



# Fort Monmouth Recreation Center Winter Programs

Check out these wonderful programs currently available at the brand new Fort Monmouth Recreation Center, Tinton Falls, this winter.



**Secure your spot in these amazing programs!**

**To register, call 732-842-4000, ext. 1, Monday-Friday from 9:00 AM-4:30 PM or click the program name to register online.**

## Adult Programs Active Adults 55+

### Balanced Fitness for Senior Adults

*(ages 55 and up)*

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

Fort Monmouth Rec Ctr Group Fitness Room

**Eight 1-Hr Sessions \$52.00 Per Person**

Tue, Jan 7-Feb 25 9:15-10:15 AM .....M6741A

Fri, Jan 10-Feb 28 9:15-10:15 AM .....M6841A

### Entire Series

Enjoy the entire series and save!

**Sixteen 1-Hr Sessions \$88.00 Per Person**

Tue, Fri, Jan 7-Feb 28 9:15-10:15 AM .....M6941A

## Arts & Crafts Drawing & Painting

### Zen Doodle

*(adults)*

Do you doodle? Join us as we explore this relaxing new art form. Transform the patterns you create when doodling into fanciful designs. Whether you are artistic or not, there's no such thing as a mistake in Zen Doodle!

**One 2-Hr & 30-Min Session \$39.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Wed, Feb 19 10:00 AM-12:30 PM .....MA641A

## Knitting & Sewing

### Beginner Sewing and Beyond

*(adults)*

Learn the basic sewing skills you will need to make clothing, items to beautify your home, gifts, etc. We will start by making a skirt and move on to other items as time allows. We will cover understanding and using a pattern, assembling a garment including inserting a zipper, hemming, etc. You must have basic knowledge of the sewing machine you will be bringing to class. A supply list will be mailed upon registration. For those who have previously taken the beginner sewing class or have had some sewing experience, please choose a simple pattern. Instructor Janice Beeby will assist you.

**Six 2-Hr & 30-Min Sessions \$80.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Jan 9-Feb 13 7:00-9:30 PM. .... ZA641A

## REGISTRATION CAN BE DONE:

- **Online** 24/7 at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)
- **By phone** at 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm.
- **In person** Monday-Friday, 8am-4:30pm at Park System Headquarters, Thompson Park, 805 Newman Springs Road, Lincroft.
- **By mail** using the Registration Form at the back of the winter issue of the Program Directory.

*Pre-registration is required for most of the programs listed in this brochure.*

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

## Education & Enrichment

### Booth, Lincoln, and the Shot that Changed America

(ages 13 and up)

The legacy of Abraham Lincoln lives on as we plunge into America's rich history and investigate the life, presidency, and assassination of one of the nation's most beloved presidents. Presenter Greg Caggiano from the historic Proprietary House will uncover the conspiracies, hidden schemes, and deceit as we try to unravel the mysterious events surrounding President Lincoln's life and death. Pictures, video clips, and readings of first-hand accounts will be used to detail this pivotal moment that would forever change America. Perfect for history buffs, scout troops, or students needing extra credit.

**One 1-Hr Session \$9.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Feb 15 2:00-3:00 PM ..... X3341A

### Coffee Club

(adults)

Join us as we socialize while enjoying your favorite card and board games. Make new friends as you sip fresh brewed coffee. Plan your best strategies as you choose between mahjong, cards, and Scrabble.

**Six 2-Hr Sessions \$30.00 Per Person**

Fort Monmouth Rec Ctr Lobby

### Coffee & Mahjong

Shuffle your tiles and build your walls as you play this ancient, fast-paced Chinese game. All levels welcome.

Tue, Jan 7-Feb 11 9:30-11:30 AM .....M4841A

Tue, Feb 18-Mar 25 9:30-11:30 AM.....M7041A

### Coffee & Cards

Bridge, Pinochle, Gin Rummy: name your game! Come to play in our great facility with bottomless coffee urn. All levels welcome.

Wed, Jan 8-Feb 12 9:30-11:30 AM.....M4741A

Wed, Feb 19-Mar 26 9:30-11:30 AM.....M7141A

### Coffee & Scrabble

Sharpen your vocabulary and get out your thinking caps! This game has transcended generations and remains one of the most popular ever. All levels welcome.

Thu, Jan 9-Feb 13 9:30-11:30 AM .....M4941A

Thu, Feb 20-Mar 27 9:30-11:30 AM .....M7241A



### History Alive! Haunted History of New Jersey

(ages 13 and up)

Come and discover the haunted history right here in your own backyard! Presenter Greg Caggiano from the historic Proprietary House will chronicle local legends, hauntings, ghost stories, folklore, and more. Spirits, pirates, even the Jersey Devil – how accurate are the traditional stories? This presentation will uncover the mysterious, wild, and magical history of the Garden State. Perfect for history buffs, scout troops, or students needing extra credit.

**One 1-Hr Session \$9.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Jan 11 2:00-3:00 PM ..... X3041A

### History Alive! The Bloodiest Day: The Battle of Antietam

(ages 13 and up)

History comes to life as we commemorate the infamous Battle of Antietam. Come and learn about the vicious clash between the North and South that changed the course of the American Civil War. Presenter Greg Caggiano from the historic Proprietary House will use pictures, video clips, and readings of first-hand accounts to detail the bloodiest one-day battle in American history. Perfect for history buffs, scout troops, or students needing extra credit.

**One 1-Hr Session \$9.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Sat, Feb 22 2:00-3:00 PM ..... X3441A

## Outdoor Adventures

### Bicycling

### Fix a Flat and More Workshop

(ages 16 and up)

Nervous about that dreaded day when you get a flat while riding your bicycle? This workshop will get your hands dirty fixing a simulated flat tire on your bicycle and other quick fixes. Designed for those with little or no bicycle maintenance experience. Required Equipment: Any type of bicycle, preferred quick release hubs.

**One 2-Hr Session \$32.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Jan 15 6:00-8:00 PM .....W4141A

Wed, Feb 12 6:00-8:00 PM .....W4241A

Pre-registration is required for most of the programs listed in this brochure.

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)



## Sports & Fitness

### Brand New to Yoga Series!

(adults)

Think yoga isn't for you? Think again! Come and discover yoga at your own pace in a fun, relaxed, and positive atmosphere. Enjoy all the benefits of yoga while learning proper breathing techniques, alignment, and safety. Designed for beginners, this program will teach foundational yoga postures with each class building on the previous. You will reduce stress as you gain confidence, flexibility, strength, and focus. Our certified instructor will help you develop an understanding of yoga while paving the way to enhanced health and vitality. Please bring a yoga mat and a towel or blanket.

**Ten 1-Hr Sessions \$115.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Mar 24 6:00-7:00 PM..... XAM41A

No class 1/20 & 2/17

### Chair Yoga

(adults)

You've probably heard the benefits of yoga: elongated muscles through gentle stretching which takes pressure off of joints and increases range of motion. Gentle forms of yoga are often recommended by the medical community for arthritis as well. Don't be intimidated by images of more advanced, athletic yoga classes. Chair yoga allows for a gentler form of yoga for any age and many conditions. Poses can be done in the chair, as well as utilizing the chair for balance during standing poses. Finish with relaxation and breath control and leave feeling more open, relaxed and refreshed.

**Eight 1-Hr Sessions \$84.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Dec 2-Jan 27 1:00-2:00 PM..... M4341A

No class 1/20

Mon, Feb 10-Apr 7 1:00-2:00 PM..... M4441A

No class 2/17

### Fluid Yoga

(adults)

Fluid Yoga builds strength and fluidity in the body and mind. While we cultivate core strength for grounding, we will build fluidity throughout the body as a practice for riding the waves of life. We work in levels, so beginners and experienced practitioners are welcome; however, it is an active practice. Prana Flow certified instructor Tiffany McCann will teach the class. Please bring yoga mat and blanket if you have one.

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Thu, Jan 16-Feb 20 9:30-11:00 AM..... M4141A

Thu, Feb 27-Apr 3 9:30-11:00 AM..... M4241A

### Luna Flow Yoga

(adults)

Luna Flow practice is perfect for the after lunch low energy feeling. The pace will be slow and fluid to allow your body space for proper digestion, while building the energy to tackle your afternoon projects. Build strength, open muscles and bring fluidity to joints. We will practice asana (poses) as well as pranayama (breathing) meditations. Please bring a yoga mat and blanket if you have one. Instructor: Tiffany McCann

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Wed, Jan 15-Feb 19 1:00-2:30 PM..... M3941A

Wed, Feb 26-Apr 2 1:00-2:30 PM..... M4041A



Pre-registration is required for most of the programs listed in this brochure.

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

## Men's Open Basketball - 30 & up

(adults)

Looking for a place to play some hoops but don't want the commitment of a structured league? This basketball program is open to men age 30 and over. Emphasis of this program is exercise and fun.

**Eight 1-Hr & 30-Min Sessions \$35.00 Per Person**

Fort Monmouth Rec Ctr Gym A

**Mon, Jan 6-Mar 10 7:00-8:30 PM..... MAD41X**

No class 1/20 & 2/17

## NIA

(adults)

Discover a whole new way to condition your body while dancing, smiling and experiencing the joy of movement. The NIA technique is a holistic movement class for every age and everyBODY that not only offers cardiovascular benefits, but also encourages emotional expression to nourish the mind, body and soul. NIA is a barefoot technique that is based on the principles of dance arts, martial arts and healing arts and offers three levels of intensity for participants. We will explore many eclectic styles of dance such as Latin, African, Jazz, Bollywood, and much more. Step into your own joyful journey with NIA, and positively shape the way you feel, look, think and live.

**Eight 1-Hr Sessions \$64.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Thu, Jan 9-Feb 27 7:00-8:00 PM..... XAK41A**

## Restorative Yoga

(adults)

Treat yourself to the luxurious practice of Restorative Yoga and experience the ease that underlies a more active yoga practice. Gentle, calming, and therapeutic, Restorative Yoga uses supportive props and emphasizes "surrendering to gravity" to allow for total relaxation in every pose. All are welcome to participate in this rejuvenating yoga style. It is a favorite for those with injuries or high stress, or during major life transitions. Bring a yoga mat and a blanket or towel. Instructor: Talena Ward

Fort Monmouth Rec Ctr Group Fitness Room

**Five 1-Hr Sessions \$62.50 Per Person**

**Wed, Jan 15-Feb 12 5:30-6:30 PM..... V0441X**

**Eight 1-Hr Sessions \$95.00 Per Person**

**Wed, Feb 19-Apr 9 5:30-6:30 PM..... V2041X**

## Yin Yang Fusion Yoga

(adults)

This class is designed to train both your active and receptive modes of being. More rajasic or "type a" people will be met where they are while also beginning to develop techniques for slowing down and introspection. More tamasic or "mellow" people will develop techniques for enlivening their energy system. The practice offers people of both constitutions a more "sattvic", or balanced practice leaving them in a state of energized clarity and centeredness. Every class will end with a Metta meditation to endow the four universal wishes (to live happy and to be free from hostility, affliction and distress).

Instructor: MaryJane Kasliner, AAS, BS, ACFSI, CP E-RYT200

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Wed, Jan 8-Feb 12 8:30-10:00 AM..... M6341A**

**Wed, Feb 19-Mar 26 8:30-10:00 AM..... M6441A**

## Yoga 101

(adults)

Join in as a beginner or for a fundamentals refresher. Learn about proper alignment and transitioning between poses at your own pace. Class is structured to allow for various levels and body types, utilizing props to modify poses for a safer practice. Focus on breath and relaxation at the end to finish your yoga practice feeling more open, relaxed and refreshed. Bring a yoga mat, blanket or large beach towel and water for hydration.

Yoga Alliance Certified Instructor: Sonya Burke, RYT

**Eight 1-Hr & 30-Min Sessions \$96.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Tue, Dec 3-Feb 4 10:30 AM-12:00 PM ..... M4541A**

No class 12/24 & 12/31

**Tue, Feb 18-Apr 8 10:30 AM-12:00 PM ..... M4641A**

## Yoga of the Heart – Intermediate Level

(adults)

Yoga of the heart is a process of self-awareness, self-discovery, and self-realization. Most of us are seeking a path to spirituality, even if we do not consciously realize or express it. This class is a journey into the subtle dimensions of our being. Through a combination of flowing asanas (postures) with alternating holds we can experience and cherish the subtler aspects of life. Once we have forged on a conscious relationship beyond "little" us, then we can bring that connection and understanding into our everyday lives. This class ends with Bliss-coded sounds based on the Golden Ratio principle for a powerful deep meditative state. Bring a yoga mat and water.

Instructor: MaryJane Kasliner, AAS, BS, ACFSI, CP E-RYT200

**Six 1-Hr & 30-Min Sessions \$69.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

**Wed, Dec 11-Jan 29 7:00-8:30 PM..... XAU41A**

No class 12/25 & 1/1

**Wed, Feb 5-Mar 19 7:00-8:30 PM ..... XAV41A**

No class 3/5

## Yoga Practice for Cleansing the Body

(adults)

This yoga class will focus on creating an environment that supports physical, mental and emotional cleansing with the use of essential oils and yoga poses that aid in detoxifying and purifying the body. Students will need to be familiar with sun salutation and alternate nostril breathing. The essential oils will be inhaled before doing each of the poses which bring the students a feeling of opening and clearing of their mind and body. Essential oils will be provided.

**Twelve 1-Hr & 30-Min Sessions \$135.00 Per Person**

Fort Monmouth Rec Ctr Room 100A

Fri, Jan 3-Mar 21 12:00-1:30 PM .....M1341A

## Yoga Practice for the Fire Element

(adults)

This yoga practice develops the fire element for better focus, mental clarity and energy. The inhalation method will be used to take the energy in from the essential oils used for the poses to stimulate circulation and decrease inflammation as you oxygenate the cells. Students will need to be familiar with sun salutation. This is a vigorous moving class. Essential oils will be provided.

**Twelve 1-Hr & 30-Min Sessions \$135.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Apr 7 9:30-11:00 AM .....M1441A

No class 1/20 & 2/17

## 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!

**Eight 1-Hr Sessions \$64.00 Per Person**

### Morning Sessions

Fort Monmouth Rec Ctr Gym B

Mon, Jan 13-Mar 3 9:30-10:30 AM .....XAD41A

Wed, Jan 15-Mar 5 9:30-10:30 AM .....XAE41A

## REGISTRATION CAN BE DONE:

- **Online** 24/7 at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)
- **By phone** at 732-842-4000, ext. 1,  
Monday-Friday from 8am-4:30pm.
- **In person** Monday-Friday, 8am-4:30pm at  
Park System Headquarters, Thompson Park,  
805 Newman Springs Road, Lincroft.
- **By mail** using the Registration Form at the back of  
the winter issue of the Program Directory.

## Family Programs Arts & Crafts

### 2014 Craft Quest - Cultural Edition

(all ages)

Explore the world through recreation! When you visit the new Fort Monmouth Recreation Center, you'll discover the Craft Quest Box. Each month will highlight a different country and you'll create a craft representing each one. Upon pre-registration or dropping in, you will receive a secret code to access the box to collect your craft kit and passport. Once your project is complete, email a picture of it to [rcohen@monmouthcountyparks.com](mailto:rcohen@monmouthcountyparks.com) and you'll receive a sticker to place in your passport. When you fill your passport by completing all 12 crafts, you will be sent a Park System drawstring pouch and a certificate of achievement. For more information, contact Rachel Cohen at 732-524-1642, ext. 29.

**\$10.00 Per Family**

Fort Monmouth Rec Ctr Lobby

#### January - Brazil

Thu-Wed, Jan 2-29 ..... AA241A

#### February - China

Mon-Sun, Feb 3-26 ..... AA341A

#### March - Ireland

Mon-Sun, Mar 3-28 ..... A0842A

#### April - Ukraine

Wed-Tue, Apr 2-28 ..... A0942A

#### May - Mexico

Fri-Thu, May 2-29 ..... A1042A

#### June - Africa

Mon-Sun, Jun 2-27 ..... A0143A

#### July - United States

Wed-Tue, Jul 2-29 ..... A0243A

#### August - Egypt

Mon-Sun, Aug 4-28 ..... A0343A

#### September - Japan

Tue-Mon, Sep 2-26 ..... A0144A

#### October - Germany

Thu-Wed, Oct 2-29 ..... A0244A

#### November - Australia

Mon-Sun, Nov 3-27 ..... A0344A

#### December - Italy

Tue-Mon, Dec 2-29 ..... A0251A

### Jolly Jingle Jamboree

(all ages)

A wintry celebration for the whole family. An elf escort will lead you from station to station. Complete a craft, savor some hot chocolate and enjoy seasonal music during a visit from you know who.

**One 1-Hr & 30-Min Session \$10.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Sat, Dec 7 10:00-11:30 AM ..... A5241A

Sat, Dec 7 10:30 AM-12:00 PM ..... A5341A

Sat, Dec 7 11:00 AM-12:30 PM ..... A5441A

Sat, Dec 7 11:30 AM-1:00 PM ..... A5541A

Pre-registration is required for most of the programs listed in this brochure.

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

## Nature

### **Scooter and Her Turtle-Riffic Friends**

*(all ages)*

Turtles are especially curious animals. Come meet Scooter, an Eastern Box Turtle, and several other turtle species that live in Monmouth County. If you are inclined, our turtles don't mind a little loving touch.

**One 1-Hr Session \$6.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Sun, Feb 23 2:00-3:00 PM ..... IKP41A

### **Super Silly Sneaky Snakes**

*(all ages)*

Come meet some of our super silly sneaky snakes. Find out how our indigenous snakes are beneficial, sometimes considered silly and usually pretty sneaky. This is a golden opportunity for snakes to prove that they can be as charming as other reptiles. A single touch could change your whole outlook on these wonderful creatures.

**One 1-Hr Session \$6.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm A (118)

Sun, Feb 23 10:00-11:00 AM ..... IKT41A

## Sports & Fitness

### **Monday Night Fun**

*(ages 6-8, with adult)*

We are taking back Monday night! Gym activities, crafts and games, along with make your own sub and beverages provided! Nobody yelling at the TV or flipping channels to see how the fantasy teams are doing. Just an easy night out.

**One 1-Hr & 30-Min Session \$10.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Mon, Dec 2 6:00-7:30 PM ..... U1641A

Mon, Dec 9 6:00-7:30 PM ..... U1741A

Mon, Dec 16 6:00-7:30 PM ..... U1841A

### **Super Bowl Sampler**

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

Football themed activities for the whole family! Skills and Drills: football-styled activities in the gym for all ages. Super Bowl Snacks *(for adults only)*: While the kids participate in the other supervised activities, prepare and sample super snacks. Make It Take It: football themed craft. Try them out here and then use them at your Super Bowl Party. It's just two weeks away!

**One 2-Hr Session \$8.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Sun, Jan 19 10:00 AM-12:00 PM ..... U2241A

## Golf

### **Golf Handicapping (GHIN) Demystified**

*(all ages, under 18 with adult)*

Looking to better understand the topic of handicapping? Have you heard about the Mobile GHIN app? Did you know that having an active GHIN handicap at a Monmouth County golf course makes you a New Jersey State Golf Association member with full access to tournaments, events, and other member benefits? Get all the needed behind-the-scenes, all-access information from the Director of Handicapping and Member Services at the New Jersey State Golf Association on the intricacies of the USGA Handicap System™. Helpful hints for all golfers (not just tournament players) on how to get and maintain a handicap, what course slope and course rating mean, how to determine how many strokes to get when playing against another golfer, course handicap vs. GHIN index, and more.

**One 1-Hr & 30-Min Session \$5.00 Per Person**

Fort Monmouth Rec Ctr Lobby

Sat, Mar 1 11:30 AM-1:00 PM ..... M0232A

### **Yoga for Golfers**

*(adults)*

Looking to prepare for the golf season when you will hit longer drives, stay focused on the course, and lower your score? This is where you get started! Flexibility, core strength and focus are the keywords. Come join us!

**Eight 1-Hr & 30-Min Sessions \$96.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Tue, Jan 14-Mar 4 12:30-2:00 PM ..... M5241A

Sat, Jan 18-Mar 8 9:30-11:00 AM ..... M5341A

## Kids & Teens Programs Arts & Crafts

### ***Drawing & Painting***

### **Animals Animals - New KidzArt Curriculum**

*(ages 7-11)*

If your child likes art and loves animals, this experience will be sure to delight! We'll draw, paint, sculpt and get messy! Your child will explore different art mediums such as oil pastels, tempera paint, clay, collage, chalk pastels and more while learning to draw some favorite animals. Supply fee of \$8 per student payable to instructor Tresse DeLorenzo.

**Six 1-Hr & 15-Min Sessions \$82.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm A (118)

Tue, Jan 14-Feb 18 4:00-5:15 PM ..... Z5041A



## Great Impressionism™ for 4 & 5 year olds

(ages 4-5)

Young artists will learn how to paint like a famous Impressionist using Aspiring Artists™ exclusive Interpretive Impressionism™ method. Students will study and paint a small excerpt of a famous masterpiece while learning the specific brushstrokes and layering techniques of Impressionism. Acrylic paints can stain clothes, so "painting clothes" are recommended for class.

Artist/Instructor: Debra Stasiak

Four 1-Hr Sessions \$52.00 Per Child

### Session 1

Renoir's Wheatfield

Cezanne's Gulf of Marseille

Van Gogh's Olive Trees with Yellow Sky

Degas Blue Dancers

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Jan 6-27 10:30-11:30 AM ..... Z6841A

Mon, Jan 6-27 1:00-2:00 PM ..... Z6941A

### Session 2

Van Gogh's Field with Rising Sun

Monet's The Magpie

Cezanne's Apples and Biscuits

Monet's Antibes

Fort Monmouth Rec Ctr Prog Rm A (118)

Mon, Feb 3-24 10:30-11:30 AM ..... Z7241A

Mon, Feb 3-24 1:00-2:00 PM ..... Z7341A

## Kid's Color Theory Class

(ages 11-14)

If you're a painter, come join us for this exciting exploration of color. Color is an important aspect to any work of art and in this course you will learn how to successfully use it while having fun creating. Everything you need to finally master color will be offered in this class leaving you with a whole new set of tools to create beautiful paintings!

Instructor: Jennifer Santa Maria

Six 2-Hr Sessions \$70.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Wed, Jan 8-Feb 12 4:30-6:30 PM ..... ZA241A

## KidzArt Discover: For ages 4 & 5

(ages 4-5)

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

Instructor: Tresse DeLorenzo

Six 1-Hr Sessions \$84.00 Per Child

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Jan 16-Feb 20 11:00 AM-12:00 PM ..... Z4741A

Thu, Jan 16-Feb 20 1:00-2:00 PM ..... Z4841A

## Teenz Art

(ages 12-16)

This drawing based class is full of challenging design projects that will push your creative potential to the max. Our students become more independent and a personal sense of individual style grows stronger. We will mix it up to explore watercolor, collage, pastel, and acrylic painting all in one class. Supply fee of \$8 per student payable to instructor Tresse DeLorenzo.

Six 1-Hr & 15-Min Sessions \$82.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Tue, Jan 14-Feb 18 5:30-6:45 PM ..... ZA441A

## Miscellaneous

### American Girl® Doll Design

(ages 7-10)

Doll Mommies will create fun and stylish accessories for their dolls. Children must own an American Girl® or another 18" doll and bring her to class each week.

Four 1-Hr Sessions \$45.00 Per Child

Fort Monmouth Rec Ctr Prog Rm D (121)

Sat, Jan 18-Feb 8 10:30-11:30 AM ..... MA441A

Sat, Feb 22-Mar 15 10:30-11:30 AM ..... MA541A

### Glitzy Girlz Glamore Party Hour

(ages 6-12)

Come hang out with some Glitzy Girlz and have a night of pampering fun! Dress in your favorite outfits. We will enjoy straightening and curling our hair, pedicures, manicures, and light make-up. Come with your singing voices as we will have our karaoke machine set up for open singing.

One 2-Hr Session \$25.00 Per Person

Fort Monmouth Rec Ctr Prog Rm C (120)

Fri, Jan 24 7:00-9:00 PM ..... M7641A

### Mixed Media Explorations

(ages 12-15)

Want to learn some new art making techniques? Join us for this exciting, new class! In this workshop, you will have fun exercising your creative energy and exploring a new medium every week. From drawing to sculpture, students will use their imagination to create unique works.

Eight 2-Hr Sessions \$98.00 Per Person

Fort Monmouth Rec Ctr Prog Rm A (118)

Thu, Jan 9-Feb 27 4:30-6:30 PM ..... Z9641A

### Santa's Helpers

(ages 5-10)

The Fort Monmouth Recreation Center is minutes away from Monmouth Mall, so parents can go holiday shopping while our elves help your little ones with some Christmas preparations of their own. All participants will make and wrap a special gift for their parents, as well as have game time and a holiday snack.

One 2-Hr Session \$35.00 Per Child

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Dec 9 6:00-8:00 PM ..... M9741A

Thu, Dec 19 6:00-8:00 PM ..... MA941A

Pre-registration is required for most of the programs listed in this brochure.

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

## Culinary Arts

### Eat the Alphabet

(ages 4-5)

A fun and delicious way to learn the ABC's. Create a healthy snack with ingredients that begin with that week's letters. While we nosh, we'll engage in activities that help us to learn and write them. Due to the nature of this program, special dietary requests cannot be accommodated.

**Six 1-Hr Sessions \$52.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Thu, Jan 16-Feb 20 10:30-11:30 AM..... AA041A

Thu, Feb 27-Apr 3 10:30-11:30 AM..... AA141A

### Snack Attack

(ages 7-9)

Does your child get the munchies after school? We'll show them how they can create simple no bake snacks that satisfy both of you.

**Four 1-Hr Sessions \$47.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Thu, Jan 23-Feb 13 3:30-4:30 PM .....MA041A

Thu, Feb 27-Mar 20 3:30-4:30 PM.....MA141A

## Education & Enrichment

### Fun & Active Spanish

(ages 4-6)

Immerse your niño in the language, mind and body through active games and art activities. Chicos y chicas will also experience some of la cultura española. A great program for all types of learners!

**Six 1-Hr Sessions \$59.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Jan 14-Feb 18 1:30-2:30 PM.....M7541A

### Kids Great Escape

(ages 3-5)

Children will engage in a variety of activities including gym games, stories, crafts, circle time, and socialization skills through free play. We'll start your child on the road to a healthy mind and body. Snack is provided and children must be potty trained.

**Twelve 2-Hr Sessions \$145.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Mon,Wed,Fri, Jan 13-Feb 10 9:30-11:30 AM .....M7741A

No class 1/20

Wed,Fri,Mon, Feb 12-Mar 10 9:30-11:30 AM.....M7841A

### Legos®, Lincoln Logs® and more!

(ages 4-6)

Explore and build using Legos®, Lincoln Logs®, blocks and more! Through cooperation and experimentation, children will learn to problem solve while creating their own unique structures.

**Four 45-Min Sessions \$39.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Sat, Jan 18-Feb 8 10:00-10:45 AM.....MA241A

Sat, Feb 22-Mar 15 10:00-10:45 AM.....MA341A

### Mad Science Workshops

(ages 5-8)

Mad Science fuses experiments, take-home projects and hands-on learning. Classes are taught by instructors from Mad Science of West NJ. Science themes covered will include: Che-Mystery, Fundamental Forces, Science of Magic, Stunt Planes & Gliders, Super Structures, Under Pressure, and more!

**Six 1-Hr Sessions \$121.00 Per Person**

Fort Monmouth Rec Ctr Prog Rm D (121)

Mon, Feb 3-Mar 17 4:30-5:30 PM ..... X0741A

No class 2/17

Fort Monmouth Rec Ctr Prog Rm C (120)

Tue, Feb 4-Mar 11 4:30-5:30 PM ..... X0841A

### R.E.A.D. - Read and Experience Art with Dogs

(ages 3-5)

Read aloud to a therapy dog and continue the activity with a related art project. Children's confidence and reading skills will grow in a relaxing, non-judgmental environment.

**Six 1-Hr & 15-Min Sessions \$48.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Jan 21-Feb 25 9:15-10:30 AM .....M5041A

Thu, Jan 23-Feb 27 9:45-11:00 AM.....M5141A

## Horticulture

### Grow Lab

(ages 7-9)

Grow a salad, design an acid rain experiment, discover plant mysteries and more. From seed to fruit and back again, we'll observe life cycles, taste our efforts, and even grow some holiday gifts.

**Seven 1-Hr Sessions \$67.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Wed, Jan 15-Feb 26 4:00-5:00 PM.....M7941A

## Nature

### Celebrate Summer...in Winter!

(ages 6-8)

Chase away the winter blues by joining us for fun summery activities. We'll stay warm inside playing summertime games, creating a summer inspired craft, and enjoying a tasty summertime treat.

**One 1-Hr Session \$9.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Fri, Jan 10 4:00-5:00 PM..... IMT41A

Pre-registration is required for most of the programs listed in this brochure.

[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)



## Sports & Fitness

### **DON'T LET BOREDOM STRIKE ON SCHOOL HOLIDAYS!**

*School may be out for the day, but at the Park System that just means more time for fun and excitement!*

#### **Kids' Day Off Club**

*(ages 6-10)*

Turn a day off from school into a day filled with fun! We'll play gym games, create art projects, assemble our own snack and even explore outside if it's nice. Bring your lunch and dress for the weather.

**One 7-Hr Session \$52.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Jan 20 9:00 AM-4:00 PM .....M8941A

Mon, Feb 17 9:00 AM-4:00 PM.....M9041A

## Outdoor Adventures

### **Bicycle Basics**

*(ages 5-6)*

Your child will gain confidence as we practice riding in the gymnasium of the Fort Monmouth Recreation Center. Small classes provide individual attention as the rider builds bicycle skills. Be sure your bicycle is in good working order. All riders must have a bicycle helmet that complies with U.S. CPSC Safety Standard for Bicycle Helmets for 5 and older (CPSC label inside helmet).

**Three 1-Hr Sessions \$30.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Sun, Feb 9 9:00-10:00 AM

Tue, Feb 11 4:00-5:00 PM

Thu Feb 13 4:00-5:00 PM.....W4541A

## Performing Arts

### **Act It Out**

*(ages 4-6)*

Children will embark on a new adventure each week. Using improvisation theatre games we'll act out a story using props and accessories. Children will learn about respect, truth, character and more, and present their favorite story to parents on the last day of the session.

**Eight 1-Hr Sessions \$75.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Thu, Jan 16-Mar 6 9:30-10:30 AM.....M8041A

### **Basketball FUNDamentals**

*(ages 6-8)*

Swish! Children will have fun while learning the fundamentals of basketball on our indoor courts. Our coaches will use age appropriate drills and games to teach shooting, dribbling, passing, and defense, along with the rules of the game.

**Four 55-Min Sessions \$46.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Mon, Jan 6-Feb 3 3:30-4:25 PM ..... X1141A

Sat, Jan 11-Feb 1 10:00-10:55 AM..... X1241A

Sat, Feb 15-Mar 8 10:00-10:55 AM ..... X1341A

Mon, Feb 24-Mar 17 3:30-4:25 PM ..... X1441A

### **Circus Aerial Classes**

*(ages 8-17)*

Ever wonder what it would be like to fly? Now you can, as you learn the techniques, tricks, and sequences in both aerial fabric and static trapeze. Focus will be on technique and safety, as you learn ways of climbing, poses, wraps, transitions, and more! Classes are fitness based for improved strength, flexibility, and endurance, exploring performance and an appreciation for the circus arts. No experience necessary, just a willingness to try something different!

**Six 1-Hr Sessions \$100.00 Per Person**

Fort Monmouth Rec Ctr Gym A

*(ages 8-12)*

Wed, Jan 8-Feb 12 5:00-6:00 PM ..... M6541A

*(ages 13-17)*

Wed, Jan 8-Feb 12 6:15-7:15 PM ..... M6641A

*Is your teen looking for some fun, excitement and socialization?*

*Our teen club may be just what you're looking for!*

### **Teen Leadership Council**

*(ages 14-17)*

Honors societies, colleges, employers – do you feel like everyone is looking for leaders but no one is teaching you how to lead? How will you get experience if no one will give you a chance? Teen Leadership Council can help! Learn leadership skills through hands-on projects, such as community event planning. You'll see your experiences evolve into marketable job skills and propel you onto the radar of college recruiters. So, meet new friends, share your ideas for teen programs and events, have a snack and earn community service hours, too!

**Five 1-Hr Sessions \$25.00 Per Person**

Fort Monmouth Rec Ctr Lobby

Thu, Jan 9-May 1 7:30-8:30 PM ..... M1241X

*(Program meets 1/9, 2/6, 3/6, 4/3 & 5/1)*

## Girls Basketball FUNdamentals

(ages 6-9)

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

Four 55-Min Sessions \$46.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Feb 15-Mar 8 9:00-9:55 AM ..... X2541A

## Global Games

(ages 7-10)

Come play games enjoyed by children around the world! Bet you didn't know that some of our favorite games are played all over the globe. From Ethiopia to England, Chile to China, see how much we have in common when we play.

Four 1-Hr Sessions \$45.00 Per Child

Fort Monmouth Rec Ctr Gym B

Wed, Jan 22-Feb 12 4:00-5:00 PM .....M9841A

Wed, Feb 26-Mar 19 4:00-5:00 PM .....M9941A

## Golf Fundamentals for Kids

(ages 5-10)

Come learn how to play golf, using SNAG™ (Starting New at Golf) equipment! Learn all the basic elements of golf in a modified form. Falling somewhere between regulation and miniature golf, participants will learn the basic skills necessary to eventually transition to a golf course. Full shots, chipping, pitching and putting will be covered.

Fort Monmouth Rec Ctr Gym B

(ages 5-7)

Six 50-Min Sessions \$42.00 Per Person

Thu, Jan 9-Feb 13 4:00-4:50 PM .....MA741A

(ages 8-10)

Six 1-Hr Sessions \$45.00 Per Person

Thu, Jan 9-Feb 13 5:00-6:00 PM .....MA841A

## Hat Trick Hockey - Floor

(ages 4-9)

Hockey-unplugged. No skates, pads, or experience necessary. Wear sneakers while you learn to shoot, pass, and control the puck.

Four 55-Min Sessions \$48.00 Per Person

Fort Monmouth Rec Ctr Gym B

(ages 4-6)

Fri, Jan 17-Feb 7 5:00-5:55 PM ..... XAR41A

(ages 7-9)

Fri, Jan 17-Feb 7 6:00-6:55 PM ..... XAS41A

## Junior Hoopsters

(ages 8-11)

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

Four 55-Min Sessions \$46.00 Per Person

Fort Monmouth Rec Ctr Gym A

Sat, Jan 11-Feb 1 9:00-9:55 AM ..... X2441A

## Kids Kixx Soccer

(ages 4-7)

Soccer made simple! Skills including dribbling, passing, and shooting will be taught by experienced instructors using age appropriate games, demonstrations, and drills to teach the basics of soccer.

Four 55-Min Sessions \$48.00 Per Person

### Jan-Feb Season

(ages 4-5)

Fort Monmouth Rec Ctr Gym B

Sun, Jan 5-Feb 2 12:00-12:55 PM ..... XBF41A

No class 1/19

Sat, Jan 11-Feb 1 11:00-11:55 AM ..... XBE41A

(ages 6-7)

Fort Monmouth Rec Ctr Gym B

Sat, Jan 11-Feb 1 12:00-12:55 PM ..... XBG41A

### Feb-Mar Season

(ages 4-5)

Fort Monmouth Rec Ctr Gym B

Sat, Feb 15-Mar 8 12:00-12:55 PM .....XBM41A

Sun, Feb 16-Mar 9 12:00-10:55 PM .....XBN41A

## REGISTRATION CAN BE DONE:

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- **By phone** at 732-842-4000, ext. 1, Monday-Friday from 8am-4:30pm.
- **In person** Monday-Friday, 8am-4:30pm at Park System Headquarters, Thompson Park, 805 Newman Springs Road, Lincroft.
- **By mail** using the Registration Form at the back of the winter issue of the Program Directory.

## T-Ball

(ages 4-5)

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

**Four 55-Min Sessions \$48.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Mon, Jan 6-Feb 3 4:30-5:25 PM ..... X1641A

No class 1/20

Mon, Jan 6-Feb 3 5:30-6:25 PM ..... X1741A

No class 1/20

Sat, Jan 11-Feb 1 11:00-11:55 AM..... X1841A

Sat, Jan 11-Feb 1 12:00-12:55 PM..... X1941A

Sat, Feb 15-Mar 8 11:00-11:55 AM ..... X2241A

Sat, Feb 15-Mar 8 12:00-12:55 PM ..... X2341A

Mon, Feb 24-Mar 17 4:30-5:25 PM ..... X2041A

Mon, Feb 24-Mar 17 5:30-6:25 PM ..... X2141A

## Toddler Tennis

(ages 4-5)

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

**Four 45-Min Sessions \$45.00 Per Person**

Fort Monmouth Rec Ctr Gym B

Tue, Feb 18-Mar 11 5:00-5:45 PM ..... XAC41A

## Valentine's Night Out

(ages 5-10)

No need for a babysitter so you can enjoy a nice evening out. Drop the children at the Recreation Center for a fun-filled time with games, activities and arts & crafts. We'll even indulge in a Valentine's snack!

**One 3-Hr Session \$35.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Fri, Feb 14 6:30-9:30 PM..... MAB41A

## Yoga for Teens

(ages 13-17)

Yoga is a fun, exciting, and adventurous way of learning strength, balance, flexibility, and healthy coping skills needed to navigate through life. Designed for teens of all ability levels, this program will emphasize fitness with awareness, stress reduction, and self-esteem. Please bring a yoga mat and a towel or blanket.

**Ten 1-Hr Sessions \$115.00 Per Person**

Fort Monmouth Rec Ctr Group Fitness Room

Mon, Jan 6-Mar 24 4:45-5:45 PM..... XAW41A

No class 1/20 & 2/17

## Parent & Child Programs Arts & Crafts

### Animal Valentines

(ages 3-10, with adult)

Aren't the best valentine's handmade? Celebrate the day making the cutest valentines with an animal theme! Light refreshments served.

**One 45-Min Session \$9.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Mon, Feb 10 4:30-5:15 PM..... I2741A

### Creative Play

(ages 18 months-2 years, with adult)

Part art, part play, all fun! Parents and their little ones will engage in simple hands-on art activities. Weekly ideas help you to continue the learning at home.

**Six 45-Min Sessions \$45.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Fri, Jan 17-Feb 21 2:00-2:45 PM..... M9141A

### Daddy-Daughter Holiday Bling Boutique

(ages 4-10, with adult)

Create a sparkling jewelry gift for Mom, design the wrapping paper and wrap your gift. Then enjoy decorating - and eating - some holiday cookies.

**One 1-Hr & 15-Min Session \$30.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm D (121)

Fri, Dec 13 6:00-7:15 PM ..... M9641A

### Football Fun!

(ages 6-10, with adult)

Football is a fun activity, but there is more to it than just the game itself. Be creative and design your own mini helmet, make your own logo or use your favorite. Then get ready for the draft by trying our football target toss and passing drills. Wearing your favorite team's colors is strongly encouraged, but optional.

**One 1-Hr & 30-Min Session \$15.00 Parent/Child \$8.00**

**Additional Sibling**

Fort Monmouth Rec Ctr Gym A

Sat, Dec 14 10:00-11:30 AM ..... U2541X



## Glitter & Glue

(ages 2-5, with adult)

Explore all the designs you can make with just glitter and glue!

**One 1-Hr Session \$15.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Thu, Feb 13 11:30 AM-12:30 PM .....M9541A

## Messes & Masterpieces

(ages 18 months-3 years, with adult)

Spark your child's imagination while exploring colors, textures, paint, glitter, glue and more. Experience seasons and holidays together through stories, music and art. Please wear old clothes or bring a smock.

**Four 45-Min Sessions \$45.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Wed, Jan 15-Feb 5 1:30-2:15 PM .....M9241A

Wed, Feb 19-Mar 12 1:30-2:15 PM .....M9341A

## Splatter!

(ages 2-5, with adult)

Our brushes will never touch the paper! Enjoy some messy art fun as we flick, fling and drip paint to create our masterpieces. Dress in play clothes or bring a smock.

**One 1-Hr Session \$15.00 Parent/Child**

Fort Monmouth Rec Ctr Prog Rm B (119)

Tue, Jan 28 11:30 AM-12:30 PM .....M9441A

## Nature

### Clay-ful Creatures

(ages 4-6, with adult)

Get to know some of the fascinating animals that call our parks "home". Then, sculpt a beautiful souvenir clay creature that will remind you of your new friends. Sign up for more than one session and start a collection...we'll be creating a different creature each day!

**One 1-Hr Session \$7.00 Per Child**

Fort Monmouth Rec Ctr Prog Rm C (120)

Sun, Dec 15 11:00 AM-12:00 PM ..... IM541A

Sun, Dec 15 1:00-2:00 PM ..... IM641A

Sun, Jan 12 11:00 AM-12:00 PM ..... IM741A

Sun, Jan 12 1:00-2:00 PM ..... IM841A

Sun, Feb 23 11:00 AM-12:00 PM ..... IM941A

Sun, Feb 23 1:00-2:00 PM ..... IMA41A

## Play Groups

### Miss Melissa's Aardvarks

(ages 6 months-5 years)

Music for Aardvark classes were developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack's Big Music Show! As the teacher plays guitar, the children sing and dance with parent's participation to the coolest children's musical experience ever. A \$40 materials fee is due to the instructor on the first day of class.

**Ten 45-Min Sessions \$160.00 Parent/Child \$105.00 2nd Child \$85.00 Additional Sibling**

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Jan 15-Mar 19 9:30-10:15 AM ..... A8041X

Wed, Jan 15-Mar 19 10:30-11:15 AM ..... A7841X

Wed, Jan 15-Mar 19 1:30-2:15 PM ..... A7741X

### Morning Song On My Own

(ages 3-4)

Our most active Morning Song 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 sing-a-long and movement activities for the children in the class.

**Five 45-Min Sessions \$50.00 Per Person**

Fort Monmouth Rec Ctr Gym A

#### Jan-Feb Session

Thu, Jan 9-Feb 6 11:15 AM-12:00 PM ..... X4541A

#### Feb-Mar Session

Thu, Feb 20-Mar 20 11:15 AM-12:00 PM ..... X4641A

### Morning Song Plus Two

(ages 11 months-3 years, with adult)

Now you can bring children of different ages to Morning Song. Classes will alternate between full group activities and independent play.

**Five 45-Min Sessions \$60.00 Mom & 2 children**

#### Jan-Feb Session

Fort Monmouth Rec Ctr Gym A

Thu, Jan 9-Feb 6 9:15-10:00 AM ..... X4241A

#### Feb-Mar Session

Fort Monmouth Rec Ctr Gym A

Thu, Feb 20-Mar 20 9:15-10:00 AM ..... X4441A

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- **In person** Monday-Friday, 8am-4:30pm at Park System Headquarters, Thompson Park, 805 Newman Springs Road, Lincroft.
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[www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

## Morning Song

(ages 9 months-3 years, with adult)

What better way to start your day than by sharing some special time with your child? Through music, exercise, and use of specialized play equipment such as tunnels, mini-trampoline, ribbon sticks, lummi sticks, bells, and parachute, your child benefits from improved coordination and fitness. **Please Note: Children must be walking to take this class. Please see Baby Boomers for non-walkers.**

**Five 45-Min Sessions \$50.00 Parent/Child**

Fort Monmouth Rec Ctr Gym B

### Stage 1

(ages 9 months-18 months, with adult)

#### Jan-Feb Session

Fri, Jan 10-Feb 7 9:30-10:15 AM ..... X5841A

#### Feb-Mar Session

Fri, Feb 21-Mar 21 9:30-10:15 AM..... X6241A

### Stage 2

(ages 18 months-2 years, with adult)

#### Jan-Feb Session

Fri, Jan 10-Feb 7 10:30-11:15 AM ..... X7241A

#### Feb-Mar Session

Fri, Feb 21-Mar 21 10:30-11:15 AM ..... X8041A

### Stage 3

(ages 2-3, with adult)

#### Jan-Feb Session

Thu, Jan 9-Feb 6 10:15-11:00 AM ..... X8941A

#### Feb-Mar Session

Thu, Feb 20-Mar 20 10:15-11:00 AM ..... X9841A

## Superheroes in Training

(ages 3-4)

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

**Five 45-Min Sessions \$60.00 Per Person**

Fort Monmouth Rec Ctr Gym A

Tue, Jan 7-Feb 4 9:30-10:15 AM..... X9041A

Tue, Jan 7-Feb 4 10:30-11:15 AM ..... X9441A

Tue, Jan 7-Feb 4 11:30 AM-12:15 PM..... X9941A

Sun, Feb 9-Mar 9 1:30-2:15 PM ..... XAT41A

Sun, Feb 9-Mar 9 2:30-3:15 PM ..... XB041A

Tue, Feb 18-Mar 18 9:30-10:15 AM..... XA041A

Tue, Feb 18-Mar 18 10:30-11:15 AM ..... XA141A

Tue, Feb 18-Mar 18 11:30 AM-12:15 PM..... XA241A

## Pajama Family Fun Jam

(ages 6 months-5 years, with adult)

Come in your PJs and bond with your child. This pre-bed time class will include playing songs and rhythms on the world's largest gathering drum, playing with puppets, dancing with scarves, and singing. A \$20 materials fee is payable to the instructor on the first day of class.

Instructor: Miss Sherri of Honey Child Music Academy

**Ten 1-Hr Sessions \$125.00 Parent/Child \$50.00 Additional Sibling**

Fort Monmouth Rec Ctr Prog Rm C (120)

Wed, Jan 22-Apr 2 6:00-7:00 PM ..... A9941X

No class 2/12

## Sports & Fitness

### 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. Parent assistance during classes is required. The only equipment you should bring is a camera.

**Four 45-Min Sessions \$48.00 Parent/Child**

Fort Monmouth Rec Ctr Gym B

Fri, Jan 17-Feb 7 4:00-4:45 PM..... XA41A

### Kids Kixx Soccer- Pee Wee

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

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

**Four 45-Min Sessions \$48.00 Parent/Child**

Fort Monmouth Rec Ctr Gym B

#### Jan-Feb Season

Sun, Jan 5-Feb 2 11:00-11:45 AM ..... XBU41A

No class 1/19

Sat, Jan 11-Feb 1 9:00-9:45 AM ..... XBS41A

Sat, Jan 11-Feb 1 10:00-10:45 AM..... XBT41A

#### Feb-Mar Season

Sat, Feb 15-Mar 8 9:00-9:45 AM ..... XBZ41A

Sat, Feb 15-Mar 8 10:00-10:45 AM ..... XC041A

Sat, Feb 15-Mar 8 11:00-11:45 AM ..... XC141A

Sun, Feb 16-Mar 9 11:00-11:45 AM ..... XC241A

### Super Bowl XLVIII New Jersey Football Fun!

(ages 6-9, with adult)

Get pumped up for the 2014 Super Bowl set to take place in New Jersey. Test your speed, hand-eye coordination, arm strength and aim during our punt, pass and kick drills segment. Afterwards join us for a rewarding snack. Wearing your favorite team's colors is strongly encouraged, but optional.

**One 1-Hr & 30-Min Session \$12.00 Parent/Child \$6.00**

**Additional Person**

Fort Monmouth Rec Ctr Gym A

Sun, Jan 26 10:00-11:30 AM ..... U0941X