



2018 Summer PROGRAMS

EGG HARBOR TOWNSHIP

PARKS AND RECREATION DEPARTMENT



2018 SUMMER 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 Thursday, May 31
Non-Residents Registration begins Tuesday, June 5

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

EGG HARBOR TOWNSHIP PARKS AND RECREATION DEPARTMENT

Rick Audet, CPRE Director of Parks and Recreation 5045 English Creek Avenue
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EHT SUMMER ADVENTURES CAMP

JUNE 25 – AUGUST 24, 2018

PLEASE CALL TO REGISTER, SOME WEEKS ARE FULL.

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 prices. 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! Payment is due in full at time of registration.

7 Week Program	9 Week Program	Weekly Price
8:30am-4:00pm \$1,350	8:30am-4:00pm \$1,600	8:30am-4:00pm \$200
7:30am-4:00pm \$1,520	7:30am-4:00pm \$1,800	7:30am-4:00pm \$225
8:30am-5:00pm \$1,520	8:30am-5:00pm \$1,800	8:30am-5:00pm \$225
7:30am-5:00pm \$1,690	7:30am-5:00pm \$2,000	7:30am-5:00pm \$250

8 Week Program	Program Includes
8:30am-4:00pm \$1,500	* Weekly Field Trips
7:30am-4:00pm \$1,690	* Group Games and Activities
8:30am-5:00pm \$1,690	* Sports *Crafts *Beach *Bowling
7:30am-5:00pm \$1,875	* Camp Shirt and much more!

Dates: June 25 – August 24
Location: EHT Community Center

\$50 discount 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.



27TH ANNUAL SPECIAL TOURNAMENT OF FISHING

Parks and Recreation will offer our 27th Annual Special Tournament of Fishing for children with special needs and their families. Each participant must be accompanied by an adult chaperone for the day. The fishing trip will consist of 4 hours of fishing followed by a dinner and awards ceremony. Pre-registration is required.

Location: Meet at Starfish Boat / Sea Isle City
Date: Aug 23
Time: 1-5pm (fishing) 5-6pm (dinner)
For: Any Egg Harbor Township child who is physically or mentally challenged
Cost: No fee



GET HOOKED ON FISHING, NOT ON DRUGS

Parks and Recreation Department, along with the Municipal Alliance, have once again hooked up to sponsor the 'GET HOOKED ON FISHING NOT DRUGS' fishing trips to promote drug and alcohol awareness. The trips depart from EHT Community Center. Bus leaves at 11:30am and returns to the community center at 6pm. We will travel to Sea Isle City where we will board the "STARFISH." For ages 7-12, a parent/guardian is required, age 13 and up, parent/guardian not required. A drug and alcohol awareness presentation will be held for all participants prior to getting on the bus.

Instructor: Parks & Recreation Staff
Fee: \$10 per participant / (\$10 additional for parent if going)
Ages: 7 & up
Day: Mon
Date: Jul 16, Aug 20

PART-TIME EMPLOYMENT NEW PROGRAMS AND 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.



VOLUNTEER BASKETBALL COACHES NEEDED FOR RECREATION BASKETBALL LEAGUE

The Recreation Department is accepting applications for our Boys and Girls Recreation Basketball League. Applicants must be a minimum of 21 years of age, have previous basketball experience in coaching and/or playing. Applications will be available at www.ehtgov.org. All applications must be received by the Recreation Department by October 12, 2018.

RHYTHM IN THE PARKS Summer Concerts & Movie Nights

Join us this summer at the Robert J. Lincoln Amphitheater at Tony Canale Park for evenings of music and movies. Our summer concerts series features a great lineup of bands for you to sit back, relax and enjoy. Our highly popular Movie Nights make for a great night out with the kids.

RHYTHM IN THE PARKS CONCERT SERIES

Fridays 7pm-9pm
Jun 22 Tidal Wave Band
Jun 29 No Discipline Reggae Band
Jul 6 CCC Jazz & Wind Band
Jul 13 Duck & Cover
Jul 20 Big Daddy Duo
Jul 27 Juicy
Aug 3 Rubber Souls
Aug 10 The Rhythm Wranglers
Aug 17 Jersey Jukebox
Aug 24 The Remedy Band

UNDER THE STARS MOVIE NIGHTS	Saturdays 8pm (start time approx)
Jul 14	Peter Rabbit
Aug 18	Coco

MONDAY MORNING MADNESS Youth Entertainment Series

"Why Fit in When You Were Born to Stand Out!" (Dr. Seuss)
 This program is held at the Robert J. Lincoln Amphitheater at Tony Canale Park. Bring the kids, pack a lunch, and make a day of it at the park. Each show starts at approximately 11:00 a.m. and runs for approximately 45 minutes.

Jun 25	Seussology	Dr. Seuss Themed Performance
Jul 2	Ken Northridge	Magician
Jul 9	Bill Kerwood	Magic and Comedy
Jul 16	Tucker Tales	Puppets
Jul 23	Family Stages	Play
Jul 30	One Man Circus	Circus
Aug 6	Science Tellers	Educational
Aug 13	Yosi Music	Musician
Aug 20	Chad Juros	Magician

3RD ANNUAL YOUTH FISHING CHALLENGE Hosted by the NJDEP Division of Fish & Wildlife

Parks and Recreation Department, along with the Municipal Alliance, have once again hooked up to sponsor the "GET HOOKED ON FISHING NOT DRUGS" during the 3rd annual statewide Youth Fishing Challenge. The goal of New Jersey's program is to encourage school-aged children to avoid tobacco, drug and alcohol usage by providing alternative activities that involve learning to fish, appreciating aquatic and environmental resources, and developing positive life skills. The program will provide students with access to extracurricular outlets that utilize New Jersey's incredible outdoor recreational assets. Prizes will be awarded. Pre and day-of registration accepted.

Fee	No fee
Location	EHT Nature Reserve
Ages	Up to 20
Day	Sat
Time	10a-12p
Date	Jun 9

DISCOUNT THEME PARK TICKETS

Parks & Recreation will offer discount theme park tickets for sale for a wide variety of attractions and destinations:

- Great Adventure
- Hershey Park
- Adventure Aquarium
- Morey's Pier
- Dorney Park
- Clementon Park
- Diggerland USA
- Hurricane Harbor
- Sahara Sams
- Philadelphia Zoo
- Splash Zone

All sales are cash only available at our community center front desk. Please see our website for full information, availability, and pricing. **Please call the office prior to coming in to purchase tickets. Tickets are limited and may be unavailable.**



Pre-School Programs

READY-SET-GO

This program will introduce children to a variety of different exercises in a structured, safe environment including, 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 7/1/2018.

Instructor	Toni Rispoli		
Fee	\$55/R	\$60/NR per session	
Ages	Day	Time	Dates
24-36 mo.	Tue	10-11a	Jul 10-Aug 28
24-36 mo.	Wed	12:05-1:05p	Jul 11-Aug 29
37 mo.-5 yrs.	Wed	1:15-2:15p	Jul 11-Aug 29
37 mo.-5 yrs.	Thu	10-11a	Jul 12-Aug 30

TINY TIGERS KARATE

Our newest 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 6/1/18.

Instructor	Martin Carson		
Fee	\$50		
Ages	Day	Time	Dates
3-4	Wed	5-5:30p	Jun 6-Aug 29 (no class 7/4)
3-4	Wed	5-5:30p	Sep 12-Nov 28 (no class 10/31)
4-5	Wed	5:30-6p	Jun 6- Aug 29 (no class 7/4)
4-5	Wed	5:30-6p	Sep 12-Nov 28 (no class 10/31)

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

CREATIVE KIDS SUMMERTIME

Your preschooler will enjoy Creative Kids in the summer with activities including music, games, arts/crafts, silly science and learning how to make healthy snacks. Participants must be potty-trained. Please send a light snack and water bottle with your child. Max of 8 students.

Instructor	Sue Hahn		
Fee	\$160/R	\$165/NR per session	
Ages	Day	Time	Dates
3-4	Wed	9-11a	Jul 11-Aug 29
4-5	Wed	11:15a-1:15p	Jul 11-Aug 29

**** Week two class will be held on Tuesday 7/17**

CREATIVE KIDS & MORE!

Your preschooler will enjoy a variety of fun arts/crafts in Creative Kids & More. Activities will include arts/crafts, music/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 Hahn		
Fee	\$420/R	\$425/NR per session	
Ages	Day	Time	Dates
4-5	M/W/F	8:45-10:45a	Sep 10-Dec 21
4-5	M/W/F	11a-1p	Sep 10-Dec 21 (No class 10/8, 11/12, 11/23)

CREATIVE KIDS & MORE!

Your preschooler will enjoy a variety of fun arts/crafts in Creative Kids & More. Activities will include arts/crafts, music/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 Hahn		
Fee	\$280/R	\$285/NR per session	
Ages	Day	Time	Dates
3	T/Th	8:45-10:45a	Sep 11-Dec 20 (No class 11/6, 11/22)

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. The children learn new things, play and have lots of fun!

Instructor	Sarah Welsh & Celine Kaeble		
No fee			
Ages	Day	Time	Dates
2.5-12	Wed	4:30-5:15p	Jun 27-Aug 22 (No class 7/4)

Youth Programs

RECREATION DANCE PROGRAM

Our dance program is a great way for children to be introduced to the world of dance and learn the basics in a fun, stress-free environment from our caring instructors. Our participants will then progress through our dance program levels and refine their skills. A fantastic dance recital concludes each session. Participants must be specified age by 7/1/2018.

Location	EHTCC Dance Room		
Instructors	Colleen McGuire, Danielle Morris, Emma Klein & Mary Kate Colquhoun		
Fee	\$150		

INTRO TO DANCE

Must be able to attend class without parent/guardian and must be potty-trained

An introduction for pre-schoolers to basic techniques in dance and movement that encourage development of coordination, rhythm and flexibility.

Ages	Day	Time	Dates
3-4	Tue	5:30-6:15p	Jul 24-Nov 27 (No class 11/6)
3-4	Thu	5:45-6:30p	Jul 26-Nov 29 (No class 11/22)

BEGINNING STUDENTS

An introduction to basic techniques in ballet and creative movement designed to encourage development of coordination, rhythm and flexibility.

Ages	Day	Time	Dates
5-7	Tue	6:15-7p	Jul 24-Nov 27 (No class 11/6)
5-7	Thu	6:30-7:15p	Jul 26-Nov 29 (No class 11/22)

JAZZ/BALLET I

Classes will include stretches, warm-ups and dance combinations to popular music.

Ages	Day	Time	Dates
8-10	Tue	7-7:45p	Jul 24-Nov 27 (No class 11/6)
8-10	Thu	7:15-8p	Jul 26-Nov 29 (No class 11/22)

JAZZ/BALLET II

This class is a continuation of Jazz/Ballet I with more emphasis on Jazz.

Ages	Day	Time	Dates
11-16	Thu	8-9p	Jul 26-Nov 29 (No class 11/22)

Hip Hop

This class is a street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping.

Ages	Day	Time	Dates
8-16	Wed	7-8p	Jul 25-Nov 28 (No class 11/21)

TENTATIVE REHEARSAL AND RECITAL DATES SET FOR DECEMBER 6 AND DECEMBER 7.

FOOT ATTIRE FOR ALL CLASSES All students are required to wear proper foot attire for the classes. Ballet or jazz shoes recommended.

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 6/1/2018.

Instructor	Martin Carson		
Fee	\$95/R	\$100/NR per session	
Beginners (New Student)			

Ages	Day	Time	Dates	Code
6-15	M/W	6-6:30p	Jun 4-Aug 29 (no class 7/4)	182-330
6-15	M/W	6-6:30p	Sep 10-Nov 28	182-331

Youth (Returning Students Only)	White, Yellow, Orange, Green Belts			
Ages	Day	Time	Dates	Code
6-15	M/W	6-7p	Jun 4-Aug 29 (no class 7/4)	182-332
6-15	M/W	6-7p	Sep 10-Nov 28	182-333

Youth Advanced	Lt. Blue, Brown, Purple, Red, Cho Dan Bo, Black Belts			
Ages	Day	Time	Dates	Code
6-15	M/W	7-8p	Jun 4-Aug 29 (no class 7/4)	182-334
6-15	M/W	7-8p	Sep 10-Nov 28	182-335

YOUTH TENNIS LESSONS

Our program will teach the fundamentals of tennis while featuring individual and group instruction from our experienced tennis staff. Ground-strokes, volleys, serves, and game play will be covered as we focus on improving all facets of the game. Participants must be specified age specified as of 7/1/18.

- 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			
Group	Ages	Day	Time	Dates	Code
Early Bird Tennis	15-Adult	Sat	7:30-9a	Jun 30-Aug 18	182-341
	15-Adult	Sat	7:30-9a	Sep 15-Nov 3	182-342
Juniors	6-7	Sat	9-10a	Jun 30-Aug 18	182-344
	6-7	Sat	9-10a	Sep 15-Nov 3	182-345
Beginners	8-15	Sat	10-11a	Jun 30-Aug 18	182-347
	8-15	Sat	10-11a	Sep 15-Nov 3	182-348
Advanced Beginners	8-15	Sat	11a-12p	Jun 30-Aug 18	182-350
	8-15	Sat	11a-12p	Sep 15-Nov 3	182-351

EHT YOUTH REC BASKETBALL LEAGUE

Our Youth Rec Basketball League focuses on fun, skill development, and participation. Games are scheduled Monday - Fridays 5:30-9:30. Make-up games may be held on Saturdays. Practice days and times will be Monday - Fridays at Community Center or an EHT School. Practice days and times will be chosen by the coach.

Program is for EHT Residents Only. Coaches are needed for this program, if interested, please email raudet@ehtgov.org. Coaches meeting will be held in November. Practices will start in November, with games starting early January, 2019. **Registration deadline is October 12.**

A player evaluation will be held during October and November, days and times will be listed in the fall brochure. This is held solely to assess player ability level and create evenly balanced teams, it is not a tryout and there are no cuts. Players should make every effort to attend, if a player does not attend, they are still placed onto a team.

Fee: \$95
Location: Community Center

Divisions	Grade 3/4 Girls	Grade 5/6 Boys	Grade 9/12
	Grade 5/6 Girls	Grade 7/8 Boys	
	Grade 7/8 Girls		

YOUTH FLAG FOOTBALL

Our youth flag football program gives boys and girls ages 8-14 the opportunity to discover the sport by teaching flag football techniques and skills through a variety of games and drills. Participants will learn from EHTHS football coaches. A flag football shirt is included. EHT residents only, max of 30 may enroll.

Instructors	Kevin Stetser & David Dudley		
Location	EHT High School		
Fee	\$50/R	\$55/NR	
Ages	Day	Time	Dates
8-14	Fri	10a-12p	Jun 29-Aug 3

SPEED & AGILITY CAMP

Speed & Agility Camp is for young athletes competing in any sport. Led by our EHT High School football and track and field coach Kevin Stetser, this camp will focus on building athleticism, conditioning and speed on both a linear and multi-directional basis. Using a variety of proven drills, our high-energy camp will have a positive impact on your performance as an athlete. We also look to educate the athletes on proper recovery, injury prevention, and nutrition. For EHT residents only, max of 30 may enroll.

Location	EHT High School		
Instructor	Kevin Stetser		
Fee	\$50/R	\$55/NR	
Grades	Day	Time	Dates
3-9	M-Th	10a-12p	Jul 16-Jul 19

Youth Programs

GOT GAME BASKETBALL CLINIC

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	EHTHS Coaches		
Fee	\$50/R	\$55/NR	
Grades	Day	Time	Dates
3-4	Tue	4-5:15p	Jun 26-Aug 14
5-6	Tue	5:30-6:45p	Jun 26-Aug 14
7-8	Tue	7-8:15p	Jun 26-Aug 14

TRIPLE CROWN BASEBALL CAMP

Our camp will provide high quality instruction in all facets of the game: pitching, hitting, fielding, catching and base running. Each camper will receive a T-shirt, certificate and player evaluation. Daily activities will include drills, stations, live hitting, competitions and games featuring small group instruction with low instructor-to-camper ratios. Instructors are current college coaches and Cal Ripken certified youth coaches as well as group leaders and demonstrations with current college baseball players and area high school players. Campers will be split into the following age groups: 6-8, 9-10, 11-12. This camp is sure to improve your game!

Instructor	ACCC Head Coach Rodney Velardi		
Fee	\$150/R	\$155/NR	
Ages	Day	Time	Dates
6-12	M-F	9a-12p	Aug 13-17

SOCCER CLINIC (Fall Program)

Our NEW AND IMPROVED soccer clinic program is geared for the individual 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. Participants must be specified age by 09/01/18.

Location	Prestige Soccer Training Instructor		
Instructor	Rick Audet		
Fee	\$40/R	\$45/NR	
Ages	Day	Time	Dates
3-4	Sat	9-10a	Sep 15-Nov 3
3-4	Sat	10:15-11:15a	Sep 15-Nov 3
5-7	Sat	11:30a-12:30p	Sep 15-Nov 3

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 7/1/18.

Location	Shires Park		
Instructor	Toni Rispoli		
Fee	\$55/R	\$60/NR	
Ages	Day	Time	Dates
8-14	Sat	8-9:30a	Jul 7-Aug 25

NATIONAL CSI CAMP

Students will learn and actually work a mock crime scene investigation from the beginning of the investigation/crime scene through the investigation's entirety, culminating in a mock trial. This educational class is limited to 7th-12 grade students who have an interest in law enforcement or related forensic sciences. Students will learn how to identify then process a mock crime scene by collecting evidence using the most up-to-date modern techniques and methodologies learned during the lecture portion of the class. The students will follow the clues left behind by the suspect(s), and develop supporting evidence to solve the crime. The class is designed to challenge all students while having fun solving the crime. This class is taught by Captain (ret) Sean Clancy formerly of the Atlantic County Prosecutor's Office and other experienced Detectives.

Location	EHTCC		
Instructor	Captain (ret) Sean Clancy		
Fee	\$100/R	\$105/NR	
Grades	Day	Time	Date
7-12	Wed	9a-4p	Aug 8



FENCING - Beginners

The art of attack and defense with a foil. The program is open to boys and girls ages 10 through 18. It will quicken and improve reflexes, while developing self-discipline and sportsmanship. Class size is limited.

Instructor	Amanda & Jaimie Vigue		
Fee	\$65/R	\$70/NR	
Ages	Day	Time	Dates
10-18	Mon	6:30-8p	Jul 9-Sep 17 (no class 9/3)

FENCING - Advanced

The art of attack and defense with a foil. The program is open to boys and girls ages 10 through 18. It will quicken and improve reflexes, while developing self-discipline and sportsmanship. Class size is limited. Must have attended the beginner class for at least 3 sessions and be approved by the instructors.

Instructor	Amanda & Jaimie Vigue		
Fee	\$65/R	\$70/NR	
Ages	Day	Time	Dates
10-18	Thu	6:30-8p	Jul 12-Sep 13

FENCING - Zorrothon & Sundaes

A fun afternoon for our youth fencing participants! Join our instructors Jaimie and Amanda in the offseason to enjoy sundaes followed by Zorro movies! This program is for kids who participate in our fencing program. Join us for a fun time with your fencing friends!

Instructor	Amanda & Jaimie Vigue		
Fee	\$5		
Ages	Day	Time	Dates
10-18	Sat	11a-1p	Jun 23

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. 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	Mon	6-9p	Jun 11
	Mon	6-9p	Aug 6

ADULT OPEN GYM BASKETBALL

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

Fee	\$5 per night		
Ages	Day	Time	Dates
18 & up	Wed	6-8p	May23 – Aug 22

ADULT TENNIS – Fast Action Drills

This clinic is designed to teach the fundamentals of tennis 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	Code
16 & up	Sat	9-10a	Jun 30-Aug 18	182-601
16 & up	Sat	9-10a	Sep 15-Nov 3	182-602

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	Jun 30-Aug 18
	Sat	7:30-9a	Sep 15-Nov 3

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 per program		
Beginner Adult	(New Students)		
Ages	Day	Time	Dates
16 & up	M/W	8-9:30p	Jun 4-Aug 29 (No class 7/4) Sep 10-Nov 28 (No class 10/8, 11/12)
16 & up	M/W	8-9:30p	
Advanced Adult	(All Belts)		
Ages	Day	Time	Dates
16 & up	M/W	8-9:30p	Jun 4-Aug 29 (No class 7/4) Sep 10-Nov 28 (No class 10/8, 11/12)
16 & up	M/W	8-9:30p	

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	Jul 10-Sep 11
18 & Up	Thu	9-10:15a	Jul 12-Sep 13

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 Rispoli		
Fee	\$70/R	\$75/NR	
Ages	Day	Time	Dates
18 & up	M/W	10:30-11:30a	Jul 9-Aug 29
18 & up	M/W	10:30-11:30a	Sep 5-Oct 24 (no class 9/3)

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	5:05-6:05p	Jul 10-Aug 30
18 & up	T/Th	5:05-6:05p	Sep 4-Oct 25

Fitness Programs

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!
***** Classes will resume in the Fall, enjoy your summer *****

CARDIO STEP

Step moves are choreographed into routines that will have you dancing and hopping all over your bench. The music won't let you stop moving. Have fun while burning calories. This class is a must try! Will need a towel and water!

Instructor Wendy Santora
Fee \$65/R \$70/NR
Ages **Day** **Time** **Dates**
 18 & up Wed 5:30-6:20p Jul 18-Sep 19

CARDIO BLAST AND WEIGHT TRAINING

This course blends the elements of boxing, martial arts and traditional aerobics with strength training that will tone your body, boost your metabolism and improve your general health. Participants will need a towel, mat, and water.

Instructor Wendy Santora
Fee \$70/R \$75/NR
Ages **Day** **Time** **Dates**
 18 & up M/W 5:30-6:20p Jul 16-Sep 10 (no class 9/3)

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 5:15-6:15p Jul 9-Aug 30
 18 & up M/TH 5:15-6:15p Sep 6-Oct 25
 18 & up T/F 10:30-11:30a Jul 10-Aug 31
 18 & up T/F 10:30-11:30a Sep 4-Oct 26

YOGA FOR HEALTH AND WELL-BEING

Through asana (postures), pranayama (breathing exercises), and mindfulness practices connect to your inner resources for health and well-being. Stretch, strengthen, and revitalize your body as you build stress resilience skills and cultivate greater awareness of your body, your mind, and your life.

Instructor Linda Schwartz
Fee \$55/R \$60/NR
Ages **Day** **Time** **Dates**
 18 & up Wed 10-11:30a Jul 11-Sep 12 (no class 8/15)

MINDFULNESS MEDITATION AND RELAXATION

Learn and practice various meditations including body scans, breath, open meditation, and mindful walking, as well as relaxation techniques and practices. Discover how meditation brings clarity, focus and stability to the mind. Learn to cultivate awareness of your inner consciousness and bring greater freedom, depth and delight into your daily life. Open to everyone, no experience necessary.

Instructor Linda Schwartz
Fee \$55/R \$60/NR
Ages **Day** **Time** **Dates**
 18 & up Fri 10-11:30a Jul 13-Sep 14 (no class 8/18)

MINDFUL CHAIR YOGA

Not everyone can get up and down off the floor easily, making traditional yoga classes difficult. If you have any health issues, this is the ideal class for you to try! With the help of a chair, anyone can practice yoga with the same benefits of increased circulation, balance, flexibility, mobility and strength. This class also includes practices for health and well-being including body scans, breathing exercises and relaxation. Chair yoga is recommended for those with limited mobility.

Instructor Linda Schwartz
Fee \$55/R \$60/NR
Ages **Day** **Time** **Dates**
 18 & up Fri 11:45-1:15p Jul 13-Sep 14 (no class 8/18)



2018 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, September 22, 2018

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

NEW YORK CITY, NY Saturday, June 2, 2018 Saturday, December 8, 2018 Saturday, December 15, 2018

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: 9am from the EHT Community Center
Departs: 8pm from NYC
Cost: \$40 pp

PEDDLER'S VILLAGE CHRISTMAS FESTIVAL Saturday, December 1, 2018

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: 8am 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.

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 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. All refunds, except for classes canceled by Parks and Recreation, will incur a \$5 processing fee.

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.

Cancellation

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, our Facebook page, or call 926-4000 (Press 1 for Municipal Offices, Press 2 for Recreation, Press 1 for General Information.)

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.