages 7-12)*

Let's kick off the World Cup by creating your own soccer jersey wall plaque! Participants will use hand-building techniques and glazes to create their favorite soccer player's jersey or create their own unique jersey. 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, Jun 27 12:00-1:30 PM. . . . . Z0363X**

## DRAWING &amp; PAINTING

**Aspiring Artists for Homeschoolers***(ages 6-12)*

In this three-week series, we will paint summer seascapes and seabirds in an impressionistic style! Students will use acrylic paint on canvas boards. Please have your child bring a medium-sized box to transport their wet artwork home, and a smock to protect their clothing from paint stains.

Instructor: Debra Stasiak, Founder of Aspiring Artists

**Three Sessions \$74.00 Per Child**

**Thompson Pk Creative Arts Center**

**Wed, Jun 10-24 1:00-2:30 PM. . . . . Z8863A**

**Great Impressionism for 5, 6 & 7 Year Olds***(ages 5-7)*

In this three-week series, we will paint summer seascapes and seabirds in an impressionistic style! Students will use acrylic paint on canvas boards. Please have your child bring a medium-sized box to transport their wet artwork home, and a smock to protect their clothing from paint stains. A supply fee of \$8.00 is to be paid to the instructor on the first day of class. Acrylic paints and heavy cardstock paper will be used.

Instructor: Debra Stasiak, Founder of Aspiring Artists

**Three Sessions \$54.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jun 10-24 4:30-5:30 PM. . . . . ZA863A**

**CULINARY ARTS**

**Great Impressionism for Aspiring Young Artists™**

(ages 7-12)

In this three-week series, we will paint summer seascapes and seabirds in an impressionistic style! Students will use acrylic paint on canvas boards. Please have your child bring a medium-sized box to transport their wet artwork home, and a smock to protect their clothing from paint stains. A supply fee of \$8.00 is to be paid to the instructor on the first day of class.

Instructor: Debra Stasiak, Founder of Aspiring Artists

**Three Sessions \$78.00 Per Child**

**Thompson Pk Creative Arts Center**

**Fri, Jun 12-26 4:30-6:30 PM . . . . . Z7463A**

**KidzArt Painting Workshop**

(ages 6-11)

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

**Father's Day Fish**

**One Session \$35.00 Per Child**

**Henry Hudson Trail Act Ctr**

**Sat, Jun 13 10:30 AM-12:00 PM. . . . . Z6863A**

**Thompson Pk Creative Arts Center**

**Sat, Jun 13 1:30-3:00 PM . . . . . Z6963A**

**Dinner Party Chefs**

(ages 8-10)

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

**One Session \$67.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Jul 18 2:00-5:30 PM . . . . . A8763X**

**Sat, Aug 1 2:00-5:30 PM . . . . . A8863X**

**Sat, Aug 15 2:00-5:30 PM. . . . . A8963X**

**Young Chefs**

(ages 8-10)

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

**Four Sessions \$93.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sun, Jul 12-Aug 2 10:30 AM-12:00 PM . . . A8663X**



**EDUCATION & ENRICHMENT**

**Child and Babysitting Safety**

*(ages 13-17)*

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

**One Session \$72.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Jul 25 10:00 AM-12:00 PM . . . . . U6463A**

**Sat, Aug 15 10:00 AM-12:00 PM . . . . . U6563A**

**Knot Tying 101** 

*(ages 8-17)*

Tying knots is a useful skill not just in the outdoors, but in your everyday life. Every knot has a different purpose, and knowing which knot to use in which situation and how to properly tie it is instrumental in performing outdoor tasks. Our goal is to have your child learn to tie the knots most frequently used in outdoor activities, build confidence by acquiring that new skill, think creatively, and have a fun time while doing it.

**One Session \$19.00 Per Person**

**Thompson Pk Activity Barn**

*(ages 8-12)*

**Sun, Jul 12 9:00-10:30 AM . . . . . W5863X**

*(ages 13-17)*

**Sun, Jul 12 11:00 AM-12:30 PM . . . . . W5963X**

**Take a Shot: Intro to Archery**

*(ages 9-17)*

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

**One Session \$28.00 Per Person**

**Thompson Pk Activity Barn**

**Tue, Jun 16 4:30-6:30 PM . . . . . W7163X**

**Wed, Jul 8 4:30-6:30 PM . . . . . W7263X**

**Thu, Aug 13 4:30-6:30 PM . . . . . W7363X**

**OUTDOOR ADVENTURES**

**Building Confidence Through Bike Riding**

*(ages 5-8, with adult)*

Get ready for a lifetime of safe riding! Prepare your young cyclist for riding independence as we lose those training wheels. This small class will provide individual attention and teach 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, 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, Jun 9-11 4:00-5:15 PM . . . . . W8263X**

**Tue,Thu, Jun 9-11 5:30-6:45 PM . . . . . W8363X**

**Tue,Thu, Jun 23-25 4:00-5:15 PM . . . . . W8463X**

**Tue,Thu, Jun 23-25 5:30-6:45 PM . . . . . W8563X**

**Tue,Thu, Aug 4-6 4:00-5:15 PM . . . . . W8663X**

**Tue,Thu, Aug 4-6 5:30-6:45 PM . . . . . W8763X**

**PERFORMING ARTS**

**Good Morning Puppet Show!**

*(ages 5-7)*

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 give a performance for our families on the last day of class. Please bring your favorite story books, a water bottle, and wear closed-toe shoes/sneakers.

**Four Sessions \$95.00 Per Person**

**Navesink Library The Theater**

**Wed, Jun 3-24 10:00-11:30 AM . . . . . Q2863X**

## Homeschool Troupe of Actors

(ages 9-15)

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

**Four Sessions \$90.00 Per Person**

**Navesink Library The Theater**

**Tue, Jun 2-23 12:30-2:00 PM. . . . .Q2463X**

## 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, Jun 27-Jul 25 11:00-11:55 AM. . . . .XH63X**

*No class 7/4*

**Sun, Jun 28-Jul 26 11:00-11:55 AM. . . . .XJ163X**

*No class 7/5*

## 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, Jun 27-Jul 25 12:00-12:55 PM. . . . .XHY63X**

*No class 7/4*

#### 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**

**Sat, Jun 27-Jul 25 10:00-10:55 AM. . . . .XHW63X**

*No class 7/4*

**Sun, Jun 28-Jul 26 10:00-10:55 AM. . . . .XJ063X**

*No class 7/5*

### FIELD HOCKEY

#### Skyhawks Field Hockey

(ages 6-11)

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 \$115.00 Per Person**

**Dorbrook Rec Area**

**Sun, Jul 12-Aug 16 11:00-11:50 AM. . . . .XJC63A**

### 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 such as 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

**Six Sessions \$100.00 Per Person**

**Dorbrook Rec Area**

**Sun, Jul 12-Aug 16 9:00-9:50 AM. . . . .XJA63A**

## GYMNASTICS & CHEERLEADING

### Gymnastics - Kids

(ages 3-10)

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

**Four Sessions \$70.00 Per Person**

All American Gymnastics Cindy Lane, Ocean

(ages 3-4)

- Wed, Jun 3-24 9:30-10:15 AM . . . . . M4763A
- Wed, Jun 3-24 10:30-11:15 AM . . . . . M4963A
- Thu, Jun 4-25 9:30-10:15 AM . . . . . M5163A
- Thu, Jun 4-25 10:30-11:15 AM . . . . . M5363A
- Sat, Jun 6-27 9:00-9:45 AM . . . . . M5563A
- Sat, Jun 6-27 11:00-11:45 AM . . . . . M5963A
- Sat, Jun 6-27 12:00-12:45 PM . . . . . M6363A
- Wed, Jul 8-29 9:30-10:15 AM . . . . . M6863A
- Wed, Jul 8-29 10:30-11:15 AM . . . . . M7063A
- Thu, Jul 9-30 9:30-10:15 AM . . . . . M7263A
- Thu, Jul 9-30 10:30-11:15 AM . . . . . M7663A
- Sat, Jul 11-Aug 1 9:00-9:45 AM . . . . . M7863A
- Sat, Jul 11-Aug 1 11:00-11:45 AM . . . . . M8263A
- Sat, Jul 11-Aug 1 12:00-12:45 PM . . . . . M8663A
- Wed, Aug 5-26 9:30-10:15 AM . . . . . M9163A
- Wed, Aug 5-26 10:30-11:15 AM . . . . . M9363A
- Thu, Aug 6-27 9:30-10:15 AM . . . . . M9563A
- Thu, Aug 6-27 10:30-11:15 AM . . . . . M9763A
- Sat, Aug 8-29 9:00-9:45 AM . . . . . M9963A
- Sat, Aug 8-29 11:00-11:45 AM . . . . . MA363A
- Sat, Aug 8-29 12:00-12:45 PM . . . . . MA763A

(ages 5-6)

- Sat, Jun 6-27 9:00-9:45 AM . . . . . M5663A
- Sat, Jun 6-27 11:00-11:45 AM . . . . . M6063A
- Sat, Jun 6-27 12:00-12:45 PM . . . . . M6463A
- Sat, Jul 11-Aug 1 9:00-9:45 AM . . . . . M7963A
- Sat, Jul 11-Aug 1 11:00-11:45 AM . . . . . M8363A
- Sat, Jul 11-Aug 1 12:00-12:45 PM . . . . . M8763A
- Sat, Aug 8-29 9:00-9:45 AM . . . . . MA063A
- Sat, Aug 8-29 11:00-11:45 AM . . . . . MA463A
- Sat, Aug 8-29 12:00-12:45 PM . . . . . MA863A

(ages 7-10)

- Sat, Jun 6-27 9:00-9:45 AM . . . . . M5763A
- Sat, Jun 6-27 11:00-11:45 AM . . . . . M6163A
- Sat, Jun 6-27 12:00-12:45 PM . . . . . M6563A
- Sat, Jul 11-Aug 1 9:00-9:45 AM . . . . . M8063A
- Sat, Jul 11-Aug 1 11:00-11:45 AM . . . . . M8463A
- Sat, Jul 11-Aug 1 12:00-12:45 PM . . . . . M8863A
- Sat, Aug 8-29 9:00-9:45 AM . . . . . MA163A
- Sat, Aug 8-29 11:00-11:45 AM . . . . . MA563A
- Sat, Aug 8-29 12:00-12:45 PM . . . . . MA963A

### 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, Jun 6-27 12:00-12:45 PM . . . . . M6663A
- Sat, Jul 11-Aug 1 12:00-12:45 PM . . . . . M8963A
- Sat, Aug 8-29 12:00-12:45 PM . . . . . MAA63A

## 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, Jun 25-Jul 16 5:30-6:25 PM . . . . . XJ363X
- Sat, Jun 27-Jul 25 10:00-10:55 AM . . . . . XJ563X
- No class 7/4*
- Thu, Jul 30-Aug 20 5:30-6:25 PM . . . . . XJ763X
- Sat, Aug 8-29 10:00-10:55 AM . . . . . XJ963X

### Splish Splash Birthday Bash



(ages 6 and up, under 18 with adult)

Big Brook Park is the perfect place for your next summer birthday celebration! Spend 1 hour and 30 minutes splashing around in our outdoor pool reserved only for you and your guests. Then it's thirty minutes on your own with party time in one of our pavilions. Private access to the pool for up to 30 swimmers. Adult chaperones required. A swim test is required to access the deep end. Life jackets are available upon request. Pool depths range from 3 to 6 feet with a gradual slope.

**Parties are only available on the following Sundays:**  
**July 12, July 19, July 26, August 2,**  
**August 9, & August 16**

*Call 732-834-9606 to reserve your party time.*

## 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 their goals!

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

**Six Sessions \$126.00 Per Person**

**Thompson Pk Old Orchard Parking Lot**

**Tue, Jul 14-Aug 18 5:30-6:30 PM . . . . . XMZ63X**

**Thu, Jul 16-Aug 20 5:30-6:30 PM . . . . . XN063X**

### 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.

**Six Sessions \$100.00 Per Person**

**Dorbrook Rec Area**

**Sun, Jul 12-Aug 16 10:00-10:50 AM . . . . . XJB63A**

## TENNIS

### 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!

**Four Sessions \$72.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 11-Aug 1 9:00-9:55 AM . . . . . XHK63X**

**Sun, Jul 12-Aug 2 9:00-9:55 AM . . . . . XEM63X**

### Children's Beginner Tennis

(ages 6-9)

This is an ideal opportunity for your child to begin to develop coordination through an enjoyable lifetime sport.

**Please Note: Most rained out classes are made up on Fridays.**

**Four Sessions \$60.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 6-9 9:00-9:55 AM . . . . . XNA63X**

**Mon-Thu, Jul 6-9 10:00-10:55 AM . . . . . XNB63X**

**Mon-Thu, Jul 13-16 9:00-9:55 AM . . . . . XND63X**

**Mon-Thu, Jul 20-23 9:00-9:55 AM . . . . . XNG63X**

**Mon-Thu, Jul 20-23 10:00-10:55 AM. . . . . XNH63X**

**Mon-Thu, Jul 27-30 9:00-9:55 AM . . . . . XNK63X**

**Mon-Thu, Aug 3-6 9:00-9:55 AM . . . . . XNP63X**

**Mon-Thu, Aug 3-6 10:00-10:55 AM . . . . . XNQ63X**

### 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!

**Four Sessions \$72.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 11-Aug 1 10:00-10:55 AM . . . . . XHM63X**

**Sun, Jul 12-Aug 2 10:00-10:55 AM . . . . . XEN63X**

### Youth Beginner Tennis

(ages 10-15)

A great introduction for kids 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! Most rained-out classes are made up on Fridays.

**Four Sessions \$60.00 Per Person**

**Thompson Pk**

**Mon-Thu, Jul 6-9 11:00-11:55 AM . . . . . XNC63X**

**Mon-Thu, Jul 13-16 10:00-10:55 AM. . . . . XNE63X**

**Mon-Thu, Jul 13-16 11:00-11:55 AM. . . . . XNF63X**

**Mon-Thu, Jul 20-23 11:00-11:55 AM. . . . . XNJ63X**

**Mon-Thu, Jul 27-30 10:00-10:55 AM. . . . . XNM63X**

**Mon-Thu, Jul 27-30 11:00-11:55 AM. . . . . XNN63X**

**Mon-Thu, Aug 3-6 11:00-11:55 AM . . . . . XNR63X**

**SWIM LESSONS**

**PARENT & CHILD**

**Swimmin' with Mom or Dad**

*(ages 1-5, with adult)*

Mom or Dad will assist with introducing your child to the water and teaching some of the basics of swimming. Refunds are only granted if the class is cancelled by the Park System.

**Eight Sessions \$144.00 Parent/Child**

**Dorbrook Rec Area White Pool**

*(ages 6 months-18 months, with adult)*

**Sat, Jun 20-Aug 15 9:00-9:40 AM . . . . .XBH63X**

*No class 7/4*

**Sun, Jun 21-Aug 16 9:00-9:40 AM . . . . .XBJ63X**

*No class 7/5*

*(ages 1-2, with adult)*

**Sat, Jun 20-Aug 15 10:00-10:40 AM . . . . .XBK63X**

*No class 7/4*

**Sun, Jun 21-Aug 16 10:00-10:40 AM. . . . .XBM63X**

*No class 7/5*

*(ages 3-4, with adult)*

**Sat, Jun 20-Aug 15 11:00-11:40 AM . . . . .XBN63X**

*No class 7/4*

**Sun, Jun 21-Aug 16 11:00-11:40 AM. . . . .XBP63X**

*No class 7/5*

*(ages 4-6, with adult)*

**Sat, Jun 20-Aug 15 12:00-12:40 PM . . . . .XBQ63X**

*No class 7/4*

**Sun, Jun 21-Aug 16 12:00-12:40 PM. . . . .XBR63X**

*No class 7/5*

**Mussels w/ Adult**

*(ages 1-2, with adult)*

Introduce your child to the water in a relaxed, comfortable, and playful manner. The parent joins the child in the water, so their first swimming experience is positive and enjoyable. Refunds are granted only if a class is cancelled by the Park System.

**Dorbrook Rec Area White Pool**

**Four Sessions \$74.00 Parent/Child**

**Mon-Thu, Jun 29-Jul 2 4:15-4:55 PM. . . . .XAK63X**

**Five Sessions \$92.50 Parent/Child**

**Mon-Fri, Jun 15-19 4:15-4:55 PM. . . . . XAH63X**

**Mon-Fri, Jun 22-26 4:15-4:55 PM. . . . . XAJ63X**

**Mon-Fri, Jul 6-10 9:15-9:55 AM . . . . . XAM63X**

**Mon-Fri, Jul 6-10 4:15-4:55 PM . . . . . XAN63X**

**Mon-Fri, Jul 13-17 4:15-4:55 PM . . . . . XAP63X**

**Mon-Fri, Jul 20-24 4:15-4:55 PM . . . . . XAQ63X**

**Mon-Fri, Jul 27-31 4:15-4:55 PM . . . . . XAR63X**

**Mon-Fri, Aug 3-7 9:15-9:55 AM . . . . . XAS63X**

**Mon-Fri, Aug 3-7 4:15-4:55 PM . . . . . XAT63X**

**Mon-Fri, Aug 10-14 4:15-4:55 PM . . . . . XAU63X**

**Clams w/ Adult**

*(ages 3-5, with adult)*

Introduce your child to the water in a relaxed, comfortable, and playful manner. The parent joins the child in the water, so their first swimming experience is positive and enjoyable. Refunds are granted only if a class is canceled by the Park System.

**Dorbrook Rec Area White Pool**

**Four Sessions \$74.00 Per Person**

**Mon-Thu, Jun 29-Jul 2 6:30-7:10 PM. . . . .XA863X**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 9:15-9:55 AM. . . . .XA563X**

**Mon-Fri, Jun 15-19 6:30-7:10 PM. . . . .XA663X**

**Mon-Fri, Jun 22-26 6:30-7:10 PM. . . . .XA763X**

**Mon-Fri, Jul 6-10 6:30-7:10 PM . . . . .XA963X**

**Mon-Fri, Jul 13-17 9:15-9:55 AM . . . . .XAA63X**

**Mon-Fri, Jul 13-17 6:30-7:10 PM . . . . .XAB63X**

**Mon-Fri, Jul 20-24 6:30-7:10 PM . . . . .XAC63X**

**Mon-Fri, Jul 27-31 6:30-7:10 PM . . . . .XAD63X**

**Mon-Fri, Aug 3-7 6:30-7:10 PM . . . . .XAE63X**

**Mon-Fri, Aug 10-14 9:15-9:55 AM . . . . .XAF63X**

**Mon-Fri, Aug 10-14 6:30-7:10 PM . . . . .XAG63X**

**Swim Lessons at Big Brook Park**

*(ages 4-6, with adult)*

This two-week program is an introduction to the enjoyable activity of swimming. Our experienced and friendly staff will help your child become comfortable entering the water and instruct participants in pool safety, floating, and basic movements in the water. Please expect to be in the water with your child during the first week and then at the side of the pool during the second week. Swimmers may bring their own goggles. Parking is available but limited. Fridays will be used as a rain date should there be inclement weather.

**Eight Sessions \$144.00 Per Child**

**Big Brook Pk Main Pool**

**Session 1**

**M,Tu,W,Th, Jul 6-16 9:00-10:00 AM . . . . .U7363X**

**Session 2**

**M,Tu,W,Th, Jul 20-30 9:00-10:00 AM . . . . .U7463X**

**Session 3**

**M,Tu,W,Th, Aug 3-13 8:00-9:00 AM . . . . .U7563X**

## AGES 3-4

**Oysters - Beginner***(ages 3-4)*

This is a water exploration class. Participants will learn elementary skills, including floating on their front and back with help and basic water safety rules. At the end of the class, children should be able to swim a few feet using the flutter kick and arm strokes with assistance.

**Dorbrook Rec Area White Pool****Four Sessions \$74.00 Per Person****Mon-Thu, Jun 29-Jul 2 9:15-9:55 AM . . . .XAX63X****Mon-Thu, Jun 29-Jul 2 5:00-5:40 PM. . . .XAY63X****Five Sessions \$92.50 Per Person****Mon-Fri, Jun 15-19 5:00-5:40 PM. . . . .XAV63X****Mon-Fri, Jun 22-26 5:00-5:40 PM. . . . .XAW63X****Mon-Fri, Jul 6-10 5:00-5:40 PM . . . . .XAZ63X****Mon-Fri, Jul 13-17 5:00-5:40 PM . . . . .XB063X****Mon-Fri, Jul 20-24 5:00-5:40 PM . . . . .XB163X****Mon-Fri, Jul 27-31 9:15-9:55 AM . . . . .XB263X****Mon-Fri, Jul 27-31 5:00-5:40 PM . . . . .XB363X****Mon-Fri, Aug 3-7 5:00-5:40 PM . . . . .XB463X****Mon-Fri, Aug 10-14 5:00-5:40 PM . . . . .XB563X****Crayfish - Intermediate***(ages 3-4)*

This is a primary skills level class. Prior to entering the class, participants should be able to fully submerge their face and head in the water. At the end of class, participants should be able to float on their front and back without assistance, flutter kick on their front and back for longer distances, swim short distances using kicks and arms, and also retrieve objects from the bottom of the pool. Refunds are granted only if a class is cancelled by the Park System.

**Dorbrook Rec Area White Pool****Four Sessions \$74.00 Per Person****Mon-Thu, Jun 29-Jul 2 5:45-6:25 PM. . . .XB963X****Five Sessions \$92.50 Per Person****Mon-Fri, Jun 15-19 5:45-6:25 PM. . . . .XB663X****Mon-Fri, Jun 22-26 9:15-9:55 AM. . . . .XB763X****Mon-Fri, Jun 22-26 5:45-6:25 PM. . . . .XB863X****Mon-Fri, Jul 6-10 5:45-6:25 PM . . . . .XBA63X****Mon-Fri, Jul 13-17 5:45-6:25 PM . . . . .XBB63X****Mon-Fri, Jul 20-24 9:15-9:55 AM . . . . .XBC63X****Mon-Fri, Jul 20-24 5:45-6:25 PM . . . . .XBD63X****Mon-Fri, Jul 27-31 5:45-6:25 PM . . . . .XBE63X****Mon-Fri, Aug 3-7 5:45-6:25 PM . . . . .XBF63X****Mon-Fri, Aug 10-14 5:45-6:25 PM . . . . .XBG63X**

## AGES 5-6

**Crabs - Beginners***(ages 5-6)*

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, be able to float on their front and back with help, know the basic water safety rules, and to swim a few feet using arm strokes. Refunds are given only if a class is cancelled by the Park System.

**Dorbrook Rec Area T-Pool Lower****Five Sessions \$92.50 Per Person****Mon-Fri, Jun 15-19 9:00-9:40 AM. . . . .XBS63X****Mon-Fri, Jun 15-19 4:15-4:55 PM. . . . .XBT63X****Eight Sessions \$144.00 Per Person****M,Tu,Th,F,W, Jun 22-Jul 2 9:00-9:40 AM . .XBU63X***Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2***M,Tu,Th,F,W, Jun 22-Jul 2 4:15-4:55 PM. . .XBV63X***Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2***M,Tu,Th,F, Jul 6-17 9:45-10:25 AM . . . . .XBW63X****M,Tu,Th,F, Jul 6-17 4:15-4:55 PM . . . . .XBX63X****M,Tu,Th,F, Jul 20-31 4:15-4:55 PM. . . . .XBY63X****M,Tu,Th,F, Aug 3-14 4:15-4:55 PM . . . . .XBZ63X****Lobster - Intermediate***(ages 5-6)*

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances. They should also be comfortable putting their face in the water. Participants will learn how to float on their front and back and swim a few feet with assistance.

**Dorbrook Rec Area T-Pool Lower****Five Sessions \$92.50 Per Person****Mon-Fri, Jun 15-19 9:45-10:25 AM. . . . .XC063X****Mon-Fri, Jun 15-19 5:00-5:40 PM. . . . .XC163X****Eight Sessions \$144.00 Per Person****M,Tu,Th,F,W, Jun 22-Jul 2 9:45-10:25 AM. .XC263X***Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2***M,Tu,Th,F,W, Jun 22-Jul 2 5:00-5:40 PM. . .XC363X***Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2***M,Tu,Th,F, Jul 6-17 5:00-5:40 PM . . . . .XC463X****M,Tu,Th,F, Jul 20-31 9:00-9:40 AM . . . . .XD463X****M,Tu,Th,F, Jul 20-31 5:00-5:40 PM . . . . .XC563X****M,Tu,Th,F, Aug 3-14 9:45-10:25 AM . . . . .XC663X****M,Tu,Th,F, Aug 3-14 5:00-5:40 PM . . . . .XC763X**



**Sea Horse - Advanced**

*(ages 5-6)*

This is a stroke readiness level class. Prior to enrolling in the class, participants should be able to fully submerge their face and head in the water. They should also be able to swim using flutter kicks and arm strokes. At the end of the session, participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle and backstroke. Introduction to rhythmic breathing for freestyle will also be covered.

**Dorbrook Rec Area T-Pool Lower**

**Five Sessions \$92.50 Per Child**

**Mon-Fri, Jun 15-19 5:45-6:25 PM . . . . .XC863X**

**Eight Sessions \$144.00 Per Child**

**M,Tu,Th,F,W, Jun 22-Jul 2 5:45-6:25 PM. . .XC963X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 5:45-6:25 PM . . . . .XCA63X**

**M,Tu,Th,F, Jul 20-31 5:45-6:25 PM . . . . .XCB63X**

**M,Tu,Th,F, Aug 3-14 9:00-9:40 AM . . . . .XCC63X**

**M,Tu,Th,F, Aug 3-14 5:45-6:25 PM . . . . .XCD63X**

**AGES 7-9**

**Sea Lions - Beginner**

*(ages 7-9)*

This is a water introduction and adaptation class. Participants will learn elementary skills, to be comfortable in the water, to float on their front and back with help, know the basic water safety rules, and able to swim a few feet using arm strokes.

**Dorbrook Rec Area T-Pool Lower**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 6:30-7:10 PM. . . . .XCE63X**

**Eight Sessions \$144.00 Per Person**

**M,Tu,Th,F,W, Jun 22-Jul 2 6:30-7:10 PM. . .XCF63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 9:00-9:40 AM. . . . .XCG63X**

**M,Tu,Th,F, Jul 6-17 6:30-7:10 PM . . . . .XCH63X**

**M,Tu,Th,F, Jul 20-31 9:45-10:25 AM . . . . .XCJ63X**

**M,Tu,Th,F, Jul 20-31 6:30-7:10 PM . . . . .XCK63X**

**M,Tu,Th,F, Aug 3-14 6:30-7:10 PM . . . . .XCM63X**

### Jellyfish - Intermediate

(ages 7-9)

This is a primary skills level class. The goal is to improve the participants' ability to swim. Participants must be comfortable jumping into the water and swimming short distances.

**Dorbrook Rec Area T-Pool Upper**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 6:30-7:10 PM . . . . .XCN63X**

**Eight Sessions \$144.00 Per Person**

**M,Tu,Th,F,W, Jun 22-Jul 2 9:00-9:40 AM . . .XCP63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F,W, Jun 22-Jul 2 6:30-7:10 PM. . .XCQ63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 9:45-10:25 AM . . . . .XCR63X**

**M,Tu,Th,F, Jul 6-17 6:30-7:10 PM . . . . .XCS63X**

**M,Tu,Th,F, Jul 20-31 6:30-7:10 PM . . . . .XCT63X**

**M,Tu,Th,F, Aug 3-14 9:45-10:25 AM . . . . .XCU63X**

**M,Tu,Th,F, Aug 3-14 6:30-7:10 PM . . . . .XCV63X**

### Porpoises - Advanced

(ages 7-9)

This is a stroke readiness level class. Swimmers should be comfortable in the water and have basic knowledge of the strokes prior to enrollment. At the end of the course participants will be able to retrieve objects from the bottom of the pool and be able to swim 25 yards of freestyle (with rhythmic breathing) and backstroke.

**Dorbrook Rec Area T-Pool Upper**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 5:00-5:40 PM. . . . .XCW63X**

**Eight Sessions \$144.00 Per Person**

**M,Tu,Th,F,W, Jun 22-Jul 2 9:45-10:25 AM. .XCX63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F,W, Jun 22-Jul 2 5:00-5:40 PM. . .XCZ63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 9:00-9:40 AM. . . . .XD063X**

**M,Tu,Th,F, Jul 6-17 5:00-5:40 PM . . . . .XD163X**

**M,Tu,Th,F, Jul 20-31 5:00-5:40 PM . . . . .XD263X**

**M,Tu,Th,F, Aug 3-14 9:00-9:40 AM . . . . .XD363X**

**M,Tu,Th,F, Aug 3-14 5:00-5:40 PM . . . . .XD363X**

### AGES 10-12

### Swordfish - Intermediate

(ages 10-12)

This is a primary skills level class. Children should be comfortable jumping into the water and swimming short distances.

**Dorbrook Rec Area T-Pool Upper**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 5:45-6:25 PM. . . . .XD563X**

**Eight Sessions \$144.00 Per Person**

**M,Tu,Th,F,W, Jun 22-Jul 2 5:45-6:25 PM. . .XD663X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 5:45-6:25 PM . . . . .XD763X**

**M,Tu,Th,F, Jul 20-31 9:00-9:40 AM . . . . .XD863X**

**M,Tu,Th,F, Jul 20-31 5:45-6:25 PM . . . . .XD963X**

**M,Tu,Th,F, Aug 3-14 5:45-6:25 PM . . . . .XDA63X**

### Stingrays - Advanced

(ages 10-12)

This is a stroke refinement class. Participants will refine key strokes and breathing. This class will improve participants' existing skills in freestyle, backstroke, breaststroke, and side stroke. Refunds are granted only if a class is cancelled by the Park System.

**Dorbrook Rec Area T-Pool Upper**

**Five Sessions \$92.50 Per Person**

**Mon-Fri, Jun 15-19 4:15-4:55 PM. . . . .XDB63X**

**Eight Sessions \$144.00 Per Person**

**M,Tu,Th,F,W, Jun 22-Jul 2 4:15-4:55 PM. . .XDC63X**

*Class meets 6/22, 6/23, 6/25, 6/26, 6/29, 6/30, 7/1 & 7/2*

**M,Tu,Th,F, Jul 6-17 4:15-4:55 PM . . . . .XDD63X**

**M,Tu,Th,F, Jul 20-31 9:45-10:25 AM . . . . .XDE63X**

**M,Tu,Th,F, Jul 20-31 4:15-4:55 PM . . . . .XDF63X**

**M,Tu,Th,F, Aug 3-14 4:15-4:55 PM . . . . .XDG63X**

## PRIVATE SWIM LESSONS

(ages 4 and up)

**Dorbrook Recreation Area, Colts Neck**

**Cost: \$56.00 Per Person, Per Session**

Benefit from friendly instruction in one staff to one participant learning environment with our qualified swim instructors. Lessons will be geared toward non-swimmers to competitive strokes.

Private lessons are available on Saturday and Sunday mornings as well as select Wednesday mornings and evenings throughout the summer.

*For dates and to register, visit the Registration page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or call 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.*



51<sup>st</sup> Annual

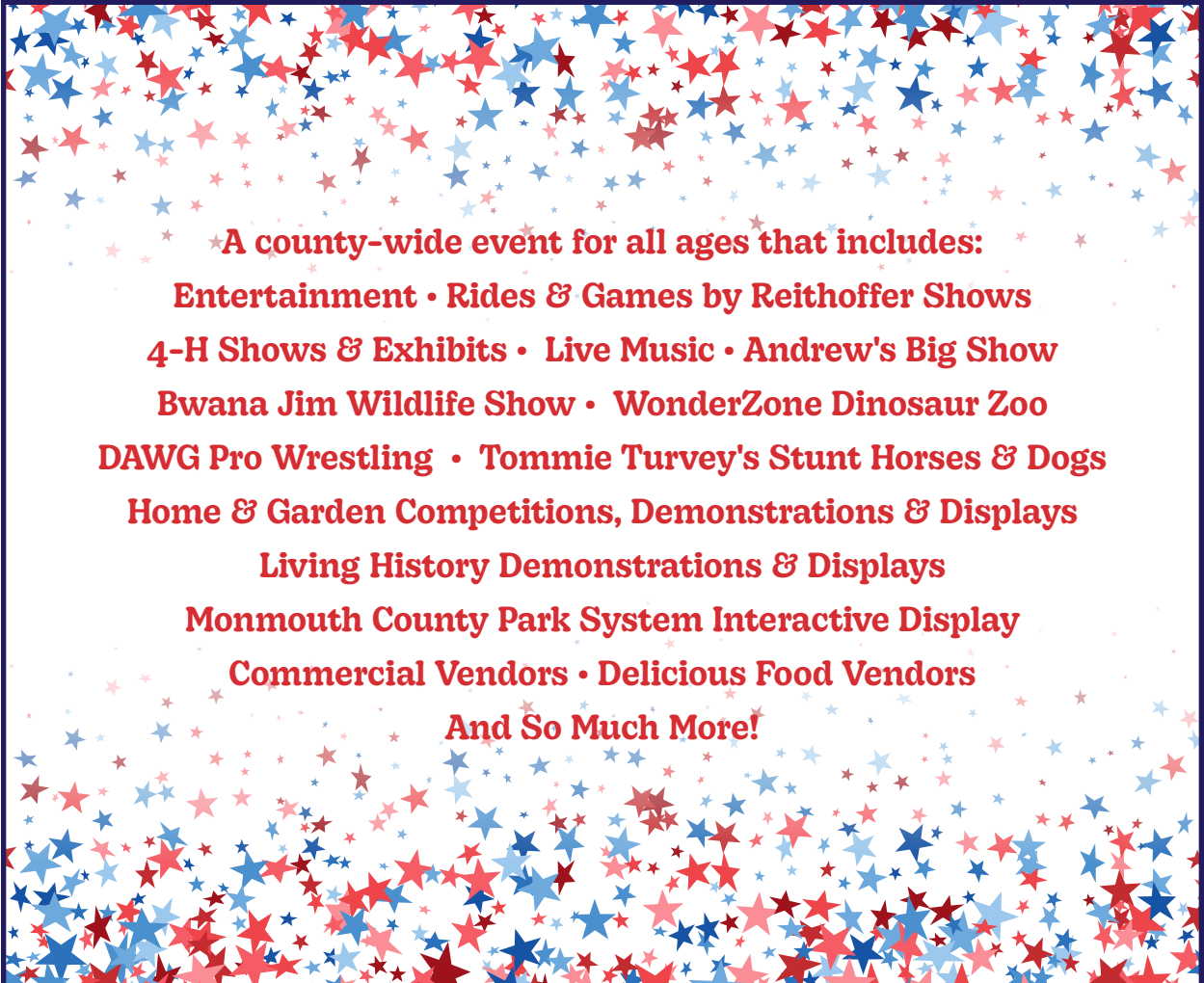
# Monmouth County Fair

*Monmouth County's First Agricultural Fair!*

**Wednesday–  
Sunday,  
July 22–26**

**East Freehold  
Showgrounds,  
Freehold**

**\$10.00**  
Children 12 &  
under **FREE!**



**A county-wide event for all ages that includes:**

- Entertainment • Rides & Games by Reithoffer Shows**
- 4-H Shows & Exhibits • Live Music • Andrew's Big Show**
- Bwana Jim Wildlife Show • WonderZone Dinosaur Zoo**
- DAWG Pro Wrestling • Tommie Turvey's Stunt Horses & Dogs**
- Home & Garden Competitions, Demonstrations & Displays**
- Living History Demonstrations & Displays**
- Monmouth County Park System Interactive Display**
- Commercial Vendors • Delicious Food Vendors**
- And So Much More!**

For more information:  
[info@monmouthcountyparks.com](mailto:info@monmouthcountyparks.com)  
[www.MonmouthCountyFair.com](http://www.MonmouthCountyFair.com)



**Wednesday,  
July 22**

**4:00-11:00 PM**

- Spectacular Opening Night Fireworks (weather permitting)
- Fireman's Competitions
- Patriotic Stiltwalkers
- John Higby the Yo-Yo Guy
- Ocean Avenue Stompers
- Fam Jam - DJ Dance Party
- DAWG Pro Wrestling
- Ride Wristbands: \$30.00 each
- Main Stage  
Red Dirt Revolution from 8:15-9:00 PM & 9:30-10:15 PM

**Thursday,  
July 23**

**4:00-11:00 PM**

- Tommie Turvey's Stunt Horses & Dogs
- John Higby the Yo-Yo Guy
- Ocean Avenue Stompers
- Fam Jam - DJ Dance Party
- DAWG Pro Wrestling
- Ride Wristbands: \$30.00 each
- Main Stage  
THE FUMOS from 8:30-10:00 PM

**Friday,  
July 24**

**4:00-11:00 PM**

- Tommie Turvey's Stunt Horses & Dogs
- John Higby the Yo-Yo Guy
- Fam Jam - DJ Dance Party
- DAWG Pro Wrestling
- Ride Wristbands: \$35.00 each
- Main Stage  
Mushmouth from 8:30-10:00 PM

**Saturday,  
July 25**

**11:00 AM-11:00 PM**

- Tommie Turvey's Stunt Horses & Dogs
- Bluey & Bingo
- John Higby the Yo-Yo Guy
- Fam Jam - DJ Dance Party
- DAWG Pro Wrestling
- Ride Wristbands: \$35.00 each
- Main Stage  
Dark City Strings from 2:00-3:30 PM  
The Ultimate Queen Celebration from 8:30-10:00 PM

**Sunday,  
July 26**

**11:00 AM-6:00 PM**

- Tommie Turvey's Stunt Horses & Dogs
- Bluey & Bingo
- John Higby the Yo-Yo Guy
- Fam Jam - DJ Dance Party
- Clown Parade
- DAWG Pro Wrestling
- Pie Eating Contests
- Ride Wristbands: \$30.00 each
- Main Stage  
Rockit Academy from 2:00-2:45 PM  
Ocean Avenue Stompers from 4:30-5:30 PM

## ACTIVE ADULTS 55+

**Summer Senior Hikers***(ages 55 and up)*

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

**Location Varies Week to Week**

**Level 1**

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

**Nine Sessions \$63.00 Per Person**

**Thu, Jul 2-Aug 27 8:30-10:00 AM . . . . .D2063A**

**Eight Sessions \$56.00 Per Person**

**Tue, Jul 7-Aug 25 8:30-10:00 AM . . . . .D2363A**

**Level 2**

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

**Nine Sessions \$72.00 Per Person**

**Wed, Jul 1-Aug 26 8:30-10:30 AM . . . . .D3153A**

**Thu, Jul 2-Aug 27 8:30-10:30 AM . . . . .D2263A**

**Eight Sessions \$64.00 Per Person**

**Fri, Jul 10-Aug 28 8:30-10:30 AM . . . . .D2163A**

**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.

**Eight Sessions \$64.00 Per Person**

**Tue, Jul 7-Aug 25 8:30-10:30 AM . . . . .D1963A**

**Level 4**

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

**Nine Sessions \$72.00 Per Person**

**Mon, Jul 6-Aug 31 8:30-10:30 AM . . . . .D1863A**

**Zumba Gold***(ages 55 and up)*

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

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Jun 19-Aug 14 4:30-5:25 PM . . . . .XMA63X**

*No class 7/3*

## ARTS &amp; CRAFTS

## CERAMICS &amp; 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.

**Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.**

**Seven Sessions \$217.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: Pete MacConnell

**Tue, Jun 30-Aug 11 7:00-10:00 PM . . . . .Z7763X**

**Thu, Jul 2-Aug 13 9:00 AM-12:00 PM . . . . .Z7963X**

Instructor: Joyce Nokes

**Thu, Jul 2-Aug 13 6:30-9:30 PM . . . . .Z7863X**



## 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.

**Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.**

**Seven Sessions \$217.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: Laura Copeland

**Mon, Jun 29-Aug 10 9:00 AM-12:00 PM . . . Z8963X**

**Mon, Jun 29-Aug 10 1:00-4:00 PM . . . . . Z9063X**

Instructor: Brian Farro

**Mon, Jun 29-Aug 10 6:00-9:00 PM . . . . . Z9163X**

Instructor: Janice Karp

**Tue, Jun 30-Aug 11 9:00 AM-12:00 PM . . . Z9263X**

Instructor: Pete MacConnell

**Tue, Jun 30-Aug 11 4:00-7:00 PM . . . . . Z9363X**

Instructor: Joanne Traskiewicz

**Wed, Jul 1-Aug 12 9:00 AM-12:00 PM . . . . Z9463X**

**Wed, Jul 1-Aug 12 1:00-4:00 PM . . . . . Z9563X**

Instructor: Anne Zayatz

**Wed, Jul 1-Aug 12 6:30-9:30 PM . . . . . Z9963X**

Instructor: Joyce Nokes

**Fri, Jul 3-Aug 14 9:00 AM-12:00 PM . . . . . Z9663X**

**Fri, Jul 3-Aug 14 1:00-4:00 PM . . . . . Z9763X**

Instructor: John Fossa

**Sat, Jul 11-Aug 22 11:30 AM-2:30 PM . . . . Z9863X**

“

*Joanne is an excellent instructor. She's always available to give assistance when needed and to demonstrate techniques.*

”

## 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 on the first day of class.

**Seven Sessions \$231.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Jun 29-Aug 10 6:00-9:00 PM . . . . . Z7663X**

**Thu, Jul 2-Aug 13 12:30-3:30 PM . . . . . Z7563X**

## Foliage Walk and Clay Workshop

(adults)

Join us for a walk led by a Park System Naturalist as we learn all about tree identification in beautiful Thompson Park. Afterwards, students will spend time at the Creative Arts Center creating a clay leaf impression soap dish from leaves and cuttings collected on the trails. Clay works will be ready for pick up two weeks after class to allow for firing.

**Please Note: This class meets rain or shine. The outdoor portion may be moved indoors if weather conditions are poor.**

**One Session \$49.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Jun 4 1:00-4:00 PM . . . . . Z7263X**

## Foundations of Clay Hand-Building

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting, and firing your own handbuilt creations. Class includes 25 lbs. of clay, glazes, and firings.

**Please Note: Due to the popularity of these programs, you may only sign up for one pottery class on the first day of registration. The Park System reserves the right to remove someone who has registered for multiple classes in one session to provide an opportunity for someone on the wait list.**

**Seven Sessions \$217.00 Per Person**

**Thompson Pk Creative Arts Center**

Instructor: Kathy Bennett

**Wed, Jul 1-Aug 12 1:00-4:00 PM . . . . . Z6663X**

Instructor: Janice Karp

**Wed, Jul 1-Aug 12 6:30-9:30 PM . . . . . Z6763X**

## DRAWING &amp; 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 \$50.00 Per Person**

**Thompson Pk Creative Arts Center**

**Cassatt's Two Children at the Seashore**

**Sat, Jun 20 2:00-5:00 PM . . . . . Z8063A**

**Potthast's Sailboats**

**Sat, Jun 27 2:00-5:00 PM . . . . . Z8163A**

**Potthast's Boating in Central Park**

**Mon, Jul 20 2:00-5:00 PM. . . . . Z8263A**

**Potthast's Wading, 1916**

**Tue, Jul 21 2:00-5:00 PM . . . . . Z8363A**

**Hassam's Geraniums**

**Wed, Jul 22 2:00-5:00 PM. . . . . Z8463A**

**Monet's Poppy Field, 1881**

**Thu, Jul 23 2:00-5:00 PM . . . . . Z8563A**

**van Gogh's Wheatfield with Cypresses**

**Fri, Jul 24 2:00-5:00 PM . . . . . Z8663A**

**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 will bring out something in you that you can't see in yourself. You will leave this workshop with a whole new perspective, empowered to use the arts as a new language you can apply to any 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 \$47.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Jun 1 2:30-4:30 PM . . . . . Z4963X**

**Thu, Jul 16 5:00-7:00 PM . . . . . Z5063X**

**Botanical Illustration: Plants that Heal, Plants that Kill** *(adults)*

In this two-part workshop, we discover the power of the plants that surround us. We will begin each class with a walk and lecture where we'll learn about the native species around us and their use in history as both agents of healing and danger. Afterwards, we will learn how to draw these plants, becoming more familiar with identifying features. The botanical illustration portion will cover two mediums: graphite and color pencil.

Naturalist: Blake Beyer / Art Instructor: Katie Stone

**Two Sessions \$75.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Jun 6-13 9:00 AM-12:00 PM . . . . . Z6463A**

**Botanical Illustration: Summer's Bounty (Fruit)** *(adults)*

As spring gives way to summer, flowers turn to fruits, yielding beautiful (and delicious) forms of nature. A Park System Naturalist will lead us through the trails, teaching how to identify some fruit-bearing plants of New Jersey. We will then begin the botanical illustration work from live samples, where we will learn how to capture dimension and color with accuracy.

Naturalist: Blake Beyer / Art Instructor: Katie Stone

**One Session \$48.00 Per Person**

**Manasquan River Greenway Winter Run**

**Sat, Jul 11 9:00 AM-12:00 PM . . . . . Z6563X**

**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.

Art Instructor: Katie Stone

**Four Sessions \$108.00 Per Person**

**Thompson Pk Creative Arts Center**

**Thu, Jul 9-Aug 6 1:00-3:00 PM . . . . . Z3963X**

*No class 7/30*

## 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.

Instructor: MaryAnn Goodwin

**Six Sessions \$120.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 7-Aug 11 6:30-8:30 PM . . . . .ZAE63X**

**Thu, Jul 9-Aug 13 6:30-8:30 PM. . . . .ZAF63X**

**Fri, Jul 10-Aug 14 10:00 AM-12:00 PM . . .ZAG63X**

## 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. A supply list will be provided upon registration.

**Eight Sessions \$82.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sat, Jul 11-Aug 29 10:00-11:00 AM . . . . .A8563X**

## 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 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 Blue False Indigo. All levels welcome. A supply list will be attached to your receipt.

**Please Note: Class is rain or shine. If weather conditions are poor, portions may be moved inside.**

Naturalist: Jason Goldman / Art Instructor: Katie Stone

**One Session \$48.00 Per Person**

**Huber Wds Pk Env Ctr**

**Mon, Jun 29 10:00 AM-1:00 PM. . . . .Z4863X**

## Freedom to Create: The Artists Who Shaped America

(adults)

Celebrate the diversity and creativity that have shaped the American art story. We'll explore how each artist's experiences and challenges informed their creative voice—from Georgia O'Keeffe's meditative connection to the natural world, to Faith Ringgold's storytelling quilts that wove art and activism together, to Keith Haring's bold visual language created in service of social change. Together, their work honors the freedom to create and the many voices that form our shared story. Through an engaging lecture and hands-on art-making session, participants will explore the power of self-expression and create original works inspired by the techniques and stories of these groundbreaking artists—celebrating what it means to make art in the spirit of freedom. A materials fee of \$10.00 is payable to the instructor on the day of the workshop.

Art Instructor: Jenny Santa Maria

**One Session \$47.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 7 5:00-7:00 PM . . . . .Z5463A**

## Great Impressionism Workshop

(adults)

In this three-week series, we will paint summer seascapes and seabirds in an impressionistic style! The instructor will bring references for inspiration, or you can bring your own seasonal images if you prefer. Please bring three 11"x14" canvases and an assortment of acrylic brushes. We will complete one painting per class. Acrylic paint will be provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

**Three Sessions \$86.00 Per Person**

**Thompson Pk Creative Arts Center**

**Fri, Jun 12-26 10:00 AM-12:30 PM . . . . .ZA763A**

## Illustrating Birds: Herons and Egrets

(adults)

Herons and egrets remain some of the most beautiful and graceful birds of the New Jersey wetlands. We will begin our workshop by birding for them in their native habitat. Afterwards, we will head indoors to begin our ornithological (bird) drawings, focusing on key concepts to realistically convey this family of birds. A supply list and specifics will be attached to your receipt. Naturalist: Paul Mandala / Art Instructor: Katie Stone

**One Session \$48.00 Per Person**

**Fisherman's Cove Act Ctr**

**Wed, Jun 17 8:00-11:00 AM . . . . .Z3763X**

## Illustrating Birds: The World of Warblers

(adults)

New world warblers are a diverse family of migratory birds, many journeying from South and Central America to New Jersey during the warmer months. In this workshop, we will commence with a bird walk that focuses on spotting these small, beautiful, seasonal visitors. Afterwards, we will head indoors to begin our ornithological (bird) drawings, focusing on key concepts to realistically convey this family of birds. A supply list and specifics will be attached to your receipt. Naturalist: Paul Mandala / Art Instructor: Katie Stone

**One Session \$48.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jun 3 8:00-11:00 AM . . . . . Z3663X**

## Intro to Traditional Painting

(adults)

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

**Six Sessions \$120.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 7-Aug 18 9:00-11:00 AM . . . . . Z4063X**

*No class 7/28*

## 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, both first-time experimenters and seasoned artists are invited to join us, ease into the creative flow, and experience the joy of seeing art take shape through each stage. A materials fee of \$5.00 is due to the instructor on the day of class. Instructor: Jenny Santa Maria

**One Session \$47.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Jun 1 5:00-7:00 PM . . . . . Z5163X**

**Thu, Jun 25 5:00-7:00 PM . . . . . Z5263X**

## Lightsapes Studio Daily Workshops

(adults)

Artist and Instructor Gina Torello, MFA, presents this series of five individual, full-day intensive workshops designed for those who want to immerse themselves in creativity while building strong artistic skills. Each workshop offers focused instruction, guided demonstrations, and hands-on studio time in a relaxed and supportive environment. Participants should bring lunch and art supplies. Each day features a different medium, and students may register for individual or multiple sessions. Detailed supply lists for each session will be provided on your registration receipt. All levels are welcome.

**One Session \$110.00 Per Person**

**Thompson Pk Creative Arts Center**

### Pastel Impressionism

This workshop introduces students to the expressive and forgiving nature of soft chalk pastels. Using a step-by-step instructional approach, students will learn how a professional artist begins, develops, and completes an impressionistic pastel painting.

**Mon, Jul 27 10:00 AM-3:00 PM . . . . . ZA063A**

### Drawing 101

This foundational drawing course focuses on developing strong core skills essential to all visual art forms. Students will learn one-point and two-point perspective, proportion, and how to construct basic forms such as cubes and cylinders. Emphasis is placed on understanding spatial relationships and correcting perspective errors with confidence.

**Tue, Jul 28 10:00 AM-3:00 PM . . . . . ZA163A**

### Oil Painting Techniques

This hands-on oil painting workshop explores both classic and contemporary painting techniques used by professional artists. Students will learn essential oil painting principles, including lean-to-fat layering, underpainting, impasto, and alla prima methods.

**Wed, Jul 29 10:00 AM-3:00 PM . . . . . ZA263A**

### Chiaroscuro Drawing

This advanced drawing workshop focuses on chiaroscuro, the Renaissance technique of using dramatic contrasts of light and shadow to create depth and realism. Students will learn how controlled lighting enhances form, volume, and three-dimensionality in drawing and painting.

**Thu, Jul 30 10:00 AM-3:00 PM . . . . . ZA363A**

### Studio Time

This open-studio style workshop offers artists the opportunity to work in their preferred medium while receiving individualized instruction from a professional artist. Students bring their own supplies and work independently while benefiting from one-on-one critiques and guided demonstrations tailored to their goals.

**Fri, Jul 31 10:00 AM-3:00 PM . . . . . ZA463A**

## Painting: All-Level

(adults)

If you are ready to enhance your painting skills, this course is geared toward you. Designed for experienced painters, the focus of this class will be fine-tuning and developing technique with independent guidance and critique. Come ready with ideas on the first day to start painting.

**Six Sessions \$120.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jul 7-Aug 18 11:30 AM-1:30 PM . . . . Z4163X**

*No class 7/28*

**Tue, Jul 7-Aug 18 2:00-4:00 PM . . . . . Z4263X**

*No class 7/28*

## Patriotic Lady Bug Rock Painting

(ages 12 and up)

Create and celebrate America's 250th anniversary! This fun and relaxing art project will show how to paint an Americana-themed ladybug on a decorative rock. Each participant will paint two rocks (rocks will be approximately 2-3 inches). One rock will have a penciled design to learn and practice tricks for shadowing and detailing to make your projects come to life. On the other, you can explore your own free style creation with techniques learned in class. All supplies are included.

Instructor: Dot Villipart

**One Session \$40.00 Per Person**

**Clayton Pk Act Ctr Classroom A**

**Sat, Jun 13 11:00 AM-1:00 PM. . . . . ZAA63A**

**Sat, Jul 18 11:00 AM-1:00 PM . . . . . ZAB63A**

## Watercolor Studio

(adults)

Designed for artists who have a good basic experience with watercolor painting and would like time to practice their skills, work on their own project, and experiment with new techniques. Our knowledgeable instructor will offer 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, Jun 10-Jul 15 10:00 AM-12:00 PM. . . ZA663X**

## 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 moved to an indoor lecture component if weather conditions are poor. A supply list and directions will be emailed two weeks before the class start date.**

**One Session \$48.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jun 10 9:00 AM-12:00 PM. . . . . IKT63X**

## JEWELRY

### Beaded Chain-Making

(adults)

Create a beaded chain with thin wire and your choice of colorful crystal beads for a stackable expression of personal style. Make a birthstone bracelet or choose to dangle a meaningful charm. Enjoy the repetitive yet professional technique and continue the chain for a necklace, additional bracelet, or dangle earrings. A kit is to be purchased from instructor Sandra Lupo on the day of class and will include jewelry wire, beads, and a clasp. Kits start at \$30.00 and payments must be in cash. Plier sets will be available to share in class, or bring your own. Beginners are welcome!

**One Session \$66.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Jun 8 10:00 AM-1:30 PM . . . . . ZA563X**

## Let's Get Beachy Wrapped Bracelet

(adults)

Using right-angle bead weaving techniques, you will create a great summer bracelet with a button clasp and a decorative accent charm. Kits will be available for purchase from the instructor and are estimated to be in the range of \$20.00-\$25.00, or you can bring your own supplies based on the list provided by the instructor upon registration. Students should bring a light lunch to class.

Instructor: Mary Louise Doner

**One Session \$64.00 Per Person**

**Thompson Pk Creative Arts Center**

**Mon, Jun 22 10:30 AM-2:30 PM . . . . .ZA963X**

## Creative Mending

(adults)

Discover the art of repair as a form of creative expression! In this hands-on workshop, we'll explore creative mending techniques that breathe new life into worn or damaged garments. Learn the basics of darning, patchwork, and decorative stitching to transform flaws into features and extend the life of your favorite clothes. Guided by Teaching Artist Jenny Santa Maria, this class celebrates sustainability, creativity, and the beauty of imperfection—reminding us that every stitch tells a story. A materials fee of \$10.00 is due to the instructor the day of the class.

**One Session \$43.00 Per Person**

**Thompson Pk Creative Arts Center**

**Wed, Jun 24 5:00-7:00 PM . . . . .Z5363X**

## 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, making it 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 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 Vis Ctr Tulip Room**

**Sun, Jun 14-Jul 5 12:00-1:30 PM . . . . .Z7063X**

**Sun, Jul 12-Aug 2 12:00-1:30 PM . . . . .Z7163X**

### Hooks and Needles Club

(adults)

Do you crochet, knit, or weave? Join the Deep Cut Gardens "Hooks and Needles" Club. Every Wednesday afternoon, knitters, hookers, and weavers come to Deep Cut to relax, work on projects, and socialize with other fiber crafters. Enjoy the companionship of others while finishing that afghan or shawl you have been struggling to complete. This might be just the structure you need to get that larger piece done. Or you might make a quick hat or scarf in just one session. Bring your supplies and your companionship, and we'll provide the space.

**Four Sessions \$9.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Wed, Jun 3-24 1:00-3:00 PM . . . . .H1263X**

**Wed, Jul 1-22 1:00-3:00 PM . . . . .H1363X**

**Wed, Aug 5-26 1:00-3:00 PM . . . . .H1463X**



## MISCELLANEOUS CRAFTS

### Framing Can Be Easier and Cheaper Than You Think!

(adults)

This information-packed class will help you gain the confidence to frame your own art and photos. At the same time, you will learn how to save money in the process. During these two hours you will learn 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, Jun 17 10:00 AM-12:00 PM . . . . . Z3563X**

**Wed, Aug 12 10:00 AM-12:00 PM. . . . . Z6363X**

## PHOTOGRAPHY

### Introduction to Wildlife Photography

(ages 16 and up)

Perfect for beginners and seasoned photographers alike, this workshop cultivates the skills needed to capture images of nature with your own unique artistic flair. By the end, you'll confidently use manual settings to photograph wildlife, applicable across various camera types – DSLR, mirrorless, bridge, superzoom, and even your phone. Elevate your photography journey with this workshop! Participants should bring a camera and the instruction/user manual for use during the hands-on portions.

Instructor: Troy Bynum

**One Session \$56.00 Per Person**

**Thompson Pk Creative Arts Center**

**Sat, Jun 6 2:00-4:00 PM. . . . . Z5563X**

**Sat, Jun 27 2:00-4:00 PM . . . . . Z5663X**

## iPhone Photography

(adults)

Today's technology enables us to create high-quality photos without ever having to use a computer. In this class, we will explore shooting, editing, and uploading photos in a completely mobile environment, using either a smartphone or tablet. We will use free apps to organize and edit our photos. An iOS device (iPhone or iPad) is required. This class does not cover Android devices, as they control the cameras differently. iOS devices only, please.

Instructor: Gary Dates

**Four Sessions \$64.00 Per Person**

**Thompson Pk Creative Arts Center**

**Tue, Jun 9-30 10:00 AM-12:00 PM . . . . . ZAC63X**

**Tue, Jul 7-28 6:00-8:00 PM . . . . . ZAD63X**

## SOAPMAKING

### Advanced Soapmaking and Skincare

(adults)

This hands-on class will show you how to create beautiful and healthful soaps using milks, fragrance oils, loofahs, and botanicals. You will learn how to layer your soaps with different colors and additives, as well as some other secret techniques of the trade. You will also learn how to formulate a skincare product using ingredients from your kitchen. Get ready to have fun and express your best self! Please bring an 8 oz. Pyrex measuring cup to class. A supply fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps.

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Aug 8 11:00 AM-12:30 PM . . . . . A8163X**



*Exploring and learning new skills as adults can improve memory, enhance mental well-being, increase confidence, and reduce the risk of dementia.*

## DID YOU KNOW?

## Beach-Inspired Soaps!

(adults)

Discover the art of soap making while crafting beautiful, sea glass-inspired creations! In this hands-on class, students will learn how to make melt-and-pour soaps with a translucent, frosted effect that mimics the look of smooth sea glass washed ashore. By the end of the class, students will take home two full bars of their handmade sea glass creations and the knowledge to continue crafting at home! Looking to explore your creativity? Please bring an 8 oz. Pyrex measuring cup to class. A materials fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Jul 11 11:00 AM-12:30 PM . . . . . A8063X**

## Beginner Soapmaking

(adults)

Roll up your sleeves and begin making wholesome, healthful, and artistic novelty soap with natural melt-and-pour soap base. Techniques taught include mosaic soap bars, loofah bars, and more, using botanicals and additives. Unleash your creativity by customizing your soaps with color and fragrance oils. This hands-on class is a great start to the world of soapmaking. Please bring an 8 oz. or 16 oz. glass measuring cup to class. A materials fee of \$20.00 is to be paid to the instructor upon arrival.

Instructor: Felicia Bonaimo, Serenity Scents and Soaps

**One Session \$60.00 Per Person**

**Dorbrook Rec Area Vis Ctr**

**Sat, Jun 6 11:00 AM-12:30 PM. . . . . A7963X**



## EDUCATION & ENRICHMENT

### HISTORY

## Historic Walking Tour of Thompson

**Park**  

(all ages)

Join a Park System Historian for a walking tour of the Brookdale Farm Historic District, now Thompson Park, and explore the landscape of what was once a premier Thoroughbred training facility. This guided tour highlights the historic buildings that supported racing, breeding, and daily farm operations, offering insight into how horses, people, and architecture shaped this remarkable site. This is a free program; however, registration is required.

**One Session FREE!**

**Thompson Pk Front Lawn**

**Fri, Jun 19 10:00-11:00 AM. . . . . EBM63X**

**Fri, Jul 17 10:00-11:00 AM . . . . . EBJ63X**

**Fri, Aug 28 10:00-11:00 AM . . . . . EBK63X**

## Horses of War: Equine Power in America's Fight for Independence

(adults)

Engines of communication, symbols of power, and decisive tools of war, horses were far more than background figures in the American Revolutionary War. Set within a 19th-century Thoroughbred stable, this lecture brings the Revolution back to life by exploring how these animals hauled artillery, carried generals, and bore the weight of a nation being born. Capacity is limited, so be sure to register early.

**One Session \$10.00 Per Person**

**Thompson Pk Racing Stable**

**Thu, Jun 11 6:00-7:00 PM. . . . . EBD63X**

## Journey Through the American Civil War



(adults)

This three-session power course will explore the battles, leadership, and human drama of the American Civil War. Discuss the causes of the conflict and major battles, including First Manassas, Antietam, Fredericksburg, Chancellorsville, Gettysburg, Vicksburg, and Appomattox. The course will end with a study of Abraham Lincoln's life and career. Whether you are a true Civil War buff or brand new to the subject, this class is for you. Enjoy learning about this important moment in American history without the rigor of a college course.

Presenter: Greg Caggiano

**Three Sessions \$65.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Jul 7-21 6:00-8:00 PM . . . . . A7763X**

## The Girl Who Won the Waves: Centennial Celebration of Gertrude Ederle's English Channel Swim

**NEW** **Free**

Join Park System Outdoor Adventure and History staff members, along with special guests from the open water swimming community, to celebrate the centennial anniversary of Gertrude (Trudy) Ederle's English Channel swim at the age of 20. Trudy was a summertime resident of Highlands, NJ; it was in the surrounding Bayshore waters where she trained for her European challenge, beating the male record by two hours!

Participants will meet local swimmers Michelle Davidson and Nancy Steadman Martin, who also conquered the Channel swim in 2004. They will discuss their experiences from the grueling 11-hour challenge and share tips for becoming confident and successful swimmers. We will meet on the beach for a discussion and tribute to Trudy followed by an optional swim. Lifeguards will be present, and swimmers of all ages and abilities are welcome. This is a free program; however, registration is required.

**One Session FREE!**

**Henry Hudson Trail Popamora Point Beachfront**

**Fri, Aug 14 5:00-7:00 PM . . . . .PEVK6A**

## What the Presidents Ate

**NEW**

(adults)

Join historian Greg Caggiano on a whirlwind tour of American cuisine as told through the everyday diets of our presidents. From George Washington to Ronald Reagan, and beyond, see how presidential favorites have shaped American culinary history, and vice versa! Enjoy tales of homemade ice cream, steaks, curry, jellybeans, and tacos all in one lighthearted, delicious presentation.

**One Session \$32.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Aug 11 6:00-8:00 PM . . . . .A7863X**

## Where Nature and History Converge: Mount Mitchell Scenic Overlook

**NEW**

(adults)

Join a Park System Naturalist and historic interpreter for an on-site discussion about the fascinating history of Mount Mitchell, a 12-acre county park offering views of Sandy Hook Bay and the Manhattan skyline. The park is named in honor of Dr. Samuel Latham Mitchill (1764-1831), a renowned naturalist and botanist. We will discuss Mount Mitchell's unique geology, its relevance to Lenape settlements, Revolutionary War activities, and its transition to a county park in 1973. Since 2005, the site has been home to Monmouth County's 9/11 Memorial honoring county residents who lost their lives. Visitors experience a memorial landscape featuring symbolic plantings that highlight an eagle sculpture.

**One Session \$18.50 Per Person**

**Mt. Mitchell Outdoor Area**

**Tue, Aug 11 6:00-8:00 PM . . . . .IN063X**

## READING & WRITING

### Books with a View: Reading Club at Historic Portland Place

(adults)

Inspired by great literature, art, and history, our third annual reading club will meet to discuss books on a range of intriguing topics. Participants are encouraged to share their thoughts, ideas, and experiences as we meet on the porch at Historic Portland Place, the Hartshorne family ancestral home overlooking the Navesink River. If the weather turns inclement, we'll move indoors. Our initial book will be *Caleb's Crossing* by Geraldine Brooks; please bring your copy to the first session. Subsequent titles will be announced during the sessions and emailed to participants.

**Six Sessions \$40.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Wed, Jun 17-Nov 18 12:00-1:00 PM . . . . .P0163X**

*Meets on 6/17, 7/15, 8/19, 9/16, 10/21 & 11/18*

## Mane Characters: Equestrian Book Club <sup>NEW</sup>

(adults)

Throughout history, horses have regularly woven through tales of sport, war, companionship, and identity. Participants will meet in the center bay of the National Register-listed Historic Racing Stable at Thompson Park for a guided discussion on monthly topics. Inclement weather will move this program inside. Our initial book in June will be *Seabiscuit: An American Legend* by Laura Hillenbrand. Please bring a copy to the meeting. Subsequent titles will be announced during the sessions and emailed to participants.

**Six Sessions \$40.00 Per Person**

**Thompson Pk Racing Stable**

**Fri, Jun 5-Nov 6 12:00-1:00 PM . . . . . EBC63X**

*Meets on 6/5, 7/3, 8/7, 9/4, 10/2 & 11/6*

## The American Revolution in Words: Book Discussion at Historic Portland Place <sup>NEW</sup>

(adults)

In commemoration of the 250th anniversary of American independence, join us on the porch at Historic Portland Place for a four-part series of moderated book discussions inspired by the American Revolution. Our first title will be *Founding Gardeners* by Andrea Wulf. Please bring your copy of the book with you. Subsequent titles will be announced during each session and emailed to participants. Sessions will foster lively discussions by our guest historians and moderators about events – both grand and intimate – that shaped the founding of our nation.

**Four Sessions \$30.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Thu, Jul 23-Oct 22 4:00-5:00 PM . . . . . P0263X**

*Meets on 7/23, 8/20, 9/24 & 10/22*



## 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, Jun 13 8:30 AM-5:00 PM . . . . . U2062A**

### Save a Life! CPR AED Certification

(ages 14 and up)

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent, or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children, and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

**One Session \$85.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Tue, Jun 16 7:00-9:30 PM. . . . . U5863A**

**Big Brook Pk Elsas Lodge**

**Wed, Jul 29 7:00-9:30 PM. . . . . U5963A**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Aug 8 10:00 AM-12:30 PM . . . . . U6063A**

## Save a Life! Pediatric CPR and First Aid

(ages 14 and up)

Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR, and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios, including medical, injury, and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.

**One Session \$78.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Sat, Jun 27 10:00 AM-12:30 PM . . . . .U6163A**

**Wed, Jul 15 7:00-9:30 PM . . . . .U6263A**

**Big Brook Pk Elsas Lodge**

**Tue, Aug 18 7:00-9:30 PM . . . . .U6363A**

## SPEAKING

### Get Paid to Talk: An Introduction to Voice Over

(adults)

From audiobooks to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice-over field for a fun and realistic look at how it really works. You'll gain an inside perspective on developing skills, how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice-over under the direction of the instructor.

**One Session \$25.00 Per Person**

**Thompson Pk Vis Ctr Beech Room**

**Mon, Jul 27 6:30-9:00 PM . . . . .A3863X**

## HEALTH & WELLNESS

### Caregiver Workshop Series

(adults)

Caring for a loved one with Alzheimer's or other related dementias? Find comfort, camaraderie, and support with others on a similar journey. This is a free program; however, registration is required.

**Three Sessions FREE!**

**Dorbrook Rec Area Act Ctr**

**Tue, Jul 14-Sep 8 7:00-8:00 PM . . . . .D3262A**

*Meets on 7/14, 8/11 & 9/8*

### 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 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, Jun 11-Jul 2 7:00-8:00 PM . . . . .Q1963X**

**Navesink Library The Theater**

**Mon, Jun 1-22 10:00-11:00 AM . . . . .Q2363X**

### Expressive Arts for Mental Wellbeing

(adults)

Learn and experience the healing potential 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 licensed mental health counselor and registered yoga teacher, Amanda Levitt, MS, LPC.

**Four Sessions \$100.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sun, Aug 9-30 1:00-2:30 PM . . . . .A6563X**

## Morning Meditation

(adults)

The mornings can set the tone of energy we have for the rest of the day. In this program, we will learn different exercises in breath control, imagery, mindfulness, and Reiki to help you bring the energy of peace and strength to your mornings. We will finish each session with a gentle walk outside, where we will make our connection to the earth. Please bring a yoga mat/blanket; chairs will be provided.

**Four Sessions \$65.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Sun, Jun 7-28 9:00-10:30 AM . . . . . Q2063X**

**Sun, Aug 2-23 9:00-10:30 AM . . . . . Q2263X**

## T'ai Chi Chih Joy Through Movement®

### Discipline

(adults)

T'ai Chi Chih consists of 19 relaxing meditative movements and one pose, solidly based on long-existing Asian principles of Chi cultivation. This enjoyable, easy-to-learn, evidence-based, and unique practice is user-friendly for Western culture. The movements are active balance and circulate the vital life force energy. Regular practice can result in significant favorable effects on stress, body function, balance, ease of movement, mind clarity, and general health.

Instructor: Daniel Pienciak, 10+ year International Teacher Trainer

### Beginner

**Six Sessions \$108.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Jul 10-Aug 14 11:30 AM-12:50 PM . . . A5063X**

### Intermediate

**Six Sessions \$108.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Fri, Jul 10-Aug 14 10:00-11:20 AM . . . . . A4963X**

### Begin or Review!

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

**Four Sessions \$100.00 Per Person**

**Clayton Pk Act Ctr Classroom A**

**Wed, Jul 1-22 10:30 AM-12:00 PM . . . . . A5163X**

**Manasquan River Greenway Winter Run**

**Thu, Jul 2-23 6:30-8:00 PM. . . . . A5263X**

**Tue, Jul 28-Aug 18 6:30-8:00 PM . . . . . A5363X**

**Six Sessions \$108.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Sat, Jul 11-Aug 15 10:30 AM-12:00 PM . . . A5463X**

## 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, 10+ year International Teacher Trainer

**Three Sessions \$85.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 13-27 10:30 AM-12:00 PM . . . . . A4863X**

**Thompson Pk Vis Ctr Beech Room**

**Fri, Jun 5-19 10:30 AM-12:00 PM . . . . . A4763X**

## HORTICULTURE

### Birding in the Garden

(adults)

Come birding at the garden and learn about the interconnectedness of our ecosystem. The health of plant populations and bird populations is directly linked, and in this course, you will appreciate the variety of bird species at Deep Cut Gardens and observe how they interact with the diverse plant populations. Be prepared to walk on uneven or possibly muddy terrain and bring your own binoculars. If you do not own binoculars, there will be a limited number of binoculars available for use during the program.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Sat, Jul 18 8:15-9:15 AM . . . . . H1863X**

**Sat, Aug 22 8:15-9:15 AM . . . . . H1963A**

### Colonial Style Centerpiece

(adults)

Centerpieces in the colonial era focused on simple shapes and locally sourced greens. Learn how to create a centerpiece inspired by the colonial style. All materials will be provided.

**One Session \$45.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sat, Aug 1 10:00 AM-12:00 PM . . . . . H0763X**

### Mobsters and Mayhem

(adults)

Travel back in time to the prohibition era of speakeasies, rum runners, and gangsters to discover a hidden part of Deep Cut's past. Local historian Greg Caggiano will present his findings on the matter, including unknown details about the park's connection to one of the biggest mafia rings and its rich history. Enjoy a fun-filled and entertaining evening learning about Vito Genovese's estate while sipping a special signature mocktail.

**One Session \$28.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Thu, Jun 11 6:00-8:00 PM . . . . .H2063X**

**Thu, Jul 9 6:00-8:00 PM . . . . .H2163X**

**Thu, Aug 27 6:00-8:00 PM . . . . .H2263X**

### Springtime in Normandy: The History and Significance of Monet's Garden in Giverny NEW

(adults)

French painter Claude Monet had one of the most famous gardens in history. Forever memorialized in his world-renowned impressionist paintings, the colors and the composition of this garden are known to any art lover. In this course, we take a virtual tour of the garden while discussing the history of its creation. We will also discuss Monet's gardening philosophies and how he was able to cultivate an inspirational garden for generations of nature-lovers.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Horticultural Center**

**Sat, Jun 13 10:00-11:30 AM . . . . .H0662X**

### Stop and Smell the Roses Walk NEW

(adults)

When the roses are blooming, we should all stop and enjoy them! The rose garden is one of the most beautiful features of Deep Cut Gardens. During this evening walk in the garden, we will take a closer look at how we grow our roses and discover the history of how this garden came to be. The tour will start at the gazebo by the parking lot.

**One Session \$15.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Thu, Jun 4 6:00-7:00 PM . . . . .H1163A**

### Summer Felting Fun! NEW

(adults)

In this two-hour class, you'll learn how to turn un-spun wool into your own miniature 3D creation, and you'll walk away with a finished project and some basic ideas to continue crafting beyond the classroom. New to needle felting? Don't worry – it has a quick learning curve!

**One Session \$30.00 Per Person**

**Deep Cut Gardens Gardener's Cottage**

**Felted Strawberry**

**Sat, Jun 20 10:00-11:30 AM . . . . .H0163X**

**Sat, Jun 20 1:30-3:00 PM . . . . .H0263X**

**Felted Frogs**

**Sat, Jul 18 10:00-11:30 AM. . . . .H0363X**

**Sat, Jul 18 1:30-3:00 PM . . . . .H0463X**

**Felted Seahorse**

**Sat, Aug 29 10:00-11:30 AM. . . . .H0563X**

**Sat, Aug 29 1:30-3:00 PM. . . . .H0663A**

## Deep Cut Gardens Open House Free

**Saturday, June 6, 10:00 AM-2:00 PM**

Join us at Deep Cut Gardens to celebrate the flowers in bloom! Throughout the day, enjoy our beautiful rose garden in bloom, learn about our bonsai collection, marvel at our koi pond, and learn about our greenhouse collection from our expert horticulturist.

*For more information, call 732-671-6050.*



## NATURE

### A Morning Butterfly Walk at Deep Cut Gardens

(adults)

Flowers are blooming, and the butterflies are fluttering. Join a Park System Naturalist on a guided walk through Deep Cut Gardens as we identify and discuss the life histories of New Jersey's butterfly species. Participants will also receive an introductory field guide illustrating some of the most commonly seen butterflies throughout the state.

**One Session \$20.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Wed, Jul 22 9:00-10:00 AM (approx).** . . . . .IMD63X  
**Sat, Aug 22 9:00-10:00 AM (approx).** . . . . .IME63X

### Ales and Trails

(ages 21 and up)

Something new is "brewing" as this program pairs two local treasures into one great experience! Tag along with a Park System Naturalist on an exciting 90-minute nature walk, where we will explore all things nature, from the smallest of critters to the grandest of views. To celebrate after the program, participants can take a quick drive down the road and join us for an optional picnic and beer tasting (pay on your own). The nature walk will take place as scheduled (weather permitting), but the trip to the brewery is contingent on the facility being open for business.

**One Session \$18.00 Per Person**

**Clayton Pk Emley's Hill Lot**

**Sat, Jun 13 2:00-3:30 PM (approx)** . . . . .IM463X

### Birding Conaskonk Point

(adults)

A marine wetland is a unique and beautiful area that attracts an abundance of wildlife, especially birds. Migrating shore birds, seaside and saltmarsh sparrows, herons, egrets, rails, gulls, terns, and many other birds depend on these areas for food, shelter, and raising their young. Conaskonk Point in Union Beach is an ideal location to view some of these wonderful migrants and summer visitors. Join a Park System Naturalist for a walk through this specialized niche and possibly see many of these sometimes hard-to-locate birds. Wear your waterproof boots as these areas can be damp. Meet at Chingarora Street and Edmunds Ave. in Union Beach (On Street Parking only).

**One Session \$13.00 Per Person**

**Conaskonk Point, Union Beach Chingarora St./Edmunds Ave.**

**Wed, Jun 10 8:00-9:30 AM** . . . . . I2763X

**Thu, Jul 23 8:00-9:30 AM** . . . . . I2863X

**Wed, Aug 5 8:00-9:30 AM** . . . . . I2963X

### Birding for Beginners!

(ages 14 and up, under 18 with adult)

Are you curious about the fast-growing hobby of birdwatching, also known as birding? Join us for a quick lesson on birding basics and some tips to get you started in this wonderful and rewarding hobby. This will be followed by a casual walk along the beachfront to see what feathered friends we can see or hear. Several binoculars will be available to borrow for those who need them. Please wear sturdy footwear, as there may be a mile or so of walking.

**One Session \$9.00 Per Person**

**Bayshore Waterfront Pk**

**Wed, Jun 17 10:00-11:00 AM (approx)** . . . IMJ63X



### Casual Birder <sup>Free</sup>

(ages 11 and up, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We will meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available on a first-come, first-served basis. Participants should expect to be walking a few miles (2-4) on sometimes uneven or muddy terrain. We will go even with light rain, so please come dressed for the weather with appropriate footwear.

**Join us on the following Tuesday mornings at 9:00 AM:**

**June 9 - Fisherman's Cove Conservation Area**

**July 21 - Big Brook Pk**

**August 18 - Bayshore Waterfront Pk**

### 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 a mile. Inclement weather or muddy trails will cancel the program.

**One Session \$10.00 Per Person**

**Freneau Wds Pk Vis Ctr Parking Area**

**Sat, Aug 1 10:00-11:00 AM (approx). . . . . IN163X**

**Sun, Aug 30 10:00-11:00 AM (approx) . . . IN263X**

### 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**

**Huber Wds Pk Env Ctr Parking Lot**

**Thu, Jun 18 10:00-11:30 AM. . . . . I3563X**

**Thompson Pk Old Orchard Parking Lot**


**Sun, Jun 21 10:00-11:30 AM. . . . . I3663X**

**Manasquan River Greenway Outdoor Area**

**Sun, Jul 12 10:00-11:30 PM . . . . . I3763X**

**Big Brook Pk Lower Pond Lot**

**Wed, Aug 12 10:00-11:30 AM . . . . . I3863X**



# FRESHWATER FISHING DERBIES

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

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

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

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

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

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

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

Sunday, June 21, 2:00-5:00 PM (#U0363X)  
Turkey Swamp Park, Freehold

## 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 Picnic Pavillion**

**Fri, Aug 28 10:00-11:30 AM . . . . . I4263X**

## Half-Day Hike and Paddle

(adults)

This fun, challenging, and educational half-day experience is perfect for those who can't get enough of the land and water. We'll start our adventure with a Park System Naturalist-guided hike through Hartshorne Woods. 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**

**Wed, Jun 17 11:00 AM-3:00 PM . . . . . IKZ63X**

**Wed, Jul 1 11:00 AM-3:00 PM . . . . . IM063X**

## Hidden Stories of Nature

(adults)

Nature is full of oddities and mysteries that often go unexplained. From misshapen trees to 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**

**Wed, Jun 24 10:00-11:30 AM . . . . . I4663X**

**Sun, Aug 9 10:00-11:30 AM . . . . . I4563X**

## High Tide Kayak Tour of Swimming River

(adults)

Join us for a fun 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 work our way to Pine Brook and then wait for the tide to change and ride the tide back to the launching area. Novice paddlers are welcome. Wear your sunscreen, floppy hat, and water shoes, and bring a waterproof bag to hold your gear. Weight limits for kayaking are 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.

**One Session \$48.00 Per Person**

**Swimming River Park Boat Ramp**

**Thu, Jul 16 11:00 AM-1:30 PM (approx) . . . IN663X**

**Tue, Jul 21 3:30-6:00 PM (approx) . . . . IMW63X**

**Fri, Jul 31 11:00 AM-1:30 PM (approx) . . . IN763X**

## 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 per person per 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**

**Wed, Jul 15 10:00 AM-1:00 PM (approx) . . . IMT63X**

**Tue, Jul 28 9:00 AM-12:00 PM (approx) . . . IMU63X**

**Wed, Jul 29 10:00 AM-1:00 PM (approx) . . . IMV63X**

## The Little Sit

**Saturday, August 29, 8:30 AM-12:30 PM**

**Deep Cut Gardens**

If you are a birder, you are familiar with "the big sit" - a semi-competitive birding event where folks stay in one spot and try to identify as many birds as possible over the course of 24 hours. Consider this free drop-in event a smaller version of that or an introduction to birding altogether. An educator will be on site helping participants spot and identify birds while introducing them to citizen science apps to track their sightings. Participants are free to come by for a few minutes or stay the whole time. Feel free to bring a camping chair or cushion for your comfort.

**Kayak Fishing for Blues and Weakfish** *(adults)*

Get in the bite this summer! Join one of the Park System's seasoned saltwater fishermen as we catch fish and launch kayaks along Sandy Hook Bay at the Bayshore Waterfront Park's Pews Creek East Parking lot (adjacent to the Monmouth Cove Marina). Our goal is to catch bluefish and weakfish, but there is also a good chance we'll catch some early fluke or summer flounder. With the help of tides, we will return to the beach, hopefully with fish in hand. Bring your own light fishing tackle, and we will provide the kayaks, life jackets, and bait. Make sure to wear sunscreen, a hat, and water shoes. Dress to get wet. A FREE NJ saltwater fishing registry is required, and you must have it with you (available at [dep.nj.gov/njfw/fishing/marine/saltwater-registry/](http://dep.nj.gov/njfw/fishing/marine/saltwater-registry/)). This program has a limited number of spaces, so register early to catch the fish.

**One Session \$60.00 Per Person****Bayshore Waterfront Pk Pews Creek East Parking Area****Tue, Jun 9 3:00-6:00 PM (approx) . . . . . IMR63X****Wed, Jun 10 3:00-6:00 PM (approx) . . . . . IMS63X****Native Wildflower Gardening***(all ages, under 18 with adult)*

Are you looking to garden with more native wildflowers? On this garden tour, we'll get up close and personal with many beautiful species of native plants. You'll learn how to utilize various species, no matter what your yard conditions are at home.

**One Session \$13.00 Per Person****Huber Wds Pk Env Ctr Courtyard****Sat, Jun 13 10:00-11:30 AM . . . . . IM663X****Mon, Jun 22 5:00-6:30 PM . . . . . IM763X****SUPERB SUMMER SAUNTER** 

With summer rearing to go, our parks are teeming with all sorts of animal and plant life.

Engage your curiosity as you explore the trails with a Park System Naturalist!

**Meet on the following Wednesdays at 10-11:30 AM:****June 3 - Big Brook Pk Lower Pond Lot****June 10 - Freneau Woods Pk Vis Ctr Parking Area****June 24 - Manasquan Res Env Ctr Parking Lot****Out in Nature: LGBTQ+ Inclusion***(adults)*

Celebrate Pride Month by connecting with nature in the company of other LGBTQ+ people, allies, families, friends, and anyone who wants to enjoy an experience in nature that is inclusive. We will take an easy walk to scan the woods and wetlands for birds and other interesting wildlife. It's okay if you don't have binoculars, just bring your eyes and your authentic self. This program is all about appreciating nature and enjoying the benefits of time outdoors.

**One Session \$8.00 Per Person****Freneau Wds Pk Vis Ctr Parking Area****Sat, Jun 6 12:00-1:00 PM (approx) . . . . . IMZ63X****Summer Birding at the Bayshore***(ages 14 and up, under 18 with adult)*

While not the peak of migration, summer is a busy time for breeding birds and wandering visitors to the Bayshore. Join us as we search the beach and surrounding woodland edges for local breeding species such as osprey, terns, orioles, and more. You never know what avian gems will show up here. There will be a limited number of binoculars available to borrow for those who need them. Please wear sturdy footwear as we will likely be walking 2-3 miles.

**One Session \$10.00 Per Person****Bayshore Waterfront Pk****Wed, Jul 29 9:00-10:30 AM (approx) . . . . . IMM63X****Wed, Aug 26 9:00-10:30 AM (approx) . . . . . IMP63X****Sunset Dune Walk** *(adults)*

Explore the soft sands of the beach and the wild nature that calls these shifting sandy environments home. Join a Park System Naturalist for a nature exploration of beach dunes. These places are best viewed during sunset as the shifting landscape exposes crepuscular animals that are active during sundown, and stunning views of the water. Please wear comfortable shoes that can get wet and sandy. The program will be canceled in inclement weather.

**One Session \$10.00 Per Person****Bayshore Waterfront Pk****Wed, Jul 8 8:00-9:00 PM . . . . . IN363X****Seven Presidents Pk Act Ctr****Wed, Aug 5 7:00-8:00 PM. . . . . IN463X****Sat, Aug 29 6:30-7:30 PM. . . . . IN563X**

## DROP-IN 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

### Fireflies of Monmouth County

**Thursday, June 11, 7:00–8:00 PM**

**Freneau Wds Pk Vis Ctr**

Fireflies, also known as lightning bugs, are a magical sight during summer evenings. They are found in grassy areas in warm, damp, and secluded areas. Join a Park System Naturalist and learn how to decode a firefly's signals and the mysteries behind the insect's biology and ecology, including what they're really doing when they light up our yards at night. We will also explain the threats facing the estimated 170 varieties in North America, as well as how to protect them.

### Understanding Dolphin Behavior

**Wednesday, July 22, 7:00–8:00pm**

**Bayshore Waterfront Pk Act Ctr**

Dolphins are a common sight along the Jersey Shore during the summer. But did you know several species are found along the coast and that their movements are influenced by the seasonal availability of their prey? Discover insights and information about these marine mammals and how their presence contributes to the diverse ecosystem thriving along the Jersey Shore. Threats to dolphins will also be discussed, and how people can help.

### Life History of Blue Crab Claws

**Thursday, August 20, 7:00–8:00 PM**

**Bayshore Waterfront Pk Act Ctr**

Blue crabs are iconic residents in New Jersey's bays and rivers, and crabbing is part of the culture of the Jersey Shore. But did you know that the crab's future is uncertain due to warming waters, pollution, and habitat loss? Discover what makes this signature crustacean unique, and why its preservation matters in New Jersey.

Free

## Sunset Kayak Tour of Swimming River

(ages 10 and up, under 18 with adult)

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

**One Session \$46.00 Per Person**

**Swimming River Park Parking Lot**

**Thu, Jun 11 6:00-8:00 PM. . . . . IM163X**

**Thu, Jun 25 6:00-8:00 PM. . . . . IM263X**

## Wildlife Boat Tour of the Manasquan Reservoir

(ages 5 and up, with adult)

Ever wonder what wildlife lives at the Manasquan Reservoir? Join a Park System Naturalist for an extended boat tour as we go on the hunt for creatures in the evening hours. Bring your camera, as we will stop periodically along our ride if opportunities for wildlife photography arise. Dress for the weather and bring binoculars. Boat will leave from the Manasquan Reservoir Visitor Center dock. Life jackets are provided and must be worn during the entire tour.

**One Session \$12.00 Per Person**

**Manasquan Res Outdoor Area**

**Fri, Jun 12 7:00-8:30 PM . . . . . I4763X**

**Fri, Jul 10 7:00-8:30 PM . . . . . I4863X**

**Fri, Aug 14 6:30-8:00 PM . . . . . I4963X**

## Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities which complement each other excellently, hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting (\$5.00-\$10.00, pay on your own). The hike will take place as scheduled (weather permitting), but the trip to the winery is contingent on the facility being open for business.

**One Session \$19.00 Per Person**

**Clayton Pk Emley's Hill Lot**

**Sun, Jun 28 1:00-2:30 PM (approx) . . . . . IM563X**

## OUTDOOR ADVENTURES

### ARCHERY

#### 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 purposes, 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**

**Tue, Jun 16 7:00-9:00 PM . . . . . W7463X**

**Wed, Jul 8 7:00-9:00 PM . . . . . W7563X**

**Sat, Aug 8 2:30-4:30 PM . . . . . W8863X**

**Thu, Aug 13 7:00-9:00 PM . . . . . W7663X**

### 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 with us as you develop skills for safe riding.

Instructor: Ward Kradjel

**One Session \$32.00 Per Person**

**Thompson Pk 3 Barns Parking Lot**

#### Trail Riding Basics

Learn essential bike-handling skills on both paved and crushed stone trails. Includes shifting, braking, path etiquette, and hazard avoidance.

**Wed, Jul 1 9:30-11:30 AM (approx) . . . . W2263X**

#### Bike Handling & Hazard Avoidance

Skill-building focused on maneuvering, quick stops, scanning, navigating common paths, and road hazards.

**Wed, Jul 22 9:30-11:30 AM (approx). . . . W2363X**

#### Intro to Road Riding

Learn basic road positioning, lane selection, signaling, scanning, and predictable group riding. Includes short on-road segments on low-traffic local streets. Prerequisite: Completion of bike handling and hazard avoidance.

**Wed, Jul 29 9:30-11:30 AM (approx). . . . W2463X**

#### Cape Henlopen Delaware Bike Trip

(adults)

All aboard the Cape May Ferry as we cross Delaware Bay to Cape Henlopen State Park, Delaware. We'll pick up the bike path and pedal our way along beaches, pine forests, and marshes down to Rehoboth Beach before looping back to the 1700s historic town of Lewes to catch the ferry back to New Jersey. All participants must provide their own bike that is in good working condition. Please plan on packing and carrying your own lunch, snacks, and water. Everyone must wear a safety helmet that meets the Consumer Product Safety Commission (CPSC) standards (label in helmet). Riders should be able to ride at a steady pace of 8-12 mph. Price includes Park System leaders, transportation, and ferry.

**Rating: Easy/moderate, mostly flat, paved, cinder, pavement, and boardwalks (1/2 miles shares the road). Miles: 20**

**One Session \$110.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Mon, Aug 3 6:00 AM-7:00 PM . . . . . W7863X**

#### Coast & Coffee Bike Rides

(adults)

Join like-minded people while enjoying a relaxed morning bike ride. Stay away from the crowds and off the busy roads on these scenic routes, plus enjoy a favorite cup of coffee along the way, or post-ride, is a sure way to get the day started. Bikes must be in good working order, a safety-certified helmet must be worn (CPSC label on inside), and water bottles must be 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**

Instructor: Ward Kradjel

**One Session \$30.00 Per Person**

**Bayshore Waterfront Park - Popamora Point (14-16m)**

**Bayshore Waterfront Pk**

**Fri, Jun 12 9:00 AM-12:00 PM (approx) . . W4663X**

**Union Transportation Trail - Allentown (16-18m)**

**Union Transportation Trail Millstream Road Parking Lot**

**Fri, Jul 24 9:00 AM-12:00 PM (approx) . . W4763X**

**Henry Hudson Trail - Big Brook Park (12-15m)**

**Big Brook Pk Parking Lot**

**Fri, Aug 14 9:00 AM-12:00 PM (approx). . W4863X**

**Delaware Raritan Canal Bike Ride** *(adults)*

Pedaling along the Delaware River is one of the best rides in NJ. This route forms a loop, crossing the Delaware River into Pennsylvania before circling back. The trail surface is dirt, some gravel, and pavement. We will have to share the road in a few spots, but the majority of the ride is on the beautiful tow paths along the river. Wear a small day pack to carry your lunch, water, an extra bike tube, and a light jacket. Be sure your bicycle is in good working order (tires pumped up, seat height correct, chain running smoothly, brakes working) and your helmet meets the CPSC standards (label in helmet).

**Rating: Moderate. Miles: 22****One Session \$75.00 Per Person****Thompson Pk Estate Grounds Parking Lot****Fri, Jun 5 8:00 AM-4:00 PM. . . . . W0263X****Princeton Tow Path: Bike Ride** *(adults)*

Join us on this scenic bike trip along the historic Delaware and Raritan Canal, built in the 1830s. Learn how this vital trade route shaped the surrounding area. We will ride along the canal and through the Princeton area. Hybrid and mountain bikes are recommended, and a safety-certified helmet is required (CPSC label inside helmet). The trail surface will vary from dirt, cinder, and paving. Bikes will be transported via enclosed cargo trailer.

**Rating: Moderate. Miles: 17 approx.****One Session \$79.00 Per Person****Thompson Pk Estate Grounds Parking Lot****Wed, Aug 12 6:30 AM-3:30 PM (approx) . . W8163X**

*Jan and her crew were wonderful. We all had such a good time despite the windy conditions and slight rain that occurred during our trip.*

**HIKING****Section Hikes on the Appalachian Trail***(adults)*

South bounders wanted! The "AT" is one of the oldest footpaths in the world, roughly 2,180 miles through 14 states from Maine to Georgia. Join in the year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging 7 miles per trip. Hiking boots are required; trekking poles are highly suggested. Hikers age 14 and up are welcome to register with a registered adult.

**Rating: Moderate pace, challenging trails, steep ascents/descents, creek crossing, views, rocky. Miles: 5-7+****Rt. 565 to Wallkill River NWR (8+ mi)****One Session \$76.00 Per Person****Thompson Pk Estate Grounds Parking Lot****Sun, Jun 14 7:00 AM-5:30 PM (approx) . . W0163X****JUST THE LADIES****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 System 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. Beginner and seasoned hikers are welcome.

Please register early; the program must meet the minimum registrants by September 5.

**Rating: Moderate, trails include rocky portions, wooded roads, lakes, ascents/descents, and incredible views. Miles: 4-8****\$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-7:00 PM . . . . . W0164X**

## ON THE WATER

### Canoeing Basics

(adults)

The fundamentals! We will teach you how to paddle, capsize, and remount. Practice your newly acquired skills as we explore Thompson Park's Marlu Lake. Whether you're looking to try something new or enhance your skills, this is the perfect program for those looking to explore calm waters while building balance, strength, and coordination. We will provide the canoe, personal floatation device, paddle, and instructions.

**One Session \$28.00 Per Person**

**Thompson Pk Marlu Lake**

**Tue, Jun 16 10:00 AM-12:00 PM . . . . . W6363X**

### Lunar Eclipse Kayak

(adults)

Experience the near-total lunar eclipse like never before. Enjoy the beauty and serenity of being on the water at the Manasquan Reservoir while guided by the light of the full Sturgeon Moon. We will watch the shadow of the Earth slowly eclipse 94% of the area of the moon, causing it to glow red at its peak. Perfect for paddlers of all levels, an experience like this doesn't come around often and is sure to be a night you'll remember.

**One Session \$30.00 Per Person**

**Manasquan Res West Dock**

**Thu, Aug 27 10:15-11:45 PM . . . . . W6563X**

### Rigging 101

If you are an experienced sailor but do not have a sailing certification or would like to refresh your skills, please attend one of our free Rigging 101 sessions to learn how to rig our 15' American sailboats. Sailors showing proficiency will have an opportunity to obtain a Monmouth County Park System sailing card, which will allow them to rent these boats during our drop-in sailboat rental times.

Program meets at Manasquan Reservoir West Dock/Ramp on the following dates/times:

**Thursday, June 18, 10:00 AM-12:00 PM • Saturday, July 11, 1:00-3:00 PM**

### Sailboat Rentals at the Manasquan Reservoir

Are you a sailer without a boat? The Park System has sailboats available to rent on Thursdays and Saturdays, May 30 through September 19, from 10:00 AM-3:00 PM at the Manasquan Reservoir.

Renters must have a Red Cross, US Sailing, or Monmouth County Park System sailing card in order to rent.

First-come, first-serve.

#### 12' Pico Sailboat Rentals

**Cost: \$75 per boat for 2-hour rental**

Laser Pico 12' sailboats can accommodate one adult or two youth.

#### 15' American Sailboat Rentals

**Cost: \$90 per boat for 2-hour rental**

Have experience and looking to try a larger boat? The Park System has 15' American sailboats (2-3 people). Sailors with a Monmouth County Park System sailing card are eligible to rent these boats during our drop-in rentals. Otherwise, rentals are available by appointment made at LEAST 48 hours in advance by calling 732-842-4000, ext. 4325.

### Private Sail Lessons

New to sailing, need a refresher, or just want to sit back and enjoy the experience? Catch the wind during a private sailing lesson in our 15' American (2-4 people) or 12' Pico sailboats (1 adult or 2 youth). An experienced sailing instructor will be with you on the boat (or coaching from a sailing safety boat or Pico) to answer all your sailing questions. Novice and experienced sailors looking for a refresher are encouraged to register. Learn proper sailing techniques, including how to read the wind, maneuver your sailboat, and how to be a captain! Be sure to call in advance for your private lesson. Sailors age 8 and up can join with an adult.

**Dates: June 13-September 20**

**Cost: One 3-hour hands-on lesson \$175 for two people, \$135 for any additional lessons.**

*For reservations or questions, please call 732-842-4000, ext. 4325.*

**Stand-Up Paddleboarding Basics**

*(adults)*

The fundamentals! We will teach the forward stroke, how to capsize, and re-mount, followed by practicing our newly acquired skills by exploring the Manasquan Reservoir. Whether you're looking to try something new or enhance your skills, this program is perfect for those looking to explore 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**

**Thu, Jul 16 9:30-11:30 AM . . . . . W8063X**

**Sat, Aug 1 9:30-11:30 AM . . . . . W7963X**

**Wed, Aug 19 4:00-6:00 PM . . . . . W6263X**

**PIONEERING**

**Pioneering Level 1: Knots** 

*(adults)*

Pioneering is the art of using ropes and wooden spars joined by lashings and knots to create a structure. Before you can begin building improvised structures, you need to know the first step: knots. In the realm of outdoor activities, from camping and hiking to bushcraft, the ability to tie a variety of knots is not just a skill—it's an essential craft. Every knot has a different purpose and application. You will learn how to tie and practically apply some of the most used knots that will help not just in outdoor activities, but every day life. By the end, you will have a better understanding of the basics of knot tying and will be on your way to learning more advanced knots.

**One Session \$19.00 Per Person**

**Thompson Pk Activity Barn**

**Mon, Aug 17 6:00-7:30 PM. . . . . W6063X**

**Pioneering Level 2: Lashings and Structures** 

*(adults)*

A lashing knot is a method of binding two or more poles (or spars) together using rope, creating strong, rigid joints for building structures like tripods, shelters, or scaffolds. Lashing materials together is a skill that breeds creativity and allows you to make a structure with improvised materials when modern conveniences are out of reach. If you need to hang a pot over a fire to cook, build a ladder to reach a higher area, build an overnight shelter in an emergency, or any other need you may encounter outdoors, these skills will help you be prepared. Participants should have either taken Pioneering Level 1 or have a general knowledge of knots and their practical applications (ex: clove hitch, timber hitch, square knot, etc.). Rope will be provided, but feel free to bring your own.

**One Session \$21.00 Per Person**

**Thompson Pk Activity Barn**

**Mon, Aug 24 6:00-8:00 PM. . . . . W6163X**

**PERFORMING ARTS**

**ACTING**

**Monologues: The Wives and the Signers**  

*(adults)*

As we celebrate the United States of America's 250th anniversary, let's bring the signers of the Declaration of Independence and their wives to life as we tell their stories through preserved letters and historical facts. As actors, we will strengthen our monologue techniques while learning about the incredible people who gave so much in service to our country.

**Four Sessions \$90.00 Per Person**

**Navesink Library The Theater**

**Mon, Jun 1-22 12:30-2:00 PM . . . . . Q2763X**

**Audition Notice:  
You're a Good Man Charlie Brown**

**Thursday, July 9**

**Sign in starting at 4:00 PM, Auditions from 4:30-8:30 PM**

**Thompson Park Theatre Barn**

Open opportunity casting for 6 performers open to ages 16+.

Come with a 32-bar cut of a song within the style of the show (comedic contemporary/TYA), headshot, and resume. Email these items to [TheBellaCampo@gmail.com](mailto:TheBellaCampo@gmail.com) for online submission or with any questions.

Callbacks will occur on Saturday, July 11 from 12:00-4:00 PM.

Show Dates: Saturday & Sunday, October 2 & 3

## DANCE

### 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 four-week beginner social dancing workshop is for you! We will learn beginner steps together, allowing for 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 shoes that you can easily move in.

Instructed by: Sing and Sway

**Four Sessions \$188.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jun 1-22 2:10-3:00 PM . . . . . A5563X**

**Wed, Jun 3-24 6:00-6:50 PM . . . . . A5763X**

**Mon, Jul 6-27 2:10-3:00 PM . . . . . A5863X**

**Wed, Jul 15-Aug 5 6:00-6:50 PM . . . . . A5663X**



*Learning to dance can improve your balance and flexibility, strength, and cardiovascular health, and also benefits your mental health.*

**DID YOU  
KNOW?**

### Dance Floor Confidence: Latin, Pop & Party Line Dancing

(adults)

Light up the dance floor with confidence and rhythm! In this upbeat, beginner-friendly class, you'll learn a mix of Latin-inspired line dances, including Salsa and Bachata basics, alongside a selection of classic and contemporary party favorites, the Electric Slide, Cupid Shuffle, and Cha Cha Slide. We'll cover foundational line dancing skills, counting beats, understanding rhythm, learning common patterns, and adapting them to music on any dance floor. Each week balances repetition and variety, so you'll build muscle memory while having a blast. No experience or partner required. Participants should wear comfortable clothes and closed-toe shoes that they can easily move in.

Instructed by: Sing and Sway

**Four Sessions \$99.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jun 1-22 3:10-4:00 PM . . . . . A6163X**

**Wed, Jun 3-24 5:00-5:50 PM . . . . . A6363X**

**Mon, Jul 6-27 3:10-4:00 PM . . . . . A6263X**

**Wed, Jul 15-Aug 5 5:00-5:50 PM . . . . . A6463X**

### Wedding Dance Workshop

(adults)

Get ready to dance more than the traditional sway on your wedding day! If you've been contemplating taking private or group dance lessons, this is a beginner-friendly way to learn basic steps of two social dancing styles and practice in community with instructor assistance. While this workshop is intended for engaged couples, we invite all couples to this introductory experience in partner dancing. Dress comfortably, slip into shoes that won't let you down, and let's lay the groundwork for magical moments together on the dance floor.

Instructed by: Sing and Sway

**One Session \$99.00 Per Couple**

**Tatum Pk Red Hill Act Ctr**

**Wed, Jul 8 6:00-8:00 PM . . . . . A5963X**

**SPOKEN WORD**

**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 their work aloud or read work from your favorite poet(s). You will also get the opportunity to connect with the growing community of "Monmouth County Poets". Themes and prompts are suggested, and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

**One Session FREE!**

**Thompson Pk Theater Barn**

**Circles & Communities**


**Wed, Jun 10 7:00-8:30 PM . . . . . PE096A**

**The America I Dream Of and/or Poems Inspired by the American Revolution**

**Sun, Jul 12 3:00-4:30 PM . . . . . PE106A**

**Echoes and/or Micro-Poetry (under 50 words)**

**Wed, Aug 5 7:00-8:30 PM. . . . . PE116A**

**Everyone Has a Story**   
*(all ages, under 18 with adult)*  
**Saturday, June 27, 6:00-8:00 PM**  
**Thompson Park Theatre 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.

**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

**Tatum Pk Red Hill Act Ctr**

**Four Sessions \$60.00 Per Person**

**Thu, Jul 2-23 5:30-6:30 PM. . . . . XN763X**

**Tue, Jul 7-28 5:30-6:30 PM . . . . . XN663X**

**Five Sessions \$75.00 Per Person**

**Thu, May 28-Jun 25 5:30-6:30 PM . . . . . XFE62X**

**Tue, Jun 2-30 5:30-6:30 PM . . . . . XN563X**

**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, dynamic workout. Please wear sneakers and bring water; no experience is necessary in any fitness/dance format.

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Jun 19-Aug 14 5:30-6:25 PM . . . . . XMB63X**

*No class 7/3*

## 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.

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 15-Jul 27 5:10-6:05 PM. . . . .XKZ63X**

*No class 7/6*

## Belly Dance for Fun and Fitness

(adults)

This class is a fun and dynamic continuation of learning Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! This class requires some belly dance experience as we focus on combos and progressions, as well as props. Improve flexibility, coordination, balance, and strength as we engage the arms, legs, hips, and core for a total body workout. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes. Please bring a veil and zills to each class.

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Jul 9-Aug 27 7:15-8:10 PM. . . . . XM963X**

## 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

**Seven Sessions \$126.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Tue, Jul 7-Aug 18 7:25-8:55 PM. . . . . XM363X**

## Dance Tone Stretch

(adults)

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

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Thu, Jul 9-Aug 13 5:00-5:55 PM. . . . . XM763X**

## 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

**Six Sessions \$96.00 Per Person**

**Seven Presidents Pk**

**Fri, Jun 5-Jul 17 8:00-8:45 AM. . . . .XKQ63X**

*No class 7/3*

**Fri, Jul 31-Sep 11 8:00-8:45 AM. . . . .XKR63X**

*No class 9/4*

“

*Eryka is a fabulous teacher who is completely knowledgeable about not only the dance and its origins, but also how the body works. She is an outstanding teacher.*

”

## Intro to Belly Dancing

(adults)

Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment during this fun and gentle introductory class. A variety of movements and techniques will be explored as we enjoy exciting styles of belly dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout that is low-impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 15-Jul 27 6:15-7:10 PM . . . . . XM063X**

*No class 7/6*

## 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

**Six Sessions \$90.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sat, Jun 13-Jul 25 8:00-9:00 AM . . . . . XN963X**

*No class 7/4*

## PICKLEBALL

### Adult Beginners Pickleball

(ages 16 and up)

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

**Four Sessions \$68.00 Per Person**

**Dorbrook Rec Area**

**Mon, Jun 22-Jul 13 5:00-6:00 PM . . . . . XJZ63X**

**Tue, Jun 23-Jul 14 9:30-10:30 AM . . . . . XK163X**

**Thu, Jun 25-Jul 16 9:30-10:30 AM . . . . . XK363X**

**Mon, Jul 27-Aug 17 5:00-6:00 PM . . . . . XK563X**

**Tue, Jul 28-Aug 18 9:30-10:30 AM . . . . . XK763X**

**Thu, Jul 30-Aug 20 9:30-10:30 AM . . . . . XK963X**

### 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**

**Dorbrook Rec Area**

**Mon, Jun 22-Jul 13 6:10-7:40 PM . . . . . XK063X**

**Tue, Jun 23-Jul 14 10:40 AM-12:10 PM . . . . . XK263X**

**Thu, Jun 25-Jul 16 10:40 AM-12:10 PM . . . . . XK463X**

**Mon, Jul 27-Aug 17 6:10-7:40 PM . . . . . XK663X**

**Tue, Jul 28-Aug 18 10:40 AM-12:10 PM . . . . . XK863X**

**Thu, Jul 30-Aug 20 10:40 AM-12:10 PM . . . . . XKA63X**



## TENNIS

### Adult Advanced Beginner Tennis

(adults)

For those looking to master the basics of strokes and skills they learned from a beginner's program before progressing to intermediate-level programs. Class size is limited to allow for some individual attention.

**Four Sessions \$60.00 Per Person**

#### Dorbrook Rec Area

Sun, Jul 12-Aug 2 12:00-12:55 PM . . . . . XEV63X

Mon,Wed, Aug 10-19 9:00-9:55 AM . . . . . XJT63X

Tue,Thu, Aug 11-20 10:00-10:55 AM . . . . . XJJ63X

Tue,Thu, Aug 11-20 5:15-6:10 PM . . . . . XJX63X

#### Thompson Pk

Mon,Wed, Aug 10-19 5:30-6:25 PM . . . . . XJF63X

Tue,Thu, Aug 11-20 5:00-5:55 PM . . . . . XJN63X

**Six Sessions \$90.00 Per Person**

#### Dorbrook Rec Area

Mon,Wed, Jun 8-24 6:30-7:25 PM . . . . . XES63X

Mon,Wed, Jul 6-22 6:30-7:25 PM . . . . . XET63X

Mon,Wed, Aug 3-19 6:30-7:25 PM . . . . . XEU63X

#### Thompson Pk

Mon,Wed, Jun 8-24 9:00-9:55 AM . . . . . XJQ63X

Mon,Wed, Jul 13-29 5:45-6:40 PM . . . . . XHQ63X

Tue,Thu, Jul 14-30 5:15-6:10 PM . . . . . XHT63X

**Eight Sessions \$120.00 Per Person**

#### Thompson Pk

Tue,Thu, Jun 2-25 5:30-6:25 PM . . . . . XEJ63X



### 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. This is the perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

**Four Sessions \$60.00 Per Person**

#### Dorbrook Rec Area

Mon,Wed, Aug 10-19 11:30 AM-12:25 PM . XJV63X

Tue,Thu, Aug 11-20 9:00-9:55 AM . . . . . XJH63X

Tue,Thu, Aug 11-20 4:15-5:10 PM . . . . . XJW63X

#### Thompson Pk

Mon,Wed, Aug 10-19 6:30-7:25 PM . . . . . XJG63X

Tue,Thu, Aug 11-20 4:00-4:55 PM . . . . . XJM63X

**Six Sessions \$90.00 Per Person**

#### Dorbrook Rec Area

Mon,Wed, Jun 8-24 5:30-6:25 PM . . . . . XEP63X

Mon,Wed, Jul 6-22 5:30-6:25 PM . . . . . XEQ63X

Tue,Thu, Jul 14-30 6:30-7:25 PM . . . . . XEF63X

Mon,Wed, Aug 3-19 5:30-6:25 PM . . . . . XER63X

#### Thompson Pk

Mon,Wed, Jun 8-24 11:30 AM-12:25 PM . . XJS63X

Mon,Wed, Jul 13-29 6:45-7:40 PM . . . . . XHR63X

Tue,Thu, Jul 14-30 4:15-5:10 PM . . . . . XHS63X

**Eight Sessions \$120.00 Per Person**

#### Dorbrook Rec Area

Tue,Thu, Jun 9-Jul 2 6:30-7:25 PM . . . . . XED63X

#### Thompson Pk

Mon,Wed, Jun 1-24 5:30-6:25 PM . . . . . XEG63X



*Playing tennis can improve cardiovascular health and provides a full-body workout.*

*The Park System has tennis courts available for play at Dorbrook Recreation Area, Holmdel Park, and Thompson Park.*

## DID YOU KNOW?

## 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, Jul 14-30 5:30-6:25 PM . . . . . XEE63X**

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area**

**Tue,Thu, Jun 9-Jul 2 5:30-6:25 PM . . . . . XEC63X**

**Thompson Pk**

**Mon,Wed, Jun 1-24 6:30-7:25 PM . . . . . XEH63X**

**Tue,Thu, Jun 2-25 6:30-7:25 PM . . . . . XEK63X**

**Four Sessions \$90.00 Per Person**

**Dorbrook Rec Area**

**Sat, Jul 11-Aug 1 11:05 AM-12:30 PM . . . XHN63X**

**Mon,Wed, Aug 10-19 10:00-11:25 AM . . . XJU63X**

**Tue,Thu, Aug 11-20 11:00 AM-12:25 PM . . XJK63X**

**Tue,Thu, Aug 11-20 6:15-7:40 PM . . . . . XJY63X**

**Thompson Pk**

**Mon,Wed, Aug 10-19 4:00-5:25 PM . . . . . XJE63X**

**Tue,Thu, Aug 11-20 6:00-7:25 PM . . . . . XJP63X**

**Six Sessions \$135.00 Per Person**

**Thompson Pk**

**Mon,Wed, Jun 8-24 10:00-11:25 AM. . . . . XJR63X**

**Mon,Wed, Jul 13-29 4:15-5:40 PM . . . . . XHP63X**

**Tue,Thu, Jul 14-30 6:15-7:40 PM . . . . . XHU63X**

## 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, Jun 7-Jul 5 9:00-10:00 AM . . . . . XMS63X**

**Sun, Aug 2-30 9:00-10:00 AM . . . . . XMW63X**

### 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, Jun 7-Jul 5 10:15-11:15 AM . . . . . XMT63X**

**Sun, Aug 2-30 10:15-11:15 AM . . . . . XMX63X**

### Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment, and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 6-Aug 24 6:00-7:00 PM . . . . . XKJ63X**

**Thu, Jul 9-Aug 27 11:00 AM-12:00 PM . . . XKP63X**

### Buck Full Moon Yoga

(adults)

The Buck Full Moon marks a phase of reclaiming confidence and inner authority. This moon emphasizes embodied confidence and the desire to take up space. Open to all bodies and levels, you will move with power and compassion. 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 Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

**One Session \$20.00 Per Person**

**Tatum Pk Holland Act Ctr Field Area**

**Wed, Jul 29 7:00-8:00 PM. . . . . XMQ63X**

## Chair Yoga

(adults)

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

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 15-Jul 27 4:00-4:55 PM . . . . .XKY63X**

*No class 7/6*

## Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga practiced sitting on a chair or standing while using the chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

Instructor: Eryka Andrex

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Wed, Jun 24-Aug 12 4:00-4:55 PM . . . . .XM463X**

## Consciousness Yoga

(adults)

Each week, we practice a smooth flow of a specific sequence of poses, synchronized with our breath and guided by meditative cues, to activate our life force energy, dissolve stress, inspire, and align us physically and mentally, opening us to higher consciousness. This practice, designed by MJ Kasliner, creator of Codes of Creation in Movement®, helps you discover a deeper understanding of yourself, your connection with the universe, and the endless possibilities that unfold in practice. It helps you achieve your intentions both on and off the mat. 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. MJ has over 800 hours of certification training, including studies in India.

**Nine Sessions \$153.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Thu, Jun 18-Sep 3 9:30-10:45 AM . . . . .XKW63X**

*No class 8/6, 8/13 & 8/27*

## 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

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Mon, Jul 6-Aug 24 7:00-8:00 PM . . . . .XKK63X**

## Easy Morning Yoga

(adults)

Experience the benefits of waking up to yoga by taking your morning stretch one step further. This class will take you through a variety of asanas (postures) that help develop strength, flexibility, and balance, and is designed for all body types, ages, and fitness levels. Bring a yoga mat if you have one.

Instructor: Talena Ward, Certified Kripalu Yoga Instructor

**Eight Sessions \$120.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Tue, Jul 7-Aug 25 9:00-10:00 AM . . . . .XKM63X**

**Thu, Jul 9-Aug 27 9:30-10:30 AM . . . . .XKN63X**

## 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, restore youthfulness to your body, help manage stress, and inject wisdom into your life. Are you ready to join MJ for flexibility and wisdom? Instructor: MJ Kasliner is a national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification trainings including studies in India.

**Ten Sessions \$170.00 Per Person**

**Thompson Pk Vis Ctr Tulip Room**

**Tue, Jun 16-Aug 18 7:00-8:15 PM . . . . .XKU63X**

## Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieve stiffness, take pressure off joints, and increase 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 you in balance, which becomes more difficult as we get older. Poses can be done safely using props, such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breath control.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

**Tatum Pk Holland Act Ctr**

**Four Sessions \$60.00 Per Person**

**Fri, May 29-Jun 26 10:00-11:00 AM . . . . .XFD62X**

*No class 6/12*

**Mon, Jun 1-22 12:00-1:00 PM . . . . .XKB63X**

**Five Sessions \$75.00 Per Person**

**Mon, Jul 13-Aug 10 12:00-1:00 PM . . . . .XKC63X**

**Fri, Jul 17-Aug 14 10:00-11:00 AM . . . . .XKF63X**

## Mat Workout and Stretch

(adults)

A muscle-toning workout on your mat! We will do body weight exercise and use hand weights during this medium-intensity, lengthening, and strengthening full-body routine. For the last 10 minutes of class, we will stretch and lengthen the muscles and improve our recovery time by foam rolling. Please bring some water and a mat. We have hand weights and foam rollers to use.

**Six Sessions \$90.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Mon, Jun 15-Jul 27 7:30-8:25 PM. . . . . XM163X**

*No class 7/6*

## Morning Breath and Yoga

(adults)

Start the day feeling energized and refreshed with a breathing and yoga practice. We will begin with pranayama (breathing techniques) designed to support respiratory and digestive health and mental clarity. Then we move into a yoga practice that will build strength, flexibility, and calm. Appropriate for all levels. We will practice outside, so dress in layers. Bring a mat, towel, and water.

Instructor: Tiffany McCann, 500 hour YA-RYT, Live Grace Yoga

**Four Sessions \$60.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Sat, Jun 6-27 7:30-8:30 AM . . . . .XN163X**

**Sat, Aug 1-22 7:30-8:30 AM . . . . .XN263X**

## Morning Stretch

(adults)

Relax, unwind, and clear your mind as we get our midday stretch on! Whether you need relaxation, flexibility, or balanced energy, this class is for you! Ease tension and stress in the body and mind as we gently stretch and restore the natural mobility of joints. Experience increased flexibility and circulation along with enhanced body awareness and control. You will lengthen muscles and strengthen as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.

Instructor: Lisa Mandragona

**Seven Sessions \$105.00 Per Person**

**Tatum Pk Holland Act Ctr**

**Thu, Jul 16-Aug 27 11:00 AM-12:00 PM. . .XKG63X**

## 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

**Freneau Wds Pk Vis Ctr Program Room 1**

**Four Sessions \$60.00 Per Person**

**Wed, Aug 5-26 6:00-7:00 PM . . . . . XMY63X**

**Five Sessions \$75.00 Per Person**

**Wed, Jun 10-Jul 8 6:00-7:00 PM. . . . . XMV63X**

## 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, and 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

**Seven Sessions \$105.00 Per Person**

**Tatum Pk Holland Act Ctr**

**Thu, Jul 16-Aug 27 12:00-1:00 PM . . . . .XKH63X**

## River Flow Yoga

(adults)

Flow like a river with a vinyasa yoga practice to build strength and fluidity. On a ridge overlooking the beautiful Navesink River, we will stretch and lengthen muscles, build core strength, and end with a restful savasana. This practice will be active and will work towards more challenging poses with incremental steps. Bring a mat, towel, and water.

Instructor: Tiffany McCann

**Four Sessions \$60.00 Per Person**

**Hartshorne Wds Pk Historic Portland Place**

**Sat, Jun 6-27 9:00-10:00 AM. . . . .XN363X**

**Sat, Aug 1-22 9:00-10:00 AM . . . . .XN463X**

## Strawberry Full Moon Yoga

(adults)

The Strawberry Full Moon reminds us that life's sweetness is meant to be tasted. It is a time to celebrate without clinging. It asks, what is ready to be received? Mimicking the high energy of the full moon, the music picks up and we flourish. Open to all bodies and levels, this dynamic will capture that power and build harmony in the mind and body. 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 Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

**One Session \$20.00 Per Person**

**Tatum Pk Holland Act Ctr Field Area**

**Mon, Jun 29 7:00-8:00 PM . . . . .XMP63X**



## Sturgeon Full Moon Yoga

(adults)

The Sturgeon Full Moon reminds us that true power is steady and deeply rooted. You don't need to rush to prove yourself. Reflect and honor what is enduring. Open to all bodies and levels, we will celebrate this moon's energy with fierce yet balanced 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 Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

**One Session \$20.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Sat, Aug 29 7:00-8:00 PM. . . . . XMR63X**

## Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our lives with the intention of moving toward what is sacred or most important to us. It is a style of yoga characterized by stringing postures together so you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring a yoga mat and water.

Instructor: MJ Kasliner is national certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

**Thompson Pk Vis Ctr Tulip Room**

**Eight Sessions \$136.00 Per Person**

**Mon, Jun 22-Aug 10 7:00-8:15 PM . . . . .XKT63X**

**Nine Sessions \$153.00 Per Person**

**Fri, Jun 19-Sep 4 9:30-10:45 AM . . . . .XKX63X**

*No class 7/3, 8/14 & 8/28*

## 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. Class will end 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 trainings including studies in India.

**Eleven Sessions \$187.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Wed, Jun 17-Sep 2 9:30-10:45 AM . . . . .XKV63X**

*No class 8/26*

## Yoga at the Shore

(adults)

Get in touch with your body and 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. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Sessions will be held in the Activity Center. Please bring a yoga mat, two yoga blocks, a long yoga strap, a towel or blanket, and water.

Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist, registered with the International Association of Yoga Therapists

**Twelve Sessions \$180.00 Per Person**

**Seven Presidents Pk Act Ctr**

**Sat, Jul 11-Sep 26 8:00-9:00 AM . . . . .XKS63X**

## Yoga Flow

(adults)

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 (200 hr)

**Six Sessions \$90.00 Per Person**

**Tatum Pk Red Hill Act Ctr**

**Sat, Jun 13-Jul 25 9:00-10:00 AM. . . . . XN863X**

*No class 7/4*

## Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up, or that you're 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, Jun 2-23 10:30 AM-12:00 PM . . . . . XKD63X**

**Five Sessions \$100.00 Per Person**

**Tue, Jul 14-Aug 11 10:30 AM-12:00 PM. . . XKE63X**

## Yoga on the Summer Solstice

(adults)

A celebration of light, warmth, and fullness. We are honoring the peak of the sun's energy, moving fluidly through a vinyasa-style practice. This class will leave students feeling energized yet calm, connected to nature, and aligned with the rhythm of the summer season. 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 Vinyasa Yoga Instructor/teacher trainer; Certified Personal Trainer; Certified Mindfulness/Meditation instructor

**One Session \$20.00 Per Person**

**Deep Cut Gardens Outdoor Area**

**Sat, Jun 20 7:00-8:00 PM . . . . . XMN63X**

## ZUMBA

### Zumba Fitness

(adults)

Ditch the workout, join the party! Zumba Fitness combines Latin rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness experience. In one exciting hour of cardio dance, participants will tone and sculpt their bodies, burn calories, and re-energize while having FUN! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude!

**Dorbrook Rec Area Act Ctr**

**Seven Sessions \$105.00 Per Person**

**Tue, Jul 7-Aug 18 6:15-7:10 PM . . . . . XM263X**

**Eight Sessions \$120.00 Per Person**

**Thu, Jul 9-Aug 27 6:15-7:10 PM. . . . . XM863X**

### 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.

**Eight Sessions \$120.00 Per Person**

**Dorbrook Rec Area Act Ctr**

**Fri, Jun 19-Aug 14 6:30-7:25 PM . . . . . XMC63X**

*No class 7/3*

**Wed, Jun 24-Aug 12 6:00-6:55 PM . . . . . XM663X**

## 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 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**

**Wed, Jun 24-Aug 12 5:00-5:55 PM . . . . . XM563X**

## 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 you are having fun out on the course. Open to all levels and abilities.

**One Session \$35.00 Per Person**

**Bel-Aire GC**

**Wed, Jun 3 10:00-11:00 AM . . . . . Y3663X**  
**Wed, Jun 10 9:00-10:00 AM . . . . . Y4263X**  
**Wed, Jun 10 10:30-11:30 AM . . . . . Y1763X**  
**Sat, Jun 13 7:30-8:30 AM . . . . . Y4563X**  
**Fri, Jun 19 9:00-10:00 AM . . . . . YA163X**  
**Sun, Jun 21 7:00-8:00 AM . . . . . Y5063X**  
**Thu, Jun 25 8:30-9:30 AM . . . . . Y5563X**  
**Fri, Jun 26 10:15-11:15 AM. . . . . YA463X**  
**Wed, Jul 1 10:30-11:30 AM. . . . . Y2163X**  
**Tue, Jul 7 5:30-6:30 PM . . . . . YB663X**  
**Fri, Jul 17 9:00-10:00 AM . . . . . YA963X**  
**Wed, Jul 22 8:45-9:45 AM . . . . . Y6763X**  
**Thu, Jul 23 7:30-8:30 AM . . . . . Y6863X**  
**Fri, Jul 24 10:15-11:15 AM . . . . . YAC63X**  
**Sun, Jul 26 9:15-10:15 AM . . . . . Y7263X**  
**Wed, Aug 5 10:30-11:30 AM . . . . . Y2763X**  
**Fri, Aug 7 10:15-11:15 AM . . . . . YAR63X**  
**Thu, Aug 13 5:30-6:30 PM . . . . . YB863X**  
**Sat, Aug 15 9:15-10:15 AM. . . . . Y8663X**  
**Fri, Aug 21 10:15-11:15 AM . . . . . YAV63X**  
**Fri, Aug 28 10:15-11:15 AM . . . . . YAZ63X**  
**Sat, Aug 29 7:30-8:30 AM . . . . . Y9363X**

### 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 students learn at their own pace and are given maximum individual attention.

**One Session \$35.00 Per Person**

**Bel-Aire GC**

**Thu, Jun 4 10:00-11:00 AM. . . . . Y3763X**  
**Wed, Jun 10 7:30-8:30 AM . . . . . Y4163X**  
**Wed, Jun 24 8:30-9:30 AM . . . . . Y5363X**  
**Sun, Jun 28 9:45-10:45 AM. . . . . Y5763X**  
**Tue, Jun 30 5:30-6:30 PM. . . . . YB563X**  
**Thu, Jul 2 9:15-10:15 AM . . . . . Y6063X**  
**Wed, Jul 8 9:45-10:45 AM . . . . . Y6163X**  
**Thu, Jul 9 9:45-10:45 AM . . . . . Y6263X**  
**Thu, Jul 9 4:15-5:15 PM . . . . . YAH63X**  
**Sat, Jul 25 9:15-10:15 AM . . . . . Y7063X**  
**Wed, Jul 29 8:45-9:45 AM . . . . . Y7363X**  
**Thu, Jul 30 7:30-8:30 AM . . . . . Y7463X**  
**Tue, Aug 11 4:15-5:15 PM . . . . . YAN63X**  
**Sun, Aug 16 9:15-10:15 AM . . . . . Y8763X**  
**Wed, Aug 19 7:30-8:30 AM. . . . . Y8863X**  
**Sat, Aug 22 9:45-10:45 AM. . . . . Y9163X**  
**Sun, Aug 30 9:45-10:45 AM . . . . . Y9563X**

**Howell Pk GC**

**Wed, Jun 17 4:00-5:00 PM . . . . . J0363X**  
**Wed, Jul 22 4:00-5:00 PM. . . . . J1163X**  
**Wed, Aug 12 4:00-5:00 PM. . . . . J1663X**

### 60 Minute Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence, and feel, whether off the tee or off the fairway. Sessions include individual instruction in a group setting, so each student learns new skills based on their current golf level.

**One Session \$48.00 Per Person**

**Bel-Aire GC**

**Fri, Jun 26 9:00-10:00 AM . . . . . YA363X**  
**Fri, Jul 24 9:00-10:00 AM . . . . . YAB63X**  
**Fri, Aug 7 9:00-10:00 AM . . . . . YAQ63X**  
**Fri, Aug 28 9:00-10:00 AM . . . . . YAY63X**

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### 60 Minute Putting

(adults)

Improving your putter stroke is one of the fastest ways to lower your score. This clinic focuses on the putting stroke, green reading, and the all-important lag putting. We will also focus on pre-put routine, putting etiquette, and rules. Low student-to-teacher ratios ensure students are given maximum individual attention. Players of all skill levels are welcome.

**One Session \$35.00 Per Person**

**Bel-Aire GC**

- Fri, Jun 5 10:00-11:00 AM . . . . . Y3863X**
- Thu, Jun 11 9:30-10:30 AM. . . . . Y4463X**
- Wed, Jun 17 10:30-11:30 AM . . . . . Y1963X**
- Thu, Jun 18 9:15-10:15 AM. . . . . Y4863X**
- Fri, Jun 19 10:15-11:15 AM. . . . . YA263X**
- Wed, Jun 24 7:00-8:00 AM . . . . . Y5263X**
- Sat, Jun 27 9:45-10:45 AM . . . . . Y5663X**
- Tue, Jun 30 4:15-5:15 PM. . . . . YAF63X**
- Sun, Jul 12 9:15-10:15 AM . . . . . Y6563X**
- Thu, Jul 16 4:15-5:15 PM . . . . . YAJ63X**
- Fri, Jul 17 10:15-11:15 AM . . . . . YAA63X**
- Sun, Aug 2 9:15-10:15 AM . . . . . Y7963X**
- Wed, Aug 5 8:45-9:45 AM . . . . . Y8063X**
- Thu, Aug 6 7:30-8:30 AM . . . . . Y8163X**
- Sat, Aug 8 9:15-10:15 AM . . . . . Y8263X**
- Wed, Aug 12 4:15-5:15 PM. . . . . YAP63X**
- Wed, Aug 19 12:00-1:00 PM . . . . . Y3163X**
- Fri, Aug 21 9:00-10:00 AM . . . . . YAU63X**

**Howell Pk GC**

- Sun, Jun 14 12:00-1:00 PM. . . . . J0263X**
- Wed, Jun 24 4:00-5:00 PM . . . . . J0863X**
- Wed, Aug 5 4:00-5:00 PM. . . . . J1563X**

### 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 students are given maximum individual attention. Open to all levels and abilities.

**One Session \$35.00 Per Person**

**Bel-Aire GC**

- Thu, Jun 25 7:00-8:00 AM . . . . . Y5463X**
- Thu, Aug 13 7:30-8:30 AM . . . . . Y8563X**

### Advanced Golf 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**

**Howell Pk GC**

- Wed, Jun 17-Jul 8 5:00-8:00 PM. . . . . J0463X**
- Wed, Jul 22-Aug 12 5:00-8:00 PM . . . . . J1263X**
- Fri, Jul 24-Aug 14 5:00-8:00 PM. . . . . J1463X**

**Charleston Springs GC**

- Fri, Jun 19-Jul 10 5:00-8:00 PM . . . . . T0363X**

### 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 the 9-hole course. Greens fees and reserved times are not included.

**One Session \$35.00 Per Person**

**Bel-Aire GC**

- Wed, Jun 3 8:00-9:00 AM . . . . . Y1563X**
- Wed, Jun 10 8:00-9:00 AM . . . . . Y1663X**
- Wed, Jun 17 8:00-9:00 AM . . . . . Y1863X**
- Wed, Jul 1 8:00-9:00 AM . . . . . Y2063X**
- Wed, Jul 8 8:00-9:00 AM . . . . . Y2263X**
- Wed, Aug 5 8:00-9:00 AM . . . . . Y2663X**
- Wed, Aug 12 8:00-9:00 AM. . . . . Y2863X**



*Playing golf can have a variety of health benefits, including improving concentration, relieving stress, burning calories and assisting with weight loss, and increasing your chance of a better night's sleep.*

**DID YOU KNOW?**

## Beginner Golf

(ages 6 and up)

A clinic tailored to give the beginning golfer an introduction to the game, this class stresses the importance of the fundamentals. It covers the key areas of grip, stance, balance, and swing. If you've wanted to start learning how to golf and are looking for the best way to go about it, this class is for you! Golf clubs provided if needed.

### Children

(ages 6-10)

#### Bel-Aire GC

Four Sessions \$83.00 Per Person

Tue, Jul 7-28 4:15-5:15 PM . . . . . YAG63X

Thu, Jul 16-Aug 6 5:30-6:30 PM. . . . . YB763X

Three Sessions \$89.00 Per Person

Thu, Jun 18-Jul 2 7:30-8:50 AM . . . . . Y7763X

Four Sessions \$89.00 Per Person

Wed, Jun 3-24 9:00-10:00 AM . . . . . Y9763X

Mon, Jun 15-Jul 6 11:15 AM-12:15 PM . . . YA063X

Wed, Jul 1-22 9:00-10:00 AM . . . . . YA563X

Mon, Jul 13-Aug 3 11:15 AM-12:15 PM . . . YA863X

Wed, Jul 22-Aug 12 7:30-8:30 AM . . . . . Y7563X

Sat, Jul 25-Aug 15 8:00-9:00 AM . . . . . Y7663X

Wed, Jul 29-Aug 19 9:00-10:00 AM . . . . . YAD63X

Mon, Aug 3-24 4:00-5:00 PM . . . . . Y2463X

Mon, Aug 10-31 11:15 AM-12:15 PM . . . . . YAT63X

Wed, Aug 26-Sep 16 9:00-10:00 AM . . . . . YAW63X

### Juniors

(ages 11-14)

Four Sessions \$83.00 Per Person

#### Bel-Aire GC

Thu, Jul 30-Aug 20 4:15-5:15 PM . . . . . YAK63X

#### Charleston Springs GC

Sat, Jun 27-Jul 18 2:30-3:30 PM. . . . . T1363X

### Junior Girls

(ages 11-14)

Four Sessions \$83.00 Per Person

#### Bel-Aire GC

Thu, Jul 23-Aug 13 9:00-10:00 AM . . . . . YB263X

### Adults

Two Sessions \$89.00 Per Person

#### Bel-Aire GC

Sat-Sun, Jun 27-28 7:30-9:30 AM. . . . . YB063X

Wed-Thu, Jul 8-9 7:30-9:30 AM . . . . . YB163X

Four Sessions \$89.00 Per Person

#### Charleston Springs GC

Thu, Jun 25-Jul 16 4:00-5:00 PM . . . . . T1163X

Thu, Jul 30-Aug 20 4:00-5:00 PM. . . . . T1663X

### Women

Four Sessions \$89.00 Per Person

#### Bel-Aire GC

Wed, Jul 8-29 4:15-5:15 PM . . . . . YAM63X

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

One Session \$145.00 Per Person

#### Charleston Springs GC

Instructor: Dave Laudien

Sat, Jun 13 1:00-4:00 PM . . . . . T0263X

Sat, Jul 25 1:00-4:00 PM . . . . . T0663X

Sat, Aug 22 1:00-4:00 PM. . . . . T0863X

#### Howell Pk GC

Fri, Jun 12 4:00-7:00 PM . . . . . J0163X

## Couples Golf

(adults)

Looking for a great way to spend more time with your significant other? Consider taking this couples' golf clinic. Enjoy your time together while learning how to golf. Our instructors will cover the key fundamentals of the golf swing and review the areas of grip, stance, balance, and swing. Golf clubs provided if needed.

Four Sessions \$130.00 Per Couple

#### Bel-Aire GC

Sun, Jul 26-Aug 16 8:00-9:00 AM. . . . . YB363X

Sun, Aug 23-30 9:00-11:00 AM . . . . . YB463X

## Full Swing

(adults)

No matter what your level of play, discover the simple basics of long iron shots and driver that all golfers must master. Learn to develop a pre-shot routine, aim each shot, and consistently hit fairways. Gain distance with greater consistency, confidence, and feel whether off the tee or off the fairway. Sessions include individual instruction in a group setting, so each student learns new skills based on their current golf level.

One Session \$96.00 Per Person

#### Bel-Aire GC

Mon, Jun 1 10:00 AM-12:00 PM. . . . . Y3463X

Tue, Jun 2 10:00 AM-12:00 PM . . . . . Y3563X

Thu, Jun 11 7:00-9:00 AM . . . . . Y4363X

Sat, Jun 13 9:00-11:00 AM . . . . . Y4663X

Sun, Jun 21 8:30-10:30 AM. . . . . Y5163X

Thu, Jul 2 7:00-9:00 AM. . . . . Y5963X

Sun, Jul 12 7:00-9:00 AM . . . . . Y6463X

Sat, Aug 1 9:15-11:15 AM . . . . . Y7863X  
 Sun, Aug 9 9:15-11:15 AM . . . . . Y8363X  
 Wed, Aug 12 8:45-10:45 AM . . . . . Y8463X  
 Sat, Aug 22 7:30-9:30 AM . . . . . Y9063X  
 Thu, Aug 27 7:30-9:30 AM . . . . . Y9263X  
 Sun, Aug 30 7:30-9:30 AM . . . . . Y9463X

**Charleston Springs GC**

Sat, Jun 20 12:00-2:00 PM . . . . . T1063X  
 Sat, Jun 20 1:00-3:00 PM . . . . . T0463X  
 Sat, Jul 11 12:00-2:00 PM. . . . . T1563X  
 Fri, Jul 31 10:00 AM-12:00 PM. . . . . T1863X  
 Sat, Aug 8 1:00-3:00 PM . . . . . T2063X

**Howell Pk GC**

Fri, Jul 3 12:00-2:00 PM . . . . . J0963X  
 Sat, Jul 11 12:00-2:00 PM. . . . . J1063X  
 Sat, Aug 15 12:00-2:00 PM. . . . . J1763X

**Golf for High School Players**

*(ages 14-18)*

This program is for boys and girls in 8th-12th grades who aspire to play golf on the high school team, or who want to continue with the sport even if they do not play on a team. The program includes instruction on full swing, short game, bunker play, improvement drills, etiquette and rules, and course management. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace. This is not a beginner clinic; participants must have prior golf experience.

**Four Sessions \$125.00 Per Person**

**Charleston Springs GC**

Sat, Jun 27-Jul 18 4:00-7:00 PM. . . . . T1463X

**High School Golf Training**

*(ages 12-18)*

This clinic is designed for high school students who currently play on their school golf team or plan to try out. Participants will focus on skill refinement, course management, risk-versus-reward decision-making, and a deeper understanding of the rules, all to prepare for a strong season. Our instructors are here to help you perform at your best. This is a new four-week program designed for experienced golfers and is not intended for beginners.

**Four Sessions \$83.00 Per Person**

**Bel-Aire GC**

Sun, Jul 12-Aug 2 4:00-5:00 PM. . . . . Y2363X  
 Sun, Aug 16-Sep 6 4:00-5:00 PM . . . . . Y3063X

**Charleston Springs GC**

Sat, Aug 15-Sep 5 4:00-5:00 PM . . . . . T2163X

**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**

Wed, Jun 3-24 10:15 AM-12:15 PM. . . . . Y9863X  
 Mon, Jun 15-Jul 6 9:00-11:00 AM. . . . . Y9963X  
 Wed, Jul 1-22 10:15 AM-12:15 PM . . . . . YA663X  
 Mon, Jul 13-Aug 3 9:00-11:00 AM . . . . . YA763X  
 Wed, Jul 29-Aug 19 10:15 AM-12:15 PM . . . . . YAE63X  
 Mon, Aug 3-24 5:30-7:30 PM . . . . . Y2563X  
 Mon, Aug 10-31 9:00-11:00 AM. . . . . YAS63X  
 Wed, Aug 26-Sep 16 10:15 AM-12:15 PM. . . . . YAX63X

**Charleston Springs GC**

Thu, Jun 25-Jul 16 5:15-7:15 PM . . . . . T1263X  
 Thu, Jul 30-Aug 20 5:15-7:15 PM . . . . . T1763X  
 Fri, Jul 31-Aug 21 12:00-2:00 PM . . . . . T1963X

**Howell Pk GC**

Thu, Jun 18-Jul 9 5:00-7:00 PM . . . . . J0563X  
 Sun, Jun 21-Jul 12 4:00-6:00 PM . . . . . J0763X  
 Thu, Jul 23-Aug 13 5:00-7:00 PM . . . . . J1363X

**LPGA Girls Golf on the Course**

*(adults)*

Designed for girls ages 10-14, this junior golf program provides a safe, supportive, and girl-friendly environment where participants learn the game of golf while having fun and building confidence. Through a partnership between the Monmouth County Park System and the LPGA Amateurs Coastal NJ Chapter, girls are guided by positive role models and engage in structured activities that develop athletic skills, self-esteem, sportsmanship, and life skills that extend well beyond the golf course. The first hour will include instruction in the short game area and driving range, and will then head to the South course to play holes #10-11 with instruction and LPGA volunteers. It is recommended that participants bring their own sets of golf clubs.

**One Session \$45.00 Per Person**

**Charleston Springs GC South Course**

Sun, Jun 7 5:00-7:00 PM . . . . . T2863A

## Men's 60+ Touring League

(adults)

The Men's 60+ Touring League is a competitive, 10-week stroke play qualifying rounds followed by three additional weeks of match play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 26 will be used, and if your handicap is more than 26, it will be reduced to 26. Handicap will carry through match play. At the conclusion of the 10 weeks of qualifying rounds, the lowest combined 8 out of 10 net rounds will be used to determine seeding for match play. The top 16 players will qualify for match play, depending on entries. Prizes will be awarded to the 1st and 2nd place league winners. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. A league handicap will be established after four weeks of play. The registration fee covers all greens fees, weekly prizes, and season-ending prizes. For power carts, applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM-12:00 PM. League is limited to the first 56 players.

**Thirteen Sessions \$400.00 Per Person**

### Hominy Hill GC

**Tue, Jul 28-Sep 29 10:00 AM-2:30 PM . . . K0163A**

The Monmouth County Park System's golf courses host a variety of tournaments throughout the year!  
Upcoming tournaments include:

#### Hominy Hill Course Championship

**Saturdays & Sundays, June 13 & 14 and June 20 & 21**

#### Summer Solstice Golf Challenge

**Friday, June 19**

#### High School Two-Person Team Tournament

**Wednesday, July 8**

#### Howell Park Course Championship

**Saturdays & Sundays, July 11 & 12 and July 18 & 19**

#### Senior Championship

*Tuesday & Wednesday, July 14 & 15*

#### Charleston Springs Course Championship

**Saturdays & Sundays, August 1 & 2 and August 8 & 9**

#### MCPS Junior Championship

**Tuesday, August 4**

*For a full list of this year's tournaments and to learn how to register, visit the Golf page at [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).*

## 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

**Sat, Jun 6 7:00-10:00 AM . . . . . Y3963X**

**Sun, Jun 7 7:00-10:00 AM . . . . . Y4063X**

**Sun, Jun 14 7:00-10:00 AM. . . . . Y4763X**

**Sat, Jun 20 7:00-10:00 AM . . . . . Y4963X**

**Wed, Jul 1 7:00-10:00 AM . . . . . Y5863X**

**Sat, Jul 11 7:00-10:00 AM . . . . . Y6363X**

**Thu, Aug 20 7:30-10:30 AM . . . . . Y8963X**

**Wed, Aug 26 7:30-10:30 AM . . . . . Y9663X**

### Charleston Springs GC

**Sun, Jun 7 1:00-4:00 PM . . . . . T0163X**

**Fri, Jun 12 9:00 AM-12:00 PM . . . . . T2463X**

**Sat, Jun 13 11:00 AM-2:00 PM. . . . . T0963X**

**Tue, Jul 7 12:00-3:00 PM . . . . . T0563X**

**Fri, Jul 10 9:00 AM-12:00 PM . . . . . T2563X**

**Fri, Jul 31 9:00 AM-12:00 PM . . . . . T2663X**

**Tue, Aug 4 4:00-7:00 PM . . . . . T0763X**

**Fri, Aug 14 9:00 AM-12:00 PM. . . . . T2763X**

## Women's Touring League

(adults)

The Women's Touring League is a competitive 10-week stroke play. League rounds will be played at Charleston Springs North (2), Charleston Springs South (2), Hominy Hill (2), Howell Park (2), and Shark River (2). A maximum handicap of 30 will be used; if your handicap is more than 30, it will be reduced to 30. At the conclusion of the 10 weeks of stroke play, prizes will be awarded to the top three competitors. Participants must have an active USGA GHIN handicap and a Monmouth County Golf Pass. A league handicap will be calculated after four weeks of play. The registration fee covers all greens fees, weekly prizes, and season-ending prizes. For power carts, applicable cart fees apply. Tee times will be assigned randomly between 10:00 AM-12:00 PM before the start of the league. The league is limited to the first 56 players.

**Ten Sessions \$375.00 Per Person**

### Hominy Hill GC

**Wed, Jul 29-Sep 30 10:00 AM-2:30 PM . . . K0263A**

**THERAPEUTIC RECREATION**

**Jersey Shore BlueClaws Game!**

*(ages 16 and up, with special needs)*  
 Join us for a fun evening at the ballpark! Price covers transportation, admission, a hot dog, soda, ice cream, a boardwalk game ticket, and friendly staff to make sure you have a great time. The event will only be canceled if the game is postponed due to weather. If that happens, we will reach out with info about a possible rescheduled date. Participants must be able to function in at least 1:3 staff-to-participant ratio. For more information, please call Marco Galindo at 732-460-1167, ext. 4642.

**One Session \$60.00 Per Person**  
**Dorbrook Rec Area Act Ctr Parking Lot**  
**Fri, Aug 7 5:00-10:00 PM . . . . .D2863X**

**Inclusion Services**  
 It is the philosophy of the Monmouth County Park System to provide modifications for individuals with disabilities (who meet essential eligibility requirements - with or without a modification - documented for the specific program) to participate in general Park System programs. It is our intent to provide a safe, successful, and enjoyable experience for all.  
*For more information, contact Justin at 732-460-1167, ext. 4641.*

**Night Out**

*(ages 16 and up, with special needs)*  
 Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

**Sun, Fun, and End of Summer Party!**

Summertime and the living was easy, but it's not over yet! Join us for our annual pool party and enjoy an evening of fun at the Dorbrook Recreation Area. Start your evening off with some games at the pavilion by the Activity Center, including cornhole, badminton, and other fun picnic games. We will then walk next door to take a dip in the pool. Afterward, we'll enjoy a movie and BBQ of hot dogs, hamburgers, fruit, snacks, dessert, and drinks. Don't forget your bathing suit, towel, sunscreen, change of clothes, and a beach chair to enjoy the movie from! Lifeguard, supervision, and food provided as part of the registration fee.

**One Session \$55.00 Per Person**  
**Dorbrook Rec Area Barnview Shelter Bldg**  
**Sat, Aug 15 4:00-8:00 PM. . . . .D1763A**  
*Inclement Weather Date TBD*

**Summer Karaoke and Pizza Party!**

*(ages 16 and up, with special needs)*  
 Keep celebrating summer with a karaoke and pizza party! Join us for a night of singing, dancing, and enjoying some delicious pizza with friends. Let's celebrate the season with your favorite tunes, tasty snacks, and drinks to keep the fun going all night long! 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. For more information, contact Marco Galindo at 732-460-1167, ext. 4642, and/or to give notification about any food allergies or dietary considerations.

**One Session \$20.00 Per Person**  
**Dorbrook Rec Area Barnview Shelter Bldg**  
**Fri, Aug 21 5:30-8:00 PM . . . . .D2463A**

## TRIPS

**Explore Historic Virginia** *(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, 1 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 prior to departure. For additional information or questions, please contact Rachel Cohen at 732-542-1642, ext. 4648, or via email at [rachel.cohen@monmouthcountyparks.com](mailto:rachel.cohen@monmouthcountyparks.com). Travel insurance is recommended but not required; for more information, visit [www.travelinsured.com](http://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)**

**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 prior to departure. For additional information or questions, please contact Rachel Cohen at 732-542-1642, ext. 4648, or via email at [rachel.cohen@monmouthcountyparks.com](mailto:rachel.cohen@monmouthcountyparks.com). Travel insurance is recommended but not required; for more information, visit [www.travelinsured.com](http://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)**

**Sail 4th 250!**  *(all ages, under 18 with adult)*

To celebrate America's 250th birthday on July 4, the largest fleet of the world's most magnificent tall ships and gray hull ships will sail into New York Harbor, pass in Presidential review, and salute the Statue of Liberty. Enjoy FREE access to tour ships from 12:00-4:00 PM. Drop off and Pick Up at South Street Seaport, Lower Manhattan. Trip includes a Park System Leader and round-trip motor coach transportation. Rain or shine. Learn more about the ships at [sail4th.org](http://sail4th.org).

**One Session \$60.00 Per Person**

**Thompson Pk Estate Grounds Parking Lot**

**Sun, Jul 5 10:00 AM-6:00 PM . . . . . A8263X**

# SLEEP UNDER THE STARS



## TURKEY SWAMP PARK CAMPGROUNDS

200 Georgia Road  
Freehold Township, NJ 07728

For more information:

732-462-7286 • [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com)



Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities

through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email [spur@monmouthcountyparks.com](mailto:spur@monmouthcountyparks.com), or visit [www.spuronline.org](http://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](http://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](http://www.monmouthconservation.org). MCF can also be reached by calling 732-671-7000 or emailing [info@monmouthconservation.org](mailto:info@monmouthconservation.org).



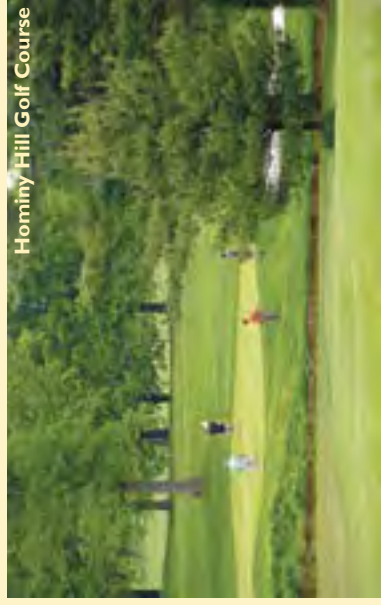
# Monmouth County Park Locations

## PARKS/HISTORIC SITES

- Baysholm Tract**<sup>†</sup>, Burlington Road, Freehold 732-431-4664
- Bayshore Waterfront Park**, Port Monmouth Road, Port Monmouth 732-787-3033
- Big Brook Park**<sup>\*</sup>, Route 520, Marlboro 732-834-9607
- Clayton Park**<sup>\*</sup>, Emley's Hill Road, Upper Freehold 609-259-5794
- Crosswicks Creek Park**<sup>\*</sup>, Upper Freehold 609-259-5794
- DeBois Creek Recreation Area**<sup>†</sup>, Highway 33, Freehold 732-842-4000
- Deep Cut Gardens**, Red Hill Road, Middletown 732-671-6050
- Dorbrook Recreation Area**, Route 537, Colts Neck 732-542-1642 or 1643
- East Freehold Showgrounds**, Kozloski Road, Freehold 732-842-4000, 732-431-4664
- Fisherman's Cove Conservation Area**<sup>\*</sup>, Third Avenue, Manasquan 732-922-4080 or 3868
- Fort Monmouth Recreation Area**, Guam Lane, Tinton Falls 848-456-4278
- Freneau Woods Park**<sup>†</sup>, Marlboro & Aberdeen 732-842-4000
- Hartshorne Woods Park**, Navesink Avenue, Locust 732-872-0336 or 2670
- Henry Hudson Trail**, Highlands to Aberdeen to Freehold 732-787-3033
- Holmdel Park**, Longstreet Road, Holmdel 732-946-9562
- Huber Woods Park**, Browns Dock Road, Locust 732-872-2670 or 0336
- Historic Longstreet Farm**, Longstreet Road, Holmdel 732-946-3758
- Manasquan Reservoir**, Windeler Road, Howell 732-751-9453, 732-919-0996
- Manasquan River Greenway**<sup>\*</sup>, Freehold to Howell 732-462-7286 or 732-919-0996
- Metedeconk River Greenway**<sup>†</sup>, Freehold to Howell 732-462-7286 or 9265
- Monmouth Cove Marina**, Port Monmouth Road, Port Monmouth 732-495-9440
- Mount Mitchell Scenic Overlook**, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
- Perrineville Lake Park**<sup>\*</sup>, 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**<sup>\*</sup>, Upper Freehold 609-259-5794
- Historic Wainford**, Wainford Road, Upper Freehold 609-259-6275
- Weltz Conservation Area**<sup>\*</sup>, West Park Avenue, Ocean 732-229-7025
- Wickatunk Recreation Area**<sup>†</sup>, Rt. 79, Marlboro 732-946-9562
- Wolf Hill Recreation Area**, Eatontown Boulevard, Oceanport 732-229-7025
- Yellow Brook Tract**<sup>†</sup>, Highway 33, Howell 732-751-9453 or 732-919-0996

## GOLF COURSES

- Bel-Aire Golf Course**, Allaire Road, Wall 732-449-6024
- Charleston Springs Golf Course**, Smithburg Road, Millstone 732-409-7227
- Hominy Hill Golf Course**, Mercer Road, Colts Neck 732-462-9222
- Howell Park Golf Course**, Preventorium Road, Howell 732-938-4771
- Pine Brook Golf Course**, Covered Bridge Boulevard, Manalapan 732-536-7272
- Shark River Golf Course**, Old Cortlies Avenue, Neptune 732-922-4141



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



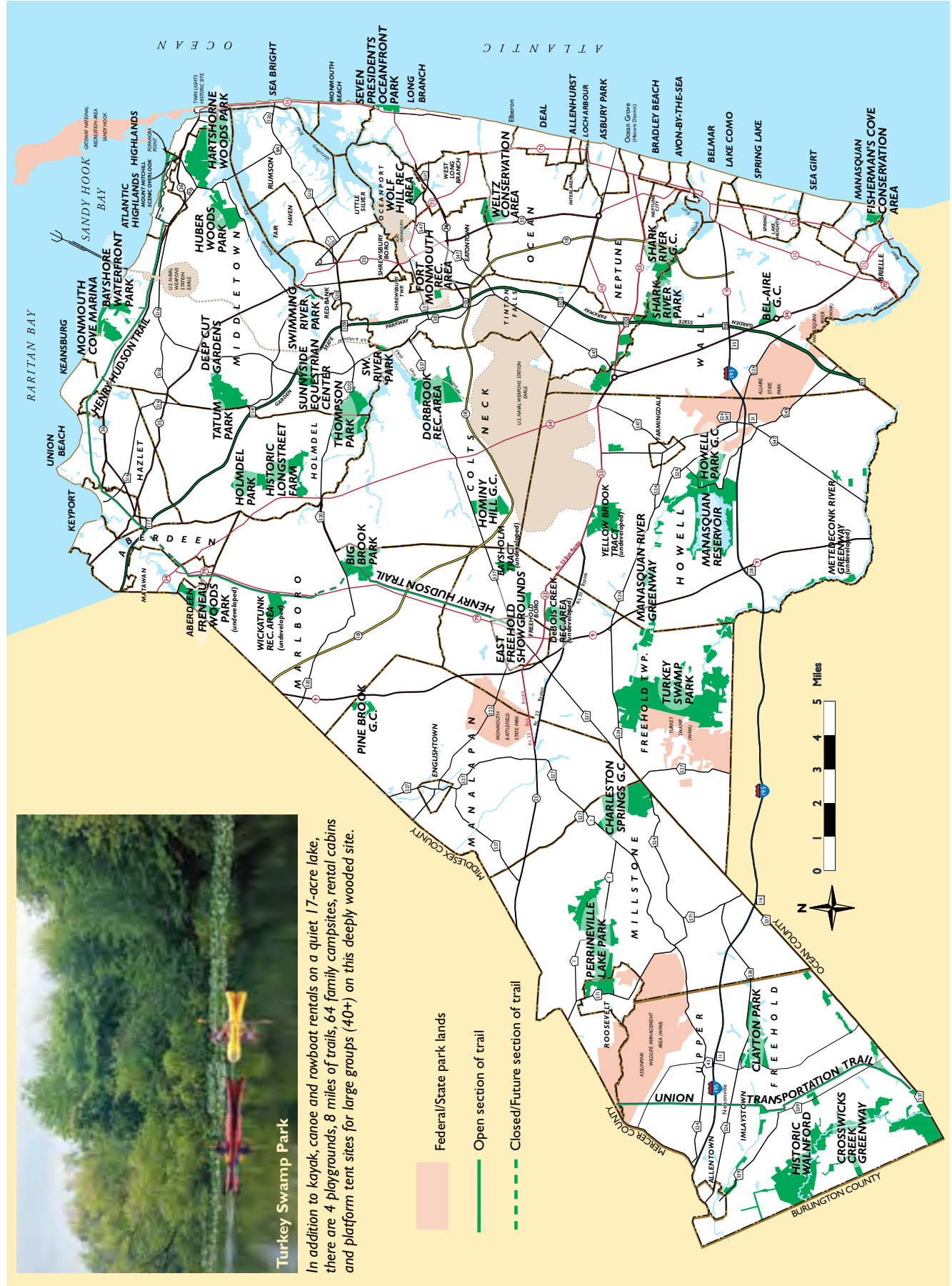
Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

\* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.  
 † Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



**Turkey Swamp Park**

In addition to kayak, canoe and rowboat rentals on a quiet 17-acre lake, there are 4 playgrounds, 8 miles of trails, 64 family campsites, rental cabins and platform tent sites for large groups (40+) on this deeply wooded site.



## 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, May 13, you may register:**

**Online** 24/7 by clicking "Register for Programs" at [www.MonmouthCountyParks.com](http://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.

51<sup>st</sup> ANNUAL MONMOUTH COUNTY FAIR



# Home & Garden Competition & Exhibits



A "taste" of what's going on:  
Artwork • Crafts • Honey • Flowers  
Vegetable • Baked Goods

All children ages 6-12 entering  
the competition will receive a ribbon.

Competition and exhibit information:  
732-842-4000, ext. 3343,  
or visit [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com).



## Arts & Crafts Competition

Entries accepted Sunday, July 19  
from 9:00 AM-3:00 PM or  
Monday, July 20  
from 8:00-11:00 AM.

## Senior Center & Adult Day Program Competition

*Pre-registration required.*  
Entries accepted Monday, July 20  
from 9:00 AM-12:00 PM, or  
Tuesday, July 21  
from 8:00-10:00 AM.

For more information, call Anne at  
732-460-1167, ext. 4463.

## Gardeners' Day

Entries accepted on Friday, July 24,  
from 8:00 AM-11:00 AM.

## Bakers' Day

Entries accepted Saturday, July 25,  
from 8:00-11:00 AM.

Baked goods must be picked up  
between 8:00-10:00 PM the same day  
or they will be discarded.

## Daily demonstrations provided by:

Thompson Park's Creative Arts Center  
Deep Cut Gardens  
Monmouth County Master Gardeners  
Central Jersey Beekeepers Association

Check the Fair schedule for additional demonstrators.

Download the full Home & Garden Competition brochure at  
[www.MonmouthCountyFair.com](http://www.MonmouthCountyFair.com).

*Note: Please pick up all competition entries, with the exception of baked goods,  
between 8:00 AM-6:00 PM on Monday, July 27, in the Home & Garden Tent.*



Monmouth County Park System  
805 Newman Springs Road  
Lincroft, NJ 07738

## Mark Your Calendars

### JUNE

#### Deep Cut Gardens Open House

Saturday, June 6  
10:00 AM-2:00 PM  
Deep Cut Gardens, Middletown

#### Sentimental Journey Big Band Concert – America's Swinging Two- Fifty!

Friday, June 12  
7:00-8:30 PM  
Thompson Park, Lincroft

#### Freshwater Fishing Derby

Saturday, June 20  
Manasquan Reservoir, Howell  
Sunday, June 21  
Turkey Swamp Park, Freehold

### JULY

#### American Folk Rock with Jackson Pines

Friday, July 17  
7:00-8:30 PM  
Thompson Park, Lincroft

#### Monmouth County Fair

Wednesday-Sunday,  
July 22-26  
East Freehold Showgrounds, Freehold

### AUGUST

#### JO & the Highland Express Concert

Friday, August 21  
7:00-8:30 PM  
Thompson Park, Lincroft

INFO: 732-842-4000, ext. 4312 • [MONMOUTHCOUNTYPARKS.COM](http://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*