

LEARN



GROW



FUN at the FORT

FALL 2018



PLAY



Fort Monmouth Recreation Area is open year-round for programs and drop-in activities for all ages. For more details about our programs please visit our website [www.MonmouthCountyParks.com](http://www.MonmouthCountyParks.com) or ask any of our Fort Monmouth staff.

## SPECIAL EVENTS!

### Mess Fest!

*(all ages, under 18 with adult)*

It's art! It's science! It's a mess! Our mad scientists will help you concoct fizzy dough, slime, elephant toothpaste and more. Put on your old clothes and get ready to experiment with us.

**One Session \$25.00 2-4 Per Family**

**\$10.00 Additional Person**

**Room C**

**Sun, Oct 14, 2-3:30 p.m. ....M0784X**

**Sun, Nov 4, 2-3:30 p.m. ....M0884X**

### Get Batty with Your Daddy

*(ages 4-7, with adult)*

No "mummies" allowed. Bring Dad along for some ghoulish games, creepy crafts and spooky snacks. You'll have a howling good time!

**One Session \$20.00 Parent/Child**

**Room B**

**Fri, Oct 12, 5:30-6:30 p.m. ....M1184A**

### Spiders, Skates, Bats, and Snakes: Cool or Creepy?

*(ages 5-8, with adult)*

Does seeing a spider make the hair on your arms stand up? Are you, like Indiana Jones, afraid of snakes? Can a bat fly into your hair? Will a skate sting you if you swim in the ocean? (Creepy!) We will explore some of the myths and facts about these four types of animals found in Monmouth County. A visit with a LIVE SNAKE rounds out the program. (Cool!)

**One Session \$12.00 Parent/Child \$4.00 2nd Child**

**Room C**

**Tue, Oct 23, 4:30-5:30 p.m. ....INS84X**

## CREATE

### Messes & Masterpieces

*(ages 18 months-3 years, with adult)*

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

**Four Sessions \$49.00 Parent/Child**

**\$30.00 Additional Sibling**

**Room B**

**Wed, Sep 19-Oct 10, 9:30-10:15 a.m. ....M0184X**

**Wed, Oct 17-Nov 7, 9:30-10:15 a.m. ....M0284X**

**Wed, Nov 21-Dec 12, 9:30-10:15 a.m. ....M0384X**

### Messy Art Sampler - Outside Adventure!

*(ages 18 months-3 years, with adult)*

We take messy art to a new level in the great outdoors! Toddlers will delight in paint, glue and glitter, squirt guns, balloons and more. They'll get to make an even bigger mess on the grass, while exploring and expressing themselves through art. After class, stay and play with the preschool equipment in our classroom as long as you like. Please Note: In the case of inclement weather, we'll move the class indoors.

**Four Sessions \$39.00 Parent/Child**

**Room B**

**Wed, Sep 19-Oct 10, 10:30-11:15 a.m. ....M0484A**

**Wed, Oct 17-Nov 7, 10:30-11:15 a.m. ....M0584A**

**Wed, Nov 21-Dec 12, 10:30-11:15 a.m. ....M0684A**

## ART Capades

(ages 2-4, with adult)

It's all about the process. Explore a new project, medium, and materials to explore to create their own unique works of art each week. From splatter painting, playdough making, and stamped art to mixing colors, making ornaments and more, little ones will love expressing their creativity!

**Six Sessions \$50.00 Parent/Child**

**\$40.00 Additional Sibling**

**Room B**

**Thu, Nov 1-Dec 13, 9:30-10:30 a.m. ....M1084X**

No class 11/22

## Bricks 4 Kidz®

(ages 5-12)

Explore the principals of (S.T.E.M) science, technology, engineering and mathematics. Our hands-on building program supports collaboration, teamwork and individual creativity utilizing LEGO® technic bricks and motors functionality.

**Six Sessions \$130.00 Per Person**

**Room C**

**Tue, Oct 2-Nov 6, 4:30-5:30 p.m. .... XCN84A**

## KIDZART

### Discover

(ages 3 1/2-6)

Learning about art and how to draw is like learning a new language. Through individual guidance and encouragement, we will complete art projects that enhance drawing skills. Prepare for Kindergarten by learning to follow direction, focus, interact socially, build confidence and learn problem-solving skills.

**Six Sessions \$84.00 Per Child**

**Room B**

**Tue, Sep 18-Oct 23, 4:15-5:15 p.m. ....Z3584A**

**Tue, Oct 30-Dec 4, 4:15-5:15 p.m. ....Z3684A**

### Imagine & Explore

(ages 7-11)

KidzArt is a fun and unique art experience encouraging problem solving, creative thinking and self-confidence. Students will learn to use mediums such as charcoal, watercolor, chalk pastel, oil pastel and marker and complete a finished drawing in each class. Help your children face the future with a creative mind. An \$8 supply fee is payable to KidzArt on the first day of class.

**Six Sessions \$84.00 Per Person**

**Room B**

**Tue, Sep 18-Oct 23, 5:30-6:45 p.m. ....Z4084A**

**Tue, Oct 30-Dec 4, 5:30-6:45 p.m. ....Z4184A**

## 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 to one or all. Supplies included.

**One Session \$24.00 Per Child**

**Celebrate Fall**

**Room B**

**Sat, Oct 13, 1-2:30 p.m. ....Z4484A**

## Hip Hop

(ages 5-10)

Breaking, crumping, the Slide Glide and more high-energy moves are introduced in this athletic class. We start with stretches and warm ups, and gradually combine moves into routines to present to parents at the end of the session. Only age appropriate music is presented; students should wear comfortable clothes and sneakers, and bring a water bottle.

**One Session \$59.00 Per Child**

**Gym A**

(ages 5-7)

**Thu, Sep 20-Oct 25, 4:30-5:15 p.m. ....M1984A**

**Thu, Nov 8-Dec 20, 4:30-5:15 p.m. ....M2184A**

(ages 8-10)

**Thu, Sep 20-Oct 25, 5:30-6:15 p.m. ....M2084A**

**Thu, Nov 8-Dec 20, 5:30-6:15 p.m. ....M2284A**

## American Girl® Doll Design

(ages 7-10)

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

**One Session \$19.00 Per Child**

Back to School

Your doll will be too cool for school with these stylin' accessories.

**Room A**

**Sat, Sep 29, 10:30-11:30 a.m. ....M1284A**

Halloween

Create creepy, cool costumes just in time for Trick or Treating.

**Room A**

**Sat, Oct 13, 10:30-11:30 a.m. ....M1384A**

Thanksgiving "Baking"

Whip up some delish looking treats for your doll's Thanksgiving table.

**Room C**

**Sat, Nov 3, 10:30-11:30 a.m. ....M1484A**

## Great Impressionism Workshop™

(adults)

No painting experience necessary. This step-by-step approach to Impressionism will teach the specific brushstrokes, layering techniques, color theory and unique styles of these painters. Acrylic paints and cardstock paper are included. If you prefer to paint on canvas bring in an 11" x 14". Returning students may bring a print of their own choice to class.

**Four Sessions \$88.00 Per Person**

**Room D**

**Session 2**

**Mon, Oct 8-29, 10 a.m.-12 p.m. ....ZAB84A**

**Session 3**

**Mon, Nov 5-26, 10 a.m.-12 p.m. ....ZAD84A**

## Oil Painting Techniques

(adults)

Confidence is taught by proper structure of technique and application of the material in this advance technique class step by step instruction will include mixing styles, application, how to put color theory to work and create sharp contrasts and soft edges.

**Room A**

**Six Sessions \$108.00 Per Person**

**Fri, Nov 2-Dec 7, 10 a.m.-12:30 p.m. ....Z6084A**

## Pastel Impressionism

(adults)

Explore the forgiving and simple media of pastels. We will learn step-by-step how to pick your ideal subject matter and produce art work you will enjoy making. All levels welcome, beginners encouraged. A supply list will be given upon registration.

**Room A**

**Six Sessions \$108.00 Per Person**

**Mon, Oct 29-Dec 3, 10 a.m.-12:30 p.m. ....Z4684A**

## Renaissance Drawing

(adults)

Learn to draw like the masters, Leonardo DaVinci and Michelangelo. Come experience my new style of teaching using several different methods of charcoal. We will draw from still-lives and photos, learning perspective, proportion, and shading while building your self-confidence. Supply list will be provided upon registration.

**Room C**

**Six Sessions \$108.00 Per Person**

**Wed, Oct 31-Dec 5, 10 a.m.-12:30 p.m. ....Z5484A**

## Renaissance Painting

(adults)

Learn to paint with oils like the Masters. This all level class is especially designed for beginners using a fabulous step by step approach and inspirational references from several renaissance master artists.

**Room C**

**Six Sessions \$108.00 Per Person**

**Wed, Oct 31-Dec 5, 1-3:30 p.m. ....Z5884A**

## Studio Time with Gina

(adults)

Sharpen and improve your artistic abilities. Lessons will be given in every class, individually on how to improve your painting, drawing, composition and most importantly color theory. Please join us to work side by side with local exhibiting artists to advance in skill and proficiency in all media and at all levels.

**Room A**

**Six Sessions \$108.00 Per Person**

**Mon, Oct 29-Dec 3, 1-3:30 p.m. ....Z4884A**

**Fri, Nov 2-Dec 7, 1-3:30 p.m. ....Z5084A**

## Process Painting

(adults)

So what is Process Painting? It's all about saying yes to you! In this workshop, the focus is on the process rather than the final product. Come experience the process with us! Workshops taught by a certified art therapist.

**One Session \$42.00 Per Person**

**Room A**

**Sat, Sep 22, 10 a.m.-12 p.m. ....A8284A**

**Sat, Nov 3, 10 a.m.-12 p.m. ....A8384A**

## Watercolor Adventures

(adults)

If you admire the beauty of watercolor painting and want to learn how to use the medium to make your own unique works, this course is perfect for you! Your instructor will highlight and teach different watercolor techniques to allow participants to create stunning and distinctive works. A list of supplies (not included) will be provided upon registration.

**Ten Sessions \$160.00 Per Person**

**Room C**

**Fri, Sep 21-Nov 30, 10 a.m.-12:30 p.m. ....Z6884A**

*No class 11/23*

**Room D**

**Fri, Sep 21-Nov 30, 1-3:30 p.m. ....Z7284A**

*No class 11/23*

## 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. A supply list will be forwarded upon registration.

*Please Note: You must be able to operate the sewing machine you bring to class.*

**Six Sessions \$80.00 Per Person**

**Room C**

**Mon, Sep 17-Oct 22, 7-9:30 p.m. ....Z8884A**

**Mon, Nov 5-Dec 10, 7-9:30 p.m. ....Z8984A**

## Creative Card Making

(adults)

Create beautiful, 3-D, handmade cards worth sending. You'll experiment with a variety of paper-crafting techniques, including heat and dry embossing, stamping, paper folding, die cuts, punches and more. Each class will focus on a theme, such as anniversary or seasonal, with 12 cards being completed by the end of the program.

**Six Sessions \$45.00 Per Person**

**Room A**

**Tue, Nov 6-Dec 11, 4-5 p.m. ....A1384A**

## Mixed Media – More than Paint

(adults)

Create beautiful, original art pieces to decorate your home or to give as gifts. Experiment with paint, paper, ink, fabric, modeling paste, found objects, etc. The possibilities are endless. There is a material fee of \$10.00 payable to the instructor.

**Four Sessions \$33.00 Per Person**

**Room A**

**Tue, Sep 25-Oct 16, 5:30-7 p.m. ....A1484A**

**Tue, Nov 20-Dec 11, 5:30-7 p.m. ....A1584A**

## Music and Piano Class

(adults)

"I wish I knew how to play the piano!" Well, it's never too late; and the best way to learn music is with a fun, experienced instructor. There is a required workbook that will be available for purchase at the first class. Certificate included upon completion. A small, portable, keyboard with at least four-octaves is needed (please consult instructor for keyboard information at gloriajunef@hotmail.com). Presented by: Gloria Fowler AA; BA; Juilliard School trained

**Eight Sessions \$96.00 Per Person**

**Room D**

**Beginners**

**Tue, Oct 2-Nov 20 6:30-7:30 p.m. ....MBG84A**

## Post-Apocalyptic Fiction Writing

(ages 13-17)

Is your journal crammed with vignettes of zombies, vampires and world changing catastrophes? We'll discuss important components like plot, character, and scene development, as well as dive into the hallmark elements of this genre, with plenty of in-class writing time. As a bonus, we'll get some real-life inspiration by wandering the vicinity of the Fort Monmouth Recreation Center, observing the man-made ruins among nature. Students should bring writing materials to each class (laptop or notebook).

**Four Sessions \$59.00 Per Person**

**Atrium Room**

**Sun, Sep 30-Oct 21, 2:30-4:30 p.m. ....M5984A**

## The College Essay

(ages 15-18)

Are you struggling to write your college essay, unsure of where to begin? We'll discuss what makes a standout essay, how to structure your essay, and basic writing skills. We'll brainstorm ideas together to come up with your own topic, write your topic sentence, and begin an outline to get started. Quiet time is provided to work individually on your essays. Sources for further help and development will also be provided. College is right around the corner. You can never be too prepared!

**One Session \$35.00 Per Person**

**Program Room D (121)**

**Sat, Sep 15, 9-11 a.m. ....M4984A**

## CULINARY ARTS

**Cooking Class Participants:**

*Please notify us during registration if you have any food allergies.*

### Basic Cake Decorating

(ages 8-13)

- 3 scoops Step-by-step instruction
- 12 pinches Hands-on practice
- 1 Pre-made cake for each student

Mix well with decorating tools to create your own masterpiece. A material fee of \$24 for cake decorating supplies is payable to instructor first day of class.

**Three Sessions \$52.00 Per Person**

**Kitchen**

**Wed, Oct 3-17, 5-6:30 p.m. ....A9984A**

**Chef Stephen Wolff**, Culinary Creations, LLC

*A passion for all things culinary and enjoyment of learning other people's cooking "styles" are just two traits that have already endeared Chef Stephen to Fort Monmouth Recreation Center patrons. He sums up his focus as a chef and instructor: "As a chef, I'm not cooking for myself, but for others." He honed his skills and repertoire, first with training at The French Culinary Institute at the International Culinary Center in New York City, followed by 20 years of experience in various kitchens of Manhattan. He finally chose to settle in Monmouth County, where he began providing private, in-home cooking lessons and catering services. With a true passion for teaching, he enjoys customizing his classes to meet the skills and needs of the students, as well as incorporating the feedback and ideas they present to him.*

*The following cooking classes are skillfully presented by Chef Stephen*

### Baking Basics with the Kids

(ages 8-12, with adult)

Laugh and learn together as you explore and practice basic baking skills, from cupcakes to cookies and beyond!

**One Session \$59.00 Parent/Child  
Kitchen**

#### Spook-tacular Cupcakes

This Halloween surprise your friends with your bootiful edible creations. You'll learn how to create the whole package: cakes, fillings, frostings and designs. From jack o'lanterns to ghosts, mummies to ghouls, build a plate full of spooks sure to delight everyone.

**Sat, Oct 13, 10 a.m.-1:30 p.m. ....M3584A**

## Re-Spook, Re-Wear, Re-Scare - Eek-O-Fabulous Costume Swap

Save the planet and your budget! Upcycle gently used kids', adults', and even pet costumes for a spooktacular new-to-you ensemble. Costumes must be dropped off in advance at one of the locations below. For each costume you bring, receive a token entitling you to a "new" costume the day of the swap.

#### **Costume Drop-Offs:**

**Monday-Friday, September 24-28, 10 a.m.-4 p.m. & Saturday, September 29, 10 a.m.-12 p.m.**

*Huber Woods Environmental Center, Manasquan Reservoir Environmental Center, Thompson Park Visitor Center, Dorbrook Recreation Area Visitor Center, Fort Monmouth Recreation Center*

Fort Monmouth Recreation Center will accept costumes from 8 a.m. through closing; call for times.

#### **Swap Date:**

**Sunday, September 30, 12-2 p.m. at Fort Monmouth Recreation Center**

*Almost due or have a newborn? No token required for baby's costume!*

**For questions, please call 732-842-4000, ext. 4312.**

## Cooking Basics with the Kids:

### Breakfast Fun

(ages 8-12, with adult)

Lay the foundation for future cooking endeavors, as you work together to learn necessary skills such as measuring, mixing, kid-safe knife skills, oven safety, reading recipes and more. Impress your family with your new kitchen skills!

#### Kitchen

#### Back-to-School Cool

Tasty, creative lunches and snacks that kids can make for themselves. Plus, simple back-to-school dinners they can help whip up!

**One Session \$65.00 Parent/Child**

**Sat, Sep 22, 10 a.m.-1:30 p.m. ....M2684A**

#### Homemade Pizza, Cheesy Breadsticks & Pizza Pockets

Learn the techniques of working with fresh dough to make these delicious Italian favorites. One basic dough - three mouth watering options!

**One Session \$65.00 Parent/Child**

**Sat, Sep 29, 10 a.m.-2 p.m. ....M2784A**

#### Both Classes

Sign up for both sessions and save!

**Two Sessions \$99.00 Parent/Child**

**Sat, Sep 22-29, 10 a.m.-2 p.m. ....M2884A**

## Kitchen Fun with Mom or Dad

(ages 8-12, with adult)

Laugh, learn and make memories cooking up delicious recipes together. Appetizer, main dish and dessert are all on the menu.

**One Session \$65.00 Parent/Child**

#### Kitchen

**Sat, Oct 20, 10 a.m.-1:30 p.m. ....M3684A**

## Appetizers, Hors d'Oeuvres & More

(adults)

What IS the difference between appetizers and hors d'oeuvres, anyway? This and other questions are answered as your favorite treats are demystified.

Chef Stephen guides you step-by- step through restaurant-style foods that can be made easily in your home.

**One Session \$55.00 Per Person**

#### Kitchen

**Thu, Nov 15 6-8:30 p.m. ....M4284A**

## Cooking in Season - Fall Yumminess

(adults)

Fun, one pot meals for the busy family! Learn all you need to know about adding flavor and nutrition to those crisp autumn days and nights, as well as techniques for adding international restaurant flair to your favorite home dishes.

#### Kitchen

**One Session \$49.00 Per Person**

#### Soups

Warm up with these favorite fall flavors.

**Thu, Oct 11, 6-8:30 p.m. ....M2984A**

#### Stews

Stick to your ribs goodness.

**Thu, Oct 18, 6-8:30 p.m. ....M3084A**

#### Casseroles

The home cook's classic staple.

**Thu, Oct 25, 6-8:30 p.m. ....M3184A**

#### The Entire Series

Sign up for all three sessions and save!

**Three Sessions \$95.00 Per Person**

**Thu, Oct 11-25, 6-8:30 p.m. ....M3284A**

## Crock-Pot Season

(adults)

Sweater weather and Sunday football means one thing: it's Crock-Pot season. Meal prep doesn't get any easier than throwing everything into a pot, turning on the heat and coming back a few hours later to a tender, juicy dinner.

**One Session \$49.00 Per Person**

#### Kitchen

**Thu, Sep 20, 6-8:30 p.m. ....M4784A**

## Fall Harvest Pies

(adults)

Surprise your family this holiday season with a delicious, traditional pie made from scratch. Yes, you can do it! Pumpkin and Apple Crumb are on the menu as we demystify the process and show you just how simple it is to make a crust, prepare the filling and bake it to golden perfection. Make this a holiday to remember!

**One Session \$55.00 Per Person**

#### Kitchen

**Sat, Nov 3, 10 a.m.-1:30 p.m. ....M4484A**

## Fall Harvest Pies, Part Two

(adults)

Now that you've mastered the pumpkin and apple, it's time to advance your skills. Explore different flavor combinations, creamy custard fillings, and a variety of toppings to add decorative accents to your holiday table.

**One Session \$55.00 Per Person**

**Kitchen**

**Sat, Nov 10, 10 a.m.-1:30 p.m. ....M4584A**

## Frugal Gourmet

(adults)

Think gourmet food must be pricey and exotic? Think again! Learn the hallmarks of gourmet meals including quality, flavor, creativity and artful presentation. Begin with fresh ingredients like herbs and vegetables, step out of your culinary comfort zone and create subtle, flavorful dishes that don't break your budget.

**One Session \$65.00 Per Person**

**Kitchen**

**Sat, Oct 6, 10 a.m.-2 p.m. ....M3484A**

## Get Dinner on the Table in 20 Minutes?

(adults)

Fresh hot meals don't have to take hours, it's all in the planning and preparation. See how to create steaming stir-fries, pan seared meats, and more, from scratch when you're crunched for time. Different recipes featured in each class.

**One Session \$49.00 Per Person**

**Kitchen**

**Thu, Sep 27, 6-8:30 p.m. ....M2484A**

**Thu, Nov 1, 6-8:30 p.m. ....M2584A**

## Homemade Pizza, Sicilian Rice Balls & Pizza Bread

(adults)

Working with fresh dough, you'll learn the techniques of rolling it to make these delicious Italian favorites. Practice hands-on with the chef as he demonstrates the skills of creating different foods from the same basic dough. Along the way you'll also reinforce measuring, baking and knife skills.

**One Session \$65.00 Per Person**

**Kitchen**

**Sat, Oct 27, 10 a.m.-1:30 p.m. ....M4084A**

## Recipes with Roots

(adults)

Say goodbye to steamed turnips and boiled potatoes, and hello to novel ways to prepare popular root veggies, like carrots and beets. You'll learn how to maximize the flavor of these vegetables while keeping the nutrition intact. Please bring a casserole dish or aluminum tin to bring home your new creations.

**One Session \$59.00 Per Person**

**Kitchen**

**Thu, Nov 8, 6-8:30 p.m. ....M4184A**

## The Skinny on Pork

(adults)

Does anyone but Grandma know what to do with a 3lb pork loin? Are you intimidated, tired of making pork chops or your meat always comes out dry? Now you can enjoy delicious meals with "the other white meat", as Chef Stephen guides you through several methods of preparation with a variety of recipes sure to please the whole family.

**One Session \$49.00 Per Person**

**Kitchen**

**Thu, Oct 4, 6-8:30 p.m. ....M4884A**

## PLAY

### Kixx & Crafts

(ages 2-3, with parent)

Learn, play, create. Expand your toddler's abilities while we combine soccer activities with related art projects.

**Four Sessions \$56.00 Parent/Child**

**Fall Season**

**Outdoor Area**

**Tue, Sep 18-Oct 9, 10:30-11:15 a.m. ....MAD84A**

**Indoor Season**

**Gym A**

**Tue, Oct 23-Nov 13, 10:30-11:15 a.m. ....MAE84A**

## Get Fit, Have Fun! with KIDZ WIN

(ages 7-12)

This fun and interactive fitness class is geared towards children of all abilities. The goal of this class is to improve your child's overall strength, endurance, and coordination, as well as boost their confidence. We engage children through a variety of fun and interactive exercises set to music, in a no pressure atmosphere.

**Four Sessions \$59.00 Per Child**

**Group Fitness Room**

(ages 7-9)

Wed, Oct 3-24, 4:30-5:15 p.m. ....M2384A

Wed, Nov 7-28, 4:30-5:15 p.m. ....M3884A

(ages 10-12)

Wed, Oct 3-24, 5:30-6:15 p.m. ....M3784A

Wed, Nov 7-28, 5:30-6:15 p.m. ....M3984A

## Beginner Mahjong

(adults)

Beginners - 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.

**Seven Sessions \$25.00 Per Person**

**Drop-in for one session for \$5.00, cash or check only.**

**Room C**

Tue, Oct 23-Dec 4, 11:30 a.m.-1:30 p.m. ....M5684X

## 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 Sessions \$30.00 Per Person**

**Atrium Room**

Tue, Oct 23-Dec 4, 9:30-11:30 a.m. ....M5484A

Thu, Oct 25-Dec 13, 9:30-11:30 a.m. ....M5884A

## SPORTS

Kids sports classes at Fort Monmouth are an inviting introduction to youth sports with age-appropriate games, demos, and lots of fun.

## Kids Kixx Soccer - Pee Wee

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

Have fun, play soccer-in that order. Parent assistance is required.

**Four Sessions \$56.00 Parent/Child**

### Fall Season

**Outdoor Area**

Tue, Sep 18-Oct 9, 9:30-10:15 a.m. ....M6684A

Sat, Sep 22-Oct 13, 9-9:45 a.m. ....M7584A

Sat, Sep 22-Oct 13, 10-10:45 a.m. ....M7684A

Sat, Sep 22-Oct 13, 11-11:45 a.m. ....M7784A

Sat, Sep 22-Oct 13, 12-12:45 p.m. ....M7884A

Sun, Sep 23-Oct 14, 9-9:45 a.m. ....M8184A

Sun, Sep 23-Oct 14, 10-10:45 a.m. ....M8284A

### Indoor Season

**Gym A**

Tue, Oct 23-Nov 13, 9:30-10:15 a.m. ....M8384A

**Gym B**

Sun, Oct 28-Nov 18, 11-11:45 a.m. ....M8784A

Sun, Oct 28-Nov 18, 12-12:45 p.m. ....M8884A

# SCHOOL'S OUT DROP-IN DAYS

(ages 5-10, with adult)

9:30 a.m.-4:00 p.m. on Monday, October 8 and Thursday & Friday, November 8 & 9

**Fort Monmouth Recreation Center, Tinton Falls**

We promise you won't be bored on your day off from school! We've got Science Exploration Stations, Take Home Kids Creations and Building Fun, plus open gym time. Drop-in at your leisure to enjoy these activities designed for kids ages 5-10 years old, and you can switch between activities as often as you like.

**Please Note: This is a self-guided program, adults must remain with their children during entire visit.**

**Cost: \$5.00 Per Persons (cash or checks only please)**

**For more information please contact 848-456-4278, ext. 4, or [Ann.Sage@monmouthcountyparks.com](mailto:Ann.Sage@monmouthcountyparks.com).**

## Kids Kixx Soccer

(ages 4-5)

Soccer made simple!

**Four Sessions \$56.00 Per Person**

### Fall Season

**Outdoor Area**

**Mon, Sep 17-Oct 8, 4:30-5:25 p.m. ....M9684A**

### Indoor Season

**Gym A**

**Mon, Oct 22-Nov 12, 4:30-5:25 p.m. ....MA484A**

**Sun, Oct 28-Nov 18, 10:30-11:25 a.m. ....MA884A**

**Sun, Oct 28-Nov 18, 11:30 a.m.-12:25 p.m. .MA984A**

## Kids Kixx Soccer - Ladybugs

(ages 4-6, girls)

She shoots-she scores!

**Four Sessions \$56.00 Per Person**

### Indoor Season

**Gym A**

**Sun, Oct 28-Nov 18, 12:30-1:25 p.m. ....M9584A**

## Kids Kixx Soccer: Nexxt Step

(ages 5-7)

Take a step forward preparing your child for a successful start to soccer league play.

**Four Sessions \$56.00 Per Person**

### Fall Season

**Outdoor Area**

**Mon, Sep 17-Oct 8, 5:30-6:25 p.m. ....MAA84A**

### Indoor Season

**Gym A**

**Mon, Oct 22-Nov 12, 5:30-6:25 p.m. ....MAC84A**

## Kids Kixx Soccer for Siblings

(ages 3-5)

Why can't both of my kids take the same soccer class? Well now they can.

**Four Sessions \$110.00 2 People**

### Fall Season

**Outdoor Area**

**Sun, Sep 23-Oct 14, 11 a.m.-12 p.m. ....MAF84A**

### Indoor Season

**Gym B**

**Sun, Oct 28-Nov 18, 1-2 p.m. ....MAG84A**

## Basketball FUNdamentals

(ages 6-8)

Swish! Children will have fun while learning the fundamentals of basketball in a fun and noncompetitive environment.

**Four Sessions \$48.00 Per Person**

**Gym A**

**Sat, Nov 17-Dec 8, 10-10:55 a.m. ....X5984A**

## Touché! Intro to Fencing- KIDS

(ages 6-14)

Swordsmanship with sportsmanship. Professional fencing instructors develop skills including strength, balance and coordination. All equipment will be provided.

**Eight Sessions \$250.00 Per Person**

**(ages 6-10)**

**Program Room C (120)**

**Fri, Sep 14-Nov 2, 5-5:55 p.m. ....XC584A**

## Indoor Volleyball Leagues

(ages 17 and up)

Teams must have at least six players on the roster and at least two women on the court at all times.

No previous volleyball league experience necessary.

Teams will play at either 6:30 p.m. or 7:30 p.m. each week. Schedules will be handed out the first night of the league. Captains sign up for the team. Pre-registration is required. Organizational and rules meeting held at 6:15 p.m. on first night of league. Registration for individual players is not available at this time.

### **Mini League**

**Four Sessions \$80.00 Per Team**

**Wed, Nov 28-Dec 19, 6:30-8 p.m. ....XBA84A**

**Wed, Nov 28-Dec 19, 8-9:30 p.m. ....XBB84A**

## Pickleball: Basic Training

(ages 16 and up)

Throw tennis, badminton, and table tennis in a blender and you would get pickleball. Learn to play one of the fastest growing sports for people of all ability levels. An instructor will guide new players through the rules, skills, and gameplay of pickleball. Bring your own paddle, or use one of ours.

*MORE CLASSES COMING THIS FALL!!! PLEASE KEEP AN EYE ON OUR WEBSITE FOR ADDED CLASSES!*

### Pickleball Boot Camp

(ages 16 and up)

Now that you know how to play Pickleball, it's time to refine your game. Improve your serve, drop-shots, volleys and strategy with drills and exercises designed to bring your game to the next level. This class is designed for intermediate pickleball players. Please see Pickleball: Basic Training if you want to learn how to play pickleball.

*MORE CLASSES COMING THIS FALL!!! PLEASE KEEP AN EYE ON OUR WEBSITE FOR ADDED CLASSES!*

## MARTIAL ARTS

### 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. 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. Athletic clothing and sneakers are required. Groin protection is recommended.

**Eight 1-Hr Sessions \$80.00 Per Person**  
**Fitness Room**

**Sun, Sep 16-Nov 4, 11:30 a.m.-12:30 p.m. ...MAR84A**

## WELLNESS

### Balanced Fitness for Senior Adults

(ages 55 and up)

Cardio endurance, strength/power training, flexibility and balance will be emphasized as we encourage you to begin or continue exercising.

**Group Fitness Room**

**Eight Sessions \$80.00 Per Person**

**Fri, Sep 21-Nov 9, 11-11:55 a.m. ....M6184A**

### Gentle Yoga

(adults)

Yoga poses can be done safely using props, seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breathe control.

**Group Fitness Room**

**Seven Sessions \$91.00 Per Person**

**Mon, Nov 5-Dec 17, 1-2 p.m. ....X6884X**

### Yoga for Baby-Boomers

(adults)

Want to try yoga but afraid you can't keep up or you are not limber enough? Join a class 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. Please bring a yoga mat, blanket or large beach towel and bottled water for hydration.

**Group Fitness Room**

**Seven Sessions \$84.00 Per Person**

**Tue, Oct 30-Dec 18, 10-11:30 a.m. ....X7284X**

No class 11/6

### Chair Fitness

(adults)

You don't have to get up to get fit. Seated exercises for people with limited mobility will strengthen muscles, burn calories, increase flexibility, and improve balance. No equipment needed just wear comfortable clothes.

**Eight Sessions \$80.00 Per Person**

**Group Fitness Room**

**Fri, Sep 21-Nov 9, 12:15-1:10 p.m. ....M6384A**

### Better Sleep Meditation

(adults)

Do you have trouble falling asleep or staying asleep throughout the night, only to wake up in the morning still feeling tired? In this class you will be taken through a better sleep guided meditation that will help you to relax and prepare you for a good night's sleep as well as to feel refreshed when you wake up in the morning. As a bonus, you will be able to receive a recording of the sleep meditation that you can listen before going to bed.

**One Session \$20.00 Per Person**

**Room C**

**Wed, Oct 17, 7-7:45 p.m. ....A1884A**

**Wed, Nov 14, 7-7:45 p.m. ....A1984A**

# OPEN BASKETBALL

## Co-Ed Open Basketball - 20 & up

Eight Sessions \$40.00 Per Person

Drop by for one session for \$5.00

(cash or check only)

**Gym A**

**Mondays until December 3, 8-10 p.m.**

No class 11/12

## Men's Open Gym Basketball - Adults

Twelve Sessions \$55.00 Per Person

Stop by for one day at play for \$5

(cash or check only)

**Gym A**

**Sundays until December 2, 8-10 a.m.**

No class 11/25

## Meditation for Beginners

(adults)

There are so many benefits of meditation: increased clarity, focus, and even lowered blood pressure. However, some tend to think it's hard to meditate or that they aren't doing it right. You will learn various ways to meditate, experience a breathing meditation, a focused eye meditation and a guided relaxation meditation. As a bonus, you will be able to receive a recording of the relaxation meditation that you can listen to again and again at your leisure.

**One Session \$26.00 Per Person**

**Room C**

**Sat, Sep 15, 10-11 a.m. ....A1684A**

**Sat, Sep 29, 10-11 a.m. ....A1784A**

## Singing Bowl Meditation

(adults)

Experience the soothing sounds of the Tibetan and crystal singing bowls! The class begins with breathing exercises to prepare our mind for a state of meditation. We transition with a brief guided meditation before diving into playing the bowls. Please bring your own yoga mat and blanket for comfort.

**One Session \$25.00 Per Person**

**Group Fitness Room**

**Sun, Oct 21, 2-3 p.m. ....ABW84A**

**Sun, Nov 4, 2-3 p.m. ....ABX84A**

## Memory Cafe

(adults)

Providing a comfortable, safe environment for people with memory loss and their care partners to laugh, learn and remain socially engaged with others traveling the same journey. Please contact Anne Simon for more information at 732-460-1167, ext.24.

**Three Sessions FREE!**

**Atrium Room**

**Tue, Sep 25-Nov 27, 1-2:30 p.m. ....PD168A**

*Program meets on the fourth Tuesday of each month.*

**PLEASE VISIT OUR WEBSITE FOR  
SCHEDULED DROP IN AND  
RESERVED ACTIVITIES INCLUDING:**

**OPEN GYM**

**PRESCHOOL PLAY  
WITH PARENT**

(OR GRANDPARENT, OR  
NANNY, OR BABYSITTER...)

**PICKLEBALL  
OPEN PLAY**

**BIRTHDAY  
PARTIES**