



# 2016 Fall PROGRAMS

## EGG HARBOR TOWNSHIP

PARKS AND RECREATION DEPARTMENT



### 2016 FALL 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](http://www.ehtrec.com).

Registration for all Fall Recreation Programs will be held as follows for **Township Residents**:

<b>Online registration opens:</b>	<b>Wed Sep 7</b>	
<b>In-person registration held:</b>	<b>Sat Sep 10</b>	<b>9 – 11a</b>
	<b>Mon Sep 12</b>	<b>9a – 7p</b>

Mail-in registrations must be postmarked no earlier than September 9 and will be processed daily and opened at random.

**Non-residents** may register, online or in-person, beginning Tuesday, September 13, 9am.

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

#### EGG HARBOR TOWNSHIP PARKS AND RECREATION DEPARTMENT

Rick Audet, CPRP Director of Recreation  
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Website: [www.ehtrec.com](http://www.ehtrec.com)

Office hours: Mon-Fri 9:00am-5:30pm.

Additional hours during registration periods.

## HALLOWEEN SPOOKTACULAR

Join Parks & Recreation at the Community Center for a Spooktacular good time this Halloween. Our event will offer Halloween goodies, activity and craft stations, pumpkin decorating and a costume parade with prizes! Come dressed in your Halloween costume! For ages 3-11, pre-registration is required, max of 75 may register.

<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Fee</b>	<b>Code</b>
Tuesday	6-7:30p	Oct 25	\$5 per child	164-900

### RHYTHM IN THE PARK SUMMER CONCERTS & MOVIE NIGHTS

Presented by South Jersey Gas

#### THANK YOU TO OUR SPONSORS:

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- Cape Bank

## HOLIDAY CRAFT SHOW

Please visit our Community Center for our highly popular annual Holiday Craft Show. Our show features a diverse assortment of jewelry, crafts and home-made foods. This is a wonderful opportunity to find unique gifts for your Holiday shopping, while supporting local artists. For more information, please visit our webpage at [www.ehtrec.com](http://www.ehtrec.com). This is a free event for the public to attend.

<b>Day</b>	<b>Time</b>	<b>Date</b>
Saturday	9a-4p	Nov 5

### VOLUNTEER BASKETBALL COACHES NEEDED

Parks and Recreation is accepting volunteer coaching applications for our Youth Rec Basketball League. Applicants must be a minimum of 19 years of age, EHT residents, and have previous basketball experience in coaching and or playing. Applications will be available at [www.ehtgov.org](http://www.ehtgov.org). All applications must be received by the Recreation Department by October 7, 2016.

### EHT NATURE RESERVE BIKE TOUR

Discover the Reserve! Experience a guided bike tour led by Nature Reserve Chairman Marc Friedman, who will lead you through the trails as you learn about its environment, history, and points of interest. Riders of all skill levels, ages 10 and above, are welcome for an easy to moderate bike ride of approx. 90 minutes through open, wooden and winding terrain. Helmets and off-road wide tires are mandatory. A \$5.00 fee is required per individual or family for which you will receive an EHT Nature Reserve sticker. All proceeds go towards supporting the Reserve. Pre and day-of registrations are accepted.

<b>Date:</b>	Sunday, October 9 (Rain date October 16)
<b>Time:</b>	2:00pm
<b>Meet:</b>	EHT Nature Reserve parking lot located on Zion Rd., 1.7 miles west of Ocean Heights Ave.

### COACH OF THE YEAR NOMINATIONS

The EHT Recreation Commission is accepting nominations from parents and participants for the 2016 Coach of the Year Award. Any Egg Harbor Township volunteer youth sport coach can be nominated from any of our recognized youth sport groups. To nominate a coach, please complete the nomination form that can be found at [www.ehtgov.org](http://www.ehtgov.org). The form must be completed and returned by December 16, 2016.

## 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 9/1/2016.

Instructor	Fee	Ages	Day	Time	Dates	Code
Toni Rispoli	\$55/R \$60/NR per session	24-36 mo.	Tue	9:30-10:30a	Sep 20-Nov 15 No Class (11/8)	164-300
		24-36 mo.	Wed	11:30a-12:30p	Sep 21-Nov 9	164-101
		37mo.-5 years	Wed	12:45-1:45p	Sep 21-Nov 9	164-102
		37mo.-5 years	Thu	9:30-10:30a	Sep 22-Nov 10	164-103

### 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 10/1/2016.

Instructor	Fee	Ages	Day	Time	Dates	Code
Martin Carson	\$50	3-4	Wed	5-5:30p	Oct 19-Dec 21	164-104
		5	Wed	5:30-6p	Oct 19-Dec 21	164-109

### CREATIVE KIDS

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids. Projects will include fall season/holiday themes. Other activities such as stories, music and games that correspond with the theme of the day will be included as time allows. Program age determined as of 9/1/2016. Max of 8 students per class.

Instructor	Fee	Ages	Day	Time	Dates	Code
Sue Henry-Hahn	\$50/R \$55/NR per session	3-5	Mon	9-9:45a	Sep 26-Nov 14 (No Class 10/10, 10/31)	164-105
		3-5	Mon	10-10:45a	Sep 26-Nov 14 (No Class 10/10, 10/31)	164-106
		3-5	Fri	9-9:45a	Sep 30-Nov 4	164-107
		3-5	Fri	10-10:45a	Sep 30-Nov 4	164-108

### PARENT & ME YOGA

This unique class combines yoga and play while strengthening the bond between you and your infant as you experience challenging postures and calming restorative time in a playful and safe environment for babies. Baby Yoga exercises strengthen growing muscles, aid in digestion, promote better sleeping patterns, and help your infant towards their next stage of development.

**Fall program dates and time TBD. Please check our website or call the office for updates!**

### PRESCHOOL YOGA

This class includes all of the yoga fun, for pre-school kids. Group poses are emphasized. For ages 2 - 5 years, with or without a grownup (2 year olds must have a grownup participate in class). Yoga mat and water required for class.

**Fall program dates and time TBD. Please check our website or call the office for updates!**

## Adaptive Recreation

### SPECIAL OLYMPICS YOUNG ATHLETES

Young Athletes™ is a unique sport and play program for children with disabilities. The focus is on fun activities that are important to mental and physical growth. Children ages 2 ½ to 7 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	Fee	Ages	Day	Time	Dates	Code
Sarah Welsh & Celine Kaelble	\$40/R \$45/NR	2.5-7	Wed	4:15-5p	Sep 28-Nov 16	164-500

### SOCCER CLINIC

This 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 a fun, instructional program for boys and girls, there are no teams formed nor league play. [Registration for this program began in June, call for availability.](#)

Location	Instructor	Groups	Ages	Day	Time	Dates	Fee	Code
Slaybaugh School	Parks & Recreation Staff	Kickers	3-4	Sat	11-11:30a	Sep 10-Oct 29	\$25/R \$30/NR	163-214
		Blasters	5-6	Sat	9-10a	Sep 10-Oct 29	\$35/R \$40/NR	163-215
		Rockets	7-8	Sat	11:45a-12:45p	Sep 10-Oct 29	\$35/R \$40/NR	163-216

## Youth Programs

### RECREATION DANCE PROGRAM

*Our current dance session runs July through November; please look for our next session starting in January!* The Recreation 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. All students are required to wear proper foot attire for the classes, ballet or jazz shoes recommended.

### EHT YOUTH REC BASKETBALL LEAGUE

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 - Thursdays at Community Center or an EHT School. Practice days and times will be chosen by the coach. Your coach should call you by November 18. We will attempt to offer separate divisions for boys and girls, if we do not receive sufficient registrations then we will offer that division as co-ed with boys and girls on the same team. Grade 3/4 Division will be co-ed.

**Program is for EHT Residents Only.** Coaches are needed for this program, if interested, please email [raudet@ehtgov.org](mailto:raudet@ehtgov.org). Coaches meeting will be held in November. Practice will start around the week of November 14, with games starting early January, 2017.

**Registration deadline is October 21.**

A player evaluation for grades 5 and up will be held at date and time listed below. 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.

Division	Evaluation Date	Time	Code
3/4 Grade Division	N/A	N/A	163-600
5/6 Grade Division	Nov 2	5:30p	163-601
7/8 Grade Division	Nov 3	5:30p	163-602
9/12 Grade Division	Nov 7	5:30p	163-603

Fee: \$95

### COOKING FOR KIDS – Comfort Foods

Cooking with the Kleins! Our young master chefs will receive an introduction to the pleasures of preparing and enjoying "comfort food" that is both nutritious and delicious. Participants learn basic cooking skills, how to be empowered and conscious consumers in the marketplace, and safe food handling.

Location	Instructor	Fee	Class Size	Ages	Day	Time	Date	Code
EHTCC Kitchen	Chef Ray	\$30/R \$35/NOR	Min 6 / Max 10	10-17	Fri	6:30-8p	Oct 7	164-200

### COOKING FOR KIDS – Holiday Favorites

Cooking with the Kleins! Our young master chefs will learn to prep and present some of our Holiday Favorites. Participants also learn basic cooking skills, how to be empowered and conscious consumers in the marketplace, and safe food handling.

Location	Instructor	Fee	Class Size	Ages	Day	Time	Date	Code
EHTCC Kitchen	Chef Ray	\$30/R \$35/NR	Min 6 / Max 10	10-17	Thu	6:30-8p	Nov 3	164-201

### TUTORING

Does your child need a little extra guidance or assistance with their schoolwork? Participants will be tutored in selected subjects such as math, reading, spelling, science, English, or we can assist with homework as well. Tutoring session will take place in one hour blocks of time between 3pm and 7pm, Monday through Thursday. Participants must register for a minimum of four sessions.

Instructor	Location	Fee
Varies, all instructors have teaching experience	EHTCC Classroom	\$120 / 4 sessions

### SCIENCE EXPLORERS

Our exciting, hands-on approach to science provides children the unique opportunity to conduct fun and engaging experiments and activities. The curriculum is developed by educators and includes technology, engineering, physics and more with balloon rockets and make-your-own robots. Our instructor is an experienced full-time elementary school teacher.

Instructor	Fee	Class Size	Grades	Day	Time	Dates	Code
Gina Sharpley	\$60/R \$65/NR	Min 6 / Max 12	3-4	Tue	4-5p	Oct 4-Nov 15 (No class 11/8)	164-202
			5-6	Tue	5:15-6:15p	Oct 4-Nov 15 (No class 11/8)	164-203

### EHT RUNNING CLUB

Our program gives boys and girls ages 8-13 the opportunity to discover the sport of cross-country running by teaching running techniques and skills through a variety of drills. Participants will learn from EHT coaches and teachers. A great way to prepare for the Miller Mile, we will also run as a "team" at Fly Like an Eagle and Turkey Trot 5K (registration fees for those events not included in our fee.) A running club t-shirt is included.

Instructor	Location	Fee	Ages	Day	Time	Dates	Code
Aaron Hollibaugh Joe Lucchio, Steve Eggly & James Mason	EHT Nature Reserve	\$50/R \$55/NR	8-13	M&W	5:30-6:30p	Sep 19-Oct 26	164-204

### MAGIC CLASS

Magician Arnaldo Leggi will teach you close up magic, sleight of hand, disappearing coins and card tricks to amaze your family and friends. Our program fee includes magic class supplies.

Instructor	Fee	Class Size	Ages	Day	Time	Dates	Code
Arnaldo Leggi	\$80/R \$85/NR	Min 6 / Max 10	6-17	Tue	5-6p	Sep 20-Oct 25	164-205

### GOT GAME BASKETBALL CLINIC

Coaches Tony Pigatt his assistants 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	Fee	Grades	Ages	Day	Time	Dates	Code
Tony Pigatt	\$55/R \$60/NR	3-5	3-5	Mon	5:45-7:15p	Sep 19-Oct 24	164-206
		6-8	6-8	Tue	5:45-7:45p	Sep 20-Oct 25	164-207

### FIELD HOCKEY CLINIC

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. Participants must be specified age by 9/1/16.

Location	Instructor	Fee	Ages	Day	Time	Dates	Code
Shires Park	Toni Rispoli	\$55/R \$60/NR	9-14	Sat	8-9:30a	Sep 17-Nov 5	164-208

### 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. **EHT Residents only**, program age determined as of 10/1/2016.

Instructor	Fee	Beginners (New Student)	Ages	Day	Time	Dates	Code
Martin Carson	\$95 per session		6-15	M/W	5:30-6p	Oct 17-Dec 21	164-209
		Youth (Returning Students Only) <i>White, Yellow, Orange, Green Belts</i>	6-15	M/W	6-7p	Oct 17-Dec 21	164-210
		Youth Advanced	6-15	M/W	7-8p	Oct 17-Dec 21	164-211

### BRAZILIAN JIU-JITSU

Learn the ancient art of judo and jujitsu from our experienced instructor in a safe atmosphere. This program is appropriate for beginners and anyone who wants an introduction to the martial arts. Judo jujitsu promotes hard work, persistence, mental toughness, and confidence.

Instructor	Fee	Ages	Day	Time	Dates	Code
Arnaldo Leggi	\$60/R \$65/NR	6-17	Thu	5-6p	Sep 20-Oct 25	164-212
		18 & up	Thu	6-7p	Sep 20-Oct 25	164-213

# Youth Programs

## YOUTH VOLLEYBALL - *Beginners*

Our beginner level volleyball program features group instruction focusing on the fundamentals of volleyball including all facets of game play and strategy. This is a great introduction to volleyball and a chance to play the game, meet friends, and have fun.

<b>Location</b>	EHTCC Gym			
<b>Instructor</b>	Roberto Villa			
<b>Fee</b>	\$50/R	\$55/NR		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
6-10	Thu	6-7:30p	Sep 15-Oct 27	164-214

## YOUTH VOLLEYBALL - *Intermediate*

Our intermediate level volleyball program features group instruction building past the fundamentals and developing a higher level of skill for our participants. Participants must have prior volleyball experience. One court will be used for this program, and we will mix up games with our adult volleyball participants under the guidance of our program instructor.

<b>Location</b>	EHTCC Gym			
<b>Instructor</b>	Roberto Villa			
<b>Fee</b>	\$50/R	\$55/NR		
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
8-12	Thu	7:30-9p	Sep 15-Oct 27	164-215

## WINTER VACATION 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. A max of 40 may enroll.

<b>Location</b>	EHTCC			
<b>Instructor</b>	Parks & Recreation Staff			
<b>Fee</b>	\$60			
<b>Grades</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
1-8	T-F	9a-12p	Dec 27-30	164-222

## FALL TENNIS LESSONS

Our clinics cover 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. Age specified as of 9/1/16.

- 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.

<b>Location</b>	Tony Canale Park Tennis Courts		<b>Instructor</b>	Parks & Recreation Staff		<b>Fee</b>	\$60/R \$65/NR
<b>YOUTH</b>	<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>		
Early Bird Tennis	15-Adult	Sat	7:30-9a	Sep 17-Nov 5	164-216		
Juniors	6-7	Sat	9-10a	Sep 17-Nov 5	164-217		
Beginners	8-15	Sat	10-11a	Sep 17-Nov 5	164-218		
Advanced Beginners	8-15	Sat	11a-12p	Sep 17-Nov 5	164-219		
<b>ADULT</b>	<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>		
Early Bird Tennis	15-Adult	Sat	7:30-9a	Sep 17-Nov 5	164-220		
Fast Action Drills	16 & up	Sat	9-10a	Sep 17-Nov 5	164-221		

# Adult Programs

## PICKLEBALL

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!

<b>Location</b>	EHTCC Gyms			
<b>Fee</b>	\$60 full session / \$3 per day drop-in			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	
18 & up	Mon	2:30-5:00p	Both Gyms	Sep 26-Dec 22
	Tue	9-11a	Aux. Gym	(Off 10/10, 11/8, 11/24)
		11a-2p	Both Gyms	
		3-5p	Aux. Gym	
	Thu	9-11a	Aux. Gym	
		11-2	Both Gyms	

## WOMEN'S SELF-DEFENSE COURSE

This course is instructed by Master Carson who brings a wealth of experience in teaching martial arts and self-defense. The program is dedicated to teaching women defensive concepts and techniques against various types of assault by utilizing easy, effective and proven self-defense/martial arts tactics. We focus on prevention strategies with self-defense options which could be used as a last resort if you were attacked. Women's self-defense is not a martial arts class.

<b>Instructor</b>	Master Martin Carson			
<b>Fee</b>	\$30/R	\$35/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
16 & up	Mon	6-7p	Oct 3-24	164-412

# 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)

<b>Location</b>	EHTCC Conference Room			
<b>Instructor</b>	Rick Audet			
<b>Fee</b>	\$20			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Code</b>
18 & up	Mon	6-9p	Nov 14	164-400

## ADULT COOKING - *Stuff It!*

Cooking with the Kleins! Chef Ray's recipes, food combinations, ideas, and kitchen tricks will amaze you as he shares some of his favorite and most requested recipes. Participants learn basic cooking skills, how to be empowered and conscious consumers in the marketplace, proper knife handling techniques and safe food handling.

<b>Location</b>	EHTCC Kitchen			
<b>Instructor</b>	Chef Ray			
<b>Fee</b>	\$40/R	\$45/NR per session		
<b>Class Size</b>	Min 6 / Max 10			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Wed	6:30-8p	Sep 21	164-401
18 & up	Thu	6:30-8p	Sep 22	164-402

## ADULT COOKING - *Chili Days!*

<b>Fee</b>	\$40/R	\$45/NR per session		
<b>Class Size</b>	Min 6 / Max 10			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	6:30-8p	Oct 26	164-403
18 & up	Wed	6:30-8p	Oct 27	164-404

## ADULT COOKING - *Holiday Favorites*

<b>Fee</b>	\$40/R	\$45/NR per session		
<b>Class Size</b>	Min 6 / Max 10			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	6:30-8p	Nov 16	164-405
18 & up	Wed	6:30-8p	Nov 17	164-406

## ADULT COOKING - *Covered Dish Specialties*

<b>Fee</b>	\$40/R	\$45/NR per session		
<b>Class Size</b>	Min 6 / Max 10			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Wed	6:30-8p	Dec 7	164-407
18 & up	Thu	6:30-8p	Dec 8	164-408

## 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.

<b>Location</b>	EHTCC Gym			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
18 & up	Mon	12-2p	Sep 19-Dec 21	\$3/day (No program 10/10)
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
18 & up	Wed	6-8p	Sep 14-Oct 26	\$5/night (No program 10/5, 10/21)

## ADULT VOLLEYBALL

Our Adult Volleyball program is for beginner and intermediate level players. This is a great opportunity to play the game you love, exercise, meet friends, and have fun.

<b>Location</b>	EHTCC Gym			
<b>Instructor</b>	Roberto Villa			
<b>Fee</b>	\$50/R	\$55/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Thu	7:30-9p	Sep 15-Oct 27	164-409

## 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.

<b>Instructor</b>	Martin Carson			
<b>Fee</b>	\$95 per program			
<b>Beginner Adult</b>	(New Students)			
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
16 & up	M/W	8-9:30p	Oct 17-Dec 21	164-410
<b>Advanced Adult (All Belts)</b>				
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
16 & up	M/W	8-9:30p	Oct 17-Dec 21	164-411



# Fitness Programs

## WALK OFF THE POUNDS

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!

<b>Instructor</b>	Nadine Mims			
<b>Fee</b>	\$70/R	\$75/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Date</b>	<b>Code</b>
18 & up	T/Th	5:20-6:05p	Oct 18-Dec 15	164-700
			(No class 11/8, 11/24)	

## WALK OFF THE POUNDS - *Beginners*

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!

<b>Instructor</b>	Toni Rispoli			
<b>Fee</b>	\$70/R	\$75/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	M/W	10:30-11:15a	Oct 17-Dec 7	164-701

## ADVANCED CARDIO STEP CLASS

This awesome step workout makes you feel energized and alive by using a height-adjustable step and simple movements on, over and around the step. Will need a towel and water!

<b>Instructor</b>	Wendy Santora			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Wed	5:30-6:20p	Nov 16-Jan 18	164-702

## CARDIO KICKBOXING & 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.

<b>Instructor</b>	Wendy Santora			
<b>Fee</b>	\$70/R	\$75/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	M/W	6:30-7:30p	Nov 2-Jan 21	164-703

# 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!

<b>Location</b>	EHTCC			
<b>Instructor</b>	Kendale Ingram			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	5:15-6p	Sep 20 – Nov 29 (No class 11/8)	164-704

## 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.

<b>Location</b>	EHTCC			
<b>Instructor</b>	Gerri Medoff			
<b>Fee</b>	\$60/R	\$65/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Mon	10-11a	Oct 17-Dec 12 (No class 11/21)	164-705
18 & up	Mon	5:45-6:45p	Oct 17-Dec 12 (No class 11/21)	164-706

## YOGA FOR HEALTH AND WELL-BEING

This class is for participants who want to relieve stress by learning how to relax physically, mentally, and emotionally. In this program you will learn gentle yoga, how to breathe consciously and optimally, relaxation techniques and meditation.

<b>Instructor</b>	Linda Schwartz			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	10-11:30a	Oct 18-Dec 20 (No class 11/8)	164-707
18 & up	Wed	10-11:30a	Oct 19-Dec 21	164-708
18 & up	Fri	10-11:30a	Oct 21-Dec 16 (No class 11/25)	164-709

## CHAIR YOGA

Participants will engage in experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation, and relaxation. Through the practices you 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.

<b>Instructor</b>	Linda Schwartz			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	11:45a-1:15p	Oct 18-Dec 20 (No class 11/8)	164-710

## STRENGTH, CARDIO AND CORE

This class is circuit training designed to shred fat, firm muscles and sculpt all over combining resistance and high intensity cardio exercises with active rest in between sets. The routine is purposely challenging, but achievable at any fitness level.

<b>Instructor</b>	Kristina Carr			
<b>Fee</b>	\$40/R	\$45/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	T/Th	6:45-7:15p	Oct 18-Dec 15 (No class 11/8, 11/24)	164-717

## MINDFULNESS BASED STRESS REDUCTION

Develop the skill of paying attention to our inner and outer experiences with acceptance, patience and compassion. Our program promotes the development of stability, inner calmness and non-reactivity of the mind allowing us to face and embrace even the unpleasant or painful aspects of daily life. The stability and non-reactivity we cultivate in formal practice supports our ability to become more compassionate human beings, experiencing the joys of pure non-reactive presence.

<b>Instructor</b>	Linda Schwartz			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Wed	11:45a-1:15p	Oct 19-Dec 21	164-711
18 & up	Fri	11:45a-1:15p	Oct 21-Dec 16 (No class 11/25)	164-712

## 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 give 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.

<b>Instructor</b>	Janet Hahn			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	Tue	6-7:15p	Nov 15-Jan 17	164-713
18 & up	Thu	9-10:15a	Nov 10-Jan 19 (No class 11/24)	164-714

## PILATES

Pilates is a system of exercises that promotes the strengthening of the body including core strength, increased flexibility, breath control and correct alignment to improve posture. Kristina leads a slightly more intense and higher impact Pilates program. A floor mat, towel and water bottle are needed.

<b>Instructor</b>	Kristina Carr			
<b>Fee</b>	\$40/R	\$45/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	T/Th	6-6:30p	Oct 18-Dec 15 (No class 11/8, 11/24)	164-715

<b>Instructor</b>	Nadine Mims			
<b>Fee</b>	\$70/R	\$75/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	T/Th	6:30-7:30p	Sep 20-Nov 15 (No class 11/8)	164-716

## BODY FUSION

This program will challenge you to the “core” as it incorporates all of the major muscle groups as well as the muscles you never knew you had! You will experience efficient, quality functional movements that will enhance not only the “trouble areas” but also revitalize your postural muscles, and strengthen your core with every movement. You will leave the class feeling as if you have been challenged in every way, feeling refreshed and re-energized.

<b>Instructor</b>	Nadine Mims			
<b>Fee</b>	\$65/R	\$70/NR		
<b>Ages</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>	<b>Code</b>
18 & up	M/W	6-6:45p	Sep 19-Nov 14 (No class 10/10)	164-717

# 2016 Bus Trips



All day trips leave from the Egg Harbor Township Municipal building located at 3515 Bargaintown Road. Seats are limited, please register early. **Participants' minimum age is 10 years, ages 10-17 must be accompanied by an adult.**

Registration will be accepted by phone during office hours. 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 17, 2016**

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:** 7:00 am from the EHT Municipal Building  
**Departs:** Washington DC at 6:00 pm  
**Cost:** \$40 pp

## INNER HARBOR, BALTIMORE

**Saturday, October 1, 2016**

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:** 7:00am from the EHT Municipal Building  
**Departs:** Baltimore at 6:00pm  
**Cost:** \$38 pp, **does not include admission to the aquarium**

## NEW YORK CITY, NY

**Saturday, October 22, 2016**

**Saturday, December 10, 2016**

**Saturday, December 17, 2016**

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:** 9:00am from the EHT Municipal Building  
**Departs:** NYC at 8:00pm  
**Cost:** \$40 pp

## LANCASTER, PA

**Saturday, November 26, 2016**

Spend the day shopping at the Kitchen Kettle then ending at Rockville Outlets. What better way to begin your holiday shopping than taking this trip to Lancaster.

**Leaves:** 7:00am from the EHT Municipal Building  
**Departs:** 6:00pm from Peddler's Village  
**Cost:** \$38 pp

## PEDDLER'S VILLAGE CHRISTMAS FESTIVAL

**Saturday, December 3, 2016**

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:** 8:00am from the EHT Municipal Building  
**Departs:** 6:00pm from Peddler's Village  
**Cost:** \$38 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.

**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](http://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](mailto: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.