2019 Spring PROGRAMS

EGG HARBOR TOWNSHIP

PARKS AND RECREATION DEPARTMENT

2019 SPRING PROGRAMS REGISTRATION

Registrations are accepted online, in-person, and by mail. For full information or assistance, please call us or visit our website www.ehtrec.com.

EHT Residents Registration begins Friday, March 8

Non-Residents Registration begins Tuesday, March 12

Registrations will be accepted on an ongoing basis for all programs as program space allows.

EGG HARBOR TOWNSHIP PARKS AND RECREATION DEPARTMENT

Rick Audet, CPRE — Director of Parks and Recreation
Dena Danz — Program Manager
Cassie Hynes — Clerk I
Whitney Hanna — Intern
Office hours: Monday-Friday 8:30am-5:00pm

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Website: www.ehtrec.com

EHT SUMMER ADVENTURES CAMP

JUNE 24 – AUGUST 23, 2019

Parents, when you begin to plan your children's summer and figure out how you will keep them busy and supervised, look no further than EHT Parks and Recreation's Summer Camp. Our program boasts an experienced and caring staff, a great facility, tons of trips and fun, at very affordable and competitive price. This program is for Boys and Girls PRESENTLY in Kindergarten thru 7th Grade. The program will run Monday thru Friday 8:30am-4:00pm with extended hours available. Space is limited to 30 participants per week per age group. $50 PER PARTICIPANT NON-REFUNDABLE DEPOSIT DUE AT TIME OF REGISTRATION WITH PAYMENT IN FULL BY JUNE 1, 2019. (Payment in full at time of registration when registering after 6/01/19).

Program Includes weekly field trips, group games and activities, sports, crafts, beach, bowling a camp t-shirt and more!

A 10% sibling discount will be applied for each additional child in the same family. Note: if you change from a 7, 8 or 9 week program to a weekly program, you will lose your $50 deposit.

EARLY BIRD PRICING IF YOU REGISTER NOW through APRIL 30TH. PRICE INCREASES MAY 1ST.

Dates: June 24 – August 23
Location: EHT Community Center

EARLY BIRD PRICING (Now-April 30th)

Weekly Price	7 Week Program	8 Week Program	9 Week Program
8:30am-4:00pm $200	8:30am-4:00pm $1350	8:30am-4:00pm $1500	8:30am-4:00pm $1600
7:30am-4:00pm $225	7:30am-4:00pm $1520	7:30am-4:00pm $1690	7:30am-4:00pm $1800
8:30am-5:00pm $225	8:30am-5:00pm $1520	8:30am-5:00pm $1690	8:30am-5:00pm $1800
7:30am-5:00pm $250	7:30am-5:00pm $1690	7:30am-5:00pm $1875	7:30am-5:00pm $2000

2019 Pricing (Effective May 1st)

Weekly Price	7 Week Program	8 Week Program	9 Week Program
8:30am-4:00pm $215	8:30am-4:00pm $1450	8:30am-4:00pm $1610	8:30am-4:00pm $1720
7:30am-4:00pm $240	7:30am-4:00pm $1620	7:30am-4:00pm $1800	7:30am-4:00pm $1920
8:30am-5:00pm $240	8:30am-5:00pm $1620	8:30am-5:00pm $1800	8:30am-5:00pm $1920
7:30am-5:00pm $265	7:30am-5:00pm $1790	7:30am-5:00pm $1985	7:30am-5:00pm $2120

RHYTHM IN THE PARKS

SUMMER CONCERTS & MOVIE NIGHTS

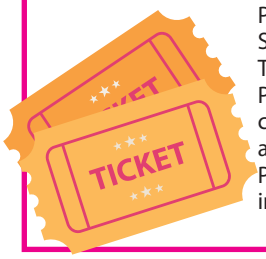
Mark your calendars to join us on Friday evenings June 28 – August 23, 7-9pm, at Tony Canale Park for our summer concerts series featuring a great lineup of bands for you to enjoy. Our popular Rhythm in the Parks Concert Series is a great way for local businesses to get their name out to the Township and be a partner in a great community program that receives hundreds of visitors. A variety of options are available in our sponsorship package. Please call the Recreation Director for more information at (609) 272-8120.

MOVIE NIGHTS:

- **SATURDAY, JULY 20** (Incredibles 2)
- **SATURDAY, AUGUST 17** (Spider-Man into the Spider-Verse)

DISCOUNT TICKETS

Parks & Recreation will offer discount theme park/ski lift tickets for sale for a wide variety of attractions and destinations including: Blue Mountain, Jack Frost/Big Boulder, Great Adventure, Hershey Park, Adventure Aquarium, Dorney Park, Sahara Sams, Splash Zone and more. Tickets are limited and may be out of stock. Please call for status of tickets. All sales are cash or credit card only and are available at the community center Recreation office. Please see our website for additional information.



PROGRAM INSTRUCTORS

Have a great program idea or a desire to teach, earn money, and give back to the community? We continually seek to improve and grow our offering of programs and classes but need dedicated, enthusiastic instructors like you to make it happen. Call the Recreation Office for more information, 609-272-8120.

SUMMER CAMP COUNSELORS

EHT Parks and Recreation has openings for summer camp counselor positions in its Summer Adventures Camp program. We are looking for awesome new staff to join our team. Prior experience working with children or in a camp setting is strongly preferred. Please complete an application available online or obtain one at the Township Clerk's office. All applications are submitted to the Township Clerk's office.

Pre-School Programs

MUSIC 'N MOTION

You and your child will enjoy 45 min of musical and gross motor activities in this class designed for a fun social time together. Sing, dance, and clap along with the group. One adult participant required. Instruments provided in class. Max of 10 students may enroll.

Instructor Sue Henry
Fee $45/R $50/NR

Ages	Day	Time	Dates
8mo.-36mo.	Tue	11:15a-12p	Apr 30–Jun 18

READY, SET, GO!

This program will introduce children to a variety of different exercises in a structured, safe environment. Program includes, stretching, kickball, exercises, balance, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and team work when playing games. Adults may be required to participate, siblings not permitted to participate. Class sizes are limited, age is determined as of 4/1/2019.

Instructor Toni-Lynn Rispoli
Fee $55/R $60/NR per session

Ages	Day	Time	Dates
2-3	Tue	9-10a	Apr 16–Jun 4
2.5-5	Wed	11:30a-12:30p	Apr 17–Jun 5
3 -5	Thu	9-10a	Apr 18–Jun 6

TINY TIGERS KARATE

Our Tiny Tigers karate program features a structured class to motivate children and teach them concentration, listening skills, coordination and teamwork. Master Carson and his instructors bring a wealth of experience in leading participants in their learning. **EHT Residents only**, program age determined as of 4/1/19.

Instructor Martin Carson
Fee $50

Ages	Day	Time	Dates
3-4	Wed	5-5:30p	Apr 3–Jun 26 (No Class 4/24)
4-5	Wed	5:30-6p	Apr 3–Jun 26 (No Class 4/24)

(4 yr olds must have completed a previous session to enroll in 5:30 program)

CREATIVE KIDS & MORE!

Your preschooler will enjoy a variety of arts & crafts in Creative Kids & More. Activities will also include music and movement along with math and science experiments. Join our caring staff for two hours of fun! Participants must be potty-trained. Max of 10 students.

Instructor Sue Henry
Fee $240/R $245/NR

Ages	Day	Time	Dates
4-5	M/W/F	9-11a	Apr 29–Jun 21 (No Class 5/27)

Instructor Sue Henry
Fee $160/R $165/NR per session

Ages	Day	Time	Dates
3	T/Th	9-11a	Apr 30–Jun 20

Adaptive Recreation

SPECIAL OLYMPICS YOUNG ATHLETES

Young Athletes™ is a unique sport and play program for children with intellectual disabilities. The focus is on fun activities that are important to mental and physical growth. Children ages 2 ½ to 12 enjoy games and activities that develop motor skills and hand-eye coordination. Young Athletes is an early introduction to sports and to the world of Special Olympics.

Instructor Sarah Welsh & Celine Kaeble
No fee

Ages	Day	Time	Dates
2.5-12	Wed	4:30-5:15p	Apr 3–May 29 (Off 4/24)

Youth Programs

COOKING FOR KIDS

Our young master chefs will receive an introduction to cooking and enjoy recipes that are both nutritious and delicious. Participants learn basic cooking skills, techniques in the kitchen, and safe food handling. Three separate programs, register for any one or all three.

April 3 **Pie, Pie, Pie**
In this class we will explore different kinds of sweet and savory pies as well as traditional and handheld pies.

May 2 **Get ready for Cinco de Mayo**
We are having a fiesta that you won't want to miss. We will make some traditional recipes like guacamole while introducing new ones too!

May 30 **Going on a Picnic**
It's almost summertime which means time for picnics at the beach! We will make easy and delicious recipes that pack well for your next outing.

Location EHTCC Kitchen
Instructor Marci Lutsky & Shara Gadomski
Fee $30/R $35/NR (per class)
Class Size Min 6 / Max 10

Ages	Day	Time	Date
10-17	Wed	6-8p	Apr 3
10-17	Thu	6-8p	May 2
10-17	Thu	6-8p	May 30

Youth Programs

SCIENCE EXPLORERS – *STEM Saturdays*

Come spend Saturday Mornings exploring Science and STEM. Each session will focus on hands-on activities with a seasonal connection to the world you live in. Previous activities included creating our own version of the pumping human heart, making our own snow and much more. Learn hands-on science activities that you can do at home.

Instructor Gina Sharpley
Fee $30/R $35/NR (per class)

Ages	Day	Time	Dates
8-13	Sat	10a-12p	Apr 13 Egg-speriments
8-13	Sat	10a-12p	May 18 Hydroponics
8-13	Sat	10a-12p	Jun 15 Oil Spill Challenge

EHT RUNNING CLUB

Our running program gives boys and girls ages 8-14 the opportunity to discover the sport of cross-country by teaching running techniques and skills through a variety of drills. Participants will learn from experienced runners. A running club t-shirt is included.

Instructors Aaron Holibaugh, Colleen Hornstein & Danny Rodriguez
Location EHT Nature Reserve
Fee $50/R $55/NR

Ages	Day	Time	Dates
8-14	M/W	4:30p-5:30p	Apr 29–Jun 19 (No Class 5/27)

POWER FLOW YOGA

Our yoga program welcomes all ability levels, no previous experience in yoga required. This non-heated Baptiste Power Vinyasa (flow) Yoga program is a style of yoga that links movement and breath together. The Journey into Power sequence is intended to be **adaptable to any level of physical ability.** With guidance, this program will teach the five pillars of Baptiste yoga with a focus on creating True North Alignment in each pose, linking one movement into the next. Yoga mat, towel and water required for class.

Instructor Colleen Hornstein
Fee $60/R $65/NR

Ages	Day	Time	Dates
14&up	Tue	6-7p	Mar 26-Jun 4 (No class 4/23)

BASKETBALL SKILLS ACADEMY

Our clinic instructors will teach the game of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling, and shooting in addition to playing games. No teams or league play in this program, instructional clinic only.

Instructor Cameron Bell
Fee $50/R $55/NR

Grades	Day	Time	Dates
3-5	Tue	5-6p	Apr 2–Jun 11 (No Class 4/23)

YOUTH OPEN GYM

Our youth open gym basketball program is a great place to run some hoops. Pick-up games will be formed each night. Good sportsmanship is mandatory. All participants must be signed in by a parent/guardian or pay the session fee in advance.

Instructor EHTHS Basketball Coaches
Fee $50/R $55/NR (session fee) or pay $5 drop-in fee per night

Grades	Day	Time	Dates
6-8	Tue	6-7:15p	Apr 2–Jun 11 (No Class 4/23)
High School	Tue	7:15-8:30p	Apr 2–Jun 11 (No Class 4/23)

SPRING BREAK CAMP

Parks & Rec ensures EHT students have a safe and fun program to keep them busy during the school holiday break. Each day will feature a variety of group games and activities at the Community Center. Our experienced summer camp staff will lead this program. Tuesday, Wednesday, Thursday will feature field trips. A max of 30 may register.

Location EHTCC
Instructor Parks & Recreation Staff
Fee $160/R $165/NR

Grades	Day	Time	Dates
1-8	Mon-Fri	9a-4p	Apr 22–26

SNAPOLOGY – *Amusement Park Adventures*

If you like Lego bricks, you'll love this! Design your own amusement park in this super-fun program! Learn how to use LEGO® bricks and other building materials to make coasters and other awesome rides. Can you design the next Disney World? Explore the scientific method and engineering design process, develop appropriate strategies for logical problem solving and foster teamwork and collaboration skills.

Location EHTCC Classroom
Instructor Snapology Staff
Fee $85/R $90/NR

Ages	Day	Time	Dates
7-14	Mon	5-6p	Mar 4-Apr 8

YOUTH SOCCER CLINIC

Our program is geared for children with little to no soccer experience and/or to help build on the basic skills already learned. This is an instructional program for boys and girls, there are no teams formed nor league play. Our professional trainers will lead a fun variety of skill-building soccer drills and games. Participants must be specified age by 04/01/19. Max of 30 per session.

Location Slaybaugh School Field
Instructor Global Premier Soccer
Fee $50/R $55/NR per session

Ages	Day	Time	Dates
3-4	Sat	9-10a	Apr 13-Jun 15 (No class 4/20, 5/25)
3-4	Sat	10:15-11:15a	Apr 13-Jun 15 (No class 4/20, 5/25)
5-7	Sat	11:30a-12:30p	Apr 13-Jun 15 (No class 4/20, 5/25)

FIELD HOCKEY

Our Field Hockey program is for the beginner to intermediate player. A variety of skill-building drills and games will improve your skills and technique. Coach Toni Rispoli brings years of experience in coaching field hockey in Egg Harbor Township. Space is limited; participants must be specified age by 4/1/19.

Location Shires Park
Instructor Toni-Lynn Rispoli
Fee $55/R $60/NR per session

Ages	Day	Time	Dates
8-14	Sat	8-9:30a	Apr 13–Jun 15 (No Class 5/25)
8-14	Sat	8-9:30a	Jun 22–Aug 17 (No Class 7/6)

KARATE

Our Karate program has provided both youth and adult students with practical martial arts and self-defense techniques while stressing self-control, discipline, respect and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in their learning. Program age determined as of 4/1/2019.

Instructor Martin Carson
Fee $95/R $100/NR per program

Beginners (New Student)

Ages	Day	Time	Dates
6-15	M/W	6-6:30p	Apr 1–Jun 26 (No Class 4/22, 4/24, 5/27)

Youth (Returning Students Only) *White, Yellow, Orange, Green Belts*

Ages	Day	Time	Dates
6-15	M/W	6-7p	Apr 1–Jun 26 (No Class 4/22, 4/24, 5/27)

Youth Advanced *Lt. Blue, Brown, Purple, Red, Cho Dan Bo, Black Belts*

Ages	Day	Time	Dates
6-15	M/W	7-8p	Apr 1–Jun 26 (No Class 4/22, 4/24, 5/27)

YOUTH TENNIS LESSONS

Our staff will teach the fundamentals of tennis through individual and group instruction. Groundstrokes, volleys, serves and game play will be covered as we focus on improving all facets of the game. Participants must be the age specified as of 4/1/19.

- **Beginners** program is for participants with little or no tennis experience.
- **Advanced Beginners** program is for players with previous instruction in forehand, backhand and ground strokes, and game scoring experience.
- **Early Bird Tennis** will consist of 30 minutes of drills followed by 1 hour of match play, for intermediate or higher level of player ages 15 through adults. Minimum of 6 players, maximum of 16 players.

Location Tony Canale Park Tennis Courts
Instructor Parks & Recreation Staff
Fee $60/R $65/NR per session

Group	Ages	Day	Time	Dates
Early Bird Tennis	15-Adult	Sat	7:30-9a	Apr 6–Jun 8 (No class 4/20, 5/25)
Juniors	6-7	Sat	9-10	Apr 6–Jun 8 (No class 4/20, 5/25)
Beginners	8-15	Sat	10-11a	Apr 6–Jun 8 (No class 4/20, 5/25)
Advanced Beginners	8-15	Sat	11a-12p	Apr 6–Jun 8 (No class 4/20, 5/25)

YOUTH VOLLEYBALL CLINIC

Our beginner-level volleyball clinic features group instruction focusing on the fundamentals of volleyball including techniques, game play and strategy. Drills will be followed by scrimmage play each night.

Instructor Scott Creelman
Fee $50/R $55/NR

Grades	Day	Time	Dates
6-10	Thu	6-7:30p	Mar 28–May 16

OPEN GYM VOLLEYBALL

Open Gym Volleyball features pick-up games to build on your skills and have fun. Participants must have prior volleyball experience. We will mix up games with our adult volleyball participants under the guidance of our program leader.

Instructor Scott Creelman
Fee $50/R $55/NR

Grades	Day	Time	Dates
10-12	Thu	7:30-9p	Mar 28–May 16

Youth Programs

YOUTH FENCING

Want a fun new way to get exercise and work out the whole body? Ever thought fencing looked cool and you wanted to try it? Then come and try our fencing program! Fencing is the art of attack and defense with a foil. Registration is limited.

Instructor Amanda & Jaimie Vigue
Fee $65/R $70/NR per session

	Ages	Day	Time	Dates
Beginner	10-18	Mon	6-8:30p	Apr 15 – Jul 1 (No class on 5/27)
Advanced	10-18	Thu	6-8:30p	Apr 18 – Jun 27

Adult Programs

YOUTH SPORTS COACHING CLINIC

The Egg Harbor Township Parks and Recreation Department will conduct a youth sports coaching clinic for coaches in our local youth programs. The course will focus on the basic fundamentals needed to coach any youth sport successfully. Checks are made payable to EHT and due the night of the clinic. Pre-registration is required, payment is made the night of the clinic. Participants will learn:

- Responsibilities of being a coach
- Effective methods of teaching sport skills
- How to send positive messages to athletes
- How to conduct a safe program, manage risks, and more
- CDC Heads Up: Concussions in Youth Sports Training *(certificate awarded)*

Location EHTCC Conference Room
Instructor Rick Audet
Fee $20

Ages	Day	Time	Date
18 & up	M	6-9p	Mar 18

KARATE - ADULTS

Our Karate program has provided both youth and adult students with practical martial arts and self-defense techniques while stressing self-control, discipline, respect and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in their learning. Each person is treated as an equal and is trained to the best of his/her ability and potential.

Instructor Martin Carson
Fee $95/R $100/NR per program

Beginner Adult (New Students)

Ages	Day	Time	Dates
16 & up	M/W	8-9:30p	Apr 1–Jun 26 (No class 4/22, 4/24, 5/25)

Advanced Adult (All Belts)

Ages	Day	Time	Dates
16 & up	M/W	8-9:30p	Apr 1–Jun 26 (No class 4/22, 4/24, 5/25)

ADULT COOKING

Our adult cooking program features recipes, food combinations, ideas, and kitchen tricks will improve your cooking skills as our instructors share some of their favorite recipes. Participants learn basic cooking skills, how to be empowered and conscious consumers in the marketplace, proper kitchen techniques and safe food handling.

April 10 **Easy Easter and Passover Recipes**
Preparing for the holidays should not be stressful. In this class we will prepare easy make-ahead dishes that are perfect for both holidays.

May 16 **Farm to Table cooking with spring produce**
Farmers market season is getting underway and we will prepare recipes using ingredients straight from the farmers market to your table.

June 11 **Backyard BBQ**
Prepare to host your next bbq with all of these easy and delicious recipes that can be made ahead or easily on the grill. Your guests will never leave hungry!

Location EHTCC Kitchen
Instructor Marci Lutsky & Shara Gadomski
Fee $40 R/$ 45 NR
Class Size Max 12

Ages	Day	Time	Dates
18 & up	Wed	6-8p	Apr 10
18 & up	Thu	6-8p	May 16
18 & up	Tue	6-8p	Jun 11

MEN'S BASKETBALL LEAGUE *(Over 30)*

Our Men's Over 30 basketball league will feature a 10 game regular season, top 4 seeds will play single elimination playoffs. Games are played on Monday and Wednesday nights. Team registrations accepted. Don't have a team? We take individual registrations also where we will create a team of free agents. Max of six teams may register. All participants must complete a program waiver form and show proof of age. Teams must provide their own numbered shirt or jersey for the league.

Location EHTCC Gym
Fee $650/team fee OR $75/R $80/NR / free agent fee

Ages	Day	Time	Dates
30 & up	Mon & Wed	6, 7, 8p	Apr 8-May 22

Adult Programs

ADULT OPEN GYM BASKETBALL

Our Adult Open Gym Basketball program is a great place to run some hoops, pick-up games are formed each day. Games are based on exercise, fun and good sportsmanship. All participants must complete a program waiver form on-site.

Ages	Day	Time	Dates
18 & up	Mon	12-2p	Jan 7–Jun 17 (Off on 5/27)

PICKLEBALL I

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players and a fun sport. New players are welcome!

Location EHTCC Gyms
Fee $5 per day drop-in

Ages	Day	Time	Dates
18 & up	Tue	11a-3p	Jan 8-May 3 (Off 4/19, 4/23, 4/25, 4/26)
	Thu	11a-3p	
	Fri	9-11:30a	

PICKLEBALL II

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players and a fun sport. New players are welcome! Must register for and pay for session fee. No drop in fee available. Max of 16 ma register. Please Note Saturday's will be one court only in the auxiliary gym.

Location EHTCC Gyms
Fee $40R / $45NR

Ages	Day	Time	Dates
18 & up	Thu	4p-5p	Jan 10 – May 4 (Off 4/20)
	Sat	11a-1p	

BEGINNER PICKLEBALL CLINIC

Join our local pickleball Ambassador Bill Giannetti to learn introductory skills and strategies in the game of pickleball. Our highly popular clinic will take your pickleball game to the next level!

Location EHT Community Center
Instructor Bill Giannetti
Fee $40/R $45/NR (per session)

Ages	Day	Time	Dates
18 & up	Tue	9-10:30a	Mar 5-Apr 9

ADVANCED PICKLEBALL CLINIC

Join our local pickleball Ambassador Bill Giannetti to learn advanced skills and strategies in the game of pickleball. Our highly popular clinic will take your pickleball game to the next level!

Location EHT Community Center
Instructor Bill Giannetti
Fee $40/R $45/NR (per session)

Ages	Day	Time	Dates
18 & up	Thu	9-10:30a	Mar 7-Apr 11

OPEN GYM VOLLEYBALL

Open Gym Volleyball features pick-up games to build on your skills and have fun. Participants must have prior volleyball experience. We will mix up games with our high school and adult volleyball participants under the guidance of our program leader.

Instructor Scott Creelman
Fee $50/R $55/NR

Grades	Day	Time	Dates
18 & up	Thu	7:30-9p	Mar 28–May 16

ADULT TENNIS – *Fast Action Drills*

This clinic is designed to teach the fundamentals of tennis and while featuring individual and group instruction from our experienced tennis staff. Ground-strokes, volleys, serves, and game play will be covered as this program will focus on improving all facets of the game. Get in a good morning workout while having lots of fun.

Location Tony Canale Park Tennis Courts
Instructor Parks & Recreation Staff
Fee $60/R $65/NR

Ages	Day	Time	Dates
16 & up	Sat	9-10a	Apr 6–Jun 8 (No Class 4/20, 5/25)

ADULT TENNIS – *Early Bird Tennis*

Early Bird Tennis will consist of 30 minutes of drills followed by 1 hour of match play, for intermediate or higher level of player ages 15 through adults. Minimum of 6 players, maximum of 16 players.

Location Tony Canale Park Tennis Courts
Instructor Parks & Recreation Staff
Fee $60/R $65/NR

Ages	Day	Time	Dates
15 & Up	Sat	7:30-9a	Apr 6 – Jun 8 (No Class 4/20, 5/25)

Fitness Programs

ADVANCED YOGA *(Kripalu)*

This yoga program is a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement. Students are encouraged to practice at their own level, using variations and modifications to make postures more or less challenging. For intermediate level and above participants with five or more years of yoga experience. Please bring a mat and water bottle.

Instructor Janet Hahn
Fee $65/R $70/NR

Ages	Day	Time	Dates
18 & Up	Tue	6-7:15p	May 7–Jul 9
18 & up	Thu	9-10:15a	Apr 25–Jun 27

POWER FLOW YOGA

Our yoga program welcomes all ability levels, no previous experience in yoga required. This non-heated Baptiste Power Vinyasa (flow) Yoga program is a style of yoga that links movement and breath together. The Journey into Power sequence is intended to be **adaptable to any level of physical ability**. With guidance, this program will teach the five pillars of Baptiste yoga with a focus on creating True North Alignment in each pose, linking one movement into the next. Yoga mat, towel and water required for class.

Instructor Colleen Hornstein
Fee $60/R $65/NR

Ages	Day	Time	Dates
14&up	Tue	6-7p	Mar 26-Jun 4 (No class 4/23)

WALK OFF THE POUNDS ~ *Morning*

This program consists of walking in place, knee lifts, forward kicks and back kicks for a total walk of 1 to 3 miles. The popularity of indoor walking as a weight loss activity is growing in leaps and bounds. Towel and water needed!

Instructor Toni-Lynn Rispoli
Fee $70/R $75/NR

Ages	Day	Time	Dates
18 & up	M/W	10-11a	Apr 22–Jun 12 (No class 5/27)

WALK OFF THE POUNDS ~ *Evening*

This program consists of walking in place, knee lifts, forward kicks and back kicks for a total walk of 1 to 3 miles. The popularity of indoor walking as a weight loss activity is growing in leaps and bounds. Towel and water needed!

Instructor Toni Rispoli
Fee $70/R $75/NR

Ages	Day	Time	Dates
18 & up	T/Th	4:30-5:30p	Apr 30–Jun 20

BEGINNER STEP CLASS

Basic step moves will be taught and choreographed into easy routines for the beginner. Class will end with a series of dynamic stretches. This class might just be your new favorite way to get fit and burn calories. Participants will need a towel and water!

Instructor Wendy Santora
Fee $55/R $60/NR

Ages	Day	Time	Dates
18 & up	Mon	5:30-6:25p	Apr 15–Jun 17 (No Class 5/27)

CARDIO STEP CLASS

Step moves are choreographed into fun routines. This class is designed to appeal to all steppers. The music won't let you stop moving. Have fun while burning calories. Participants will need a towel and water.

Instructor Wendy Santora
Fee $65/R $70/NR

Ages	Day	Time	Dates
18 & up	Wed	5:30-6:25p	Apr 17–Jun 19

CARDIO BLAST

This high-energy fitness class incorporates traditional aerobics with strength and core training to tone your entire body, blast calories, boost metabolism and improve your general health. Participants will need a towel, mat and water.

Instructor Wendy Santora
Fee $75/R $80/NR

Ages	Day	Time	Dates
18 & up	M/W	6:30-7:30p	Apr 15–Jun 19 (No class 5/27)

YOGA FOR HEALTH AND WELL-BEING

Stretch, strengthen and stabilize your body and reduce stress as you learn Mindful Hatha Yoga. This is a comprehensive class including the many facets of Yoga. Postures can be adapted using blocks and straps. There is no competition in Yoga, just relax, enjoy and come home to your true self. Yoga Mat and water needed for class.

Instructor Linda Schwartz
Fee $55/R $60/NR

Ages	Day	Time	Dates
18& up	Wed	10-11:30a	May 1–Jul 17 (No Class 6/5 or 6/12)

Fitness Programs

MINDFUL CHAIR YOGA

Stretch, move, balance and stabilize your body and mind. Learn experiential exercises for stress reduction. Practice gentle movements, postures including balancing, breathing techniques and mindfulness. Develop a greater sense of self awareness, hone the attention of your mind, and learn new movement skills and tools for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace. Open to everyone, no experience necessary. Water bottle recommended for class.

Instructor Linda Schwartz
Fee $55/R $60/NR

Ages	Day	Time	Dates
18 & up	Fri	10-11:30a	May 3–Jul 19 (No Class 6/7, 6/14)

MINDFULNESS – *Understanding Your Own Mind*

Learn mindfulness practices to enhance being fully engaged and awake in your life, with your being, without worry about tomorrow or the reacting to an imagined future. Experience the exquisite vividness of each moment and feel more alive. Mindfulness is about gaining access to your internal resources for Insight, Transformation, and Healing.

Instructor Linda Schwartz
Fee $55/R $60/NR

Ages	Day	Time	Dates
18 & up	Fri	12-1:30p	May 3–Jul 19 (No Class 6/7, 6/14)

ZUMBA®

Zumba combines Latin and International music with a fun and effective workout system combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. The perfect combo of fun and fitness, all you need are water, a towel and a smile!

Location EHTCC
Instructor Kendale Ingrum
Fee $65/R $70/NR

Ages	Day	Time	Dates
18 & up	Tue	5:30-6:30p	Apr 16–Jun 25 (No class 4/23)

TAI CHI

Tai Chi is an ancient practice meant to reduce pain and improve your mental and physical well-being. Tai Chi focuses on releasing tension in the muscles and tendons, opening the joints, and stretching the spine. Combined with a strong mental focus, these exercises leave the practitioner relaxed, energized, mentally alert and emotionally balanced. Tai Chi routines are safe, easy to learn, and suitable for any fitness level.

Location EHTCC
Instructor Gerri Medoff
Fee $60/R $65/NR (per session)

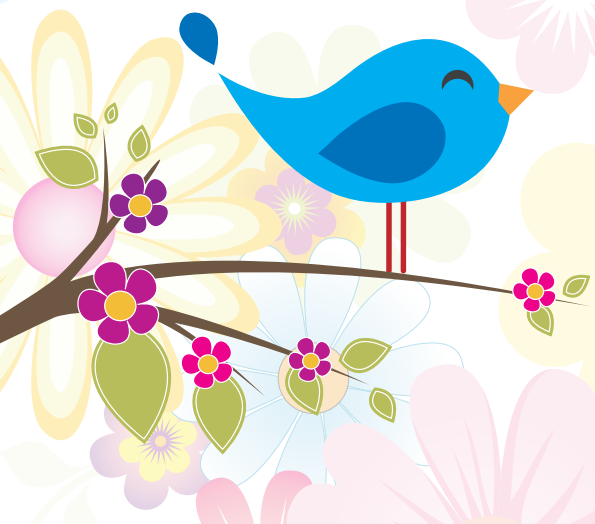
Ages	Day	Time	Dates
18 & up	Mon	10-11a	Mar 25–Jun 10 (No Class 4/8, 4/15, 5/27)
18 & up	Mon	5:45-6:45p	Mar 25–Jun 10 (No Class 4/8, 4/15, 5/27)

PILATES

Pilates is a system of exercise that promotes the strengthening of the body including core strength, increased flexibility, breath control and correct alignment to improve posture. A floor mat, towel and water bottle are needed

Instructor Michele Kiker
Fee $70/R $75/NR

Ages	Day	Time	Dates
18 & up	M/Th	5:30-6:30p	Mar 11 – May 2
18 & up	M/Th	5:30-6:30p	May 6 – Jun 27 (No Class 5/27)
18 & up	T/F	10:30-11:30a	Mar 5 – May 3 (No Class 4/19)
18 & up	T/F	10:30-11:30a	May 7 – Jun 25



2019 BUS TRIPS

All day trips leave from the **EHT Community Center, 5045 English Creek Avenue**. Seats are limited, please register early. **Participants' minimum age is 10 years, ages 10-17 must be accompanied by an adult.**

Registration will be taken by phone (609) 272-8120 by the EHT Recreation Department, Monday thru Friday between the hours of 9:00am and 4:00pm. Payment (separate checks for each trip) must be received within four (4) working days of making reservation. **Checks are made payable to EHT** and mailed to EHT Recreation, 5045 English Creek Avenue, Egg Harbor Township, NJ 08234. Refunds will only be given if cancellation is made 10 ***working days*** in advance, $5 processing fee will apply.

WASHINGTON, D.C

Saturday, March 30, 2019
Saturday, September 21, 2019

The bus will drop you off at the Air/Space Museum of the Smithsonian Institute where you can make your own connections to other points of interest. Whatever you decide to do, it will be a fun-filled day for all.

Leaves: 7am from the **EHT Community Center**
Departs: Washington DC at 6pm
Cost: $40 pp

INNER HARBOR, BALTIMORE

Saturday, April 13, 2019

A myriad of activities, historical attractions and shopping within strolling distance await you along with the National Aquarium, home of over 8,000 specimens of fish, birds, mammals and amphibians.

Leaves: 7am from the **EHT Community Center**
Departs: 6pm from Baltimore
Cost: $40 pp, does not include admission to the aquarium

NEW YORK CITY, NY

Saturday, April 27, 2019
Saturday, June 8, 2019
Saturday, November 23, 2019
Saturday, December 14, 2019
Saturday, December 21, 2019

Explore the city that never sleeps! We get you there what you do is entirely up to you. Where we drop you off is where we pick you up.

Leaves: 8am from the **EHT Community Center**
Departs: 7pm from NYC
Cost: $40 pp

PEDDLER'S VILLAGE STRAWBERRY FESTIVAL

Saturday, May 18, 2019

Enjoy a wide variety of strawberry treats and take home a pint of fresh strawberries! Live entertainment, food, children's activities and strawberry pie-eating contests and talented artisans add to the enjoyment of this spring celebration. Discover 70+ great shops, including apparel for adults and kids, toys and hobbies, great gifts, specialty foods and home accessories. It's all here!

Leaves: 9am from **EHT Community Center**
Departs: 6pm from Peddler's Village
Cost: $40 pp

PEDDLER'S VILLAGE OKTOBERFEST

Saturday, October 12, 2019

Raise your glass and bratwurst to celebrate at the 5th annual OctoberFEAST! German food and drink and Family-Friendly Fun. Pay as you go for food and spirits in Wine and Spirits Garden. In addition to the Food and Spirits, enjoy the larger than life scarecrow creations throughout the village. It's all here!

Leaves: 9am from **EHT Community Center**
Departs: 6pm from Peddler's Village
Cost: $40 pp

PEDDLER'S VILLAGE CHRISTMAS FESTIVAL

Saturday, December 7, 2019

Santa kicks off the Christmas Festival by parading through Peddler's Village and ending at the Courtyard will all of his friends, Mrs. Claus and his helpers. Come and enjoy hot cider, complimentary toasted marshmallows and other seasonal favorites of the Christmas Festival. The Village is beautifully decorated, Victorian Style with fruits, wreaths and greenery, and there's lots of live entertainment too.

Leaves: 9am from the **EHT Community Center**
Departs: 6pm from Peddler's Village
Cost: $40 pp

Registration & Program Policies

Registration is accepted on a first-come, first-serve basis, class sizes are limited. All registrations are accepted in-person, online and mail-in. Phone registrations are not accepted for any programs. Programs will be canceled if registration does not meet the minimum number of participants.

Payment must be made in full at the time of registration, without exception. We accept cash, checks and money orders made payable to "Egg Harbor Township" or "EHT." Payment may also be made by credit card in-person and online; a Convenience Fee will be assessed for each credit/debit card transaction.

You must have PROOF OF RESIDENCY and BIRTH CERTIFICATE (for minors) issued by a state agency (not hospital) at the time of registration.

Parks and Recreation reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Children must be the proper age before the program begins and as noted in program description.

Only those enrolled in the program may attend. Sorry, but "visitors/family" will not be permitted in the program unless specified. If you wish to wait for your child you may do so in the lobby of the Community Center.

Return Check Charge
Any check returned for any reason will be charged a $20.00 service charge.

EHT Refund Policy
We strive for positive experiences and excellence in everything we do. All refunds will be made according to the following guidelines. Please see separate refund guidelines for Bus Trips in that section of the brochure.

- If you have attended one of our classes and are dissatisfied, call us. We will offer a prorated refund in the form of a household credit.
- If you were unable to attend a set of classes, we will try to transfer you to another section. Otherwise, we will offer a 50% household credit of the class price.
- Special consideration will be given for life altering situations.
- If the Recreation Department cancels a class, a full refund will be given.
- All refunds will follow the Finance Department's bill-paying schedule and be issued by Township check. There will be no cash refunds or credit card refunds.

No Smoking, Food or Drinks (except water) allowed in Community Center.

Wait Lists
If the program you are interested in is full, your name will be placed on a Wait List. You will be contacted ONLY if a space becomes available and be given a day by which to pay the fee and complete the registration process.

Insurance Information
There is no medical insurance coverage included in your registration for any program offered by the Department of Recreation. By participating in these programs you assume your own medical insurance responsibilities.

Due to time constraints, canceled classes may not be made up.

Cancelation
The best way to find out if a program or class has been canceled due to weather is to check our webpage www.ehtrec.com or our Facebook page.

Inclusive Statement
The Egg Harbor Township Parks and Recreation Department is committed to providing quality leisure services for people of all abilities. We will comply fully with the spirit and intention of the ADA in making reasonable accommodations for all individuals. We encourage people with disabilities to fully participate in all programs offered by the department. Please contact Parks and Recreation for more information.

Hey – What Happened To My Class?
Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. Please register early; then everyone will get a chance to participate.

Email List
Email **recreation@ehtgov.org** to be added to our email database and receive important information on the Department and our programs!

Oops!
The Parks and Recreation Department makes every effort to ensure the accuracy of the program information found in this brochure. Changes in programming may occur, and we will attempt to keep information updated on our website. All programs, instructors, and locations are subject to change.

No News is Good News
We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

Photo Policy
Any photograph taken of any participants in an EHT Park & Recreation Department program or activity may be used for publication or marketing purposes such as brochures and website content. Any participant, or parent of youth participant, who wishes to not have a photograph of them used must notify the department in writing of this.