REGISTRATION BEGINS MAY 4!

Program Directory

PARKS | PROGRAMS | SPECIAL EVENTS

SUMMER 2016

www.MonmouthCountyParks.com
42nd Annual

Monmouth County Fair

The Original Monmouth County Agricultural Fair!
East Freehold Showgrounds, Kozloski Road, Freehold

JULY 27-31

Admission:
$8.00
Ages 12 & under admitted Free
FREE PARKING

4-H Events • Animal Shows & Exhibits
Rides & Amusements by Reithoffer Shows
Home & Garden Competition • High Flying Pages
Free Stage Entertainment • Climbing Wall
Robinson's Racing Pigs • Bwana Jim Reptile Show
Living History & Park System Interactive Displays
Crafters & Commercial Vendors • Delicious Food
And So Much More!

Become a Vendor!
Vendor opportunities are still available. Call 732-872-2670, ext. 223, for details.

Enter the Monmouth County Fair HOME & GARDEN COMPETITION!
For more information, see the inside back cover.

For details about this year’s Monmouth County Fair, see pages 28-29.
**Table of Contents**

| Adults 30-64 |  
| --- | --- |
| Active Adults 55+ | 30 |
| Arts & Crafts | 31-37 |
| Culinary Arts | 37-39 |
| Education & Enrichment | 39-40 |
| Health & Wellness | 40-42 |
| Horticulture | 42-43 |
| Nature | 44-48 |
| Outdoor Adventures | 48-54 |
| Performing Arts | 54-55 |
| Sports & Fitness | 55-64 |

| Kids & Teens 19-27 |  
| --- | --- |
| Arts & Crafts | 19-21 |
| Culinary Arts | 21 |
| Education & Enrichment | 22 |
| Outdoor Adventures | 22-23 |
| Performing Arts | 23 |
| Sports & Fitness | 23-27 |

| Monmouth County Fair 28-29 |  
| --- | --- |

| Parent & Child 16-19 |  
| --- | --- |
| Arts & Crafts | 16 |
| Education & Enrichment | 16 |
| Nature | 16-17 |
| Outdoor Adventures | 17-18 |
| Play Group | 18 |
| Sports & Fitness | 18-19 |

| Park Partners 85 |  
| --- | --- |

| Park System Spotlight 2-3 |  
| --- | --- |

| Park System Map 88 |  
| --- | --- |

| Registration Information 86-87 |  
| --- | --- |

| Special Needs 77 |  
| --- | --- |

| Special Needs 77 |  
| --- | --- |

| Trips 77-79 |  
| --- | --- |

| Upcoming Events 4-5 |  
| --- | --- |

**SPRING BREAK CHALLENGE WINNERS!**

- The Popowski Family
- The McGuire Family
- The Butkowski Family
- The Montgomery Family
- The Amey Family

*Find us on Facebook or Twitter for information on more upcoming contests!*
Big Brook Park
521 Route 520, Marlboro

The original 379 acres of land that established Big Brook Park was formerly used as farmland for patients at the Marlboro Psychiatric Hospital. The Park System purchased the property from the state in 1997 and in 2010 purchased an additional 36 acres, bringing the park to a total of 415 acres.

Named for Big Brook, which drains into the Swimming River Reservoir, the park contains forest made up of young wetland and maturing American beech, white oak, tulip poplar and hickory trees. Perhaps the park is better known for its rolling fields; made up of grasses, goldenrod and other perennials that provide a contiguous field habitat for butterflies, birds and other wildlife.

Once home to Camp Arrowhead through a leasing agreement, the YMCA recently closed the camp, allowing the Park System control of the entire site once again. Plans are in the works to make improvements to the site and its many buildings and outdoor facilities. As these projects move forward, this will be a perfect location for many outdoor programs.

The Park System is beginning to utilize some of Big Brook Park’s attributes this summer. Check out the following programs: Twilight Nature Walks (p. 11), Family Obstacle Challenge (p. 13), Teen Fantasy Football (p. 22), Minecraft Geocaching Adventure (p. 23), Minecraft Comes Alive! (p. 26), Mini Minecraft Comes Alive! (p. 26), and Basketball League (p. 56).

Clayton Park
161 Emley’s Hill Road, Upper Freehold

Tucked within the quiet rolling farmland of western Monmouth County, Clayton Park’s 439 acres have been a perfect spot for nature walks and birding. One of the most beautiful parks in the county, the property is known for stately stands of red and white oak, beech, ash and birch trees.

In late 2015, the Park System acquired the Imlaystown School on Davis Station Road. Once home to the offices of the Drug Abuse Resistance Education New Jersey, the building is a perfect addition to the park which will now be able to offer a variety of programs.

Now named the Clayton Park Activity Center, upcoming summer programs at this location include: Creative Illustration (p. 32), Introduction to Watercolor Painting (p. 33), and More than a Sketch (p. 34).
Swimming River Park
475 West Front Street, Middletown

Acquired in 2015, this recent waterfront addition to the Park System offers scenic views of the Navesink and Swimming Rivers. Nestled within the River Plaza section of Middletown, this 12 acre park was acquired with the assistance of the Monmouth Conservation Foundation. A public boat ramp provides access to the river from March 1-November 30 for fishing, crabbing, wildlife observation, or touring the picturesque marshes and coves of this extensive watershed. For ramp fees, please visit us online at www.MonmouthCountyParks.com.

Interested in take a program in this beautiful new location? Check out the following being offered this summer: Father's Day Kayak Tour (p. 45), Eco-Kayak Adventure (p. 44), Drop-In Kayak Tours (p. 47), Beginner Stand-Up Paddle Boarding (p. 49), Stand-Up Paddle Boarding on the River (p. 49), Ladies Canoe Discovery (p. 51), Full Moon Paddles (p. 50), and Sunrise Paddles (p. 54).

Plans are in the works to make improvements to this park in the coming months. Please note that portions of the site are currently closed to visitors during the restoration and improvement stage. Please observe all posted signs.

Look for this icon to easily find programs located at these brand new locations this summer!
## UP COM I NG  EV EN TS

### MAY 2016
- **Paddlesport Open House**
  - May 21 (p. 52)

### JUNE 2016
- **Concert in the Park**
  - June 2 (p. 36)
- **The Casual Birder**
  - June 2 (p. 48)
- **19th Century Woodworking Demonstration**
  - June 4 (p. 74)
- **Discover Disc Golf**
  - June 4 & 5 (p. 13)
- **Thompson Park Canoe Rentals**
  - June 4 & 5 (p. 12)
- **Butterfly Walk**
  - June 5 (p. 44)
- **Music Man**
  - June 5 (p. 74)
- **Ask a Naturalist**
  - June 8 (p. 45)
- **Drop-In Kayak Tour**
  - June 11 (p. 47)
- **Horseless Carriages - Antique Autos**
  - June 11 (p. 76)
- **Discover Disc Golf**
  - June 11 & 12 (p. 13)
- **Blacksmith Demonstration**
  - June 12 (p. 74)
- **Climb Time**
  - June 12 (p. 12)
- **Deep Cut Open House**
  - June 12 (p. 43)
- **You Can Sail**
  - June 12 (p. 53)

### JULY 2016
- **Pollinator Week**
  - June 13-19 (p. 8)
- **The Casual Birder**
  - June 16 (p. 48)
- **Butterfly Walk**
  - June 17 (p. 44)
- **Eco Elephant Family Flea Market**
  - June 18 (p. 33)
- **Manasquan Reservoir Freshwater Fishing Derby**
  - June 18 (p. 26)
- **Discover Disc Golf**
  - June 18 & 19 (p. 13)
- **Thompson Park Canoe Rentals**
  - June 18 & 19 (p. 12)
- **Turkey Swamp Park Freshwater Fishing Derby**
  - June 19 (p. 26)
- **Ask a Naturalist**
  - June 22 (p. 45)
- **Make a Fun Fish Print!**
  - June 22 (p. 17)
- **Seashell Painting**
  - June 23 (p. 17)
- **Drop-In Kayak Tour**
  - June 24 (p. 47)
- **Drop-In Kayak Tour**
  - June 25 (p. 47)
- **Open Shoot Archery**
  - June 26 (p. 12)
- **The Roots of Root Beer**
  - June 26 (p. 76)
- **You Can Sail**
  - June 26 (p. 53)

### UP COM I NG  EV EN TS

### JULY 2016
- **You Can Sail**
  - July 2 (p. 53)
- **Thompson Park Canoe Rentals**
  - July 2 & 3 (p. 12)
- **Celebrate the 4th of July**
  - July 2-4 (p. 76)
- **Music Man**
  - July 3 (p. 74)
- **Independence Day Celebration**
  - July 4 (p. 74)
- **The Casual Birder**
  - July 7 (p. 48)
- **Ask a Naturalist**
  - July 8 (p. 45)
- **Climb Time**
  - July 9 (p. 12)
- **Threshing Demonstration**
  - July 9 & 10 (p. 74)
- **Blacksmith Demonstration**
  - July 10 (p. 74)
- **You Can Sail**
  - July 10 (p. 53)
- **Butterfly Walk**
  - July 16 (p. 44)
- **Drop-In Kayak Tour**
  - July 16 (p. 47)
- **Happy 200th, Sallie Waln!**
  - July 16 (p. 76)
- **Discover Disc Golf**
  - July 16 & 17 (p. 13)
- **Thompson Park Canoe Rentals**
  - July 16 & 17 (p. 12)
- **Butterfly Walk**
  - July 21 (p. 44)
Program registration begins at 8:00 AM on Wednesday, May 4.
Summer Campfire programs at Turkey Swamp Park are the perfect addition to your summer family fun!

Carnival Campfire  
*(all ages, under 18 with adult)*
Spin the wheel, toss the chickens, spar with the belly bumpers, race in foam feet and other kitschy games of a summer carnival. When the games are done, enjoy a special treat by the fire. Prizes will be awarded to all!  
**One 1-Hr & 30-Min Session $7.00 Per Person**  
**Turkey Swamp Pk Council Ring**  
*Follow the path next to the shelter building down to the lake by the boathouse.*  
Sat, Jun 4 7:00-8:30 PM .................. MB863A

Hobo Happening  
*(ages 4 and up, under 18 with adult)*
Get a hobo name, learn about their signs and meet Fiddlefoot Jake. Enjoy a scrumptious snack around the campfire while he spins yarns of his time on the road.  
**One 1-Hr & 30-Min Session $7.00 Per Person**  
**Turkey Swamp Pk Council Ring**  
Sat, Jun 11 7:30-9:00 PM ................. A6863A

Canoe, Kayak, Campfire, Music and S’Mores  
*(ages 4 and up, under 18 with adult)*
Bring your friends or family for an evening of fun and adventure in the beautiful woodlands of Turkey Swamp Park. Program starts with a sunset paddle followed by a good old-fashioned campfire including s’mores and fireside music. Space is limited so register early. Bring your flashlight!  
**One 2-Hr Session $7.00 Per Person**  
**Turkey Swamp Pk**  
Sat, Jun 18 7:00-9:00 PM (approx) ...... W4763A

Touch-A-Truck at the Campfire!  
*(all ages, under 18 with adult)*
Climb aboard! Who can resist trying all those bells and whistles? Horns, sirens, hoses, big wheels, marshmallows and more! A tractor, fire truck, dump truck and others will be available to interact with. *Please Note: Availability of specific vehicles may change due to emergencies or other unpredicted events.*  
**One 1-Hr & 30-Min Session $7.00 Per Person**  
**Turkey Swamp Pk Council Ring**  
Sat, Jun 25 6:30-8:00 PM .................. U3863A

Christmas in July  
*(all ages)*
Join us for a fireside celebration, ornaments, candy canes and caroling. Everyone needs a little Christmas now and then.  
**One 2-Hr Session $7.00 Per Person**  
**Turkey Swamp Pk Shelter Bldg**  
Sat, Jul 9 7:00-9:00 PM ................... Z8763A

Campfire Golf Evening  
*(all ages, under 18 with adult)*
Join us for a fun-filled evening and experience golf’s adventure. Complete different golf activities using nontraditional equipment. When completed, test your golf knowledge and beyond as we discuss golf while roasting marshmallows fireside.  
**One 1-Hr & 30-Min Session $7.00 Per Person**  
**Turkey Swamp Pk Council Ring**  
Sat, Jul 16 6:00-7:30 PM .................. E9763A

Turkey Swamp Pk Council Ring
Sat, Jun 4 7:00-8:30 PM .................. MB863A
Sat, Jun 11 7:30-9:00 PM ................. A6863A
Sat, Jun 18 7:00-9:00 PM (approx) ...... W4763A
Sat, Jun 25 6:30-8:00 PM .................. U3863A
Sat, Jul 9 7:00-9:00 PM ................... Z8763A
Sat, Jul 16 6:00-7:30 PM .................. E9763A

Register online at www.MonmouthCountyParks.com, call 732-842-4000, ext. 1, or by mail see pages 86-87.
Cowboy Campfire
(all ages)
Howdy Partners! Bring out your inner cowboy or cowgirl! Have some fun pretending to be in the Wild West as you practice learning how to lasso our herd of hobby horses and try panning for gold. Then we will gather around the campfire for some Wild West treats and some tall tales.
One 1-Hr & 30-Min Session $7.00 Per Person
Turkey Swamp Pk Council Ring
Sat, Jul 23 7:00-8:30 PM ................ V1563A

Create Your Own Concert
(all ages)
Join us as we make a variety of musical instruments out of recycled items. No need to bring anything, as we provide the materials. Afterwards, stay to roast marshmallows over the campfire!
One 1-Hr & 30-Min Session $7.00 Per Person
Turkey Swamp Pk Shelter Bldg
Sat, Aug 6 7:00-8:30 PM ................. D8163A

Cold-blooded Campfire
(all ages)
Warm up to cold blooded critters. Meet turtles, toads and snakes at the Turkey Swamp Park Council Ring. After seeing native reptiles and amphibians, enjoy toasted marshmallows and s’mores.
One 1-Hr Session $7.00 Per Person
Turkey Swamp Pk Council Ring
Sat, Aug 13 6:30-8:00 PM ............... I4663A

Campfire Family Challenge
(all ages)
Our own amazing race at Turkey Swamp Park. Parent/child pairs will complete an adventure course with very short distances between challenges. Tasks will include canoeing, puzzles, problem solving and different sport challenges. At the end of the evening, enjoy relaxing by the campfire as we roast marshmallows. Space is limited.
One 2-Hr Session $7.00 Per Person
Turkey Swamp Pk Shelter Bldg
Sat, Aug 20 7:00-9:00 PM ............... XRS63X

Going Batty at Turkey Swamp Park
(all ages, under 18 with adult)
Join us under the stars as we learn about the amazing acro-BATS of the night sky. Program includes a multimedia presentation about bats followed by s’mores around the campfire where a Park System Naturalist will be available to answer all your batty questions. Stick around after the program for a free mist netting demonstration where you may get to meet a live local bat!
One 1-Hr & 30-Min Session $7.00 Per Person
Turkey Swamp Pk Council Ring
Sat, Aug 27 7:00-8:30 PM ............... IN263A
**Families**

**Campfire and Sand Casting**  
*(all ages)*  
Create a lasting memory of your time at the shore. Everyone will take home a plaster cast of your beach treasures. Afterwards, join us around the campfire and get warm and cozy in the sand. We will provide the marshmallows and you can bring a blanket and flashlight. Remember to dress warmly, as evenings can be cool along the shore. One plaster cast per registrant. Walk-ins welcome as supplies last, cash or check only. Limited space available. Campfire is weather permitting only.  

**One 1-Hr & 30-Min Session $10.00 Per Person**  
Seven Presidents Pk Beach Campfire Area  
Fri, Jun 17 6:30-8:00 PM ............... U4463A  
Sat, Jul 16 6:30-8:00 PM ............... U3563A  
Fri, Aug 12 6:00-7:30 PM ............... U3663A

**Life Sized Puppets**  
*(ages 5 and up, families, with adult)*  
Each family will work as a team to build a life sized puppet. There will be a variety of materials to choose from to build your creation. Each team will work together to make the puppet come to life. The program will conclude in a puppet party/ Extravaganza where all the puppets interact with each other. Invite your friends and family for the show. Bring a bagged lunch and plenty of water. Puppets will also be paraded at the Wind & Sea Festival on Saturday, September 17th at the Bayshore Waterfront Park Activity Center, Port Monmouth, NJ.  

Artist/Instructor: Sarah Langsam  

**Four 4-Hr Sessions $85.00 2-4 Per Family**  
Thompson Pk Theater Barn  
Sat, Aug 6-Sep 10 10:00 AM-2:00 PM .. A6463A

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**Arts & Crafts**

**Happy Birthday America!**  
*(all ages, under 18 with adult)*  
Start your summer with a bang at our pre-4th of July celebration! We’ll create our own “fireworks” with soda bottle rockets, soda geysers, “exploding” watermelons and more. What party would be complete without homemade ice cream and a dip in the pool? Wear your red, white and blue and join the fun.  

**One 1-Hr & 30-Min Session $25.00 Per Family**  
Fort Monmouth Pool  
Thu, Jun 30 6:30-8:00 PM ............... MBA63A

**Out With a Bang!**  
*(all ages, under 18 with adult)*  
Summer’s not over yet! Let’s give it one last hurrah. We’ve got belly bumpers, water balloons, “exploding” paint, a safe ‘n’ simple bottle rocket, and more. For our finale, make your own ice cream and take a dip in the pool. Help us cap off a fantastic season!  

**One 1-Hr & 30-Min Session $25.00 Per Family**  
Fort Monmouth Pool  
Thu, Aug 25 6:30-8:00 PM ............... MBB63A

**Fairy Houses in the Gardens**  
*(all ages, under 18 with adult)*  
Spend an enchanted morning creating tiny fairy houses out of natural materials to leave behind for Deep Cut’s fairies. We will begin with a story for inspiration, learn about fairies’ favorite plants and review fairy “building codes” before going outdoors to build. Bring your imagination, a blanket for relaxing outdoors, and any natural found objects (bark, pebbles, shells, etc.) you would like to include in your creation.  

**One 2-Hr Session $8.50 Per Adult $6.00 Per Child**  
Deep Cut Gardens Horticultural Center  
Sat, Jun 18 10:00 AM-12:00 PM ............... IM263X

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**Pollinator Week**  
June 13-19, 10:00 AM-6:00 PM  
Deep Cut Gardens, Middletown  

Did you know that pollinators are responsible for one out of every three bites of food we eat? Stop by throughout the week for activities, information and resources for children and adults alike on what services pollinators provide, why they need our help, and easy things you can do to support them.
**Boat and Breakfast**
*(all ages, under 18 with adult)*

Begin your day with a morning boat tour of the Manasquan Reservoir. Delight in the sights and sounds of the wildlife residing on and around the reservoir and enjoy a light breakfast along the picturesque waters. Please arrive at the Visitor Center boat dock 15 minutes early as the boat will depart promptly at 9:00 AM.

**One 1-Hr Session $10.00 Per Person**

Manasquan Res Vis Ctr

Sun, Jul 10 9:00-10:00 AM ............... I2563A

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**Family Fossiling at Shark River**
*(ages 7-12, with adult)*

Fossiling can be a great pastime, but it takes some experience to know where to look and what to keep. Under the guidance of a Park System Naturalist you will fossil hunt in Shark River and hopefully bring some ancient treasures home with you. Some light shoveling by adults will be required. Bring container for fossils.

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

Shark River Pk Shelter Bldg

Sat, Jun 11 10:00-11:30 AM ................ I4063A  
Fri, Jun 24 12:30-2:00 PM .................. I4163A  
Sun, Jul 10 2:00-3:30 PM .................. I4263A  
Sat, Jul 16 10:00-11:30 AM ................ I4363A  
Sat, Aug 13 3:00-4:30 PM .................. I4463A

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**Finding Wildlife in a Wetland**
*(ages 8 and up, under 18 with adult)*

Join us for a guided adventure in the wetlands near Sandy Hook Bay! The minutes just before sunset are when wildlife are most active. We will explore the outdoors with fun-filled activities that use nets, binoculars and spotting scopes. Participants will see the marsh fish (the mummichogs), and look for the many migrating and resident birds, including ospreys. This is a great time to discover just “whoo” is up and about! If we are lucky we may see bats, hear owls and perhaps catch a glimpse of a fox. Binoculars and a spotting scope will be provided, or bring your own. Please bring your own flashlight.

**One 1-Hr Session $8.00 Per Person**

Bayshore Waterfront Park Bay House

Fri, Aug 5 7:30-8:30 PM (approx) ............. I4E63A
Wed, Aug 24 7:00-8:00 PM (approx) .......... IMF63A

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

We’ll see real frogs up close, find out about ’em, then head out and look for ’em where they live! It’s all good fun. Shoes may get wet, boots recommended by not required. This program requires walking on uneven trails.

**One 1-Hr & 30-Min Session $9.50 Per Child**

Turkey Swamp Pk Shelter Bldg

Fri, Jun 10 6:00-7:30 PM ................... I2263A

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**Seining Along Sandy Hook Bay**
*(all ages, under 18 with adult)*

Bayshore Waterfront Park, Port Monmouth

11:00 AM-12:00 PM on Mondays, Wednesdays and Fridays from June 20-August 26

Popamora Point section of the Henry Hudson Trail, Highlands

11:00 AM-12:00 PM on June 21, June 23, July 19, July 21, August 2, August 4, August 23 & August 25

Discover a variety of fish, crabs, and other sea creatures as we pull a seine net through the calm waters of Sandy Hook Bay. It will be a fun time for everyone as we find out what lives near the edge of Sandy Hook Bay. Closed-toe shoes are required. Meet on the beach near the park entrance. The program will not run during inclement weather. Parents or guardians are required to stay with and supervise their children. No swimming during the event.

**Cost: FREE!**

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

*For more information about this event, please call 732-787-3033, ext. 2.*
Manasquan Reservoir Boat Tours
Manasquan Reservoir Visitor Center, Howell

Enjoy a boat tour on the beautiful Manasquan Reservoir. Tours are narrated by Park System Naturalists and will include opportunities to view local wildlife including turtles, egrets, herons, ospreys and perhaps a bald eagle!

Tours are approximately 45 minutes long. Life-jackets are required. All tours are weather and reservoir level dependent.

For pricing and other questions, visit www.MonmouthCountyParks.com or call 732-751-9453.

Fantastic Animals and Where to Find Them!
(ages 6-10, with adult)
Learn about the Fantastic animals and where they live. Explore the park’s beautiful woods and marshes as you collect materials to make your own magical creatures to bring home with you. Dress for the weather and bring your imagination as we venture into the fantastic world of Mother Nature! Robes and wands optional!
One 1-Hr & 30-Min Session $12.00 Parent/Child
$5.00 Additional Person

Holmdel Park’s Fantastic Beasts
Holmdel Pk Act Ctr
Fri, Jun 17 5:00-6:30 PM ................. IKS63X
Thu, Jun 23 6:00-7:30 PM ................. IKU63X

Huber Woods’s Fantastic Beasts
Huber Wds Env Ctr
Sun, Jul 24 2:00-3:30 PM ................. IKT63X

Finding Dory
(ages 4-9, with adult)
Help Dory find her family! Join us on a beach scavenger hunt for Dory’s family and make a Dory craft to bring home. Meet some of Dory’s friends at the activity center too! Help Dory, have fun but remember...just keep swimming!
One 1-Hr & 30-Min Session $12.00 Parent/Child
$5.00 Additional Person

Seven Presidents Pk Act Ctr
Thu, Jun 9 5:00-6:30 PM ................. IKV63X
Thu, Jul 7 6:00-7:30 PM ................. IKY63X
Mon, Aug 15 5:00-6:30 PM ............... IKW63X
Thu, Aug 25 6:00-7:30 PM ............... IKX63X

Hello Hummingbirds!
(ages 6-12, with adult)
The hummingbirds are here! Come meet them in our gardens. Kids create their own hummingbird feeder, learn how to make “hummingbird juice” and find out cool stuff about these amazing little dynamos!
One 1-Hr Session $9.50 Per Child

Manasquan Res Env Ctr
Sat, Jun 4 11:00 AM-12:00 PM ........... I2063A
Ice Cream Sundae and Boat Tour
*all ages, under 18 with adult*

What better way to start the weekend than with a sunset cruise on the reservoir followed by an ice cream sundae?! Please arrive 15 minutes early as the boat will embark on our evening adventure at the top of the hour. After seeing all the sights nature has to offer around the reservoir, satisfy your sweet tooth by making yourself an ice cream sundae with whipped cream and a cherry on top! All aboard!

**One 1-Hr Session $10.00 Per Person**

Manasquan Res Env Ctr
- Fri, Jun 17 6:00-7:00 PM I2663A
- Fri, Jul 22 6:00-7:00 PM I2763A
- Fri, Aug 19 6:00-7:00 PM I2863A

**Snapper Fishing in Sandy Hook Bay**
*ages 10 and up, under 18 with adult*

Let’s catch some fish this summer! We’ll catch our bait the old fashion way from a seine net and try to entice “snapper” bluefish to bite. Get ready to get wet as we venture in the water to catch some fish to bring home for dinner. Please dress to get wet, wear footwear that can get wet, preferably wear waders or long boots. Bring your fishing gear or borrow ours to try something new. A fun adventure for sure before the summer ends and people return to school and work.

**One 2-Hr Session $20.00 Per Person**

Bayshore Waterfront Park Act Ctr
- Mon, Aug 29 4:00-6:00 PM IMB63A
- Tue, Aug 30 4:00-6:00 PM IMC63A

**Twilight Nature Walks**
*ages 10 and up, under 18 with adult*

Explore the parks by twilight on this leisurely walk guided by a Park System Naturalist. Along the way, we will explore the local flora and fauna while searching for some of the crepuscular critters that call our parks home. Dress for the weather and be sure to wear sturdy shoes.

**One 1-Hr & 30-Min Session $7.00 Per Person**

Hartshorne Wds Rocky Point Parking Lot
- Fri, Jun 17 7:30-9:00 PM IN463A

Big Brook Pk Pond
- Fri, Jul 15 7:30-9:00 PM IN563A

Huber Wds South Parking Lot
- Thu, Aug 18 7:00-8:30 PM IN663A

**Enviro-Quest**

Don’t know what to do on a weekday this summer break? Seek out some nature fun! Check the Park System’s website to get the dates and locations of where each Enviro-Quest will begin. Follow the signs to where the Park System Naturalist is waiting. Once you are there you can join in activities, crafts or games for 30-60 minutes of nature fun. Activities could include meeting a live animal, finding hidden treasure, discovering incredible parts of a flower, creating artwork with natural materials, or participating in a fun nature themed game. You bring your sense of adventure and we’ll bring the rest!

For additional details, please call 732-751-9453.

**Roving Naturalist**

Join a Park System Naturalist for a leisurely walk on well-maintained trails in our parks. We will explore a different park each session as we discuss seasonal points of interest, search for signs of wildlife and identify a bird or two. This free “Drop In” program is 1.5 to 2 hours, but feel free to join in or drop out at any point during the walk. Dress for the weather as light rain is not a deterrent.

**Saturday, June 4, 9:00 AM**
Seven Presidents Oceanfront Park - Meet at the Pavilion

**Saturday, June 25, 9:00 AM**
Clayton Park - Meet in the Davis Station Road parking lot

**Saturday, July 9, 9:00 AM**
Crosswicks Creek Greenway - Meet in the Province Line Road parking lot

**Saturday, July 30, 9:00 AM**
Holmdel Park - Meet in the Ramanessin Trail parking lot

**Saturday, August 6, 9:00 AM**
Weltz Park - Meet in the main parking lot

**Saturday, August 20, 9:00 AM**
Big Brook Park - Meet in the main parking lot
Outdoor Adventure Drop-ins

Thompson Park Canoe Rentals
(ages 3 and up, under 18 with adult)
Thompson Park, Lincroft
Rent a canoe on Marlu Lake and enjoy paddling locally. All equipment is provided; limited number of canoes available.
Rentals are available on the following weekends from 10:00 AM-3:00 PM:
June 4 & 5, June 18 & 19, July 2 & 3, July 16 & 17, July 30 & 31,
August 13 & 14, August 27 & 28, September 10 & 11,
September 24 & 25
Cost: $15.00 per boat for 1-3 people for 2 hours of canoeing; cash or check only

Climb Time
(ages 8 and up, with adult)
When you need a little more than a walk in the park, try climbing. Our 25’ climbing wall is a great opportunity to experience the sport of rock climbing close to home. Climbers must be 42” or taller.
Join us on the following dates and times:
Sunday, June 12, 12:00-4:00 PM
Manasquan Reservoir’s Visitor Center, Howell
Saturday, July 9, 12:00-4:00 PM
Holmdel Park, Holmdel
Friday, August 12, 12:00-4:00 PM
Thompson Park’s Filly Run Lot, Lincroft
Cost: FREE!

Open Shoot Archery
(ages 10 and up, under 18 with adult)
Thompson Park Activity Barn, Lincroft
Experienced archers, stop in anytime during open shoot archery to improve your archery skills at our indoor range. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.
Please Note: This is not an instructional clinic and NOT designed for beginners. If you are new to archery, register for one of our instructional clinics prior to attending.
Sunday, June 26, 10:00 AM-2:00 PM
Saturday, July 23, 10:00 AM-2:00 PM
Friday, August 26, 10:00 AM-2:00 PM
Sunday, September 18, 10:00 AM-2:00 PM
Cost: $10.00 per person, cash or check only
For more information please call 732-842-4000, ext. 4236, or email elyse.badal@monmouthcountyparks.com.
OUTDOOR ADVENTURES

Park-A-Day Family Style
(ages 5 and up, families, with adult)
A camp favorite designed for the whole family! We will introduce you to the best activities the park has to offer, with knowledgeable and enthusiastic staff to lead the way. Bring your own picnic; we will have a cooler on hand to keep it fresh. Enjoy quality time with your family while we do all the planning!
One 5-Hr Session $15.00 Per Person
Family games, fishing, canoeing, archery, geocaching, and the portable rock wall. Activities subject to change due to weather.
Thompson Pk Marlu Lake
Sun, Jun 5 10:00 AM-3:00 PM .............. U0263A
Family games, a boat tour, fishing, kayaking or row boating, and a nature walk.
Manasquan Res Env Ctr
Sun, Jul 10 10:00 AM-3:00 PM .............. U3463A

Sleep Under the Stars Family Camping
(ages 8 and up, with adult)
Make your family’s summer endless as you sleep under the stars during this fun-filled overnight. Camp at the beach, play beach volleyball, enjoy s’mores over the campfire, and hopefully catch a glimpse of the Perseid meteor shower. Extend the fun after the completion of this program and spend the day at the beach, FREE! All necessary equipment provided: tent, sleeping bag/pad, dinner Friday, s’mores, and breakfast Saturday.
$130.00 2-4 Per Family
Seven Presidents Pk Beach Campfire Area
Sat, Aug 13-14 5:00 PM-10:00 AM ........... WA263A

FREE S’more Family Fun
(all ages)
Join us as we spend an evening at the beach! We will have some fun games and activities set up and will cap the night off with a campfire, so bring your marshmallows (we will supply the sticks). Pre-registration is not required, but is recommended.
One 1-Hr & 30-Min Session FREE!
Seven Presidents Pk Beach Campfire Area
Wed, Aug 17 6:30-8:00 PM ................. D8363A

SPORTS & FITNESS

Family Obstacle Challenge!
(ages 5 and up, families, with adult)
Come use your athletic and mental skills to face other families in this park obstacle course! Afterwards, enjoy a campfire and snack. (Program does not include swimming activities.)
One 2-Hr Session $20.00 2-4 Per Family $5.00 Additional Person
Big Brook Pk Elsa Lodge Program Room
Fri, Aug 19 5:00-7:00 PM ................. U3963X

FootGolf Family Frenzy!
(ages 7 and up, under 18 with adult)
Feel the frenzy! FootGolf combines the elements of soccer and golf to create a fun-filled game that all ages can play. Played on Bel-Aire Golf Course and using traditional golf rules and etiquette, a soccer ball replaces the golf ball and your feet are used instead of clubs. With no prior experience needed, a round of FootGolf can be enjoyed by all members of the family. Come out and receive FootGolf instruction followed by 9 holes of non-instructional FootGolf play. Soccer balls will be provided.
One 2-Hr Session $15.00 Parent/Child $7.00 Additional Person
Bel-Aire GC
Fri, Jun 10 6:00-8:00 PM ................. YA363X
Sat, Jul 16 5:30-7:30 PM ................. YA463X
Sat, Aug 6 6:00-8:00 PM ................. YA563X

FREE Discover Disc Golf
See what over 500,000 people across the United States already know: the fun of playing disc golf! A mini disc golf course is available on selected dates at Thompson Park this summer. Disc golf offers a low cost, low stress alternative to traditional golf and is more accessible to all ages and abilities. The “holes” are set up of varying lengths from 150-250 feet. See how many throws it takes for you to hear the “ching” of the disc hitting the goal. Bring your friends or family and challenge each other to see who gets the lowest score. We will provide you with the discs and course map.
Sign in at the Thompson Park Visitor Center between 10:00 AM-3:00 PM on any of the following weekends:
June 4 & 5, June 11 & 12, June 18 & 19,
July 16 & 17, August 13 & 14

Program registration begins at 8:00 AM on Wednesday, May 4.
Moonlight Disc Golf  
(ages 14 and up)  
Join us at the Wolf Hill Disc Golf Course for a fun round underneath a full moon! All the baskets will be glowing! Bring glow in the dark discs or flashlights if you would like. Beginners, experts and everyone in-between are welcome!  
One 1-Hr & 30-Min Session $10.00 Per Person  
Wolf Hill Recreation Area Disc Golf Course  
Fri, Sep 16 6:00-7:30 PM .................. U0164A

Summer Lecture Series: Concussion in Sports  
(all ages)  
The Park System has teamed up with Athletic Trainer Kelli Hudson to provide education to coaches, officials, parents and students on the importance of proper concussion recognition and management in sports. This lecture will highlight the impact of sports-related concussion on athletes, teach how to recognize a suspected concussion, provide protocols to manage a suspected concussion and steps to help athletes return to play safely after a concussion.  
One 1-Hr Session $10.00 Per Person  
Thompson Pk Vis Ctr Beech Room  
Sun, Jul 17 1:00-2:00 PM .................. XN563A

Summer Lecture Series: Importance of Education for Student-Athletes  
(all ages)  
Monmouth County’s own Bennett Jackson will tell us how his education paved the way to make it where he is today: playing Safety for the three time Super Bowl Champion New York Giants! He will discuss the importance of education in the life of a student-athlete, playing for the Fighting Irish of Notre Dame, and his story as a young man growing up in Monmouth County. After the lecture Bennett Jackson will stay for a brief photo and signing session (one item per person).  
One 1-Hr Session $30.00 Per Person  
Thompson Pk Vis Ctr Beech Room  
Sun, Jul 10 1:00-2:00 PM .................. XN663A

Summer Lecture Series: Strength and Conditioning  
(all ages)  
Are you looking to get more fit? This dialogue on strength and conditioning offers a concise but comprehensive overview of training for better performance. Join us as we discuss building Durability through the training of: Power, Agility, Strength, Speed, Flexibility, Recovery and Nutrition. No Excuses! Just Results!!!  
One 1-Hr Session $10.00 Per Person  
Thompson Pk Vis Ctr Beech Room  
Sun, Jul 24 1:00-2:00 PM .................. XN463A

Coming Soon to Fort Monmouth Recreation Area

There’s always something to do at the Fort Monmouth Recreation Center in Tinton Falls! And now we’re looking to expand those activities to add more options to the fun!  

In addition to our programs, camps and swimming, new features are being added to Fort Monmouth Recreation Area including:  
- Newly re-surfaced outdoor court for basketball and pickleball,  
- Indoor soccer open play on Monday nights

Coming this fall:  
- New drop-in activities for kids including art and science  
- By request programs for preschool and toddler groups

For more information, stop by the Rec Center (just minutes from Exit 105 on the Parkway) or call 848-456-4278.
**Take a Dip at Fort Monmouth Recreation Area**

**Open Swim**
Pool season: Saturday, June 4-Sunday, August 28
Early Bird Pool Workout: Monday-Friday, 7:30-9:00 AM
Schedules will be available on our webpage at www.MonmouthCountyParks.com.
Swim Passes for Open Swim Times
Family Season Pass (up to 4 people): $200
Individual Season Pass: $100
Monthly Family Pass (up to 4 people): $75
Monthly Individual Pass: $40
One Day Family Rate (up to 4 people): $20
One Day Individual Rate: $7
Passes can be purchased at the Fort Monmouth Recreation Center.
*For more information, please call the Rec Center at 848-456-4278, ext. 1#, 3# or 4#.*

**Private Swim Lessons**
Benefit from intense, one-on-one instruction from a qualified instructor. Lessons will be geared toward all ability levels and ages, from beginners to those perfecting competitive strokes. Lessons are available Wednesdays ONLY between 5:00-8:00 PM from June 22-August 17.
Cost: One 30-Min Session $38.00 Per Person
Register online at www.MonmouthCountyParks.com or call 732-842-4000, ext. 1.

**Zombie Laser Tag**
(ages 10 and up, families, with adult)
Dress up in your best zombie attire and try to survive the apocalypse. Shoot as many zombies as you can and hurry, because you really can’t kill something that’s already dead! Zombies will re-animate, so you’ll have to keep moving and keep shooting to stay alive and save the world! Dressing up as a zombie is strongly encouraged. Participants will be split up into two teams during play. Price includes laser tag admission to Fireball Mountain in Wrightstown, NJ and transportation in a Park System mini-bus. Guests may purchase food and gifts at the facility.
One 4-Hr Session $80.00 Parent/Child
Dorbrook Rec Area Visitor Center Parking Lot
Sat, Aug 27 4:30-8:30 PM .................. XQT63A

**FootGolf**
FootGolf is a new sport that combines elements of soccer and golf. To play FootGolf, each player uses a soccer ball, on a traditional golf course, and kicks the ball into a 21 inch diameter cup. FootGolf rules largely correspond to the rules of traditional golf.
Enjoy 9 holes at Bel-Aire Golf Course or 18 holes at Pine Brook Golf Course.
FootGolf birthday parties and outings available upon request.
*Please check our website for more detailed information.*
www.MonmouthCountyParks.com

**Rockin’ the Trails**
Set out on a cross-country scavenger hunt adventure and get to know some of our park areas. Complete the challenge by getting your “Rockin’ the Trails” brochure and following the directions to help you find the hidden “Rockin’ the Trails” posts. Return your completed brochure to be entered for a grand prize drawing.
*For more information call 732-751-9453 or visit www.MonmouthCountyParks.com.*
ARTS & CRAFTS

Creative Clay Time
(ages 4-6, with adult)
Have fun learning about ceramic arts while creating real pottery. Each week you will help your child make a new work of art from clay. Class fee includes instruction, clay and kiln firings.
Four 45-Min Sessions $50.00 Parent/Child
Thompson Pk Creative Arts Center
Tue, Jul 12-Aug 2 1:30-2:15 PM ........... Z7363A

Parent & Child Pottery
(ages 10-17, with adult)
You and your child will be up to your elbows in mud as you discover the art of pottery! Our instructor will share the basic techniques of throwing and handbuilding with clay to create functional and sculptural works of art. Fee includes 25 lbs. of clay per family, glazes, firing and the use of tools.
Instructor: Joyce Nokes
Seven 2-Hr Sessions $145.00 Parent/Child $63.00 Additional Sibling
Thompson Pk Creative Arts Center
Fri, Jul 8-Aug 19 6:30-8:30 PM ............ Z7263X

Step Into Stories
(ages 2-5, with adult)
Parents and children alike will be enchanted when they hear the famous bedtime stories. Children will create a take home craft. The evening will end with a “Moonwalk” on the story trail. Pajamas encouraged!
One 1-Hr Session $17.00 Parent/Child $5.00 2nd Child
Dorbrook Rec Area Prog Bldg
Goodnight Moon
Wed, Jun 22 6:00-7:00 PM ............... A5763X
Stellaluna
Wed, Jul 13 6:00-7:00 PM ............... A6263X
Mouse Paint
Wed, Aug 17 6:00-7:00 PM ............... A6363X

NATURE

Blueberries!
(ages 3-6, with adult)
It's blueberry time! We'll munch'em, scrunch'em and have alot of fun discovering the fruit of the forest! Blueberry slushies provided!
One 1-Hr Session $12.00 Parent/Child $5.00 Additional Sibling
Manasquan Res Env Ctr
Sun, Jul 17 11:00 AM-12:00 PM .......... I1963X

Monarch Magic!
(ages 3-6, with adult)
Everyone loves Monarch butterflies! View them up close and discover their mysteries. Program includes a craft and butterfly walk.
One 1-Hr Session $9.00 Per Child
Manasquan Res Env Ctr
Sat, Aug 6 11:00 AM-12:00 PM .......... I2363A

My First Fish
(ages 6-12, with adult)
Have you seen the look on the face of children when they catch that first fish? Let one of our Park System Naturalists help you and your child land that first big one. There will be a fun time and lots of stories about the fish caught and the ones that got away. This is a catch and release program. Bait, fishing poles and instruction are provided.
One 1-Hr & 30-Min Session $15.00 Per Child
Turkey Swamp Pk
Sun, Jun 12 10:30 AM-12:00 PM .......... INE63A
Sun, Jun 26 10:30 AM-12:00 PM .......... INF63A
Sun, Jul 10 10:30 AM-12:00 PM .......... ING63A
Sun, Jul 24 10:30 AM-12:00 PM .......... INH63A
Sun, Aug 7 10:30 AM-12:00 PM .......... INJ63A

Drop-in Programs at the Manasquan Reservoir Environmental Center
Come and enjoy free drop-in programs at the Environmental Center every weekend. Most programs are between 15-30 minutes long. Topics, themes and activities vary, as do times.
For details visit www.MonmouthCountyParks.com, check us out on Facebook, or call 732-751-9453.
We look forward to seeing you!
**Nature Babies**  
*(ages 18 months-3 1/2 years, with adult)*  
Nature Babies love nature! They love animals, walks and discovery. This has everything your nature baby and you will love. Come make friends and memories.  
*(Please bring a blanket to sit on. Program will be outside weather permitting.)*  
Three different programs offered!  
**Take one or sign up for all three!**  
**One 45-Min Session $8.00 Per Child**  
Thompson Pk Front Lawn  
Thu, Jun 2 10:30-11:15 AM .................. I1663A  
Thu, Jun 9 10:30-11:15 AM .................. I1763A  
Thu, Jun 16 10:30-11:15 AM ............... I1863A

**Hiking Adventures - A Toddler’s Perspective**  
*(ages 1-5, with adult)*  
Enjoy the summertime on one of the County bay side beaches with your toddler. These short hikes are intended for little legs and short attention spans. We recommend front or back carriers for non-walkers or those who tire easily. Bring a healthy snack and beverage. Each hike will have fun activities included. Actual hiking time and distance will vary based upon the group’s stamina.  
**One 1-Hr & 30-Min Session $14.00 Parent/Child $4.50 Additional Sibling**  
**Bayshore Waterfront Beachside Stroll**  
Bayshore Waterfront Park  
Sat, Jun 25 10:00-11:30 AM ............... WAB63X  
Tue, Jul 12 10:00-11:30 AM ............... WAE63X  
**Seashell Search Hike**  
Henry Hudson Trail Popamora Point Parking Lot  
Tue, Jun 28 10:00-11:30 AM ............... WAC63X  
Sat, Aug 13 10:00-11:30 AM ............... WAF63X  
**Summer Fun at the Cove**  
Fisherman’s Cove Parking Lot Area  
Sat, Jul 9 10:00-11:30 AM ............... WAD63X  
Thu, Aug 18 10:00-11:30 AM ............... WAG63X

**Drop-in Surprise Story Time**  
*(ages 3-7, with adult)*  
Deep Cut Gardens, Middletown  
11:00-11:45 AM on  
Saturday, June 4; Saturday, July 2 &  
Saturday, August 6  
On the first Saturday of each month, join us for a reading from a nature- or garden-related book. If it’s cold or rainy we’ll be inside the Horticultural Center, but if it’s fair we will be out in the garden. A clue at the entrance will lead you to the secret spot! This is a free drop-in program; registration is not required.

**Summer Nature Programs at the Bay**  
*(ages 5 and up, families, with adult)*  
Bayshore Waterfront Park, Port Monmouth  
Have fun this summer as you explore the natural wonders of Sandy Hook Bay! Each program is approximately 45 minutes long. Programs will begin inside the Bay House. Limit of 25 people per program.  
**Make a Fun Fish Print!**  
3:00 PM on the following dates:  
**Wednesday, June 22; Thursday, July 28; Wednesday, August 3; Tuesday, August 23**  
We have lots of paint so why not make a colorful fish print of a rubber sea star, flounder, skate and more to take home. Fish printing, the Art of Gyotaku, dates back to Japan over 500 years ago. Ancient anglers made fish prints to record their catches and to save information on fish biology. Why not try it yourself to see what you can discover.  
**Seashell Painting!**  
3:00 PM on the following dates:  
**Thursday, June 23; Friday, July 29; Thursday, August 4; Wednesday, August 24**  
Have you ever come home from the day at the beach with a collection of shells you didn’t know what to do with? Why not paint them and put a magnet on? We will supply the paint, brushes, and magnets. Bring your own shells or feel free to use ours to make a unique and attractive coastal attraction. It will be a shell-spectacular time!  
**Cost: $5.00 per person; cash or check only**

*For more information, please call 732-787-3033, ext. 2, or e-mail at jreybold@monmouthcountyparks.com.*
Toddler Hiking Series
(ages 1-5, with adult)
Discover something new this summer season! Take in some sunshine and fresh air while exploring the beauty of nature with your toddler. Designed for little legs and short attention spans. Toddler and infant front or back carriers recommended for non-walkers or youngsters who tire easily. Bring a healthy snack and beverage. Actual hiking time and distance will vary with the group’s stamina. Includes fun craft activities or stories as well as a park keepsake.
Three 1-Hr & 30-Min Sessions $36.00 Parent/Child $10.00 Additional Sibling

Summer Hiking Series #1
6/9 - Deep Cut Gardens
6/16 - Thompson Park Filly Run Parking Lot
6/23 - Shark River Park Shelter Building
Thu, Jun 9-23 10:00-11:30 AM .......... WA863X

Summer Hiking Series #2
7/13 - Holmdel Park Shelter Building
7/20 - Hartshorne Woods Claypit Creek
7/27 - Tatum Park Red Hill Road
Wed, Jul 13-27 10:00-11:30 AM .......... WA963X

Summer Hiking Series #3
8/9 - Manasquan Reservoir Environmental Center
8/16 - Sunnyside Recreation Area
8/23 - Shark River Park Shelter Building
Tue, Aug 9-23 10:00-11:30 AM ........ WAA63X

Miss Melissa’s Aardvarks
(ages 6 months-5 years, with adult)
Music for Aardvark classes was developed to enhance early childhood development. Each class is packed with bells, drums, shakers, sticks, and original music from Jack’s Big Music Show! As the teacher plays guitar, the children sing and dance with parent’s participation to the coolest children’s musical experience ever. A $40 materials fee is due to the instructor on the first day of class. Please Note: Registration for each session will close one week prior to the starting date.
Five 45-Min Sessions $85.00 Parent/Child $62.00 2nd Child $42.00 Additional Sibling
Tatum Pk Red Hill Act Ctr
Tue, Jun 28-Jul 26 9:30-10:15 AM....... A8863X
Tue, Jun 28-Jul 26 10:30-11:15 AM ...... A9063X

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
Dorbrook Rec Area
Sat, Jul 9-30 10:00-10:45 AM ............ XS863A

Kids Kixx Soccer Pee Wee: Mini-Camp
(ages 2 1/2-3, with adult)
Soccer fun for the little one! Parent assistance is required. Please see description for Kids Kixx Pee Wee for more details. Make-ups will be held on Fridays.
Four 45-Min Sessions $52.00 Per Person
Fort Monmouth Rec Ctr Outdoor Area
Mon-Thu, Jul 11-14 9:30-10:15 AM ...... MCD63A
Mon-Thu, Jul 11-14 10:30-11:15 AM ...... MCE63A

PLAY GROUP

SPORTS & FITNESS

TIDAL TUESDAYS
Tuesdays, 11:00 AM from June 28-August 30
Fisherman’s Cove Conservation Area, Manasquan
Looking for some Tuesday fun by the shore this summer? Stop by the activity center and join a Park System Naturalist to discover exciting things about nature and our coastal habitats. Each week take part in a different activity such as meeting creatures living in the water that we find in our seine net or creating crafts from natural materials found along the shore. Programs run for about 30-60 minutes.
For details on weekly activities, please call 732-751-9453.

Wind & Sea Festival
Saturday, September 17, 11:00 AM-5:00 PM
Bayshore Waterfront Park, Port Monmouth
Join the Monmouth County Park System for the second annual Wind & Sea Festival. A celebration of all things water along Sandy Hook Bay. Visitors will be able to enjoy many coastal activities, including kayaking, fishing, crabbing, kite flying, sand art, seining, and shelling. There will be activities for many ages. Plus, food, music, and local organizations on hand to talk about water topics such as, fishing, boating, paddling, and how to protect our coastal environment.
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 $52.00 Parent/Child

Parent and Child Gymnastics
(ages 2-3, with adult)
Spend time together with your child having fun while learning gymnastics! Assist your child on a variety of apparatus in basic gymnastics training while we help develop coordination, flexibility, and fine and gross motor skills.
Four 45-Min Sessions $50.00 Per Person

ARTS & CRAFTS

BEGINNER SEWING
(ages 10-15)
This class will instruct the young sewer in sewing safety and familiarize them with the operation of their sewing machine, sewing basics and creation of products on their own. A supply list will be provided upon registration. If participant does not have a sewing machine, one can be provided in class.
Instructor: Charlotte Griggs
Six 2-Hr Sessions $72.00 Per Person
Thompson Pk Creative Arts Center
Thu, Jul 14-Aug 18 6:30-8:30 PM .......... Z7963A

REGISTER EARLY!
Don’t miss out on your favorite programs. If a minimum number of registrants is not met, a program may be cancelled. Register early to assist in helping your program meet its requirement.

Registration Starts May 4!
KIDS & TEENS

Beginner Sewing Level 2-Zippers and Buttonholes!
(ages 10-15)
This class picks up where Beginner Sewing leaves off, for those with some basic sewing experience. We will expand on the sewing skills previously learned to make a zippered bag, and a pair of shorts or pajama pants with a buttonhole, and a third project as time allows. You will need to purchase the list of supplies which is provided upon registration.
Instructor: Charlotte Griggs
Six 2-Hr Sessions $72.00 Per Person
Thompson Pk Creative Arts Center
Mon, Jul 11-Aug 15 4:00-6:00 PM........ Z8063A

Father’s Day Ceramic Mug
(ages 6-10)
Want to make Dad feel special every day? Give him a hand decorated ceramic mug suitable for any of his favorite beverages! Our ceramics instructor will show you a variety of techniques to make your gift unique. Class includes your choice of mug, glazes and firing. Your mug will be fired and ready to pick up for Father’s Day.
One 1-Hr & 30-Min Session $21.00 Per Child
Thompson Pk Creative Arts Center
Sat, Jun 11 12:30-2:00 PM .............. Z9163A

Children’s Handbuilding
(ages 7-10)
Use your imagination to create functional or decorative works of art. Clay projects will be formed by using hand tools, slab roller, extruder and a variety of other forms. Class includes 10 lbs. of clay, glazes and firings.
Seven 1-Hr & 30-Min Sessions $105.00 Per Person
Thompson Pk Creative Arts Center
Mon, Jul 11-Aug 22 4:00-5:30 PM........ Z8363A

KidzArt Painting Workshop
(ages 6-11)
Create a beautiful painting in each session. Instructor will provide step-by-step instruction, and students will be encouraged to engage their own creativity to make their painting unique. Each workshop is a different lesson so come for one or two or all eight! All supplies included.
One 1-Hr & 30-Min Session $24.00 Per Person
Thompson Pk Creative Arts Center
Tue, Jun 28 4:45-6:15 PM ............... Z4463A
Thu, Jul 14 4:45-6:15 PM ............... Z4563A
Tue, Jul 19 4:45-6:15 PM ............... Z4663A
Thu, Jul 28 3:00-4:30 PM ............... Z4763A
Tue, Aug 2 3:00-4:30 PM ............... Z4863A
Thu, Aug 11 3:00-4:30 PM .............. Z5063A
Tue, Aug 16 4:45-6:15 PM .............. Z4963A
Thu, Aug 25 4:45-6:15 PM ............. Z5163A

Children’s Wheel-Thrown Pottery
(ages 11-17)
Children will learn techniques and skills in all aspects of wheel-throwing and hand-building to create items of their choice. Instructor will offer demonstrations along with individual guidance. Use of tools, 10 lbs. of clay, glazes and firings are included in the fee. Additional clay can be purchased at the studio. Hand builders welcome.
Seven 2-Hr Sessions $112.00 Per Child
Thompson Pk Creative Arts Center
Instructor: Joyce Nokes
Thu, Jul 7-Aug 18 4:00-6:00 PM......... Z6963A
Instructor: John Fossa
Sat, Jul 9-Aug 20 9:00-11:00 AM........ Z7063A

Mixed Media Mornings
(entering grades 5-8)
Young artists will create original works of art using various media and inspiration by the work of master artist Romero Britto (www.britto.com). We’ll work with line, shapes and color to complete multiple drawings, a collage and an original acrylic painting! An $8 supply fee is payable to the instructor on the first day of camp.
Instructor: Tara Welsh
Five 5-Hr Sessions $175.00 Per Person
Tatum Pk Red Hill Act Ctr
(entering grades 5-6)
Mon-Fri, Aug 15-19 9:00 AM-2:00 PM .... AA663A
(entering grades 7-8)
Mon-Fri, Aug 22-26 9:30 AM-2:30 PM .... AAF63A

Drawing Basics
(ages 9-15)
In this fun filled class, students will learn new techniques and different drawing mediums in order to enhance their ability. Designed for the child who enjoys drawing, the class will cover everything needed to sharpen their skills. All that’s required to join us is some creativity and a pencil.
Instructor: Joyce Nokes
Six 1-Hr & 30-Min Sessions $60.00 Per Person
Thompson Pk Creative Arts Center
Fri, Jul 15-Aug 19 4:30-6:00 PM........ Z7163A
Play with Polymer!  
(ages 10 and up)  
From this popular art medium, polymer clay, kids will create their own trinkets, creatures or whatever their imagination inspires them to make.  
Instructor: Candice Wells  
One 2-Hr & 30-Min Session $25.00 Per Child  
Dorbrook Rec Area Act Ctr  
Sat, Jul 16 10:00 AM-12:30 PM ............ AA163A  
Sun, Aug 7 1:00-3:30 PM ............... AA263A  

S’Parks in the Night  
(all ages, under 18 with adult)  
Summer, family, sunset, campfire...interested? Bring the family for a fun and entertaining nighttime challenge. Hidden in the park are objects for you to find. The catch? You don’t get a list! The only way to find them is to search for objects glowing in the dark. The group that finds the most will win a special prize. But don’t worry; we’ll all enjoy roasting marshmallows around the campfire. Please bring insect repellent and a chair or blanket if you like.  
One 1-Hr Session $21.00 Per Family of 4 $5.00 Additional Person  
Dorbrook Rec Area  
Thu, Aug 18 8:00-9:00 PM ............. A6963X  

Summer Shells  
(ages 6-14)  
Have fun creating a keepsake ocean scene on a decorative ceramic plate to display on a wall or table. The shell plate will be kiln fired and ready for pick-up the following week.  
One 1-Hr & 30-Min Session $24.00 Per Child  
Thompson Pk Creative Arts Center  
Sat, Jun 18 12:00-1:30 PM .............. Z8563A  
Sat, Jun 25 9:30-11:00 AM .............. Z8663A  

S’Parks in the Night  
(all ages, under 18 with adult)  
Summer, family, sunset, campfire...interested? Bring the family for a fun and entertaining nighttime challenge. Hidden in the park are objects for you to find. The catch? You don’t get a list! The only way to find them is to search for objects glowing in the dark. The group that finds the most will win a special prize. But don’t worry; we’ll all enjoy roasting marshmallows around the campfire. Please bring insect repellent and a chair or blanket if you like.  
One 1-Hr Session $21.00 Per Family of 4 $5.00 Additional Person  
Dorbrook Rec Area  
Thu, Aug 18 8:00-9:00 PM ............. A6963X  

Nature Adventures Patch Collectors  
Set out on a quest to discover the natural world throughout our parks and collect all eight Nature Adventures patches. Pond discoveries, seining at the shore, fossiling, fishing, and watching wildlife are just a few examples of the fun you will experience along the way.  
Directions:  
• When you register for this journey, you will receive your base collectors patch and a collector’s check card.  
• Each month look for an e-mail or letter with information on upcoming programs you can attend and ways to earn the eight mini patches to add to your base patch. Some of these programs may require a fee and registration while others might be free events.  
• Get your collector’s card signed when you attend the specified programs and events.  
• Stop in to Huber Woods Environmental Center or Manasquan Reservoir Environmental Center to pick up your mini patches as you go or you can wait until you complete them all, it’s up to you!  

To register, visit www.MonmouthCountyParks.com for an application, or pick one up at the Manasquan Reservoir Environmental Center or Huber Woods Environmental Center.  
Cost: $10.00 base collectors patch  
Program runs January 1-December 31  
For more information, please call 732-751-9453.
EDUCATION & ENRICHMENT

KIDS & TEENS

Engineering for Kids
(ages 4-14)
Calling all future engineers! Apply science, technology, engineering and mathematics to real-life problems. Hands-on learning connects innovation, collaboration, imagination and fun. Change the way your child thinks about math and science. What will your child build? Programs taught by experienced instructors from Engineering for Kids of Central New Jersey.
Fort Monmouth Rec Ctr Prog Rm C (120)

Jr. Lego Robotics Club
(ages 4-6)
Learn to program and operate wild animals, amazing mechanisms and soccer-themed gadgets using a laptop computer and Lego WeDo Robots.
Four 1-Hr Sessions $120.00 Per Person
Wed, Jun 15-Jul 6 5:30-6:30 PM ..........MCX63A

Electronic Game Design
(ages 7-14)
Don’t just play video games, create your own! Learn video game creation in a noncompetitive, step-by-step process. Students will take home a copy of their final project to play at home.
Six 1-Hr Sessions $125.00 Per Person
Wed, Jul 20-Aug 24 5:00-6:00 PM ..........MCY63A
Wed, Jul 20-Aug 24 6:30-7:30 PM ..........MCZ63A

Magic Door to Your Imagination
(ages 7-10)
With imagination and creativity, children will create an original illustrated short story using an original Magic Door booklet as inspiration. To celebrate their success, each child will walk through a real magic door. Instructed by Janine Kimmel, award winning author and artist. An $8 supply fee payable to instructor at the beginning of class.
One 2-Hr & 30-Min Session $30.00 Per Child
Tatum Pk Holland Act Ctr
Sat, Aug 6 10:00 AM-12:30 PM ..........AAD63A
Sun, Aug 14 1:00-3:30 PM ...............AAE63A

Reader’s Theatre
(ages 5-8)
Reading is exciting! Develop scripts, perform (even dress up!) and create characters. We will use fairy tales, nursery rhymes, poetry and stories to build confidence in reading.
Six 1-Hr & 30-Min Sessions $87.00 Per Child
Dorbrook Rec Area Vis Ctr
Sat, Jun 4-Jul 16 10:00-11:30 AM .........A6063A
No class 7/2

Super Science Mini-Camp
(ages 5-7)
Curiosity makes great scientists and young children are bursting with it! Children will explore various science topics, such as magnets, buoyancy and chemical reactions through hands-on experiments, stories and activities.
Three 1-Hr & 30-Min Sessions $50.00 Per Child
Henry Hudson Trail Craft Room Act Ctr
Mon-Wed, Jul 11-13 1:00-2:30 PM ........A5563A
Mon-Wed, Aug 1-3 1:00-2:30 PM ...........A5663A

Teen Fantasy Football
(ages 12-15)
Want to learn about fantasy football? Learn the ins and outs of fantasy football strategy. During the second meeting all participants will draft their own team to compete against each other all football season long! Snacks provided.
Two 1-Hr & 30-Min Sessions $20.00 Per Person
Big Brook Pk Elsa Lodge Program Room
Thu, Aug 18-25 6:00-7:30 PM ............U3763A

Writer’s Workshop
(ages 5-8)
Discover the steps for writing a story. Start with an idea and go all the way to publishing. Create entertaining stories to share with each other.
Six 1-Hr & 30-Min Sessions $87.00 Per Child
Dorbrook Rec Area Vis Ctr
Sat, Jul 23-Aug 27 10:00-11:30 AM ......A6163A

Land Art for Kids Hike
(ages 7-11)
Summertime is a fun time to get out with your children and discover what nature has to offer. On these unique hikes you will gather found objects to create natural land art. The children will engage with their environment and connect with nature in a whole new way on this easy, summer hike. Be prepared to get a little messy as we uncover all the treasures of nature to create natural works of art.
One 1-Hr & 30-Min Session $12.00 Per Person
Bayshore Waterfront Park
Sat, Jun 25 1:00-2:30 PM ...............WAH63A
Tue, Jul 12 1:00-2:30 PM ...............WAJ63A
Henry Hudson Trail Popamora Point Parking Lot
Tue, Jun 28 1:00-2:30 PM ...............WAK63A
Sat, Aug 13 1:00-2:30 PM ...............WAM63A
Fisherman’s Cove Parking Lot Area
Sat, Jul 9 1:00-2:30 PM ...............WAN63A
Thu, Aug 18 1:00-2:30 PM ...............WAP63A
Minecraft™ Geocaching Adventure (ages 8-11)
All new at Big Brook Park! Seek Minecraft™ treasures on this high-tech scavenger hunt. After your weary journey, replenish your health with carrots, sticks and creeper cookies. This geocaching adventure is sure to excite Minecraft™ and geocaching fans alike!
One 1-Hr & 30-Min Session $15.00 Per Child
Big Brook Pk Elsa Lodge Program Room
Sat, Jun 25 2:00-3:30 PM ................ U3163A
Sat, Jul 16 1:00-2:30 PM ................. U3363A

Take a Shot: Intro to Archery (ages 10-17)
Learn the basics of the ancient sport of archery. Whether you are interested for recreation, competition or hunting, our Outdoor Adventures staff will assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.
One 2-Hr Session $19.00 Per Person
Thompson Pk Activity Barn
Fri, Jun 17 4:00-6:00 PM ................. W7663A
Wed, Jul 20 4:00-6:00 PM ................. W7763A
Fri, Aug 19 1:00-3:00 PM ................. W7863A

Safari Backpacks
Deep Cut Gardens, Middletown
Huber Woods Environmental Center, Middletown
Manasquan Reservoir Environmental Center, Howell
Discover some of your favorite Monmouth County parks with a self-guided nature walk.
Each backpack contains tools and activities you can use to explore the world around you. Backpacks are available daily on a first come, first served basis and must be returned one half hour before closing time.
Please call each location for more information on availability, as the hours of some parks vary seasonally.
There is no fee, but you must leave your valid NJ driver’s license with the docent.
Deep Cut Garden Safari Backpacks:
Available in the Horticultural Center 732-671-6050
Huber Woods Pre-K, Forest or Meadow Backpacks:
Available in the Environmental Center 732-872-2670
Manasquan Reservoir Seasonal Backpacks:
Available in the Environmental Center 732-751-9453

Exploring the World of the Playwright (ages 7-14)
Create your own adventure through brainstorming, improvisations and theater games. Work together to write and perform your original story bringing the characters and actions to life! A simple in class demonstration for parents and friends will be held on the last day of class.
Five 3-Hr Sessions $200.00 Per Person
Thompson Pk Vis Ctr Beech Room
(a)ges 7-10
Mon-Fri, Aug 1-5 9:00 AM-12:00 PM .... A6663A
Mon-Fri, Aug 8-12 9:00 AM-12:00 PM ... A7263A

9-on-9 High School Football (entering grades 9-12)
Looking for your high school football team to have a fun but competitive summer? Join this brand new league. Not intended to take the place of regular football, 9-on-9 football utilizes many of the same basic skills with MINIMUM CONTACT. This league is to help prepare you for summer camp and the regular season.
High School Football Teams
Only Monmouth County high school football teams are allowed to sign up.
Six 4-Hr Sessions $300.00 Per Team
Thompson Pk Outdoor Area
Tue, Jun 21-Jul 26 4:30-8:30 PM ....... XNU63A

After Camp Tennis (ages 6-11)
This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Racquets are provided if needed.
Four 55-Min Sessions $48.00 Per Child
Dorbrook Rec Area
(a)ges 6-8
Mon,Wed, Jun 20-29 4:30-5:25 PM .... XRV63A
Mon,Wed, Jul 18-27 4:30-5:25 PM ..... XRY63A
Mon,Wed, Aug 1-10 4:30-5:25 PM ....... XRZ63A
Mon,Wed, Jul 18-27 4:30-5:25 PM ..... XRY63A
Mon,Wed, Aug 1-10 4:30-5:25 PM ....... XRZ63A
(a)ges 9-11
Tue,Thu, Jun 21-30 4:30-5:25 PM ....... XRW63A
Tue,Thu, Jul 19-28 4:30-5:25 PM......... XRX63A
Tue,Thu, Aug 2-11 4:30-5:25 PM ......... XS063A
**After School Tennis**  
*(ages 6-11)*  
This is an ideal opportunity for your child to begin to develop coordination while learning the basic rules of the game. Participants receive expert instruction in a small class. Racquets are provided if needed.  
Four 55-Min Sessions $52.00 Per Child  
Dorbrook Rec Area  
*(ages 6-8)*  
**Mon,Wed, Jun 6-15 4:30-5:25 PM** .......... XRT63A  
*(ages 9-11)*  
**Tue,Thu, Jun 7-16 4:30-5:25 PM** .......... XRU63A

**Children’s Beginner Tennis**  
*(ages 6-9)*  
This is an ideal opportunity for your child to begin to develop coordination through an enjoyable lifetime sport. *Please Note: Most rained out classes are made up on Fridays.*  
Four 55-Min Sessions $36.00 Per Person  
Thompson Pk  
**Mon-Thu, Jul 11-14 11:00-11:55 AM** .......... XTA63A  
**Mon-Thu, Jul 18-21 9:00-9:55 AM** .......... XTB63A  
**Mon-Thu, Jul 25-28 11:00-11:55 AM** .......... XTC63A  
**Mon-Thu, Aug 1-4 9:00-9:55 AM** .......... XTD63A  
**Mon-Thu, Aug 8-11 11:00-11:55 AM** .......... XTE63A  
**Mon-Thu, Aug 15-18 9:00-9:55 AM** .......... XTF63A  
**Mon-Thu, Aug 22-25 11:00-11:55 AM** .......... XTG63A

**Cool Runners Fitness Camp**  
*(entering grades K-8)*  
Build your child’s self-confidence and stamina as we hit the trails and run for fun! Designed to meet every skill level, this action-packed program is taught in a relaxed, positive and supportive environment. Participants will build a foundation for healthy living as they learn proper running fundamentals including technique, form and nutrition. Exciting games, races and training activities will keep your child moving and motivated to reach all of their goals!  
Instructor: Robert Cavanaugh, Road Runners Club of America Certified Coach  
Six 1-Hr Sessions $108.00 Per Person  
Thompson Pk Old Orchard Parking Lot  
**Thu, Jul 7-Aug 11 5:30-6:30 PM** .......... XUF63A

**Disc Golf for Beginners**  
*(ages 8 and up)*  
Want to learn about disc golf? Our instructor will bring all the necessary equipment and teach you the ins and outs. Forty-five minutes of instruction will be followed by a fun round on the disc golf course at Wolf Hill Recreation Area.  
One 2-Hr Session $15.00 Per Person  
Wolf Hill Recreation Area Disc Golf Course  
*(ages 8-11)*  
**Thu, Jun 30 5:30-7:30 PM** .......... U4163A  
*(ages 12-15)*  
**Thu, Jul 7 5:30-7:30 PM** .......... U4263A  
*(ages 16 and up)*  
**Thu, Jul 14 5:30-7:30 PM** .......... U4363A

**Goofyfoot Skateboarding: Mini-Camps**  
*(ages 5-9)*  
Juniors mini-camps are for first time skateboarders. Hawks mini-camps are for beginners. Make-ups will be held on Fridays. Please see our Safe Skating section (page 27) for equipment needed.  
Four 55-Min Sessions $49.00 Per Person  
Seven Presidents Pk Skateplex  
**Juniors**  
*(ages 5-6)*  
**Mon-Thu, Jul 11-14 5:00-5:55 PM** .......... XNX63A  
**Mon-Thu, Jul 25-28 5:00-5:55 PM** .......... XNZ63A  
**Hawks**  
*(ages 7-9)*  
**Mon-Thu, Jul 11-14 6:00-6:55 PM** .......... XNY63A  
**Mon-Thu, Jul 25-28 6:00-6:55 PM** .......... XNZ63A

**Hat Trick Floor Hockey: Mini Camp**  
*(ages 4-6)*  
Hockey unplugged. No skates, pads or experience necessary. Wear sneakers while you learn to shoot, pass and control the puck. Shooting, passing and puck control taught through drills, demos and games.  
Four 55-Min Sessions $48.00 Per Person  
Dorbrook Rec Area  
**Tue-Fri, Jul 5-8 6:00-6:55 PM** .......... XS763A

**Intro to Kung Fu**  
*(ages 6-12)*  
Martial arts improve children's self-esteem, coordination, focus, physical fitness, and reduce stress. Learn the fundamental techniques of blocking, striking, and kicking while having fun.  
Six 45-Min Sessions $66.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
**Thu, Jun 9-Jul 14 5:00-5:45 PM** .......... MD063A
**Introduction to Gymnastics**  
*(ages 3-10)*  
For children who have never had prior gymnastic instruction, students will be introduced to the basic gymnastics events plus the trampoline.  

Four 45-Min Sessions $50.00 Per Person  
All American Gymnastics Cindy Lane, Ocean  
*(ages 3-4)*  
- Sat, Jun 4-25 9:00-9:45 AM ............. MD763A  
- Sat, Jun 4-25 10:00-10:45 AM .......... MD863A  
- Sat, Jun 4-25 11:00-11:45 AM .......... MD963A  
- Sat, Jul 9-30 9:00-9:45 AM ............. MDA63A  
- Sat, Jul 9-30 10:00-10:45 AM .......... MD663A  
- Sat, Jul 9-30 11:00-11:45 AM .......... MDG63A  
- Sat, Aug 6-27 9:00-9:45 AM .......... MDD63A  
- Sat, Aug 6-27 10:00-10:45 AM .......... MGE63A  
- Sat, Aug 6-27 11:00-11:45 AM .......... MDH63A  

*KIDS & TEENS*  

**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 $52.00 Per Person  
Dorbrook Rec Area  

**Summer Season 1**  
*(ages 4-5)*  
- Sat, Jul 9-30 9:00-9:55 AM ............. MC463A  
- Sat, Jul 9-30 10:00-10:55 AM .......... MC563A  
- Sun, Jul 10-31 10:00-10:55 AM .......... MC663A  

**(ages 6-7)**  
- Sat, Jul 9-30 11:00-11:55 AM .......... MC763A  

**Summer Season 2**  
*(ages 4-5)*  
- Sun, Aug 21-Sep 18 9:00-9:55 AM .......... MC863A  
  *No class 9/4*  
- Sun, Aug 21-Sep 18 10:00-10:55 AM .... MC963A  
  *No class 9/4*  

**Kids Kixx Soccer - Ladybugs**  
*(ages 4-6)*  
She shoots-she scores! In addition to our co-ed Kids Kixx classes we offer classes for girls only. Start your little girl off on the right foot.  

Four 55-Min Sessions $52.00 Per Person  
Dorbrook Rec Area  

**Summer Season 1**  
Sun, Jul 10-31 11:00-11:55 AM .......... MBR63A  

**Summer Season 2**  
Sun, Aug 21-Sep 18 11:00-11:55 AM .... MBS63A  
*No class 9/4*  

**Kids Kixx Soccer-League Ready**  
*(ages 5-7)*  
Take a step forward and prepare your child for a successful start to soccer league play. Our favorite soccer games including Red Light, Green Light and Sharks and Minnows will advance into mini scrimmages. Coaches will teach soccer terms, positions, and rules to help players get a feel for a real game.  

Four 55-Min Sessions $52.00 Per Person  
Dorbrook Rec Area  

Sun, Jul 10-31 12:00-12:55 PM .......... MBQ63A  

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**Junior Lifeguard**  
*(ages 11-15)*  
Come to the rescue! Participants will learn water safety in a fun environment. Learn all the basic elements of being a lifeguard to include general knowledge of lifeguard duties, water safety hazards and hands on first aid and rescue techniques. Participants will also be introduced to the profession of lifeguarding through exposure to standard lifeguard equipment and safety information. Certifications in First Aid, CPR & AED will be issued to successful candidates at the completion of the program.  

Six 1-Hr Sessions $150.00 Per Person  
Dorbrook Rec Area TPool  

Mon, Tue, Wed, Jul 11-20 10:00-11:00 AM ........ X0963A  
Mon, Tue, Wed, Jul 25-Aug 3 10:00-11:00 AM .......... X1063A  

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Program registration begins at 8:00 AM on Wednesday, May 4.
**Lacrosse 101 Co-Ed**  
*(ages 9-12)*  
Come and play in a re-LAX-ing fun, nonthreatening environment. We will prepare you for organized lacrosse without the threat of competition or the fear of getting hurt. Participants are required to bring a mouth guard and goggles. All other equipment will be provided. We will show you the proper techniques of shooting, passing, catching, cradling, stick handling and more!  
**Five 55-Min Sessions $46.00 Per Person**  
Dorbrook Rec Area  
Mon, Jun 20-Jul 25 4:30-5:25 PM .......... XNV63A  
Mon, Jun 20-Jul 25 5:35-6:30 PM .......... XNW63A

**Mini Minecraft™ Comes Alive!**  
*(ages 5-7)*  
Every wonder what it would be like to play your favorite game in real life? Minecraft™ Comes Alive! Experience the adventure at Big Brook Park! Scavenge and trade for wood torches, diamonds, and other treasures to create a realistic Minecraft™ event. Younger adventurers only.  
**One 1-Hr Session $12.00 Per Person**  
Big Brook Pk Sunfield Pavilion  
Tue, Jun 14 3:00-4:00 PM ............... U2363A  
Sat, Jun 25 9:30-10:30 AM ............. U2463A  
Wed, Jul 6 5:30-6:30 PM ............... U2563A  
Sat, Jul 23 9:30-10:30 AM ............. U2663A

**Minecraft™ Comes Alive!**  
*(ages 8-11)*  
Every wonder what it would be like to play your favorite game in real life? Minecraft™ Comes Alive! Experience the adventure at Big Brook Park! Scavenge and trade for wood torches, diamonds, and other treasures to create a realistic Minecraft™ event.  
**One 1-Hr & 30-Min Session $15.00 Per Person**  
Big Brook Pk Sunfield Pavilion  
Tue, Jun 14 4:30-6:00 PM ............... U2763A  
Sat, Jun 25 11:00 AM-12:30 PM ........ U2863A  
Wed, Jul 6 7:00-8:30 PM ............... U2963A  
Sat, Jul 23 11:00 AM-12:30 PM ........ U3063A 

**Private Softball Hitting Clinic**  
*(ages 7 and up)*  
Does your athlete need a little more special attention? Our coach will work with her 1-on-1, focusing on balance, quick hands, acceleration, weight transfer and strong follow through. If you are looking to improve your hitting game, this clinic is for you.  
**One 55-Min Session $48.00 Per Person**  
Dorbrook Rec Area  
Sat, Jun 25 9:00-9:55 AM ............... XU863A  
Sat, Jul 9 8:00-8:55 AM ............... XU963A  
Sat, Aug 13 9:00-9:55 AM ............... XUA63A

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**Thompson Park Day**  
Sunday, October 16, 11:00 AM-5:00 PM  
Thompson Park, Lincroft  
*Autumn fun for the entire family featuring:*  
Strut Your Mutt Doggie Costume Contest  
Scarecrow Contest • Square Dancing • Pumpkin Painting  
Meet the Mustangs • Explore Your Natural World & Gardens  
Wagon Rides • Entertainment • Rides • Kids Races  
Pottery Demonstrations • Ceramics • Archery • Canoeing  
Cross-Country Skiing • Climbing Wall • Dash for Cash  
Pie Eating Contest • Food Vendors • And so much more!  

For additional information:  
- **Strut Your Mutt Costume Contest sponsored by the Friends of the Parks - 732-975-9735**  
- **Scarecrow Contest - 732-732-872-2670, ext. 225**  
- **Pie Eating Contest - 732-542-1642, ext. 26**  
- **Food Vendors - 732-872-2670, ext. 223**  
- **General Event Information - 732-842-4000, ext. 4312**

www.MonmouthCountyParks.com
Skate Into Roller Hockey  
(ages 6-9) 
Skate to score! Learn to play roller hockey step-by-step. Early classes develop basic hockey skating skills including skating backwards, crossovers and hockey stops. Classes will then progress to hockey skills including stickhandling, passing and shooting. Please see our Safe Skating section for equipment needed for this program.  
Four 55-Min Sessions $44.00 Per Person  
Dorbrook Rec Area  
Sat, Jul 9-30 11:00-11:55 PM ............ XS963A

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 $50.00 Per Person  
Dorbrook Rec Area  
Sat, Jul 9-30 9:00-9:55 AM ............ XQC63A  
Sat, Jul 9-30 10:00-10:55 AM ............ XQD63A  
Sun, Jul 10-31 9:00-9:55 AM ............ XQE63A  
Sun, Jul 10-31 10:00-10:55 AM ............ XQF63A

T-Ball 2  
(ages 4-5) 
Do you love t-ball and want to improve your skills? You’ve found the perfect program! Ball players will continue developing their fielding, throwing and hitting skills in a fun and encouraging environment. Prior participation in our “T-Ball” or “T-Ball with Me & Dad/Mom” program is suggested.  
Four 55-Min Sessions $50.00 Per Person  
Dorbrook Rec Area  
Sat, Jul 9-30 11:00-11:55 AM ............ XQG63A  
Sun, Jul 10-31 11:00-11:55 AM ............ XQH63A

Teen Tennis  
(ages 13-17) 
Class is open to players that have had little or no tennis experience. Participants receive expert instruction in a small class. Work on proper grip and stance while developing your stroke techniques, while leaving time for match play. Please Note: Most rain-out classes are made up on Fridays.  
Four 55-Min Sessions $48.00 Per Person  
Thompson Pk  
Tue,Thu, Jun 7-16 10:00-11:00 AM ............ XS163A  
Tue, Thu, Jun 21-30 10:00-11:00 AM ............ XS263A  
Tue, Thu, Aug 2-11 10:00-11:00 AM ............ XS463A  
Dorbrook Rec Area  
Tue, Thu, Jul 5-14 3:00-4:00 PM ............ XS363A

T-Ball 2  
(ages 4-5) 
Do you love t-ball and want to improve your skills? You’ve found the perfect program! Ball players will continue developing their fielding, throwing and hitting skills in a fun and encouraging environment. Prior participation in our “T-Ball” or “T-Ball with Me & Dad/Mom” program is suggested.  
Four 55-Min Sessions $50.00 Per Person  
Dorbrook Rec Area  
Sat, Jul 9-30 11:00-11:55 AM ............ XQG63A  
Sun, Jul 10-31 11:00-11:55 AM ............ XQH63A

Youth Beginner Tennis  
(ages 10-12) 
An ideal intro to the game of tennis. Participants receive expert instruction in a small class. The young player develops proper grip and stance skills while grasping the concepts of ball placement and scoring. Please Note: Most rained out classes are made up on Fridays.  
Four 1-Hr & 55-Min Sessions $48.00 Per Person  
Thompson Pk  
Mon-Thu, Jul 11-14 9:00-10:55 AM ............ XTH63A  
Mon-Thu, Jul 18-21 9:00-10:55 AM ............ XQJ63A  
Mon-Thu, Aug 1-4 9:00-10:55 AM ............ XTK63A  
Mon-Thu, Aug 8-11 9:00-10:55 AM ............ XTM63A  
Mon-Thu, Aug 22-25 9:00-10:55 AM ............ XTN63A

Youth Intermediate Tennis  
(ages 10-12) 
Class is open to players who have had some tennis experience and have grasped the basics of the game. Students will learn to perfect their techniques and develop their style. Please Note: Most rained out sessions are made up on Fridays.  
Four 55-Min Sessions $48.00 Per Person  
Thompson Pk  
Mon-Thu, Jul 25-28 9:00-9:55 AM ............ XTP63A  
Mon-Thu, Aug 15-18 10:00-10:55 AM ............ XTF63A

SAFE SKATING  
Try it before you buy it!  
Don’t have the safety equipment you need? 
Unsure what equipment is right for your child? 
The Park System can provide most protective equipment for use during our skating programs.  
Required equipment that participant can borrow:  
• Hockey helmet with face mask  
• Kneepads with shinguards  
• Chest protector  
• Hockey gloves  
• Helmet with chin strap  
• Elbowpads  
• Wrist guards  
For details, contact the Sports & Fitness Division at 732-542-1642, ext. 25.

Required equipment that participant must provide:  
• Roller Hockey - Inline Skates  
• Skateboarding - Skateboard
MONMOUTH COUNTY FAIR

Monmouth County’s First Agricultural Fair!

Free Entertainment • 4-H Shows & Exhibits • Rides by Reithoffer Shows
Robinson’s Racing Pigs • Bwana Jim Wildlife Show • Mutts Gone Nuts
Hilby the Skinny German Juggle Boy • High Flying Pages • Horse Shows
Living History Interactive Displays • FFA Local Produce Stand
Home and Garden Demonstrations & Competitions
Monmouth County Park System Interactive Display
Variety of Delicious Food/Snack Vendors • Commercial Vendors • And much more!

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

Wednesday, July 27
5:00-11:00 PM

- Opening Night Fireworks (weather permitting)
- Ride Wristband Night
- Mutts Gone Nuts
- High Flying Pages
- FFA Farm Stand featuring local produce
- Firemen’s Competitions
- Robinson’s Racing Pigs
- Bwana Jim’s Wildlife Show
- Photo Booth

Main Stage: Amish Outlaws

Thursday, July 28
5:00-11:00 PM

- Ride Wristband Night
- Mutts Gone Nuts
- High Flying Pages
- FFA Farm Stand featuring local produce
- Robinson’s Racing Pigs
- Bwana Jim’s Wildlife Show
- Photo Booth

Main Stage: Dr. Cheeko

REGISTER ONLINE AT WWW.MONMOUTHCOUNTYPARKS.COM, CALL 732-842-4000, EXT. 1, OR BY MAIL SEE PAGES 86-87.
PROGRAM REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, MAY 4.

**MONMOUTH COUNTY FAIR**

Friday, July 29
5:00-11:00 PM

- Mutts Gone Nuts
- High Flying Pages
- FFA Farm Stand featuring local produce
- Robinson’s Racing Pigs
- Bwana Jim’s Wildlife Show
- Photo Booth

Main Stage: Rockit Count Basie Live

Saturday, July 30
3:00-11:00 PM

- Mutts Gone Nuts
- High Flying Pages
- FFA Farm Stand featuring local produce
- Robinson’s Racing Pigs
- Bwana Jim’s Wildlife Show
- Photo Booth

Main Stage: Jet Weston and His Atomic Ranch Hands

Sunday, July 31
11:00 AM - 6:00 PM

- Ride Wristband Day
- Mutts Gone Nuts
- High Flying Pages
- FFA Farm Stand featuring local produce
- Pie Eating Contest sponsored by Wemrock Orchards
- Robinson’s Racing Pigs
- Bwana Jim’s Wildlife Show
- Photo Booth

Main Stage: The Chuck Lambert Band

More Info?
732-842-4000, ext. 4312 • info@monmouthcountyparks.com • www.MonmouthCountyParks.com.
**ACTIVE ADULTS 55+**

**Active Adults Mini Adventure Sampler (adults)**
Not sure where, when or how to get started with your “active-adult” life? Let our Outdoor Adventures staff get you going. This action packed day at the Manasquan Reservoir includes kayaking, sailing, and naturalist interpretive boat tour. Be sure to wear clothes that can get wet, shoes that are closed toed/closed healed. All equipment is provided please bring a bag lunch, water bottle, sunscreen.

- One 4-Hr Session $60.00 Per Person $50.00 Additional Person
- Manasquan Res West Dock
  - Tue, Jun 21 9:30 AM-1:30 PM (approx) . . W0563X

**Gentle Yoga (adults)**
The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breathe control.

- Instructor: Sonya Burke, RYT Yoga Alliance Certified Instructor
- Eight 1-Hr Sessions $92.00 Per Person
- Fort Monmouth Rec Ctr Group Fitness Room
  - Mon, Jul 25-Sep 19 1:00-2:00 PM . . . . . . . XU463A
  - No class 9/5
- Henry Hudson Trail Act Ctr
  - Fri, Jul 22-Sep 16 12:00-1:00 PM . . . . . . . XU563A
  - No class 9/2

**Summer Senior Hikers (ages 55 and up)**
Enjoy our weekly hikes through scenic parks in Monmouth County. Due to terrain, hiking boots and walking sticks are recommended. A schedule of locations and dates will be sent upon registration.

**Location Varies Week to Week**

**Level 1 - Thursdays**
These hikes along our wooded trails cover 3-3 ½ miles in 1 ½ hours. Level 1 is the shortest distance and slowest-paced Senior Hiking Program.

- Eight 1-Hr & 30-Min Sessions $30.00 Per Person
  - Thu, Jul 7-Aug 25 9:30-11:00 AM . . . . . . . D8963A

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

- Nine 2-Hr Sessions $33.75 Per Person
  - Wed, Jul 6-Aug 31 9:30-11:30 AM . . . . . . . D8863A

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

- Nine 2-Hr Sessions $33.75 Per Person
  - Tue, Jul 5-Aug 30 8:30-10:30 AM . . . . . . . D8763A

**Level 3 - Fridays**
These hikes are at a moderate pace and go from 5-5 ½ miles in 2 hours. The Tuesday and Friday hikes are the same pace; however, the schedules are different than each other week to week. Level 3 is a much brisker paced hike than either Level 1 or Level 2, but easier than Level 4. Please Note: For the summer session only, Friday hikes begin at 8:30 AM.

- Nine 2-Hr Sessions $33.75 Per Person
  - Fri, Jul 8-Sep 2 8:30-10:30 AM . . . . . . . D9063A

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

- Eight 2-Hr Sessions $30.00 Per Person
  - Mon, Jul 11-Aug 29 8:30-10:30 AM . . . . D8663A

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**REGISTER EARLY!**
Don’t miss out on your favorite programs. If a minimum number of registrants is not met, a program may be cancelled. Register early to assist in helping your program meet its requirement.

Registration Starts May 4!
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.
Instructor: Mary Leather
Seven 3-Hr Sessions $140.00 Per Person
Thompson Pk Creative Arts Center
Thu, Jul 7-Aug 18 6:30-9:30 PM. .......... Z6363A

All Level Pottery Classes (adults)
Beginner and advanced students will learn or refine their pottery skills. Knowledgeable instructors will provide demonstrations and personal instruction in all aspects of wheel throwing and hand-building. Class includes 25 lbs. of clay, glazes and firing. Tools can be purchased at the studio.
Seven 3-Hr Sessions $140.00 Per Person
Thompson Pk Creative Arts Center
Instructor: Joanne Traskiewicz
Tue, Jul 5-Aug 16 9:00 AM-12:00 PM .... Z5663A
Instructor: Christina Carlson
Tue, Jul 5-Aug 16 4:00-7:00 PM .......... Z5763A
Instructor: Joanne Traskiewicz
Wed, Jul 6-Aug 17 9:00 AM-12:00 PM ... Z5863A
Instructor: Mary Leather
Wed, Jul 6-Aug 17 7:00-10:00 PM ...... Z5963A
Instructor: Joyce Nokes
Thu, Jul 7-Aug 18 9:00 AM-12:00 PM ... Z6063A
Instructor: John Fossa
Sat, Jul 9-Aug 20 11:30 AM-2:30 PM .... Z6163A
Instructor: Pete MacConnell
Mon, Jul 11-Aug 22 6:30-9:30 PM ....... Z6263A

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. Precast items and tools can be purchased at the Creative Arts Center. Fee includes firings, glazes, underglazes and instruction.
Instructor: Shelley Ziegler
Seven 3-Hr Sessions $84.00 Per Person
Thompson Pk Creative Arts Center
Thu, Jul 7-Aug 18 3:00-6:00 PM .......... Z6763A

Figure Sculpture Workshop (adults)
Interested in learning to sculpt the human figure from life or just want the opportunity to practice your skills? Join us for the day learning, practicing and perfecting the art of figure sculpture. Ten pounds of clay and firing are included in workshop. Price also reflects access to live model through the duration of the workshop.
One 6-Hr Session $75.00 Per Adult
Thompson Pk Creative Arts Center
Wed, Jun 22 9:00 AM-3:00 PM .......... Z3463A

Raku Pottery (adults)
This class will focus on the ancient art of Raku, a rapid firing process that produces rich metallic and smoky hues. An opportunity to participate in one or more alternative firing methods such as saggar or barrel will also be offered. Students must be proficient enough to work at their own pace. Class includes 25 lbs. of clay, glazes and bisque firing. Students will be charged per piece for Raku firing at the rate of $0.10 per cubic inch.
Instructor: Christina Carlson
Seven 3-Hr Sessions $140.00 Per Person
Thompson Pk Creative Arts Center
Tue, Jul 5-Aug 16 7:00-10:00 PM ....... Z6463A
Fri, Jul 8-Aug 19 10:00 AM-1:00 PM .... Z6563A
Pottery Workshop with Tom White

(adults)

This “hands-on” workshop with master potter Tom White is geared towards improving your throwing skills and to help you develop more ease and confidence. Tom will demonstrate a number of different forms, pitchers, teapots, covered casseroles and flasks. He will be demonstrating techniques but there will also be plenty of time for the participants to practice throwing under his guidance. You must have some throwing experience, however, all can benefit from this workshop, from beginner through advanced potters. Clay as well as light refreshments are included during Saturday’s session. Tom White is a full time studio potter of 36 years from Northfield, MA. He is represented by numerous galleries throughout the United States. He has presented workshops at the Penland School of Crafts, The Pratt Institute of Art and the University of Massachusetts. His work has been featured in Ceramics Monthly and American Craft. To learn more go to www.tomwhitepottery.com.

Please Note: The Saturday session will run from 3:00-8:00 PM and the Sunday from 11:00 AM-4:00 PM.

Two 5-Hr Sessions $150.00 Per Person
Thompson Pk Creative Arts Center
Sat-Sun, Jun 11-12 3:00-8:00 PM ........ Z5263A
Saturday 3:00-8:00 PM; Sunday 11:00 AM-4:00 PM

Sculpture Class

(adults)

Beautiful sculptural forms will be the focus of this pottery class. The instructor will share techniques for building, supporting and firing your own handbuilt creations. Pottery wheels will be available for students who wish to work independently. Class includes 25 lbs. of clay, glazes and firings.
Instructor: Katie Stone
Eight 3-Hr Sessions $160.00 Per Person
Thompson Pk Creative Arts Center
Wed, Jul 6-Aug 24 1:00-4:00 PM ........ Z3763A
Wed, Jul 6-Aug 24 6:30-9:30 PM ........ Z3863A

Drawing & Painting

Color Pencil Basics Workshop

(adults)

Color pencil drawing can yield some beautiful finished works and is the perfect medium to introduce color into your drawings. This workshop will focus on how to use color pencil to its fullest potential. All participants will leave with a finished still life potential. Basic drawing skills are suggested, however not required.
Artist/Instructor: Katie Stone
One 3-Hr Session $25.00 Per Person
Thompson Pk Creative Arts Center
Thu, Jun 23 1:00-4:00 PM ................. Z3963A
Tue, Aug 23 9:00 AM-12:00 PM ........... Z4163A

Creative Illustration

(adults)

Delve into your imagination! This exciting class will provide practical, inspiring, and creative exercises which will expand your art skills and provide a framework for integrating your imagination and fine art into finished illustrations. We will discuss the history of illustration, the importance of keeping a sketchbook, developing your own reference material library, mediums and substrates, and techniques to allow you to develop your personal signature style. Focusing on individual subject matter you love, you will be led through several illustration exercises that we will develop into complete mixed-media creations. Advanced drawing skills not required.
Instructor: Ericka O’Rourke
Six 2-Hr & 30-Min Sessions $80.00 Per Person
Clayton Park Kitchen Act Ctr
Tue, Jul 12-Aug 16 10:00 AM-12:30 PM .. Z5563A

Evening Watercolor Workshop

(adults)

Watercolor is a relaxing and attractive medium. This evening class is a great way to unwind after a busy day. Beginner and advanced students will enjoy learning new techniques as well as traditional watercolor methods. A supply list will be sent upon registration.
Instructor: Maryann Goodwin
Six 2-Hr Sessions $78.00 Per Person
Thompson Pk Creative Arts Center
Wed, Jul 13-Aug 24 6:30-8:30 PM ........ Z7463A
No class 7/27
Intermediate Drawing
(adults)
This course is designed for students who have basic drawing experience and would like to develop their skills. Join us as we work to perfect your ability by introducing some different techniques that will focus on line, value and shadow to bring your drawings to the next level. A supply list will be provided upon registration.
Artist/Instructor: Katie Stone
Seven 1-Hr & 30-Min Sessions $84.00 Per Person
ThompsonPkCreativeArtsCenter
Thu, Jul 14-Aug 25 1:00-2:30 PM ........ Z4263A

Intro to Traditional Painting
(adults)
Designed specifically for the novice painter, students will explore traditional painting techniques such as use of color, line and medium, as well as painting from observation. A supply list will be provided upon registration.
Seven 2-Hr Sessions $87.00 Per Person
ThompsonPkCreativeArtsCenter
Instructor: Katie Stone
Mon, Jul 11-Aug 15 9:00-11:00 AM ...... Z3563A
Instructor: Gina Torello
Mon, Jul 11-Aug 22 4:30-6:30 PM ........ Z9063A

Intro to Drawing
(adults)
Ever wanted to learn to draw? In this beginner class, we will cover the fundamentals of drawing including shading, composition and line. No prior experience is necessary. A supply list will be provided upon registration.
Artist/Instructor: Katie Stone
Six 1-Hr & 30-Min Sessions $72.00 Per Person
ThompsonPkCreativeArtsCenter
Thu, Jul 14-Aug 25 4:30-6:00 PM ........ Z4363A
No class 7/28

Introduction to Watercolor
Painting
(adults)
In this inspiring art class, explore the world of watercolor as you experiment with paints, brushes, various watercolor papers, and endless watercolor techniques. Work from subject matter such as still life, landscape, floral, abstraction, or any subject matter that truly inspires you. Watercolors are beautiful, rich and luminescent, and artists have been fascinated by the mystery of watercolor painting for centuries. No artistic background necessary; this class is for beginners, and all levels are welcome.
Instructor: Ericka O’Rouke
Six 2-Hr Sessions $78.00 Per Person
ClaytonParkKitchenActCtr
Wed, Jul 13-Aug 17 10:00 AM-12:00 PM .. Z5463A

Eco Elephant Family Flea Market

Looking for a bargain or a treasure? Find that and more as you browse our vendors!
New items, furniture, antiques, novelties...you never know what trinkets you’ll discover.
Bring the whole family or a few friends for this relaxing day of bargain hunting.
FREE ADMISSION

Looking for the perfect setting to sell your slightly used items or fabulous goods?
Get a table and offer them to our visitors. Vendor spaces in our beautiful park setting are available to private citizens looking to sell unwanted items, commercial vendors offering “eco-friendly” products, direct sales and non-profit organizations looking for a venue. Vendors provide their own tables, tents, merchandise and genial attitude.

For more information, contact Al Weaver at 732-542-1642, ext. 31, or aweaver@monmouthcountyparks.com.
**More Than a Sketch**  
(adults)  
You may think it’s just a doodle but there is a method behind putting pencil to paper. Discover the proper techniques to achieve more sophisticated drawings. Practicing traditional drawing exercises can help you develop your skills and grow as an artist. Bring a sketch book, eraser and a set of drawing pencils (at least 3 different grades) to class.  
Instructor: Joyce Nokes  
Six 1-Hr & 30-Min Sessions $66.00 Per Person  
Clayton Park Kitchen Act Ctr  
**Tue, Jul 12-Aug 16 6:00-7:30 PM . . . . . . . . Z9263A**

**Painting: All-Level**  
(adults)  
If you are ready to perfect your painting skills, this course is geared toward you. Designed for painters with some experience, the focus of this class will be fine-tuning and developing technique. Come ready with ideas the first day to start painting.  
Artist/Instructor: Katie Stone  
Seven 2-Hr Sessions $87.00 Per Person  
Thompson Pk Creative Arts Center  
**Mon, Jul 11-Aug 22 11:30 AM-1:30 PM . . . . . . . . Z3663A**

**Spring Plein Air Workshop**  
(adults)  
Become inspired as we follow in the footsteps of Monet, Cezanne and van Gogh! Take home your personal image of Deep Cut Gardens! Inspired by the height of spring color, participants in this two-day workshop will become comfortable rendering the beautiful landscape in their media of choice with one-on-one guidance by professional artist Lizzi Schippert, NJWCS. Kindly refer to the materials list provided upon registration for helpful suggestions. Bring your own supplies or register “w/rental” to use ours.  
Deep Cut Gardens  
**Single Session**  
One 3-Hr Session $25.00 Per Person no rental  
$35.00 Per Person w/rental  
**Sat, Jun 4 10:00 AM-1:00 PM . . . . . . . . . IN963X**  
**Sun, Jun 5 10:00 AM-1:00 PM . . . . . . . . . INA63X**  
**Full Weekend**  
Two 3-Hr Sessions $48.00 Per Person no rental  
$68.00 Per Person w/rental  
**Sat-Sun, Jun 4-5 10:00 AM-1:00 PM . . . . . . . . IN863X**

**Watercolor Adventures: All About Flowers**  
(adults)  
Flowers have been an enduring favorite subject of many painters and it’s no secret why! The instructor will demonstrate how to make your very own floral painting in this intensive class. You will learn how to capture the flower’s beautiful color and forms in the medium of watercolor and leave the class with some great, original techniques.  
Artist/Instructor: Jane Lux  
Six 2-Hr & 30-Min Sessions $126.00 Per Person  
Thompson Pk Creative Arts Center  
**Fri, Jul 8-Aug 19 1:00-3:30 PM . . . . . . . . . Z7863A**  
**No class 8/5**

**Watercolor: Painting Trees**  
(adults)  
Looking to further enhance your watercolor skills? Discover watercolor techniques that include: creating bark, painting foliage, and reproducing different tree varieties. This class is for intermediate to advanced students who took the intro lesson or who have taken classes someplace else before and understand the basics of watercolor. Please bring your general watercolor supplies.  
Instructor: MaryAnn Goodwin  
Two 2-Hr Sessions $32.00 Per Person  
Thompson Pk Creative Arts Center  
**Thu, Aug 18-25 6:30-8:30 PM . . . . . . . . . Z8463A**

Register online at www.MonmouthCountyParks.com, call 732-842-4000, ext. 1, or by mail see pages 86-87.
**Jewelry**

### Introduction to Precious Metal Clay Workshop
*(adults)*
Create beautiful fine silver jewelry with precious metal clay. Our certified instructor will walk you through some basic jewelry projects - you are the designer. Precious Metal Clay (PMC) is fine silver particles suspended in a clay binder. It is so easy to work with anyone can create beautiful pure silver jewelry! Tools are supplied for class use. A materials fee of $30 (cash only please) is payable to instructor Jeong Eun Kim.

**One 4-Hr Session $30.00 Per Person**
Thompson Pk Creative Arts Center
**Tue, Jul 12 2:00-6:00 PM ................. Z7763A**
**Sat, Aug 6 9:00 AM-1:00 PM ............. Z7663A**

### Precious Metal Clay Basics
*(adults)*
Precious Metal Clay (PMC) is fine silver particles suspended in a clay binder. It is so easy to work with; anyone can create beautiful fine silver jewelry! Our certified instructor will teach beginners the basics of this up and coming art and assist more advanced students with their independent projects. A materials fee of approximately $30 is payable to instructor for Precious Metal Clay (depending on fair market value). Tools are supplied for class use. An optional supply list will be provided at the first session.
Instructor: Jeong Eun Kim

**Six 3-Hr Sessions $138.00 Per Person**
Thompson Pk Creative Arts Center
**Mon, Jun 6-Jul 18 6:30-9:30 PM ........... Z7563A**
**No class 7/4**

### Textured Copper Tile Jewelry
*(adults)*
Texturing with brass plates and hammers make a copper tile bracelet or pendant come to life! Learn the proper way to cut metal, make jump rings, toggle clasps, and use a metal file and hammer. Learn to rivet the textured tile to a back plate to add interest and another layer of design. A $15.00 materials fee is payable to instructor Lena Pfeffer.

**One 5-Hr Session $40.00 Per Person**
Thompson Pk Creative Arts Center
**Sat, Jul 16 9:00 AM-2:00 PM .............. Z8963A**

**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 simple 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. PLEASE BE ABLE TO OPERATE THE SEWING MACHINE YOU ARE BRINGING TO CLASS. A supply list will be forwarded upon registration.
Instructor: Janice Beeby

**Six 2-Hr & 30-Min Sessions $80.00 Per Person**
Fort Monmouth Ctr Prog Rm C (120)
**Thu, Jun 23-Jul 28 7:00-9:30 PM .......... Z5363A**

### Knit or Crochet Your Choice
*(ages 15 and up)*
Here is an opportunity to learn both knitting and/or crocheting. Learn the basics or improve your skills. Instructor Shelley Ziegler will be available to assist individuals with any project they may choose.

**Six 2-Hr Sessions $68.00 Per Person**
Thompson Pk Vis Ctr Tulip Room
**Thu, Jul 7-Aug 11 6:30-8:30 PM .......... Z6863A**

### A Journey Into Fused Glass
*(adults)*
This workshop provides a hands-on introduction to glass fusing and its many possibilities. Each session explores a different fusing technique while teaching you to cut, grind, layer and slump different types of glass. From tiles to dishes to jewelry, the possibilities are endless. A materials fee of approximately $65 is payable to instructor Yvonne Yaar on the first day of class.

**Six 2-Hr Sessions $88.00 Per Person**
Thompson Pk Creative Arts Center
**Tue, Jul 19-Aug 23 6:00-8:00 PM ........ Z8863A**
Calligraphy
(adults)
Learn the art of “Beautiful Writing” step by step and be able to do your own invitations, greeting cards, posters, etc. The instructor will demonstrate examples and guide each student individually in copying the letterforms. A materials fee of $42 is payable to the instructor on the first day of class for all supplies.
Instructor: Lilo Meany
Eight 2-Hr Sessions $76.00 Per Person
Thompson Pk Creative Arts Center
Wed, Jul 6-Aug 31 1:00-3:00 PM ......... Z4063A
No class 8/10

Feed Bag Tote Bag
(ages 14 and up, under 18 with adult)
Recycle/upcycle your trash into something useful! We will use colorful bags that once held bird seed to create a sturdy tote bags. All materials will be supplied.
One 1-Hr & 30-Min Session $12.00 Per Person
Manasquan Res Env Ctr
Mon, Aug 8 6:00- 7:30 PM ............... I4563A

Photography
Adobe Lightroom
(adults)
Adobe Lightroom is the best way to finish a photograph. Lightroom is the “Digital Darkroom”, giving you the tools you need to enhance your images and bring them to the next level. This class will give you an in-depth look at Lightroom, from image-management to editing to final output; the main concentration will be image editing. We will also examine shooting RAW vs JPEG. Find out how you can bring out the best in your photos with Lightroom! You must bring a laptop with Adobe Lightroom 4 or above installed; earlier versions are not supported.
Instructor: Gary Dates
Six 2-Hr Sessions $75.00 Per Person
Thompson Pk Vis Ctr Beech Room
Tue, Jun 7-Jul 12 10:00 AM-12:00 PM . . . . Z8163A

Digital SLR 2
(adults)
This class is specifically designed for those who have participated in the “Meet Your DSLR” class at Thompson Park or anyone with a basic understanding of the so-called “exposure Triangle”: shutter speed, aperture and ISO. We will explore the process of finding the best exposure for any given situation. We will also explore the RAW file format vs JPEG, and the pros and cons of each. This is not an advanced class! It is a class for anyone who has a basic understanding of Manual exposure and would like to gain more confidence shooting manually. You will need either a DSLR or one of the newer mirrorless cameras that can shoot in Manual mode (please consult instructor Gary Dates for camera eligibility (gary@garydatesphotos.com).
Four 2-Hr Sessions $54.00 Per Person
Thompson Pk Vis Ctr Beech Room
Tue, Aug 2-23 6:30-8:30 PM .......... Z8263A
Photography Exploration in Our Parks
(adults)
Develop your creative eye this season at one of your county parks. Join professional photographer and long-time Park System volunteer Michael S. Miller of Visions Photographic Workshops as he guides you through techniques of composition and exposure and helps you to develop your creative vision. These explorations are for photographers with knowledge of their camera who would like to develop their creative eye. Tripods are highly recommended.

**Early Morning Reservoir Exploration**
Enjoy the Manasquan Reservoir from a unique perspective on the water. A portion of this photo exploration will be spent capturing images from the County tour boat on the Reservoir and the rest will be spent on dry land.

One 3-Hr Session $30.00 Per Person
Manasquan Res Env Ctr
Fri, Jun 17 7:00-10:00 AM .............. WAR63A

**County Fair Photo Adventure**
Ooh! Aahh! Spend time wandering the Monmouth County Fair on opening night capturing the many sites around you. Finish off the evening learning how to capture the thrill of those magnificent fireworks! Admission to the County Fair is included. You will meet at the front gate; give yourself time for traffic and parking. A tripod is a must for capturing the fireworks.

One 3-Hr Session $30.00 Per Person
East Freehold Pk Outdoor Area
Wed, Jul 27 6:30-9:30 PM .............. WAQ63A

**Sunset from Mount Mitchill Scenic Overlook**
At 266 feet this Atlantic Highlands park sits on the highest natural elevation on the Atlantic seaboard (excluding islands). Capture the beautiful views of Sandy Hook, Sandy Hook Bay, Raritan Bay, and the New York City skyline as the sun sets.

One 2-Hr Session $25.00 Per Person
Mt. Mitchill
Thu, Aug 18 6:30-8:30 PM .............. WAS63A

Calling All Photographers!
Don’t miss your opportunity to enter our 2017 Deep Cut Gardens Photography Exhibition!

**Theme**: A Different Perspective - A Fresh Look at the Features of Deep Cut Gardens.
Open to all photographers age 18 and up.
Entries will be accepted from October 21-November 18, for exhibition in January 2017.

Rules and entry form available on our website on the Deep Cut Gardens page.
www.MonmouthCountyParks.com

CULINARY ARTS

**American Backyard BBQ**
(adults)
It’s time to grill! American food uses global ingredients and combinations. So, let’s go outside and grill up some of them! clams with a spicy Thai-coconut sauce, Texas-style grilled shrimp and Mexican avocado bruschetta will start us off. Then, a grilled Romaine Caesar Salad followed by corn-on-the-cob basted with pesto butter, asparagus with lemon olive oil to accompany our twin entrees - Chipotle marinated flat iron steak and garlic & mint butterflied leg of lamb. Some NJ strawberry ice cream and grilled peaches will finish us off! Come tonight, sit back and relax while Chef Peter DeCelie cooks for you in this demonstration class.

One 3-Hr & 30-Min Session $48.00 Per Person
Dorbrook Rec Area Vis Ctr
Tue, May 31 6:00-9:30 PM .................. ABX62A

**Bulgogi & Fried Rice**
(adults)
This Korean classic dish is slowly making an appearance on local menus. Learn how to develop the authentic flavors of this marinated beef recipe along with fried rice. This class is hands-on.
Instructed by: Song Cha & Candice Wells
One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jul 7 6:30-8:30 PM ................... A9763A

**Classic BBQ Recipes**
(adults)
These are the classics! Purchasing, basting, off heat cooking, sauces, dry rubs, carving and serving will be a few of classics discussed tonight. Summer is on its way, so learn how simple preparation of these classics will pay yummy dividends in the backyard for you and your guests. We’ll start with the simple side dishes - coleslaw, baked beans and watermelon salad. Then, grill up some bratwursts and buttery corn. Next, we’ll talk about the merits of dry rub vs. marinade and cook examples of each - spicy sesame chicken and ancho tequila chicken. For our main courses-grilled honey mustard basted pork tenderloin, zesty garlic marinated flat iron steak and lime & cilantro shrimp kabobs. Dessert- ice cream, of course! So, sit back and enjoy while Chef Peter DeCellie cooks for you in this demonstration class.

One 3-Hr & 30-Min Session $48.00 Per Person
Dorbrook Rec Area Vis Ctr
Tue, Jun 14 6:00-9:30 PM ................. AA863A
Community and Connection (adults)

When we buy local foods and eat seasonally, we create a very real connection with our physical world and are able to more fully participate in the lives of our neighbors. Explore the health benefits of seasonal foods and what it means to live in community as we celebrate the diversity of food available to us from our local area and own backyards. Class will be taught in demonstration and hands-on format by Judith Alfano & Rebekah Allocco.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jul 14 6:00-8:00 PM ................. AAJ63A

Cupcake Cheesecakes (adults)

Life's short, eat cheesecake first! Gingersnaps & apple pie, lemon crisps and cherry and Oreos and chocolate will be the crusts and toppings you will bake. Your party guests will be impressed when these are served. Class is hands-on and instructed by Song Cha & Candice Wells.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Aug 4 6:30-8:30 PM ................. AA363A

Egg Rolls & Empanada (adults)

Learn how to make these ethnic, quick and delicious appetizers. The traditional egg roll and empanada have been beefed up to a meaty existence. Mother and daughter team Song Cha and Candice Wells will demonstrate and assist you how to make these recipes. Class will be taught in demonstration and hands-on formats.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jun 9 6:30-8:30 PM ................. A9463A

Japchae - Korean Noodle Stir Fry (adults)

Fall in love with a Korean dish with noodles made from sweet potatoes. This vegetable stir fry is delicious and the most common potluck dish in the Korean culture. For a peek at this recipe - visit www.maangchi.com/recipe/japchae. This class is hands-on.

Instructed by: Song Cha & Candice Wells
One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jun 30 6:30-8:30 PM .................... A9663A

Kalbi & Kimbap (adults)

Korean food is now commonly found on the menu of local restaurants. You can learn to make authentic Korean BBQ and a delicious side dish called Kimbap. Steamed rice with a seaweed wrap with vegetables and crab meat is Korea’s answer to sushi. This recipe is inexpensive and easy to make. It will sure impress your friends at parties. This class is hands-on. Instructed by Song Cha & Candice Wells.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jul 28 6:30-8:30 PM .................... AAK63A

Rib Rub & Potato Salad (adults)

It’s summer and time to BBQ! You’ll learn how to make your own rub and how to prep ribs for a summer barbecue using charcoal. As the ribs smoke, you will also learn secrets to a southern potato salad. Class is taught in demonstration and hands-on formats by Latif Crudup & Candice Wells.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Thu, Jul 21 6:30-8:30 PM .................... A9563A

Sweet Potato Desserts (adults)

Let’s bake and use sweet potatoes as the main ingredient. You’ll bake sweet potato pound cake with orange glaze icing and a sweet potato cheesecake. Class is hands on and instructed by Song Cha & Candice Wells.

One 2-Hr Session $45.00 Per Person
Dorbrook Rec Area Vis Ctr
Tue, Aug 30 6:30-8:30 PM ................... A4463A
**What’s Eating You? (adults)**
Mindfulness is gaining in popularity as the practice is demonstrated to reduce stress and promote overall well-being. In this workshop, we apply secular mindfulness practices to the kitchen, exploring techniques for focusing attention and cultivating awareness. Topics include mindful cooking when you’re busy, mindful cooking with children and families, and mindful cooking for health and wellness. Class will be taught in demonstration and hands-on formats by Judith Alfano & Rebekah Allocco.

*One 2-Hr Session $45.00 Per Person*
Dorbrook Rec Area Vis Ctr
*Wed, Jul 20 6:00-8:00 PM ................. AAH63A*

**Aviation Ground School Private Pilot - Learn to Fly (adults)**
This is an introductory course for non-pilots and student pilots who plan to take the FAA written test for private pilot training. Areas include theory of flight and airplane performance, navigation, interpretation of weather, flight planning, and practical aspects of cross-country flying. Don’t miss this excellent preparation tool for your written exam.

Instructor: Thomas Flieger
*Ten 3-Hr Sessions $150.00 Per Person*
Fort Monmouth Rec Ctr Prog Rm C (120)
*Mon, Jun 13-Aug 22 6:00-9:00 PM ....... MCW63A*
No class 7/4

**About Boating Safely (ages 13 and up)**
Prepare yourself for a safe and exciting summer on the beautiful Jersey Shore! Join us for a comprehensive one-day course and receive the New Jersey State Police Certificate which is required for all power watercraft operators. Taught in a relaxed and comfortable environment, certified instructors will cover general information about boats and maintenance, navigation rules and regulations, and state specific laws. You will feel confident as you learn about boating safety, preparing for an enjoyable outing, and what to do in the event of an emergency. Taught by the US Coast Guard Auxiliary Flotilla 16-07. Please bring lunch and snacks.

*One 8-Hr & 30-Min Session $70.00 Per Person*
Thompson Pk Vis Ctr Beech Room
*Sat, Jun 11 8:30 AM-5:00 PM ............... XSH63A*

**Coffee Club Mahjong (adults)**
Shuffle your tiles and build your walls as you play this ancient, fast-paced Asian game. Both American rules and Chinese rules will be followed. All levels welcome.

*Seven 2-Hr Sessions $25.00 Per Person*
Fort Monmouth Rec Ctr Atrium Room
*Tue, Jun 14-Jul 26 9:30-11:30 AM .......... MB463A*
*Tue, Aug 2-Sep 13 9:30-11:30 AM .......... MB563A*

**Save a Life! Basic Life Support (BLS) for the Healthcare Provider (adults)**
Designed for healthcare professionals, this extensive hands-on course will prepare you to recognize and confidently respond to several life-threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life-saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card that is valid for two years.

*One 3-Hr & 30-Min Session $65.00 Per Person*
Thompson Pk Vis Ctr Beech Room
*Mon, Jun 27 6:00-9:30 PM ................. XT263A*
*Mon, Jul 18 7:00-9:30 PM ................. XSQ63A*
*Mon, Aug 1 7:00-9:30 PM ................. XSR63A*

**Save a Life! CPR AED Certification (ages 14 and up)**
Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself! Learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card that is valid for two years.

*One 2-Hr & 30-Min Session $55.00 Per Person*
Thompson Pk Vis Ctr Beech Room
*Mon, Jun 13 7:00-9:30 PM .................. XSP63A*
*Mon, Jul 18 7:00-9:30 PM ................. XSQ63A*
*Mon, Aug 1 7:00-9:30 PM ................. XSR63A*
Save a Life! Pediatric CPR and First Aid (ages 14 and up)
Have you ever wondered what you would do if faced with an emergency? Don't wait until it's too late - take action now! Join us as we master life-saving first aid, CPR and AED skills specifically for children and infants. This hands-on course is designed to meet the regulatory and credentialed training requirements for child-care workers in all 50 states. Taught in a relaxed and comfortable environment, certified instructors will leave you feeling confident and prepared as you respond to various scenarios including medical, injury and environmental emergencies. Upon completion, participants will receive a Pediatric First Aid Course Completion Card that is valid for two years.
One 2-Hr & 30-Min Session $65.00 Per Person
Thompson Pk Vis Ctr Beech Room
Sat, Jun 18 10:00 AM-12:30 PM .......... XT563A

Creative Spa Night (adults)
Curious what all the rage is about adult coloring? Already hopped on the bandwagon and would love to “color in community” with like-minded people? Join us for a zen way to end the week! After a brief guided meditation to help you tap into your creativity, we’ll make and apply a ‘zen blend’ essential oil roll-on. Then, choose a page from an adult coloring book to color in a meditative state. All supplies will be provided, but feel free to bring your own coloring book, pencils & markers. Please wear comfortable clothing.
One 2-Hr Session $30.00 Per Person
Tatum Pk Holland Act Ctr
Fri, Jun 10 7:00-9:00 PM ................ A6363A

Back to Nature: Women’s Yoga Retreat (adults)
Need to really relax? Need some “me” time? Love the idea of reconnecting to the simplicity of nature? Join us for a day outdoors as we spend time slowing down and discovering some tools to help us find harmony and balance in the active days ahead! We will begin with a short hike, and then conduct some gentle yoga practices on the grass to help cool the body. Next we will make our way toward the Navesink River. We will kayak out to a quiet location, enjoy a nice picnic lunch, discuss ways to navigate the summer gracefully and paddle back. Please make sure to bring plenty of water for the day, and a picnic lunch. You will also need a blanket, towel, or sheet for your yoga practice. Please dress in comfortable clothes and wear sturdy shoes for walking in the woods. Don't forget sunscreen, insect repellent, and a hat. All equipment for kayaking will be provided.
One 7-Hr Session $50.00 Per Person
Hartshorne Wds Rocky Point Parking Lot
Sat, Jun 18 9:00 AM-4:00 PM (approx) ... IM763A

Finally Thin Now (ages 16 and up)
Conquer your food cravings and inner critic. This workshop addresses the emotional side of what’s stopping you from achieving your desired body and addressing your relationship with food. Dee Ballington, Transformational Life Coach, teaches you how to use the Law of Attraction to deliberately create your future, awesome self! Emotional Freedom Techniques (EFT) or Tapping, is an energy healing modality that aids in the unblocking of subconscious and conscious limiting thoughts that prevent you from moving forward with your weight loss efforts. The two work in perfect synchronicity. Bring a sample of your favorite food that you crave. Interactive EFT and Law of Attraction techniques and processes will be used, a guided meditation, and tools to take home to support overcoming your food cravings and inner critic will also be provided.
One 2-Hr Session $35.00 Per Person
Fort Monmouth Rec Ctr Prog Rm C (120)
Sat, Jun 18 10:00 AM-12:00 PM .......... A8663A
Sat, Jul 16 10:00 AM-12:00 PM .......... A8763A
Sat, Aug 6 10:00 AM-12:00 PM .......... A8963A
**EFT Weight Loss Support Group**  
*(ages 16 and up)*  
Let’s conquer your food triggers and inner critic together in this weekly support group! Overcome emotional eating patterns that are sabotaging your efforts with EFT, Emotional Freedom Technique, also known as meridian tapping, and positive psychology. Identify the emotions behind food cravings, then releasing them to result in a new, healthier association with your food.  
**Six 1-Hr Sessions $60.00 Per Person**  
Fort Monmouth Rec Ctr Prog Rm D (121)  
*Wed, Jul 6-Aug 10 7:00-8:00 PM .......... AA963A*

**EFT for Pain Management**  
*(adults)*  
Have you broken a bone and continue to have pain from it? EFT (Emotional Freedom Technique) or meridian tapping, is an energy healing modality that combines gentle tapping with your fingers on Chinese acupressure points, with modern psychology that addresses the emotional side of the trauma behind the pain you are experiencing. Dee Ballington, Transformational Life Coach, will take you through this holistic, self-help method to reduce the pain you are feeling now. Students will also be taken through a guided meditation on restoring the body to natural well-being.  
**One 2-Hr Session $35.00 Per Person**  
Fort Monmouth Rec Ctr Prog C (120)  
*Tue, Jun 28 6:00-8:00 PM ................. A9163A  
Sat, Jul 23 10:00 AM-12:00 PM .......... A9363A  
Tue, Aug 9 6:00-8:00 PM ................. A9263A*

**Essential Oils & Natural Hair Care**  
*(adults)*  
Join Lora Sasiela for a fun education event focused on crafting essential oil infused products to support natural hair care. During this hands-on workshop, you’ll make and take home a hot oil conditioning serum, a balancing hair tonic rinse and a “beach blown” hair mist. We’ll also discuss using essential oils for different hair care needs.  
**One 1-Hr & 15-Min Session $22.00 Per Person**  
Dorbrook Rec Area Vis Ctr  
*Sun, Jul 17 1:00-2:15 PM ................. AAB63A*

**Health in Hand**  
*(adults)*  
These informative workshops are presented by Dr. Chris Storti, Chiropractor, who has been in private practice for 15 years. He does volunteer work to bring wellness and disease prevention to communities and also teaches in a local technical school.  
**One 2-Hr Session $5.00 Per Person**  
Thompson Pk Vis Beech Room  
*A Drug Free Approach to Treating Learning and Behavioral Challenges*  
Autism has been classified as a spectrum disorder, which means it has many different causes and symptoms. In this session, we will teach you strategies that you can use to diminish the challenging behaviors of Autism, ADHD and more.  
**Thu, Jun 30 6:00-8:00 PM ................. AAG63A**

**New Solutions to Accelerated Weight Loss**  
Weight is a symptom of many factors, more than diet and exercise. We will review areas that are undermining your weight loss. For example, when you have pain, your body produces insulin and causes you to store fat and sugar in the cells! This and much more will be revealed.  
**Thu, Jul 21 6:00-8:00 PM ................. A9963A**

**How to Know If Your Kids Are On Drugs**  
Seventy-five percent of heroin use starts as prescription drug use. Today’s youth are given pain killers for issues like sports injuries and dental work and then sometimes become addicted to the opiates. This talk focuses on the natural ways to reduce pain in children and help them to avoid the path to drugs.  
**Thu, Aug 18 6:00-8:00 PM ................. AA063A**

**Summertime Survival with Essential Oils**  
*(adults)*  
Join Lora Sasiela for a fun and educational event focused on crafting essential oil infused products to support us during the summertime. At this hands-on workshop, you’ll make and take home a Bug Off Spray, a Minty Cooling Mist and a Cellulite-Be-Gone Body Butter.  
**One 1-Hr Session $22.00 Per Person**  
Dorbrook Rec Area Vis Ctr  
*Sun, Jun 12 1:00-2:00 PM ............... AAA63A*
**Take Your Vitamins**
(adults)
We are all unique! Find out which vitamins are for you! New and exciting information will be discussed on how prescribed and over the counter medication can strip needed nutrients in the body. We will also focus on how lifestyle, eating habits and hereditary history impact nutrition and wellness. A free nutrition and health assessment is provided to all attendees.
Presented by: Christine Minarchenko
One 2-Hr Session $15.00 Per Person
Thompson Pk Vis Ctr Tulip Room
Wed, Jul 20 6:00-8:00 PM .......... A7063A
Sat, Jul 23 10:00 AM-12:00 PM .......... A7463A

**Introduction to Tai Chi Chih® Discipline - Joy Through Movement**
(adults)
A great way to learn more about Tai Chi Chih. The Chih method teaches the ancient art of “moving meditation” in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress reliever and physical conditioner.
Instructor: Dan Pienciak
Two 1-Hr & 30-Min Sessions $36.00 Per Person
Dorbrook Rec Area Act Ctr
Thu, Aug 4-18 6:00-7:30 PM .......... A8063A
No class 8/11
Thompson Pk Vis Ctr Walnut Room
Fri, Aug 5-19 10:00-11:30 AM .......... A8163A
No class 8/12

**Tai Chi Chih® Discipline - Joy Through Movement™**
(ages 55 and up)
The Chih method teaches the ancient art of “moving meditation” in a series of 20 simple movements that are uplifting and easy to learn. Discover the wonders of this gentle stress reliever and physical conditioner.
Instructor: Dan Pienciak, International Teacher Trainer
Begin or Review!
This class is both an initial exposure for the new student and a review for the returning student.
Four 1-Hr & 30-Min Sessions $66.00 Per Person
Tatum Pk Red Hill Act Ctr
Fri, Jun 17-Jul 22 10:00-11:30 AM .. A8363A
No class 6/24 & 7/1
Mon, Jul 25-Aug 22 10:30 AM-12:00 PM .. A8463A
No class 8/15

**Twilight Tai Chi Chih® Discipline - Joy Through Movement™**
(adults)
Join us on the patio with a calming view of the reservoir under the evening sky. We will experience this ancient art of “moving meditation” in a series of 20 simple movements that are joyous and easy to learn. Discover the wonders of this gentle stress-reliever and physical conditioner.
Instructor: Dan Pienciak, International Teacher Trainer
Six 2-Hr Sessions $115.00 Per Person
Manasquan Res Vis Ctr Program Room 1
Tue, Jun 14-Jul 26 6:00-8:00 PM .......... A8263A
No class 6/21

**Horticulture**

**Hypertufa Leaf Casting**
(adults)
Constructed from peat moss, perlite and portland cement, hypertufa objects resemble stone but are lighter in weight. Each participant will make a leaf casting to be used as decoration, bird bath or seed feeder. We will supply latex gloves, but you may wish to bring sturdy, waterproof rubber gloves. Wear old clothes and shoes and bring a garden trowel and large flat box in which to take home your project. For your mold, you may bring a large, sturdy leaf from your garden or use one of ours.
One 2-Hr Session $32.00 Per Person
Deep Cut Gardens
Sat, Jun 11 10:00 AM-12:00 PM .......... IND63A

**Kokedama**
(adults)
A variation on bonsai, these delightful little plants growing in moss balls to hang or display in a dish are a stunning addition to porch or patio during summer, indoors during winter. Also a lovely gift! Make your own sculptural creation in this workshop; all materials supplied.
One 1-Hr & 30-Min Session $25.00 Per Project
Deep Cut Gardens Horticultural Center
Sat, Jun 25 10:30 AM-12:00 PM .......... INC63A
**Terrific Terrariums!**

*(adults)*

This rage of the 70s has made a strong comeback. Discover their history, creative design options and how to make and maintain a terrarium during the lecture/demonstration, then create one of your own to take home. Although this class is geared for an adult audience, mature children with adult are welcome. All materials supplied.

*One 1-Hr & 30-Min Session $35.00 Per Project*

Deep Cut Gardens Horticultural Center

**Sat, Jul 9 10:30 AM-12:00 PM ............ INB63A**

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**Tomato Tasting**

*(all ages, under 18 with adult)*

If New Jersey had a state vegetable, it would probably be the tomato. Among the many varieties available, heirloom and hybrid, in colors from yellow to purple, which would earn a place in your garden? Which one is the quintessential “Jersey Tomato” of our childhood memories? Come out to sample and evaluate several varieties of tomatoes and vote for your favorite. While here, see some of the many different methods of growing tomatoes. Families welcome! Children under 18 are welcome to register with an adult.

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

Deep Cut Gardens Horticultural Center

**Sat, Aug 13 10:30 AM-12:00 PM ............ IN763A**

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**Twilight Garden Tour and Dessert**

*(all ages, under 18 with adult)*

Take a break mid-week with a guided tour through the beautiful gardens of Deep Cut, followed by dessert featuring fresh New Jersey produce. Learn about the gardens, their history and folklore while you slow down and reconnect with nature. Feel free to bring a picnic supper to enjoy in our picnic area before the tour begins at the Horticultural Center.

*One 1-Hr & 30-Min Session $7.00 Per Person*

Deep Cut Gardens Horticultural Center

**Wed, Jun 1 7:00-8:30 PM.................. IKZ63A**
**Wed, Jul 6 7:00-8:30 PM .................. IM063A**
**Wed, Aug 3 7:00-8:30 PM ............... IM163A**

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**Vegetable Gardening 101 - Summer**

*(adults)*

For quality and value, homegrown produce is hard to beat. Whether you have a deck or an acre, join us for seasonally appropriate quarterly classes that guide the new gardener through the seasons, from planning to harvesting, and using and preserving the harvest. This month’s focus will be on summer maintenance, starting late crops, and using the harvest. Sample some foods prepared with fresh produce and take recipes home. Weather and time permitting, we will visit the Display Garden.

*One 2-Hr Session $15.00 Per Person*

Deep Cut Gardens Horticultural Center

**Sat, Jun 4 10:00 AM-12:00 PM ............ IM363A**
**“Early Bird” Walk and Boat Tour**  
*(ages 10 and up, under 18 with adult)*

Grab your binoculars and join us for a morning of bird watching. We’ll take a walk and enjoy a leisurely boat tour to discover some of the beautiful birds found around the reservoir. No need to be an expert at identifying birds to enjoy the sights and sounds of this adventure. Be sure to dress for the weather and wear appropriate footwear.

**One 2-Hr Session $10.00 Per Person**  
Manasquan Res Vis Ctr  
Sat, Jun 18 8:00-10:00 AM ............... I2463A

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**Blackfish Cove Kayak Adventure**  
*(adults)*

Join Park System Naturalists as we venture by sit-on-top kayaks from Blackfish Cove in Hartshorne Woods. We will enjoy the wildlife and the views at the confluence of the Navesink and Shrewsbury Rivers. This tour will be scenic and, due to wind and tide, may require some physical exertion. Meet at the Rocky Point parking lot and we will bus down to the Cove. Dress for the weather and wear clothes that can get wet.

**One 2-Hr Session $35.00 Per Person**  
Hartshorne Wds Rocky Point Parking Lot  
Sun, Jun 12 3:00-5:00 PM ............... IMU63A  
Mon, Jul 18 10:00 AM-12:00 PM .......... IMV63A

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**Eco-Kayak Tour of the Manasquan Reservoir**  
*(ages 8 and up, under 18 with adult)*

Tour the Manasquan Reservoir with a Park Naturalist guide. If lucky, we’ll get a glimpse of great blue herons stalking prey in shallow water and turtles basking in the sun on floating logs. No experience is needed. Basic paddling instructions will be given before the trip begins. Each trip’s course will vary according to water level, weather and the ability of the group. Single and tandem kayaks are available on a first-come/first-served basis. Weight limits are 250 lbs. for single kayaks and 400 lbs. for tandems.

**One 2-Hr Session $25.00 Per Person**  
Manasquan Res Env Ctr  
Saturday Morning Paddles  
Sat, Jun 4 9:00-11:00 AM ............... I3163A  
Sat, Jun 18 9:00-11:00 AM ............... I3263A  
Sat, Jul 9 9:00-11:00 AM ............... I3563A  
Sat, Aug 6 9:00-11:00 AM ............... I3763A  
Sat, Aug 20 9:00-11:00 AM ............... I3863A

**Evening Paddles**  
Wed, Jul 6 6:00-8:00 PM ............... I3363A  
Sat, Jul 23 7:00-9:00 PM ............... I3663A  
Wed, Aug 10 6:00-8:00 PM ............... I3963A

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**NEW Eco-Kayak Adventure**  
*(adults)*

Learn all about estuaries and the important role they play in our environment as we explore these unique ecosystems from sit-on-top kayaks. With a Park Naturalist as our guide, we will search for some of the many plants and animals that call the estuary home while discussing the awesome adaptations that allow them to thrive. We have single and tandem kayaks available on “First Come Basis”. Wear clothes that can get wet, and don’t forget sunscreen, insect repellent, and water!

**One 2-Hr Session $30.00 Per Person**  
Hartshorne Wds Claypit Creek Parking Lot  
Mon, Jun 6 10:00 AM-12:00 PM ........... IMW63A  
Swimming River Park Boat Ramp  
Mon, Jun 27 3:00-5:00 PM ............... IMX63A  
Hartshorne Wds Claypit Creek Parking Lot  
Thu, Jul 14 4:00-6:00 PM ............... IMY63A  
Swimming River Park Boat Ramp  
Mon, Aug 15 10:00 AM-12:00 PM .......... IMZ63A

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**Butterfly Walks**  
*(ages 8 and up, with adult)*

Together with a Park System Naturalist, walk to identify butterflies found in the field. Walks may be a mile or more.

**Sunday, June 5, 10:30 AM**  
Manasquan Reservoir Environmental Center, Howell

**Friday, June 17, 10:30 AM**  
Deep Cut Gardens, Middletown

**Wednesday, July 16, 10:30 AM**  
Thompson Park, Lincroft

**Thursday, July 21, 10:30 AM**  
Huber Woods Environmental Center, Middletown

**Sunday, August 7, 10:30 AM**  
Deep Cut Gardens, Middletown

**Thursday, August 25, 10:30 AM**  
Manasquan Reservoir Environmental Center, Howell
Father's Day Kayak Tour
(ages 12 and up, under 18 with adult)
Show your dad just how special he really is. Take him on an adventure to explore the calm tidal waters of the Swimming River by kayak. We will have a fun time on the water! Participants will receive basic kayaking instructions and all equipment. Bring sunglasses, sunscreen and drinking water. Wear appropriate clothing that can get wet. Space is limited to just 12 participants. Register early. Weight limits for kayaks are 250 lbs. for a single and 425 lbs. for a double.
One 1-Hr & 30-Min Session $25.00 Per Person
Swimming River Park Boat Ramp
Sun, Jun 19 11:30 AM-1:00 PM (approx) . IMD63A

Full Moon Walk
(all ages, under 18 with adult)
Join us on this evening adventure as we explore the trails in the full moon light. Bring your family, friends, or just yourself to get a different perspective of our park. Plan to walk at least a mile and dress for the weather.
One 1-Hr Session $6.00 Per Person
Turkey Swamp Pk Outdoor Area
Sun, Jun 19 7:45-8:45 PM ............... I2963A

Kayak Fishing on the Navesink River
(ages 14 and up, under 18 with adult)
Tired of fishing from the shore? Want to try fishing from a kayak? Bring your gear and tackle, or use ours to get a “test drive” about kayak fishing. One of the best ways to catch fish! We’ll drift the channels and flats of the beautiful Navesink River in out sit-on-top kayaks. Come alone or invite your family and friends for a relaxing paddle on calm waters looking for fish. Novice paddlers welcome. Wear appropriate clothing that can get wet.
Bring water, hat, and bug spray. Register early, before it’s sold out! Please Note: The kayak launch area is off a bulkhead. Participants should be in robust health and will need to bend down and rotate their body to get in and out of a kayak (not recommended for those with recent back, hip, or wrist injuries). Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double.
One 3-Hr Session $40.00 Per Person
Hartshorne Wds Claypit Creek Parking Lot
Wed, Jun 8 10:00 AM-1:00 PM (approx) . IM863A
Wed, Jun 22 9:00 AM-12:00 PM (approx) . IM963A
Wed, Jun 29 3:00-6:00 PM (approx) ........ IMA63A

Full Moon Boat Tour
(all ages, under 18 with adult)
End your day with an evening boat tour of the Manasquan Reservoir. Delight in the sights and sounds of the wildlife residing on and around the reservoir while enjoying the setting sun over the reservoir. Experience the full moon rising as you return to shore after a serene trip on the water. Please arrive at the Environmental Center boat dock 15 minutes early as the boat will depart promptly at the starting time of the program.
One 1-Hr Session $7.50 Per Person
Manasquan Res Env Ctr
Tue, Jul 19 7:15-8:15 PM . ............... I3063A

ASK A NATURALIST
(all ages)
Have you ever wondered what made that sound or what it was you saw? Hit the trails with a Park System Naturalist as your guide and bring along your questions.
Wednesday, June 8, 10:00 AM
Hartshorne Woods, Rocky Point Parking Lot
Wednesday, June 22, 10:00 AM
Charleston Springs Golf Course Stonebridge Trail Parking Lot
Friday, July 8, 8:00 AM
Manasquan Reservoir Environmental Center Parking Lot
Friday, July 22, 9:00 AM
Perrineville Lake Park, Agress Rd. Parking Lot
Tuesday, August 2, 2:00 PM
Big Brook Park Parking Lot
Friday, August 12, 9:00 AM
Turkey Swamp Park Shelter Building
www.MonmouthCountyParks.com
**Drop-in Local Nature Lecture Series**

*(adults)*

Bayshore Waterfront Park Activity Center, Port Monmouth

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

**Sharks and Shark Bites of Monmouth County**

**Thursday, July 28, 7:00-8:00 PM**

Join us as we mark the 100th anniversary of the famous 1916 shark attack in Matawan Creek that inspired the movie “Jaws.” Monmouth County is home to many different species of sharks: great white, mako, blue and thresher to name just a few. This talk will get into the history and ecology of sharks as well as why they are important to protect. Not to be missed by any shark enthusiast!

**Sea Turtles Swim Near Monmouth County**

**Thursday, August 25, 7:00-8:00 PM**

Not many people realize that our local waters from spring through fall are home to a diversity of sea turtles including loggerheads, leatherbacks, greens, and Kemp’s ridley. There are seven different species of sea turtles in the world; five of those have been documented in waters along the Jersey Shore. Because these marine creatures are better known for breeding and nesting in the tropics, most people may not know that sea turtles can be found in our local waters. Join us for a fascinating learning experience!

www.MonmouthCountyParks.com

**Free**

**Freshwater Fishing Derby**

*(all ages)*

The Park System is hosting its third annual fishing derbies at Turkey Swamp Park and Manasquan Reservoir for beginners as well as experienced anglers. So, come out and get hooked on a new hobby! No idea how to fish? No problem! Our staff will provide FREE hands-on clinics to show you how to cast, how to rig and answer any questions you may have. Prizes will be awarded for the longest fish in three different categories. See derby rules for more details (provided upon registration). A container of worms included with each registration.

$25.00 Per Family of 4; $8.00 Per Person

**Manasquan Reservoir, Howell**

Sat, Jun 18 2:00-5:00 PM ................. XNB63X
Free fishing clinic from 12:30-1:30 PM.

**Turkey Swamp Park, Freehold**

Sun, Jun 19 2:00-5:00 PM ................. XNC63X
Free fishing clinic from 12:30-1:30 PM.

**Fishing Pole Rentals**

Available on a first come, first served basis.

$5.00 Per Pole

Walk-ins are welcome! Cash or check only on site.

www.MonmouthCountyParks.com
Kayaking After Work!
(adults)
Come alone or invite your family and friends for a relaxing paddle on the calm and beautiful waters of the Navesink River after a stressful day at work. There will be a short orientation of paddling techniques, and then you will be off for a nature tour on the water to see the beauty of coastal wetlands and wildlife. Single and tandem kayaks are available on a “first come basis”, along with all necessary equipment. Novice paddlers welcome. Wear appropriate clothing that can get wet. Bring water, bug spray, binoculars, and a waterproof camera. Register early, before it’s sold out! Please Note: The kayak launch system is off a bulkhead. Participants will need to bend down and rotate their body to get in and out of a kayak (not recommended for those with recent back, hip, or wrist injuries). Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double.

One 1-Hr & 30-Min Session $25.00 Per Person
Hartshorne Wds Claypit Creek Parking Lot
Thu, Jun 2 6:00-7:30 PM (approx) .......... IN063A
Thu, Jun 16 6:00-7:30 PM (approx) .......... IN163A

Navesink River Kayak Tour with the NY/NJ Baykeeper
(ages 12 and up, under 18 with adult)
The Park System is partnering with the non-profit environmental group the NY-NJ Baykeeper to offer guided paddling trips for the best in wildlife watching and sightseeing on the tidal waters of the Navesink River. Along the way, you will discover the history that has shaped the region with a message of natural protection. This is a great choice for beginner paddlers or people who just want to know more about their local environment. Single and tandem kayaks available. Wear appropriate clothing that can get wet. Bring water, sunscreen, binoculars, and a waterproof camera. All kayak equipment will be provided. Register early before it’s sold out!

Please Note: The kayak launch area is off a bulkhead. Participants will need to bend down and rotate their body to get in and out of a kayak (not recommended for those with recent back, hip, or wrist injuries). Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double.

One 2-Hr Session $30.00 Per Person
Hartshorne Wds Claypit Creek Parking Lot
Sun, Jul 24 11:00 AM-1:00 PM (approx) .. IM463A
Sat, Aug 27 3:30-5:30 PM (approx)....... IM563A

Drop-in Kayak Tours
(ages 12 and up, under 18 with adult)
Join a Park System Naturalist for a leisurely guided tour on calm waters. Novice paddlers welcome. All equipment is provided – single and tandem kayaks are available. First come, first serve. Each program is limited to available kayaks on hand. Please wear appropriate clothing that can get wet. Under 18 must be accompanied by a paying adult. Inclement weather will cancel a tour. This program is designed for individuals and families; not groups. Groups can reserve a date by calling 732-872-7369.

Please Note: At the Claypit Creek location the kayak launch area is off a bulkhead. Participants will need to bend down and rotate their body to get in and out of a kayak. Weight limits for kayaks are 250 lbs. for a single and 400 lbs. for a double.

Hartshorne Woods Park Claypit Creek Section
Saturday, June 11, 2:00-3:30 PM
Friday, June 24, 11:00 AM-12:30 PM
Saturday, July 16, 6:00-7:30 PM
Saturday, August 13, 4:00-5:30 PM
Saturday, August 20, 9:30-11:00 AM

Swimming River Park
Saturday, June 25, 12:00-1:30 PM
Saturday, July 23, 1:00-2:30 PM

Cost: $20.00 per person (cash or check only)

For more information, call 732-787-3033, ext. 2.

Visit the Seabrook-Wilson House
Sundays, April 24-October 30, 1:00-4:00 PM
Bayshore Waterfront Park, Port Monmouth

The historic Seabrook-Wilson House, locally known as the “Spy House” will open its doors for public tours again this year. Come inside with your family and friends to visit the Seabrook-Wilson house, which dates back to the early 1700s. The house includes displays on the ecology of the bay and local history. Enjoy views of New York City and the beauty of Sandy Hook Bay while visiting this celebrated house.

For more information, visit www.MonmouthCountyParks.com.
Sunset Kayak Tour of the Navesink
(adults)
Enjoy sunset from the water on this relaxing, naturalist-guided kayak tour of the Navesink River. We will meet at the Rocky Point section of Hartshorne Woods and launch into Blackfish Cove in sit-on-top kayaks. We have tandem and single kayaks available on a “First Come Basis”. While on the water we will keep an eye out for herons, egrets, and osprey while discussing local history and ecology. Be sure to wear clothes that can get wet, and don’t forget insect repellent and water!
One 2-Hr Session $35.00 Per Person
Hartshorne Wds Rocky Point Parking Lot
Wed, Jun 15 6:30-8:30 PM ................... IMR63A
Wed, Jul 20 6:30-8:30 PM ................... IMS63A
Wed, Aug 17 6:00-8:00 PM ................... IMT63A

Challenge Course Adventure
(ages 14 and up, with adult)
Challenge accepted! Test your mental and physical strength as you climb our challenge course with varying degrees of thrilling elements. You’ll be safely suspended 35 feet in the air as you climb up a cargo net and walk across a series of high elements. Finish off the course with an exhilarating zip line ride. Bring a friend, so you have those words of encouragement when you need them. All safety equipment, harnesses and helmets are provided.
One 2-Hr & 30-Min Session $22.00 Per Person
Thompson Pk Old Orchard Parking Lot
Sat, Jul 9 10:00 AM-12:30 PM (approx) . . W9663A

Canoe Beginnings
(ages 14 and up, under 18 with adult)
Get your feet wet and have some fun while learning the basic skills of canoeing. You’ll learn basic water safety and various paddling strokes while enjoying one of our county lakes. These clinics are designed to introduce you to the lifetime sport of canoeing. All equipment included.
One 2-Hr Session $20.00 Per Person
Thompson Pk Marlu Lake
Sun, Jun 5 9:00-11:00 AM .................. WA163A

Climb Higher
(ages 14 and up, under 18 with adult)
See what the hype is all about and get roped into climbing! Take a trip to Middletown’s rock gym where the experts will teach you climbing equipment, climbing knots, proper belay technique, and more! Leave The Gravity Vault’s belay class with the climbing skills and knowledge you need to use the rock gym on your own.
One 4-Hr Session $43.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Mon, Aug 15 6:30-10:30 PM ............. WA763A

Discover Scuba
(adults)
Always wanted to try scuba? Then this is the program for you. Working closely with East Coast Diving School we will provide you the opportunity to learn scuba safety, scuba language and proper use of scuba equipment in the heated pool. Divers age 12 and up are welcome with a paying participating adult.
Please Note: The Padi Medical Questionnaire must be completed and submitted prior to the dive experience. Therefore, all divers must register by May 25.
One 3-Hr Session $85.00 Per Person
Dorbrook Rec Area Vis Ctr
Wed, Jun 8 5:30-8:30 PM .................. W0863A

FREE
THE CASUAL BIRDER
Join a Park System Naturalist for these laid-back morning bird walks. We’ll meander the parks for about an hour to see what birds we can find. No need to be an expert at identifying birds to enjoy these walks. A limited number of binoculars will be available to borrow if needed.
Join us on the following Thursday mornings at 9:00 AM:
June 2 - Manasquan Reservoir Environmental Center
June 16 - Tatum Park Holland Road Activity Center Parking Lot
July 7 - Charleston Springs Golf Course Stone Bridge Trail Parking Area on Stagecoach Road
July 21 - Weltz Park Parking Lot
August 4 - Clayton Park Parking Lot
August 18 - Hominy Hill Golf Course Trail Parking Lot on Matthews Road
Cost: FREE
For more information, please call 732-751-9453.
Double Dose on the Delaware (adults)
This full day in the Delaware Water Gap National Recreation Area includes canoeing south on the scenic Delaware River and then getting in the saddle and bicycling north on the McDade Trail, a gravel bike path along the river. The day will offer diverse views of mountains and picturesque streams, open farm fields, forests and historic landmarks. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet) and have a water bottle. Participants are responsible for bringing a hybrid or mountain bike that is in good working order. All canoeing equipment provided.

Canoeing Rating: Easy, small riffles, currents. Miles 8
Biking Rating: Easy/moderate, some steep hills, gravel surface, ¼ mile shares the paved road. Miles: 8+
One 10-Hr & 30-Min Session $72.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Paddler/cyclist 14 and up welcome with participating paying adult.
Sat, Jun 18 7:30 AM-6:00 PM (approx) . . . W0363A

Duke Farms Bike Ride (adults)
Peddle your way through the historic 2,000 acre Duke Farms as we discover the 35 fountains, 2 1/2 miles of stone walls, 9 lakes, and countless pieces of sculpture. Be sure your bicycle is in good working order. Everyone must wear a CPSC approved bicycle helmet (CPSC label on inside of helmet). Meet at Thompson Park and hop on our mini bus as your bike is transported in an enclosed cargo van.

Rating: Easy/moderate, gravel and paved paths. Miles: 15
One 5-Hr Session $35.00 Per Person (Active Adult Bike Club Members pay $20.00 per person. Club members please call 732-842-4000, ext. 1, to register.)
Thompson Pk Old Orchard Parking Lot
Thu, Jun 2 9:30 AM-2:30 PM (approx) . . . W0263X

Discover a New Way to Play on the Water!
Let instructor Brian Dellett (owner of Aloha Guides) help you learn what it takes to enjoy this up-and-coming exciting water sport.

Beginner Stand-Up Paddle Boarding (adults)
This course is perfect for the person who would like to start paddling or see if they will like SUP. Strokes, paddling technique, safety and equipment selection will be covered. We provide a wide selection of equipment to try out and get you on the water.

One 1-Hr & 30-Min Session $65.00 Per Person
Swimming River Park Parking Lot
Sat, Jun 18 9:00-10:30 AM ................. W8263A
Manasquan Res West Dock
Sat, Jul 9 9:00-10:30 AM ................. W8363A
Sat, Jul 9 11:30 AM-1:00 PM ............. W8463A
Sat, Jul 30 9:00-10:30 AM ............... W8563A
Sat, Jul 30 11:30 AM-1:00 PM ........... W8663A

Intermediate Stand-Up Paddle Boarding (adults)
Take your stand-up paddling to the next level with two-hour river paddle. You will learn more advanced strokes like the cross bow draws and tail turns. You will even learn how to refine your stroke placement using proper torso rotation, making your paddling more efficient. Come out with us and get your whole body in SUP.

One 1-Hr & 30-Min Session $65.00 Per Person
Manasquan Res West Dock
Sat, May 28 11:00 AM-12:30 PM ........ W7462A

Stand-Up Paddle Boarding on the River (adults)
Take your stand-up paddle boarding to the next level with a two-hour river paddle. You will learn more advanced strokes like the cross bow draws and tail turns. You will even learn how to refine your stroke placement using proper torso rotation for more efficient paddling. Come out with us and get your whole body into SUP.

One 2-Hr Session $80.00 Per Person
Swimming River Park Parking Lot
Mid-Day Paddling Excursion
Skills will be refreshed before heading out on the Navesink River.
Sat, Jun 18 11:00 AM-1:00 PM .......... WA363A
Sunset Paddling Excursion
Skills will be refreshed before heading out on the Navesink River to enjoy the setting sun.
Thu, Jul 14 6:00-8:00 PM ............... WA463A
Thu, Aug 11 6:00-8:00 PM ............. WA663A
Early Morning Estuary Exploration
Paddle board west to explore the start of the Navesink River.
Sat, Jul 16 8:00-10:00 AM ............. WA563A
ADULTS

**Types of Kayaks Used in Our Programs**

**Sit-On-Top or Ocean Kayaks**
_Best for quick trips, beginner kayakers, and getting wet_
Sit-on-tops are an awesome way to start your kayaking adventure. These boats are above water level and wider than traditional kayaks making them easier to get on and off of. Self-bailing drain holes make these boats convenient and great in warmer weather because you are guaranteed to get WET! 
Boat size varies to hold single or double paddler.

**Touring Kayaks**
_Best for traveling long distances in open water, as well as performance in rough conditions_
Looking to continue your kayaking adventure? Touring kayaks are better-performing and more versatile than sit-on-top kayaks. These kayaks are usually 12 to 17 feet long, and their hulls are shaped to increase lift in waves and rough water. This boat features a narrow cockpit to be used with a spray skirt, which may feel confining to some. Boat holds single paddler.

**Whitewater Kayaks**
_Best for navigating rapids and having fun…also known as play boats_
Want to take kayaking to the extreme? Take to the rapids in a whitewater kayaks. These boats are 4 to 10 feet long, making them the ultimate in maneuverability. Boat holds single paddler.

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**NEW! Full Moon Paddles**
_(ages 14 and up, under 18 with adult)_
Experience the thrill of canoeing with the moonlight as your guide. Learn the fundamentals of paddling before heading out on the beautiful Navesink River, all during the full moon! Paddlers ages 14 and up are welcome, but must be accompanied by an adult.

One 2-Hr & 30-Min Session $30.00 Per Person  
Swimming River Park Boat Ramp  
Thu, Aug 18 7:00-9:30 PM .................. W9763A

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

One 5-Hr Session $45.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sun, Jun 12 7:00 AM-12:00 PM ............. W9063A

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Look for this icon to easily find programs located at brand new Park System locations this summer!  
For full details, see pages 2-3.
High Point Monument Hike and Swim
(adults)
Avoid the beach crowds and head to the extreme northwest corner of NJ and hike to 1,803' above sea level for spectacular views of NY, NJ and PA. We will be sure to save some time for a refreshing dip in Lake Marcia- a 20 acre natural fed lake. (Guarded beach/dressing room/food concession). Hikers 12 and up welcome with adult.
Rating: Moderate, rocky, descent, ascents. Miles: 3
One 10-Hr Session $42.00 Per Person $30.00 Additional Person
Thompson Pk Estate Grounds Parking Lot
Sun, Aug 14 8:00 AM-6:00 PM (approx) . . W4863X

Ladies High Challenge
(adults)
Challenge yourself by climbing up the cargo tube, clipping into a pulley system and walking on cables at 35', and then head down the 200’ zip-line. Experience personal growth as you move beyond your fears and limitations using courage and the support of the group. If your schedule allows, be sure to pack a picnic to enjoy before or after the program.
One 3-Hr Session $30.00 Per Person
Thompson Pk Filly Run Parking Lot
Fri, Jul 8 5:30-8:30 PM .................W0663A

Kayak Rolling
(ages 14 and up, under 18 with adult)
Rolling, rolling, rolling, keep those kayaks rolling! Let’s have fun at the pool while learning to roll a kayak and other self-rescue skills. Whether you’re a whitewater or flatwater paddler, learning this important skill will give you the confidence to get to the next level of your paddling. A low student to instructor ratio ensures you get personal attention as you develop your skills. Paddlers ages 14 and up are welcome, but must be accompanied by a paying adult. All equipment is provided; class will be taught in whitewater style kayaks.
One 4-Hr Session $35.00 Per Person
Fort Monmouth Pool
Sat, Aug 6 8:30 AM-12:30 PM . . . . . . . W9863A

Ladies Indoor Rock Climbing
(adults)
No excuses as we take to the thrill of rock climbing in a dry, comfortable indoor gym. The Gravity Vault will provide us with the place to climb and we will provide all necessary equipment and instruction. Rock climbing can provide you with both emotional and physical health perks, so decide to expand or start on your fitness routine with other like-minded adventurous women in this one of a kind opportunity. We will meet and travel together via mini bus to the gym. Please bring $20 for Gravity Vault entry fee (not included in program registration fee).
One 3-Hr Session $15.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Mon, Jun 13 9:30 AM-12:30 PM (approx) . . W9163A

Ladies Canoe Discovery
(ages 14 and up, under 18 with adult)
Learn the basic skills of canoeing so you can enjoy all paddling has to offer. Start your discovery on the peaceful Marlu Lake, where instructors will teach you basic water safety, show you how to execute various paddling strokes, and assist you as you practice your strokes on the water. Then test your skills at the next session as you paddle the beautiful Navesink River.
Two 3-Hr Sessions $40.00 Per Person
Thompson Pk Marlu Lake
Mon, Jul 11 9:00 AM-11:00 AM
Swimming River Park Parking Lot
Wed, Jul 13 9:00 AM-12:00 PM . . . . . . W9963A

Ladies Only After Work Hiking Series
(adults)
Ladies come and explore the beautiful 376-acre Huber Woods Park nestled on a hill overlooking the Navesink River. Low boots or trail running shoes recommended as we build the pace and distance each week. This program is not for the beginner hiker as we hit the trails hard covering approx. 3+ miles trying to increase the pace and distance each week.
Rating: Moderate pace, hills, fields, dirt roads.
Ten 1-Hr & 45-Min Sessions $92.00 Per Person
Huber Wds EC Parking Lot
Tue, Jun 14-Aug 16 5:45-7:30 PM (approx) . . WA063A
**Ladies Rock!**  
(ages 14 and up, under 18 with adult)  
Get climbing! Spend the day at Allamuchy Mountain State Park, in northwest Jersey climbing “REAL ROCK.” You will learn the fundamental climbing skills of belaying, rope handling, safety management, and anchoring. Not sure if climbing is for you, try it at one of our FREE Climb Time events!  
**One 10-Hr Session $50.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
**Wed, Jun 22 8:00 AM-6:00 PM (approx)** . . W8112A

**Paddle to Your Pancakes...or Preferred Breakfast**  
(adults)  
Spend an early morning canoeing on Monmouth County’s largest lake; Deal Lake. Stop mid-paddle to refuel with a delicious and hearty pay-your-own-way breakfast at the lake-front restaurant, Sunset Landing. After our pit stop, continue to explore the beautiful scenery of Deal Lake. Paddlers ages 14 and up welcome, but must be accompanied by an adult.  
**One 4-Hr Session $35.00 Per Person**  
Deal Lake Steiner Place Parking Lot  
**Sat, Jun 11 7:30-11:30 AM** ................. W8963A

**Ladies Take a Shot: Intro to Archery**  
(adults)  
Ladies, are you looking for a new and fun hobby? Then take a shot at archery. Learn the basics of the ancient sport as Outdoor Adventure staff assist you in developing the skills necessary to pursue this timeless pastime. All equipment is provided. Please dress for the weather as the Activity Barn is not heated or air conditioned.  
**One 2-Hr Session $19.00 Per Person**  
Thompson Pk Activity Barn  
**Fri, Aug 19 10:00 AM-12:00 PM** . . . . . . . . W8163A

**Pequannock Watershed Hikes**  
(adults)  
Explore Newark’s Pequannock Watershed. Permit requirements make it a lesser-used hiking area. The clear lakes, streams and ponds, mountains with dramatic rock outcroppings, forests, and the varied vegetation make it one of the most scenic areas in New Jersey. Please only experienced hikers. Hiking boots are required.  
**Rating: Strenuous, quick-paced; steep ascents and descents, rocky trail and rock scrambles.**  
**Split Rock Reservoir** (Miles: 10)  
**One 10-Hr Session $40.00 Per Person**  
Thompson Pk Estate Grounds Parking Lot  
**Sat, Jun 4 7:30 AM-5:30 PM (approx)** . . . . W0163A

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**Which Watercraft?**  
**Paddlesport Open House**  
Saturday, May 21, 12:00-4:00 PM  
Manasquan Reservoir, Howell  
Eager to get paddling this summer? Not sure how to start or what Park System program to take? Then head to Which Watercraft?! Our Outdoor Adventures and the Naturalist staff will be showcasing the variety of water activities the Park System can offer to you and your family.  
See the difference between the various different types of boats and get the chance to try them! Watch an instructor roll a kayak so you can decide if it’s a skill you want to master!  
Not sure where you can paddle in the county? Talk to an outdoor adventure enthusiast!  
Even get the chance to take a kayak eco-tour!  
**Please Note: Watercrafts are limited and are available on a first come, first serve basis.**  
www.MonmouthCountyParks.com
Sailing on the Manasquan Reservoir

**Sailboat Rentals at the Manasquan Reservoir**
Are you a sailor without a boat? The Park System has a limited number of 15’ American (2-3 people) and 12’ Laser Pico (single adult or with 1 child) sailboats available for rent. Renters must provide a Red Cross, US Sailing or Monmouth County Park System sailing card.
- **Cost:** $55.00 per boat for 2 hour rental (cash or check only)
- **Dates:** June 11-August 31
- **Please Note:** Pre-registration is required at least 48 hours in advance.
- **For availability or questions please call 732-842-4000, ext. 4238.**

**You Can Sail Drop-in**
Drop-in at the Manasquan Reservoir for the opportunity to sail on a 15’ American sailboat. The Park System will provide the captain, you provide the crew. Come out and see if sailing is for you. Sailboats will leave the dock at 10:00 AM, 11:30 AM, 1:00 PM & 2:30 PM. Limited number of boats; maximum three people per boat. Sailors 8 and up are welcome with an adult.
- **Cost:** $40.00 per boat (cash or check only)
- **Dates:** June 12 & 26, July 2, 10 & 22, and August 5 & 13

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**Sailing Basics**
(adults)
Utilizing classroom “chalk talks”, media presentations and on-the-water time, you’ll learn safety, rigging, sail theory, basic maneuvers and more. Our unique program structure presents each 15 foot sailboat as a separate learning environment in which two or more students receive instruction from our experienced sailing staff. **Young sailors ages 10 and up are welcome with a participating adult.**
- **Four 4-Hr Sessions $250.00 Per Person**
- **Program will meet:**
  - Thursday from 6:00-9:00 PM
  - Saturday from 9:00 AM-1:00 PM
  - Sunday from 1:00-5:00 PM
  - Monday from 5:00-8:00 PM
- **Manasquan Res Vis Ctr Program Room 1**
  - Th, Sa, Su, M, Jul 14-16 6:00-10:00 PM (approx) . . . . W5063A
  - Th, Sa, Su, M, Aug 4-8 6:00-10:00 PM (approx) . . . . W5163A

**Stony Brook Fire Tower Hike and Swim**
(adults)
Spend a day hiking on a combination of old farm and logging roads, as well as a section of the rocky Appalachian Trail in Stokes State Forest. We will hike up to the Stony Brook Fire Tower and enjoy the scenic overlook of the Kittatinny Mountain Range and Stony Lake. Reward yourself with a cool dip in the clear waters of the lake after the hike. **Young hikers 12 and up welcome with adult.** Hiking boots strongly recommended.
- **Rating:** Moderate, slower pace, steep ascents and descents, rocky trail, stream crossings. **Miles:** 4 miles
- **One 9-Hr Session $40.00 Per Person $32.00 Additional Person**
- **Thompson Pk Estate Grounds Parking Lot**
  - Sun, Jul 24 8:00 AM-5:00 PM (approx) . . . W4963X

**NEW Summer Solstice Paddle**
(ages 14 and up, under 18 with adult)
Start your summer off right by kayaking the beautiful Manasquan Reservoir on the longest day of the year. Learn what paddling is all about so you can enjoy an entire summer of kayaking fun! Paddlers ages 14 and up are welcome, but must be accompanied by an adult.
- **One 2-Hr Session $30.00 Per Person**
- **Manasquan Res West Dock**
  - Mon, Jun 20 7:00-9:00 PM (approx) . . . . . . W9263A
Sunrise Paddles
(ages 14 and up, under 18 with adult)

Don’t hit that snooze button too many times! Join us for the “golden hour” as we paddle some beautiful local waterways as the sun peaks over the horizon. These will be easy, beginner paced paddles in our tandem and solo sit-on-top kayaks. Make sure to bring your camera! Paddlers ages 14 and up are welcome, but must be accompanied by an adult.

One 2-Hr Session $30.00 Per Person

- Manasquan Res West Dock
  Mon, Jul 11 5:30-7:30 AM ............... W9363A
- Deal Lake Steiner Place Parking Lot
  Mon, Jul 25 5:30-7:30 AM ............... W9463A
- Swimming River Park Parking Lot
  Mon, Aug 15 5:30-7:30 AM ............... W9563A

Take a Shot: Intro to Archery
(adults)

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

One 2-Hr Session $19.00 Per Person

- Thompson Pk Activity Barn
  Fri, Jun 17 6:30-8:30 PM ............... W7963A
  Wed, Jul 20 6:30-8:30 PM ............... W8063A

Try Backpacking Ladies!!!
(adults)

Give it a try with this entry level overnight hike! Backpacking is hiking with all your necessary gear on your back. We supply the equipment (or use your own), you supply the positive attitude and your food. During our pre-trip meeting we will discuss clothing, meal planning and gear. We will help prepare you with your (or our) gear for this one night backpacking trip: backpack, tent, sleeping bag/pad, and stove/cook kit can be provided. We will stay local, hiking to our camping destination on Friday evening, spending the night in the woods, and hiking out by 10:00 AM on Saturday, leaving plenty of time for all of your other weekend plans.

$55.00 Per Person

Orientation:
Thompson Pk Activity Barn
Tue, Jun 7 6:30-8:30 PM

Program:
Hartshorne Wds Claypit Creek Parking Lot
Fri-Sat, Jun 10-11 6:00 PM-10:00 AM . . . . W0463A

Ballroom Latin Dancing
(adults)

Feel the beat as you learn the Cuban Motion, Rumba, Cha Cha Cha, Salsa, Bachata and, time permitting, the Disco Hustle.

Six 1-Hr & 30-Min Sessions $62.00 Per Couple
Tatum Pk Red Hill Act Ctr
Wed, Jul 6-Aug 10 7:30-9:00 PM ........ A7663A

Ballroom Smooth Dancing
(adults)

This program will provide the techniques to allow you to enjoy an evening of dancing which includes the Foxtrot (basic and alternate rhythms), Waltz (both in a box and traveling around a room), and the Tango. Time permitting we may also work on the Merengue.

Six 1-Hr & 30-Min Sessions $62.00 Per Couple
Tatum Pk Red Hill Act Ctr
Tue, Jul 5-Aug 9 7:30-9:00 PM ........ A7763A
PROGRAM REGISTRATION BEGINS AT 8:00 AM ON WEDNESDAY, MAY 4.

**Adults**

**Beginning Acting for Adults**
This techniques based class is perfect for adults wishing to broaden their understanding of acting basics and how to create dynamic, interesting and truthful scenes. The inherent values of studying the art of acting are numerous. For example, it’s the perfect confidence builder and a great way to meet new friends. Join seasoned, professional actor and educator, Joseph Russo, for this six week session and you might just find your inner Robert DeNiro or Meryl Streep. Offered in collaboration with Count Basie Theatre.

**Six 1-Hr & 30-Min Sessions $180.00 Per Person**
Thompson Pk Theater Barn
**Tue, Jul 12-Aug 16 7:00-8:30 PM .......... A6563A**

**Adult Advanced Beginner Tennis**
For those who have taken a beginner class and are looking for a more advanced lesson but are not ready for an intermediate class. Class size is limited to allow for individual attention.

**Eight 55-Min Sessions $85.00 Per Person**
Dorbrook Rec Area
**Tue,Thu, Jun 7-30 5:30-6:25 PM .......... XQW63A**
**Tue,Thu, Jul 5-28 5:30-6:25 PM .......... XQX63A**
**Tue,Thu, Aug 2-25 5:30-6:25 PM .......... XQY63A**

**Seven 55-Min Sessions $75.00 Per Person**
Dorbrook Rec Area
**Wed,Mon, Jul 6-27 12:30-1:25 PM .......... XRP63A**

**Adult Beginner Tennis**
Learn a range of tennis basics, including the four main tennis strokes: forehand, backhand, serve, and volley. Transitioning from one-on-one coaching to match play improves each players understanding of scoring, sportsmanship, and court position. The perfect class for adults who have had little or no prior instruction. Class size is limited to allow for individual attention.

**Eight 55-Min Sessions $85.00 Per Person**
Dorbrook Rec Area
**Tue,Thu, Jun 7-30 10:00-10:55 AM .......... XQR63A**
**Mon,Wed, Jun 6-29 6:30-7:25 PM .......... XQS63A**
**Mon,Wed, Aug 1-24 6:30-7:25 PM .......... XR863A**
Holmdel Pk Tennis Court 1
**Mon,Wed, Jun 6-29 6:30-7:25 PM .......... XTT63A**

**Mon,Wed, Aug 1-24 6:30-7:25 PM .......... XQZ63A**

**Adult Intermediate Tennis**
Seeking to improve your current level of play? Drills and match play will help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All players must have received instruction on forehand, backhand, volleys, and serve prior to class starting date.

**Eight 55-Min Sessions $85.00 Per Person**
Dorbrook Rec Area
**Mon,Wed, Jun 6-29 12:00-12:55 PM .......... XRD63A**
**Mon,Wed, Jun 6-29 5:30-6:25 PM .......... XR863A**
**Tue,Thu, Jun 7-30 12:00-12:55 PM .......... XR763A**
**Tue,Thu, Jul 5-28 12:30-1:25 PM .......... XRX63A**
**Mon,Wed, Aug 1-24 12:30-1:25 PM .......... XRE63A**
**Mon,Wed, Aug 1-24 5:30-6:25 PM .......... XRB63A**
**Tue,Thu, Aug 2-25 12:30-1:25 PM .......... XRC63A**
**Tue,Thu, Aug 2-25 6:30-7:25 PM .......... XQ63A**

**Seven 55-Min Sessions $75.00 Per Person**
Dorbrook Rec Area
**Wed,Mon, Jul 6-27 5:30-6:25 PM .......... XRF63A**
**Wed,Mon, Jul 6-27 6:30-7:25 PM .......... XRG63A**

**Eight 55-Min Sessions $85.00 Per Person**
Holmdel Pk Tennis Court 1
**Mon,Wed, Jun 6-29 6:30-7:25 PM .......... XTR63A**
**Tue,Thu, Jun 7-30 6:30-7:25 PM .......... XTS63A**
**Mon,Wed, Aug 1-24 6:30-7:25 PM .......... XTR63A**
**Tue,Thu, Aug 2-25 6:30-7:25 PM .......... XRM63A**
Leagues & Tournaments

**Beach Ultimate League**
*(ages 16 and up)*
Beach Ultimate Frisbee on the beautiful beach of Seven Presidents Oceanfront Park. Is there any better way to spend a summer night? Sign up as a team! No team? Sign up as an individual and be placed on a team. Three men and one woman on the field at a time. Self-officiated. Eight week regular season and two weeks of playoffs.

*Ten 2-Hr Sessions $160.00 Per Team $30.00 Per Person*
Seven Presidents Pk
Sun, Jun 5-Aug 21 5:45-7:45 PM ........ U0163A
No games 6/19 & 7/31

**Disc Golf League**
*(ages 16 and up)*
The new Wolf Hill Disc Golf Course will be the venue for the Monmouth County Park System Disc Golf League! Players are scored individually, but will play the course as a group. Players will leave their scorecards with a staff member. The average of your six best scores (out of 10 possible weeks) will determine the season winner. Players will receive weekly e-mails with standing updates.

*Ten 3-Hr Sessions $30.00 Per Person*
Wolf Hill Recreation Area Disc Golf Course
Sun, Jun 5-Aug 21 1:30-4:30 PM ........ U4063A
No games 6/19 & 7/31

**Basketball League**
*(adults)*
The outdoor, fully covered court will host games on Monday evenings. Twenty-two minute halves with a running clock, only stopping during the last minute of each half. All games will have one referee. Teams must wear matching uniforms. Start times: 6:30 PM or 7:30 PM.

*Eight 2-Hr Sessions $250.00 Per Team*
Big Brook Pk

**Men’s League**
Mon, Jun 13-Aug 8 6:30-8:30 PM ....... U4563A
No games 7/4

**Women’s League**
Wed, Jun 15-Aug 10 6:30-8:30 PM .... U4663A
No games 7/27

**Outdoor Oceanfront Volleyball League/Competitive (4 v. 4)**
*(adults)*
Come exercise and compete in our beach volleyball league. Previous experience playing in a volleyball league is recommended. Teams must have at least 4 players on the roster. All teams will receive T-shirts and top 2 teams receive trophies. Pre-registration is required. Organizational and rules meeting held at 6:00 PM on first night of league.

*Nine 2-Hr Sessions $150.00 Per Team*
Seven Presidents Pk
Wed, Jun 15-Aug 10 6:30-8:30 PM .... XQN63A

**Outdoor Oceanfront Volleyball League/Recreation (6 v. 6)**
*(ages 17 and up)*
Come exercise and compete in our recreational beach volleyball league. No previous volleyball league experience necessary. Teams must have at least six players on the roster and at least two women on the court at all times. The top two teams will receive trophies. Pre-registration is required. Organizational and rules meeting held at 6:00 PM on first night of league.

*Nine 2-Hr Sessions $150.00 Per Team*
Seven Presidents Pk
Mon, Jun 13-Aug 15 6:30-8:30 PM .... XQJ63A
No league 7/4

**Tue, Jun 14-Aug 9 6:30-8:30 PM .... XQK63A**
**Thu, Jun 16-Aug 11 6:30-8:30 PM.... XQM63A**
Recreational Beach Volleyball at Bayshore Waterfront Park
(ages 17 and up)
Come join the fun in this recreational volleyball league. Teams must have at least six players on the roster and at least two women on the court at all times. The top two teams will receive trophies. Registration is per team. Individual registration is not available. Pre-registration is required. For more information, please call 732-542-1642, ext. 26, or email cdavino@monmouthcountyparks.com.
Nine 2-Hr Sessions $150.00 Per Team
Bayshore Waterfront Park
Tue, Jun 7-Aug 2 6:30-8:30 PM ........ XSA63A
Wed, Jun 8-Aug 3 6:30-8:30 PM ....... XSB63A

Beach Ultimate Frisbee Tournament
(ages 16 and up)
Beach Ultimate! A 4-on-4 tournament played at Seven Presidents Oceanfront Park. Three men and one woman on the field at a time. Self-officiated. Great sport, beautiful beach, everybody wins! Register a team and compete for a prize!
One 5-Hr Session $80.00 Per Team
Seven Presidents Pk
Sat, May 21 10:00 AM-3:00 PM ........ U0262A

3-on-3 Hockey Tournament
(ages 16 and up)
The Monmouth County Parks System is proud to host the 1st annual “Summer 3-on-3 Classic” roller hockey tournament. This fast-paced game is a great way to kick off your summer. The 3-on-3 tournament will be held at Dorbrook Recreation Area’s outdoor roller hockey rink. A single elimination tournament with a winner and consolation bracket. Individual trophies are awarded to teams for 1st, 2nd, and 3rd place. Will you be the team to hoist the Dorbrook Cup?
One 12-Hr Session $300.00 Per Team
Dorbrook Rec Area
Sat, Jun 25 8:00 AM-8:00 PM .......... XS563A
**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.  

Twelve 1-Hr Sessions $72.00 Per Person  
Tatum Pk Red Hill Act Ctr  
**Tue,Thu, Jun 7-Jul 14 5:30-6:30 PM . . . XSM63X**

**Aqua Zumba**  
*(adults)*  
Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba “pool party,” the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Aqua Zumba blends it all together into a workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief.  

Eight 1-Hr Sessions $80.00 Per Person  
Dorbrook Rec Area TPool  
**Wed, Jul 6-Aug 24 9:00-10:00 AM . . . . XU363A**

**Basic Belly Dance**  
*(adults)*  
Shimmy into shape as we dance for fun and fitness! Learn the fluid movements of Middle Eastern dance in a relaxed, friendly, and supportive environment. A variety of movements and techniques will be taught as we enjoy exciting styles of belly dance including Egyptian, Cabaret, Gypsy, Turkish, and more! Improve flexibility, coordination, 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.  

Ten 1-Hr & 30-Min Sessions $90.00 Per Person  
Dorbrook Rec Area Act Ctr  
**Tue, Jun 14-Aug 16 7:15-8:45 PM . . . . . XUK63X**

**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.  

Ten 1-Hr & 30-Min Sessions $90.00 Per Person  
Dorbrook Rec Area Act Ctr  
**Tue, Jun 14-Aug 16 7:15-8:45 PM . . . . . XUK63X**

**Brand New to Yoga Series! Level 1**  
*(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.  

Instructor: Lisa Mandragona  
Eight 1-Hr Sessions $92.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
**Mon, Jul 11-Aug 29 6:00-7:00 PM . . . . . XTV63X**

Sunnyside Rec Area Act Ctr Sunnyside Room  
**Thu, Jul 14-Sep 1 11:00 AM-12:00 PM . . . . . XTX63X**

Instructor: Sonya Burke  
Eight 1-Hr & 30-Min Sessions $98.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
**Tue, Jul 26-Sep 13 10:30 AM-12:00 PM . . . . . XU763X**

**Brand New to Yoga Series! Level 2**  
*(adults)*  
Ready to take your yoga to the next level? Taught in the same fun, relaxed, and positive atmosphere our certified instructor will motivate you as we continue to improve flexibility, balance, strength, and posture. Learn new sequences and movements as we begin to master postures, breathing techniques, and alignment. Please bring a yoga mat and a towel or blanket.  

Instructor: Lisa Mandragona  
Eight 1-Hr Sessions $92.00 Per Person  
Sunnyside Rec Area Act Ctr Sunnyside Room  
**Tue, Jul 12-Aug 30 10:00-11:00 AM . . . . . XU763X**
Cardio Kickboxing
(adults)
Embrace your inner ROCKY!! The most innovative kickboxing class you will find. It is designed to get you in shape and help you achieve your fitness goals fast, while incorporating techniques of the sport. Cardio Kickboxing is a combination of martial arts, boxing, and aerobics that help give the heart a really good workout. This intense hour will quickly whip you into the higher fitness level that you desire. *We DO NOT supply gloves. You may purchase through the instructor for $50 if needed.*

Tatum Pk Holland Act Ctr

Once a Week Sessions
Six 1-Hr Sessions $65.00 Per Person
Tue, Jun 7-Aug 23 6:30-7:30 PM ......... XUM63A
Thu, Jun 9-Jul 14 6:30-7:30 PM ......... XUN63A
Tue, Jul 19-Aug 23 6:30-7:30 PM ......... XUP63A
Thu, Jul 21-Aug 25 6:30-7:30 PM ......... XUQ63A

Twice a Week Sessions
Twelve 1-Hr Sessions $111.00 Per Person
Tue,Thu, Jun 7-Jul 14 6:30-7:30 PM ...... X4363A
Tue,Thu, Jul 19-Aug 25 6:30-7:30 PM ... X4463A

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 1-Hr Sessions $92.00 Per Person
Tatum Pk Red Hill Act Ctr
Thu, Jul 7-Aug 25 10:00-11:00 AM ... XUD63X

Co-Ed Open Basketball - 20 & up
(ages 20 and up)
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 and women age 20 and over. Emphasis of this program is exercise and fun. Prefer to just drop in? Pay $5 per person, cash or check only, to drop by for one session.
Eight 2-Hr Sessions $35.00 Per Person
Fort Monmouth Rec Ctr Gym A
Thu, Jun 16-Aug 4 6:00-8:00 PM ......... MB763X

Core to the Max!
(adults)
Get ready to challenge your total core from the inside out! Join us for a quick and effective workout to strengthen and stretch your abdominals and lower back. Since your core is constantly working, you have to change up the exercises to challenge your muscles. Improve your balance and posture and strengthen your back as we work towards enhanced health and vitality. All levels are welcome.
Six 30-Min Sessions $27.00 Per Person
Tatum Pk Red Hill Act Ctr
Tue, Jun 7-Jul 12 6:30-7:00 PM ......... XSN63X

Futsal Indoor Soccer
(adults)
GOOOOOAAAAALLLL!! Indoor soccer is coming to the gym at Fort Monmouth Recreation Center. Play small-sided games without the commitment of a structured league. No set teams, ref fees, or uniforms to worry about- just show up, pick a side, and play soccer. Save your spot, and some money, by registering for the full session. Drop-ins will be accepted as space allows for $10 per person, per night (cash or check only).
Fort Monmouth Rec Ctr Gym A
Ten 2-Hr Sessions $70.00 Per Person
Mon, Jun 20-Aug 29 6:00-8:00 PM ....... MBU63A
No program 7/4
Fourteen 2-Hr Sessions $98.00 Per Person
Mon, Sep 19-Dec 19 7:00-9:00 PM ...... M0864A

Group Personal Training
(adults)
A mix of body-weight and band exercises will assist to increase your ability to burn fat, strengthen muscles and improve flexibility, mobility, conditioning and overall fitness levels. Join us in a non-intimidating, fun and motivating atmosphere where everyone supports each other to succeed.
Nine 1-Hr Sessions $120.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
Mon,Wed,Fri, Jun 6-24 8:00-9:00 AM ....... MCS63A
Tue,Thu, Jun 7-Jul 5 5:30-6:30 PM ....... MCU63A

Program registration begins at 8:00 AM on Wednesday, May 4.
**Hatha Yoga**
*adults*
Embrace the essential practices of yoga as you experience the profound benefits of increased strength, flexibility, and balance. Flow smoothly through Yoga postures with proper alignment and safety. Discover reduced stress and increased harmony for mind, breath, body, and spirit. You’ll leave this class feeling strong, flexible, calm, and renewed. A well-balanced yoga practice for all ability levels. Please bring a yoga mat and a towel or blanket.
Instructor: Lisa Mandragona
Eight 1-Hr Sessions $92.00 Per Person
Tatum Pk Red Hill Act Ctr
**Thu, Jul 14-Sep 1 6:45-7:45 PM . . . . . XT863X**

**Hula Hoop Fitness Group**
*adults*
Try this new, creative workout that is adaptable to all fitness levels! Finally a group you can jump in and join without a formal routine to learn or instruction to follow. Experienced hoopers will be on hand to show newcomers the basic techniques. Twirl and dance your way into toning muscles, improving balance and flexibility, and strengthening your core. Exercise hoops can be provided.
Single session drop-ins accepted on on-site each week for only $5.00 (cash or check only please).
Ten 2-Hr Sessions $35.00 Per Person
Fort Monmouth Rec Ctr Group Fitness Room
**Sun, Jul 10-Sep 18 1:00-3:00 PM . . . . . MCF63A**
No class 9/4

**Intermediate Tennis Double Session**
*adults*
You feel like you just got warmed up and now it’s time to get off the court? How frustrating! Wish you had a little more time to improve your current level of play? Here it is! You’ll have more time for drills and match play to help you further your technical and mental approach to the game! Class size is limited so that our tennis pro can focus on individual attention. Prerequisite: All players must have received instruction on forehand, backhand, volleys and serve prior to class starting date.
Four 1-Hr & 50-Min Sessions $85.00 Per Person
Dorbrook Rec Area
**Mon,Wed, Jun 6-15 10:00-11:50 AM . . . . . XQP63A**
**Mon,Wed, Jun 20-29 10:00-11:50 AM . . . . . XQQ63A**

**Intro to Tennis Doubles**
*adults*
When it comes to tennis doubles, strategy and communication are key. Come develop a series of skills that will take you to match point. We will cover strategies of doubles play, basic foot work, teamwork and so much more. This is done through instruction and match-like scenario drills and fun-competitive play. Join us to start your adventure as doubles tennis player or if you are a current player come and improve your level play.
Four 2-Hr Sessions $84.00 Per Person
Dorbrook Rec Area
**Tue-Fri, Jul 5-8 10:00 AM-12:00 PM . . . . . XT963A**

**Krav Maga - Street Defense**
*adults*
Krav maga (“contact combat”) is a self-defense system based on simplicity, effectiveness and practicality, building upon your own natural instincts and reflexes. It is designed to be effective for everybody, regardless of size, gender, age or physical ability. The curriculum will focus on core self-defense techniques, including defenses against common attack scenarios, where there are no referees and no rules, such as strikes, grabs, chokes. Participants will have a chance to request defenses to be included in the curriculum. Athletic clothing and sneakers are required. Groin protection is recommended.
Fort Monmouth Rec Ctr Group Fitness Room
Eight 1-Hr Sessions $80.00 Per Person
**Sun, Jul 10-Aug 28 10:00-11:00 AM . . . . . MCP63A**
**Sun, Jul 10-Aug 28 11:30 AM-12:30 PM . . . . MCQ63A**

**Extend-A-Class**
A half hour of extra class time for those already familiar with basic Krav Maga techniques.
Eight 30-Min Sessions $40.00 Per Person
**Sun, Jul 10-Aug 28 11:00-11:30 AM . . . . . MCR63A**
Upcoming Races

2016 Timberbrook Triathlon
Saturday, October 8, 9:00 AM Start
Manasquan Reservoir, Howell
Join us for the 2016 Timberbrook Triathlon!
Run three miles; canoe, kayak or stand up paddleboard two miles; and mountain bike five miles.
Individual and team entries are welcome!
Course map and additional information are available on our website.
Canoe and kayak rentals are available on a first come, first served basis for a fee.
To register, visit www.MonmouthCountyParks.com.

For more information and an application, please call 732-542-1642, ext. 23,
or email agibney@monmouthcountyparks.com.

20th Annual Woods Hollow Mountain Bike Race
Saturday, November 5, 9:00 AM
Tatum Park, Middletown
Mountain bike through the open fields and woodlands of Tatum Park. Ideal for kids (1 mile), beginner (7.8 miles) and sport (11.4 miles) mountain bikers.
COST:
Pre-registration fee - $20.00 for beginner and sport races;
$5.00 for kids race (due by October 27)
Race day registration fee - $25.00 for beginner and sport races;
$5.00 for kids race

Beginner Race
11:15 AM-1:15 PM - Program #X0364X

Sport Race
9:00-11:00 AM - Program #X0164X

Kids Race (ages 12 and younger)
Sponsored by Bicycle Hub of Marlboro
10:45 AM-12:45 PM - Program #X0264X

In the event of severe weather, the race will be rescheduled for Saturday, November 12.

For more information and an application, please call
732-542-1642, ext. 26,
or email cdavino@monmouthcountyparks.com.
Morning Stretch  
(adults)  
Relax, unwind, and clear your mind as we start the day off right! Ease tension and stress in the body as we gently stretch and restore the natural mobility of joints. Experience increased circulation and improved flexibility along with enhanced body awareness and control. You will lengthen muscles and strengthen the body as our certified instructor guides you through restorative movements and postures. Please bring a yoga mat and a towel or blanket.  
Instructor: Lisa Mandragona  
Eight 1-Hr Sessions $92.00 Per Person  
Sunnyside Rec Area Act Ctr Sunnyside Room  
Thu, Jul 14-Sep 1 10:00-11:00 AM ........ XTY63A

Pickleball  
(ages 16 and up)  
Pickleball! A fun sized version of tennis. Doubles pickleball play can be enjoyed by all levels of competitors. Enjoy a fun game, or choose a competitive opponent. Three pickleball courts are available and a staff member will be there for any rules clarification. Bring your own paddle, or use one of ours! No experience required.  
Eight 1-Hr & 30-Min Sessions $40.00 Per Person  
Fort Monmouth Rec Ctr Gym A  
Fri, Jul 1-Aug 19 6:00-7:30 PM ........ MBT63A

Pilates Mat Workout  
(adults)  
Class will focus on your powerhouse which is the abdominals, lower back, hips and thighs. Pilates will help strengthen and lengthen muscles, improve posture and flexibility, and work on your deep abdominals.  
Twelve 1-Hr Sessions $72.00 Per Person  
Dorbrook Rec Area Act Ctr  
Mon,Wed, Jun 6-Jul 18 7:15-8:15 PM ........ XU163X  
No class 7/4  
Tatum Pk Holland Act Ctr  
Tue,Thu, Jun 7-Jul 14 6:30-7:30 PM ........ XU263X

Private Tennis  
(all ages)  
Benefit from intense one-on-one instruction from Professional Tennis Registry instructor Grace Cashman. Lessons can be geared toward all ages and abilities.  
One 1-Hr Session $60.00 Per Person  
Dorbrook Rec Area  
Sat, Jun 4 12:00-1:00 PM .............. X0663A  
Sat, Jun 4 1:00-2:00 PM .............. X0763A  
Sat, Jun 18 12:00-1:00 PM ........ XSG63A  
Sat, Jun 18 1:00-2:00 PM ........ XST63A  
Sat, Jul 2 9:00-10:00 AM .............. XSU63A  
Sat, Jul 2 10:00-11:00 AM ........ XSV63A  
Sat, Jul 16 9:00-10:00 AM ........ XSW63A  
Sat, Jul 16 10:00-11:00 AM ........ XSX63A  
Sat, Jul 30 9:00-10:00 AM ........ XSY63A  
Sat, Jul 30 10:00-11:00 AM ........ XSZ63A  
Sat, Aug 13 9:00-10:00 AM ........ XT063A  
Sat, Aug 13 10:00-11:00 AM ........ XT163A  
Sat, Aug 27 9:00-10:00 AM ........ XT663A  
Sat, Aug 27 10:00-11:00 AM ........ XT763A

Relax & Renew  
(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: Lisa Mandragona  
Eight 1-Hr Sessions $92.00 Per Person  
Fort Monmouth Rec Ctr Group Fitness Room  
Mon, Jul 11-Aug 29 7:00-8:00 PM ........ XTW63A

"Add the parks to your weekend plans!  
Visit our website and click  
“This Weekend in the Parks”  
for a list of the fun we have scheduled.  
www.MonmouthCountyParks.com"
**Roller Hiking**  
*(all ages, under 18 with adult)*

Explore our parks by taking a stROLL. Roller hiking is an in-line skating group that will skate around the parks exploring the beauty of Monmouth County in a new way! Please note: each week we will be at a different location. Actual hiking time and distance will vary by the group’s stamina. This program is open to all ages; must have the ability to skate.  

**Six 1-Hr Sessions $48.00 Per Person**

**Explore The Shore**

- 7/9 - Dorbrook In-line Skate Rink Parking Lot
- 7/16 - Henry Hudson Trail South Dutch Lane Parking Lot
- 7/23 - Henry Hudson Trail North AC Parking Lot
- 7/30 - Manasquan Reservoir EC Parking Lot
- 8/6 - Thompson Park Estate Old Orchard Parking Lot
- 8/13 - Sandy Hook Path  
  
  Sat, Jul 9-Aug 13 9:00-10:00 AM .......... XQU63A

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**Tennis Boot Camp**  
*(adults)*

This non-stop action packed week-long tennis program will get you up and moving! Improve your game by hitting tons of tennis balls, match-like scenario drills, competitive play and improved cardio. Take your skills to the next level. Rain-outs will be made up on Friday.  

**Four 1-Hr & 55-Min Sessions $60.00 Per Person**

Dorbrook Rec Area  

Mon-Thu, Aug 29-Sep 1 10:00-11:55 AM .......... XSD63A

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**Yin Yoga**  
*(adults)*

Break through to a new level of health and vitality through Yin Yoga! This passive practice of holding postures gently stretches and restores the natural mobility of joints. It targets our deeper connective tissues, ligaments and fascia. Experience increased circulation, improved flexibility, and enhanced concentration. Strengthen your heart and mind as you improve energy flow and organ health. Calm your nervous system and feel more balanced as our certified instructor guides you through mindful movements and breathing. Please bring a yoga mat and a towel or blanket.  

**Instructor: Lisa Mandragona**  
**Eight 1-Hr Sessions $92.00 Per Person**

Sun, Jul 12-Aug 30 11:00 AM-12:00 PM .......... XU063A

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**Tennis Skills Clinics**  
*(adults)*

Our serving and stroke development clinics are a great opportunity to build solid technique and to learn new skills. To become a strong player you need a good serve, but getting there isn’t easy. Mastering the service motion requires the help of a Professional Tennis Registry instructor and plenty of practice. Or maybe your serve is ace and your return is a little rusty? We will cover and develop three main tennis strokes: forehand, backhand and volley in our stroke development clinic taking your game to the next level.

**Two 55-Min Sessions $25.00 Per Person**

Dorbrook Rec Area  

**Serving Clinic**  

Mon-Tue, Aug 29-30 12:00-12:55 PM .......... XSE63A

**Stroke Development Clinic**  

Wed-Thu, Aug 31-Sep 1 12:00-12:55 PM .......... XSF63A

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**Yoga & Abs Fusion**  
*(adults)*

Start off your morning with a meditative flow yoga class to reduce stress and restore your energy within. We will focus on moving with our breath through different postures, in combination with increased concentration on our abdominals. You will strengthen and tighten muscles that you didn’t even know you had! You will progressively see improvements in your flexibility, balance, and body composition. All levels are welcome! Please bring a towel and water to stay hydrated.

**Instructor: Laurie Vuksanovich**  
**Eight 1-Hr Sessions $92.00 Per Person**

Sat, Jun 11-Aug 6 9:00-10:00 AM .......... XUE63A  
No class 7/2
Yoga at the Shore
(adults)
Discover a whole new system of yoga built on three main structures: exercise, breathing and meditation. The introduction of yoga will help increase breath control to improve the health and function of the body and mind, which prepares the student for meditation. Enjoy the scenic oceanfront location to approach a peaceful mind and reduce stress. Please bring a yoga mat and blanket or towel.
Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist
Eleven 1-Hr & 30-Min Sessions $132.00 Per Person
Seven Presidents Pk Act Ctr
Sat, Jul 9-Sep 24 8:00-9:30 AM .......... XSK63A
No class 9/3

Yoga for Baby-Boomers
(adults)
Want to try yoga but afraid you can't keep up or you are not limber enough? Yoga is for everyone and everyBODY. Join in a class of your peers set at a pace that is geared for 50's, 60's and up, or for those looking for a slower paced class for individual health reasons. Yoga 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. Also, yoga creates an overall state of well-being. Men also benefit from this form of exercise as a way of opening up and relieving muscular stiffness. Please bring a yoga mat, blanket or large beach towel and bottled water for hydration.
Instructor: Sonya Burke, Yoga Alliance Certified Instructor, RYT
Eight 1-Hr & 30-Min Sessions $96.00 Per Person
Henry Hudson Trail Act Ctr
Fri, Jul 22-Sep 16 10:00-11:30 AM ........ XU663A
No class 9/2

Yoga for Limited Mobility
(adults)
This class is specifically designed for individuals experiencing limited mobility due to neurological and musculoskeletal disorders such as Multiple Sclerosis, rheumatic disorders, stroke, Fibromyalgia, Osteoarthritis and Scoliosis. The class will open with 10 to 15 minutes of breathing exercises and continue with range of motion to establish and maintain mobility in the joints. Yoga-based stretching exercises will be performed in a chair and may progress to yoga postures performed on the floor or standing. Individuals must be able to transfer independently. Classes are now held at Align Amar Yoga in Tinton Falls.
Instructor: Barbara Sager, 1,200-hour Certified Yoga Therapist
Align Amar Yoga Studio, Tinton Falls Yoga Studio, Tinton Falls
Eleven 1-Hr Sessions $126.50 Per Person
Mon, Jul 11-Sep 26 12:00-1:00 PM .......... D9163A
No class 9/5
Fourteen 1-Hr Sessions $161.00 Per Person
Wed, Jun 29-Sep 28 12:00-1:00 PM ........ D9263A

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!
Ten 1-Hr Sessions $90.00 Per Person
Dorbrook Rec Area Act Ctr
Tue, Jun 14-Aug 16 6:15-7:15 PM .......... XUG63A
Thu, Jun 16-Aug 18 6:15-7:15 PM .......... XUH63A

PARKS HAVE HEALTH POWER!
Increased access to places for physical activity leads to a 25% increase in people exercising three or more days a week.

- NRPA.org
Equine Environment for Learning  
(entering grades 6-12)
Equine Environment for Learning at Sunnyside Equestrian Center is a custom eight-week program developed for school groups of up to ten participants. The curriculum consist of classroom sessions, plus mounted and non-mounted activities with the horses. Goals such as team building, respect, responsibility, safety, kindness, and self-esteem are encouraged and enhanced within the program. Participants will explore horse behavior and care, along with learning basic riding skills. PATH certified instructors. For information, call 732-224-1367.

Equine Facilitated Wellness  
(all ages)
Equine Facilitated Wellness Programs at Sunnyside Equestrian Center are designed for people who are experiencing anxiety, depression or other stressors. A Licensed Counselor, a Path Certified Equine Specialist and our therapy horses provide an outlet to seek out realistic solutions to problems posed by life and daily struggles. Please call 732-224-1367, ext. 4#, for more information or to schedule an appointment.

Fun with Horses  
(ages 5-8, with adult)
Are you crazy about horses? Want to learn more about them? Explore the world of horses and horseback riding at Sunnyside Equestrian Center. Participants will learn to groom a horse and go for a short ride with the assistance of their adult partner.
One 1-Hr Session $35.00 Parent/Child $17.00 Additional Sibling
Sunnyside Rec Area
Tue, Jun 28 10:00-11:00 AM ............... V1063X

MORE Fun with Horses!  
(ages 5-8, with adult)
Return to Sunnyside to have MORE fun with horses. Learn how to make a horse’s dinner and how to keep his stall neat and clean. Take a mini riding lesson with the assistance of a parent to learn how to steer, stop and go so you can ride through an obstacle course.
One 1-Hr & 30-Min Session $40.00 Parent/Child $20.00 2nd Child
Sunnyside Rec Area
Thu, Jun 30 10:00-11:30 AM ............... V1163X

Pick up the Reins  
(adults)
Are you thinking about starting or returning to riding but not sure you are ready to commit to a full time riding program? Come to Sunnyside and give it a try with our 1 hour “trial” lesson. This program is designed to give you the confidence to get back in the saddle or to see if riding is right for you. Come “pick up the reins” and enjoy a riding lesson in a safe supportive environment.
One 1-Hr Session $65.00 Per Person
Sunnyside Rec Area
Wed, Jul 6 9:00-10:00 AM ............... V1263A
Fri, Jul 8 9:00-10:00 AM ............... V1363A

SPUR Horseback Riding Lessons for Individuals with Disabilities  
(ages 4 and up)
Offered in affiliation with Special People United to Ride (SPUR), these programs provide therapeutic horsemanship to children and adults with disabilities. Mounted and non-mounted activities are customized to each participant’s individual needs and abilities. Riders must be at least four years old to participate. For more information visit www.spuronline.org or call 732-224-1367.

Horses for Heroes  
(adults)
Horses for Heroes is specially tailored for active or veteran military members who are suffering from the psychological impacts of service or sustained physical injury. To register or for more information, please call Sunnyside Equestrian Center at 732-224-1367, ext. 4#, or visit spuronline.org.
Level I Golf  
(ages 6 and up)  
An introductory program designed to familiarize golf to students with little or no golf experience. Learn the techniques of grip, stance, balance, and swing, in this on range clinic. Learn the basic skill of hitting a golf ball. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. No previous golf experience is required. If you do not have equipment the Golf center will provide clubs for use.

Parent-Child  
(ages 6-10, with adult)  
Three 1-Hr & 20-Min Sessions $95.00 Parent/Child $45.00 2nd Child  
Bel-Aire GC  
Thu, Jul 7-28 4:30-5:30 PM .......... Y7563X  
Sun, Jul 31-Aug 21 11:30 AM-12:30 PM . Y7463X  
Sun, Aug 14-28 3:00-4:20 PM .......... Y7663X

Children  
(ages 6-10)  
Four 1-Hr Sessions $72.00 Per Person  
Bel-Aire GC  
Sat, Jun 11-Jul 2 9:30-10:30 AM ....... Y4463A  
Sat, Jun 18-Jul 9 10:00-11:00 AM ....... Y4263A  
Sun, Jun 26-Jul 17 11:30 AM-12:30 PM .. Y4363A  
Sat, Jul 2-23 9:00-10:00 AM .......... Y7163A  
Tue, Jul 5-26 6:00-7:00 PM .......... Y7263A  
Sun, Jul 31-Aug 21 10:00-11:00 AM .... Y7063A  
Mon-Thu, Aug 22-25 6:00-7:00 PM ...... Y7363A  
Charleston Springs GC  
Sat, Jul 23-Aug 13 10:00-11:00 AM .... T2463A

Parent-Junior  
(ages 11-14)  
Four 1-Hr Sessions $94.00 Parent/Child $45.00  
Additional Sibling  
Charleston Springs GC  
Sun, Jul 3-24 10:00-11:00 AM .......... T3363X

Juniors  
(ages 11-14)  
Four 1-Hr Sessions $75.00 Per Person  
Bel-Aire GC  
Sat, Jun 18-Jul 9 11:30 AM-12:30 PM ... Y4563A  
Sun, Jun 26-Jul 17 3:00-4:00 PM ....... Y5963A  
Sun, Jul 3-24 11:00 AM-12:00 PM .... Y7963A  
Sat, Aug 6-27 9:00-10:00 AM .......... YA163A

Parent-Teen  
(ages 14-18, with adult)  
Four 1-Hr Sessions $95.00 Parent/Child $45.00  
Additional Sibling  
Bel-Aire GC  
Sun, Jul 3-24 12:30-1:30 PM ......... Y8163X  
Sun, Aug 7-28 1:30-2:30 PM .......... Y9763X  
Charleston Springs GC  
Sat, Jun 25-Jul 16 1:00-2:00 PM ........ T1463X

Adults  
Four 1-Hr Sessions $80.00 Per Person  
Bel-Aire GC  
Tue,Thu, Jun 7-9 6:00-8:00 PM ............ Y4063A  
Sat, Jun 11-Jul 2 8:00-9:00 AM ......... Y3863A  
Sat, Jun 18-Jul 9 9:00-10:00 AM ........ Y3763A  
Sun, Jun 26-Jul 17 10:00-11:00 AM .... Y3963A  
Fri, Jul 1-22 9:00-10:00 AM ............ Y9363A  
Mon, Jul 11-Aug 1 5:00-6:00 PM ....... Y6163A  
Wed, Jul 27-Aug 17 9:00-10:00 AM .... Y6263A  
Sat, Aug 6-27 8:00-9:00 AM .......... Y9963A  
Charleston Springs GC  
Wed, Jun 22-Jul 13 6:30-7:30 PM .......... T0763A  
Sun, Aug 14-Sep 4 9:00-10:00 AM ...... T4163A  
Howell Pk GC  
Thu, Jun 2-23 5:00-6:00 PM .......... J0163A  
Thu, Aug 11-Sep 1 6:00-7:00 PM ......... J0463A

Women  
(adults)  
Four 1-Hr Sessions $80.00 Per Person  
Bel-Aire GC  
Tue, Jun 14-Jul 5 11:00 AM-12:00 PM ... Y3663A  
Thu, Jul 7-28 9:30-10:30 AM .......... Y9063A  
Howell Pk GC  
Wed, Jul 27-Aug 17 6:30-7:30 PM ....... J0763A

Couples  
(adults)  
Four 1-Hr Sessions $95.00 Per Couple  
Bel-Aire GC  
Fri, Jun 3-24 6:00-7:00 PM .......... Y4163A  
Fri, Jul 8-29 6:00-7:00 PM .......... Y5563A  
Charleston Springs GC  
Sat, Aug 6-27 12:30-1:30 PM ........... T4463A
Level II Golf  
(ages 6 and up)  
This clinic continues to build on the basic fundamentals of grip, stance, balance, and swing. Safety, etiquette, and rules will be covered each week. Sessions will take place on the practice area. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. NOTE: Basic golf knowledge or previous level I participation is preferred. If you do not have equipment the Golf center will provide clubs for use.

Children  
(ages 6-10)  
Four 1-Hr Sessions $72.00 Per Person  
Bel-Aire GC  
Sun, Jun 19-Jul 10 9:00-10:00 AM ....... Y4663A  
Sat, Aug 13-Sep 3 10:00-11:00 AM ....... Y9663A

Girls  
(ages 6-10)  
Four 1-Hr Sessions $72.00 Per Person  
Bel-Aire GC  
Sat, Jul 2-23 11:30 AM-12:30 PM ....... Y8863A

Juniors  
(ages 11-14)  
Four 1-Hr Sessions $75.00 Per Person  
Bel-Aire GC  
Mon, Jul 11-Aug 1 6:30-7:30 PM ......... Y6563A  
Sun, Jul 31-Aug 21 9:00-10:00 AM ....... Y6663A

High School Players  
(ages 14-18)  
Four 1-Hr Sessions $75.00 Per Person  
Charleston Springs GC  
Sat, Aug 6-27 11:00 AM-12:00 PM ....... T4363A

Adults  
Three 1-Hr & 20-Min Sessions $80.00 Per Person  
Bel-Aire GC  
Tue-Fri, Jun 28-Jul 1 4:30-5:30 PM ....... Y6063A  
Sun, Jul 31-Aug 21 2:30-3:30 PM ....... Y8363A  
Mon,Wed,Fri, Aug 8-12 5:00-6:20 PM ... YA063A

Women  
(adults)  
Four 1-Hr Sessions $80.00 Per Person  
Bel-Aire GC  
Tue, Jul 26-Aug 16 1:00-2:00 PM ......... Y6763A

Level III Golf  
(ages 11 and up)  
A third level of instruction combining elements of both the full swing and the short game are fully explored in this clinic. Continue to refine the basic fundamentals of grip, stance, balance, and swing, as this clinic will focus on getting you course ready. Time on the range will be split between learning chipping, pitching and putting. Instruction will take place on the practice area but students may be introduced to the golf course. Basic golf knowledge or previous Level I or II participation is preferred.

Juniors  
(ages 11-14)  
Four 1-Hr & 30-Min Sessions $92.00 Per Person  
Bel-Aire GC  
Mon, Jun 6-27 6:00-7:30 PM .......... Y5263A  
Wed, Jul 27-Aug 17 6:00-7:30 PM .......... Y8663A  
Mon-Thu, Aug 15-18 5:30-7:00 PM .......... Y9863A

High School Players  
(ages 14-18)  
Four 1-Hr & 30-Min Sessions $92.00 Per Person  
Bel-Aire GC  
Wed, Jun 22-Jul 13 6:00-7:30 PM .......... Y5763A

Adults  
Three 2-Hr Sessions $98.00 Per Person  
Bel-Aire GC  
Tue-Thur, Jul 5-7 1:30-3:30 PM .......... Y6363A  
Wed, Aug 10-31 3:45-5:15 PM .......... Y6463A

Women  
(adults)  
Four 1-Hr & 30-Min Sessions $98.00 Per Person  
Bel-Aire GC  
Thu, Jul 7-28 11:00 AM-12:30 PM .......... Y9163A  
Wed, Aug 10-31 2:00-3:30 PM .......... Y9263A

FREE  
Golf Fore Fun!  
Bel-Aire Golf Course, Wall  
Stop by the golf course and try a variety of non-traditional golf games. Open to all ages.

Dates & Times:  
Sunday, June 19 1:00-4:00 PM  
Sunday, July 17 4:00-7:00 PM  
Friday, August 19 4:00-7:00 PM

www.MonmouthCountyParks.com
Level IV Golf
(ages 6 and up)
This is an ideal first step in getting students out onto the golf course. This is a hybrid clinic that shares instruction time on the practice range and on the golf course. At this level students will be taught golf course etiquette, proper club selection, and maintaining a good pace of play. While on the range students will continue to refine their fundamentals and be introduced to more in-depth swing techniques. This clinic is designed to help golfers learn strategy and how to play the game on a real golf course setting. NOTE: Completion of Level I, II, III or equivalent is strongly suggested. Students must have the ability to walk, carry, or push their own bag. At this level each student is required to have his/her golf equipment.

Children
(ages 6-10)
Four 1-Hr & 30-Min Sessions $92.00 Per Person
Bel-Aire GC
Tue-Fri, Jun 28-Jul 1 2:30-4:00 PM ....... Y5063A
Sat, Jul 2-23 2:30-4:00 PM ............... Y8463A
Fri, Jul 29-Aug 19 6:00-7:30 PM .......... Y8063A

Adults
Four 2-Hr Sessions $120.00 Per Person
Bel-Aire GC
Sat, Jun 18-Jul 9 1:30-3:30 PM .......... Y3363A
Mon-Wed, Jun 20-29 6:00-8:00 PM .... Y3263A
Sun, Jun 26-Jul 17 10:00 AM-12:00 PM .. Y3463A
Wed, Jul 27-Aug 17 10:00 AM-12:00 PM .. Y6863A
Charleston Springs GC
Thu, Jul 7-28 6:00-8:00 PM ............. T3263A

Women
(adults)
Four 2-Hr Sessions $120.00 Per Person
Bel-Aire GC
Tue, Jun 14-Jul 5 9:00-11:00 AM ....... Y3563A

Couples
(adults)
Four 2-Hr Sessions $130.00 Per Couple
Bel-Aire GC
Sat, Jul 2-23 11:30 AM-1:30 PM .......... Y8263A

Ready to show off your golfing skills?
Participate in one of our tournaments.
Information is available on our website under the “Golf” tab.

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-Club Tournament</td>
<td>June 2 at Shark River</td>
<td></td>
</tr>
<tr>
<td>Howell Park Club Championship</td>
<td>June 18 &amp; 19 and June 25 &amp; 26</td>
<td>Howell Park</td>
</tr>
<tr>
<td>Summer Solstice Tournament</td>
<td>June 21 at Charleston Springs</td>
<td></td>
</tr>
<tr>
<td>Hominy Hill Club Championship</td>
<td>July 9 &amp; 10 and July 16 &amp; 17</td>
<td>Hominy Hill</td>
</tr>
<tr>
<td>Junior Amateur Championship</td>
<td>July 11 &amp; 12 at Howell Park</td>
<td></td>
</tr>
<tr>
<td>Shark River Club Championship</td>
<td>July 30 &amp; 31 and August 6 &amp; 7</td>
<td>Shark River</td>
</tr>
<tr>
<td>Youth Championship</td>
<td>August 17 at Bel-Aire</td>
<td></td>
</tr>
<tr>
<td>Charleston Springs Club Championship</td>
<td>August 20 &amp; 21 and August 27 &amp; 28</td>
<td>Charleston Springs</td>
</tr>
<tr>
<td>Ladies Scramble</td>
<td>September 13 at Pine Brook</td>
<td></td>
</tr>
<tr>
<td>Superintendent’s Revenge</td>
<td>September 17 at Pine Brook</td>
<td></td>
</tr>
<tr>
<td>Two-Person Scramble</td>
<td>September 29 at Shark River</td>
<td></td>
</tr>
<tr>
<td>Team Championship</td>
<td>October 11 at Howell Park</td>
<td></td>
</tr>
<tr>
<td>Jersey Devil Tournament</td>
<td>October 22 at Charleston Springs</td>
<td></td>
</tr>
<tr>
<td>Beat the Feast</td>
<td>November 24 at Howell Park</td>
<td></td>
</tr>
</tbody>
</table>

www.MonmouthCountyParks.com
Level V Golf
(adults)
At this level it is vital to spend time learning the game where it is played, on the golf course. This clinic is designed for and taught at an accelerated player level. The student who is looking to lower their score will find this instruction to be both informative and fun. This hybrid clinic shares time between the range and the golf course. NOTE: Students should be able to consistently hit the ball with proper technique and club selection as well as exhibit a solid understanding of golf rules, etiquette, and course responsibility. At this level each student is required to have his/her own golf equipment.

Four 3-Hr Sessions $170.00 Per Person

Adults
Howell Pk GC
Wed, Jul 6-27 5:15-8:15 PM ............. J0963A

Women
Bel-Aire GC
Tue, Jul 26-Aug 16 9:00 AM-12:00 PM... Y9463A

60 Minute Clinic – Chipping/Pitching
(adults)
Learn how to turn three shots into two shots and lower your golf scores. Two-thirds of your golf game is played from 75 yards and in, so this clinic is all about the short game. Improve your chipping and pitching to help lower your scores. We all miss a few greens, so learn how to recover and make more pars on the golf course. If your chipping needs help, let us improve your motion to ensure that you are having fun out on the course. Open to all levels and abilities. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One 1-Hr Session $25.00 Per Person
Bel-Aire GC
Sun, Aug 7 1:00-2:00 PM .............. Y8763A
Charleston Springs GC
Sat, Jun 4 12:00-1:00 AM ............. T0963A
Sun, Jun 19 3:00-4:00 PM ............. T1763A
Sat, Jun 25 2:30-3:30 PM ............. T1663A
Thu, Jul 28 1:30-2:30 PM ............. T3663A
Thu, Aug 18 1:30-2:30 PM ............. T3763A

60 Minute Clinic - Driver
(adults)
Develop more consistency and power for all level of golfers and swing types in this full swing clinic. Students will start learning the proper techniques of the full golf swing in order to develop a solid ball strike and tempo. This clinic will focus on what factors into generating more power with less effort in order to enhance your golf swing. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention.

One 1-Hr Session $25.00 Per Person
Charleston Springs GC
Sun, Jun 12 3:00-4:00 PM ............. T1863A
Howell Pk GC
Wed, Jul 6 4:00-5:00 PM ............. J1063A
Wed, Jul 27 5:00-6:00 PM ............. J0863A
Wed, Aug 10 5:00-6:00 PM ............. J1163A

60 Minute Clinic - Putting
(adults)
Improving your putter stroke is one of the fastest ways to lower your score. This intensive clinic focuses on the putting stroke, green reading, and the all-important, lag putting. This clinic also focuses on putting strategy such as pre-put routine as well as covers putting etiquette and rules. This clinic aims to help students develop confidence and become more accurate on the green. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. Players of all skill levels welcome.

One 1-Hr Session $25.00 Per Person
Bel-Aire GC
Wed, Jun 1 4:00-5:00 PM ............. Y4963A
Sat, Jul 9 10:00-11:00 AM ............. Y8963A
Howell Pk GC
Wed, Jun 22 5:00-6:00 PM ............. J0263A

REGISTER EARLY!
Don't miss out on your favorite programs. If a minimum number of registrants is not met, a program may be cancelled. Register early to assist in helping your program meet its requirement.

Registration Starts May 4!
60 Minute Clinic - Sand Bunkers
(adults)
Learn the best strategy to get the ball out of the sand and onto the green or fairway in this interactive bunker clinic. This clinic focuses on the proper techniques and rules of sand play from the greenside and fairway bunkers. This clinic will leave you with a sound understanding of how to play from the beach. This clinic aims to help students develop confidence and become more accurate in and out of the bunker. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. Open to all levels and abilities.
One 1-Hr Session $25.00 Per Person
Bel-Aire GC
Sat, Jun 11 11:30 AM-12:30 PM .......... Y5163A
Wed, Jul 20 6:00-7:00 PM ............... Y7863A
Sun, Aug 14 10:15-11:15 AM .......... YA263A
Charleston Springs GC
Thu, Jun 23 2:30-3:30 PM ............. T1363A
Wed, Jul 20 6:00-7:00 PM ............. T3163A
Sun, Aug 21 10:00-11:00 AM .......... T4263A

Breaking 100
(adults)
Looking to break or target the 100 score? Improve your course management and scoring skills out on the course. Learn how to make the most out of your game by improving your course management and mental skills. You don’t have to have a perfect golf swing, but knowing how to manage your game and playing with your strengths can produce lower scores out on the course. This one day 3 hour clinic combines both on range and on course instruction. The low student to instructor ratio allows for individual instruction on a personal level.
One 3-Hr Session $135.00 Per Person
Bel-Aire GC
Mon, Jun 27 9:00 AM-12:00 PM ........ Y4763A
Two 1-Hr & 30-Min Sessions $135.00 Per Person
Bel-Aire GC
Tue,Thu, Aug 9-11 5:30-7:00 PM ........ Y9563A
Charleston Springs GC
Sat, Jul 30 2:00-5:00 PM ............... T3863A
Sun, Aug 28 3:30-6:30 PM ............. T3963A
Howell Pk GC
Sun, Jul 17 3:00-6:00 PM ............... J0363A
Sun, Aug 7 4:00-7:00 PM ............... J1363A
**Full Swing Clinic**  
*adults*
No matter what your level of play, discover the simple basics of driving and long iron shots that all golfers must master. Learn how to develop a pre-shot routine, learn to aim each shot, and consistently hit fairways. We will give you tips on how to gain distance so you can hit shots for any situation. The result will be greater consistency, confidence, and feel whether off the tee or off the fairway. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. NOTE: Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

*One 2-Hr Session $87.00 Per Person*

Charleston Springs GC  
Sun, Jun 5 2:00-4:00 PM ................. T0163A  
Sat, Jun 18 2:00-4:00 PM ................. T0263A  
Sat, Jul 23 2:00-4:00 PM ................. T2563A  
Sat, Jul 30 1:00-3:00 PM ................. T2663A  
Sat, Aug 27 2:00-4:00 PM ................. T2763A  
Howell Pk GC  
Sun, Aug 14 2:00-4:00 PM ............... J1463A

**Golf’s Inner Game**  
*adults*
This program covers the basics of concentration, awareness, and learning as it pertains to golf. Emphasis will be on the triangle of performance, learning, and enjoyment. Join us for this fun, innovative, and powerful program that takes a look at your “inner game” of golf. Practical, fun and effective exercises will be introduced and golfers of all abilities are invited. Taught by a certified Golf-Psyche instructor, discover new ways to practice, self-coach, and improve your consistency. Be ready to enjoy a more satisfying, fulfilling, and effective game.

*One 2-Hr Session $85.00 Per Person*

Charleston Springs GC  
Wed, Jun 22 2:00-4:00 PM ............... T0863A  
Sun, Jul 3 1:00-3:00 PM ................. T1063A  
Sat, Aug 13 10:00 AM-12:00 PM ........ T4063A

**Golf for Kids**  
*ages 6-12*
Come experience the world of Golf. Participants will be involved in lessons on the fundamentals of every aspect of the game of golf. Activities may include the use of SNAG golf equipment, FootGolf, short game practice equipment, and the potential to play golf. Each class students will develop their confidence and ability by participating in these fun and creative activities. Let’s explore how much fun golf can be!

*Five 2-Hr Sessions $105.00 Per Person*

Bel-Aire GC  
Fri, Jun 24-Jul 22 6:00-8:00 PM .......... Y5863A

**High School Players Club & Clinic**  
*ages 14-18*
The High School Players Club & Clinic provides an opportunity for experienced junior golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace.

*Four 3-Hr Sessions $119.00 Per Person*

Charleston Springs GC  
Sat, Jun 25-Jul 16 4:00-7:00 PM .......... T1563A  
Sat, Jul 30-Aug 20 4:00-7:00 PM ........ T3563A
Ladies Player's Club  
(adults)
Are you interested in playing golf in a fun, friendly, and “ladies only” environment? The Ladies Player's Club is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 8:00 AM each Thursday and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Card.  
Twenty-Seven 5-Hr Sessions $26.00 Per Person  
Pine Brook GC  
**Thu, Apr 28-Oct 27 8:00 AM-1:00 PM . . . . PB162A**

MCPS High School Players Tour  
(ages 14-18)
Are you a junior golfer looking to compete on a weekly basis? The High School Players Tour is for talented golfers who are looking to play under the tutelage of a PGA Professional. Students will participate in weekly tournaments at varying golf courses. NOTE: Participants must have an active junior golf card, must have the ability, maturity, and self-discipline to play safely at an appropriate pace.  
Four 4-Hr Sessions $95.00 Per Person  
Week 1: Charleston Springs Golf Course  
Week 2: Howell Park Golf Course  
Week 3: Shark River Golf Course  
Week 4: Charleston Springs Golf Course  
**Thu, Jun 23-Jul 14 3:30-7:30 PM . . . . . . T1163A**  
**Thu, Jul 28-Aug 18 3:30-7:30 PM . . . . . . T1263A**

Par with the Pros  
(adults)
Want to Par more holes? Par with the Pros covers all aspects of the golf game, including long and short game, putting and bunker play. Instruction time is split between the driving range, short game area, and course play. Students will have the opportunity in the second portion of the clinic to play golf with real time instruction. The student-to-teacher ratio is 3:1 to ensure that students are given maximum individual attention.  
One 4-Hr Session $155.00 Per Person  
Charleston Springs GC  
**Sun, Jun 5 1:00-5:00 PM . . . . . . . . . . . . . . T0663A**  
**Sun, Jun 19 1:00-5:00 PM . . . . . . . . . . . . . . T0563A**  
**Sat, Jul 9 3:00-7:00 PM . . . . . . . . . . . . . . T3463A**  
**Sun, Jul 17 1:00-5:00 PM . . . . . . . . . . . . . . T1963A**  
Howell Pk GC  
**Sun, Aug 28 1:00-5:00 PM . . . . . . . . . . . . . . J1563A**

Senior Players Club & Clinic  
(ages 55 and up)
The Senior Players Club & Clinic is a perfect opportunity for experienced golfers to enjoy organized recreational play. Club members participate in popular forms of competition and receive on-course instruction and coaching in areas such as rules, etiquette, club and shot selection, and pace of play. A one-hour instructional clinic covering swing mechanics and skills is also included. Program fee includes: instructional clinic, reserved starting times, hand carts, on-course observation and coaching, and scoring. Participants must have the ability, maturity, and self-discipline to play safely at an appropriate pace.  
Four 3-Hr & 30-Min Sessions $79.00 Per Person  
Bel-Aire GC  
**Wed, Jun 22-Jul 13 8:00-11:30 AM . . . . . . . Y5363A**  
**Wed, Jul 27-Aug 17 8:00-11:30 AM . . . . . . . Y5463A**
Short Game Clinic
(adults)
No matter what your level of play, discover the simple basics of chipping, putting and sand play that all golfers must master. Learn how to lag put, chip close to the hole, and hit an approach shot. We will give you tips on how to control distance, trajectory and spin, so you can create shots for any situation. The result will be greater consistency, confidence and feel on all shots from around the green. Low student-to-teacher ratios ensure that students learn at their own speed and are given maximum individual attention. NOTE: Sessions include individual instruction in a group setting so each student learns new skills based on his/her current golf level - whether just starting, an accomplished player or somewhere in between.

One 3-Hr Session $125.00 Per Person
Charleston Springs GC
Sun, Jun 12 1:00-4:00 PM ............... T0363A
Sun, Jun 26 1:00-4:00 PM ............... T0463A
Sat, Jul 2 2:00-5:00 PM ............... T2063A
Sun, Jul 17 1:00-4:00 PM ............... T2163A
Sat, Aug 6 1:00-4:00 PM ............... T2263A
Sat, Aug 27 9:00 AM-12:00 PM .......... T2363A

Sunset Ladies Players Club
(adults)
Are you interested in playing golf in a fun, friendly, and “ladies only” environment? Try our Sunset Ladies Player’s Club that is designed for women who are interested in enjoying a weekly round of golf. Whether you are looking to play more golf, meet other golfers, or make new friends, this program is for you! Consecutive tee times begin at 4:00 PM each Tuesday evening and participation must be confirmed on a weekly basis. Applicable greens fees must be paid at course on day of play. Participants must have a Golf Card.

Sixteen 3-Hr Sessions $26.00 Per Person
Pine Brook GC
Tue, May 24-Sep 27 4:00-7:00 PM ........ PB262A

Tots Golf
(ages 5-6)
Designed specifically for children ages 5-6, Tots Golf serves as a fun introduction to the game. This program utilizes the SNAG golf equipment. SNAG stands for “start new at golf” and is fun and easy way to learn and teach golf fundamentals. SNAG allows for an array of golf shots including full swing, chipping, and even putting. We attempt to avoid technical instruction in this program, and instead try to capture the interest of the kids with various noncompetitive games, drills, and fun learning exercises. Students will learn golf in a fun, safe and nurturing environment.

Four 1-Hr Sessions $72.00 Per Person
Bel-Aire GC
Sun, Jul 3-24 9:00-10:00 AM ........... Y5663A
Sat, Aug 6-27 10:30-11:30 AM ........... Y8563A

ARE YOUR CHILDREN INTERESTED IN GOLF?
Enroll them in one of our golf summer camps!
Check out our Camp/Swim Program Directory for full details.
www.MonmouthCountyParks.com
19th Century Woodworking Demonstration  
See how 19th century woodworking tools were used.  
**Saturday, June 4, 12:00-3:00 PM**

Music Man  
Enjoy music from the 1890s as Rich Marzec plays on the piano and accordion.  
**Sunday, June 5, 1:00-3:00 PM**  
**Sunday, July 3, 1:00-3:00 PM**  
**Sunday, August 14, 1:00-3:00 PM**

Crochet/Lacemaking Demonstration  
Dorothy Gratton will visit Longstreet Farm and demonstrate the art of crochet and lacemaking in the Victorian era.  
**Saturday, June 11, 1:00-3:00 PM**

Blacksmith Demonstration  
See what the blacksmith is making in his workshop.  
**Sunday, June 12, 1:00-3:00 PM**  
**Sunday, July 10, 1:00-3:00 PM**  
**Sunday, August 14, 1:00-3:00 PM**

Independence Day Celebration  
Independence Day was a festive time in the 1890s.  
Patriotism was celebrated with music, games and good picnic food. Join the staff at Longstreet Farm as they celebrate the holiday with games and contests.  
**Monday, July 4, 12:00-3:00 PM**

Threshing Demonstration  
Take a step back in time and watch our antique threshing machine in action. The Longstreet Farm staff will use a 19th century, belt-driven “Champion” thresher to separate the wheat grain from the straw and the chaff.  
Come learn how this important crop grows and see how it was processed in the days before modern combines.  
**Saturday & Sunday, July 9 & 10, 12:00-2:00 PM**

Penny Rug Demonstration  
**Saturday, August 6, 1:00-3:00 PM**

Potato Harvest  
Learn how potatoes are grown and harvested. Help the Longstreet Farm staff bring in the crop, and dig some potatoes to take home for your own family. Stop by the summer kitchen for some 19th century inspiration on how to prepare them.  
**Saturday & Sunday, August 6 & 7, 12:00-2:00 PM**

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_Historic Longstreet Farm_, Holmdel, takes you back in time by recreating 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. Longstreet Farm is open daily year round from 10:00 AM-4:00 PM. Visitors may enter at their leisure, free of charge.
**Vintage Base Ball:** **FREE**

Monmouth Furnace Base Ball Club vs N.Y. Mutuals

Spend a summer afternoon at Holmdel Park and enjoy one of America’s favorite pastime and see how it started. Monmouth Furnace Base Ball Club (formerly known as the Bog Iron Boys) vs the N.Y. Mutuals will be playing vintage baseball, rules from the 19th century. Players will be dressed in uniforms appropriate to the time period. The styles and speech of the 19th century are also used while playing the game.

**Saturday, August 13, 12:00-2:30 PM**

**Smocking Demonstration** **FREE**

**Sunday, August 21, 1:00-3:00 PM**

**Rug Hooking Camp** *(all ages)*

A love of textiles, old crafts and animals, Kris Miller is a self-taught rug hooker who has been hooking and designing rugs since 1998. Owner of Spruce Ridge Studios in Howell Michigan, Kris was a chosen artist in the 2015 Early American Life Directory of American Crafts. In this class she will teach primitive hooking with textured wool with cuts that are #8 and above. Bring your own pattern or visit her web site www.spruceridgestudios.com and she will help you color plan. Techniques on how to hook eyes, special stitches and finishing edges will be addressed.

**Five 6-Hr Sessions $170.00 Per Person**

**Longstreet Farm Vis Ctr**

**Mon-Fri, Oct 10-14 9:00 AM-3:00 PM . . . . . . F0264A**

**Rug Hooking Gathering** *(all ages)*

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 5-Hr Sessions $40.00 Per Person**

**Longstreet Farm Vis Ctr**

**Tue, Sep 6-Nov 15 10:00 AM-3:00 PM . . . . . F0164A**

**No gathering 10/11**

**Harvest Home Festival**

**Sunday, September 25, 11:00 AM-5:00 PM**

**Historic Longstreet Farm, Holmdel**

An old-fashioned country fair reminiscent of the 1890s. It takes visitors back in time when neighbors gathered to accomplish work, harvest, and spend time socializing and enjoying each other’s company. It calls not only for the exhibition of the best products that have been grown and the best needlework that has been done in the community, but also for games, athletic contests and similar features of recreational or educational value. Experience old-fashioned fun as it was a century ago with wagon rides, games and live entertainment. See craft demonstrations that will inspire you to start a new hobby or career. Enter one of many competitions ranging from needlework, baked goods to homegrown vegetables. Each person entering in a competition will have a chance to win a prize ribbon.

*For more information, please call 732-946-3758.*
Horseless Carriages - \[FREE\]
**Antique Autos Come to Walnford**
One of the greatest innovations in transportation will dot our shady landscape with a display of several beautiful pre-1946 automobiles. Bring a picnic lunch and give yourself time for a leisurely stroll among the cars and their proud owners. Weather permitting.
**Saturday, June 11, 11:00 AM-3:00 PM**

The Roots of Root Beer \[FREE\]
It's thirst quenching history as we share fun facts about root beer, a connection to the Waln family, and you have a chance to sample a variety of brews including our own recipe.
**Sunday, June 26, 1:00-4:00 PM**

Celebrate the 4th of July \[FREE\]
We will think about the meaning of life, liberty, and the pursuit of happiness at Historic Walnford on Fourth of July weekend against the backdrop of the largest pre-Revolutionary War home standing in Monmouth County. Read a copy of the momentous Declaration of Independence, don a ticom hat or delicate muslin cap, and dip a quill in an ink well to compose your thoughts on freedom.
**Saturday, Sunday & Monday, July 2, 3 & 4, 1:00-4:00 PM**

Happy 200th, Sallie Waln! \[FREE\]
Celebrate the 200th birthday of this notable member of the Waln family. Born at Walnford on July 16, 1816, Sarah (Sallie) Waln's 90 years here left an enduring mark on this beautiful property. Bring a picnic to enjoy on the lawn, relax, explore her legacy, and learn a bit about the history of birthday celebrations while you enjoy a slice of cake in Sallie's honor.
**Saturday, July 16, 5:00-7:00 PM**

Behind the Barriers: Explore the Gristmill from Bottom to Top \[FREE\]
(ages 12 and up)
This is your chance to see all the equipment on all four levels of the mill with a guided tour that reveals the history, artistry and engineering of this amazing food factory. Space is limited, please reserve your spot by calling Walnford, 609 259-6275.
**Saturday, July 23, 9:30 AM**

Edible History - Ice Cream!
Learn a little of the history of this cooling summer time treat as you help us crank, and then consume, several ice cream flavors made from 19th century recipes. Can you imagine a better way to spend an hour on a summer afternoon? We'll begin in the shade of the trees by the ice house at Historic Walnford. This is free historical family fun at its best!
**Sunday, August 7, 3:00-4:00 PM**

**Sarah Waln, Life and Legacy**
Born at Walnford, July 16, 1816, Sarah (Sallie) Waln Explore Sarah (Sallie) Waln's life through her words, deeds and belongings in a display on the 2nd floor of the Waln house, her home until her death in 1907.
**Open daily from 9:00 AM-4:00 PM.**

**Historic Walnford, Upper Freehold, is full of fascinating history throughout the year.**
Any day is a great time to visit this wonderful historic site and learn about the Waln family and the evolution of Walnford - from an 18th century industrial village and family farm to an elegant country estate.
The historic buildings are open daily from 9:00 AM-4:00 PM; free of charge.
**Introduction to Golf**
*ages 13 and up, with special needs*
Join us as we discover the basics of swinging, putting, and etiquette while playing a few holes of golf. The first four classes will include clinic type instruction with a golf pro and Therapeutic Recreation Staff assisting. The final four classes will include warm up on the driving range and putting green along with continued instruction on the golf course by Therapeutic Recreation Staff. Golf clubs and balls will be provided if needed. Golf shoes are not required.

Six 1-Hr Sessions $85.00 Per Person
Bel-Aire GC
Mon, Jul 11-Aug 15 6:00-7:00 PM........ D8463A

**Night Out**
*ages 16 and up, with special needs*
Night Out is an evening social program for teens and adults with special needs. Drop-offs and pickups will be at the Dorbrook Recreation Area, unless otherwise noted. Participants must be able to function in at least a 1:3 staff to participant ratio. Please call Justin at 732-460-1167, ext. 22, for more information.

**Pool and Pizza Party!**
*ages 16 and up, with special needs*
Join us for a fun evening of swimming at the Dorbrook pool, followed by pizza and snacks. Lifeguards and staff are provided. Please bring $7 for pizza.

One 3-Hr Session $18.00 Per Person
Dorbrook Rec Area Vis Ctr
Sat, Aug 20 5:00-8:00 PM ................. D8263A

**Recreational Swim**
*all ages, under 18 with adult*
Do laps, play games, or just relax in our heated pool. This is not an instructional swim class. Lifeguards and supervision are provided. Children under 18 years of age must be accompanied by an adult.

Six 1-Hr Sessions $48.00 Per Person
Dorbrook Rec Area
Wed, Jun 29-Aug 3 6:15-7:15 PM ........ D8563A

**Giants Training Camp/Stadium Tour**
*all ages, under 18 with adult*
Come on out and tour MetLife Stadium and watch the Giants practice. After the practice session, you will receive autographs from players selected for the day. As of the printing of this volume of our Program Directory, the NY Giants had not released their 2016 training schedule for August. For more information on this trip, please check our website in July for date and price of trip at www.MonmouthCountyParks.com or call Jeff Papcun at 732-542-1642, ext. 27.

**Real Philadelphia Walking Tour**
*all ages, under 18 with adult*
See Philadelphia through the eyes of a real Philadelphian. Loaded with local tips and insider recommendations that took the guide most of their life to discover. See hidden treasures, bizarre, and wonderful reasons Philadelphia is the city of brotherly love. Bring your cash as lunch will be in the Italian Market and ends near the Terminal Market and Chinatown. The tour will take about 4.5 hours and will cover approximately 3.5 miles. Wear your most comfortable shoes.

One 11-Hr Session $45.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Fri, Jun 24 9:00 AM-8:00 PM.............. A7363A
Kutztown Folk Festival
(all ages, under 18 with adult)
This famous arts and crafts fair (featuring the largest hand-made quilt sale in the U.S.) will include demonstrations of Pennsylvania Dutch folk life and craft skills, country dancing, a farmers’ market and great food. Fee includes bus transportation, entry tickets and Park System leader.
$42.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Sat, Jul 9 ............................... A5863A
Board: 9:00 AM ...... Return: 6:00 PM (approx)

Sunset Sailing Tour of Sandy Hook Bay
(ages 14 and up, with adult)
Leave your worries behind and sail off into Sandy Hook Bay to witness a beautiful sunset aboard a friendly catamaran sailing vessel. The Park System invites you to discover the breathtaking beauty of the bay with refreshing sea breezes and a magnificent sunset as a backdrop. Bring a friend, bring a date or just bring yourself to watch as the sun paints the sky with colors that change from brilliant blues to deep yellows, oranges, pinks and reds. One sunset sail and you’ll understand why celebrating the sunset on the water is what summer along the Jersey Shore is all about. This tour is popular so book early. Bring binoculars and a camera, and take something warm to wear as it can get chilly on the open water.
One 2-Hr Session $65.00 Per Person
Marina on the Bay Highlands Parking Lot
Wed, Jul 13 7:00-9:00 PM (approx)....... IMK63A
Wed, Jul 20 7:00-9:00 PM (approx)....... IMM63A
Wed, Aug 3 6:30-8:30 PM (approx)....... INM63A
Wed, Aug 17 6:30-8:30 PM (approx) ..... IMP63A
Wed, Aug 24 6:00-8:00 PM (approx) ..... IMQ63A

Dragon Boat Festival
(all ages, under 18 with adult)
Join us for a trip to Flushing Meadows for the Hong Kong Dragon Boat Festival featuring dragon boat races all day, live performances of Chinese dance, martial arts demonstrations, traditional arts & crafts and international foods. Rain or shine.
$35.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Sun, Aug 7 ............................... A7963A
Board: 9:00 AM ...... Return: 5:00 PM (approx)

Peach Festival & Sidewalk Sale
(all ages, under 18 with adult)
Come to the lovely Peddler’s Village in Lahaska, PA. for the Peach Festival featuring the annual sidewalk sale. Savor various peach treats throughout the village, enjoy musical entertainment and take advantage of sizzling savings at the 150+ shops. Rain or shine.
$37.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Sun, Aug 7 ............................... A7863A
Board: 9:00 AM ...... Return: 5:30 PM (approx)

Yankees Baseball
(all ages)
Experience American baseball tradition at its finest as we watch the thrilling Yankees. Please Note: Trip will be departing from Fort Monmouth Recreation Center, 2566 Guarn Lane, Tinton Falls. Please call 848-456-4278, ext. 1# for directions.
vs. Rays
$90.00 Per Person
Fort Monmouth Rec Ctr
Sat, Aug 13 .......................... MBD63X
Board: 10:30 AM ...... Return: 6:00 PM (approx)

9-11 Museum & Memorial Visit
(adults)
Visit the 9-11 Museum & Memorial, a tribute to the people who died at the World Trade Center. Take a look at the growing permanent collection of artifacts, stories, photos, video and other materials that shape our shared history. Afterwards, you’ll have time for lunch on your own and to explore other points of interest in Lower Manhattan such as the Freedom Tower, a self-guided tour of St. Paul’s Chapel or Federal Hall. Price includes group reservations for the museum and memorial, Park System volunteer leader and round trip motorcoach transportation. Please Note: Federal Hall is only open Monday- Friday. Reservations are suggested in advance for the Freedom Tower.
$68.00 Per Person
Thompson Pk Estate Grounds Parking Lot
Wed, Aug 17 ........................... A7163A
Board: 8:30 AM ...... Return: 6:00 PM (approx)
**The Franklin Institute Museum**  
*(all ages, under 18 with adult)*  
Visitors will unearth the mysteries of Egypt, its culture and its people in this interactive exhibit: LOST EGYPT. This exhibit is particularly geared towards young people who aspire to become archaeologists, scientists, engineers and technicians. Some exhibit highlights include a Dig Site, Mummy Display, Tomb Art, and Writing Hieroglyphics. Price includes admission to the exhibit, the museum, motor coach transportation and Park System Volunteer Leader.  
$55.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sat, Aug 27 ............................ A6763A  
Board: 8:30 AM ........ Return: 5:00 PM (approx)

**U.S. Open Tennis**  
*(adults)*  
This tennis championship is the biggest and most well-known of its kind in the U.S. Tennis stars from all over the world will battle it out for the coveted title. Your ticket will entitle you to a reserved stadium seat and entry to matches at the other courts on the center’s grounds at the National Tennis Center in Flushing, NY. Please Note: Trip will be departing from Fort Monmouth Recreation Center, 2566 Guam Lane, Tinton Falls. Please call 848-456-4278 Ext:1# for directions.  
$122.00 Per Person  
Fort Monmouth Rec Ctr  
Wed, Aug 31 ............................ MB963A  
Board: 7:45 AM ........ Return: 8:00 PM (approx)

**Chinatown/Little Italy-NYC**  
*(all ages, under 18 with adult)*  
Great shops and restaurants will be in abundance as you enjoy the day exploring the streets of Chinatown and experiencing the San Gennaro Festival in Little Italy. The bus will drop you off on Canal Street, the dividing line between Little Italy and Chinatown. Fee includes round-trip bus transportation and Park System leader only. Rain or shine.  
$35.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sat, Sep 17 ............................ A0364A  
Board:9:30 AM ........ Return: 6:30 PM (approx)

**Dutch Apple Dinner Theater - Lancaster, PA**  
*(adults)*  
Anything Goes! A gloriously funny musical with romance, mistaken identities, mismatched lovers and a whole ship full of tap-dancing sailors and chorus girls. Cole Porter hits include “I Get A Kick Out Of You”, “You’re The Top”, “It’s DeLovely”, “Blow Gabriel Blow” and of course, the show stopping “Anything Goes”. Price includes a classic American style buffet style dinner & dessert, a carved entrée option, Broadway-caliber show, motor coach transportation and volunteer park system leader.  
$95.00 Per Person  
Thompson Pk Estate Grounds Parking Lot  
Sun, Oct 30 ............................ A0264X  
Board: 7:30 AM ........ Return: 7:30 PM (approx)

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**Travel with Us!**  
The Park System offers a variety of fun overnight trips during the autumn months. For more information on upcoming overnight travel with us, contact Rachel Cohen 732-542-1642, ext. 29, Rachel.Cohen@monmouthcountyparks.com.
Programs have been indexed by activity and colored by age category.

**FAMILY**

*(Most age groups in the family can enjoy.)*

**KIDS & TEENS**

**PARENT & CHILD**

*(Programs for parent and child to enjoy.)*

**ADULTS**

### ARTS & CRAFTS

#### Ceramics & Pottery
- Advanced Wheel-Thrown Pottery, 31
- All Level Pottery Class, 31
- Ceramic Arts, 31
- Children’s Handbuilding, 20
- Children’s Wheel-Thrown Pottery, 20
- Creative Clay Time, 16
- Father’s Day Ceramic Mug, 20
- Figure Sculpture Workshop, 31
- Parent & Child Pottery, 16
- Pottery Workshop with Tom White, 32
- Raku Pottery, 31
- Sculpture Class, 32
- Summer Shells, 21

#### Drawing & Painting
- Color Pencil Basics Workshop, 32
- Creative Illustration, 32
- Drawing Basics, 20
- Evening Watercolor Workshop, 32
- Intermediate Drawing, 33
- Intro to Drawing, 33
- Intro to Traditional Painting, 33
- Introduction to Watercolor Painting, 33
- KidzArt Painting Workshop, 20
- Mixed Media Mornings, 20
- More Than a Sketch, 34
- Painting: All Level, 34
- Spring Plein Air Workshop, 34
- Watercolor Adventures: All About Flowers, 34
- Watercolor: Painting Trees, 34

#### Jewelry
- Introduction to Precious Metal Clay Workshop, 35
- Precious Metal Clay Basics, 35
- Textured Copper Tile Jewelry, 35

#### Knitting & Sewing
- Beginner Sewing, 19
- Beginner Sewing and Beyond, 35
- Beginner Sewing Level 2 - Zippers and Buttonholes!, 20
- Knit or Crochet Your Choice, 35

### Miscellaneous Crafts
- A Journey Into Fused Glass, 35
- Calligraphy, 36
- Campfire & Sand Casting, 8
- Feed Bag Tote Bag, 36
- Life Sized Puppets, 8
- Play with Polymer!, 21

### Photography
- Adobe Lightroom, 36
- Digital SLR 2, 36
- Photography Exploration in Our Parks, 37

### Campfire Programs
- Campfire & Sand Casting, 8
- Campfire Family Challenge, 7
- Campfire Golf Evening, 6
- Canoe, Kayak, Campfire, Music & S’Mores, 6
- Carnival Campfire, 6
- Christmas in July, 6
- Cold-blooded Campfire, 7
- Cowboy Campfire, 7
- Create Your Own Concert, 7
- Going Batty at Turkey Swamp Park, 7
- Hobo Happening, 6
- S’more Family Fun, 13
- S’Parks in the Night, 21
- Touch-A-Truck at the Campfire!, 6

### Culinary Arts
- American Backyard BBQ, 37
- Basic Cake Decorating, 21
- Bulgogi & Fried Rice, 37
- Classic BBQ Recipes, 37
- Community and Connection, 38
- Cupcake Cheesecakes, 38
- Egg Rolls & Empanada, 38
- Japchae - Korean Noodle Stir Fry, 38
- Kalbi & Kimbap, 38
- Rib Rub & Potato Salad, 38
- Sweet Potato Desserts, 38
- What’s Eating You?, 39

Adult culinary arts programs are open to ages 16 and up.

### Education & Enrichment
- About Boating Safely, 39
- Aviation Ground School Private Pilot - Learn to Fly, 39
- Coffee Club Mahjong, 39
- Engineering for Kids, 22
- Magic Door to Your Imagination, 22
- Reader’s Theatre, 22
- Save a Life! Basic Life Support (BLS) for the Healthcare Provider, 39
- Save a Life! CPR AED Certification, 39
- Save a Life! Pediatric CPR and First Aid, 40
Step Into Stories, 16
Summer Lecture Series: Concussion in Sports, 14
Summer Lecture Series: Importance of Education for Student-Athletes, 14
Summer Lecture Series: Strength and Conditioning, 14
Super Science Mini-Camp, 22
Teen Fantasy Football, 22
Writer’s Workshop, 22

EQUESTRIAN
Equine Facilitated Wellness, 65
Fun with Horses, 65
Horses for Heroes, 65
MORE Fun with Horses, 65
Pick up the Reins, 65
SPUR Horseback Riding Lessons for Individuals with Disabilities, 65

FAMILY FUN
Climb Time, 12
Concert in the Park, 36
Deep Cut Gardens Open House, 43
Eco Elephant Family Flea Market, 33
Enviro-Quest, 11
Freshwater Fishing Derby, 46
Happy Birthday Americal, 8
Life Sized Puppets, 8
Manasquan Reservoir Boat Tours, 10
Monmouth County Fair, 28-29
Open Shoot Archery, 12
Open Swim, 15
Out with a Bang!, 8
Park-A-Day Family Style, 13
Seining Along Sandy Hook Bay, 9
S’more Family Fun, 13
S’Parks in the Night, 21
Thompson Park Canoe Rentals, 12
Thompson Park Day, 26
Wind & Sea Festival, 11

HEALTH & WELLNESS
Back to Nature: Women’s Yoga Retreat, 40
Creative Spa Night, 40
Finally Thin Now, 40
EFT Weight Loss Support Group, 41
EFT for Pain Management, 41
Essential Oils & Natural Hair Care, 41
Health in Hand, 41
Introduction to Tai Chi Discipline - Joy Through Movement, 42
Summertime Survival with Essential Oils, 41
Take Your Vitamins, 42
Tai Chi Chih Discipline - Joy Through Movement, 42
Twilight Tai Chi Chih Discipline - Joy Through Movement, 42

HISTORIC
19th Century Woodworking Demonstration, 74
Behind the Barriers, 76
Blacksmith Demonstration, 74
Celebrate the 4th of July, 76
Crochet/Lacemaking Demonstration, 74
Edible History - Ice Cream!, 76
Happy 200th, Sallie Waln!, 76
Harvest Home Festival, 75
Horseless Carriages, 76
Independence Day Celebration, 74
Music Man, 74
Penny Rug Demonstration, 74
Potato Harvest, 74
The Roots of Root Beer, 76
Threshing Demonstration, 74
Rug Hooking Camp, 75
Rug Hooking Gathering, 75
Sarah Waln, Life and Legacy, 76
Smocking Demonstration, 75
Vintage Base Ball, 75

HORTICULTURE
Deep Cut Gardens Open House, 43
Fairy Houses in the Gardens, 8
Hypertufa Leaf Casting, 42
Kokedama, 42
Surprise Story Time, 17
Terrific Terrariums!, 43
Tomato Tasting, 43
Twilight Garden Tour and Dessert, 43
Vegetable Gardening 101 - Summer, 43

NATURE
Animals
Fantastic Animals and Where to Find Them!, 10
Nature Babies, 17

Birds
“Early Bird” Walk and Boat Tour, 44
Hello Hummingbirds!, 10
The Casual Birder, 48

Environment
Blackfish Cove Kayak Adventure, 44
Boat and Breakfast, Manasquan Reservoir, 9
Drop-In Kayak Tours, 47
Eco-Kayak Adventure, 47
Eco-Kayak Tour of the Manasquan Reservoir, 44
Father’s Day Kayak Tour, 44
Full Moon Boat Tour, 45
Full Moon Walk, 45
Ice Cream Sundae and Boat Tour, 11
Kayaking After Work!, 45
Manasquan Reservoir Boat Tours, 10
Navesink River Kayak Tour with the NY/NJ Baykeeper, 47
INDEX

Fish
Finding Dory, 10
Fishing Wildlife in a Wetland, 9
Freshwater Fishing Derby, 46
Kayak Fishing on the Navesink River, 45
My First Fish, 16
Snapper Fishing in Sandy Hook Bay, 11
Sunset Kayak Tour of the Navesink, 48
Insects
Butterfly Walks, 44
Monarch Magic!, 16
Miscellaneous
Ask a Naturalist, 45
Drop-In Local Nature Lecture Series, 46
Enviro-Quest, 11
Family Fossiling at Shark River, Shark River, 9
Nature Adventures Patch Collectors, 21
Safari Backpacks, 23
Summer Nature Programs at the Bay, 17
Tidal Tuesdays, 18
Twilight Nature Walks, 11
Plants
Blueberries!, 16
Reptiles
Frogs!, Turkey Swamp, 9
OUTDOOR ADVENTURES
Archery
Ladies Take a Shot: intro to Archery, 52
Open Shoot Archery, 12
Take a Shot: Intro to Archery, 23
Take a Shot: Intro to Archery, 54
Biking
Duke Farms Bike Ride, 49
Camping
Sleep Under the Stars Family Camping, 13
Climbing
Climb Time, 12
Climb Higher, 48
Challenge Course Adventure, 48
Ladies High Challenge, 51
Ladies Indoor Rock Climbing, 51
Ladies Rock!, 52
Hiking
High Point Monument Hike and Swim, 51
Hiking Adventures - A Toddler's Perspective, 17
Ladies Only After Work Hiking Series, 51
Land Art for Kids Hike, 22
Minecraft Geocaching Adventure, 23
Pequannock Watershed Hikes, 52
Roller Hiking, 63
Stony Brook fire Tower Hike and Swim, 53
Summer Senior Hikers, 30
Toddler Hiking Series, 18
Try Backpacking Ladies!, 54
Miscellaneous Outdoor Activities
Active Adults Mini Adventure Activities Sampler, 30
Park-A-Day Family Style, 13
S'more Family Fun, 13
On the Water
Beginner Stand-Up Paddle Boarding, 49
Canoe Beginnings, 48
Discover Scuba, 48
Double Dose on the Delaware, 49
Drop-In Kayak Tours, 47
Eco-Kayak Adventure, 47
Full Moon Paddles, 50
Graveyard of Ships Kayak Tour 50
Intermediate Stand-Up Paddle Boarding, 49
Kayaking After Work!, 45
Kayak Rolling, 51
Ladies Canoe Discover, 51
Navesink River Kayak Tour with the NY/NJ Baykeeper, 47
Paddle to Your Pancakes...or Preferred Breakfast, 52
Sailboat Rentals at the Manasquan Reservoir, 53
Sailing Basics, 53
Stand-Up Paddle Boarding on the River, 49
Sunrise Paddles, 54
Sunset Kayak Tour of the Navesink, 48
Summer Solstice Paddle, 53
Thompson Park Canoe Rentals, 12'
Which Watercraft? Paddlesport Open House, 52
You Can Sail Drop-in, 53
PERFORMING ARTS
Ballroom Latin Dancing, 54
Ballroom Smooth Dancing, 54
Beginning Acting for Adults, 55
Exploring the World of the Playwright, 23
PLAY GROUPS
Miss Melissa's Aardvarks, 18

Programs have been indexed by activity and colored by age category.

FAMILY
(Most age groups in the family can enjoy.)

KIDS & TEENS
PARENT & CHILD
(For age groups of parent and child to enjoy.)

ADULTS
SPORTS & FITNESS

Baseball
T-Ball, 27
T-Ball 2, 27

Basketball
Basketball League, 56
Co-Ed Open Basketball - 20 & Up, 59

Disc Golf
Disc Golf for Beginners, 24
Disc Golf League, 56
Discover Disc Golf, 13
Moonlight Disc Golf, 14

Fitness
Aerostep, 58
Aqua Zumba, 58
Basic Belly Dance, 58
Beyond Basic Belly Dance, 58
Cardio Kick Boxing, 59
Cool Runners Fitness Camp, 24
Core to the Max!, 59
Group Personal Training, 59
Hula Hoop Fitness Group, 60
Morning Stretch, 62
Relax & Renew, 62
Summer Senior Hikers, 30
Zumba Fitness, 64

Football
9-on-9 High School Football, 23

FootGolf
FootGolf Family Frenzy, 13

Frisbee
Beach Ultimate Frisbee Tournament, 57
Beach Ultimate League, 56

Golf
60 Minute Clinic - Chipping/Pitching, 69
60 Minute Clinic - Driver, 69
60 Minute Clinic - Putting, 69
60 Minute Clinic - Sand Bunkers, 70
Breaking 100, 70
Full Swing Clinic, 71
Golf for Kids, 71
Golf’s Inner Game, 71
High School Players Club & Clinic, 71
Introduction to Golf, 77
Ladies Player’s Club, 72
Level I Golf - Adults, 66
Level I Golf - Children, 66
Level I Golf - Couples, 66
Level I Golf - Juniors, 66
Level I Golf - Parent-Child, 66
Level I Golf - Parent-Junior, 66
Level I Golf - Parent-Teen, 66
Level I Golf - Women, 66
Level II Golf - Adults, 67
Level II Golf - Children, 67
Level II Golf - Girls, 67
Level II Golf - High School Players, 67
Level II Golf - Juniors, 67
Level II Golf - Women, 67
Level III Golf - Adults, 67
Level III Golf - High School Players, 67
Level III Golf - Juniors, 67
Level III Golf - Women, 67
Level IV Golf - Adults, 68
Level IV Golf - Children, 68
Level IV Golf - Couples, 68
Level IV Golf - Women, 68
Level V Golf - Adults, 69
Level V Golf - Women, 69
MCPS High School Player’s Tour, 72
Par with the Pros, 72
Senior Players Club & Clinic, 72
Short Game Clinic, 73
Summer Players Club & Clinic, 73
Sunset Ladies Players Club, 73
Tots Golf, 73

Gymnastics
Introduction to Gymnastics, 25
Parent & Child Gymnastics, 19

Hockey
3-on-3 Hockey Tournament, 57
Hat Trick Hockey: Mini-Camp, 24
Hat Trick Hockey - Mites, 18
Skate into Roller Hockey, 27

In-Line Skating
Roller Hiking, 63

Lacrosse
Lacrosse 101 Co-Ed, 26

Martial Arts
Intro to Kung Fu, 24
Krav Maga - Street Defense, 60

Miscellaneous
Family Obstacle Challenge, 13
Junior Lifeguard, 25
Minecraft Comes Alive!, 26
Mini Minecrafts Comes Alivel, 26
Summer Lecture Series: Concussion in Sports, 14
Summer Lecture Series: Importance of Education for Student-Athletes, 14
Summer Lecture Series: Strength and Conditioning, 14
Zombie Laser Tag, 15

Pickleball
Pickleball, 62

Pilates
Pilates Mat Workout, 62

Races
Timberbrook Triathlon, 61
Woods Hollow Mountain Bike Race, 61
Skateboarding
  Goofyfoot Skateboarding: Mini-Camps, 24

Soccer
  Futsal Indoor Soccer, 59
  Kids Kixx Soccer, 25
  Kids Kixx Soccer - Ladybugs, 25
  Kids Kixx Soccer - League Ready, 25
  Kids Kixx Soccer - Pee Wee, 19
  Kids Kixx Soccer Pee Wee: Mini-Camp, 18

Softball
  Private Softball Hitting Clinic, 26

Tennis
  Adult Beginner Tennis, 55
  Adult Advanced Beginner Tennis, 55
  Adult Intermediate Tennis, 55
  After Camp Tennis, 23
  After School Tennis, 24
  Children's Beginner Tennis, 24
  Intermediate Tennis Double Session, 60
  Intro to Tennis Doubles, 60
  Private Tennis, 62
  Teen Tennis, 27
  Tennis Boot Camp, 63
  Tennis Skills Clinics, 63
  Youth Beginner Tennis, 27
  Youth Intermediate Tennis, 27

Volleyball
  Outdoor Oceanfront Volleyball League/Competitive (4 v. 4), 56
  Outdoor Oceanfront Volleyball League/Recreation (6 v. 6), 56
  Recreation Beach Volleyball at Bayshore Waterfront Park, 57

Yoga
  Back to Nature: Women's Yoga Retreat, 40
  Brand New to Yoga Series! Level 1, 58
  Brand New to Yoga Series! Level 2, 58
  Easy Morning Yoga, 59
  Gentle Yoga, 30
  Hatha Yoga, 60
  Yin Yoga, 63
  Yoga, 63
  Yoga & Abs Fusion, 63
  Yoga at the Shore, 64
  Yoga for Baby-Boomers, 64
  Yoga for Limited Mobility, 64

SPECIAL NEEDS PROGRAMS
  Horses for Heroes, 65
  Introduction to Golf, 77
  Night Out, 77
  Recreational Swim, 77
  SPUR Horseback Riding Lessons for Individuals with Disabilities, 65
  Yoga for Limited Mobility, 64

TRIPS
  9-11 Museum & Memorial Visit, 78
  Chinatown/Little Italy - NYC, 79
  Dragon Boat Festival, 78
  Dutch Apple Dinner Theater, Lancaster, PA, 79
  Full Moon Boat Tours of Sandy Hook Bay, 77
  Giants Training Camp/Stadium Tour, 77
  Kutztown Folk Festival, 78
  Peach Festival & Sidewalk Sale, 78
  Real Philadelphia Walking Tour, 77
  Sunset Sailing Tour of Sandy Hook Bay, 78
  The Franklin Institute Museum, 79
  U.S. Open Tennis, 79
  Yankees Baseball, 78

Programs have been indexed by activity and colored by age category.

FAMILY
(Most age groups in the family can enjoy.)

KIDS & TEENS

PARENT & CHILD
(Programs for parent and child to enjoy.)

ADULTS
**SPUR**

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.

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**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 Directory 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.

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**MCF**

Over 200 years ago Monmouth County was a farm community whose entire population could be seated in the present day PNC Arts Center. Now, the county sits in the heart of the eastern “megapoplos” containing one-fourth of the nation’s population. To the citizens of 1778 there would always be enough land, water, and air. Today we know these resources are finite and delicate.

Thirty years ago, eleven members of the organization’s steering committee signed a certificate on August 1977 naming the Monmouth Conservation Foundation (MCF) as a tax-exempt corporation in the state of New Jersey. Then, as now, the Foundation’s mission was to acquire, hold, preserve and protect the open lands in Monmouth County.

Since its beginning, the Foundation has conveyed to the County of Monmouth and its communities over 4,500 acres of land dedicated to open space preservation. These tracts range in size from one acre to 416 acres.

The rapid changes occurring in the country - from agrarian to residential and industrial - are even more obvious today than they were at the time of the Foundation’s first meeting. Hence, its mission is more important now than ever. The Monmouth Conservation Foundation’s strength in coping with these changes is its ability to act swiftly and impartially, free from bureaucratic and political restraints. In addition, it can commit itself to smaller ancillary projects that may be overlooked by larger organizations.

For more information, contact the Monmouth Conservation Foundation at PO Box 4150, Middletown, NJ 07748-4150, call 732-671-7000, email chorrigan@monmouthconservation.org, or visit www.monmouthconservation.org.
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 programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes. Anyone who needs or anticipates a need for special assistance must check with the program organizer prior to registration or the Park System reserves the right to refuse registration.

Participants, Please Note
Due to the strenuous nature of some activities, the participant is urged to consult a physician concerning fitness to participate. All activities present certain inherent risks and hazards which the participant is urged to consider and which the participant assumes.

Weather Cancellation Number
The Monmouth County Park System has a phone number which you may call 1 1/2 hours prior to a program's starting time to find out whether it has been cancelled due to BAD WEATHER. The message includes only programs cancelled due to bad weather. Call 732-842-4000, ext. 6.

Americans with Disabilities Act
The County of Monmouth does not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its programs or activities. Joseph Sardonis, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ, telephone 732-842-4000, ext. 4264, has been designated by the Board of Recreation Commissioners to be the Park System’s Compliance Officer, to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice Regulations. Information concerning the provisions of the Americans with Disabilities Act, and the rights provided thereunder are available from the above named coordinator. If you require special accommodations or use a wheelchair, indicate that need at time of registration.

Please Register Early
Due to limited space, there may be times when a program cannot accommodate all who want to register. Park System programs and events are promoted in many different ways. Due to the necessity of printing far in advance of circulation, there may be times when a program included in this publication will be sold out prior to general circulation.

Programs that do not meet minimum enrollment may be cancelled. Please provide accurate contact information when you register so that we may notify you in the event that a program is cancelled.

Program Refunds/Fees
In planning trips and programs, the Monmouth County Park System incurs many non-recoverable expenses on behalf of the participant.

Refund Policy
1. A full refund will be given when a program or trip is cancelled by the Monmouth County Park System.
2. No refunds or credits will be given for any sessions missed by the participant.
3. If adequate advance notice is provided, we will refund the full amount of the program less a processing fee and non-recoverable expenses, as listed below. If we are able to replace you on a program within the time limit listed below, you will receive a full refund less a processing fee.
   • General program or one-day trip: full refund with at least 10 days advance notice, less $5 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
   • Multi-day bus/van trip or ticketed day trip: full refund with at least 45 days advance notice, less a $25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)
   • Camps: full refund with at least 45 days advance notice, less a $25 processing fee and any non-recoverable expenses (pre-paid meals, lodging, tickets, etc.)

If adequate advance notice is not provided, and your space can not be filled, all fees are forfeited.

Vacation Insurance
Travelers on overnight tour packages are encouraged to secure travel insurance. For additional information, contact Rachel Cohen at 732-542-1642, ext. 29.

Registration Information
Unless otherwise stated, all programs require pre-registration. Registrations are on a first-come, first-served basis.

Fees
Program fees must be paid when you register. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover. Phone registrations are accepted only if VISA, MasterCard, or Discover are used. Checks and money orders should be made payable to “Board of Recreation Commissioners”.

Registration
You may register:
• Online 24/7 beginning at 8:00 AM on February 10. Visit the “Program Registration” page at www.MonmouthCountyParks.com to become a registered user.
• By Phone beginning at 8:00 AM on February 10. Call 732-842-4000, ext. 1, Monday-Friday from 8:00 AM-4:30 PM. Persons with hearing/speech impairment: TTY/TDD# is 711.
• By Mail beginning at 8:00 AM on February 10. Send the Registration Form (next page) with payment to:
  Registrations
  Monmouth County Park System
  805 Newman Springs Road
  Lincroft, NJ 07738-1695

Mail registrations are processed as received.
• In Person beginning at 8:00 AM on February 10, Monday-Friday, 8:00 AM-4:30 PM, at Park System Headquarters in Thompson Park on Newman Springs Road, Lincroft.
# Registration Form

**Program Registration Begins at 8:00 AM on Wednesday, May 4.**

---

**Patron Name**  
________________________

**Address**  
________________________

**City/State/Zip**  
________________________

**Day Phone**  
________________________  
**Evening Phone**  
________________________

**Payment Method:**  
- [ ] Check  
- [ ] Visa  
- [ ] MasterCard  
- [ ] Discover

**Card Number**  
________________________  
**Expiration Date**  
________________________  
**CVV** (last 3 digits in signature strip on back of card)

**Do you require any special accommodations to participate in this program/activity?**  
- [ ] Yes  
- [ ] No

**If yes, please specify**

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>PROGRAM TITLE</th>
<th>FEE/PERSON</th>
<th>PARTICIPANT(S) NAME(S) (MUST LIST EACH INDIVIDUAL)</th>
<th>DATE OF BIRTH (UNDER 18)</th>
<th>CHILD’S AGE/GRADE</th>
</tr>
</thead>
</table>
Home & Garden Competition & Exhibits

A “taste” of what’s going on:
Baked Goods • Honey • Needlework
Vegetables • Artwork • Crafts
All children ages 6-12 entering the competition receive a ribbon.

Competition and exhibit information:
732-842-4000, ext. 4343,
or visit www.MonmouthCountyParks.com.

Arts & Crafts Competition
Entries accepted Sunday, July 24 from 10:00 AM-3:00 PM or Monday, July 25 from 8:00 -11:00 AM.

Senior Center and Adult Day Program Competition
Pre-registration required.
Entries accepted Monday, July 25 & Tuesday, July 26 from 9:00 AM-12:00 PM.
For more information, call 732-460-1167.

Gardeners Day
Entries accepted on Friday, July 29 from 8:00 AM-12:00 PM.

Bakers Day
Entries accepted Saturday, July 30 from 8:00-11:00 AM.
Baked goods must be picked up between 8:30-10:00 PM same day or they will be discarded.

9th Annual Children’s Pie Eating Contest (up to age 12)
Sunday, July 31 at 12:45 PM
Same-day registration in the Home & Garden Tent at 11:00 AM.

13th Annual Adult Pie Eating Contest (ages 13 and up)
Sunday, July 31 at 1:15 PM
Same-day registration in the Home & Garden Tent at 11:00 AM.

Daily demonstrations provided by:
Thompson Park’s Creative Arts Center, Deep Cut Gardens,
Monmouth County Master Gardeners and Central Jersey Beekeepers Association.
Check the Fair schedule for additional demonstrators.

Note: Please pick up all competition entries between 8:00 AM-6:00 PM on Monday, August 1 in the Home & Garden Tent.
JUNE 2016

Colts Neck Community Band Concert
Thursday, June 2
7:30 PM
Thompson Park, Lincroft

Deep Cut Gardens Open House
Sunday, June 12
10:00 AM-3:00 PM
Deep Cut Gardens, Middletown

Eco-Elephant Family Flea Market
Saturday, June 18
9:00 AM-1:00 PM
Dorbrook Recreation Area, Colts Neck

JULY 2016

Monmouth County Fair
Wednesday-Sunday, July 27-31
East Freehold Showgrounds,
Kozloski Road, Freehold

AUGUST 2016

Eco-Elephant Family Flea Market
Saturday, August 20
9:00 AM-1:00 PM
Dorbrook Recreation Area, Colts Neck