MONMOUTH COUNTY PARK SYSTEM

Yours to Discover

PARKS & PROGRAMS Guide

RECREATION | CULTURAL ACTIVITIES | SPECIAL EVENTS



WINTER 2027

REGISTRATION BEGINS NOVEMBER 18

WWW.MONMOUTHCOUNTYPARKS.COM

Winter heats up in the parks...

The weather outside may be frightful, but there's always something to do in your Monmouth County parks! Here are some of the exciting winter activities available in your parks when the temperatures drop.

Sledding

When the snow falls, pack up the sleds and head to the sledding hill at Holmdel Park, Holmdel. The supervised sledding area is open when snow conditions are favorable on the hill. For current sledding conditions after a snowfall, call 732-946-9562 or visit us online.



Drop a Line...

The fish are still biting! When the ice reaches desired thickness, ice fishing is available at:

- Manasquan Reservoir, Howell
- Thompson Park, Lincroft
- Turkey Swamp Park, Freehold

See Park Rangers for designated ice fishing areas and times in each park.

Lace Up Your Skates

When the conditions are right, lace up your skates and hit the ice at the following parks:

- Holmdel Park, Holmdel
- Shark River Park, Wall
- Turkey Swamp Park, Freehold

Remember, skate only when the "Skating Today" signs are posted.



Hit the Trails

Cross-Country Skiing and Snowshoeing

Don't let the snow stop you from having fun on the trails! Cross-country ski equipment is available for rent on a first come, first serve basis at the Thompson Park Ski Hut, Lincroft, when snow conditions are favorable.

December 15, 2026 through March 15, 2027
Equipment must be returned by 5:00 PM.
Closed December 25, 2026.

Rental costs are as follows:
Ski Equipment - $20.00 per set (children 8 & under: $15.00)
Snowshoes - $15.00 per person
(cash, check or credit card accepted)

For more information, call 732-842-4000, ext. 4312.

Cross-country skiers will love the groomed trails at Thompson Park, Lincroft!

Marked, ungroomed trails are available for both cross-country skiing and snowshoeing at:

- Clayton Park, Upper Freehold
- Hartshorne Woods Park, Middletown
- Holmdel Park, Holmdel
- Huber Woods Park, Middletown
- Shark River Park, Wall
- Tatum Park, Middletown
- Turkey Swamp Park, Freehold



For the most up-to-date information on winter activities in the parks, check for updates at www.MonmouthCountyParks.com or on our social media pages.

For questions concerning winter activities, call the information line at 732-842-4000, ext. 4312.

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To register for winter programs starting Wednesday, November 18, at 8:00 AM, visit www.MonmouthCountyParks.com or call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM.

For general information about your Monmouth County parks, call 732-842-4000, ext. 4312.

Essential Eligibility Requirements for Park System Programs

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

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

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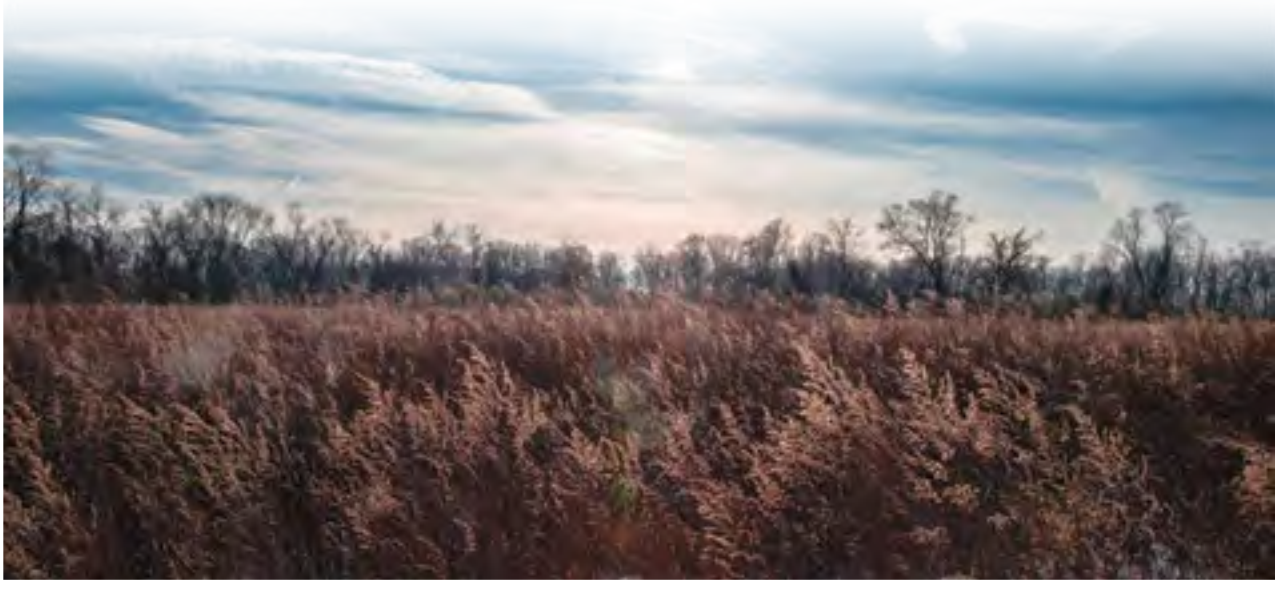
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Coming Soon
Mark Your Calendar!

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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

Holiday Tree Trimming Free

Homemade ornaments are so much fun to make, and this year we're decorating for Christmas with your help! Meet us at the Longstreet Farm Visitor Center to create Victorian Christmas tree ornaments, featuring pipe cleaner candy canes and stars, paper chains, snowflakes, and more! Your artwork will then be displayed on our Visitor Center Christmas tree for all to see!

Saturday, December 5, 11:00 AM-2:00 PM

19th Century Christmas Ballads Free

This holiday season, come to the Longstreet farmhouse and enjoy 19th-century Christmas ballads played on the piano.

Sunday, December 6, 1:00-3:00 PM
Sunday, December 20, 1:00-3:00 PM

The Sounds of Christmas Free

Celebrate the holidays by visiting the Longstreet farmhouse this season. Enjoy the tranquil music as Max Rowland and the Stark & Steady band play Christmas carols from the Victorian era.

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

Visit with Santa Free

Father Christmas will be coming to Longstreet Farm! He invites young visitors and their families to join him and welcomes them to bring their letters for him to read. No appointment needed, and pictures are encouraged.

Saturday, December 12, 12:00-3:00 PM
Sunday, December 13, 12:00-3:00 PM

Cutting, Splitting, and Hewing Free

Wood heated farmers three times - once when they gathered the wood, once when they split the wood, and a final time when they burned the wood. Come out to Longstreet Farm and get warmed up using a two-man saw and splitting wedge. Learn how farmers used a froe to rive shingles or a broad axe to hew beams.

Sunday, January 10, 12:00-2:30 PM
Sunday, February 21, 12:00-2:30 PM

Parlor Games for Wintry Weather Free

We're back with another winter season of board game fun! Strategize your best moves while playing Halma and Basilinda, two long-forgotten 1890s board games. We also have old-time favorites like Backgammon, Checkers, and Reversi.

Saturday, January 16, 12:00-2:30 PM
Sunday, February 7, 12:00-2:30 PM

Make-and-Take Victorian Dolls Free

(all ages, under 12 with adult)

Dolls have provided entertainment for young children throughout the ages, and in many rural communities, they were made from items found in the home. Drop in for a quick lesson on crafting two styles of home-made Victorian dolls - corn husk dolls and rag dolls.

Sunday, January 23, 11:00 AM-2:00 PM

Old-Fashioned Valentine's Day Free

Valentine's Day in the Victorian era was a celebration filled with elaborate gestures and poetic sentiments. Create your own original valentine for that special someone. Weather permitting, we will have a wagon ride in the park.

Sunday, February 14, 12:00-2:00 PM

Needlework for Novices

(ages 12 and up, under 18 with adult)

This introduction to embroidery will feature basic stitches every sewist should know. We'll create a "sampler" to help practice stitches and start a project using your new skills! Please bring a sharp pair of scissors; all other supplies are provided and are yours to keep.

One Session $30.00 Per Person

Longstreet Farm Vis Ctr

Sat, Jan 30 10:00 AM-2:00 PM. F0371X

Rug Hooking Gathering

(adults)

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

Ten Sessions $40.00 Per Person

Longstreet Farm Vis Ctr

Tue, Jan 5-Mar 9 10:00 AM-3:00 PM F0171X

Stitched in Time!

(ages 16 and up)

Do you have a favorite garment that needs some love? Join Longstreet Farm staff for this session on basic mending skills, learning simple hand-sewing stitches for quick repairs. Bring a project with you if you need assistance - you can borrow our sundries or bring your own. This is a great opportunity to get started on those mending projects that have been lying around! (No knitting/darning repairs, sorry!)

One Session $30.00 Per Person

Longstreet Farm Vis Ctr

Sat, Feb 27 11:00 AM-12:00 PM. F0471X





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

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

HISTORIC WALNFORD

Groundhogs, Woodchucks & Whistlepigs... Oh My! Free

Are their forecasts accurate? We're not so sure, but these rodent meteorologists certainly are cute! Stop by to learn about groundhogs in our historical kitchen; then, we will create a groundhog-themed take-home craft!

Sunday, January 31, 1:00-3:00 PM

Historical Valentines Free

February, the season of love! Discover how penmanship has changed as we view letters and valentines from the 18th and 19th centuries. Create a valentine of your own or write a letter to a friend using historically inspired materials.

Sunday, February 14, 1:00-3:00 PM

Santa is Visiting Walnford!

(all ages, under 14 with adult)

Santa is coming to Walnford, and you can meet him yourself in our historic kitchen! Afterward, explore our 1773 house, take a selfie in our antique sleigh, and enjoy the picturesque winter landscape.

Please Note: Pre-registration is required for this program. Limit of 6 people per reservation.

One Session $15.00 Per Group Up to 6

Historic Walnford Historic Waln House

Sun, Dec 6 12:00 PM G0271X
Sun, Dec 6 12:10 PM G0371X
Sun, Dec 6 12:20 PM G0471X
Sun, Dec 6 12:30 PM G0571X
Sun, Dec 6 12:40 PM G0671X
Sun, Dec 6 12:50 PM G0771X
Sun, Dec 6 1:10 PM. G0871X
Sun, Dec 6 1:20 PM. G0971X
Sun, Dec 6 1:30 PM. G1071X
Sun, Dec 6 1:40 PM. G1171X
Sun, Dec 6 1:50 PM. G1271X

ARTS & CRAFTS

Chinese New Year Family Craft NEW

(all ages, under 18 with adult)

Let's create Chinese New Year decorations to take home to celebrate the new year, from paper lanterns to accordion dragons and red rice papers with calligraphy. Traditional Chinese snacks, games, and music will be on hand to round out our celebration. Craft supplies will be provided.

One Session $65.00 Per Family of 4 $10.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Feb 6 10:00 AM-12:30 PM Q0271X

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.

Seven Sessions $147.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 8-Feb 19 6:30-8:30 PM Z1071A

Sunday Ceramics

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

Looking for a relaxing and creative way to spend your Sunday? Come try your hand at ceramic arts! Choose from a large selection of bisque-fired pottery pieces to glaze with your own personal style. Leave your piece with us, and we will have it glaze-fired and ready to pick up in about a week. Pre-registration is required, and space is limited. Your registration pays for your studio time. 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, Dec 6 11:30 AM-1:00 PM Z1771A
Sun, Dec 6 1:30-3:00 PM Z1871A
Sun, Jan 3 11:30 AM-1:00 PM Z1971A
Sun, Jan 3 1:30-3:00 PM Z2071A
Sun, Feb 7 11:30 AM-1:00 PM Z2171A
Sun, Feb 7 1:30-3:00 PM Z2271A

FAMILY FUN

Flashlight Candy Cane Hunt

(all ages, under 18 with adult)

Grab your flashlight and be part of this festive night! Rumor has it that our park rangers spilled a case of candy canes, and Mr. C himself is coming to supervise the cleanup. Help us collect all the candy canes, create some festive crafts, and enjoy a visit with the man himself.

One Session $22.00 Per Child

Fort Monmouth Rec Ctr Group Fitness Room

Fri, Dec 11 6:00-6:30 PM M7571X

Fort Monmouth Rec Ctr Gym A

Fri, Dec 11 7:30-8:00 PM M7771X

Fort Monmouth Rec Ctr Gym B

Fri, Dec 11 6:45-7:15 PM M7671X

MCPS Family Charades Challenge NEW

(ages 5 and up)

Bring the family out for some hilarious fun! Each family will be given a charades title and work together to create a short skit incorporating it. Families will abide by charades rules: no actual props and no actual vocalizing. At the end of the program, family teams will watch the family skits performed on stage as they are judged for originality, creativity, length, and general charade skills. Our staff will be on hand to help families as they create and rehearse. Please wear closed-toe shoes/sneakers and bring a snack, water bottle, notebook, and pencil.

One Session $52.00 Per Family of 4 $10.00 Additional Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 9 1:00-3:30 PM Q1671X

NATURE

From Sap to Maple Syrup

(ages 6 and up, under 18 with adult)

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

One Session $17.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 2

Thu, Feb 11 5:00-6:15 PM (approx) IKS71A
Sat, Feb 20 2:00-3:15 PM (approx) IKT71A

Huber Wds Pk Env Ctr

Sat, Feb 27 10:30-11:45 PM (approx) IKU71A

Geminid Meteor Shower

(all ages, under 18 with adult)

Winter is the best time to view the night sky, and that includes during meteor showers! The Geminids are renowned for their high volume of shooting stars. Grab your winter gear and a chair if you'd like. Join us as we sip on some hot cocoa and watch the magic in the sky.

One Session $14.00 Per Person

Turkey Swamp Pk Outdoor Area

Sat, Dec 12 8:00-9:00 PM IK371A



Luminous Lunar Walk NEW

(ages 8 and up, with adult)

Have you ever enjoyed a light-free walk under the glowing aura of the moon? Here's your chance! Join a Park System Naturalist on this peaceful nature walk as we explore our surroundings for nocturnal life. Please wear sturdy footwear as trails may be uneven.

One Session $16.00 Parent/Child $8.00 Additional Person

Manasquan Res Env Ctr Parking Lot

Fri, Dec 18 8:00-9:00 PM IK271X

S'more Fun in the Winter

(ages 6 and up, under 18 with adult)

Warm up with a fireside s'more and then go for a guided nature walk with a park naturalist to appreciate the winter flora and fauna. S'mores supplies will be provided, and binoculars will be available to borrow. Please dress for the weather and make sure to wear comfortable walking shoes.

One Session $19.00 Parent/Child $9.50 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Dec 19 2:00-3:00 PM (approx) IKK71X

Snowball Fight!

(ages 5-8, with adult)

Snow is the best part of winter: snowflakes, snowballs, snow-people, and so much more! We will learn how snow is made, create a take-home snowflake craft, and finish by playing games with indoor "snowballs." Parent/guardian participation may be needed. Be prepared to have fun!

One Session $14.00 Per Child

Freneau Wds Pk Vis Ctr Program Room 1

Sun, Jan 10 2:00-3:00 PM. I0171X

Winter Beach Walk Free

(all ages, under 18 with adult)

Just because it's wintertime doesn't mean you can't enjoy the beach! The winter months are some of the best times to go shell collecting. Take a Park System Naturalist-guided walk along the beach collecting and identifying some of the ocean's natural treasures. Make sure you dress in warm clothing and bring along something to carry shells in.

Meet at the **Fisherman's Cove Conservation Area Activity Center** from **11:00 AM-12:30 PM** on:

Saturday, December 12
Saturday, January 9
Saturday, February 13



Sunset Stroll Around Turkey Swamp Lake

(ages 5 and up, with adult)

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

One Session $22.00 Parent/Child $11.00 Additional Person

Turkey Swamp Pk Shelter Bldg

Sat, Jan 16 4:00-6:00 PM IK571X
Sat, Feb 27 4:30-6:30 PM IK671X

Winter Wishes from the Woods NEW

(ages 3-7, with adult)

Celebrate the magic of winter with a cozy woodland adventure! We'll explore the forest in search of evergreen trees, pinecones, colorful berries, and other seasonal treasures before warming up indoors with a winter story and a cup of hot cocoa. Join us as we discover the simple wonders that make winter in the woods so special!

One Session $12.50 Parent/Child $6.25 Additional Person

Freneau Wds Pk Vis Ctr Program Room 2

Sat, Dec 19 10:30-11:30 AM IKY71X

Huber Wds Pk Env Ctr

Thu, Jan 14 10:30-11:30 AM IKZ71X

OUTDOOR ADVENTURES

Candy Cane Hunt Geocache

(ages 8 and up, with adult)

Did you hear the latest news?! A certain someone has hidden candy canes all over the grounds of Thompson Park. Bring your flashlights and help us find them! You'll get to decorate a bag for collecting the candy canes and use our handheld GPS devices to navigate through the park. Afterward, enjoy a roaring fire, hot chocolate, and s'mores. Parents must accompany children. Please dress appropriately for the weather.

One Session $28.00 Parent/Child $10.00 Additional Person

Thompson Pk 3 Barns Parking Lot

Sat, Dec 12 4:00-6:00 PM W2771X

Pine Barren Bonfires

(all ages, under 18 with adult)

There's something about a bonfire that's just so magical. The flames dancing in the night, the smell of wood smoke in the air, and the feeling of warmth and companionship around the fire. Enjoy a winter evening with us at Turkey Swamp's council ring. There will be games, s'mores, and plenty of stars to light up the night!

Please dress appropriately for the weather.

Cost: $15 per family of 4 (cash or check only)

Turkey Swamp Park Council Ring

Sunday, December 13, 6:00-8:00 PM
Monday, January 11, 6:00-8:00 PM
Wednesday, February 17, 6:00-8:00 PM

For more information, please call 732-842-4000, ext. 4296, or email Ronald.Roszkowski@monmouthcountyparks.com.

ARTS & CRAFTS

ART Capades

(ages 2-4, with adult)

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

Four Sessions $64.00 Parent/Child $56.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Thu, Jan 14-Feb 4 9:30-10:15 AM. M9271X
Thu, Feb 18-Mar 11 9:30-10:15 AM M9371X

Craft 'n' Play

(ages 18 months-3 years, with adult)

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

Four Sessions $64.00 Parent/Child $56.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Jan 13-Feb 3 9:30-10:15 AM M9671X
Thu, Jan 14-Feb 4 10:30-11:15 AM. M9871X
Wed, Feb 17-Mar 10 9:30-10:15 AM M9771X
Thu, Feb 18-Mar 11 10:30-11:15 AM. . . . M9971X

> *The instructor was lovely and always camp prepared with fun, age-appropriate activities for the children.*

Daddy and Me for Christmas

(ages 6-12, with adult)

To celebrate Christmas, a father can paint alongside his child as they recreate their own unique versions of the Three Wise Men. These paintings will be a beautiful addition to your holiday decorations.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $50.00 Per Pair

Thompson Pk Creative Arts Center

Sat, Dec 19 1:00-2:30 PM ZA171A

KidzArt Squiggles to Grins

(ages 2-3, with adult)

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

Six Sessions $104.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 5-Feb 9 11:30 AM-12:30 PM ZAV71A
Tue, Feb 16-Mar 23 11:30 AM-12:30 PM . ZAW71A

Freneau Wds Pk Vis Ctr Art Room

Wed, Jan 6-Feb 10 11:30 AM-12:30 PM . . .ZAX71A
Wed, Feb 17-Mar 24 11:30 AM-12:30 PM. .ZAY71A

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 $77.00 Parent/Child

Dorbrook Rec Area Program Building Classroom

Sat, Jan 16-Feb 20 9:30-10:15 AM AA271X

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



Messy Art

(ages 18 months-3 years, with adult)

We take messy art to a new level! Toddlers will delight in paint, glue, and glitter, and more. They'll get to make a mess while exploring and expressing themselves through art.

Please Note: This indoor class will move outdoors during nice weather.

Four Sessions $64.00 Parent/Child $55.00 Additional Sibling

Fort Monmouth Rec Ctr Program Room B

Wed, Jan 13-Feb 3 10:30-11:15 AM M9471X
Wed, Feb 17-Mar 10 10:30-11:15 AM . . . M9571X

Mommy and Me for Christmas

(ages 6-12, with adult)

To celebrate Christmas, a mother can paint alongside her child as they recreate their own unique versions of the Three Wise Men. These paintings will be a beautiful addition to your holiday decorations.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $50.00 Parent/Child

Thompson Pk Creative Arts Center

Sat, Dec 19 10:00-11:30 AM ZA271A

The Very Hungry Caterpillar

(ages 2-5, with adult)

Celebrate this beloved story with us at Dorbrook Recreation Area! The *Very Hungry Caterpillar* by renowned children's book author Eric Carle is a colorful favorite story enjoyed by children and adults alike. We will read the book together and make a take-home craft.

One Session $20.00 Parent/Child

Dorbrook Rec Area Prog Bldg Classroom

Sat, Feb 6 10:30-11:30 AM AA371X

CULINARY ARTS

Fun with Minions

(ages 8-12, with adult)

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 9 10:00 AM-12:30 PM. M1171X

Holiday Cookies

(ages 8-12, with adult)

Mix, roll, bake, and laugh as you create warm memories and delicious treats for all to enjoy during the holiday season. Revisit some of your favorite holiday baking while introducing the kids to some old-fashioned fun and new traditions. Finish with a taste test (of course!), a tray of beautiful cookies, and recipes to take home and make again.

Today's Cookie Plate: Traditional Gingerbread for decorating; Original Chocolate Chip

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 5 10:00 AM-12:30 PM M0971X

Homemade Holiday Food Gifts

(ages 8-12, with adult)

Do your kids want to get creative with their gifts for their loved ones in the family? Homemade food gifts are such a nice way of saying "I am thinking of you" during the holidays. Lisa Consiglio-Wolff, aka "Mrs. Chef," will discuss how to create the perfect edible gift and will then demonstrate how to wrap it up with some holiday flair!

Menu: Chocolate-Dipped Strawberries; Homemade Chocolate Brownies and one more edible surprise!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 19 10:00 AM-12:30 PM. M1071X

Super Bowl Treats NEW

(ages 8-12, with adult)

Why should adults have all the fun preparing for the biggest party of the year? After all, the kids are there too! Today, Mrs. Chef will show the child/parent teams some fun treats they can prepare together before the big game!

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 13 10:00 AM-12:30 PM. M1471X

Valentine's Day Afternoon Tea: Creating a Children's Tea Party

(ages 8-12, with adult)

Spend a delightful morning with your favorite adult while making some treats with tea-time connoisseur, Mrs. Chef. These miniature morsels are perfect for a tea party with your friends, just in time for Valentine's Day. Wrap up your time in the kitchen by creating an old-fashioned Valentine's Day card for your Valentine.

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

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

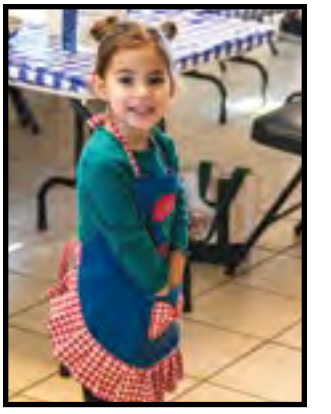
Fort Monmouth Rec Ctr Kitchen

Sat, Feb 6 10:00 AM-12:30 PM M1371X

When children learn about food and nutrition at a young age, they not only develop healthy eating habits, but also enhance math and science skills, while boosting fine motor skills and self-esteem.

DID YOU KNOW?

Wee Can Cook



(ages 3-4, with adult)

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

Four Sessions $74.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Tue, Jan 12-Feb 2 10:00-11:00 AM A1871X
Fri, Jan 15-Feb 5 10:00-11:00 AM. A1971X
Tue, Feb 16-Mar 9 10:00-11:00 AM. A2071X
Fri, Feb 19-Mar 12 10:00-11:00 AM A2171X

Winter Cupcakes

(ages 8-12, with adult)

Who doesn't love a good cupcake? Today, we will take our vanilla box mix up to the next level. This class is all about creativity and designing some fun cupcakes with a winter theme in mind. Mrs. Chef will work with our teams on how to follow directions, mix ingredients, and design fun cupcakes to bring smiles to all.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $70.00 Per Pair

Fort Monmouth Rec Ctr Kitchen

Sat, Jan 23 10:00 AM-12:30 PM. M1271X

EDUCATION & ENRICHMENT

Alphabet Adventures

(ages 3-5, with adult)

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

Six Sessions $77.00 Per Person

Dorbrook Rec Area Prog Bldg Classroom

Wed, Jan 20-Feb 24 11:00-11:45 AM . . . AAH71X

Keyboard Beginnings - Level 1 Beginners

(ages 4 ½-6, with adult)

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

Seven Sessions $162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 28-Feb 15 4:00-4:45 PM A2471X

No class 1/18

Keyboard Beginnings - Level 2

(ages 5-7, with adult)

Level 2 is a continuation of Keyboard Beginnings Music Level 1 taught by Judy Kagel. Each child will have a keyboard to use during class and learn to play new songs. Students will continue learning to read notes on the musical staff and to enjoy the experience of playing music together. Parents are reminded not to bring siblings to class since collaborative learning and bonding between parent and child is a great benefit of the class. Children will receive Keyboard Beginnings Music Book 2 with new music for home practice, lesson outlines, flash cards, and a concentration game. Please be prepared to pay a materials fee of $28.00 to the instructor on the first day of class.

Seven Sessions $162.00 Parent/Child

Thompson Pk Vis Ctr Tulip Room

Mon, Dec 28-Feb 15 5:00-5:45 PM A2571X

No class 1/18

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

Morning Tea Party

(ages 2-5, with adult)

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

One Session $25.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Snow, Snow, Snow

Thu, Jan 14 9:30-10:15 AM. AA771X
Thu, Jan 14 10:30-11:15 AM AA871X
Sat, Jan 16 10:45-11:30 AM AA971X

Valentine's Day Fun!

Thu, Feb 11 9:30-10:15 AM AA571X
Thu, Feb 11 10:30-11:15 AM. AA671X
Sat, Feb 13 10:45-11:30 AM AA471X

NATURE

Curious Kids

(ages 3-5, with adult)

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

Four Sessions $54.00 Parent/Child

Huber Wds Pk Env Ctr

Tue, Jan 5-26 10:00-11:00 AM (approx). . . IKP71A

Nature Story Time at the Manasquan Reservoir Visitor Center



(ages 2-5, with adult)

Enjoy our staff's favorite nature-themed stories. Space is limited. This is a free program; however, pre-registration is required.

One Session FREE!

Manasquan Res Vis Ctr Waterview Room

Tue, Jan 19 11:00-11:30 AM PI017A
Tue, Jan 26 11:00-11:30 AM PI027A
Tue, Feb 2 11:00-11:30 AM. PI037A
Tue, Feb 9 11:00-11:30 AM. PI047A
Tue, Feb 16 11:00-11:30 AM PI057A
Tue, Feb 23 11:00-11:30 AM PI067A

How to Catch a Snowman

(ages 3-5, with adult)

Get ready for snow much fun on this program! We will read "How to Catch a Snowman", take a guided winter walk, and then create our own snow to take home. Parts of this program will be held outdoors, so please dress for the weather.

One Session $20.00 Parent/Child

Freneau Wds Pk Vis Ctr Program Room 2

Wed, Dec 9 10:00-11:00 AM IKM71A

Little Birdie Tales NEW

(ages 2-5, with adult)

Spread your wings and fly into Little Birdie Tales. Introduce your toddler or preschooler to the magic of backyard birds through interactive reading. Our youngest nature lovers will listen to an engaging bird-themed storybook overlooking the scenic Manasquan Reservoir. Following the tale, children will have a hands-on bird craft to make and take home. This interactive program fosters early literacy, encourages creativity, and inspires a lifelong love for the feathered friends right in our backyards.

One Session $10.50 Parent/Child

Manasquan Res Vis Ctr Waterview Room

Fri, Dec 4 10:00-11:00 AM I1071A
Fri, Jan 8 10:00-11:00 AM I1171A
Fri, Feb 5 10:00-11:00 AM I1271A

Little Hearts, Big Adventures NEW

(ages 4-7, with adult)

Love is all around us in the forest! Join us as we search for heart-shaped treasures in nature, discover how animals and plants help one another, and celebrate the many ways nature shows kindness. We'll enjoy a winter walk, hands-on activities, and create a nature-inspired Valentine's craft to take home. Dress warmly for outdoor exploration!

One Session $16.00 Parent/Child $8.00 Additional Sibling

Freneau Wds Pk Vis Ctr Program Room 2

Tue, Feb 9 10:00-11:15 AM. IKV71X

Huber Wds Pk Env Ctr

Sat, Feb 13 10:00-11:15 AM IKW71X



Nature Story Time at Huber Woods Environmental Center Free

(ages 2-5, with adult)

Join us for a nature-themed story time along with the opportunity to get hands-on with nature knick-knacks. This is a free program; however, pre-registration is required.

One Session FREE!

Huber Wds Pk Env Ctr

Tue, Dec 15 10:00-10:30 AM. PIK57A
Wed, Jan 6 10:00-10:30 AM PIK47A
Fri, Feb 19 10:00-10:30 AM PIK67A

Winter Wanderings

(ages 3-5, with adult)

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

Four Sessions $56.00 Parent/Child

Huber Wds Pk Env Ctr

Wed, Jan 20-Feb 10 10:00-11:15 AM (approx) . . IKR71A

OUTDOOR ADVENTURES

Hiking Adventures

(ages 2-5, with adult)

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

One Session $18.00 Parent/Child $7.00 Additional Sibling

Thompson Pk Old Orchard Parking Lot

Thu, Dec 3 10:00-11:30 AM W1971X

Shark River Pk Shelter Bldg

Sat, Dec 19 10:00-11:30 AM W2071X

Hartshorne Wds Pk Buttermilk Valley Parking Lot

Wed, Jan 6 10:00-11:30 AM W2171X

Huber Wds Pk Env Ctr Parking Lot

Sat, Jan 23 10:00-11:30 AM W2271X

Tatum Pk Red Hill Act Ctr Parking Area

Fri, Feb 5 10:00-11:30 AM W2371X

Holmdel Pk Shelter Bldg

Sat, Feb 20 10:00-11:30 AM W2471X

Mini Ski Adventure

(ages 3-7, with adult)

Introduce your child to the fun of cross-country skiing. This small class will enable your child to build confidence, learn new skills, and make new friends. Parents will be asked to assist the instructor as necessary. Warm up afterwards at our cozy campfire and enjoy some delicious s'mores. All ski equipment is provided. If natural snow is not an option, the program will use our custom ski-mats to simulate snow.

One Session $17.00 Per Child

Thompson Pk Ski Hut

Sun, Dec 13 10:00-11:10 AM. W0671A
Sun, Dec 13 11:30 AM-12:40 PM W0771A
Tue, Dec 29 10:00-11:10 AM. W0871A
Tue, Dec 29 11:30 AM-12:40 PM W0971A
Fri, Jan 8 10:00-11:10 AM W1071A
Fri, Jan 8 11:30 AM-12:40 PM W1171A
Sat, Jan 16 10:30-11:40 AM W1271A
Sat, Jan 16 12:00-1:10 PM W1371A
Sun, Feb 7 10:00-11:10 AM W1471A
Sun, Feb 7 11:30 AM-12:40 PM W1571A

PLAY GROUP

Ballet Together

(ages 2 ½-3 ½, with adult)

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

Ten Sessions $125.00 Per Pair

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 9:30-10:15 AM A5571X
Wed, Jan 6-Mar 10 9:30-10:15 AM A5671X
Fri, Jan 8-Mar 12 9:30-10:15 AM A5771X

Let's Explore

(ages 2-5, with adult)

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

Six Sessions $77.00 Per Pair

Dorbrook Rec Area Prog Bldg Classroom

Mon, Jan 11-Mar 1 10:00-10:45 AM A2271X
No class 1/18 & 2/15
Mon, Jan 11-Mar 1 11:00-11:45 AM A2371X
No class 1/18 & 2/15



Group activities and programs for young children prepare them for school by helping build communication and cooperative skills, self-confidence and self-esteem, and conflict resolution.

DID YOU KNOW?



Miss Melissa's Aardvarks

(ages 6 months-5 years, with adult)

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

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

Instructor: Ms. Meggan

Dorbrook Rec Area Vis Ctr

Mon, Jan 11-Mar 15 9:30-10:15 AM A3771X
No class 1/18 & 2/15
Mon, Jan 11-Mar 15 10:30-11:15 AM A3871X
No class 1/18 & 2/15
Fri, Jan 15-Mar 5 9:30-10:15 AM A3971X
Fri, Jan 15-Mar 5 10:30-11:15 AM A4071X
Sat, Jan 16-Mar 6 9:00-9:45 AM. A4171X

Instructor: Ms. Bri

Tatum Pk Red Hill Act Ctr

Tue, Jan 12-Mar 2 9:30-10:15 AM. A4271X
Tue, Jan 12-Mar 2 10:30-11:15 AM. A4371X
Tue, Jan 12-Mar 2 11:30 AM-12:15 PM . . . A4471X
Wed, Jan 13-Mar 3 9:30-10:15 AM A4571X
Wed, Jan 13-Mar 3 10:30-11:15 AM A4671X
Wed, Jan 13-Mar 3 11:30 AM-12:15 PM. . . A4771X

Morning Playtime

(ages 18 months-3 years, with adult)

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

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

Stage 2

(ages 18 months-2 years, with adult)

Four Sessions $52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 10-Jan 14 9:15-10:00 AM. XA971X
No class 12/24 & 12/31

Five Sessions $65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 28-Feb 25 9:15-10:00 AM. XAA71X

Tatum Pk Holland Act Ctr

Wed, Dec 9-Jan 13 9:30-10:15 AM X8971X
No class 12/30
Wed, Jan 27-Feb 24 9:30-10:15 AM X9071X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 9-Jan 6 9:15-10:00 AM XA771X
Wed, Jan 20-Feb 17 9:15-10:00 AM XA871X

Stage 3

(ages 2-3 years, with adult)

Four Sessions $52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 10-Jan 14 10:15-11:00 AM. . . . XAD71X
No class 12/24 & 12/31

Five Sessions $65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 28-Feb 25 10:15-11:00 AM XAE71X

Tatum Pk Holland Act Ctr

Wed, Dec 9-Jan 13 10:30-11:15 AM X9171X
No class 12/30
Wed, Jan 27-Feb 24 10:30-11:15 AM X9271X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 9-Jan 6 10:15-11:00 AM XAB71X
Wed, Jan 20-Feb 17 10:15-11:00 AM XAC71X

MOVE Grown Up and Me

(ages 18 months-3 years, with adult)

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

Six Sessions $72.00 Per Pair

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 17 9:30-10:15 AM AAS71X

My Morning Playtime

(ages 3-4, with adult)

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

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

Four Sessions $52.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Dec 10-Jan 14 11:15 AM-12:00 PM . XAH71X

No class 12/24 & 12/31

Five Sessions $65.00 Parent/Child

Dorbrook Rec Area Vis Ctr

Thu, Jan 28-Feb 25 11:15 AM-12:00 PM . . XAJ71X

Thompson Pk Vis Ctr Tulip Room

Wed, Dec 9-Jan 6 11:15 AM-12:00 PM. XAF71X

Wed, Jan 20-Feb 17 11:15 AM-12:00 PM . .XAG71X

Ms. Robin was excellent as always! I would sign my child up for any class she is teaching!

PreK Prep

(ages 3-4, with adult)

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

Four Sessions $52.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Dec 10-Jan 14 11:30 AM-12:15 PM . .XA371X

No class 12/24 & 12/31

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Dec 11-Jan 15 11:30 AM-12:15 PM . . .XA571X

No class 12/25 & 1/1

Five Sessions $65.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Jan 28-Feb 25 11:30 AM-12:15 PM . .XA471X

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Jan 29-Feb 26 11:30 AM-12:15 PM . . .XA671X

Sensory Explorers

(ages 18 months-2 years, with adult)

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

Six Sessions $70.00 Per Pair

Dorbrook Rec Area Prog Bldg Classroom

Wed, Jan 20-Feb 24 10:00-10:45 AM AAF71X

Superheroes

(ages 2 ½-5, with adult)

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

Five Sessions $70.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Avengers Assemble

Including heroes: Captain America, Spider-Man, and Hulk

Mon, Jan 11-Feb 8 9:30-10:15 AM MA271X

Mon, Jan 11-Feb 8 10:30-11:15 AM MA371X

Justice League

Including heroes: Superman, Wonder Woman, and Batman

Mon, Feb 22-Mar 22 9:30-10:15 AM MA471X

Mon, Feb 22-Mar 22 10:30-11:15 AM . . . MA571X

The Power of Play

(ages 2-4, with adult)

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

Four Sessions $56.00 Per Person

Fort Monmouth Rec Ctr Gym A

Dinosaurs

Fri, Jan 15-Feb 5 9:30-10:15 AM MA671X
Fri, Jan 15-Feb 5 10:30-11:15 AM. MA771X

Animals

Fri, Feb 19-Mar 12 9:30-10:15 AM MA871X
Fri, Feb 19-Mar 12 10:30-11:15 AM MA971X

When You Wish Upon a Star

(ages 2-4, with adult)

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

Four Sessions $52.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Dec 10-Jan 14 10:30-11:15 AM XAM71X
No class 12/24 & 12/31

Five Sessions $65.00 Per Person

Big Brook Pk Elsas Lodge

Thu, Jan 28-Feb 25 10:30-11:15 AM XAN71X

Tatum Pk Holland Act Ctr

Wed, Dec 9-Jan 13 11:30 AM-12:15 PM . . . X9371X
No class 12/30
Wed, Jan 27-Feb 24 11:30 AM-12:15 PM . . X9471X

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

Three Sessions $54.00 Per Person

Tatum Pk Red Hill Act Ctr

Thu, Feb 4-18 2:00-3:00 PM X8871X

Six Sessions $108.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 11-Feb 15 2:30-3:30 PM X8671X

Baby & Me Yoga: Holiday Series NEW

(ages 1 months-12 months, with parent)

A supportive, uplifting, and connection-based class for mothers and their babies. This Baby & Me Yoga: Holiday 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 to help you feel both centered and connected. This class is pressure-free—feeding, changing, and soothing are always welcome. To celebrate the season, our final class will include a special holiday party! Families are invited to dress their little ones in their favorite holiday outfit as we enjoy festive songs, movement, and a joyful celebration together. Please bring a yoga mat and a soft blanket for your baby to lay 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

Three Sessions $54.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Nov 30-Dec 14 2:30-3:30 PM XFE64X

Tatum Pk Red Hill Act Ctr

Thu, Dec 3-17 2:30-3:30 PM X8571X

Gymnastics

(ages 2-3, with adult)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions $55.00 Per Pair

Thu, Dec 3-17 9:30-10:15 AM M1571A
Thu, Dec 3-17 10:30-11:15 AM M1771A
Sat, Dec 5-19 9:00-9:45 AM M1971A
Sat, Dec 5-19 11:00-11:45 AM. M2371A
Sat, Dec 5-19 12:00-12:45 PM M2771A

Four Sessions $70.00 Per Pair

Thu, Jan 7-28 9:30-10:15 AM M3271A
Thu, Jan 7-28 10:30-11:15 AM M3471A
Sat, Jan 9-30 9:00-9:45 AM. M3671A
Sat, Jan 9-30 11:00-11:45 AM M4071A
Sat, Jan 9-30 12:00-12:45 PM M4471A
Thu, Feb 4-25 9:30-10:15 AM M4971A
Thu, Feb 4-25 10:30-11:15 AM M5171A
Sat, Feb 6-27 9:00-9:45 AM M5371A
Sat, Feb 6-27 11:00-11:45 AM. M5771A
Sat, Feb 6-27 12:00-12:45 PM M6171A

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.

Indoor Season

Four Sessions $60.00 Parent/Child

Fort Monmouth Rec Ctr Gym A

Sat, Jan 2-23 12:00-12:55 PM X2271X

Kids Kixx Pee Wee

(ages 2 ½-3, with adult)

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

Indoor Season

Four Sessions $60.00 Per Child

Fort Monmouth Rec Ctr Gym A

Sun, Jan 3-24 10:30-11:15 AM X0271X
Sun, Jan 3-24 11:30 AM-12:15 PM X0371X
Tue, Jan 5-26 9:30-10:15 AM X0571X
Sun, Feb 7-28 10:30-11:15 AM X0971X
Sun, Feb 7-28 11:30 AM-12:15 PM X1071X
Tue, Feb 9-Mar 2 9:30-10:15 AM X1271X



Kixx Soccer & Crafts

(ages 3-5, with adult)

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

Indoor Season

Four Sessions $64.00 Per Person

Fort Monmouth Rec Ctr Gym A

Tue, Jan 5-26 10:30-11:15 AM. X0671X
Tue, Feb 9-Mar 2 10:30-11:15 AM X1371X

Mini Pee Wee Sports

(ages 2-3, with adult)

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions $52.00 Parent/Child

Fri, Dec 11-Jan 15 9:30-10:15 AM X9771X
No class 12/25 & 1/1

Five Sessions $65.00 Parent/Child

Fri, Jan 29-Feb 26 9:30-10:15 AM. X9871X

Pee Wee Sports

(ages 3-5, with adult)

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

Freneau Wds Pk Vis Ctr Program Room 1

Four Sessions $52.00 Parent/Child

Fri, Dec 11-Jan 15 10:30-11:15 AM XA171X

No class 12/25 & 1/1

Five Sessions $65.00 Parent/Child

Fri, Jan 29-Feb 26 10:30-11:15 AM XA271X

Toddler & Me Yoga

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

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

Please bring one yoga mat per adult/toddler pair.

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

Six Sessions $108.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 11-Feb 15 3:30-4:30 PM X8771X

Toddler and Me Yoga: Holiday Series NEW

(ages 1-4, 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. To celebrate the season, our final class will include a special holiday party! Families are invited to dress their little ones in their favorite holiday outfit as we enjoy festive songs, movement, and a joyful celebration together. Please bring a yoga mat for adult/toddler.

Instructor: Rachel Ballington, Founder of Mama's Mindful Yoga LLC; Toddler Yoga Instructor; Trained under Sri Dharma Mitra in 2018

Three Sessions $54.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Nov 30-Dec 14 3:30-4:30 PM XFF64X



Yoga isn't just for adults! When it comes to children, it offers better focus and mindfulness, while improving balance, flexibility, and strength.

DID YOU KNOW?

ARTS & CRAFTS

CERAMICS & POTTERY

Children's Ceramics

(ages 8-16)

Pre-cast ceramic items will be decorated. Learn about greenware, bisque, underglaze, and glaze. Class fee includes instruction, tools, firings, underglaze, and glaze. Ceramic items are purchased separately upon arrival to class.

Six Sessions $90.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 9-Feb 13 9:30-11:30 AM Z0871A

Children's Handbuilding with Clay

(ages 7-10)

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

Six Sessions $105.00 Per Child

Thompson Pk Creative Arts Center

Fri, Jan 8-Feb 12 4:45-6:00 PM Z0971A

Children's Wheel-Thrown Pottery

(ages 11-17)

Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. The instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes, and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions $147.00 Per Child

Thompson Pk Creative Arts Center

Instructor: Joyce Nokes

Thu, Jan 7-Feb 18 4:00-6:00 PM. Z1271A

Instructor: John Fossa

Sat, Jan 9-Feb 20 9:00-11:00 AM Z1171A

Christmas Tree Claytime

(ages 8-12)

Build a clay tree to celebrate the season. Students will sculpt a small Christmas tree, and learn some basic hand-building techniques. Participants will also have the opportunity to add clay decoration and glazes to create a one of kind holiday keepsake. Pieces will be kiln-fired and ready for pick-up two weeks after the workshop.

One Session $42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Nov 21 12:00-1:30 PM ZDH64A
Sat, Nov 21 2:00-3:30 PM. ZDJ64A

Santa's Cookie Plate

(ages 6-9)

The night before Christmas, put Santa's cookies on a special plate of your own design. Class includes a ceramic plate, glazes, and firings. The plate will be kiln-fired and ready for pick-up the following week.

One Session $42.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 5 12:00-1:30 PM Z0671A
Sat, Dec 5 2:00-3:30 PM. Z0771A

Sculpt a Snowman

(ages 6-10)

In the spirit of the snowy winter weather, join us inside the warmth of the Creative Arts Center. We'll construct a snowman sculpture to cherish long after the snow melts. Participants will learn some fun hand-building techniques, as well as painting and decorating these clay snowmen. Projects will be kiln-fired and ready for pickup two weeks after the workshop.

One Session $42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 16 12:00-1:30 PM Z0471A
Sat, Jan 16 2:00-3:30 PM Z0571A

Valentine's Plate

(ages 7-11)

With Valentine's Day right around the corner, create the perfect gift this year for someone special! Paint a pre-cast ceramic plate with a special Valentine's Day twist, while learning some fun ceramic painting techniques. Class includes a ceramic plate, glazes, instructions, and firings. Pieces will be glaze-fired and ready to pick up in about a week.

One Session $42.00 Per Child

Thompson Pk Creative Arts Center

Sat, Jan 30 12:00-1:30 PM Z0271A
Sat, Jan 30 2:00-3:30 PM Z0371A

DRAWING & PAINTING

Aspiring Artists for Homeschoolers

(ages 6-12)

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

Four Sessions $96.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Renoir's Sunset at Douarnenez
Monet's Water Lilies
Monet's Snow Effect
ORIGINAL Bird on a Snowy Branch

Wed, Jan 6-27 1:00-2:30 PM Z8671A

Cezanne's Still Life with Fruit Dish
ORIGINAL Valentine's Day floral
Monet's Grainstacks, Snow Effect
Monet's The Seine at Bennecourt, winter

Wed, Feb 3-24 1:00-2:30 PM Z8771A

Aspiring Artists Winter Wonderland

(ages 5-12)

Using acrylic paint and canvas board, students will paint an American tree sparrow on a snowy branch to capture the beauty of the winter season. All materials are included.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $25.00 Per Child

Thompson Pk Creative Arts Center

(ages 5-7)

Sat, Dec 5 10:00-11:00 AM ZA471A

(ages 8-12)

Fri, Dec 4 4:30-6:00 PM ZAD71A

Home Schoolers

(ages 6-12)

Wed, Dec 16 10:00-11:30 AM ZA571A

Great Impressionism for 5, 6 & 7 Year Olds™

(ages 5-7)

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

Four Sessions $66.00 Per Person

Thompson Pk Creative Arts Center

Derain's Cypresses
Renoir's Sunset at Douarnenez
Monet's Water Lilies
ORIGINAL Winter Landscape

Sat, Jan 9-30 10:00-11:00 AM Z8471A

Valtat's Bouquet of Flowers
ORIGINAL Valentine's Day floral
Cezanne's Still Life with Fruit Dish
Monet's Winter Sun, Lavacourt

Sat, Feb 6-27 10:00-11:00 AM Z8571A

Great Impressionism for Aspiring Young Artists™

(ages 8-12)

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

Four Sessions $102.00 Per Person

Thompson Pk Creative Arts Center

Renoir's Sunset at Douarnenez
Monet's Water Lilies
Monet's Snow Effect
ORIGINAL bird on a snowy branch

Fri, Jan 8-29 4:30-6:30 PM Z8271A

Cezanne's Still Life with Fruit Dish
ORIGINAL Valentine's Day floral
Monet's Grainstacks, Snow Effect
Monet's The Seine at Bennecourt, winter

Fri, Feb 5-26 4:30-6:30 PM Z8371A

KidzArt Explore

(ages 6-10)



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

Six Sessions $104.00 Per Person

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 6-Feb 10 4:00-5:00 PM ZAP71A
Wed, Feb 17-Mar 24 4:00-5:00 PM ZAQ71A

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 4:15-5:15 PM. ZAR71A
Thu, Feb 18-Mar 25 4:15-5:15 PM ZAS71A

Henry Hudson Trail Act Ctr

Mon, Jan 4-Feb 8 4:00-5:00 PM ZAT71A
Mon, Feb 15-Mar 22 4:00-5:00 PM ZAU71A

KidzArt Discover

(ages 3 ½-5)

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

Six Sessions $104.00 Per Child

Thompson Pk Vis Ctr Tulip Room

Tue, Jan 5-Feb 9 1:00-2:00 PM. ZAZ71A
Tue, Feb 16-Mar 23 1:00-2:00 PM ZB071A

Freneau Wds Pk Vis Ctr Art Room

Wed, Jan 6-Feb 10 1:00-2:00 PM ZB171A
Wed, Feb 17-Mar 24 1:00-2:00 PM ZB271A

KidzArt Painting Workshop

(ages 6-11)

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

One Session $37.00 Per Child

Snowy Night

Henry Hudson Trail Act Ctr

Sat, Jan 16 10:30 AM-12:00 PM ZB371A

Thompson Pk Creative Arts Center

Sat, Jan 16 1:30-3:00 PM ZB471A

Be My Valentine

Henry Hudson Trail Act Ctr

Sat, Feb 13 10:30 AM-12:00 PM. ZB571A

Thompson Pk Creative Arts Center

Sat, Feb 13 1:30-3:00 PM ZB671A

MISCELLANEOUS CRAFTS

Alice's Tea Party

(ages 7-10)

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

One Session $30.00 Per Person

Dorbrook Rec Area Prog Bldg Classroom

Sat, Jan 30 1:00-3:00 PM AAB71X

Crafternoons at Dorbrook

(ages 7-11)

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

Six Sessions $80.00 Per Child

Dorbrook Rec Area Prog Bldg Classroom

Wed, Jan 13-Feb 17 4:00-5:15 PM AAA71X

American Girl® Doll Design

(ages 7-12)

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

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

One Session $40.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Holiday Party Outlet

She'll sparkle in a new outfit just in time for New Year's!

Sat, Dec 12 10:30-11:30 AM M8371X
Sat, Dec 12 12:00-1:00 PM M8471X
Sat, Dec 12 1:30-2:30 PM M8571X

Pet Accessories

For the pampered pooch or kitty - create everything a pet could want.

Sat, Jan 23 10:30-11:30 AM M8671X
Sat, Jan 23 12:00-1:00 PM M8771X
Sat, Jan 23 1:30-2:30 PM M8871X

Be a Chef

If your doll loves to be in the kitchen, then she needs the right tools to create delicious food.

Sat, Feb 20 10:30-11:30 AM M8971X
Sat, Feb 20 12:00-1:00 PM M9071X
Sat, Feb 20 1:30-2:30 PM M9171X

TeenzArt Studio

(ages 11-15)

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

Six Sessions $110.00 Per Child

Fort Monmouth Rec Ctr Program Room A

Wed, Jan 6-Feb 10 5:15-6:30 PM ZAJ71A
Wed, Feb 17-Mar 24 5:15-6:30 PM ZAK71A

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 5:30-6:45 PM. ZAM71A
Thu, Feb 18-Mar 25 5:30-6:45 PM ZAN71A

CULINARY ARTS

Books & Cooks

(ages 4-5)

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

Please Note: Children must be fully potty trained.

Four Sessions $74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 3 3:00-4:00 PM A0671X
Thu, Jan 14-Feb 4 3:00-4:00 PM. A0771X
Thu, Jan 14-Feb 4 4:30-5:30 PM. A0871X
Wed, Feb 17-Mar 10 3:00-4:00 PM A0971X
Thu, Feb 18-Mar 11 3:00-4:00 PM A1071X

Cooking Basics for Teens

(ages 13-16)

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

Four Sessions $82.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 3 6:00-7:15 PM A1671X
Wed, Feb 17 6:00-7:15 PM A1771X



When teens learn cooking skills, it not only encourages healthy eating habits, it also teaches an important life skill while reinforcing math and reading comprehension.

DID YOU KNOW?

Dinner Party Chefs

(ages 8-10)

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

One Session $77.00 Per Person

Dorbrook Rec Area Vis Ctr

Around the World

Sat, Jan 9 2:00-5:30 PM A3371X

TikTok Viral Foods

Sat, Jan 23 2:00-5:30 PM A3471X

Steakhouse

Sat, Feb 13 2:00-5:30 PM A3571X

Italian

Sat, Feb 27 2:00-5:30 PM A3671X

Kids Baking

(ages 10-13)

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

Three Sessions $65.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Tue, Dec 1-15 5:30-8:00 PM M8171X
Tue, Jan 5-19 5:30-8:00 PM M8271X

Let's Cook

(ages 6-8)

This cooking class showcases fun and creative foods while introducing basic culinary skills to your child, including chopping, measuring, and kitchen safety. Recipes will vary from session to session.

Four Sessions $74.00 Per Person

Dorbrook Rec Area Vis Ctr

Thu, Jan 14-Feb 4 6:00-7:00 PM. A1171X
Thu, Feb 18-Mar 11 4:30-5:30 PM A1271X
Thu, Feb 18-Mar 11 6:00-7:00 PM A1371X



Let's Decorate Cupcakes

(ages 9-11)

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

One Session $60.00 Per Child

Dorbrook Rec Area Vis Ctr

Mon, Jan 25 5:00-7:00 PM A7771X

Star Chefs

(ages 9-12)

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

Four Sessions $74.00 Per Person

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 3 4:30-5:30 PM A1471X
Wed, Feb 17-Mar 10 4:30-5:30 PM A1571X

Tween Chefs

(ages 11-13)

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

Four Sessions $95.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Jan 17-Feb 7 10:30 AM-12:00 PM . . AAW71X

Young Chefs

(ages 8-10)

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

Four Sessions $95.00 Per Person

Dorbrook Rec Area Vis Ctr

Sun, Feb 14-Mar 7 10:30 AM-12:00 PM . . .AAX71X

EDUCATION & ENRICHMENT

EARLY FINANCIAL LEARNING

My First Piggy Bank

(grades K-2)

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

Instructor: SPARK Business Academy

Six Sessions $180.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Dec 1-Jan 5 4:00-5:00 PM M7871A

Young Entrepreneurs

(grades 3-5)

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

Instructor: SPARK Business Academy

Six Sessions $180.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Wed, Dec 2-Jan 6 4:00-5:00 PM M8071A

GAMES

Holiday Chess Workshop

(ages 9-12)

Play chess during winter recess! Each day we will learn an opening tactic or ending to try in the day's play. We will also learn how to use the tournament chess clock so we can prepare for tournament play. Please bring a water bottle and snack.

Three Sessions $95.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon-Wed, Dec 28-30 9:00-11:00 AM Q1071X

Learn to Play Dungeons & Dragons

(ages 9-15)

Get ready for adventure! In this beginner-friendly program, kids will explore the world of tabletop role-playing games by learning how to play Dungeons & Dragons. Players will team up to create heroes, solve problems, and go on exciting quests—using imagination, dice, and teamwork. From Week 1, participants will learn the rules, bring their characters to life, and work together to guide their group's story. The adventure continues each session as kids practice improvisation and creativity as they interact with fellow players. By the final session, the group will wrap up their story and see how far their characters have come. No experience is needed; just a love of fantasy, fun, and imagination! A set of colorful, polyhedral dice is included for each player. Instruction is provided by Shore Gamers.

Six Sessions $120.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Thu, Jan 14-Feb 18 6:00-7:30 PM. MA171X

LANGUAGE

Learning Mandarin NEW

(ages 9-12)

Learn Mandarin with us, from basic Mandarin speech and writing to Chinese games, crafts, and culture. Each week we will explore a Mandarin theme to help us connect with Mandarin words and symbols. These themes will blend everyday learning with fun experiences and allow us to explore Mandarin culture.

Four Sessions $95.00 Per Person

Thompson Pk Vis Ctr Beech Room

Thu, Jan 7-28 4:30-6:00 PM Q0171X

SAFETY

Child and Babysitting Safety

(ages 13-17)

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

One Session $72.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 23 10:00 AM-12:00 PM. U1071A

STEM

Snapology STEAM Programs

(ages 6-11)

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

Six Sessions $165.00 Per Child

Planes, Trains, and Automobiles Engineering

(ages 6-8)

Explore the world of transportation through engineering! Kids will build models of trains, cars, and airplanes using our engineering kits with LEGO® bricks, while also learning about energy, wheels, axles, air resistance, and more STEM concepts. We'll also build the ultimate city and all the parts that make a community work! This is creative building at its best!

Fort Monmouth Rec Ctr Program Room D

Wed, Feb 17-Mar 24 5:00-6:00 PM U0571A

Mega Machines Robotics & Coding

(ages 9-11)

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

Thompson Pk Vis Ctr Beech Room

Thu, Feb 18-Mar 25 5:00-6:00 PM U0671A

> *The instructor was very good at accommodating a range of age groups and making it enjoyable and interesting for all.*

OUTDOOR ADVENTURES

CROSS-COUNTRY SKIING

Adventures in Cross-Country Skiing

(ages 11-17)

Experience the Olympic sport of cross-country skiing this winter! Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. These adventures will run using natural snow or our custom ski-mats. Afterwards, warm up by the fire and make some s'mores. All ski equipment is provided.

One Session $22.00 Per Person

Thompson Pk Ski Hut

Wed, Dec 30 2:00-3:30 PM W5271A
Thu, Feb 11 4:30-6:00 PM W1671A

HIKING

After School Hike: The Park After Dark

(ages 6-9)

Give your child an exciting adventure right before the holidays with a hike out in the parks after dark. On our hike, your child will get to see nature in a whole new light...or should we say without light at all! They will learn about trail etiquette; they'll be keeping an eye out for animals on the trails; and most importantly, they will make new friends along the way. Please pack water and a snack in a day pack and dress in layers for a chilly evening adventure. Don't forget your flashlight!

One Session $18.00 Parent/Child

Freneau Wds Pk Vis Ctr Parking Area

Tue, Dec 15 4:30-6:00 PM. W4471A

Lights Out Hike

(ages 10-14)

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

One Session $18.00 Per Person

Thompson Pk 3 Barns Parking Lot

Fri, Jan 22 6:00-7:30 PM W4371A

Teen Hikes: Princeton Battlefield Swinging Bridge NEW

(ages 13-17)

On January 3, 1777, George Washington won the Battle of Princeton after marching from Trenton in the night. Meet us at Thompson Park and your teen will ride a Park System minibus as we go to Princeton Battlefield State Park. Once there, we will take a scenic hike through the historic Institute Woods, over the swinging bridge, and then follow in the footsteps of the Continental Army. Join us on a walk through history!

Please Note: Sturdy shoes or hiking boots are required.

Rating: Easy, flat, dirt trails, relaxed pace, possible snow or ice. Miles: 2.5+

One Session $55.00 Per Child

Thompson Pk 3 Barns Parking Lot

Sun, Jan 3 8:30 AM-2:00 PM W3071A

Young Explorers

(ages 6-9)

Get your child in touch with their natural surroundings with this hiking series. We will be exploring trail etiquette, keep an eye out for the wildlife we share our trails with, and, most importantly, your young hiker will meet new outdoorsy kids and build new friendships! Please pack water and a snack in a day pack and dress for the weather and an early evening adventure.

Three Sessions $45.00 Per Child $30.00 Additional Sibling

2/9 - Hartshorne Wds Pk Buttermilk Valley

2/16 - Holmdel Pk Hilltop Lot

2/23 - Freneau Wds Pk Vis Ctr Lot

Tue, Feb 9-23 4:00-5:30 PM W2971X



PERFORMING ARTS

ACTING

Beginner Acting

(ages 8-11)

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

The Performers

Six Sessions $135.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 11-Feb 15 4:30-6:00 PM Q0671X

Clayton Park Black Box Theater

(ages 8-12)

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

Six Sessions $140.00 Per Person

Clayton Pk Act Ctr Classroom B

Fri, Jan 29-Mar 5 4:30-6:00 PM Q1571X

Holiday Puppet Making/Puppet Show NEW

(ages 5-7)

In this holiday program, 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. A puppet show for family and friends will be held on the last day of this program. Please bring in your favorite storybooks, a water bottle, and wear closed-toe shoes/sneakers.

Three Sessions $95.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon-Wed, Dec 28-30 1:00-3:00 PM Q1171X

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.

Six Sessions $135.00 Per Person

Navesink Library The Theater

Tue, Jan 5-Feb 9 12:30-2:00 PM Q0771X

DANCE

Little Dancers

(ages 5-6)

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

Ten Sessions $130.00 Per Child

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 4:45-5:30 PM A6071X

Little Stars: Jazz & Hip Hop NEW

(ages 5-6)

This fun and energetic combo class introduces young dancers to the exciting worlds of jazz and hip hop! Students will build coordination, rhythm, and confidence while learning age-appropriate choreography set to upbeat pop music. A perfect class for little dancers who love to move, groove, and have fun! Dancers should wear leotard/tights and jazz shoes.

Ten Sessions $130.00 Per Child

Tatum Pk Red Hill Act Ctr

Thu, Jan 7-Mar 11 4:45-5:30 PM AB171X

MOVE

(ages 4-6)

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

Six Sessions $72.00 Per Child

Dorbrook Rec Area Vis Ctr

Wed, Jan 13-Feb 17 3:00-3:45 PM AAT71X

Storytime Ballet

(ages 3-4)

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

Ten Sessions $130.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 6-Mar 10 10:15-11:00 AM A6171X

Tots in Tutus I

(ages 3-4)

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

Ten Sessions $130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 10:15-11:00 AM. A5871X

Thu, Jan 7-Mar 11 4:00-4:45 PM AAY71X

Tots in Tutus II Combo

(ages 4-5)

This fun-filled dance class introduces your dancer to ballet and tap basics using fun music and props. Dancers will build self-confidence, improve listening skills, and spark imagination! Children should wear ballet attire and need ballet and tap shoes. Please secure hair away from face. Children must be at least 4 years old by the start of class.

Ten Sessions $130.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 4:00-4:45 PM A5971X

Winter Myths Holiday Performance

(ages 8-12)

Did you ever wonder why no two snowflakes are alike, why penguins learned to slide, or how polar bears got their white coats? This holiday season, we will create winter myths to be performed for family and friends on the last day of the program.

Three Sessions $95.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Dec 7-21 4:30-6:00 PM. Q1271X

VOCAL

Homeschool Chorus NEW

(ages 9-15)

Together we will learn the core fundamentals of the voice to build healthy singing habits and confidence in performance and projection. We will work on proper breathing exercises for singing, focus on pitch accuracy, diction, and singing with a group. Please bring a three-ring, one-inch black binder to store your sheet music. A performance for family and friends will be held on the last day of class.

Five Sessions $120.00 Per Person

Navesink Library The Theater

Wed, Jan 6-Feb 3 12:30-2:00 PM Q0571X

SPORTS & FITNESS

BASEBALL

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.

Indoor Season

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 2-23 9:00-9:55 AM. X1671X
Sat, Jan 2-23 10:00-10:55 AM X1771X
Sat, Feb 6-27 9:00-9:55 AM X1871X
Sat, Feb 6-27 10:00-10:55 AM. X1971X

BASKETBALL

Basketball FUNdamentals

(ages 6-8)

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

Indoor Season

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 2-23 11:00-11:55 AM X2071X
Sat, Feb 6-27 11:00-11:55 AM. X2171X

"The instructor Nicholas was amazing! He was clearly knowledgeable and gave a great overview of beginning basketball skills. My child had so much fun. The class was perfect for beginners and sparked a new interest in basketball for my child."

CHEERLEADING & GYMNASTICS

Gymnastics - Kids

(ages 3-10)

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions $55.00 Per Person

(ages 3-4)

Thu, Dec 3-17 9:30-10:15 AM M1671A
Thu, Dec 3-17 10:30-11:15 AM M1871A
Sat, Dec 5-19 9:00-9:45 AM M2071A
Sat, Dec 5-19 11:00-11:45 AM. M2471A
Sat, Dec 5-19 12:00-12:45 PM M2871A

(ages 5-6)

Sat, Dec 5-19 9:00-9:45 AM M2171A
Sat, Dec 5-19 11:00-11:45 AM. M2571A
Sat, Dec 5-19 12:00-12:45 PM M2971A

(ages 7-10)

Sat, Dec 5-19 9:00-9:45 AM M2271A
Sat, Dec 5-19 11:00-11:45 AM. M2671A
Sat, Dec 5-19 12:00-12:45 PM M3071A

Four Sessions $70.00 Per Person

(ages 3-4)

Thu, Jan 7-28 9:30-10:15 AM M3371A
Thu, Jan 7-28 10:30-11:15 AM M3571A
Sat, Jan 9-30 9:00-9:45 AM. M3771A
Sat, Jan 9-30 11:00-11:45 AM M4171A
Sat, Jan 9-30 12:00-12:45 PM M4571A
Thu, Feb 4-25 9:30-10:15 AM M5071A
Thu, Feb 4-25 10:30-11:15 AM M5271A
Sat, Feb 6-27 9:00-9:45 AM M5471A
Sat, Feb 6-27 11:00-11:45 AM. M5871A
Sat, Feb 6-27 12:00-12:45 PM M6271A

(ages 5-6)

Sat, Jan 9-30 9:00-9:45 AM. M3871A
Sat, Jan 9-30 11:00-11:45 AM M4271A
Sat, Jan 9-30 12:00-12:45 PM M4671A
Sat, Feb 6-27 9:00-9:45 AM M5571A
Sat, Feb 6-27 11:00-11:45 AM. M5971A
Sat, Feb 6-27 12:00-12:45 PM M6371A

(ages 7-10)

Sat, Jan 9-30 9:00-9:45 AM. M3971A
Sat, Jan 9-30 11:00-11:45 AM M4371A
Sat, Jan 9-30 12:00-12:45 PM M4771A
Sat, Feb 6-27 9:00-9:45 AM M5671A
Sat, Feb 6-27 11:00-11:45 AM. M6071A
Sat, Feb 6-27 12:00-12:45 PM M6471A

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

All American Gymnastics Cindy Lane, Ocean

Three Sessions $55.00 Per Person

Sat, Dec 5-19 12:00-12:45 PM M3171A

Four Sessions $70.00 Per Person

Sat, Jan 9-30 12:00-12:45 PM M4871A
Sat, Feb 6-27 12:00-12:45 PM M6571A

FENCING

Touché! Intro to Fencing

(ages 5-12)

Swordsmanship with sportsmanship. Fencing is challenging, fun, and an excellent workout for all ages while significantly improving self-esteem and academics. It appeals to the gamer's mindset and builds lifelong friendships. Take advantage of learning fencing under a 4-time Olympic coach. Learn safely in the provided protective gear. Space is very limited to ensure technique feedback in this unique Olympic sport.

Eight Sessions $295.00 Per Person

Fort Monmouth Rec Ctr Gym B

Thu, Jan 14-Mar 4 3:30-4:30 PM MAA71A

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.

Indoor Season

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Feb 6-27 12:00-12:55 PM X2371X

SOCCER

Kids Kixx Soccer

(ages 4-5)

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

Indoor Season

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Thu, Jan 7-28 4:00-4:55 PM X0771X
Thu, Jan 7-28 5:00-5:55 PM X0871X
Thu, Feb 11-Mar 4 4:00-4:55 PM X1471X
Thu, Feb 11-Mar 4 5:00-5:55 PM X1571X

Kids Kixx Soccer: Ladybugs

(ages 4-6)

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

Indoor Season

Four Sessions $60.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sun, Jan 3-24 12:30-1:25 PM X0471X
Sun, Feb 7-28 12:30-1:25 PM X1171X



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

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

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

RecAssist for Individuals & Families





SUMMER JOB FAIR

Work within the beautiful scenery of your Monmouth County parks!

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

Summer Camp Counselors
Inclusion Coaches
Pool & Beach Lifeguards
Boat Tour Operators
Sprayground Attendants
Seasonal Greenskeepers
Seasonal Rangers
And More!

SATURDAY, MARCH 6

9:00 AM - 12:00 PM
Fort Monmouth Recreation Center, Tinton Falls

Questions?
Call 732-842-4000, ext. 4312.

Registration begins at 8:00 AM on Wednesday, November 18. See page 84 for full details.

ACTIVE ADULTS 55+

Stronger for Longer

(ages 55 and up)

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

Six Sessions $90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 5-Feb 9 11:15 AM-12:15 PM D2171X
Thu, Jan 7-Feb 11 10:00-11:00 AM. D2371X
Tue, Feb 16-Mar 23 11:15 AM-12:15 PM . .D2271X
Thu, Feb 18-Mar 25 10:00-11:00 AM. D2471X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Feb 8 1:00-2:00 PM D1971X
Mon, Feb 15-Mar 22 1:00-2:00 PM D2071X

Stronger for Longer Plus

(ages 55 and up)

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

Six Sessions $90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 5-Feb 9 10:00-11:00 AM. D2771X
Thu, Jan 7-Feb 11 8:45-9:45 AM D2971X
Tue, Feb 16-Mar 23 10:00-11:00 AM. D2871X
Thu, Feb 18-Mar 25 8:45-9:45 AM D3071X

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 4-Feb 8 11:45 AM-12:45 PM. . . .D2571X
Mon, Feb 15-Mar 22 11:45 AM-12:45 PM. .D2671X

T'ai Chi Chih Seated Position

(adults)

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

Three Sessions $85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jan 11-Feb 1 1:30-2:50 PM A9571X
No class 1/18

Dorbrook Rec Area Vis Ctr

Mon, Feb 22-Mar 8 1:30-2:50 PM. AB471X

Winter Senior Hikers

(ages 55 and up)

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

Location Varies Week to Week

Level 1

Hikes cover 3 to 3 ½ miles in 1 ½ hours. Level 1 is a more comfortable pace than 2, 3, and 4.

Twelve Sessions $84.00 Per Person

Thu, Jan 7-Mar 25 9:30-11:00 AM D1571A

Thirteen Sessions $91.00 Per Person

Tue, Jan 5-Mar 30 9:30-11:00 AM. D1271A

Level 2

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

Twelve Sessions $96.00 Per Person

Wed, Jan 6-Mar 31 9:30-11:30 AM D1371A
Thu, Jan 7-Mar 25 9:30-11:30 AM D1471A
Fri, Jan 8-Mar 26 9:30-11:30 AM D1671A

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 brisk-paced hike than Level 2, but easier than Level 4.

Thirteen Sessions $104.00 Per Person

Tue, Jan 5-Mar 30 9:30-11:30 AM. D0671A

Level 4

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

Twelve Sessions $96.00 Per Person

Mon, Jan 4-Mar 29 9:30-11:30 AM D0571A
No hike 2/15

Zumba Gold

(ages 55 and up)

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

Eight Sessions $120.00 Per Person

Fort Monmouth Rec Ctr Gym B

Wed, Jan 20-Mar 10 10:00-10:55 AM X5671X

Eleven Sessions $165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 8-Mar 26 4:30-5:25 PM X6971X
No class 2/12

ARTS & CRAFTS

CERAMICS & POTTERY

Advanced Wheel-Thrown Pottery

(adults)

These classes are for students who have experience on the potter's wheel and are looking to further develop their throwing skills. Advanced techniques and in-depth forms will be presented. Fee includes glazes, firings, and 25 lbs. of stoneware clay. Please be advised that there will be no opportunities to make up missed classes.

Seven Sessions $217.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Pete MacConnell

Tue, Jan 5-Feb 16 7:00-10:00 PM Z3171A
Thu, Jan 7-Feb 18 9:00 AM-12:00 PM Z3271A

Instructor: Matt Burton

Thu, Jan 7-Feb 18 6:30-9:30 PM. Z3371A

All Level Pottery - Extended

(adults)

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

Instructor: Sue Johnson

Seven Sessions $280.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 5-Feb 16 9:00 AM-1:00 PM Z3471X

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

Advanced Wheel-Thrown Pottery
All Level Pottery - Extended
All Level Pottery
Foundations of Clay Hand-Building

All Level Pottery Classes

(adults)

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

Seven Sessions $217.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Laura Copeland

Mon, Jan 4-Feb 15 9:00 AM-12:00 PM. . . . Z3771A
Mon, Jan 4-Feb 15 1:00-4:00 PM Z3871A

Instructor: Brian Farro

Mon, Jan 4-Feb 15 6:00-9:00 PM Z3971A

Instructor: Sue Johnson

Tue, Jan 5-Feb 16 4:00-7:00 PM. Z4071A

Instructor: Joanne Traskiewicz

Wed, Jan 6-Feb 17 9:00 AM-12:00 PM. . . . Z4171A
Wed, Jan 6-Feb 17 1:00-4:00 PM Z4271A

Instructor: Anne Zayatz

Wed, Jan 6-Feb 17 6:30-9:30 PM Z4371A

Instructor: Joyce Nokes

Fri, Jan 8-Feb 19 9:00 AM-12:00 PM Z4471A
Fri, Jan 8-Feb 19 1:00-4:00 PM Z4571A

Instructor: John Fossa

Sat, Jan 9-Feb 20 11:30 AM-2:30 PM. . . . Z4671A

> *Joanne is fabulous! She's not only a talented artist, but an incredible teacher, always looking for ways she can help, always looking out for the students, and always kind and sincere.*

Basic Sculpture & Modeling in Clay

(adults)

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

Seven Sessions $231.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 4-Feb 15 6:00-9:00 PM Z3571A
Thu, Jan 7-Feb 18 12:30-3:30 PM. Z3671X

Ceramic Arts

(adults)

If you like the idea of painting your own pottery, wait until you see what we have to offer! Select from a variety of pre-cast ceramic items, and we will help you transform them into your own work of art. Traditional and contemporary ceramic techniques will be demonstrated. Our large selection of glazes and underglazes will not disappoint! Beginners will gain knowledge about greenware, bisque, underglazes, and glaze. Advanced students can work independently. Pre-cast items and tools can be purchased at the Creative Arts Center. Fee includes instruction, firings, glazes, and underglazes.

Seven Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 18 9:00 AM-12:00 PM Z5771A

Foundations of Clay Hand-Building

(adults)

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

Seven Sessions $217.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Kathy Bennett
Wed, Jan 6-Feb 17 1:00-4:00 PM Z2771A
Instructor: Beth Couchoud
Wed, Jan 6-Feb 17 6:30-9:30 PM Z2871A

DRAWING & PAINTING

A Day with the Impressionists

(adults)

Using acrylic paints and canvas, students recreate a famous Impressionist and/or Fauvist masterpiece using Aspiring Artists' step-by-step painting method. Students will learn specific brushstrokes and layering techniques to recreate their own rendition of the famous masterpiece listed. No painting experience is necessary. All materials provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $49.00 Per Person

Thompson Pk Creative Arts Center

Monet's The Magpie
Sat, Jan 9 1:00-4:00 PM Z8871A
Inness Home at Montclair
Sat, Jan 16 1:00-4:00 PM Z8971A
Valtat's Bouquet of Flowers
Sat, Jan 23 1:00-4:00 PM Z9071A
Cezanne's Still Life with Flowers and Fruit
Sat, Jan 30 1:00-4:00 PM Z9171A
Cezanne's Still Life with Fruit Dish
Sat, Feb 6 1:00-4:00 PM. Z9271A
Renoir's Roses, 1878
Sat, Feb 13 1:00-4:00 PM Z9371A
Cezanne's Landscape, Auvers
Sat, Feb 20 1:00-4:00 PM Z9471A
van Gogh's Olive Trees with Yellow Sky and Sun
Sat, Feb 27 1:00-4:00 PM Z9571A

Art of Winter Trees NEW

(adults)

Discover the beauty of winter trees by going on a guided tree identification walk. Learn how to identify them by buds, bark, branching patterns, and overall form. Afterward, we will learn simple techniques for illustrating buds and branches of different tree species. The instructor will guide participants through shape, shading, and color of these delicate forms.

Please Note: Class meets rain or shine. The walk portion may be moved to an indoor lecture component if weather conditions are poor. A class supply list will be attached to your receipt.

One Session $48.00 Per Person

Thompson Pk Creative Arts Center

Sat, Feb 20 9:30 AM-12:30 PM Z6271A
Wed, Feb 24 9:00 AM-12:00 PM. Z6371A

Aspiring Artists Holiday

(adults)

To celebrate Christmas and create your own holiday decorations, we will recreate a unique version of the Three Wise Men using acrylic paint on canvas board. All materials are provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $35.00 Per Person

Thompson Pk Creative Arts Center

Sat, Dec 5 1:00-3:00 PM Z9871A
Fri, Dec 18 10:00 AM-12:00 PM Z9971A

Aspiring Artists Winter Wonderland

(adults)

Using acrylic paint and canvas board, students will paint an American tree sparrow on a snowy branch to capture the beauty of the winter season. All materials are included.

Instructor: Debra Stasiak, Founder of Aspiring Artists

One Session $35.00 Per Person

Thompson Pk Creative Arts Center

Fri, Dec 4 10:00 AM-12:00 PM Z9671A

Beginner Drawing for Adults

(adults)

Artistic expression can bring confidence and independence to artists of all ages. Through personal guidance and encouragement, we will work with pastel, pencil, and watercolor in drawing projects that are stimulating and fun to do. Enter the creative zone with us! No art experience necessary. A supply fee of $10.00 is payable to artist/instructor Tresse DeLorenzo or Deanna Gallaro on the first day of class.

Six Sessions $164.00 Per Person

Freneau Wds Pk Vis Ctr Art Room

Mon, Jan 4-Feb 8 12:30-2:00 PM ZAE71A
Mon, Feb 15-Mar 22 12:30-2:00 PM ZAF71A

Fort Monmouth Rec Ctr Program Room A

Thu, Jan 7-Feb 11 11:30 AM-1:00 PM . . . ZAG71A
Thu, Feb 18-Mar 25 11:30 AM-1:00 PM . . ZAH71A



Botanical Illustration: Cactus

(adults)

Cacti come in a diversity of shapes and forms, their structures created to withstand the harsh conditions in which they thrive. We will be led through a guided tour in Deep Cut Garden's greenhouse, learning from an expert horticulturist all about the astonishing cacti, their adaptations to thrive in their native environments, and pointers and tips for care. Following our tour, we will spend the remaining portion of the class learning to draw these plants. The art lesson will focus specifically on creating forms and dimensions, color schemes, and drawing fine details like spines. The supply list will be attached to your receipt.

Art Instructor: Katie Stone / Horticulturist: Kate Lepis

One Session $48.00 Per Person

Deep Cut Gardens Horticultural Center

Mon, Jan 11 9:00 AM-12:00 PM Z6171A

Charcoal for the "Non-Artist"

(adults)

Think you can only draw stick figures? Prepare to surprise yourself! Working from fresh flowers, fruit, and beautifully arranged objects, participants will learn the timeless techniques artists use to create realistic tonal drawings with charcoal. More than a drawing class, this workshop introduces the art of seeing—one of the most fundamental skills an artist can develop. Whether you haven't taken an art class since grade school or have always believed you "can't draw," you'll leave with new skills, greater confidence, and drawings you'll be proud to take home. All materials are provided. A little charcoal dust is part of the experience, so wearing an older shirt is recommended.

Instructor: Jenny Santa Maria

One Session $47.00 Per Person

Thompson Pk Creative Arts Center

Tue, Feb 2 2:30-4:30 PM Z5271A
Thu, Feb 18 5:00-7:00 PM Z5471A

Contemporary Watercolor Painting

(adults)

Watercolor is a relaxing and creative medium. From strong vibrant colors to transparent washes, beginner and advanced students will enjoy learning cutting-edge techniques as well as traditional watercolor methods. A supply list will be sent upon registration.

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Tracey Witter

Mon, Jan 4-Feb 8 10:30 AM-12:30 PM Z4771A

Mon, Jan 4-Feb 8 1:00-3:00 PM Z4871A

Instructor: MaryAnn Goodwin

Fri, Jan 8-Feb 12 10:00 AM-12:00 PM Z6571A

Sat, Jan 9-Feb 13 10:00 AM-12:00 PM Z6671A

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. The supply list will be provided upon registration.

Eight Sessions $120.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 23-Mar 13 10:30 AM-12:00 PM . . .AAK71X

Drawing Birds Intensive NEW

(adults)

In this two-part series, participants will get the opportunity to take their avian illustrations to the next level. Each class, we will spend some time out in the field birding. After birding, we will delve into the drawing portion. Drawing lessons will include anatomical drawing exercises to better understand the forms and structures of birds. A supply list will be attached to your receipt upon registration.

Art Instructor: Katie Stone / Naturalist: Paul Mandala

Two Sessions $70.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13-20 9:00 AM-12:00 PM Z2971A

Figure Drawing 101

(adults)

Explore the art of figure drawing. This one-day workshop will give you access to a live model and the opportunity to learn some of the basics of drawing the human figure from life. Whether novice or experienced, this workshop is for all levels of artists. Please come with a fee of $15.00 (cash) payable to the model. All supplies will be provided by the teacher.

Instructor: Jenny Santa Maria

One Session $45.00 Per Person

Thompson Pk Creative Arts Center

Wed, Feb 10 5:00-7:30 PM Z5571A



12th Annual

Creative Arts Festival

Call for Entries

We're seeking fine art and high-quality craft artisans for our 12th Annual Creative Arts Festival at Thompson Park to be held Saturday, May 8 from 10:00 AM-4:00 PM. This juried art festival is open to artists of all mediums. Application fee is $15.00. Applications are due Monday, March 8. In addition to our art vendors, the day will be filled with art demonstrations, live music, and food vendors. It's a great day to celebrate the arts!

For more information, please visit www.MonmouthCountyParks.com or contact Christina at ccarlson@monmouthcountyparks.com or 732-842-4000, ext. 3343.

Fixing Watercolor Mistakes

(adults)

Very often it's said, "Watercolor is hard. If you make a mistake, it can't be fixed." Well, that's not quite true. In three sessions, we'll explore 20 watercolor issues that can be addressed and understood to improve your painting experience. Just bring your watercolor paints, paper, and paintbrushes to experience the many different methods of altering your watercolor imagery.

Instructor: Karin Trunz

Three Sessions $63.00 Per Person

Thompson Pk Creative Arts Center

Sat, Jan 9-23 1:00-2:30 PM Z5971A

Great Impressionism Workshop™

(adults)

No painting experience is necessary to take this step-by-step approach to Impressionism and/or Fauvism. Using acrylic paint, students will learn the specific brushstrokes, layering techniques, color mixing, and unique styles of these painters. Please bring two 11"x14" canvases and a set of acrylic brushes to class. During this four-week series, we will complete the two paintings listed below. Acrylic paint will be provided.

Instructor: Debra Stasiak, Founder of Aspiring Artists, LLC

Four Sessions $108.00 Per Person

Thompson Pk Creative Arts Center

Cezanne's Still Life with Flowers and Fruit
Monet's The Grand Canal

Fri, Jan 8-29 10:00 AM-12:30 PM Z7971A

Cezanne's Landscape, Auvers
Inness' A Winter Sky

Fri, Feb 5-26 10:00 AM-12:30 PM Z8071A

> *The Park System is excellent and Debra is a wonderful instructor. She has patience and is willing to work with students at their level, providing good solid feedback.*

Illustrating Animals: Red Fox NEW

(adults)

The red fox is an elusive, yet charismatic mammal here in Monmouth County. In this class, we will start with a winter walk led by a Park System Naturalist. Afterwards, we will cover the drawing process while highlighting the beautiful features of the red fox. We will work utilizing a traditional academic approach, drawing from taxidermy models, to allow students to study animal proportions.

Art Instructor: Katie Stone / Naturalist: Jason Goldman

One Session $48.00 Per Person

Thompson Pk Creative Arts Center

Tue, Feb 23 9:00 AM-12:00 PM Z3071A

Intermediate Drawing

(adults)

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

Instructor: Katie Stone

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 14-Feb 18 1:00-3:00 PM Z1671A

Intro to Metallic Watercolor Painting - Creating a Luminous Butterfly! NEW

(adults)

Ever wanted to add a little luster to your watercolors? Then come explore the magic of metallic watercolor paint. This paint is usually composed of fine mica particles. These particles reflect light, creating an iridescent effect and adding a little magic to your paintings. We will be creating a butterfly that will showcase the beauty of metallic watercolors. Please bring your own watercolors and a small set of metallic watercolors, along with your preferred watercolor paper and brushes. The instructor will be working with a six-pan metallic watercolor set from the brand Coliro called "Candy".

Instructor: Karin Trunz

Three Sessions $63.00 Per Person

Thompson Pk Creative Arts Center

Sat, Feb 6-20 1:00-2:30 PM. Z6071A

Intro to Traditional Painting

(adults)

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

Instructor: Carla Valentino

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 12-Feb 16 9:00-11:00 AM Z1371A

LightScapes Studio – Pastel Impressionism

(adults)

Discover the beauty and versatility of soft pastels in this inspiring and forgiving medium. Through step-by-step instruction and a variety of provided references, such as still lifes, landscapes, seascapes, florals, figures, and faces. You will learn how a professional artist begins, develops, and completes a pastel painting. Explore color theory, composition, application techniques, and learn many ways to create texture and dimension while developing your own personal style. All skill levels are welcome, and returning students may bring their own references for personalized guidance on their artistic journey. A detailed supply list will be included with your registration confirmation.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions $144.00 Per Person

Thompson Pk Creative Arts Center

Mon, Jan 11-Feb 15 2:00-4:30 PM Z7171A
Mon, Feb 22-Apr 5 2:00-4:30 PM Z7271A
No class 3/15



LightScapes Studio - Oil Painting Techniques

(adults)

A hands-on journey through classic and contemporary methods. Whether you're just starting out or looking to sharpen your skills, this course is designed to build your confidence and expand your techniques. Through step-by-step instruction and a variety of provided references, such as still lifes, landscapes, seascapes, florals, figures, and faces. In this six-week, hands-on course, you'll explore a variety of oil painting styles and learn methods used by the masters and contemporary artists. We'll cover essential concepts such as lean-to-fat layering, impasto, and alla prima, all while creating expressive underpaintings tailored to each composition. You'll complete three original paintings, using diverse reference photos provided by your instructor. Paintings will be sized at 5"x7", 6"x8", or 8"x10", perfect for practical studies. You will be challenged, encouraged, and empowered to grow as an artist. All skill levels are welcome! A detailed supply list will be included in your registration confirmation.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions $144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13-Feb 17 1:30-4:00 PM Z7571A
Wed, Feb 24-Apr 7 1:30-4:00 PM Z7671A
No class 3/17

LightScapes Studio - Studio Time with Gina

(adults)

Join a welcoming studio environment where artists of all levels create, explore, and grow together. This ongoing weekly class offers individualized instruction from a professional artist, tailored to your style and chosen medium. Everyone will receive one-on-one guidance in perspective, composition, color theory, and technique. Each session is shaped around your personal goals, offering a supportive space for growth alongside fellow creatives. Whether you're just starting out or refining your craft, this class provides the direction and freedom to evolve your artistic practice. Please remember to bring all necessary supplies for your chosen medium and come prepared to create.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions $158.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 15-Feb 19 10:00 AM-1:00 PM Z7771A
Fri, Feb 26-Apr 9 10:00 AM-1:00 PM Z7871A
No class 3/19

LightScapes Studio – Compositional Studies with a Theme NEW

(adults)

Let's study it. Let's see it. Let's apply it. Join in this fabulous new approach to strengthening one of the most important skills in creating successful artwork: composition. Composition can determine whether a work simply exists or truly captivates the viewer. We will study the elements and principles of design, explore how they work together, and apply them directly to your creative process. The goal is not simply to learn the rules of composition, but to develop a deeper understanding of how composition can make your artwork more compelling, intentional, and alluring. We will explore the thoughtful arrangement of shapes, color, emphasis, and subject matter, then create multiple studies based on a theme of your choice. Discover a new way to compose your paintings and give your artwork the foundation it needs to truly stand out. Come prepared to create and have fun doing so, and be sure to bring your lunch. All skill levels are welcome! Supplies are not included; a suggested list will be attached to your receipt.

Instructor: Gina Torello, MFA Professional Artist

One Session $110.00 Per Person

Thompson Pk Creative Arts Center

Wed, Mar 17 10:00 AM-3:00 PM Z0172A

LightScapes Studio – Paint My Produce

(adults)

This class will be a fun, creative, and very loose way to express yourself in your medium of choice. Interpret my still-lives in many diverse styles. The instructor will teach abstraction, expressionistic, impressionistic, fauvist, and realistic. Learn from the instructor, as your fun creative peers add to your inspiration. The fruit and vegetables will be arranged according to the color theory scheme of the week. Please remember to bring all necessary supplies for your chosen painting medium. Whether it be oils, pastels, gouache, watercolors, or mixed media. Come prepared to create and have fun doing so.

Instructor: Gina Torello, MFA Professional Artist

Six Sessions $144.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13-Feb 17 10:00 AM-12:30 PM . . Z7371A

Wed, Feb 24-Apr 7 10:00 AM-12:30 PM . . . Z7471A

No class 3/17

Painting: All-Level

(adults)

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

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Instructor: Carla Valentino

Tue, Jan 12-Feb 16 11:30 AM-1:30 PM . . . Z1471A

Instructor: Krissy Skuback

Tue, Jan 12-Feb 16 2:00-4:00 PM Z1571A

Tue, Jan 12-Feb 16 4:30-6:30 PM Z5671A

Pen & Ink with Watercolor

(adults)

Discover the charm of combining expressive ink lines with the soft beauty of watercolor. In this workshop, we'll explore techniques for sketching with pen to create texture, depth, and detail, then bring those drawings to life with transparent watercolor washes. Learn how to balance line and color as you create lively artwork.

Instructor: Tracey Witter

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 6-Feb 10 1:00-3:00 PM Z5071A



Painting and drawing can reduce stress and anxiety by lowering cortisol levels, provide an outlet for emotional expression, and boost self-confidence.

DID YOU KNOW?

Watercolor Studio

(adults)

This program is designed for artists who have a good basic experience with watercolor painting and would like time to practice their skills, work on their own project, and experiment with new techniques. Our knowledgeable instructor will give individual attention as needed and provide some inspirational demonstrations. This is not a beginner class. Students are required to have taken Contemporary Watercolor or a comparable beginner watercolor class.

Instructor: Tracey Witter

Six Sessions $120.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 6-Feb 10 10:30 AM-12:30 PM . . . Z4971X

Zentangle: Beyond the Basics

(adults)

Continue your creative journey in a relaxed and welcoming atmosphere! This class builds on the fundamentals while introducing new tangles, creative techniques, shading, and composition to help you create more expressive and personalized artwork. Color will also be introduced as another way to enhance your designs, and you'll be encouraged to bring along your own projects for guidance, inspiration, and individual coaching. Whether you enjoy learning something new or want to unwind with a mindful, creative practice, you'll find plenty of opportunities to explore, experiment, and connect with fellow artists. This is not a beginner course, and participants should have taken Discover Zen-Art or a comparable beginner Zen-Art class.

Instructor: Beth Stamp

Eight Sessions $120.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sat, Jan 23-Mar 13 12:30-2:00 PM AAJ71X

JEWELRY

Copper Twist Bangle & Textured Metal Bangle NEW

(adults)

Copper is awesome when it comes to manipulating wire or sheet. Create twists in wire and textures in sheet metal to make a twist bangle and a textured bangle. This is an all-level class with shared metal shop tools and easy-to-make creative options. Instructor Sandra Lupo will guide students on the malleability of bare copper. A required kit fee (cash only, based on fair market value, approximately $40.00) is payable to the instructor at the start of class. Hand tools are available to share, or bring your own to work independently.

One Session $66.00 Per Person

Thompson Pk Creative Arts Center

Fri, Feb 19 10:00 AM-1:30 PM Z6971X

Intro to Chainmaille: Byzantine

(adults)

Chainmaille, the stuff of knights and dragons, legends and kings. During the Middle Ages, men wore mesh garments into battle as protection. Today, we can weave these ancient patterns into wearable art not with heavy riveted iron but with shiny, lightweight (non-tarnishing) aluminum! This beginner-friendly class will offer a basics/history of chainmaille and the proper techniques required to create a sturdy piece of chainmaille jewelry, the Byzantine Weave. A little history. A little bling. All materials included.

Instructor: Karen Bellitto

One Session $70.00 Per Person

Thompson Pk Creative Arts Center

Mon, Feb 22 9:00 AM-12:00 PM. Z9771A

Metal Clay Basics

(adults)

This versatile medium is very user-friendly. Even beginners can create beautiful artisan jewelry! Our instructor will introduce beginners to the fundamentals and assist more advanced students with their independent projects.

Please Note: Students must provide their own metal clay.

Instructor: Eileen Reed

Six Sessions $150.00 Per Person

Thompson Pk Creative Arts Center

Thu, Jan 7-Feb 11 10:30 AM-1:30 PM ZB871A

Spiraling Pisa Pendant

(adults)

Create a lovely bead and wire pendant reminiscent of Italy's famous Tower of Pisa. This all-levels class works with a coil of small beads as the core of an exterior wrap of wire which is woven by your hand. Even for beginners, this Pisa column won't be leaning, but there is plenty of leeway to make this design your own. A required kit fee (cash only, based on fair market value, approximately $45.00) is payable to the instructor at the start of class. Hand tools will be available to share, or bring your own to work independently.

Instructor: Sandra Lupo

One Session $66.00 Per Person

Thompson Pk Creative Arts Center

Mon, Feb 1 10:00 AM-1:30 PM Z6771X

KNITTING & SEWING

ABC's of Sampler Cross Stitch

(adults)

Cross stitch is one of the easiest embroidery skills and talents that is perfect for beginners. Whether you learned this years ago or want to pick up that needle and stitch, this course will get you started on your very own sampler. We will delve into the history of how and where cross stitch was used, what types of materials can be used and the resources for them, as well as a survey of some of the stitches used. Everyone will make their own Sampler masterpiece with a step-by-step demonstration. Materials for this creation will be provided. Please note that all cross-stitch demonstrations and patterns are stitched on AIDA 11 and AIDA 14. All pattern work is small and may need sight aids that the participants provide for themselves. Please plan accordingly.

Instructor: Rachael Goldman

Four Sessions $60.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Sun, Jan 24-Feb 14 12:00-1:30 PM ZAC71A

Beginner Sewing and Beyond

(adults)

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making something simple like lounge pants or pajama bottoms, then move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment, including inserting a zipper, hemming, etc. The supplies needed for class will be listed on your registration receipt.

Please Note: Students must be able to operate the sewing machine they bring to class.

Six Sessions $96.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 12-Feb 16 7:00-9:00 PM Z8171A

Embroidery 101: Custom Tote Bag

(adults)

Embroidery is one of the oldest and most enduring folk arts, and in this hands-on workshop you'll discover just how approachable and rewarding it can be. Choose from a variety of patterns to personalize your own cotton tote while learning the foundational techniques of hand embroidery. We'll explore how to transfer designs, work comfortably with needle and thread, and practice a variety of essential stitches including split stitch, blanket stitch, French knots, and fill stitches for creating texture and subtle gradients. Whether you're picking up a needle for the first time or returning to a forgotten hobby, you'll leave with the skills and understanding to continue stitching at home, making embroidery a lifelong means of creativity, self-expression, and mindful making. A materials fee of $10.00 (includes templates, patterns, cotton tote, and all necessary supplies) is due to the instructor the day of class.

Instructor: Jenny Santa Maria

One Session $42.00 Per Person

Thompson Pk Creative Arts Center

Tue, Feb 2 5:00-7:30 PM Z2571A

Thu, Feb 18 2:00-4:30 PM Z5371A

Hooked from the Start: Crochet Basics & Beyond

(adults)

Curious about crochet but don't know where to start? This beginner-friendly class will take you through all the foundational skills to get you crocheting with confidence. Do you already know the basics? Adventurous beginners are also welcome! You'll get guidance on building your skills while you work on a project of your choice. Crochet is a versatile and relaxing craft and offers enormous project variety. Bring some ideas about things you may like to make. Projects and materials will be discussed on the first day of class. A kit fee of $20.00 is payable to the instructor on the first day of class.

Instructor: Jody Forbes

Six Sessions $80.00 Per Person

Thompson Pk Creative Arts Center

Wed, Jan 13-Feb 17 6:30-8:30 PM Z6471X

Knit or Crochet Your Choice

(adults)

Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor will be available to assist individuals with any project they may choose. If you are just learning to knit or crochet bring a skein of light colored medium weight yarn (Worsted Weight #4 on the package label) for knitting bring size 8 or 10 needles and for crochet a size H or I hook.

Instructor: Cheryl McCray, Certified Knit & Crochet Teacher

Six Sessions $78.00 Per Person

Thompson Pk Creative Arts Center

Tue, Jan 12-Feb 16 12:30-2:30 PM ZB771A

> *Our instructor was fantastic. She is one of the main resasons I continue to take these classes. She is patient, kind, and always there to provide support.*

MISCELLANEOUS CRAFTS

Art Journaling, Beginners

(adults)

Whether you are a novice or an artist, discover the many joys of art journaling. In this course, you will learn the basics and more. Allow your art journal to become your diary, scrapbook, or art portfolio. Art journaling is a way of documenting your daily life, incorporating "pieces" of your day into your pages, and a place to experiment with different art mediums. A list of supplies will be sent upon registration.

Instructor: Tara Collins

Four Sessions $145.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 19-Feb 9 6:30-8:30 PM. A4871X

Creative Collage Challenge

(adults)

Collage is a phenomenal way to get those creative juices flowing without pressure! Need to break out of an "art funk"? Then this class is for you! Instructor Tara Collins will teach composition and various techniques. Each week, you will get a new challenge to work on while allowing your intuition and subconscious brain to lead the way! One week it may be a color challenge, the next a shape or seasonal/nature challenge. It will be a fun, creative setting for art exploration! This class is for those with basic collage and art material knowledge.

Four Sessions $145.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Feb 23-Mar 16 6:30-8:30 PM A5171X

Mixed Media Canvas Create a Series NEW

(adults)

During this four-week class, we will complete several cohesive pieces of work in a similar theme and color scheme chosen by you! We will begin the class by determining the focus of our series. Some examples could be nature, yoga, mandala, sea creatures, seasons, animals, intuitive, etc. We will explore creating papers using the Gelli® Plate, mark-making tools, stencils, paints, and mediums. Then we will begin to build the backgrounds for our series using paint, ink, created papers, and textural mediums. Finishing the canvases in the final weeks, we will concentrate on our focal points, embellishments, and phrases. All supplies are included.

Instructor: Monique Topp

Four Sessions $130.00 Per Person

Henry Hudson Trail Act Ctr

Thu, Feb 4-25 6:00-9:00 PM A9071X

Stamping 101

(adults)

Give your gifts a personal touch this season with a playful, hands-on stamping workshop. Using a treasure trove of artist-grade stamps and richly pigmented inks, you'll learn how to build patterns, layer imagery, and create thoughtful finishing details that make the presentation feel just as meaningful as the gift inside. All materials are provided, including butcher paper and notecards, and you're welcome to bring your own papers or stationery to customize. Come ready to play, experiment, and create something that feels heartfelt, handmade, and uniquely yours. After this, you won't just wrap a gift, you'll finish it like an artist. A materials fee of $5.00 (cash) is due to the instructor on the day of the workshop.

Instructor: Jenny Santa Maria

One Session $39.00 Per Person

Thompson Pk Creative Arts Center

Thu, Dec 10 4:30-6:00 PM Z5871A

The Art of Pysanky

(adults)

Celebrate spring with the beautiful and ancient art of pysanky, Ukrainian egg decorating. The tradition of pysanky is thousands of years old, passed down through generations. In this fun, one-day class, we will learn the process of layering beeswax and dyes to create striking patterns and your very own stunning egg. Participants will also learn the rich history of this folk art. No experience is required. A materials fee of $15.00 is payable to the instructor. Please bring an apron and an egg carton or container to bring home your creation.

Instructor: Jenny Santa Maria

One Session $42.00 Per Person

Thompson Pk Creative Arts Center

Sun, Feb 28 10:00 AM-12:30 PM Z5171A

Sun, Feb 28 1:00-3:30 PM Z2671A



This Is Your Year: Vision Boarding 101

(adults)

Kick off the year with a joyful, hands-on vision boarding workshop designed to spark clarity and creativity. Using artful collage materials and a vintage typewriter for personal quotes or affirmations, you'll create a meaningful visual map for the year ahead. This inspiring session blends intention-setting with playful exploration, helping you refocus and realign in a supportive, community-oriented space. Leave feeling energized, empowered, and connected to your goals. A materials fee of $10.00 (cash) is due to the instructor on the day of the workshop.

Instructor: Jenny Santa Maria

One Session $42.00 Per Person

Thompson Pk Creative Arts Center

Sun, Jan 10 12:00-2:00 PM Z2371A
Sun, Jan 10 2:30-4:30 PM. Z2471A

MOSAICS & STAINED GLASS

Beginner Mosaics

(adults)

Discover the fabulous art of mosaics. Arranging beautifully colored tiles into uniquely personal works of art is a rewarding and relaxing art form. The instructor will guide you through layout, design, tile cutting, surface adhesion, and grouting. No experience necessary. A materials fee of $90.00 (cash or check) is payable on the first day of class to instructor Harry Belkowitz.

Six Sessions $80.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Sat, Jan 9-Feb 13 1:00-3:00 PM ZA971X
Tue, Jan 12-Feb 16 10:00 AM-12:00 PM. . ZAA71A

Harry Belkowitz was so much fun and so nice. We all enjoyed this class very much!

Beginner Stained Glass

(adults)

This is the perfect time to learn all about Stained Glass. In this class, students will learn to cut and create beautiful pieces of art. No experience is necessary. We will start with simple patterns, and you will advance at your own rate. A materials fee of $150.00 (cash or check) will be payable on the first day of class to instructor Harvey Altman.

Six Sessions $114.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Mon, Jan 11-Feb 15 10:00 AM-12:00 PM . . ZA671A
Wed, Jan 13-Feb 17 10:00 AM-12:00 PM . . ZA771A

Glass Art Intensive NEW

(adults)

This six-week series explores glass as a medium through painting, layering, mosaic design, and light interaction, resulting in functional and decorative finished pieces. Each session is designed to be approachable, relaxing, and engaging, while still offering participants a meaningful creative experience and a finished artwork each week. Vitrea paints must be purchased for class. Details on purchasing will be attached to your receipt.

Instructor: Amy Grutzmacher

Six Sessions $212.00 Per Person

Thompson Pk Creative Arts Center

Fri, Jan 8-Feb 12 1:00-2:30 PM Z6871A

Holiday Glass Suncatcher Workshop NEW

(adults)

Create a beautiful piece of glass art to brighten your space all season long! In this hands-on workshop, you'll design and decorate a festive glass suncatcher using color, texture, and light, and explore simple glass-painting techniques. When finished, your suncatcher will catch the light and cast color and pattern into your space, making it a beautiful seasonal decoration or thoughtful handmade gift. No artistic experience is needed. Enjoy a relaxed, creative experience and leave with a one-of-a-kind piece made entirely by you. Vitrea paints must be purchased for class. Details on purchasing will be attached to your receipt.

Instructor: Amy Grutzmacher

One Session $50.00 Per Person

Clayton Pk Act Ctr Classroom A

Sat, Dec 12 11:00 AM-12:30 PM. Z7071A



Intermediate Stained Glass

(adults)

Create a decorative mosaic using stained glass in this hands-on workshop. Learn how to design, cut, grind, and solder a stained glass mosaic. Craft a one-of-a-kind project to take home. All materials are provided by the instructor for a materials fee of $150.00 (cash or check) paid to the instructor on the first day of class.

Instructor: Harry Altman

Six Sessions $114.00 Per Person

Big Brook Pk Boundary Road Act Ctr

Tue, Jan 12-Feb 16 1:00-3:00 PM ZA871X

Intermediate Mosaics

(adults)

Intermediate Mosaics is for students who have taken the Beginner Mosaic class with Harry Belkowitz. Students will learn more advanced tile-cutting techniques to create exciting images in tile. Grouted and non-grouted projects will be worked on. All materials are provided by the instructor for a materials fee of $90.00 (cash or check) payable the first day of class.

Instructor: Harry Belkowitz

Six Sessions $80.00 Per Person

Big Brook Pk Boundary Rd Act Ctr

Sat, Jan 9-Feb 13 10:00 AM-12:00 PM ZAB71A

CULINARY ARTS

Adult Holiday Cookies – All About Biscotti

(adults)

Did you know that most biscotti, regardless of the flavor, start with the same basic dough? We will show you how to start with the correct ingredients, then shape your dough into the loaf form that it begins with. Then, after baking, we will all cut our loaves into traditionally shaped biscotti and then bake a second time to perfection. We will make up to three types of biscotti with the same traditional "dough."

Flavor Suggestions: Cranberry/Orange, Chocolate Chip, Anisette, and others.

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Dec 12 10:00 AM-12:30 PM. M0271X

Afternoon British Tea – Creating the Perfect Party

(adults)

Spend a delightful day making all the wonderful treats found at traditional afternoon tea. From scones to finger sandwiches, you'll try your hand at some petite portioned treats and learn how to put the whole event together. Whether you're hosting a bridal or baby shower, or just spending time with dear friends, you'll have confidence that you can create an elegant afternoon tea.

Menu: Sweet Palmiers with Raspberry Jam; Cranberry Orange Scones; Tea Sandwiches; Chicken Salad (grapes, diced celery & chopped pecans)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Sat, Feb 27 10:00 AM-12:30 PM. M0871X

Buttercream Flowers

(adults)

Create roses, daisies, primroses, and more out of buttercream. Step-by-step guidance will include how to use a pastry bag, couplers, and flower nails. This detail-oriented class is a little more advanced, and some knowledge of how to use cake decorating tools is recommended. Each student will leave with their own beautifully decorated cupcakes. Supplies are included.

Instructor: Kimberly Megill

One Session $67.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Jan 11 6:00-8:00 PM A7571X

Mon, Feb 22 6:00-8:00 PM A7671X

Catch of the Day

(adults)

Do you love seafood but aren't sure how to cook it? Chef Stephen will cast your fears away as he walks you through classic techniques for pan-searing, baking, and grilling fish the professional way. He'll also explain how to create terrific side dish pairings to complement your main dish. You'll leave with the confidence to prepare your next catch of the day!

Menu: Salmon en Pappillote – Lemon & Julienne Vegetables; Shrimp Etouffee; Rice Pilaf

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $85.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 8 6:00-8:30 PM M0471X

Chinese Stir-Fry 101

(adults)

Ready to bring the taste of a Chinese restaurant stir-fry to your home kitchen? In this hands on cooking class you'll learn how to make three staple Chinese stir-fry dishes: Crispy Tofu with Chinese Eggplant, Beef with Black Pepper Sauce, and Vegetable Lo Mein. With guidance from the instructor, attendees will learn how to prep ingredients, learn about all the ingredients involved in Chinese stir-fries, and then learn how to properly cook a stir-fry.

Instructor: Nick Mietkowski, Sunnyside Kitchen LLC

One Session $70.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Mon, Dec 7 6:00-8:30 PM AAQ71X

Chocolate Making Basics

(adults)

Calling all chocolate lovers! The basics of molding and decorating with chocolate will be shown and practiced in this hands-on class. Everyone will leave with beautifully decorated chocolates they designed themselves. All supplies are included.

Instructor: Kimberly Megill

One Session $70.00 Per Person

Dorbrook Rec Area Vis Ctr

Mon, Dec 14 6:00-9:00 PM A7371X
Mon, Feb 8 6:00-9:00 PM A7471X

Coke vs. Pepsi NEW

(adults)

The age-old debate continues tonight. Sit back and relax while Chef De Celie cooks using soda. There will be some classic recipes and new twists. We'll start with Chinese chicken wings braised in a broth made from Coca-Cola, soy, and spices. This will make a sweet and savory glaze - you'll lick your fingers! 7-Up grilled shrimp with a lemon-lime flavor, roasted pork ribs, Coca-Cola BBQ sauce, Dr. Pepper baked beans with bacon, and ginger ale glazed carrots. No soda on the rosti potatoes (couldn't do it!). We'll finish with two desserts: a Pepsi-glazed chocolate cake and root beer ice cream floats. Class is in demonstration format.

Instructor: Chef Peter De Celie

One Session $70.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Jan 5 6:00-9:30 PM. A5471X

Come to this Tamale Party NEW

(adults)

Tamale are a time honored tradition in the Mexican community. Chef will show you how to make the masa and then you will assemble the tamales. Using a variety of fillings (ready made) you fill the corn husks, fold, and tie them. We will steam some for supper and you'll take home the rest. The fillings will be beef picadillo, garlic, onion, and tomato, chicken with salsa verde, slow-cooked pork shoulder and salsa roja. Also roasted poblanos and Oaxacan cheese. And of course dessert - Tamales Dulces – sweet raisin and cinnamon tamales! This is a half and half hands-on and demonstration class; please bring an apron.

Instructor: Chef Peter De Celie

One Session $70.00 Per Person

Dorbrook Rec Area Vis Ctr

Tue, Dec 8 6:00-9:30 PM A5371X

Festive Breakfast Brunch

(adults)

Treat your family and friends to a wonderful morning surprise! A homemade breakfast smorgasbord! It's easier than you think! With a little preparation the day ahead, your morning treats will look like you woke up at the crack of dawn to prepare. Chef Stephen will teach you the trade secrets of getting a wonderful brunch together with minimal effort. Bon Appétit!

Menu: Classic Hollandaise to accompany asparagus or poached eggs; French Toast Casserole; Fancy Stuffed Pancakes with fun toppings

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 18 6:00-8:30 PM M0371X

Flavors of Thailand & Philippines

(adults)

Exotic food, beautiful locations, and good times. Easier than travelling all day on an airplane, you will feel like you've been transported to this tropical "paradise" and learn delicious recipes you can make at home. With Chef Stephen's guidance, you will be able to cook great Thai and Filipino meals just like one of their very own chefs.

Menu: Thai Green Curry Chicken; Veggie Spring Rolls (Lumpias) with a tangy dipping sauce; and a quick pan-fried noodle dish (Pancit)

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Jan 22 6:00-8:30 PM M0571X

Hearty Stews

(adults)

Stick to your ribs' goodness for the busy family! With meat and vegetables in a nice thick broth, stews are versatile enough to be a side dish or a main course. Learn all you need to know about easy, make-ahead prep, using seasoning and healthy ingredients to add some international flair. Put some warmth back into your bones on those cold nights with this honored one-pot meal.

Menu: Hearty Moroccan Chicken Tagine; Three Bean Vegetarian Chili; Crock-Pot Dessert!

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Feb 5 6:00-8:30 PM M0671X

Puff Pastry Magic

(adults)

Have you ever wondered how your pastry gets its many light, crispy layers? Have you been longing to make your own Napoleon dessert but not quite sure what that pastry dough is? Well, the secret is out! It's PUFF PASTRY! In French, it's Mille-Feuille (1,000 layers - the process of making the dough). In today's class, Chef Stephen will show you how to transform this classic dough into many sweet and savory dishes.

Menu: Brie and Raspberry Bites; Mini "Wellingtons"; Vol au Vents and more

Instructor: Lisa Consiglio-Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Feb 19 6:00-8:30 PM M0771X

The Best of Holiday Appetizers and Hors Devours

(adults)

Everyone loves the holiday meal, but who doesn't love the light bites beforehand? We will discuss the timing of your meal prep so you can enjoy the day with your guests as well. Tonight, Chef will work with everyone to plan and put together the perfect "small bite" menu before the holiday meal or for your New Year's Eve soiree!

Menu: Mini Crabcakes; Rare Roast Beef Crostini with Caramelized Onions; Tex Mex Spring Rolls; Sweet & Savory Palmiers

Instructor: Chef Stephen Wolff, Culinary Creations, LLC

One Session $75.00 Per Person

Fort Monmouth Rec Ctr Kitchen

Fri, Dec 11 6:00-8:30 PM M0171X



EDUCATION & ENRICHMENT

FUN & GAMES

Canasta Open Play

(adults)

Deal the cards, create your melds, and keep an eye out for the red threes in this fast-paced classic card game. Not an instructional program; for experienced players.

Seven Sessions $30.00 Per Person

Fort Monmouth Rec Ctr Atrium Room

Mon, Jan 4-Feb 15 10:00 AM-12:00 PM . . M6671X

Dungeons and Dragons: A Guided Journey into the Game

(adults)

Curious about tabletop role-playing games? This beginner-level program introduces adults to the world of Dungeons & Dragons—a collaborative fantasy game where players build unique characters and shape a shared story through role-playing, decision-making, and rolling dice. In week one, participants will learn the core rules, create characters, and set group goals for their adventure. The following weeks blend gameplay and learning, reinforcing mechanics while encouraging improvisation, collaboration, and creativity. Players will develop their characters' personalities, explore team dynamics, and engage in imaginative problem-solving. Each session builds on the last, culminating in a final chapter that ties together the story created over six weeks. Whether you're new to D&D or returning after a break, this program offers a fun, welcoming space to dive into fantasy storytelling.

Eight Sessions $160.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Sun, Jan 10-Feb 28 1:00-3:00 PM. MA071A

Juggling Fun

(ages 12 and up)

Are you looking to learn how to juggle or improve your juggling skills? Look no further! Learn how to juggle from an ex-Ringling Brothers Circus Pro! Juggling is a great way to exercise and improve your hand-eye coordination. This program is designed for people with little or no juggling experience. You will craft your own juggling balls and learn basic skills, including the three-ball cascade.

Instructor: Brenn Swanson, Ex-Ringling Brothers Circus Pro

One Session $30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 13 6:00-7:30 PM U0971A

Learning Mahjong for Beginners

(adults)

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

Seven Sessions $45.00 Per Person

Fort Monmouth Rec Ctr Program Room C

Tue, Jan 5-Feb 16 10:30 AM-12:30 PM . . M6971X

Mahjong

(adults)

Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. American rules will be followed. This program is in an open play format and is for players who have knowledge of how to play.

Please Note: No instruction is provided; those with no previous knowledge of the game should register for Learning Mahjong for Beginners.

Seven Sessions $30.00 Per Person

Beginners Only

Players must have knowledge of how to play Mahjong. Please see Learning Mahjong for Beginners for instructional classes.

Fort Monmouth Rec Ctr Program Room C

Mon, Jan 4-Feb 15 10:00 AM-12:00 PM . . M6771X
Wed, Jan 6-Feb 17 10:00 AM-12:00 PM . . M7171X
Thu, Jan 7-Feb 18 10:00 AM-12:00 PM . . M7371X

Experienced Players

Fort Monmouth Rec Ctr Atrium Room

Tue, Jan 5-Feb 16 9:30-11:30 AM. M6871X
Wed, Jan 6-Feb 17 9:30-11:30 AM M7071X
Thu, Jan 7-Feb 18 9:30-11:30 AM. M7271X



HISTORY

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.

Presented by: Greg Caggiano

Three Sessions $65.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Jan 12-26 6:00-8:00 PM A3271X

Lantern Tour of the Historic Seabrook-Wilson House

(adults)

Curious about what's inside that old white wooden house sitting out-of-the-way along Sandy Hook Bay? Tour the historic Seabrook-Wilson House, one of the oldest buildings along the Jersey Shore, dating back to 1720, and the oldest house along Sandy Hook Bay. We will walk by lantern light and peek into the lives of how people lived many years ago. We will discover the role the house played from before the American Revolution through the early twentieth century. We will also discover some of the legends and lore of the house and the area, as well as uncover some facts often overlooked about the early history of Monmouth County. Reserve your spot today on a lantern-lit journey through time. The house inside can get very dark at night, so please bring your own flashlight or use a cell phone to light the way.

One Session $12.00 Per Person

Bayshore Waterfront Pk Seabrook-Wilson House

Sat, Dec 12 4:30-5:30 PM IKE71X

Reconstructing Reconstruction

(adults)

Greg Caggiano takes us on a journey back to the Reconstruction following the American Civil War and its effects on our country, felt immediately and still today. Examine life in the postwar South, Jim Crow laws, the mythology of the "Lost Cause," and its reflection in the popular films "The Birth of a Nation" and "Gone with the Wind." The portrayal of African Americans in early 20th Century pop-culture and contemporary issues, such as the removal of Confederate flags and statues from public spaces, will be discussed. This exploration is the sequel to the Journey Through the American Civil War class.

Two Sessions $48.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Feb 9-16 6:00-8:00 PM A3171X

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, Feb 27 8:30 AM-5:00 PM U1171A

Save a Life! CPR AED Certification

(ages 14 and up)

Did you know 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 valid for two years.

One Session $85.00 Per Person

Thompson Pk Vis Ctr Beech Room

Sat, Jan 16 10:00 AM-12:30 PM U0871A
Tue, Feb 2 7:00-9:30 PM U1271A

SELF-IMPROVEMENT

The Let Them Theory: Book Discussion and Beyond!

(adults)

Join us for a fresh, meaningful conversation around Mel Robbins' The Let Them Theory. This simple idea has the power to transform how we show up in every aspect of life. We'll go beyond reading to explore how "letting them" can help us reduce emotional clutter, reclaim our energy, and respond to life with more clarity and calm. Together, we'll look at practical ways to apply these ideas in real moments with partners, kids, colleagues, and ourselves. This isn't just a discussion. It's an invitation to practice a lighter, more grounded way of living. Come ready to connect, reflect, and walk away with tools you can use immediately.

Instructor: Alison Soltis, Certified Life Coach

One Session $12.00 Per Person

Thompson Pk Vis Ctr Beech Room

Tue, Feb 2 1:00-2:30 PM AAR71X

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, Feb 22 6:30-9:00 PM A2671X

WRITING

Write Out Loud: Finding Your Voice, Telling Your Stories

(adults)

We all carry stories—moments, memories, and experiences that have shaped who we are. In this four-week workshop, you'll explore creative ways to bring those stories to life in words that feel natural and true to you. Through discussion, brief meditation, and inspiring in-class and take-home exercises, you'll connect with your voice and experiment with different ways of beginning, developing, and shaping meaningful writing. Each session includes time to write, reflect, and share, if you choose, within a warm, supportive, and respectful group of women. Whether you're new to writing or returning to it, you'll find encouragement, inspiration, and new possibilities for telling the stories only you can tell.

Presented by: Kate Cauley

Four Sessions $150.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Tue, Jan 19-Feb 9 6:30-9:00 PM A8771X

HEALTH & WELLNESS

Beginner Breathwork, Meditation & Movement

(adults)

Take time for yourself to pause, breathe, and reconnect with your body. This gentle, beginner-friendly experience serves as a mid-day reset, weaving together gentle breathwork, guided meditation, and mindful movement to help you release stress and tension, regulate your nervous system and ground your energy before stepping into the rest of your day. No movement or meditation experience required.

Facilitated by: Sing and Sway / Caitlin Mahon - Certified Breathwork and Meditation Facilitator, Certified Somatic Movement Facilitator

Four Sessions $112.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 25-Feb 15 1:00-1:50 PM A8271X

Chakra Bowls Meditation

(adults)

In each one of us there are houses of energy that spin like wheels. In Sanskrit, Chakra means wheel. We will learn about seven of the wheelhouses (Chakras), their individual sounds, and how to focus in on them as part of our daily meditation so that we may keep them strong and healthy. At the end of each class, we will use the sound healing of the crystal Chakra bowls to pull it all together. Feel free to bring your own yoga mat. Chairs will be provided.

Please Note: This meditation is holistic in that everyone's response to the vibrations will be unique unto themselves. You may experience physical and/or emotional sensations as the bowls are played.

Four Sessions $52.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Thu, Jan 14-Feb 4 7:00-8:00 PM. Q1371X
Thu, Feb 11-Mar 4 7:00-8:00 PM Q1471X

Group Health and Wellness Workshop NEW

(adults)

Get proactive with your health and self-care. Improve your mental and physical well-being with a Certified Health & Life Coach and Yoga instructor. We will assess your current health with a functional health quiz, identify your imbalances that potentially lead to illness, learn the language of your body through symptom analysis, set goals, and create a personalized plan to include nutrition, supplementation recommendations, movement and stress resilience strategies, and sleep and eating rituals. You will gain insight, support, and accountability to become a healthier you.

Presented by: Lisa Vento, CFHC & Yoga Teacher

One Session $30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Jan 25 6:00-8:00 PM A7871X

Programs for Caregivers & Individuals with Memory Loss

Caregiver Workshop Series Free

(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, Jan 12-Mar 9 7:00-8:00 PM #D1071A

Program meets 1/12, 2/9 & 3/9

Memory Cafe Free

(adults, with age related memory loss)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn, and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information at 732-460-1167, ext. 4643. This is a free program; however, registration is required.

Three Sessions FREE!

Dorbrook Rec Area Act Ctr

Tue, Jan 26-Mar 23 10:30 AM-12:00 PM #PD027A

Program meets: 1/26, 2/23 & 3/23

Healthy Connective Tissue Workshop NEW

(adults)

Calling all women over 50! Let's take a functional health approach to understanding the cause of aging connective tissue and support healthy bones, muscles, and joints as we age. You will gain a personalized plan to support naturally healthy bones, muscles, and joints in your golden years!

Presented by: Lisa Vento, CFHC and Yoga Teacher

One Session $30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Feb 24 6:00-8:00 PM A8071X

Launch into 2027: Create Your Personal Vision Map

(adults)

Envision it. Design it. Create it. Go beyond the traditional vision board and begin the new year with greater clarity, intention, and direction. In this interactive workshop, you'll create your own Personal Vision Map — a fresh, meaningful approach that combines images, words, colors, symbols, reflection, and intention to represent what you want to bring into your life in 2027. Through guided visualization, engaging exercises, and conversation, you'll explore how you want your life to look and feel, what you want to create, who you are becoming, and what you're ready to leave behind. You'll leave with renewed clarity, practical tools, and a personalized visual roadmap to take home, display, and return to throughout the year. A materials list will be provided prior to the workshop.

Presented by: Kate Cauley

One Session $50.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5 7:00-9:00 PM. AAP71X

Thompson Pk Vis Ctr Beech Room

Sat, Jan 9 11:00 AM-1:00 PM AB671X
Wed, Jan 27 7:00-9:00 PM AB371X

Meditation Retreat

(adults)

Move yourself away from stress and difficult situations to explore the beautiful healing powers of meditation. We will begin the day with morning meditation in the Visitor Center. Weather permitting, we will then take a walk in the woods for our connection to the Earth. At lunchtime, we will practice mindful mealtime. We will finish our day with Chakra and Reiki meditations. Please pack a lunch/snacks and outer weather gear for walking.

One Session $75.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Sat, Jan 23 9:00 AM-3:00 PM Q0871X

Metabolic Syndrome NEW

(adults)

The World Health Organization has stated that 85-95% of chronic illnesses are caused by lifestyle choices! Metabolic Syndrome is a very common condition that causes high blood pressure, high cholesterol, and high blood sugar, and can be effectively improved with nutrition, movement, and a stress resilience plan. Get to the root cause with a functional medicine approach!

Presented by: Lisa Vento, CFHC and Yoga Teacher

One Session $30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Mon, Feb 8 6:00-8:00 PM A7971X

T'ai Chi Chih® Joy Through Movement

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 25+ year international teacher/trainer

Beginner

Six Sessions $98.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Feb 12 11:30 AM-12:50 PM A9771X
Mon, Feb 22-Mar 29 11:30 AM-12:50 PM. .A9871X

Intermediate

This next level class is for students who have completed at least one Beginner Level Series first

Six Sessions $98.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Feb 22-Mar 29 10:00-11:20 AM A9671X

Begin or Review

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

Six Sessions $98.00 Per Person

Manasquan River Greenway Winter Run

Tue, Jan 12-Mar 2 6:30-7:50 PM A9971X
No class 1/19 & 2/9

Dorbrook Rec Area Vis Ctr

Thu, Jan 21-Feb 25 12:30-1:50 PM AA071X

Four Sessions $98.00 Per Person

Dorbrook Rec Area Vis Ctr

Sat, Feb 13-Apr 3 10:30-11:50 AM AA171X
No class 2/20 & 3/20

T'ai Chi Chih® Advanced Form: Seijaku

(adults)

This advanced course offers increased circulation and balancing of the Chi and is only for those students who have completed both beginner and intermediate-level T'ai Chi Chih. QiGong-style massages and guided imagery meditations, and the unique Seijaku principle are important supplements taught in this course. Practiced regularly, Seijaku may enhance improvements in balance, relieve discomfort from arthritis-related conditions, and decrease stress levels.

Please Note: Students must have completed at least one series in both Beginner and Intermediate levels.

Instructor: Daniel Pienciak, 25+ year international teacher/trainer

Six Sessions $110.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Feb 12 10:00-11:20 AM. A9371X

T'ai Chi Chih & Meditation

(adults)

Discover how the easy-to-learn movements of this non-martial art "moving meditation" practice can be effectively combined with periods of quiet "guided imagery" seated meditation. This class is appropriate for beginners as well as returning students.

Instructor: Daniel Pienciak, 25+ year international teacher/trainer

Three Sessions $85.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 11-Feb 1 11:00 AM-12:30 PM . . .A9471X

No class 1/18

Vision Boarding Workshop NEW

(adults)

You can create your dream life through meditation, visualization, mindfulness, and vision boarding.

Guided by: Lisa Vento, Spiritual Life Coach and Yoga Instructor

One Session $30.00 Per Person

Thompson Pk Vis Ctr Beech Room

Wed, Jan 20 6:00-8:00 PM A8171X

HORTICULTURE



Deep Cut Gardens Greenhouse Tour

(adults)

Spend time in the lush, warm Display Greenhouse and get the inside scoop on our collection from the horticulturist who cares for the plants. Unique plants will be pointed out, and how to care for different plants can be discussed.

One Session $15.00 Per Person

Deep Cut Gardens Outdoor Area

Sun, Jan 10 10:30-11:45 AM H0171X
Sun, Feb 7 10:30-11:45 AM H0271X

National Seed Swap Day Free

(all ages, under 18 with adult)

Saturday, January 30, 10:30-11:30 AM

Freneau Woods Park Visitor Center

Do you find yourself getting excited to start up the garden again, or maybe you have some leftover seeds that you don't need anymore?

Join us at the Park System's Seed Swap! Vegetable/Annual/Perennial/Native seeds are all welcome (please, no invasive species).

Please place your seeds in a sealed envelope/bag, labeled with the following:

- Plant name
- Year collected
- Where it was obtained
- A photo of the plant (optional)

Throughout January, if possible, deliver your seed submissions to Huber Woods Park Environmental Center, Middletown, ahead of time.

For more information on the event, call 732-872-2670.

NATURE

A Frosty Morning Walk NEW

(adults)

Experience the quiet beauty of winter on this guided nature walk that explores the landscape transformed by winter. As the morning sun glistens on icy grasses, delicate spiderwebs, and bare tree branches, participants will discover how plants and animals adapt to cold weather and learn to identify signs of wildlife left behind in the frosty terrain. Through observation, discussion, and a leisurely walk, this program invites nature enthusiasts to appreciate the unique sights, sounds, and stillness of a winter morning while gaining a deeper understanding of seasonal ecology.

One Session $10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Jan 30 9:00-10:00 AM IKH71A
Sun, Feb 21 9:00-10:00 AM IKJ71X

Deep Time Nature Walk

(adults)

Experience Freneau Woods Park like never before as a Park System Naturalist shares the history of the land. This walk explores young forests, fallow fields, streams, wetlands, geology, and folklore about the local environment, as well as possible future changes to occur under climate change. Discover a county park in a new way! Comfortable shoes that can get muddy are suggested. The program will be canceled due to inclement weather.

One Session $10.00 Per Person

Freneau Wds Pk Vis Ctr Parking Area

Sat, Jan 30 1:00-2:00 PM (approx) IKG71A

Let's Talk Seashells!

(adults)

Calling all seashell lovers! Get ready for the beachcombing season with this program that explores what makes mollusks unique and the amazing adaptations that help them survive along the Jersey Shore. There are more than 100 species to find on our back-bays and ocean beaches. Join a Park System Naturalist to learn about ethical seashell-collecting methods, how to identify shells found on local beaches, and discover a new appreciation for our beautiful coastline. This is an indoor program but may be cancelled due to snowy conditions.

One Session $9.00 Per Person

Bayshore Waterfront Pk Seabrook-Wilson House

Sun, Jan 10 1:00-2:00 PM. IKF71A

Winter Drop-In Nature Walks & Birding

Casual Birder Free

(all ages, under 18 with adult)

Join a Park System Naturalist for these laid-back morning bird walks. We'll meander through the parks for about an hour and a half to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed. We will go even with light rain or snow, so please come dressed for the weather.

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

December 1 - Thompson Pk Marlu Lake Parking Area
December 15 - Fisherman's Cove Act Ctr
January 5 - Manasquan Res Vis Ctr
January 19 - Seven Presidents Pk Main Pavilion
February 2 - Bayshore Waterfront Pk Main Parking Area

Wondrous Winter Walks Free

(all ages, under 18 with adult)

Nature walks are like snowflakes; each one is unique in its own way. Toss on your winter gear and tag along with a Park System Naturalist as you explore the serenity that is nature in the wintertime.

Please Note: Sturdy footwear recommended; trails used may have inclines or tree roots to step over.

Meets on the following Wednesdays 10:00-11:30 AM:

December 2 - Huber Woods Env Ctr Parking Lot
December 16 - Freneau Wds Pk Vis Ctr Parking Area
January 13 - Manasquan Res Env Ctr Parking Lot
January 27 - Hartshorne Wds Rocky Point Parking Lot
February 3 - Clayton Pk Emley's Hill Parking Lot
February 24 - Big Brook Pk Lower Pond Lot

2027 Backyard Bird Count Free

(ages 14 and up, with adult)

Friday, February 12, 9:00-10:00 AM

Manasquan Reservoir Visitor Center

Join a Park System Naturalist as we explore some of the Park System's bird feeders and trails in celebration of the Great American Backyard Bird Count. We will start by looking at what winter birds are at our local feeders, followed by a small walk to see what birds we can identify around the park. It's a great way to get started in birding and explore local park trails. A limited number of binoculars will be available to borrow if needed.

Low-Tide Beach Walk

(adults)

The tide is out; it's the perfect time to comb the beach for shells, stones, bones, fossils, and odd man-made objects cast up onto the shore. Join a Park System Naturalist for a fun, educational beach walk on the stunning shorelines of the Jersey Shore during low tide. You will be guided through a hands-on exploration of the intertidal zone, where you will discover the incredible diversity of marine life that calls our local tidal waters home. Along the way, we will enjoy long views of the water for wildlife and bird watching. It will be sure to leave you with a newfound appreciation for the beauty of our local marine environment. Please wear shoes that can get muddy. The program will be canceled due to inclement weather, including high winds.

One Session $11.00 Per Person

Seven Presidents Pk Act Ctr

Sun, Dec 13 10:00-11:00 AM. IKC71A
Sat, Feb 20 1:00-2:00 PM IKD71A

Monmouth County Nightlife NEW

(adults)

Bring a friend or meet someone new as you sip on four wildlife-themed mocktails during this unique multisensory experience. Discover what nocturnal creatures reside in our area and how they have adapted to the nightlife. We will end the night with a quiz on animal calls and wildlife trivia. No additional cover charge is required at the door to get into this exciting evening. Skip the bar and join us for happy hour!

One Session $25.00 Per Person

Manasquan River Greenway Winter Run

Fri, Feb 26 5:00-6:30 PM I0371A

Supermoon Stroll NEW

(adults)

Explore Hartshorne Woods Park when the moon is at its closest distance to the Earth. On the night of a supermoon, we can use natural lunar light to illuminate our path. Your Park System Naturalist will look and listen for any interesting finds along the way. Please bring water and wear sturdy footwear, as we will encounter elevation changes on the trails of this hilly riverside location.

One Session $14.00 Per Person

Hartshorne Wds Pk Rocky Point Parking Lot

Fri, Jan 22 5:00-6:00 PM I0271A

Wines and Pines

(ages 21 and up)

Explore Monmouth County as we combine two activities that complement each other excellently: hiking and wine tasting! Take a 90-minute hike with a Park System Naturalist, where we will explore and learn about the nature around us. Then, to celebrate our hard work, participants can drive a quick five minutes down the road and join us for an optional picnic and wine tasting ($5.00-$10.00, pay on your own). The hike will take place as scheduled (weather permitting), but the trip to the winery is contingent on the facility being open for business.

One Session $19.00 Per Person

Holmdel Pk Hilltop Area

Sun, Jan 24 1:00-2:30 PM (approx). IK471A

Winter Bird Excursion

(ages 14 and up, under 18 with adult)

Rare and unexpected birds visit New Jersey every winter. Join our day-long adventures to statewide destinations determined by recent "rare-bird" reports. We will likely hike 2-6 miles throughout the day in search of all the birds we can see and hear. Winter is a great time to get out and enjoy beautiful views and winter waterfowl. Participants should bring binoculars, lunch, water, and warm layers of clothing. A spotting scope will be supplied for the participants to share. Transport will be via mini-bus.

One Session $52.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 9 8:00 AM-4:30 PM I0571A
Wed, Jan 27 8:00 AM-4:30 PM. I0671A
Wed, Feb 3 8:00 AM-4:30 PM I0771A

Winter Birding at Sandy Hook!

(ages 14 and up, under 18 with adult)

Not all birds fly south for the winter! A surprising number of species call NJ home during this season. Explore the birdlife of the "hook," which is well known as one of the premier birding destinations in the state. We will look for ducks, loons, eagles, wintering songbirds, and hopefully a surprise or two. Please dress for potentially freezing weather (layers) and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them.

One Session $10.00 Per Person

Sandy Hook B Lot

Wed, Dec 2 9:00-10:30 AM (approx) IK771X
Wed, Jan 6 9:00-10:30 AM (approx) IK871X
Wed, Feb 24 9:00-10:30 AM (approx) IK971X



Winter Birding at the Bayshore

(ages 14 and up, under 18 with adult)

While many birds go south in the winter, some birds call NJ home in winter. Join us at Bayshore Waterfront Park as we search for wintering ducks, loons, gulls, and hopefully a surprise or two. Please dress for potentially freezing weather (layers) and wear sturdy footwear. A limited number of binoculars will be available to borrow for those who need them.

One Session $10.00 Per Person

Bayshore Waterfront Pk Main Lot

Wed, Jan 20 9:00-10:30 AM (approx) IKA71X
Wed, Feb 17 9:00-10:30 AM (approx) IKB71X

Winter Solstice Walk

(adults)

Celebrate and embrace the first day of winter by soaking in the sunlight on the shortest day of the year! Join one of our Park System Naturalists for a walk in the park and learn all about the unique flora and fauna that call our parks home. Please dress accordingly for the weather and wear comfortable walking shoes.

One Session $13.00 Per Person

Dorbrook Rec Area Outdoor Area

Mon, Dec 21 10:00-11:00 AM IKN71A

Winter Tree Walk

(adults)

Most trees slow down in the winter and lose their leaves. This can make it more difficult to identify them. Join a Park System Naturalist for a walk, and learn the basics of winter tree identification. This program will be held entirely outdoors, so please dress for the weather and wear comfortable walking shoes.

One Session $14.00 Per Person

Holmdel Pk Shelter Bldg

Thu, Jan 7 10:00-11:00 AM. IKQ71A

DROP-IN LOCAL NATURE LECTURE SERIES Free

(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 scientific research, and to inspire appreciation for the natural world.

Seahorses of the Jersey Shore

Saturday, December 12, 1:00–2:00 PM

Bayshore Waterfront Park Act Ctr

Discover the fascinating world of seahorses along the Jersey Shore in this engaging nature talk. Explore their unique biology, remarkable behaviors, and the coastal habitats they call home. Learn how these extraordinary fish survive in changing marine environments and why protecting their ecosystems is essential for their future.

Wild Seals of New Jersey

Sunday, January 31, 1:00–2:00 PM

Bayshore Waterfront Park Act Ctr

Join this nature talk to explore the fascinating lives of species of seals that call New Jersey home, from their remarkable adaptations for life in the water to their behavior on land. Discover the important role seals play in marine ecosystems and the conservation efforts helping to protect these charismatic marine mammals.

Foxes of Monmouth County

Sunday, February 21, 1:00–2:00 PM

Freneau Woods Park Vis Ctr

Discover the secretive world of foxes, both red and gray, in this engaging nature talk. We will explore their intelligence, adaptability, and diverse habitats. Learn about their behaviors, ecological importance, and the challenges they face in a changing environment.

Winter Wanderings NEW

(all ages, under 18 with adult)

"First Tracks". Step into the crisp and quiet beauty of the cold season. Join a Park System Naturalist for a guided, brisk hike through some of our newest Park System property acquisitions. Awaken your senses during these dormant months as we explore the wonders of winter ecosystems. Bring a pair of binoculars or borrow a pair as we search for signs of wildlife and birds in the peaceful serenity of a new location. Dress warm, breathe in the crisp air, and see your local county parks in a whole new light.

One Session $10.50 Per Person

Manasquan Res Timberbrook Meadows

Thu, Dec 3 9:00-10:30 AM I0971A

Winter Weekend Birding Expeditions NEW

(all ages, under 18 with adult)

Join our day-long weekend adventure to statewide destinations in search of our feathered friends. Winter is a great time to look for winter waterfowl. Our guide will help identify the various species encountered at these seasonal hotspots. Participants should bring binoculars, sturdy shoes, lunch, and warm clothes. Be prepared to walk 2-6 miles over varied terrain. Transportation via minibus.

Barnegat Lighthouse State Park

One Session $55.50 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Jan 23 8:00 AM-5:00 PM I0871A

> *I attend as many Monmouth County birding programs as I can. Rob Fanning and Paul Mandala are excellent guides, friendly, and knowledgeable.*

OUTDOOR ADVENTURES

HIKING

2027 Catskills Fire Tower Challenge NEW

(adults)

The Catskill Fire Tower Challenge is back! Starting January 2027 and ending December 2027, hikers who complete all eight of the Catskills Fire Towers can submit the form to DECNY and are eligible to receive a prize! Join us on all or just a few tower challenge hikes and experience breathtaking views of the Catskill Mountains. The Park System will provide the leaders and transportation to all eight towers.

Please Note: Hiking boots (Yaktrax in winter/spring) and trekking poles are required.

Rating: Moderate/Strenuous - trail includes rocky portions, possible icy/snow-covered trails, ascents, and descents. Miles vary: 3-6+

One Session $95.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Feb 13 6:00 AM-5:00 PM (approx) . . W3371A

250 Years Ago: The Crossing of the Delaware River NEW

(adults)

Take part as we witness the reenactment of Washington's crossing of the Delaware River in the winter of 1776. General Washington hatched a daring plan to cross the Delaware River under the cover of darkness, march to Trenton, and attack the Hessian outposts in and around Trenton. Against all odds, Washington and his men completed the crossing and marched into Trenton on the morning of December 26, achieving a resounding victory over the Hessians. By moving ahead with his bold and daring plan, Washington re-ignited the cause of freedom and gave new life to the American Revolution. We will explore the new Washington Crossing Park Visitor Center and the grounds, as well as observe other activities related to this historical event.

Please Note: This is a walking-based program and will run rain or shine.

One Session $70.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sun, Dec 13 8:00 AM-4:00 PM (approx) . . W0171A

Beginner Hikes Within Your County Parks NEW

(adults)

Hiking is a wonderful way to immerse yourself in the outdoors. In this winter series, we will discuss how to stay warm and dry, reading a trail map, proper trail etiquette, and, most importantly, meeting other beginner hikers as we hit the trail. We hope this program provides you with the confidence and motivates you to bigger adventures in your parks.

Rating: Easy, slow pace, dirt, possible icy/snowy trails, slight inclines. Miles: 2+

Five Sessions $58.00 Per Person

1/14 - Thompson Pk Vis Ctr Beech Room

1/21 - Shark River Pk Shelter Bldg

1/28 - Freneau Wds Vis Ctr

2/4 - Tatum Pk Holland Act Ctr

2/11 - Hartshorne Wds Rocky Pt Parking Lot

Thu, Jan 14-Feb 11 9:30 AM-12:00 PM . . W1771A

Between the Holidays Hikes

(adults)

Being in nature can boost your mood and improve your mental health. Spending quality time in the great outdoors reduces stress, calms anxiety, and can lead to a lower risk of depression. Be inspired to learn more about your county parks with our "Between the Holidays" hiking series. We will meet at four different parks and hike a combination of dirt trails and paths. Experience for yourself that the forest is good for the soul.

Rating: Moderate pace, rocky terrain, sandy/dirt trails, some ascents and descents. Miles: 3-5

Four Sessions $60.00 Per Person

12/1 - Thompson Pk Estate Lot

12/8 - Tatum Pk Red Hill Lot

12/15 - Huber Wds Env Ctr Lot

12/22 - Hartshorne Wds Claypit Creek Lot

Tue, Dec 1-22 10:00 AM-12:00 PM W6061X

Diamond Mountain and Pine Meadow Lake Hike NEW

(adults)

Join us on a classic Harriman State Park hike featuring one rock scramble, panoramic ridgeline views, and a tranquil lakeside view.

Please Note: Hiking boots, boot stabilizers (Yaktrax), and poles required.

Rating: Strenuous, quick pace, steep ascents and descents, rocky terrain. Miles: 6

One Session $68.00 Per Person

Thompson Pk 3 Barns Parking Lot

Tue, Dec 29 6:30 AM-3:30 PM (approx) . . W9463A

Discover Fonthill Castle and Mercer Museum

(adults)

"Castle for the New World" was the home of Henry Chapman Mercer, an archaeologist, anthropologist, ceramicist, scholar, and antiquarian. Enjoy a guided tour of the castle, featuring handcrafted ceramic tiles designed at the height of the Arts and Crafts movement. Next stop is the Mercer Museum, with over 17,000 pre-industrial tools famous for the unique way artifacts are displayed throughout its Central Court as if suspended in mid-air. This is a self-guided tour through 60 different crafts and trades and is one of the world's most comprehensive portraits of pre-Industrial American material culture. Be sure to have your walking shoes ready, and pack your lunch to enjoy on the grounds.

Please Note: There are steep stairs and narrow, uneven passageways on this tour.

One Session $98.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Feb 3 8:00 AM-4:00 PM (approx) . . W0471A

Harriman State Park Hike

(adults)

Enjoy Harriman State Park as we transition into our winter season. This challenging hike climbs two mountains, Dater & Pound Mountains, and Big Pine Hill. The hike passes two major rock formations, Elbow Brush and Claudius Smith's Rock.

Please Note: Hiking shoes/boots are required. Trekking poles and boot stabilizers (Yaktrax) highly recommended.

Rating: Strenuous, quick pace, steep ascents, rocky terrain, icy trails. Miles: 6.5

One Session $66.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Dec 5 6:30 AM-3:30 PM (approx) . . . W2871A

Hiking is not only a great cardiovascular workout, it also assists in building core body strength, improves balanace, helps fight bone density loss, and reduces stress and anxiety.

DID YOU KNOW?

Long Distance Local Hike NEW

(adults)

The body achieves what the mind believes. Challenge your mind and body on this long-distance scramble through the woods of Huber and Hartshorne Parks. The Park System will provide leaders to encourage and help you accomplish this challenge. This winter hike allows views of the Navesink and Shrewsbury Rivers as well as protection from the wind with the giant tulip and holly forests. Come prepared for a full day on the trails, dress in non-cotton layers, and have room in your pack for food, water, and space to carry clothing as we warm up.

Please Note: Hiking boots, Yaktrax, and trekking poles required. If we have snow, snowshoes can be provided or bring your own.

Rating: Strenuous, hills, rooty, sand, views, ice, snow. Miles: 12

One Session $39.00 Per Person

Hartshorne Wds Pk Claypit Creek Parking Lot

Sun, Feb 21 7:30 AM-3:30 PM (approx) . . W3471A

Maurice Bluffs Hike NEW

(adults)

Maurice Bluffs is named for its majestic, rounded cliffs overlooking the 35.4-mile "Wild and Scenic" Maurice River. This 500-acre preserve offers hilly terrain not often found in southern New Jersey. The preserve provides crucial stopover habitat for migrating and breeding birds, including songbirds, waterfowl, and raptors like nesting osprey and bald eagles. Our timely visit will allow us to observe waterfowl on the river and internal pond at peak activity.

Please Note: Hiking shoes/boots required; trekking poles suggested.

Rating: Moderate, sandy, bridges, slight inclines/declines, single track, old woods roads, views. Miles: 5+

One Session $66.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 16 8:00 AM-4:00 PM (approx) . W4071A

CHOOSING THE RIGHT HIKE FOR YOU

Monmouth County Park System's Outdoor Adventure division offers a variety of hiking opportunities of varying difficulty. Read the following before registering for a hike.

- Please review the program description carefully and ensure you can comfortably meet the activity's stated pace, distance, terrain, and duration requirements. For the safety and enjoyment of all participants, the group is expected to maintain the pace and complete the route as described. If you have questions about whether a program is a good fit for your abilities, or would like to discuss accommodation needs, please contact us before registering.
- Safety is our primary concern - fatigue increases risk of accidents. Cold or wet weather can sap energy and impact ability, so moving at a steady pace is vital to maintain body heat. Bring appropriate layers, sufficient food, and plenty of water.
- Distance, elevation gain, and pace determine the difficulty rating. Participants on a hike designated quick-paced, strenuous and requiring boots and poles should expect to move quickly over some difficult terrain, have good balance, and be able to use their hands for support.

Please know yourself and be prepared. If uncertain about a program, fitness requirements, or equipment, please contact Jan Galanti (732-842-4000, ext. 4238) for information, guidance and suggestions for self-evaluation by hiking local trails.

Mini Polar Bear Hikes

(adults)

Winter is a wonderful time to be out on the trails. Enjoy the Mini Polar Bear Hikes as you get on and off the trails in the morning. You will meet the leaders at the designated park before heading out for your winter adventure. Be sure to have hiking boots and water.

Please Note: Hiking/snow boots are required; snowshoes will be provided if enough snow is on the ground. Boot stabilizers (Yaktrax) and trekking poles are highly recommended, along with a day pack with enough room to carry an extra layer you may need.

Rating: Easy/moderate, dirt, rocky, wet, snowy/icy, hills. Miles: 2.5-4

Five Sessions $74.00 Per Person

1/3 - Thompson Pk Three Barns Lot

1/17 - Tatum Pk Holland Rd Lot

1/31 - Shark River Pk Schoolhouse Rd Lot

2/14 - Big Brook Pk Bradevelt Station Lot

2/28 - Huber Wds Env Ctr Lot

Sun, Jan 3-Feb 28 9:00-11:00 AM. W3771A

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 a year's journey to complete the 72 miles in NJ. We intend to hike a different section of the AT trail in NJ, averaging 7 miles per trip.

Please Note: Hiking shoes are required; trekking poles are highly suggested. Hikers ages 16 and up are welcome to register with a registered adult.

Rating: Moderate; challenging trails, steep ascents/descents, creek crossing, rocky.

Culvers Gap to Buttermilk Falls; 7 miles

One Session $76.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Dec 12 6:30 AM-5:30 PM (approx) . . W0271X

Sterling Forest Lake Hike NEW

(adults)

Sterling Forest State Park comprises 21,935.08 acres of nearly pristine natural refuge amidst one of the nation's most densely populated areas, a remarkable piece of woodland, a watershed for millions, and a tremendous outdoor recreation area. Our hike will circumnavigate Sterling Lake, passing the ruins of the Sterling Furnace, built in 1770.

Please Note: Hiking boots, trekking poles, and microspikes are required. Snowshoes will be provided if needed.

Rating: Moderate, ascents and descents, rocky terrain, snowy, view. Miles: 4.5

One Session $65.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sat, Jan 16 7:00 AM-4:00 PM (approx) . . W4271A

Wells Mills Pine Barrens Hike

(adults)

Head south and step back in time to enjoy NJ history and the quiet of the Pine Barrens along this park's varying terrain. This was the first mill built in the late 1700s, providing Atlantic wood to shipbuilders. We will hike woods, roads, ups and downs along bogs, over wooden bridges, while negotiating through pitch pine and cedar swamp forests.

Please Note: Hiking boots and Yaktrax required. Trekking poles encouraged.

Rating: Moderate, sandy trails, hills, and wooden bridges. Miles: 5+

One Session $55.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Jan 10 7:30 AM-3:30 PM (approx) . . W3271A

Winter Hike at Stokes State Forest NEW

(adults)

Enjoy a winter hike in the woods of Stokes State Forest. We will enjoy the serenity of a quiet winter hike as we hike along the Flatbrook River, discovering the wonders of winter. If we are lucky, maybe Mother Nature will provide us with snow, and we can provide you with snowshoes.

Please Note: Hiking boots and boot stabilizers (Yaktrax) required; trekking poles highly encouraged.

Rating: Moderate; creeks, rocky, muddy, icy, snow. Some inclines/declines. Miles: 6 approx.

One Session $65.00 Per Person

Thompson Pk 3 Barns Parking Lot

Sun, Feb 7 7:30 AM-4:30 PM (approx). . . W3171A

Winter Travel Hikes

(adults)

Spend some time on a hike that is mostly flat as we enjoy the quiet trails in the winter. White Lakes is our northern hike around a beautiful glacier lake along an old mill road and single track trails. Double Trouble is our southern hike through the pine barrens, discovering old cranberry bogs along old pine barrens dirt/sandy farm roads and single track trails, plus a stop at Jakes Branch Park for a bird's-eye view of the pines. Please be sure to carry a pack large enough to put layers in as you warm up and to carry water and food.

Please Note: Hiking boots and Yaktrax required; trekking poles recommended. Snowshoes can/will be provided if we are lucky with snow.

Rating: Moderate due to winter conditions, sandy, icy, snowy, dirt. Miles: 3+

One Session $65.00 Per Person

White Lakes, Blairstown

Thompson Pk Estate Grounds Parking Lot

Mon, Jan 4 8:30 AM-4:30 PM (approx) . . W4671A

Double Trouble State Park, Berkley Twp

Thompson Pk 3 Barns Parking Lot

Wed, Feb 17 8:30 AM-4:30 PM (approx) . W3971A

HORSEBACK TRAIL RIDING

Legacy Horseback Trail Riding

(adults)

Whether you're a beginner or an experienced rider, this horseback trail ride is the perfect way to relax and explore the 400+ acre Julian Capik Nature Preserve at Legacy Riding Stables. Unwind as you ride a trusted, experienced Trail Horse through the peaceful woods, enjoying the natural beauty and calming sounds of the forest. Be sure to wear closed-toed shoes.

Please Note: There is a 235 lbs. rider weight limit.

One Session $130.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 6 9:30 AM-1:30 PM W4571A

LADIES ONLY

Ladies Overnight Pine Barren Adventure NEW

(adults)

Discover the mysteries behind the "Jersey Devil" on this two-night excursion to the 21,000-acre Belleplain State Forest, established in 1928. We'll explore its natural beauty and diversity on foot during the day and retreat to the lodge in the evening. Day two, we'll travel to Edwin B. Forsythe National Wildlife Refuge to witness the spring migration of the shorebirds. Our lodging amenities include a fireplace, bunk rooms, bathrooms/showers, and a kitchen. Fee includes two breakfasts, one dinner, snacks, beverages, transportation, and Park System leaders. A gear list/itinerary letter will be sent prior to the trip.

Please Note: Hiking boots are required.

Miles: 3-7 approx per day, pending trail conditions and weather. Rating: Easy due to flat trails, some roots, sandy trail, wet/muddy, boardwalks.

Registration Deadline: March 10, 2027 (Registration will remain open if the minimum number of participants is reached.)

$320.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Apr 2-4 5:30 PM-3:00 PM W0172A

Ladies Winter Hiking Club

(adults)

Don't let the cold temperatures of winter keep you indoors! Join us as we tackle the trails during one of the most beautiful seasons outdoors. We will meet you at a different park each week for this winter adventure.

Please Note: Hiking boots and Yaktrax required; snowshoes can be provided.

Rating: Moderate, sandy, rocky, some hills, fields, muddy, icy, or snowy trails. Miles: 2.5–4 (pending winter conditions)

Nine Sessions $117.00 Per Person

1/5 - Thompson Pk Estate Lot
1/12 - Freneau Wds Pk Main Lot
1/19 - Turkey Swamp Pk Nomoco Lot
1/26 - Shark River Pk Schoolhouse Rd Lot
2/2 - Clayton Pk Emley's Hill Lot
2/9 -Tatum Pk Holland Rd Lot
2/16 - Holmdel Pk Lake Lot
2/23 - Perrineville Lake Baird Rd Lot
3/2 - Hartshorne Wds Claypit Creek Lot

Tue, Jan 5-Mar 2 10:00 AM-12:00 PM . . . W3571A
Tue, Jan 5-Mar 2 12:30-2:30 PM W3671A

Mini Ladies' Hiking Club Series NEW

(adults)

Discover the wonders of winter in your county parks on this every-other-week hiking series with like-minded women.

Please Note: Hiking boots and Yaktrax required; hiking poles recommended. Snowshoes will be provided if we are lucky enough to have Mother Nature cooperate.

Rating: Moderate, dirt, rooty, wet trails, icy, snowy, some inclines/declines. Miles: 2.5-4.5 (pending trail conditions)

Four Sessions $56.00 Per Person

1/13 - Thompson Pk Estate Lot
1/27 - Shark River Pk Schoolhouse Rd Lot
2/10 - Clayton Pk Emley's Hill Rd Lot
2/24 - Hartshorne Wds Rocky Point Lot

Wed, Jan 13-Feb 24 11:00 AM-1:00 PM (approx) . . W3871A

Women's Weekend of Adventure and Relaxation

(adults)

Experience the wonder of winter on this women-only adventure. Our outside adventures will include hiking sections of the Appalachian Trail, exploring waterfalls, and taking in the views. Meanwhile, our lodge will provide a warm place to retreat, complete with showers, a kitchen, a fireplace, and bunk beds. The price includes one dinner, two breakfasts, snacks, warm drinks, snowshoes, transportation, and Park System leaders.

Please Note: Hiking boots and Yaktrax are required; hiking poles are recommended. Snowshoes can be provided if needed.

Rating: Moderate, rocky terrain, some steep ascents/descents, icy. Miles: 3-6 miles (depending on group and trail conditions)

Registration Deadline: January 12, 2027 (Registration will remain open until February 15, 2027, if the minimum is met.)

$385.00 Per Person

Pre-Trip Meeting:

Thompson Pk Ski Hut

Thu, Feb 11 . . . . . 6:30-8:00 PM

Program:

Thompson Pk Estate Grounds Parking Lot

Fri-Sun, Feb 19-21 6:30 PM-3:30 PM. . . . W4171A

SKIING

Cross-Country Ski Experience

(adults)

Get outside this winter and experience the Olympic sport of cross-country skiing. Our Outdoor Adventures staff will guide you through everything you need to know to get you gliding on the snow like a pro. This program will run with or without snow. In the event of no snow, we will use our custom ski-mats to simulate snow. All ski equipment is provided.

One Session $28.00 Per Person

Thompson Pk Ski Hut

Sat, Dec 19 8:30-10:30 AM W0181A
Sun, Jan 3 1:30-3:30 PM W4971A
Sat, Jan 16 8:30-10:30 AM W5071A
Sat, Jan 30 8:30-10:30 AM W5171A

Cross-Country Ski and Snowshoe Rentals

Thompson Park Ski Hut

Cross-country ski and snowshoe equipment available for rent at the Ski Hut, when conditions permit, from ***December 15, 2026 - March 15, 2027.***

Rental Hours

9:00 AM -5:00 PM

Closed December 25, 2026.

Equipment must be returned by 5:00 PM.

Skis and/or snowshoes are available on a first come, first serve basis.

Ski Equipment

$20.00 per person
(Children 8 & Under: $15.00)

Snowshoes

$15.00 per person

For more information, call 732-842-4000, ext. 4312.

PERFORMING ARTS

ACTING

"The Play That Goes Wrong" Ensemble

(adults)

Let's bring this farcical, slapstick comedy "The Play That Goes Wrong" to life! Written by Henry Lewis, Henry Shields, and Jonathan Sayer of the Mischief Theater Company, it will allow us to work on skills such as timing, body awareness, and safe techniques for pretending to stumble and collide in slapstick humor.

A performance of this play will be held for a community audience at the Thompson Park Theater Barn on May 22 and 23 at 3:00 PM. Actors will be responsible for studying their lines at home between rehearsals, being off book for the performance, and their costumes.

Rehearsals at Freneau Woods Park Visitor Center:
Mon, 2/8-4/26, from 6:30-8:30 PM
No rehearsal 3/8

Technical Rehearsals at Thompson Park Theater Barn:
5/3, 5/4, 5/5, 5/11, 5/12, 5/13, 5/18, 5/19 & 5/20 from 6:30-8:30 PM

Performances at Thompson Park Theater Barn:
Sat & Sun, 5/22 & 5/23 from 3:00-5:00 PM

Twenty Sessions $250.00 Per Person
Feb 8-May 23 . . . . . .Q1771X
See above for schedule.

Beginner Acting: A Journey

(adults)

We will begin the journey of acting by learning techniques for theater, television, and film. These include improvisation, space objects, character building, and the fourth wall. We will also begin work on The Four Centers of Acting: The Center of Your Focus, Your Breath, Your Body, and the Stage. Each class will begin with an actor's warm-up of voice, movement, and imagination. A performance of monologues/scenes and/or a play will be held on the final day of class. Please wear closed-toe shoes and bring a water bottle.

Six Sessions $135.00 Per Person
Navesink Library The Theater
Wed, Jan 13-Feb 17 6:30-8:00 PM Q0971X

Spoken Word Events in the Parks

Free

Christmas Remembered - A Winter Evening of Story, Poetry & Memory

Some Christmases disappear with the season. Others remain with us forever. A snowy street glimpsed through a window. The warmth of a familiar room. Voices from another time. A distant carol in the darkness. And that peculiar magic by which Christmas can make the past seem very near again. *Christmas Remembered* is an atmospheric literary recital celebrating the wonder, humor, mystery, and longing of the season through the words of Dylan Thomas and Kenneth Grahame. At its heart is Thomas's beloved "A Child's Christmas in Wales"- a joyous and haunting return to the Christmas world of childhood - joined by the warmth and enchantment of Grahame's "Dulce Domum" from *The Wind in the Willows*. Accompanied by evocative imagery, music, and sound, the evening invites us to wander for a little while through winter landscapes of imagination and memory and perhaps rediscover something we thought we had left behind.

Presented by: Robert Goodman

One Session FREE!
Thompson Pk Vis Ctr Beech Room
Sat, Dec 5 3:00-4:00 PM #PA017A

Open Mic Poetry

Emotional or humorous, storytelling or intense, poetry can evoke a variety of thoughts and emotions. Explore or recite literary works during a time of alliteration, rhythm, and verse. All are welcome to read your work aloud or read work from your favorite poet(s). You will also get the opportunity to connect with the growing community of Monmouth County Poets. Themes and prompts are suggested, and extemporaneous poems are encouraged. Poems must be appropriate for a family-oriented audience. Pre-registration is recommended for readers, though drop-ins are welcome as time permits. Contact Rachel Cohen to be added to the list of readers at 732-542-1642, ext. 4648, or rachel.cohen@monmouthcountyparks.com.

One Session FREE!
Thompson Pk Vis Ctr Beech Room
Waiting and/or poems written as a list
Wed, Dec 2 7:00-8:30 PM #PE017A
Dreams and/or poems written only using questions
Sun, Jan 10 3:00-4:30 PM #PE037A
Home and/or poems written as only one sentence
Wed, Feb 3 7:00-8:30 PM #PE047A

Movement for Acting

(adults)

Whether we are at work, school, or on the stage, our movement expresses how we feel and the stories we want to tell. This program will teach us movement techniques that will help us create characters, express emotions, and be more comfortable in our bodies while performing on stage and in everyday life. Come dressed to move with closed-toe shoes/sneakers and movement apparel. Acting experience is not required.

Five Sessions $90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Mon, Jan 4-Feb 1 6:30-8:00 PM Q0471X

DANCE

Adult Ballet - Level 1 NEW

(adults)

Have you always wanted to try ballet? It's never too late to learn! Discover the grace and elegance of ballet in this welcoming introductory class designed for adults with little or no dance experience. You'll learn basic ballet positions, steps, and terminology while developing an awareness of proper posture and body alignment. Barre work and center-floor exercises will help improve coordination, strength, balance, and flexibility, all while having fun and enjoying the art of ballet. Wear comfortable clothing and ballet shoes of your choice.

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 11:00-11:45 AM. A6871X
Wed, Jan 6-Mar 10 11:00-11:45 AM A6971X

Adult Ballet - Level 2 NEW

(adults)

This class is designed for adults with previous ballet experience who are comfortable with basic positions, steps, and terminology. We'll build on your existing technique through barre and center-floor exercises, while introducing more challenging combinations that focus on strength, balance, coordination, flexibility, and musicality. Come ready to move, challenge yourself, and enjoy the beauty of ballet! Wear comfortable clothing and ballet shoes of your choice.

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Mar 12 11:00-11:45 AM A7071X



Adult Tap - Level 1 NEW

(adults)

Ready to take your tap dancing to the next level? This class is perfect for dancers who have some tap experience and are comfortable with the basic steps. We'll build on your foundation by introducing new steps, combinations, and rhythms while developing coordination, musicality, and confidence. Come ready to move, make some noise, and have fun!

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 2:00-2:45 PM A6471X
Tue, Jan 5-Mar 9 5:30-6:15 PM A6571X
Wed, Jan 6-Mar 10 12:00-12:45 PM A6671X

Adult Tap - Level 2 NEW

(adults)

Ready to really get your feet moving? This class is for dancers who enjoy tap and have a solid understanding of the basics. We'll explore more challenging rhythms, learn new steps and combinations, and build your technique, coordination, and musicality. Come ready to challenge yourself and to have fun! Wear comfortable clothing and the tap shoes of your choice.

Prerequisite: 3-4 sessions of Adult Tap Level 1 or equivalent tap experience.

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-Mar 9 3:00-3:45 PM A6771X
Tue, Jan 5-Mar 9 6:15-7:00 PM AB271X
Thu, Jan 7-Mar 11 6:15-7:00 PM AB071X

Beginner Ballroom and Latin Dance

(adults)

Attending a wedding this year? Planning a first wedding dance beyond the traditional sway? Looking to connect with your partner through a new activity? If you answered "yes" to any of the above, this six-week beginner social dancing workshop is for you! We will learn beginner steps together and allow plenty of practice time, offering instructor assistance during class. Each week, we will review and progress forward in our Ballroom and Latin dance styles. We look forward to teaching you to move and groove on the dance floor of your next wedding or event together with confidence! No prior dance experience is required, as this workshop is beginner-friendly. Dancers must register and participate with a partner, and we welcome any two individuals who are able to participate in classes together. Participants are encouraged to dress comfortably, and in closed-toe/closed-heel shoes you can easily move in.

Instructed by: Sing and Sway

Four Sessions $199.00 Per Couple

Tatum Pk Red Hill Act Ctr

Mon, Jan 25-Feb 15 2:10-3:00 PM A8371X

Beginner Wedding Dance Workshop

(adults)

Preparing to dance at a wedding this year? Looking for a fun date night idea? Considering taking private lessons or group classes, but not sure where to begin? Get ready to dance beyond the traditional sway! This is a beginner-friendly way to learn basic steps of two social dancing styles and practice in community with instructor assistance before committing to private lessons or group classes. 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 $112.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 20 6:00-8:00 PM A8571X
Wed, Feb 24 6:00-8:00 PM A8671X

Broadway Jazz - Level 1 NEW

(adults)

Hamilton! Chicago! Hairspray! This class is perfect for adults who love musical theatre and want to have fun dancing to songs from their favorite musicals. Class will include a jazz warm-up, across-the-floor exercises, and easy-to-follow choreography while building a vocabulary of basic jazz steps and combinations. No previous jazz experience is necessary. Just come ready to move, have fun, and channel your inner Broadway star! Wear comfortable clothing and jazz shoes of your choice.

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 6-Mar 10 1:00-1:45 PM A7171X

Fundamentals of Tap NEW

(adults)

Have you ever wanted to try tap dancing? If you're an absolute beginner, this is the perfect class for you! We'll move at a comfortable pace as you learn the basics of tap technique, build confidence, and enjoy every step. No prior experience is necessary; just bring your enthusiasm and a pair of comfortable tap shoes!

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Jan 6-Mar 10 2:00-2:45 PM A6271X
Thu, Jan 7-Mar 11 5:30-6:15 PM AAZ71X
Fri, Jan 8-Mar 12 10:15-11:00 AM A6371X

Jazz: Beyond Broadway - Level 2 NEW

(adults)

This upbeat class is designed for adults with some previous jazz or dance experience who are ready to explore beyond the Broadway style. We'll mix it up with a variety of jazz styles, incorporating energetic combinations and choreography. Expect to move, groove, and have fun while building confidence, coordination, and technique! Wear comfortable clothing and jazz shoes of your choice.

Ten Sessions $135.00 Per Person

Tatum Pk Red Hill Act Ctr

Fri, Jan 8-Mar 12 11:45 AM-12:30 PM A7271X

Latin & Party Line Dancing

(adults)

Light up the dance floor with confidence and rhythm! In this upbeat, beginner-friendly class, you'll learn a mix of Latin-inspired line dances, including Salsa and Bachata basics, alongside a selection of classic and contemporary party favorites, such as 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 — join solo, with a friend, family member, or significant other. Participants are encouraged to wear comfortable clothes and closed-toe shoes you can easily move in.

Instructed by: Sing and Sway

Four Sessions $112.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 25-Feb 15 3:10-4:00 PM A8471X

Square Dancing Level 1

(adults)

Keep your mind sharp and your body moving by learning Modern Western Square Dance! You will learn square dance steps, a low-impact exercise, set to both contemporary and folk music. No partner needed! Taught by Doug Kauffman and members of the Middletown Ramblers.

Fifteen Sessions $75.00 Per Person

Henry Hudson Trail Act Ctr

Tue, Feb 9-May 18 9:00-11:00 AM A2771X
Tue, Feb 9-May 18 7:00-9:00 PM A5271X

VOICE

Beginner Chorus

(adults)

Together we will learn the core fundamentals of the voice to build healthy singing habits and confidence in performance and projection. We will work on proper breathing exercises for singing, focus on pitch accuracy, diction, and singing with a group. Please bring a three-ring, one-inch black binder to store your sheet music.

Five Sessions $90.00 Per Person

Freneau Wds Pk Vis Ctr Program Room 1

Fri, Jan 8-Feb 5 6:30-8:00 PM Q0371X

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

Five Sessions $75.00 Per Person

Tue, Jan 12-Feb 9 5:30-6:30 PM. X7271X
Tue, Feb 23-Mar 23 5:30-6:30 PM X7371X
Thu, Feb 25-Mar 25 5:30-6:30 PM X7571X

Six Sessions $90.00 Per Person

Thu, Jan 7-Feb 11 5:30-6:30 PM. X7471X

Barre Connect

(adults)

This class uses ballet- and dance-inspired movements to provide benefits in strength, balance, coordination, cardiovascular endurance, and overall physique without the use of large weights or high-impact activity. Barre Connect combines the elements of barre training with targeted resistance, dance, yoga, and cardiovascular bursts to provide a fun and dynamic workout. Please wear sneakers and bring water; no experience is necessary in any fitness/dance format.

Eleven Sessions $165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 8-Mar 26 5:30-6:25 PM X7071X
No class 2/12

Barre Connect Gold for Beginners

(adults)

An intro to Barre Connect format, this class combines ballet barre techniques, yoga, Pilates, chair fitness, dance, and light resistance training. Low impact and gentler than a regular Barre class. This format focuses on toning muscles and improving balance, while building flexibility and coordination.

Eight Sessions $120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 25-Mar 22 5:10-6:05 PM X5071X

No class 2/15

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. Experience is required, and please bring your props to each class.

Dorbrook Rec Area Act Ctr

Four Sessions $60.00 Per Person

Wed, Dec 2-23 5:00-5:55 PM. X5971X

Nine Sessions $135.00 Per Person

Wed, Jan 13-Mar 10 5:00-5:55 PM X6171X

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. Experience required; please bring your own props to each class.

Eleven Sessions $198.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 5-Mar 23 7:25-8:55 PM X5571X

No class 2/16

Dance Tone Stretch

(adults)

This class is a fun mix of cardio dance, light toning, and a stretching session. We 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 bodyweight exercises to do a toning routine. Each class will end with an overall body stretch. Participants should wear comfortable exercise clothes and sneakers. Beginners are welcome!

Eight Sessions $120.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 21-Mar 11 5:00-5:55 PM X6571X

Intro to Belly Dancing

(adults)

Join us for this fun and gentle introduction to Middle Eastern Dance! Learn the fluid movements of Middle Eastern Dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be explored as we enjoy exciting styles of Belly Dance, including Egyptian, American Cabaret, Turkish, American Fusion, and more! Improve flexibility, coordination, and strength as we engage the arms, legs, hips, and core for a total body workout. Low impact and gentle on the knees. Please dress comfortably and be prepared to dance barefoot, in socks, or in dance shoes.

Eight Sessions $120.00 Per Person

Dorbrook Rec Area Act Ctr

Thu, Jan 21-Mar 11 7:15-8:10 PM X6771X

Mat Workout and Stretch

(adults)

A muscle toning workout on your mat! We will do body weight exercise and use hand weights during this 40-minute, medium-intensity, lengthening, and strengthening full-body routine. For the last 10 minutes, we will stretch and lengthen the muscles and improve our recovery time by foam rolling. Please bring water and a mat. We have hand weights and foam rollers to use.

Nine Sessions $135.00 Per Person

Dorbrook Rec Area Act Ctr

Wed, Jan 13-Mar 10 7:20-8:15 PM X6471X



E. MURRAY TODD HALF MARATHON

Sunday, March 7, 8:30 AM

Brookdale Community College Collins Arena, Lincroft

With over 45 years of racing tradition on one of New Jersey's most attractive courses, you will experience 13.1 miles on a beautiful course through Lincroft, Holmdel, and Colts Neck.

Pre-registration is suggested and is $50.00 per person (*closes February 28*). Club/group rates are available (*minimum of 10 walkers/runners*). Pre-registration can also be done online (24/7) or by calling 732-842-4000, ext. 1, Monday-Friday between 8:00 AM-4:30 PM.

Race day registration will be accepted on Sunday, March 7 beginning at 7:00 AM and is $70.00 (*cash, credit, or check accepted*). Checks should be made payable to the Board of Recreation Commissioners.

For additional information, call 732-542-1642, ext. 4646, or email Michael.Williams@co.monmouth.nj.us. To view the Runner's Info Sheet and Course Map, visit the "Races & Special Events" page of our website under the "Activities" tab.

Mini-Band Workout NEW

(adults)

Workout with a "mini" or "loop" or "booty" band - a portable tool for safe, functional, and controlled exercise. A low-impact, strength-training, full-body workout using resistance instead of weights. This class includes a mobility warm-up, standing band work, and floor band work. Please bring a three-pack of fabric (mini) loop resistance bands in light, medium, and heavy resistance. We have some bands and mats available to borrow for class.

Five Sessions $75.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Feb 22-Mar 22 7:30-8:25 PM X5271X

Total Body Circuit Blast

(adults)

Empower yourself with this revved-up workout to blast calories! We will start the class with a dynamic warm-up to prevent injuries; then you will be coached through a total body circuit class that will be set up in stations. You will perform each exercise for a certain amount of time, then move on to the next. The circuits will include a combination of cardio drills and weighted exercises to fire up your metabolism. We will end the class with some stretches on the foam roller to decrease muscle soreness. All levels are welcome!

Instructor: Laurie Vuksanovich

Tatum Pk Red Hill Act Ctr

Five Sessions $75.00 Per Person

Sat, Feb 20-Mar 20 8:00-9:00 AM. X7771X

Six Sessions $90.00 Per Person

Sat, Jan 9-Feb 13 8:00-9:00 AM X7671X

> *Laurie is a fantastic instructor who keeps each class varied and interesting. We get a good working while having fun in the process.*

QIGONG

Beginner Therapeutic Qigong

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular strength. Wear comfortable clothing and shoes; no equipment needed.

Eight Sessions $136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Dec 5-Feb 6 9:00-10:00 AM. X3571X

No class 12/26 & 1/2

Qigong for Daily Nourishment NEW

(adults)

Qigong for Daily Nourishment is a gentle, mindful movement practice that helps restore balance to your body, mind, and energy. Through simple exercises, coordinated breathing, and relaxed awareness, qigong supports your natural ability to release tension, improve circulation, and calm the nervous system. Practiced regularly, it can enhance vitality, deepen your connection to yourself, and bring a sense of ease into everyday life. This class focuses on nourishing routines that anyone can integrate into their daily self-care.

Eight Sessions $136.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Dec 7-Feb 1 3:00-4:00 PM. X3771X

No class 12/28

Qiyoga NEW

(adults)

A gentle yoga and qigong fusion class that combines movements with mindful breath and sequences. Designed to release tension, improve circulation, and balance your energy, this practice supports relaxation, grounding, and a deeper mind-body connection. Suitable for all levels. Come as you are and leave feeling centered, refreshed, and gently energized. Wear comfortable clothes and bring a mat if you have one.

Eight Sessions $136.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Dec 7-Feb 1 4:15-5:15 PM. XAK71X

No class 12/28

Therapeutic Qigong Level II

(adults)

Experience Qigong, a traditional Chinese medicine (TCM) practice that harmonizes gentle movement, focused breathing, and meditation to enhance flexibility, balance, coordination, and muscle strength. This mind-body practice also supports relaxation, reduces stress and anxiety, boosts immune function, and promotes cardiovascular health. We will practice movements to feel Qi, review movements 1-18, and practice movements 19-36. Completing Beginner Qigong is not required to join this class; however, we will just quickly review movements 1-18. Wear comfortable clothing and shoes—no equipment needed.

Eight Sessions $136.00 Per Person

Thompson Pk Vis Ctr Tulip Room

Sat, Dec 5-Feb 6 10:15-11:15 AM X3671X

No class 12/26 & 1/2

VOLLEYBALL

Indoor Fall Volleyball League

(ages 17 and up)

Join the fun as teams exercise and compete in our indoor volleyball league. No previous volleyball league experience necessary. Teams will play at either 6:30 PM or 7:30 PM each week. Schedules will be handed out the first night of the league. An organizational and rules meeting will be held at 6:15 PM on the first night of the league.

Please Note: Pre-registration is required per team. Teams must have at least six players on the roster and at least two women on the court at all times. Captains sign up for the team.

Eleven Sessions $198.00 Per Team

Fort Monmouth Rec Ctr Gym A

Wed, Jan 6-Mar 17 6:00-9:00 PM M7471X

YOGA

Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Discover yoga at your own pace in a fun, relaxed, and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment, and safety. Designed for beginners, this program will teach foundational yoga postures, with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat, two yoga blocks, and a towel or blanket.

Instructor: Talena Ward

Tatum Pk Red Hill Act Ctr

Six Sessions $90.00 Per Person

Mon, Jan 4-Feb 22 6:00-7:00 PM X4171X

No class 1/18 & 1/25

Eight Sessions $120.00 Per Person

Thu, Jan 7-Feb 25 11:00 AM-12:00 PM . . . X4571X

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.

Fully Seated

Eight Sessions $120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 25-Mar 22 4:00-4:55 PM X4971X

No class 2/15

Fort Monmouth Rec Ctr Program Room D

Wed, Jan 20-Mar 10 11:05 AM-12:00 PM . . X5771X

Sit and Stand

Eleven Sessions $165.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 8-Mar 26 3:15-4:10 PM X6871X

No class 2/12

Chair Yoga with Weights

(adults)

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support. This class is a combination of yoga and light weights for a gentle, well-rounded workout. We do not get down on the floor; this class is sitting/standing and includes yogic breathing, poses, weights, and relaxation. No previous yoga experience necessary. This class is great for those with limited mobility, strength, and/or flexibility. Using the chair as a prop, you have the confidence of stability with no fear of falling or worrying about getting up and down from the floor.

Instructor: Eryka Andrex

Dorbrook Rec Area Act Ctr

Four Sessions $60.00 Per Person

Wed, Dec 2-23 4:00-4:55 PM X5871X

Nine Sessions $135.00 Per Person

Wed, Jan 13-Mar 10 4:00-4:55 PM X6071X

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

Six Sessions $90.00 Per Person

Tatum Pk Red Hill Act Ctr

Mon, Jan 4-Feb 22 7:00-8:00 PM X4271X

No class 1/18 & 2/15

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, Jan 5-Feb 23 9:00-10:00 AM X4371X

Thu, Jan 7-Feb 25 9:00-10:00 AM. X4471X

Flexibility and Beyond - Yin Yoga

(adults)

This class is designed at a slower pace with longer held postures to stimulate the parasympathetic nervous system for deep relaxation – a perfect elixir after a long day. You'll move through practices that will increase your range of motion, restoring youthfulness to your body, helping manage stress, and injecting wisdom into your life. Are you ready to join MJ for Flexibility and Wisdom?

Instructor: MJ Kasliner is a nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. She is the owner of the Registered Trademark 'Codes of Creation in Movement.' MJ has over 800 hours of certification training, including studies in India.

Thompson Pk Vis Ctr Tulip Room

Seven Sessions $119.00 Per Person

Thu, Dec 3-Jan 28 9:30-10:45 AM XFC64X

No class 12/24 & 12/31

Eight Sessions $136.00 Per Person

Tue, Feb 2-Mar 23 7:00-8:15 PM X8171X

Thu, Feb 4-Mar 25 9:30-10:45 AM X8371X

Nine Sessions $153.00 Per Person

Tue, Nov 24-Jan 26 7:00-8:15 PM. XFA64X

No class 12/29

Gentle Yoga

(adults)

The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off joints, and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you with 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

Four Sessions $60.00 Per Person

Tatum Pk Holland Act Ctr

Mon, Jan 4-25 12:00-1:00 PM X4671X

Fri, Jan 8-29 10:00-11:00 AM X4871X

Morning Stretch

(adults)

Relax, unwind, and clear your mind as we start the day off right! 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. All levels are welcome.

Instructor: Lisa Mandragona

Ten Sessions $150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 7-Mar 11 10:00-11:00 AM. X3371X

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 gently, supported by bolsters, blocks, and blankets. Restore and renew your body, mind, spirit, as well as your nervous system. Enjoy the freedom to breathe and connect and transform into peace and serenity. All levels are welcome.

Instructor: Lisa Mandragona

Ten Sessions $150.00 Per Person

Tatum Pk Holland Act Ctr

Thu, Jan 7-Mar 11 11:00 AM-12:00 PM . . . X3471X

Reset and Rewrite NEW

(adults)

Join us for a day dedicated entirely to restoring your body, calming your mind, and tapping back into your creativity and inner voice. Each class weaves together slow movement, restorative breathwork, intentional stillness, and gentle journaling prompts for exploring different ways of uniting the body and mind. These methods will help us reconnect with the parts of ourselves that can become harder to hear when life gets loud.

One Session $60.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 9 9:00 AM-12:00 PM XAP71X
Sun, Jan 17 9:00 AM-12:00 PM XAQ71X
Sun, Feb 7 9:00 AM-12:00 PM XAR71X
Sat, Feb 27 9:00 AM-12:00 PM XAS71X

Vinyasa Yoga with Faith

(ages 13 and up)

This Vinyasa-style yoga class is meant to improve your mood, give you a better connection with your body, and pause the busy mind through meditation, breath, and movement. We will use props and modifications to allow all bodies a chance to experience a yoga practice that works for them. There are no judgments in this class, but lots of laughs and slow breathing.

Instructor: Faith Miller, 200-hour Certified Vinyasa Yoga Instructor

Three Sessions $39.00 Per Person

Clayton Pk Act Ctr Classroom A

Tue, Jan 12-26 6:00-7:15 PM. X3971X
Tue, Feb 2-16 6:00-7:15 PM X4071X

Vinyasa Yoga

(adults)

Vinyasa is a breath-synchronized practice that connects every action of our life with the intention of moving towards what is sacred, or most important to us. It is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. This class offers a variety of postures as an invitation for the student to explore, be there for a while, and then move on, as Vinyasa Yoga recognizes the temporary nature of all things. This class focuses on the "sequence of consciousness," or how life unfolds from the creative pulse of life. Some yoga experience is suggested. Bring a yoga mat and water.

Instructor: MJ Kasliner is 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

Fri, Nov 20-Jan 29 9:30-10:45 AM XFD64X
No class 11/27, 12/25 & 1/1
Mon, Feb 1-Mar 22 7:00-8:15 PM. X8071X
Fri, Feb 5-Mar 26 9:30-10:45 AM X8471X

Nine Sessions $153.00 Per Person

Mon, Nov 23-Jan 25 7:00-8:15 PM XF964X
No class 11/26 & 12/28

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 ends with relaxing meditation and foot massage. Some yoga experience is recommended. Bring a yoga mat and water.

Instructor: MJ Kasliner, nationally certified yoga teacher specializing in Lotus Style Vinyasa, Yin, Chakras, 5 Elements, and Meditation. Owner of the Registered Trademark 'Codes of Creation in Movement.' MJ Has over 800 hours of certification trainings including studies in India.

Nine Sessions $153.00 Per Person

Tatum Pk Red Hill Act Ctr

Wed, Nov 25-Jan 27 9:30-10:45 AM XFB64X

No class 12/23

Eight Sessions $136.00 Per Person

Thompson Pk Vis Ctr Walnut Room

Wed, Feb 3-Mar 24 9:30-10:45 AM X8271X



Practicing yoga regularly not only helps to build core strength, it also lowers cortisol - the stress hormone - through controlled breathing and meditation.

DID YOU KNOW?

Yoga at the Shore

(adults)

Get in touch with your body and your breath. Learn to listen to your body - how a particular pose looks on the outside is less important than how it feels on the inside. Yoga can help increase breath control and capacity, thereby improving the overall health and function of the body and mind. Additionally, it helps to both strengthen the body and support enhanced flexibility and balance. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. 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

Thirteen Sessions $195.00 Per Person

Seven Presidents Pk Act Ctr

Sat, Jan 2-Mar 27 8:00-9:00 AM. X3271X

Yoga Flow

(*adults*)

Ease into your day with this feel-good morning yoga flow! This 60-minute beginner-to-intermediate vinyasa class combines mindful movement with breath to help you build strength, improve balance, increase flexibility, and release tension with a total-body stretch. Modifications are offered throughout the class, making it accessible whether you're newer to yoga or looking to deepen your practice. We'll end with a peaceful savasana, so you leave feeling centered, refreshed, and energized for the day ahead.

Instructor: Laurie Vuksanovich (200hr)

Tatum Pk Red Hill Act Ctr

Five Sessions $75.00 Per Person

Sat, Feb 20-Mar 20 9:00-10:00 AM X7971X

Six Sessions $90.00 Per Person

Sat, Jan 9-Feb 13 9:00-10:00 AM X7871X

Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up, or you are not limber enough? Yoga is for everyone and every body. Join a class set at a pace geared for 50s, 60s, and up, or for those looking for a slower-paced class for individual health reasons. Yoga creates a state of overall well-being and has been shown to be beneficial for those dealing with arthritis, reducing stiffness that accompanies aging, and for women in the menopausal or post-menopausal years as a way to maintain bone density and reduce various menopausal symptoms. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket/large beach towel, and bottled water for hydration.

Please Note: The Sun Salutation portion of 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.

Instructor: Sonya Burke, E-RYT 200 Yoga Alliance Certified Instructor

Four Sessions $80.00 Per Person

Tatum Pk Red Hill Act Ctr

Tue, Jan 5-26 10:30 AM-12:00 PM X4771X

ZUMBA

Chair Zumba

(adults)

A fully seated Latin dance cardio from Zumba Fitness! Ditch the workout and join the party! This class combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Participants will tone and sculpt their bodies, burn calories, improve neurocognitive function, enjoy music and rhythm, and reenergize, all while having fun! All you need are sneakers, comfortable clothing, water, and a ready-to-move attitude. No experience needed.

Instructor: Eryka Andrex

Six Sessions $90.00 Per Person

Dorbrook Rec Area Act Ctr

Tue, Jan 19-Mar 2 4:30-5:25 PM X5371X

No class 2/16

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

Eleven Sessions $165.00 Per Person

Tue, Jan 5-Mar 23 6:15-7:10 PM X5471X

No class 2/16

Eight Sessions $120.00 Per Person

Thu, Jan 21-Mar 11 6:15-7:10 PM X6671X

Zumba Toning

(adults)

Zumba Toning combines targeted body-sculpting exercises using light weights with a fun dance cardio workout! Latin-infused ZUMBA® moves create a fun, follow-along, strength-training dance fitness party. Students learn how to use light weights as part of their dance routines to enhance rhythm while toning muscles. Class is suitable for beginners and experienced Zumba dancers alike. Please wear comfortable shoes and clothes you can move in.

Dorbrook Rec Area Act Ctr

Four Sessions $60.00 Per Person

Wed, Dec 2-23 6:00-6:55 PM. X6271X

Eleven Sessions $165.00 Per Person

Fri, Jan 8-Mar 26 6:35-7:30 PM X7171X

No class 2/12

Nine Sessions $135.00 Per Person

Wed, Jan 13-Mar 10 6:00-6:55 PM X6371X

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 are welcome!

Eight Sessions $120.00 Per Person

Dorbrook Rec Area Act Ctr

Mon, Jan 25-Mar 22 6:15-7:10 PM X5171X

No class 2/15

EQUESTRIAN



Sunnyside Equestrian Center is located in Middletown and is home to Special People United to Ride (SPUR). This program, which is offered through the Monmouth County Park System and sponsored by SPUR, is designed primarily to serve individuals with disabilities. Caring, dedicated individuals are need to work as volunteers. The minimum age to volunteer is 14. For information on horseback riding lessons for individuals with disabilities or about volunteering with the programs, please call 732-224-1367.

Beginner Youth Horseback Riding

(ages 6-10)

Find out if horseback riding is right for your child during this introductory program. Children will learn the basics of grooming/tacking and leading a horse. Basic beginning riding skills will be taught with a focus on safety, balance, and control.

Please Note: This is a beginner program focused on offering a general understanding of horseback riding. Repeat enrollment is allowed, but each session's lessons will remain the same. Participants are required to wear long pants and a helmet while riding.

Sunnyside Rec Area

Three Sessions $180.00 Per Person

Fri, Dec 4-18 4:00-5:00 PM V0371X

Four Sessions $240.00 Per Person

Fri, Jan 8-29 4:00-5:00 PM V0471X
Fri, Feb 19-Mar 12 4:00-5:00 PM V0571X
Fri, Mar 19-Apr 9 4:00-5:00 PM V0372X

THERAPEUTIC RECREATION

Art Club

(ages 16 and up, with special needs)

This club offers time for socialization, creative stimulation, and building self-confidence through the use of color and form with support and positive feedback. Participants have the opportunity to utilize skills and techniques introduced in previous sessions. From printmaking to sculpture, mixed media and found art, the club members will explore many avenues of creative expression. Participants must be able to work in a 1:4 ratio of instructor to participant.

Six Sessions $90.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Jan 9-Mar 20 10:00-11:30 AM D1171X
Class meets 1/9, 1/23, 2/6, 2/20, 3/6 & 3/20

Drama Troupe

(ages 13 and up, with special needs)

Expand your horizons! Are you a budding actor or actress? Come join us! We will be singing, acting out skits, and putting on our own performance for family and friends to see. A performance will take place during the final session. Please contact Justin at 732-460-1167, ext. 4641, for more information.

Twelve Sessions $234.00 Per Person

Tatum Pk Holland Act Ctr

Wed, Jan 13-Mar 31 6:00-7:00 PM D0371A

Holiday Carol-oke Night

(ages 16 and up, with special needs)

'Tis the season to sing your heart out and make unforgettable memories together! Join us for our annual karaoke night, surrounded by friends! Sing and dance to your favorite holiday classics, or any song that fills you with joy. Snacks and beverages will be offered. Participants must be able to function in at least 1:3 staff-to-participant ratio. Please contact Marco Galindo at 732-460-1167 ext. 4642, for more information, to give song choices, and/or to give notification about any food allergies or dietary considerations.

One Session $40.00 Per Person

Dorbrook Rec Area Act Ctr

Sat, Dec 19 5:00-7:30 PM D0971A

For information about or applications for Therapeutic Recreation Summer Camps please contact Justin Dunn at 732-460-1167, ext. 4641, or Justin.Dunn@monmouthcountyparks.com.

MCRAC Adult Day Program

(ages 21 and up, w/cognitive & neurological impairments)

Our adult day program is designed to provide comprehensive individual plans for adults with I/DD in our community. The focus is to provide activities that are designed to foster the acquisition of skills, build positive social behavior, develop interpersonal confidence, increase independence, promote personal choice, and to maintain and enhance physical health and well-being. MCRAC is an approved Day Habilitation Program in the DDD Supports and CCP Programs, and runs Mondays, Wednesdays, and Fridays from September-June each year. Please call Anne at 732-460-1167, ext. 4643, for more information.

Night Out

(ages 16 and up, with special needs)

Night Out is an evening social program for teens and adults. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information.

One Session $45.00 Per Person

Lunch and a Movie - Freehold - Saturday Edition!

A delicious meal with friends, followed by a movie, sounds like a great day! Drop-off will be at the 2nd-floor food court of the Freehold Raceway Mall, and pick-up will be from the AMC Movie Theater on Trotter's Way. You will be contacted with specific times and movie choices at least two days prior to the event; the start and end times of the program will be affected by the movie choices. Please bring at least $50.00 to cover the cost of your meal and movie ticket. Make note of the program being on a Saturday instead of Friday as usual!

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Feb 6 12:00-4:30 PM D3961A

Dave & Buster's

Enjoy an evening of games and good food as we travel to Dave & Buster's at the Freehold Mall! There are tons of games to play and a wide selection of meals, snacks, and desserts. Please plan to bring a minimum of $60 to cover the cost of your meal and games. A link to the food menu and gaming options will be emailed the week of the event.

Drop-off and pick up from the Freehold Mall only.

Fri, Feb 19 5:15-9:15 PM D1771A

Inclement Weather Date TBD

Monmouth University Basketball Game

(ages 16 and up, with special needs)

Join us at the game and cheer on the Hawks! The registration price covers admission to the game, transportation, and friendly staff to ensure everyone has a great time. If you would like to purchase food or snacks at the game, please bring additional money. Participants must be able to function in at least a 1:3 staff-to-participant ratio. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information. As a reminder, this is a program for individuals with special needs only!

One Session $55.00 Per Person

Dorbrook Rec Area Act Ctr Parking Lot

Sat, Feb 27 1:00-5:00 PM D1871A

Now We're Cooking!

(ages 16 and up, with special needs)

Bring your appetite and your culinary skills! During each program, we will be preparing, cooking, and enjoying a salad/appetizer, an entree, and a dessert. These programs are held at the Dorbrook Recreation Area Visitor Center Kitchen unless otherwise noted. Supervision is provided at a 1:3 staff-to-participant ratio. Please call Justin at 732-460-1167, ext. 4641, for more information and/or to give notification about any food allergies or dietary considerations.

Italian Feast!

Join your friends as we prepare a delicious meal consisting of some Italian classics! Our meal will include chicken parmigiana, penne pasta, garlic bread, salad, and more! Participants must be willing to participate in at least some aspect of the meal preparation. A movie will be shown while we eat.

One Session $45.00 Per Person

Dorbrook Rec Area Vis Ctr

Fri, Jan 15 6:00-8:30 PM D0471A

Pizza Social

Are you ready for an evening packed with fun, new friends, and pizza? Join our Pizza Social for a night of unforgettable fun. Think board games, card games, trivia, video games and maybe even some friendly competition! Enjoy delicious pizza and beverages while you socialize and create new memories in an entertaining and welcoming environment. Participants must be able to function in at least 1:4 staff-to-participant ratio. Participants will need to bring $15.00 to cover the cost of pizza and beverages. Please contact Marco Galindo at 732-460-1167, ext. 4642, for more information and/or to give notification about any food allergies or dietary considerations.

One Session $20.00 Per Person

Dorbrook Rec Area Act Ctr

Fri, Jan 29 6:00-8:00 PM D0871A


Photo from Longwood Gardens website

A Longwood Christmas

(adults)

Embark on a journey through magical gardens embellished with half a million twinkling lights, thousands of poinsettias, and magnificent Christmas trees. At Longwood Gardens in Kennett Square, Pennsylvania your senses will be astounded by this holiday wonderland that features beautifully lit fountains and numerous horticultural highlights. Fee includes motorcoach transportation, tickets, and Park System leader.

One Session $115.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Wed, Dec 3 11:30 AM-8:30 PM A1264X
Wed, Dec 16 11:30 AM-8:30 PM A0371X

American Museum of Natural History

(all ages, under 18 with adult)

Explore the Rose Center for Earth and Space, dinosaur fossil displays, four floors of exhibits, and the IMAX theater. There is something for everyone! Fee includes bus transportation and Park System leader only. Purchase tickets online at amhnh.org

$60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Sat, Feb 20 . . . . . AAN71X
Board: 9:30 AM . . . . . Return: 6:30 PM (approx)

The Frick Collection NYC

(adults)

See art from the Renaissance to the late nineteenth century, displayed in one of New York City's last great Gilded Age mansions. Find inspiration at the Frick today! The museum was newly renovated, opening up more galleries. See pieces by Rembrandt, Renoir, Whitler, Vermeer, and more. Trip pricing includes a volunteer Park System Leader and round-trip motorcoach transportation. Tickets not included; purchase tickets at www.Frick.org.

One Session $60.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Jan 21 9:30 AM-6:30 PM AAM71X

Experience The 200th Anniversary Philadelphia Flower Show

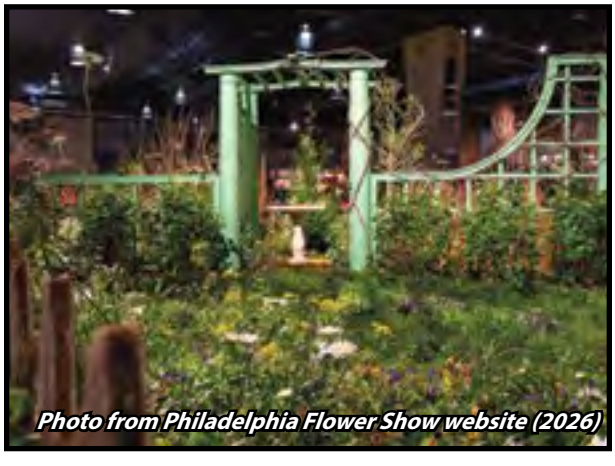
(adults)

Celebrate two centuries of floral wonder at the world's largest and longest-running indoor horticultural event! Experience this historic milestone at the Pennsylvania Convention Center, featuring spectacular floral installations and breathtaking display gardens, the world's largest houseplant and indoor plant competition, shopping, educational exhibits, special attractions, and optional experiences like Butterflies Live! and hands-on artisan workshops. The fee includes round-trip bus transportation, show admission, and a volunteer Park System leader.

$110.00 Per Person

Thompson Pk Estate Grounds Parking Lot

Thu, Mar 18 . . . . . A0372X
Board: 11:00 AM . . . . . Return: 8:30 PM (approx)
Fri, Mar 19 . . . . . A0472X
Board: 11:00 AM . . . . . Return: 8:30 PM (approx)
Sat, Mar 20 . . . . . A0572X
Board: 11:00 AM . . . . . Return: 8:30 PM (approx)


Photo from Philadelphia Flower Show website (2026)

Check out the variety of amenities available in your local Monmouth County parks!

	Campground (Apr-Nov)	Canoe/Kayak Access	Disc Golf	Environmental Center	Facility/Picnic Rentals	Fishing Access	FootGolf	Golf	Historic Site Location	Off-Leash Dog Area	Playground	Trails (easy)	Trails (moderate)	Trails (challenging)	Trails (fitness)	Trails (nature)
Bayshore Waterfront Park		x			x	x			x							
Bel-Aire Golf Course							x	x								
Big Brook Park												x	x			
Charleston Springs Golf Course								x					x			
Clayton Park												x	x			
Crosswicks Creek Park		x				x							x			
Deep Cut Gardens					x							x				
Dorbrook Recreation Area					x						x	x				
Fisherman's Cove		x			x	x										
Fort Monmouth Recreation Center					x											
Freneau Woods Park						x						x	x			
Hartshorne Woods Park						x			x							
Henry Hudson Trail																
Holmdel Park					x	x					x	x	x	x	x	x
Hominy Hill Golf Course								x				x				
Howell Park Golf Course		x						x								
Huber Woods Park				x	x							x	x	x		x
Historic Longstreet Farm					x				x							
Manasquan Reservoir		x		x	x	x					x	x	x			x
Manasquan River Greenway		x				x							x			
Mount Mitchill Scenic Overlook											x					
Perrineville Lake Park		x			x	x							x			
Pine Brook Golf Course							x	x								
Seven Presidents Oceanfront Park		x			x	x					x					
Shark River Golf Course								x								
Shark River Park		x			x	x					x	x	x	x	x	
Sunnyside Equestrian Center												x				
Swimming River Park		x				x						x				
Tatum Park					x						x	x	x			
Thompson Park		x			x	x				x	x	x	x			
Turkey Swamp Park	x	x			x	x					x	x	x		x	
Union Transportation Trail												x				
Historic Walnford					x	x			x							
Weltz Conservation Area												x				
Wickatunk Recreation Area																
Wolf Hill Recreation Area			x							x						

For more information about these and other activities and facilities available in your Monmouth County parks, visit us at www.MonmouthCountyParks.com.

Special People United to Ride (SPUR) is a non-profit organization of local citizens established in 1981. Members assist the Park System in serving individuals with physical and mental disabilities through horseback riding lessons. Students work to improve self-esteem, social skills, balance, muscle tone, and posture as well as to process sensory messages.

A dedicated group of individuals works together to staff the Equestrian Center year round. Instructors are certified by the PATH International, the governing body of therapeutic horseback riding. In addition to the staff, over 100 volunteers help with programs every year. Caring, dedicated individuals are needed to work as volunteers. Minimum age to volunteer is 14.

For more information about SPUR, please call 732-224-1367, email spur@monmouthcountyparks.com, or visit www.spuronline.org.

FRIENDS of the Monmouth County Park System, Inc.

Formed in 1991, the *Friends of the Parks* is a non-profit charitable organization comprised of area citizens and businesses committed to the support of the Monmouth County Park System. In this day and age, when recreation funding must be stretched to meet the needs of a burgeoning population, membership dues, donations, and proceeds from special fundraisers furnish the financial assistance necessary to achieve a number of worthwhile goals.

Throughout beautiful Monmouth County, the Park System manages more than 30 parks, golf courses, recreation areas, historic sites, and stream valleys for your recreation and enjoyment. The *Friends* realize how important it is to protect and preserve the more than 15,000 acres of county parks and open space maintained by the Park System.

In events during the year, *Friends* meet and work with Park System staff and are able to share their views about the ways county parks can be improved and new programs developed. The *Friends* can provide a new outlet for your creativity. Do you have special talents? Do you enjoy giving talks about your travels or areas of interest? With the contacts you make at the Friends of the Parks, you can find ways to share your interests with others. You can help the *Friends* support programs for the disadvantaged and encourage development of innovative activities.

Friends members receive publications such as the Park System Parks & Programs Guide and Green Heritage and enjoy borrowing privileges at the Deep Cut Gardens Horticultural Library. Members also receive discounts on many Friends events.

Join a circle of friends who share your interest in making Monmouth County a better place to live through the preservation of open space and the enhancement of county park facilities. Become a Friend of the Parks today. For an application form, call the Friends office at 732-975-9735 or download one at www.friendsofmonmouthcountyparks.com.

Monmouth Conservation Foundation (MCF) is the only county land trust dedicated to saving open space, creating parks, preserving farmland, protecting wildlife, and safeguarding waterways exclusively in Monmouth. Since its founding in 1977, MCF has worked closely and collaboratively with the Monmouth County Park System and other municipalities to acquire and expand park lands and natural areas for the benefit public recreation and water quality.

As more farmland and open space are developed into residential communities or commercial properties, the unique character of our community may become compromised, and water quality and natural habitats will become threatened.

In response, MCF works with willing landowners to determine preservation options that best meet their needs and that of the community. Many options are available to both private landowners and municipalities in rural, suburban and urban areas to assist them in meeting their park, open space, farmland, and green space goals.

At the heart of MCF's mission is connecting people with nature, in the lands preserved and parks created, by offering programs and events. Kids for Conservation, Project Pollinator and other programs offer opportunities to families to be part of our work. We continually seek volunteers to assist us with our program offerings.

Donation and event proceeds are dedicated to the preservation of additional lands, and education and advocacy efforts to protect the environment. MCF is an integral nonprofit member of the NJ Keep It Green Campaign which insures plentiful state funding to continue land preservation and stewardship.

To learn more about our work and volunteer opportunities, please visit our website at www.monmouthconservation.org. MCF can also be reached by calling 732-671-7000 or emailing info@monmouthconservation.org.

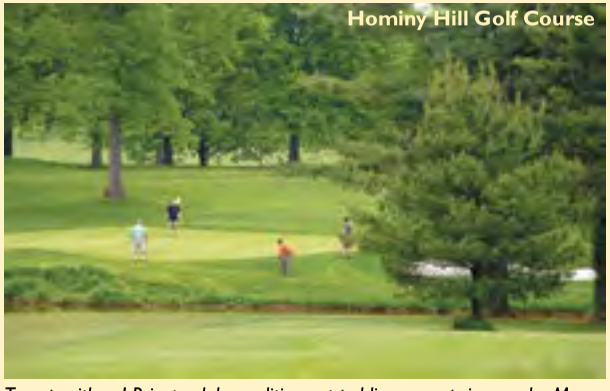
Monmouth County Park Locations

PARKS/HISTORIC SITES

Baysholm Tract†, Burlington Road, Freehold 732-431-4664
Bayshore Waterfront Park, Port Monmouth Road, Port Monmouth 732-787-3033
Big Brook Park*, Route 520, Marlboro 732-834-9607
Clayton Park*, Emley's Hill Road, Upper Freehold 609-259-5794
Crosswicks Creek Park*, Upper Freehold 609-259-5794
DeBois Creek Recreation Area†, Highway 33, Freehold 732-842-4000
Deep Cut Gardens, Red Hill Road, Middletown 732-671-6050
Dorbrook Recreation Area, Route 537, Colts Neck 732-542-1642 or 1643
East Freehold Showgrounds, Kozloski Road, Freehold 732-842-4000, 732-431-4664
Fisherman's Cove Conservation Area*, Third Avenue, Manasquan 732-922-4080 or 3868
Fort Monmouth Recreation Area, Guam Lane, Tinton Falls 848-456-4278
Freneau Woods Park†, Marlboro & Aberdeen 732-842-4000
Hartshorne Woods Park, Navesink Avenue, Locust 732-872-0336 or 2670
Henry Hudson Trail, Highlands to Aberdeen to Freehold 732-787-3033
Holmdel Park, Longstreet Road, Holmdel 732-946-9562
Huber Woods Park, Browns Dock Road, Locust 732-872-2670 or 0336
Historic Longstreet Farm, Longstreet Road, Holmdel 732-946-3758
Manasquan Reservoir, Windeler Road, Howell 732-751-9453, 732-919-0996
Manasquan River Greenway*, Freehold to Howell 732-462-7286 or 732-919-0996
Metedeconk River Greenway†, Freehold to Howell 732-462-7286 or 9265
Monmouth Cove Marina, Port Monmouth Road, Port Monmouth 732-495-9440
Mount Mitchill Scenic Overlook, Ocean Boulevard, Atlantic Highlands 732-872-0336 or 2670
Perrineville Lake Park*, Sweetmans Lane, Millstone 609-259-5794
Seven Presidents Oceanfront Park, Ocean Avenue, Long Branch 732-229-7025
Shark River Park, Schoolhouse Road, Neptune 732-922-4080 or 3868
Sunnyside Equestrian Center, Middletown-Lincroft Road, Lincroft 732-224-1367
Swimming River Park, West Front Street, Middletown 732-741-9676
Tatum Park, Red Hill Road, Middletown 732-671-6050 or 1987
Thompson Park, Newman Springs Road, Lincroft 732-842-4000
Turkey Swamp Park, Georgia Road, Freehold 732-462-7286 or 9265
Union Transportation Trail*, Upper Freehold 609-259-5794
Historic Walnford, Walnford Road, Upper Freehold 609-259-6275
Weltz Conservation Area*, West Park Avenue, Ocean 732-229-7025
Wickatunk Recreation Area†, Rt. 79, Marlboro 732-946-9562
Wolf Hill Recreation Area, Eatontown Boulevard, Oceanport 732-229-7025
Yellow Brook Tract†, Highway 33, Howell 732-751-9453 or 732-919-0996

GOLF COURSES

Bel-Aire Golf Course, Allaire Road, Wall 732-449-6024
Charleston Springs Golf Course, Smithburg Road, Millstone 732-409-7227
Hominy Hill Golf Course, Mercer Road, Colts Neck 732-462-9222
Howell Park Golf Course, Preventorium Road, Howell 732-938-4771
Pine Brook Golf Course, Covered Bridge Boulevard, Manalapan 732-536-7272
Shark River Golf Course, Old Corlies Avenue, Neptune 732-922-4141


Hominy Hill Golf Course

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


Fisherman's Cove Conservation Area

Protecting the Jersey Shore's rapidly diminishing open spaces and their natural resources is a priority for this waterfront site where shorebirds nest, anglers fish, and area residents love to bring their dogs.

* Monmouth County Park System sites that are partially developed for use and offer limited facilities (parking lot, trails, portable toilets, etc.) at this time.

† Monmouth County Park System sites that are undeveloped for use and offer no facilities (parking lot, trails, restrooms, etc.) at this time.



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. The Monmouth County Park System shall provide refunds under the following conditions:

Refund Policy

1. A full refund will be given when a program or trip is rescheduled or 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, the Park System shall refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If the Park System is able to replace the participant in a program within the time limit listed below, the participant will receive a full refund less a processing fee.

- **General program or one-day trip:** full refund with at least ten (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:** full refund with at least forty-five (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 forty-five (45) 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.

The Monmouth County Park System may cancel programs and activities where there is insufficient participant response or when weather or other circumstances beyond the control of the Park System makes it necessary.

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

You may register:

Online 24/7 beginning at 8:00 AM on November 18. Click "Register for Programs" at www.MonmouthCountyParks.com.

By Phone beginning at 8:00 AM on November 18. Call 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 beginning at 8:00 AM on November 18 at Park System Headquarters located within Thompson Park, 805 Newman Springs Road, Lincroft. Staff is available Monday through Friday between 8:00 AM-4:30 PM.

The Creative Arts Center proudly showcases the work of our talented students and instructors who participate in a variety of fine arts and craft classes throughout the year.

CREATIVE ARTS CENTER





EXHIBIT & SALE

Saturday-Friday,
December 5-11, 11:00 AM-4:00 PM
Thompson Park Creative Arts Center, Lincroft

Kick off your holiday shopping with original pieces created by our talented students and instructors, including paintings, photography, jewelry, pottery, and more.

MONMOUTH COUNTY PARK SYSTEM NEW JERSEY

For more information, contact Barbara Zarella at
barbara.zarella@monmouthcountyparks.com
or 732-842-4000, ext. 4253.

THE GALLERY
at Thompson Park Creative Arts Center

Monmouth County Park System
805 Newman Springs Road
Lincroft, NJ 07738

Mark Your Calendars

DECEMBER

The Creative Arts Center Exhibit & Sale
Saturday–Friday, December 5–11
11:00 AM–4:00 PM
Thompson Park Creative Arts Center, Lincroft

Holiday Tree Trimming
Saturday, December 5
11:00 AM–2:00 PM
Historic Longstreet Farm, Holmdel

Visit with Santa
Saturday & Sunday, December 12 & 13
12:00–3:00 PM
Historic Longstreet Farm, Holmdel

JANUARY

National Seed Swap Day
Saturday, January 30
10:30–11:30 AM
Freneau Woods Park, Aberdeen

FEBRUARY

Historical Valentines
Sunday, February 14
1:00–3:00 PM
Historic Walnford, Upper Freehold

Board of County Commissioners:
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Dominick "Nick" DiRocco, *Deputy Director*
Susan M. Kiley
Ross F. Licitra, *Park System Liaison*
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