

DECAN CONTROLINA Parks & Recreation Natural Lands Trust REGISTRATION BEGINS FRIDAY, JUNE 7

OCEAN COUNTY PARKS' PLAYGROUND UPGRADES

Ocean County Board of Commissioners Virginia E. Haines – Chairwoman of Parks and Recreation

Barbara Jo Crea– Director Gary Quinn – Deputy Director Virginia E. Haines, John P. Kelly & Frank Sadeghi

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Mary J. Bavais Director of Parks and Recreation

www.oceancountyparks.org

COVER STORY: Playgrounds for All

by Donna Flynn - Director of Public Information

From seesaws and teeter totters to slides and from swings to monkey bars, Ocean County is upgrading traditional playgrounds in several Ocean County parks in order to make them accessible for all children.

"Children have different abilities and we want to provide all children the opportunity to enjoy outside recreational activities at our playgrounds," said Ocean County Commissioner Virginia E. Haines, Chairwoman of the Ocean County Department of Parks and Recreation. "With warm weather approaching we are looking forward to opening these new playgrounds to children of all ages and skills."

The upgrades to the playgrounds include installing new equipment that could be used by children who rely on wheelchairs, need help with mobility or have other disabilities that may hinder them from participating on standard playground equipment.

With its pour in play rubber surface, along with a sensory area, swings that can accommodate a child and parent, a slide and other recreational equipment, boasting bright colors, the nearly completed playground at Freedom Fields County Park, Route 539, Little Egg Harbor Township, will be the first of the Ocean County parks to offer the new upgraded playground to visitors.

Haines noted the Ocean County Board of Commissioners has made it a priority to invest in the new facilities and is using funds from the federal American Rescue Plan Act as well as the New Jersey Green Acres Jakes Law Grant.

The Ocean County Department of Parks and Recreation is also working on upgrades to the playgrounds at Lake Shenandoah Park, Lakewood, Beaver Dam Creek County Park, Point Pleasant, and Stanley "Tip" Seaman County Park, Tuckerton.

Upgrades to these facilities are expected to be completed by the summer.

"The Ocean County Department of Parks and Recreation is working with designers to create the custom playgrounds," Haines said. "All surfaces are pour in play rubber which will provide access for children in wheel chairs or other mobility devices. Each of these playgrounds will have a different theme with many different structures, sensory play, and features."

Ocean County will use grant money from the New Jersey Department of Environmental Protection's Jakes Law Grant to fund the construction and installation of a fully inclusive playground at Enos Pond County Park in Lacey Township.

Jake's Law, which passed in 2018, encourages counties to build inclusive playgrounds that exceed the standards outlined in the Americans with Disabilities Act and result in accommodating people with disabilities to the greatest degree possible.

In upcoming months, the Parks Department will also be upgrading three additional playground facilities as well as building a brand new playground.

The process has begun to upgrade two outdated playgrounds in Ocean County Park, Lakewood, including one by the picnic area, and the other known as Slide City. Slide City playground will also feature an attached workout area with state-of-the-art fully functional outdoor workout equipment.

Patriots Park Sports Complex, Jackson Township, is scheduled to receive a similar upgrade with sports themed play equipment also with an attached workout area for a multigenerational family experience. A brand new playground is planned to be constructed at the newly acquired Matthews Mckinley Park in Lakewood.

"We are so pleased to be able to offer these upgraded accessible playgrounds to our residents and visitors and we encourage everyone to use them," Haines said. "While many of the upgraded playgrounds will be ready for use this summer, we expect to have all the upgrades completed by the summer of 2025."

COVER: Ocean County Commissioner Virginia E. Haines (left) - Chairwoman of Parks and Recreation and Mary Jane Bavais - Director of Ocean County Parks & Recreation at the new playground at Freedom Fields County Park in Little Egg Harbor Township.

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PLEASE BE ADVISED; MAIL-IN REGISTRATION FORMS RECEIVED BEFORE THE REGISTRATION DATE OF FRIDAY, JUNE 7th WILL BE RETURNED

Newsletter Editors: Michelle Urban & Carolyn Hofmann The Ocean County Parks & Recreation Newsletter is sponsored by the Ocean County Board of Commissioners and is prepared by the Ocean County Parks & Recreation Department Contributors: Active Recreation, Environmental Staff

The Natural Lands Trust Fund Program Cherry Street – Lennar Homes Property



The Cherry Street – Lennar Homes property is an approximately 35-acre parcel located off of Cherry Street in Manchester Township. The preserved property is adjacent to 105 acres of existing Natural Lands Trust Fund open space along Cherry Street and is just north of Roosevelt City, which is a 1,200-acre project area under the Natural Lands Program. The previous owners went through the process of subdividing a piece of the property to retain 3 lots for the development of wounded veterans housing. There is a vernal pond on the property, providing unique habitat of upland and wooded wetlands to shelter several important state threatened species.



LINKS: WEB PAGE: https://www.planning.co.ocean.nj.us/frmEPNaturalLandTrust INTERACTIVE MAP: https://bit.ly/3peBDz7

Cattus Island WEEKEND PROGRAMS

These programs will be first-come first served basis. Scales and Tales

Join a park naturalist as they dispel the myths and fears of native reptiles. You will see some of our live snakes and turtles up close and personal. Learn what makes these native species so special, and why they are such an important part of the ecosystem. This program is sure to inspire all young nature lovers.

*No registration required.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River Saturdays and Sundays (excluding April 27) DATE: TIME: 1:30 -2:00pm FEE: FREE

AGE: All

Cattus Island Nature Walks Be a part of a 40-year Ocean County tradition! Join a park naturalist and follow in the footsteps of such legendary local environmentalists as A. Morton and Betty Cooper, Dorothy Hale and Pete McClain. Be prepared to discover the fascinating and diverse wonders of the natural world. *No registration required. LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Saturdays and Sundays			
	2:00 – 3:00pm	FEE: FREE	AGE: All
	July 6 & 7	Osprey Watch	
	July 13 & 14	Salt Marsh Safari	
	July 20 & 21 Butterfly and Bog Garden Stroll		11
	July 27 & 28	Life in a Mosquito Ditch	
	August 3 & 4 August 10 & 11 August 17 & 18 August 31 & Sept 1	Hummingbirds at Home Osprey Watch Butterfly and Bog Garden Stro Life in a Mosquito Ditch	11
	September 7 & 8 September 14 &15 September 21 & 22 September 28 & 29)II

TEACHERS...PLANNING FOR FALL?



TEACHERS!...Borrow-A-Naturalist

Calling all Ocean County teachers. Sick of fluorescent lights? Tired of cutting through the red tape to run a field trip? Invite a naturalist to do a nature walk on your school's grounds. Most of Ocean County's schools are located in some of the richest and most unique natural areas in the county. The naturalist can also answer questions and provide program ideas. Perfect for all grade levels.

Contact Christopher Claus at (732) 506-5122

cclaus@co.ocean.nj.us for more information or to set up an appointment.

FREE WEEKEND PROGRAMS



CLOVERDALE FARM COUNTY PARK

The following programs are Free, No Registration Required Monthly Bird Walks

Learn how Cloverdale Farm County Park's bird population changes month by month. This informative one hour bird walk is perfect for all levels of birders. **Please be prepared to** walk a mile, wear comfortable sneakers or boots, dress for the weather, and bring a pair of binoculars. If inclement weather, the program will be canceled.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES: July 20

August 17 September 7 TIME: 8:00 - 9:00 am FEE: Free, no registration required

AGE: 9 years - Adult

Armchair Birding

During this program, we will set up our chairs on the back porch of our visitor center to watch the birds at the feeders. A Naturalist will be at your side to help with bird identification. This program is great for beginning birders and those who may have limited mobility. **Please bring a camp chair.**

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Saturdays, July 20 August 17 September 7

TIME: 9:30 - 10:30 am FEE: Free, no registration required.

AGES: 12 years - Adult

CEDAR BRIDGE TAVERN Historical Nature Walks

Step back in time and walk the Cedar Bridge grounds with parks staff. Each stop along the way feature different historical or environmental topics. Tours will begin and end at the Cedar Bridge Tavern. Walking shoes required! **No registration required.** LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005 DATE: Saturdays, July 6 & 20, August 3 & 17, September 7 TIME: 1:30-2:30 pm FEE: Free AGE: All

FREE WEEKEND PROGRAMS

JAKES BRANCH COUNTY PARK

These programs will be first-come first served basis. No registration required. These programs are FREE.

Live Animal Talks

Come in and meet the animals of Jakes Branch County Park. Visitors will get an upclose look at the parks inhabitants and learn about each species.

Talks will last approximately 20 minutes

LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATES: Sundays, beginning July 7 - September 22

TIME: 1:30pm

Discovery Nature Walks at Jakes Branch

Join a park naturalist on these brief but informative nature walks through Jakes Branch. *Weather permitting* walks will not exceed 30 minutes.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATES: Sundays, July 7 – September 22 TIME: 2:00 pm

Drop In and Discover

What will you discover about nature when you drop by and join us for a FREE activity and craft? **No registration required** LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATE: Sundays, beginning July 7 – September 22 TIME: 1:30 - 3:00 pm, ongoing

CATTUS ISLAND COUNTY PARK

World Snake Day Celebration

The Cooper Environmental Center is celebrating World Snake Day!! Come celebrate these fascinating creatures with a craft and workshops. No registration required. LOCATION: Cooper Environmental Center, Exhibit Room & Lecture Room,

Cattus Island County Park

DATE: Friday, July 12

TIME: 10:00-3:00 pm 11:00-11:45 am 1:30-2:30 pm

FEE: Free

Drop-in Snake Craft Snake Lecture Snake Feeding

AGE: All

Discovery Backpacks at Cattus Island

Cattus Island County Park has discovery backpacks that may be borrowed for FREE*. The packs include: a pair of binoculars, field guides, an audio guide to bird sounds, a dip net, tools for catching and observing insects, and a list of suggested activities and games. The packs are appropriate for groups of children of any age. *A member of the group must provide a driver's license for the staff to hold until the pack is returned.

Tour Cattus Island by Bike

Cattus Island has a small amount of bikes to loan out for use within the park. The bicycles are FREE* to use. Twenty-six inch adult bikes and twenty inch children's bikes and helmets are available. Helmets are required. You may borrow a bike for 2 hours, seven days a week between 10:00am and 2:00pm. Bicycles may not be taken out of the park. No baby/toddler seats are permitted. * A member of the group must provide a driver's license for the staff to hold until the bike is returned.

AGE: All

AGE: All

AGE: 3 to 5 years

BOAT TOURS

Barnegat Bay At Twilight

Few things are as beautiful as a Barnegat Bay sunset. The ribbons of color racing across the sky are reflected in the rippling water. No place allows you to bear witness to this sight better than a seat on Ocean County Park's Bay Cruiser II. As day surrenders to night, darkness allows for a new perspective on the shoreline and sky. Please join us for a relaxed cruise along the shores of Cattus Island. A naturalist will be on board to answer questions and interpret the sights and sounds of twilight.

LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE/TIME:

Thursday, June 20 Monday, June 24 Thursday, June 27 Wednesday, July 3 Thursday, July 11 Friday, July 12 Wednesday, July 17 Friday, July 19 Friday, July 26 Tuesday, July 30 Friday, August 2 Wednesday, August 7 Thursday, August 8 Tuesday, August 13 Thursday, August 15 Friday, August 16 Thursday, August 22 Friday, August 23 FEE: \$14.00 per person



"Early Bird" Ornithology

Barnegat Bay supports one of the largest and most diverse breeding colonies of birds in the state. Our boat will get you as close as ecologically possible to tidal marsh islands where osprey, gulls, terns, herons, and egrets nest. Join us as we observe the acrobatic maneuvers of Ospreys as they catch their food and hear the rapid calls of Belted King-fishers while in flight.

LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE:

Tuesday, June 18	212066 – 3A
Friday, June 28	212066 – 3B
Friday, July 5	212066 – 3C
Tuesday, July 16	212066 – 3D
Thursday, August 1	212066 – 3E
TIME: 7:00 - 9:00 am	
FEE: \$14.00 per person	AGE: 9 years - Adult

BOAT TOURS

Metedeconk Cruise

The Metedeconk River has a rich cultural and natural history. It is the second largest river to feed the Barnegat Bay Estuary and flows through the densest development in Ocean County. This tour will leave from Trader's Cove Marina in Bricktown and travel past the Forsythe Wildlife Refuge and Herring Island on the way to the mouth of the mighty Metedeconk River. A naturalist will be on board to point out the sights and answer questions.

PICK-UP: Trader's Cove Marina, Mantoloking Road, Brick Township DATE:

Friday, June 21	212076 – 5A
Tuesday, July 2	212076 – 5B
Monday, July 15	212076 – 5C
Wednesday, July 31	
Wednesday, August 14	
TIME: 9:00 – 10:30 am	
FEE: \$14.00 per person	AGE: 4 years – Adult

Barnegat Bay Lunch Cruise

Sit back and enjoy the sights along Barnegat Bay as we head to our dining locale. What a great way to spend a day or treat a friend! Participants will be responsible for paying for their lunch and gratuity.

LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE Monday lune 17 Lunch at M Pa Destaurant

Monday, June 17	Lunch at MJ's Restaurant	212044 - 6A
Wednesday, June 26	Lunch at Water Street	212044 - 6B
Monday, July 8	Lunch at Water Street	212044 – 6C
Monday, July 22	Lunch at MJ's Restaurant	212044 – 6D
Tuesday, August 6	Lunch at Water Street	212044 – 6E
TIME: 11:00 am - 3:00 pm		
PICK-UP: Trader's Cove M	arina, Mantoloking Road, Brick Tow	vnship
DATE: Thursday, July 18	Lunch at Beacon 70	212044 – 6F
TIME: 11:00 am - 3:00 pm		
FEE: \$14.00 per person		AGE: 4 years – Adult

AGE: 4 years – Adult

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Barnegat Bay Dinner Cruise

Quite simply, a Barnegat Bay Dinner Cruise is the perfect night out. Sit back with your loved ones and enjoy the sights along Barnegat Bay as we head to our dining locale. After a wonderful meal, we will head back to port enjoying the setting sun as the day fades away and the harbor lights illuminate our pathway home. Participants will be responsible for paying for their dinner and gratuity. LOCATION: Boat Dock, County Parks Administration Office, Toms River Dinner at Water Street......212044 - 6G DATE: Wednesday June 19 DATE: Tuesday June 25 Dinner at Water Street......212044 - 6H DATE: Monday, July 1 Dinner at Water Street.....212044 - 6I DATE: Tuesday, July 9 Dinner at Water Street......212044 - 6J TIME: 4:30 - 8:30 pm LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE: Wednesday, July 24 Dinner at Water Street......212044 - 6K DATE: Monday, August 5 Dinner at Water Street......212044 - 6L TIME: 4:00 - 8:00 pm LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE: Tuesday, August 20 Dinner at Water Street......212044 – 6M

TIME: 3:30 - 7:30 pm

FEE: \$14.00 per person

AGE: 4 years - Adult

KAYAKING

Estuary Kayak Tours

Explore the salt marsh and Silver Bay as our staff guide you on our 2-person sit-upon kayaks. Kayaks, paddles, and PFDs will be provided for our participants. Please plan on arriving 15 minutes prior to the tour. **Please wear water shoes or old sneakers, and clothes that can get wet. This program is weather dependent.** LOCATION: Boat Dock. County Parks Administration Office. Toms River

STAND UP PADDLEBOARDING

Introduction to Stand Up Paddleboarding

Have you ever wanted to try paddleboarding? This introductory class will give you the basics on this amazing sport. We will review the types of paddleboards and equipment needed. We will then venture out into the lagoon to learn how to paddle. Paddleboard, paddle, and PFDs are provided. You must be able to swim and must be able to kneel for long periods. Please wear a bathing suit, water shoes, and bring water. This class is weather and wind dependent. Paddleboards are rated with a weight limit of 275lbs. LOCATION: Boat Dock, County Parks Administration Office, Toms River DATE: Thursday, July 11......212306 – 4H TIME: 9:00 - 10:30 am LOCATION: Beach Area left of Pavilion, Berkeley Island County Park, Bayville TIME: 10:00 - 11:30 am LOCATION: Swimming Beach, A. Paul King County Park, Manahawkin TIME: 10:00 - 11:30 am FEE: \$10.00 per person AGE: 14 years - Adult

Stand Up Paddleboarding Marsh Ecology Tour

Explore the salt marshes of Cattus Island County Park via paddleboarding. Adventure through the ditches and ponds of the salt marsh taking in a unique perspective of the marsh ecology. Must have taken Introduction to Paddleboarding or have paddleboarding experience. LOCATION: Cooper Environmental Center Lobby, Cattus Island County Park, Toms

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KAYAK TOURING TRIPS

On all kayak trips, you must have **previous kayak paddling experience – preferably in a "sit-in" style kayak**. Expect to paddle anywhere from 3-5 hours on ALL trips regardless of the rating. We will supply the kayaks and all related gear. All trips are subject to change per the discretion of the trip leaders. It is the participant's responsibility to consult the ratings listed below for each trip and match their skills accordingly. On all trips come expecting to get wet.

Please read the following considerations BEFORE signing up for a program:

• All participants who choose to bring their own boat must have a kayak that measures at least 12 feet in length and is a "sit-in" style boat. *** NO Sit On Top Kayaks ***

• All "sit-in" style boats are required to have a full spray skirt. Ocean County Parks and Recreation cannot supply equipment for people who bring their own boats.

• Please avoid cotton clothing. Synthetic-fiber clothing is preferred. Come prepared with water shoes. No flip-flops or Crocs.

• It is strongly recommended that participants have practiced a wet exit (turning the kayak over, releasing spray skirt and swimming out of boat) PRIOR to signing up for a trip. As with all recreation programs, we reserve the right to deny a participant entry into a program if we deem the participant is not physically fit, does not match the skill level of the program or is ill-prepared. A participant will be turned away the day of the trip if the criteria listed here is not met.

If you have specific questions or concerns regarding any of the kayak programs please call Jakes Branch County Park at 732-281-2750.

****ALL RETURN TIMES APPROXIMATE****

RATING SYSTEEM

- A. Prior wet exit with spray skirt recommended
- B. Prior participation in either OCPR Beginner Kayaking class OR participation in 2 OCPR trips required
- C. Full day trip 3 to 5 hours- pack lunch/snacks/water
- D. **Novice:** Trip will be in somewhat protected waters. May experience small waves and current/tide.
- E. Intermediate: May experience larger waves and/or stronger current/tide. Trip will have more open water paddling.
- F. Intermediate/advanced: Open water paddling. Possible large waves and strong current/tide.
- G. **Cold Water Trip:** Wetsuits recommended. NO cotton clothing. Must bring a full change of clothes in a waterproof bag
- H. Spray skirts required
- I. Plan to eat in your boat or exit on uneven ground for the lunch stop
- J. NO BATHROOM FACILITIES ALONG ROUTE

Mill Creek to Good Luck Point

Sunset – Moonrise Kayak Ramble

KAYAK TOURING TRIPS

Lower Wading River

This down and back paddle on this guiet, slow moving river is sure to please. We will paddle through an upper portion of the river which will eventually give way to wide open views of the lower river basin just a few miles before it empties into the Mullica. Pack a lunch, plenty of water, sunscreen and insect repellent. PICK UP: Soccer Lot, Freedom Fields County Park, Little Egg Harbor DATE: Saturday, July 27215306 - 2C DEPARTURE/RETURN: 9:30 am - 2:30 pm RATING: A, B, D, J, I FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult

Dinner Point

Hugging the saltmarsh shoreline of Edwin B Forsythe National Wildlife Refuge, this paddle will take us south to Dinner Point Creek. We will be in open water so expect wind, waves and some light boat traffic. Pack a lunch, sunscreen, insect repellent and plenty of water.

PICK UP: Parking Lot, Tip Seaman County Park, Tuckerton DATE: Saturday, August 17......215306 - 2D DEPARTURE/RETURN: 9:00 am - 3:00 pm RATING: A, B, C, E/F, J FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult



Trip Leaders Choice

Like a little mystery? Our trip leader will select a fabulous location sure to please all. Pack a lunch, sunscreen, insect repellent and plenty of water. PICK UP: Soccer Lot, Freedom Fields County Park, Little Egg Harbor DATE: Wednesday, August 28......215306 – 2E DEPARTURE/RETURN: 9:00 am - 2:30 pm RATING: A, B, D, J FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult

Graveling Point

This lovely area off the end of Mystic Island should provide beautiful views and diverse bird life. This is open water paddling so please be prepared for wind, waves and light boat traffic. We will hug the shoreline and maybe duck in a creek or two. Pack a lunch, plenty of water, sunscreen and insect repellent. PICK UP: Parking Lot, Tip Seaman County Park, Tuckerton DATE: Saturday, September 14......215306 – 2F DEPARTURE/RETURN: 9:00 am - 3:00 pm RATING: A, B, C, E-F, J FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult 12

KAYAK TOURING TRIPS



Kayak Touring 2-Day Beginner's Program

This class will emphasize safety, paddling techniques, and equipment. Day one will include both "classroom" and on-the-water instruction. On day one, all participants will be required to successfully complete a wet exit from their kayak (turning the kayak over and swimming out). **Day two** will give participants an opportunity to try out their newly acquired skills on a short trip. Fee includes kayaks and related equipment.

Participants who do not complete the wet exit will not be allowed to attend the trip on the second day.

All of our boats are SINGLE PERSON sea kayaks – also referred to as touring kayaks – designed for open water paddling conditions. They average between 14 and 16 $\frac{1}{2}$ feet in length and are all decked or "sit-in" style boats.

Spray skirts are worn over the cockpit (provided).

*Avoid wearing cotton clothing. Quick-drying fabrics such as a bathing suit or nylon water shorts are preferred. If you have a wet suit you may bring that. Please come prepared with water shoes/sandals (no flip-flops or Crocs.) Other items to bring: towel, sunscreen, bug repellent, and a change of clothes. Pack your lunch on both days.

LOCATION: Parking Lot, A. Paul King County Park, Manahawkin DATE: Saturday and Sunday, July 13 & 14......215306 – 2G DEPARTURE/RETURN: 8:30 am – 3:30 pm FEE: \$50.00 per person AGE: 16 years - Adult



CANOEING

There's no better way to see the natural areas of our state than on the water! With our canoe instructors and naturalist guides, you can enjoy a guided tour with environmental/ historical interpretation along the way. We provide one canoe for every two people or a limited number of single person river kayaks. The \$14 fee includes a canoe or river kayak, paddle, life vest and transportation. If you bring your own canoe or kayak, the fee is \$10 per person. Kayaks appropriate for smaller rivers are welcome. Please pack a lunch and wear appropriate clothing that can get wet and/or dirty. Quick drying fabrics are best. If you have never canoed before or would like to sharpen your skills, sign up for a class (listed below when in season).

Registration is required. Please consult the ratings below and be sure to select a trip that matches your skill level. Children must be 9 years or older and accompanied by an adult to participate. We recommend you arrive 20 minutes prior to departure time. All return times are approximate. Any questions, please call Wells Mills County Park at 609-971-3085. Staff reserves the right to deny a participant entry into a program if they are deemed physically unfit or inadequately prepared to participate in said program. Be prepared for portages (carrying your boat over obstacles) on all trips.

Canoe Difficulty Rating

- Canoe Difficulty Rating
- A. Continual paddling for several hours
- B. Must negotiate quick river turns
- C. Must paddle in open water and be able to handle wind, waves and/or tide D. May encounter portages (must be able to lift your boat over obstacles)

- E. Many portagesF. DANGER! Cold water. Please bring a change of clothes in a waterproof bag
- G. General paddling experience required
- H. River paddling experience required

** YOU MUST HAVE RIVER PADDLING EXPERIENCE AND BE ABLE TO NEGOTIATE **RIVER TURNS TO PARTICIPATE ON RIVER TRIPS****

NEW We now have a limited number of river kayaks to rent in addition to our canoes for our river trips. Please indicate which type of vessel you would like by using the corresponding registration number below. We will provide you with a PFD and kayak paddle. All other rules above apply.

RIVER PADDLING

Cedar Creek (Ore Pond – Trestle) - 6.5 miles

· · · · · · · · · · · · · · · · · · ·	
PICK-UP: Parking Lot, Wells Mills County Park, Waretown	
DATE: Tuesday, July 30	
CANOE (rental) or BRING OWN BOAT	214126 – 4A
RIVER KAYAK (rental)	214126 – 4B
DEPARTURE/RETURN: 8:00 am - 2:00 pm	
RATING: A. B. D. G. H	AGE: 9 vears - Adult

FEE: \$14.00 per person, \$10.00 if bringing your own boat



RIVER PADDLING JAUNTS

Would you like to go canoeing but not paddle for as long as our regular trips? Then try our canoeing jaunts. The mileage will be shorter and we should end our day a little earlier but the rating of the river will not change from our longer stretches. Please have river canoeing experience when signing up for these trips. Bring water and a snack or lunch in case the trip takes longer than expected. See general canoeing description and ratings above for important information.

Rancocas River Jaunt (Burlington Community College to Pemberton Boro) 3 miles

Traveling to Burlington County	
PICK-UP: Parking Lot, Wells Mills County Park, Waretown	
DATE: Saturday, July 27	
CANOE (rental) or BRING OWN BOAT	214126 – 4C
RIVER KAYAK (rental)	214126 – 4D
DEPARTURE/RETURN: 8:00 am - 12:30 pm	
RATING: A, B, D, G, H	AGE: 9 years - Adult
FEE: \$12.00 per person, \$8.00 if bringing your own boat	-

Wading River Jaunt (Evans Bridge – Beaver Branch) 4.5 miles

Traveling to Burlington County	,
PICK-UP: Parking Lot, Wells Mills County Park, Waretown	
DATE: Friday, August 9	
CANOE (rental) or BRING OWN BOAT	214126 – 4E
RIVER KAYAK (rental)	214126 – 4F
DEPARTURE/RETURN: 8:00 am - 12:30 pm	
RATING: A, B, D, G, H	AGE: 9 years - Adult
FEE: \$12.00 per person, \$8.00 if bringing your own boat	

CANOE PROGRAMS

Twilight Canoe Nature Float on Wells Mills Lake

LOCATION: Nature Center, Wells Mills County Park, Waretown DATE: Friday, July 19......214126 – 4G TIME: 6:30 - 8:00 pm Rating: A, C, G FEE: \$6.00 per person

AGE: 9 years - Adult

Beginners Canoe Clinic & River Paddle

We will start our day with a short canoe clinic on a local lake to get you acquainted with canoe gear, paddling strokes and get comfortable on the water. Then we will head to the Wading River to get some river paddling experience, which is required for our other trips. PICK-UP: Parking Lot, Wells Mills County Park, Waretown DATE: Thursday, August 1......214126 – 4H DEPARTURE/RETURN: 8:30 am - 4:00 pm RATING: Beginners. Must be able to swim FEE: \$14.00 per person AGE: 9 years - Adult

FAMILY FUN

Summer Picnic Party

Kick off the summer with a party at John C. Bartlett Jr. County Park at Berkeley Island. This beautiful park offers amazing views of the Barnegat Bay and a spray park for the kids. We will have a live band performing along with some food trucks and many games and activities for all to enjoy including, corn hole, bocce, horseshoes, and giant twister. Sit back and relax, bring a few chairs or a blanket, and enjoy an evening on the Barnegat Bay. This event is rain or shine.

LOCATION: John C. Bartlett Jr. County Park at Berkeley Island, Berkeley Twp. TIME: 5:00 - 8:30 pm DATE: Thursday, June 27

FEE: Free

"In-Seine" Fridays

Go "in-seine" with this fun Friday morning adventure. We will take a one-mile nature walk to Cattus Island's beach. Upon arriving at the beach, our naturalist will explain the fine art of seining. You will see a seining demonstration and get a close up view of native bay species. No registration required. This program is weather dependent.

LOCATION: Cooper Environmental Center Lobby, Cattus Island County Park, Toms River DATE: Fridays, July 5-August 16

TIME: 9:30-11:30 am FEE: Free

AGE: All

AGE: All



"Night of the Stars" at Jakes Branch

Spend the night under the stars with A.S.T.R.A., The Astronomical Society of the Toms River Area. Whether you're a budding astronomer or simply a casual stargazer, this night is for you. Volunteer members of the club will be on-site to share their out-of-this-world knowledge and answer your questions about the great unknown. They will have telescopes that will leave your mind reeling in amazement for days from the views you see. If you have your own telescope, feel free to bring it along and come a little early. The club members will be happy to give you pointers on how to find the planets and locate constellations. No registration required. ****ENDING TIME APPROXIMATE. WEATHER PERMITTING!****

LOCATION: Sports Field Parking Lot, Jakes Branch County Park, Beachwood DATE: Saturday, July 6

TIME: 9:00 – 11:00 pm DATE: Saturday, August 10 TIME: 9:00 – 11:00 pm DATE: Saturday, September 7 TIME: 8:00 – 10:00 pm LOCATION: Cloverdale Farm County Park, Barnegat DATE: Saturday, Augsut 24 TIME: 8:30 – 10:30 pm FEE: Free 16

FAMILY FUN

Non-Profit Groups & Vendors Wanted Beach Ball Blast

Our 12th Annual Beach Ball Blast is rapidly approaching. This premier event hosted by the Ocean County Parks and Recreation Department usually draws a large crowd of all ages. The evening will include a variety of food trucks, vendors, and music by Jimmy and the Parrots, who were named the best "Trop Rock" band in the country. Non-profit groups are invited, free of charge, to use this event as a fundraiser by providing various activities, information, or food. We are also accepting food and craft vendors for a small fee. All vendors must be family friendly and provide a summer/beach theme and or product. If you are interested in participating, please contact Jake at 732-506-9090 x 5964 or email him at JHaug@co.ocean.nj.us

LOCATION: John C. Bartlett, Jr. County Park at Berkeley Island, Berkeley Twp. DATE: Friday, July 26

TIME: 5:00 - 8:30 pm FEE: Free

AGE: All

Calling All Artists! Cloverdale Farm's Plein Air Weekend

Some of the most awe-inspiring works of art are associated with nature. Vincent Van Gogh's Starry Night, Claude Monet's Water Lilies, John James Audubon's watercolors of North American birds, and Albert Bierstadt and Georgia O'Keeffe's paintings of land-scapes all have left impressions upon our hearts. Cloverdale Farm County Park is opening its gates to all types of artists from dawn to dusk. Bring your own blank canvases and medium materials and get ready to create in this plein air-style (outside in open air) event. Keep in mind your eco footprint. Anything you bring in must be brought back home with you, including solvents or paint water, so be sure to pack containers and plastic bags. LOCATION: Entire Park, Cloverdale Farm County Park, Barnegat

DATES: Friday, August 2 - Sunday, August 4

Friday, September 6 - Sunday, September 8 TIME: 8:00 am - 6:00 pm FEE: Free AGES: All; child

AGES: All; children must be accompanied by adult

Sunset and Songs Bonfires

Hey, Baby Boomers and beyond, come and relax around a bonfire and listen to the nostalgic tunes played by the Basement Musicians. A group of family men from central and south Jersey, they will be performing the best of the 50's, 60's and 70's classic rock, country and folk music from greats like John Denver, Elvis, Johnny Cash, Roy Orbison, The Beatles, Neil Diamond, Willie Nelson and more! Pack a chair, blanket snacks and a laid back attitude! LOCATION: A. Paul King County Park

DATE: Saturday, August 24 TIME: 7:30 – 9:00 pm FEE: Free

AGE: All



LECTURES

Cat Boats, Sneakboxes, A-Cats

Visit the newly renovated Tip Seaman Community Center as presenter Arthur C. Liese leads a discussion of the Lure, History, Art, and Literature surrounding the classic designs of Cat Boats, A Cats, and Barnegat Bay Sneakboxes. Arthur is the founding principal of the Collins Group, an architectural restoration and residential building firm. He is a sailor, builder and restorer of classic Barnegat Bay Sneakboxes. LOCATION: Community Center, Tip Seaman County Park, Tuckerton

FEE: \$5.00 per person

AGE: All

AGE: 12 years - Adult

Honey Bees of Cattus Island

A power point presentation will illustrate the history, biology, social organizations, and utility of the European Honey Bee. Participants will learn about the different kinds of bees, their jobs, and be introduced to the world of hobby bee-keeping.

LOCATION: Cooper Environmental Center lecture room, Cattus Island County Park, Toms River

DATE: Tuesday, July 16	212166 – 2A
Tuesday, August 27	212166 – 2B
Tuesday, September 17	
TIME : 2.00 = 3.00 pm	

TIME: 2:00 - 3:00 pm FEE: \$5.00 per person

Shells of the Jersey Shore

Come by and learn about all the varieties of sea shells that can be found along New Jersey's beaches! We will talk about the types of animals that call these shells home, the best beaches to find them, as well as provide great pictures of what these shells look like.

Becoming a Zero Hero

Boconning a Eoro Horo	
Waste is whack! Join us for this fun and informative talk on the many ways you can	
reduce your garbage, reuse what you already have to create useful household items,	
and recycle what you can't find use for. We will cover many of the new and old zero	
waste items and see how they really hold up over time and use.	
LOCATION: Program Room, Jakes Branch County Park, Beachwood	
DATE: Friday, July 19215166 – 6B	
TIME: 11:00 am – 12:00 pm	
FEE: \$10.00 per person AGE: 14 years - Adult	
ILS Life Soving in Now Jersov	

U.S. Life Saving in New Jersey

Solar Astronomy

LECTURES

Barnegat Bay Decoys and Their Makers

Uncover the culture of the Barnegat Bay through decoys and the people who make them at the newly renovated Tip Seaman Community Center. Decoys, artwork, a pound fishing box, and other hunting items will be on display. Presenter Louis Scheidt is a lifelong resident of the Jersey Shore and decoy collector.

LOCATION: Community Center, Tip Seaman County Park, Tuckerton

DATE: Sunday, August 11......219166 – 9C TIME: 2:00 pm - 3:00 pm FEE: \$5.00 per person

Floriography: the Victorian Language of Flowers

These days, social media and texts make it easy to let someone know how you feel about them. Back in the late 1800s though, directly expressing your feelings was frowned upon. So what did those straight-laced Victorians do? They developed a "language" of combining flowers to let that special someone know how they were feeling...whether it was love, compassion, jealousy, or even "I can't stand the very thought of you!" Learn to use flowers to express your emotions with this fun and informative presentation. LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River DATE: Monday, August 19.....212166 – 2D

TIME: 2:00 - 3:00 pm FEE: \$5.00 per person

AGE: 14 years - Adult

Women's Experience in Revolutionary War Encampments

Would you follow your spouse if they joined Washington's army? If you were a soldier, would you want clean clothes? Sanitation? Hot food? Come and learn what camp followers endured, and how they supported Washington's troops while also securing their own survival during the Revolutionary War.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat DATE: Sunday, August 25.....219166 – 9D TIME: 2:00 - 3:00 pm FEE: \$5.00 per person

Herbal Relaxation

A hot bath, lying in bed, sipping on a hot cup of tea, all of these relaxing activities can be improved with the use of medicinal herbs! Join us as we look at the many herbs that can help set your mind and body at ease. We will sip on some tea, smell some essential oils, and even make a sleep pillow to take home.

LOCATION: Program Room, Jakes Branch County Park, Beachwood DATE: Sunday, September 8......215166 - 6C TIME: 11:00 am - 12:00 pm FEE: \$10.00 per person AGE:14 years - Adult

Cattus Island Living Shoreline/Marsh Restoration Project

Cattus Island is the most significant salt marsh and the largest breakwater in the northern portion of Barnegat Bay. The overall goal of this project is to restore critical shoreline areas of Cattus Island County Park to address significant erosion and prevent extreme wetlands and habitat loss in the Barnegat Bay. Some areas of the park have lost more than 300 feet over the past 85 years. This erosion is likely to increase over time, if the shoreline, and especially the northeast peninsula known as "Page's Point," is not stabilized. This power point presentation is an overview of the changes along the shoreline and the plans for restoration. LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park,

Toms River DATE: Tuesday, September 24.....212166 – 2E TIME: 1:00 - 2:00 pm FEE\$ 5.00 per person AGE: 12 years – Adult

19

AGE: All

AGE: All

HIKES AND JAUNTS

Jaunt to Reevestown Cemetery

Join the Cedar Bridge Tavern staff on a two mile nature walk through the forest and woods roads to explore the nearby historic Reevestown Cemetery. The terrain will be uneven and may be wet in some sections. Participants should wear hiking shoes and bug spray.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat DATE: Fridays.

July 12	219536 – 9A
August 9	
September 13	
TIME: 10:00 am - 12:00 pm	

FEE: \$8.00 per adult/ \$6.00 per child (ages 9-16)

AGE: 9 years - Adult

Hike N Hops

Sign up for the next installment of our popular Hike n Hops series. Don't miss this opportunity to hike to the top of the Forked River Mountain. This nearly 8,000 acres of Pinelands wilderness is remote, vast and beautiful. After, we will jump in our own cars and head to Backward Flag Brewing Company to support a local craft brewery and sample what's on tap.

PICK UP: Parking Lot, Eno's Pond County Park, Forked River DATE: Saturday, September 7.....215536 – 5B DEPARTURE/RETURN: 10:00 am - 12:00 pm RATING/MILEAGE: Moderate, gradual inclines with sandy with areas, 3.5 miles FEE: \$8.00 per person

AGE: 21 years - Adult

WALKS

Sip N Stroll

Join us for a stroll around Long Beach Island just after the off-season. First stop, How You Brewin' Coffee Company, a business rooted in community and loved by locals and vacationers alike. We will grab our liquid sunshine and other goodies and head out on foot for a leisurely stroll on the less-crowded streets talking about various historical and environmental points of interest. Walk will not exceed 2.5 miles. PICK UP: Parking Lot, A. Paul King County Park, Manahawkin

DATE: Friday, September 20..... RETURN/DEPARTURE: 9:00 am - 11:30 am FEE: \$6.00 per person

AGE: 9 years - Adult



VAN TOURS

Our Ocean County Parks van tours are held throughout the year. Each trip focuses on a specific theme. Here are some things to keep in mind when signing up for a van tour: *Pack a lunch (unless otherwise noted). We will try to stop at an area to eat when available. *Dress for the weather. Layering is best as in most cases we will be in and out of the van. *Be prepared for some walking (amount of walking will be indicated by the trip description) * We often travel on rough unpaved roads to accomplish the goals of the trip.

*Be sure to wear your seatbelt.

*Read each description carefully so that you are adequately prepared. Please arrive 15 minutes prior to departure. All return times are approximate

Colonial and Beach Nesting Birds of the Jersey Shore

Traveling to Ocean, Atlantic, Cape May & Cumberland Counties Herons, egrets, ibis and other long-legged wading birds nest in colonies up in trees. Oystercatchers, skimmers and terns nest in colonies on sandy beaches. Come enjoy this summer spectacle of birds, which includes some rare and endangered species. **Be prepared for beach walks up to one mile.** Pack a lunch and dress for the weath-

Shorebirds at Brigantine

Traveling to Atlantic County

This is a great time to see early migrants at the Forsythe National Wildlife Refuge's Brigantine Unit. We will drive the 8-mile auto-loop in search of shorebirds and other water-loving birds. Pack a lunch, dress for the weather and bring binoculars. Most viewing will be done sitting in the van. Long sleeves and insect repellent are recommended for short walks outside.

FEE: \$14.00 per person

AGE: 9 years -Adult

Family Fossil Adventure Van Trip

We will be traveling to a fossil formation in Monmouth County where fossils were deposited during the late Cretaceous Period. During this trip we will walk a narrow trail to the Big Brook stream where we will have to climb down the bank to the stream. We will then walk in the stream searching for fossils with a trowel and sieve. Wear old sneakers or water shoes. NO sandals, flip flops or crocs please! Be able to walk on uneven ground, climb over downed trees and be able to descend and ascend muddy, slippery stream banks. Pack a lunch, water, a change of shoes, a towel, a small bag to store your findings, and garden trowel with a blade no longer than 6 inches if you have one. You will be allowed 5 fossils each. Children must be accompanied by an adult.

PICK-UP: Nature Center Parking Lot, Jakes Branch County Park,	Beachwood
DATE: Saturday, August 17	214516 – 4B
DEPARTURE/RETURN: 9:00 am - 2:00 pm	
FEE: \$14.00 per person	AGE: 9 years - Adult

VAN TOURS

Agri-Culture of the Princeton Area

Traveling to Mercer County

The Princeton area is full of history but also agriculture. We are going to mix things up a bit on this trip and explore both aspect of the Princeton area. After learning about some of the historical buildings and possibly visiting the Princeton cemetery, we will check out what's growing in the area. Depending on what is open, we may be apple picking or visiting a farm where the raw milk from grass-fed cows is converted into slowly pasteurized 40-day-old Buttercup Brie and Havilah, an aged hard raw milk cheese. (We will not be touring the facilities, only visiting the sites and the stores.) **Please bring money for purchases. Be prepared for some walking on uneven ground, pack a lunch and dress for the weather.**

PARENT & CHILD FUN

Toddler Nature Trek

Leave the stroller behind and get those little feet moving down the trail with Cloverdal Naturalist staff. We will use our five senses to take in the wonders of nature. LOCATION: Program Room, Cloverdale Farm County Park, Barnegat	
DATES: Wednesdays,	5
July 24	216262 – 9C
August 7	
TIME: 9:30 - 10:30 am	
FEE: \$5.00 per team (1 child & 1 adult)	AGES: Infant - 5 years

Maker Mondays Kids Craft Drop In

Nature Crafts and activities are an easy way to inspire kids to develop a love and appreciation of the outdoors. Drop by with your child any time between 10 and 11 am and help them create their own natural wonder! THIS IS A FREE PROGRAM. LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATE: Mondavs.

nonaayo,	
July 8	America the Beautiful
July 29	Fantastic Fireflies
August 5	Sea Creatures
August 26	Sensational Seashells
September 9	Terrific Turtles
September 23	Bye Bye Butterflies

TIME: 10:00 – 11:00 am

AGE: 3 – 5 years

Family Nature and Animal Poses: Little Kids & Me Yoga

This playful and fun yoga class will allow creative self-expression while exploring the world of yoga for little kids ages 3-6 with an adult. Through various nature- and animal-themed poses, breathing exercises, games, stories and songs, your child will learn stretching, strengthening, focus and relaxation. This program is hosted by yoga teacher and health coach, Kim Buono. Please bring \$10 the day of class for each day you will be attending. Please wear loose comfortable clothing and bring a yoga mat for you and your child. Class will be held outside; however, if there is inclement weather, the program will be held inside.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES: Saturday July 13.....216262 – 9J August 31.....216262 – 9K TIME: 9:00 - 9:45 am FEE: \$5.00 per team (one child & one adult) AGES: 3 years – Adult

PARENT & CHILD FUN

The Wonders of the Natural World During this program, we will get your little one's mind whirling about the wonders of the

natural world through reading different, fun and beautifully illustra we go outside and explore Cloverdale Farm County Park on a mi LOCATION: Program Room, Cloverdale Farm County Park, Barn	ni nature walk.	
DATES:	logat	
Saturday, July 6	216262 – 9E	
Tuesday, August 20	216262 – 9F	
TIME: 9:30 - 10:30 am		
FEE: \$5.00 per team (1 child & 1 adult)	AGES: 3 - 7 years	
Birding and Craft		
Get those little feet moving and out in nature while learning about Ocean County home. After a brief bird walk, we will return to the bird-related make-and-take craft!		
LOCATION: Program Room, Cloverdale Farm County Park, Barn DATES:	legat	
Tuesday, July 9 Friday, August 30 TIME: 9:30 - 10:30 am		
FEE: \$5.00 per team (1 child & 1 adult)	AGES: 3 - 7 years	
Nature's Portrait		
Nature can produce stunning scenery, gorgeous vistas and even traits! Join us for this partner project as we take some incredible to create some silly, serene or even stoic pictures of our partner. LOCATION: Program Room, Jakes Branch County Park, Beachw	items found in the forest	
DATE: Wednesday, September 11	215266 – 1A	
TIME: 11:00 am – 12:00 pm		
FEE: \$10.00 per team (1-2 children per adult)	AGE: 5 – 8 years	
Beach Finds		
Curious about the origins of the natural items found on the beach program, we will explore some nature knick-knacks that you can and delve into the natural science behind some of these amazing LOCATION: Program Room, Cloverdale Farm County Park, Barn	find along our seashore g finds. negat	
DATE: Tuesday, July 23		
TIME: 10:00 - 11:00 am		
FEE: \$5.00 per team (1 child & 1 adult)	AGES: 5 years - Adult	
Lenape During this hands-on program, we will be exploring the life of the Lenape Native Ameri- cans by using replica tools, playing games and demonstrating some of their daily activi-		
ties.		
LOCATION: Program Room, Cloverdale Farm County Park, Barn DATE: Tuesday, August 27	•	
TIME: 10:00 - 11:00 am FEE: \$5.00 per team (1 child & 1 adult)	AGES: 5 years - Adult	
Family Pond Critters		
Get your waterproof boots on and get ready for this fun, interactive taking a closer look at aquatic insects and other invertebrates knows brates. Your family will get to scoop up these small swimming critic dale Farm County Park's bogs and reservoirs by using fine mesh learn to identify the various species. Please dress for the weather boots. Children must be accompanied by an adult.	own as macroinverte- ters that live in Clover- nets. Then they will r and wear waterproof	
LOCATION: Program Room, Cloverdale Farm County Park, Barn DATE: Tuesday, July 30 TIME: 10:00 - 11:30 am	•	
	AGES: 7 years - Adult	

23

AGES: 7 years - Adult

The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

Little Ace's Tennis

This program is designed to teach children the basics of the game of tennis. Children get a feel for a racket and will learn the basic groundstrokes and footwork for the gai Drills and games will be incorporated so that kids will have loads of fun learning a ne	me.
sport. Rackets will be provided. Please wear sneakers and bring a drink.	
OCATION: Tennis Courts 1 & 2, Beaver Dam County Park, Point Pleasant	
DATE: Tuesday, July 2213021 -	- 3A
ГIME: 9:00 – 10:00 am	
FEE: \$5.00 per child AGE: 3 - 5 y	ears

Happy Birthday America

Watermelon Picnic

What a Melon! Let's have some fun picnic games, stories and crafts. We will finish with a true summer treat, a slice of Watermelon.

Yellow Submarine

Travel with us to explore the amazing undersea world. We will make se	ea creature crafts,
play sea creature games and listen to stories.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, July 11	211021 – 3C
TIME: 10:00 - 11:00 am	
FEE: \$ 5.00 per child	AGE: 3 - 5 years

Camp Crafty

Down on the Farm

The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

NEW Indoor Tennis for Preschoolers

Snow in July

Builder Buddies

"Can we build it, yes we can!" Calling all builder buddies for an hour of	fun building crafts
and playing games.	
LOCATION: Program Room Parks Administration Office, Toms River	
DATE: Thursday, July 25	211021 – 3G
TIME: 10:00 – 11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years
	-

Ice Cream Sundae Party

Have a double dip of fun as we celebrate everyone's favorite frozen treat. We will sprinkle the hour away with yummy stories, cool ice cream crafts, and finish up with a super sundae party.

PLEASE LIST ANY FOOD ALLERGIES AT TIME OF REGISTRATION

LOCATION: Program Room, Parks Administration, Toms River DATE: Tuesday, August 6......211021 – 3H TIME: 1:00 – 2:00 pm FEE: \$5.00 per child AGE: 3 - 5 Years

Mermaid Tales

Splash into the ocean and swim with the mermaids. We will make beje	eweled mermaid
crafts and listen to mermaid tales.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, August 7	211021 – 3I
TIME: 10:00 - 11:00 am	
FEE: \$5.00 per child	AGE: 3 -5 years

Pirate Treasure

The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

Sunny Sunflowers

Join us as we take a look at our gigantic sunny friend, the "sunflower". We	will spend the
morning making flower crafts, reading stories, and playing games.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, August 14	211021 – 3K
TIME: 10:00 -11:00 am	
FEE: \$5.00 per child A	GE: 3 - 5 years

Frog Frolics

Join us and learn about the slippery adventures of frogs. We will make	e fun Froggy crafts,
play games and share a story all about frogs.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, August 15	211021 – 3L
TIME: 10:00 -11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years

Little Picasso

Do you have a budding Picasso in your family? Your preschooler will	experience finger
painting, fabric painting, sponge painting and much more in this class.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, August 21	211021 – 3M
TIME: 10:00 - 11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years

I Want S'more

Let's get together and celebrate everyone's favorite gooey, campfire treat! We'll make		
campfire crafts, read a story and the best part of all, and eat a gooey s'more.		
PLEASE LIST ANY FOOD ALLERGIES AT TIME OF REGISTRATION		
LOCATION: Program Room, Parks Administration Office, Toms River		
DATE: Thursday, August 22	211021 – 3N	
TIME: 1:00 - 2:00 pm		
FEE: \$5.00 per child	AGE: 3 - 5 years	
	,	

Railroad Fun

CHOO! CHOO! All aboard the OC Parks railroad to FUN! We will read stories, play	
games, and make crafts, all about trains.	
LOCATION: Program Room Parks Administration Office, Toms River	
DATE: Tuesday, September 17	211021 – 30
TIME: 10:00 -11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years
Adarabla Owla	

Adorable Owls

HOO-HOO HURRAY it's Owl day! Take a flight of fancy and we will "Owl" make a	dorable
crafts and listen to owl tales.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, September 1821102	21 – 3P
TIME: 10:00 -11:00 am	
FEE: \$5.00 per child AGE: 3 - 5	5 years

formally known as the Beach Ball A Palooza Friday ~ July 26

John C Bartlett Jr County Park at Berkeley Island 399 Brennan Concourse, Berkeley Township 5:00pm - 8:30pm Music by Jimmy & the Parrots Food Trucks, Games, Horseshoes, Dancing, Crafts, Bocce & more!





Bring a Beach Chair or Blanket, Disabled Parking on site

NEW LOCATION!!!







John C. Bartlett Jr. County Park at Berkeley Island

Non-Profit Groups & Vendors Wanted for the "Beach Ball Blast" Our 12th Annual Beach Ball Blast is rapidly approaching. Same great event as years past but with a new name and location! This premier event hosted by the Ocean County Parks and Recreation Department usually draws a large crowd of all ages. The evening will include a variety of food trucks, vendors, and music by Jimmy and the Parrots, who were named the best "Trop Rock" band in the country. Non-profit groups are invited, free of charge, to use this event as a fundraiser by providing various activities, information, or food. We are also accepting food and craft vendors for a small fee. If you are interested in participating, please contact Jake at 732-506-9090 x 5951 or email JHaug@co.ocean.nj.us



t to you by the Ocean County Board of Commissioners Virginia E. Haines - Chairwoman Barbara Jo Crea, Virginia E. Haines, John P. Kelly, Gary Quinn, Frank Sade

Summer Golf Clinics at Your Ocean County Golf Courses Little Egg Harbor & Brick

Short Game Clinic \$35 per person This clinic is for men and women of any age who have some previous playing experience. The topics covered include chipping, pitching, putting and bunker play. We cover all these topics in detail in this clinic!

Women's Beginners Clinic \$35 per person This clinic is for women of any age who have some previous playing experience. Topics covered include full swing, chipping & putting. This clinic is perfect for an overall refresh of the above-mentioned topics!

Intro to Golf \$35 per person This class is for anyone who has limited or no experience playing golf! We will cover all the basics to get you started on the journey to playing golf. The minimum age for this class is 14, all equipment will be provided

~ Atlantis Golf Course ~ Women's Clinic 6/29 3-4:30pm 7/16 1-2:30pm Intro to Golf 7/16 3-4:30pm 8/16 5-6:30pm Short Game Clinic 6/29 1-2:30pm 7/27 4:00pm-5:30pm 8/16th 3-4:30pm

~ Forge Pond Golf Course ~ Women's Clinic 6/13 5-6:30pm 8/9 5-6:30pm Intro to Golf 7/13 3-4:30pm 8/22 5-6:30pm Short Game Clinic 6/13 2-3:30pm 7/13 1:00-2:30pm 8/22 4-5:30pm

Cinic Info: Call/Text 908-278-2775

Forge Pond Golf Course 301 Chambers Bridge Road Brick (732) 920-8899



Atlantis Golf Course 261 Country Club Boulevard Little Egg Harbor (609) 296-2444

Ocean County Carousel of Music 2024

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Ocean County Parks & Recreation Administration Office 1198 Bandon Road Toms River *Start time 6:30pm*

Total Soul June 21 Louis and Joann & the Uptown Band June 28

> Underwater Airlines July 5

Strictly 60s July 12 Lenny Davis Band July 19

80's Revolution

The Fleetwood Mac Experience August 2

Sensational Soul Cruisers August 9

> The Kootz Band August 16

Wilbur Wittemann Orchestra August 23

> Mushmouth August 30

Tuckerton Seaport 120 West Main St., Tuckerton *Start Time 6:30pm* Jersey Gold August 10

> Blondage Rocks August 17

Deerhead Lake 1740B Deerhead Lake Drive Forked River *Start Time 6:30pm* High in the Mid 80s August 28

FREE

R

Ocean County Library 101 Washington Street Toms River *Start Time 6:30pm*

Bob Kulik- A Salute to Frank Sinatra June 20

> 63rd Army Band June 27

Toms River Municipal Band July 4

Garden State Philharmonic July 11

Toms River Municipal Band July 18

Toms River Municipal Band July 25

Toms River Municipal Band August 1

Brass Tacks August 8

Toms River Municipal Band August 15

Wilbur Wittemann Big Band August 22

Sentimental Journey Big Band August 29

Toms River Municipal Band September 5

Heritage Gazebo Bay Ave., Lavallette *Start Time 7pm*

Wilbur Wittemann Big Band August 25

Gille Park 102 Manchester Ave., Forked River *Start Time 6:30pm*

Billy Joel Tribute & Here's Elton Tribute July 31



Veterans Park 489 Forest Hills Parkway Berkeley Township *Start Time 6pm*

See our website for more www.oceancountyparks.org

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site for m

Rock N' Rhythm June 26

Sketchy Medicine July 10

Jukebox Legends July 24

Dominique & Julian August 7

23rd Ave. Seaside Park *Start time 5pm* Alotta Colada

August 24

Waterfront Park 10th Street & Shore Ave. Ship Bottom *Start time 6:30pm*

Bullzeye June 27 Simmerr

July 3

Pure Petty July 11 Studio 2

July 18

Tequila Rose Band July 25

The Verdict August 1

Dread Pilots August 8

The Chris Fritz Band August 15

Danny's 52nd Street Band August 22

Jimmy and the Parrots August 29

VI Y PAKK

Friday, June 28 10am-1pm *sensory friendly

1/2 hour (10-10:30) no horns, sirens or flashing lights for community members with special needs



Cr

Crafts & Snacks Available Kids will be allowed to touch.get behind the wheel, climb, explore, learn and have fun ~ALL IN ONE PLACE~ Jakes Branch County Park 100 Double Trouble Rd Beachwood



Brought to you by the Ocean County Board of Commissioners Virginia E. Haines - Chairwoman of Parks and Recreation Barbara Jo Crea, Virginia E. Haines, John P. Kelly, Gary Quinn, Frank Sadeghi



42ndANNUAL OLD TIME BARNEGAT BAY DECOY AND GUNNING SHOW SEPTEMBER 28 & 29

Tip Seaman County Park & Tuckerton Seaport

Free Admission FREE Shuttle Buses at: Pinelands Regional HS Tuckerton Seaport Freedom Fields County Park







Bird of the Year:Long Tailed Duck FEATURING: New & Antique Decoys Hunting & Fishing Gear Collectables Duck Boats Hunting Guide Services Demonstrations Music & Food Creek Boat Ride Tuckerton Seaport

CONTESTS: Decoy Carving Duck & Goose Calling Including the NJ State Duck Calling Championship & Cash Prize 1st place prize provided by NJ Waterfowlers Decorative Carving Hunting Retriever Boat Building Model Boats Youth Contests Art & Photo Skeet Shoot from a Sneakbox Rain or Shine Saturday, September 28 7am-5pm Sunday, September 29 7am-4pm









For more information, contest rules or past winners please visit www.OceanCountyParks.org >Programs >Special Events or call Wells Mills County Park 609-971-3085

Archery



The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

High Five

Hands up for fun! Using your child's handprints and cutouts, we will create all kinds of fun	
and other colorful crafts.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, September 19	211021 – 3Q
TIME: 10:00 - 11:00 am	
FEE: \$5.00 per child	AGE: 3 - 5 years

An Apple A Day

Red, green or yellow, apples are a tasty treat any time. We will create tasty apple crafts, read a story or two and finish with a crunchy apple snack.

PLEASE LIST ANY FOOD ALLERGIES AT TIME OF REGISTRATION

Autumn Explosion

FUN FOR KIDS

Summertime Scavenger Hunt and Sensory Play

NEW Youth 3 Day Sports Sampler

This is the perfect class to introduce your preschooler to a variety of different sports. Our sports staff will introduce different activities and fun games to allow your child the opportunity to develop skills specific to the sport being taught on that day. Sports in this sampler class will include tennis, soccer, and t-ball/kickball. Please wear sneakers and bring a drink.

NEW Make a Splash

Water you waiting for?! Dive into the splash zone and have some summer fun in our Make a Splash class where we will be playing various summer-themed games that are bound to help kids cool off while having a great time playing and being active in the sun! Make sure to wear appropriate clothing because many of the games that will be played include water! LOCATION: Soccer Field E, Patriots County Park, Jackson DATE: Monday, July 1.....213021 – 3E TIME: 11:00 am - 12:00 pm LOCATION: Soccer Field, Beaver Dam County Park, Point Pleasant DATE: Wednesday, July 31......213021 – 3F TIME: 11:00 am - 12:00 pm LOCATION: Soccer Field 1, Freedom Fields County Park, Little Egg Harbor DATE: Thursday, August 1.....213021 – 3G TIME: 11:00 am – 12:00 pm FEE: \$5.00 per child AGE: 4 - 7 years

Dino Day

Does your little one love dinosaurs and want to be a Paleontologist when they grow up? For this fun filled day we will learn about the dinos that roamed our area millions of years ago, how paleontologists discover fossils, play dino themed games, go on a dino hike and even make our own fossils. This will be an indoor/outdoor adventure so please be prepared with closed toed shoes, sunscreen, bug spray, a hat and water.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

DATE: Thursday, July 25	212112 – 8A
Thursday, August 1	212112 – 8B

TIME: 1:00 – 3:30 pm FEE: \$10.00 per child

Silly Sea Creatures

AGE: 4 - 7 years

Summer is the time for fun in the sun, swimming in the waves, and of course seeing all the silly sea creatures that live there! Join us as we craft some of these wacky water animals for you to take home, no aquarium required.

Dr. Dude's Krazy Craft Lab!

Does your child seem antsy and want something to do? Has the start of their summer been seemingly stagnant? Dr. Dude is back with some crazy crafts sure to have your child's imagination running wild. We will cut, glue, paint, mold and shape in these kooky crafting experiments allowing your child to explore their inner artist and scientist. LOCATION: Program Room, Jakes Branch County Park, Beachwood



Naturalist Encounters

Come and visit a Naturalist at Mantoloking Bridge County Park. Each encounter will feature information on a specific Barnegat Bay topic. The Naturalist will be available during a two-hour period. Just drop in to discover more about the topic of the week and participate in a simple make-and-take project. Rain will cancel this program.

LOCATION: Mantoloking Bridge County Park, 30 Mantoloking Road, Brick TIME: 10:00 am- 12:00 pm

DATE: Tuesday, July 2.....Oysters, Clams, and Other Shelled Friends

DATE: Wednesday, July 17.....Crabs and Crabbing

DATE: Tuesday, July 23.....Boats and Boating

DATE: Wednesday, July 31.....Fishing

DATE: Wednesday, August 21.....Crabs and Crabbing FEE: Free

AGE: 5 - 15 years

Beginners Basketball

This class is designed for children with little to no experience playing basketball. We will	
go over some of the fundamental skills including passing, dribbling, and shooting. Chil-	
dren will play some fun games to help develop their basketball skills. No equipment is	
required, only comfortable clothing, sneakers, and a drink.	
LOCATION: Basketball Court, Beaver Dam County Park, Point Pleasant	
DATE: Tuesday, July 2213332 – 6A	
TIME: 10:30 – 11:30 am	
FEE: \$5.00 per child AGE: 5 – 8 years	

Homeschool Gym - North

This class is designed for children who are being homeschooled but still want that gym class atmosphere. Every week, new activities will be introduced to allow children the opportunity to get some exercise, learn new skills, and play with other children. The instructor will bring various pieces of equipment for all to use depending on the activity planned for the day. Please wear sneakers and bring a drink. We will have two instructors from 10:30 – 11:30 am teaching separately.

LOCATION: Beach Complex, Ocean County Park, Lakewood	
DATE: Mondays, September 9 – October 7	213332 – 6B
TIME: 10:30 – 11:30 am	AGE: 5 – 6 years
DATE: Mondays, September 9 – October 7	213332 -6C
TIME: 10:30 – 11:30 am	AGE: 7 – 8 years
DATE: Mondays, September 9 – October 7	213332 – 6D
TIME: 12:00 – 1:00 pm	AGE: 9 – 14 years
FEE: \$14.00 per child	

Homeschool Gym – South

This class is designed for children who are being homeschooled but still want that gym class atmosphere. Every week, new activities will be introduced to allow children the opportunity to get some exercise, learn new skills, and play with other children. The instructor will bring various pieces of equipment for all to use depending on the activity planned for the day. Please wear sneakers and bring a drink.

LOCATION: Softball Field 1, Stanley "Tip" Seaman County Park	, Tuckerton
DATE: Wednesdays, September 11 – October 9	213332 – 6E
TIME: 10:30 – 11:30 am	AGE: 5 – 7 years
LOCATION: Softball Field 1, Stanley "Tip" Seaman County Park, Tuckerton	
DATE: Wednesdays, September 11 – October 9	213332 – 6F
TIME: 12:00 – 1:00 pm	
FEE: \$14.00 per child	AGE: 8 – 13 years

Beginners Lacrosse

This program is designed to introduce children with little to no experience to the exciting sport of lacrosse. We will begin with the basic rules of the game and practice skills to help get the kids started in a fun, non-competitive environment. This is a non-contact program and no equipment is required. Please wear sneakers and bring a drink.

LOCATION: Field Behind the Tennis Complex, Ocean County Park, Lakewood

DATE: Monday, July 22.....213332 – 6L TIME: 11:00 am – 12:00 pm

FEE: \$5.00 per child

AGE: 6 - 9 years

Traveling Tennis

We're bringing tennis to a court near you. Staff will teach the basics of tennis to children and teens throughout the county. Instruction will include basic rules and court positioning. Participants will practice many skills including groundstrokes, volleying, and serving. Kids will be divided into age groups. Tennis rackets and balls will be provided. Pre-registration is mandatory. Please wear sneakers and bring a drink. *LOCATION: Tennis courts, 6th Street, Ship Bottom DATE: Monday through Thursday, July 8 - 11.....213332 - 6G TIME: 11:30 am - 12:30 pm *LOCATION: Tennis Courts, Magee Ave & The Bay Front, Lavallette DATE: Monday through Thursday, July 15 - 18.....213332 - 6H TIME: 11:00 am - 12:00 pm *LOCATION: Tennis Court, Wildwood Ave & E. Atlantic Ave, Ocean Gate DATE: Monday through Thursday, July 22 - 25......213332 - 61 TIME: 11:30 am - 12:30 pm *LOCATION: Tennis Courts, Jakes Branch County Park, Beachwood DATE: Monday through Thursday, July 29 - August 1......213332 - 6J TIME: 11:00 am - 12:00 pm *LOCATION: Pickleball Courts, Stanley "Tip" Seaman County Park, Tuckerton DATE: Monday through Thursday, August 5 - 8.....213332 - 6K TIME: 11:00 am - 12:00 pm FEE: \$12.00 per child AGE: 6 – 15 years

Field Day Games

Come join us as we are hosting our version of FIELD DAY! Be prepared to get WET as several of our games will involve WATER to help cool you down during the heat of summer! Other activities will include relay races, contests, and an obstacle course. Fun will be had by all. There will be medals for all participants. Please wear sneakers and bring a drink.

Nature Explorers

NEW 3 Day Sports Sampler

This 3-day sports sampler allows participants to try something new every time they step onto the field! We will go over some of the basic rules followed by some drills so participants will have the skills necessary to play. Sports will include basketball, disc golf, and Wiffle ball/kickball. Please wear sneakers and bring a drink. LOCATION: Basketball Court, Jakes Branch County Park, Beachwood

DATE: Tuesday - Thursday, July 16 - 18......213332 - 6P TIME: 10:30 - 11:30 am FEE: \$12.00 per child

AGE: 7 - 12 years

Mini Mad Scientists

Was your child born to be a "mad scientist"? Does your child love the silly, slimy, stinky, speedy, and shocking side of science? Join us for an explosively fun time as we delve into the fascinating world of science! Each class will include hands on experiments, some of which your kids will be able to take with them at the end of the day. Please dress in clothes that can get dirty. LOCATION: Program Room, Jakes Branch County Park, Beachwood DATE: Wednesday, July 31......215262 – 6D TIME: 10:30 – 11:30 am FEE: \$5.00 per child

AGE: 7 - 9 years

It's a Pizza

If you like pizza, then you are invited to a pizza party! There will be cheesy pizza crafts, games with garnish galore and we will finish with our own hand made pizza pie! PLEASE LIST ANY FOOD ALLERGIES AT TIME OF REGISTRATION LOCATION: Program Room, Parks Administration Office, Toms River DATE: Wednesday, July 31.....211262 – 3B TIME: 1:00 - 3:00 pm FEE: \$5.00 per child AGE: 7 - 9 years

Ice Cream Supreme

Have a double dip of fun as we celebrate everyone's favorite frozen treat. We will sprinkle the hour away with cool ice cream crafts, and finish up with a super sundae party. PLEASE LIST ANY FOOD ALLERGIES AT TIME OF REGISTRATION LOCATION: Program Room, Parks Administration, Toms River DATE: Tuesday, August 13.....211262 – 3C TIME: 1:00 – 2:00 pm FEE: \$5.00 per child AGE: 7 - 9 years

Pass the paint brush, please!

With paint brush in hand, your child will stretch their imagination and create their own works of art. LOCATION: Program Room, Parks Administration Office, Toms River DATE: Tuesday, August 20......211262 – 3D TIME: 10:00 am - 12:00 pm FEE: \$5.00 per child AGE: 7 - 9 years

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FUN FOR KIDS

NEW Youth Quarterback & Wide Receiver Clinic

This quarterback and wide receiver clinic is designed for children who have little to no experience playing football but are interested in those positions. Children will learn the proper mechanics of throwing, catching, and handing the ball off to running backs. Instruction will also include proper footwork, agility exercises, and running different routes. No equipment is required only comfortable clothing sneakers or cleats and please bring a drink.

LOCATION: Soccer Field 1, Freedom Fields County Park, Little Egg Harbor DATE: Monday & Wednesday, August 5 & 7......213332 - 6Q TIME: 9:30 - 10:30 am FEE: \$8.00 per child AGE: 8 - 12 years

Flower Pot Painting

As summer comes to an end, keep the colors of the season alive with a houseplant! Kids are free to express their creativity as they decorate a flower pot and plant some seeds inside in this laid-back class. We'll snack on tasty treats and play games as we wait for our pots to dry. Please note, this is a drop-off program. Please list any food allergies at time of registration.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood DATE: Saturday, September 21......215262 – 6E TIME: 10:30 am - 12:00 pm FEE: \$8.00 per child

Wilderness Skills Camp

This program will be both fun and informative. When you have completed this three-day adventure, you will feel more confident exploring the outdoors. We will learn about hiking preparedness, navigation, shelter building, fire making, and more! Be prepared to get dirty. Children will be out in the woods - please have them wear bug repellent with DEET, pack a lunch, plenty of water, and sunscreen.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

DATES: Wednesday, August 28 - Friday, August 30.....212112 - 8D TIME: 9:00 - 12:30 pm FEE: \$45.00 per child

NEW Intro to Softball Pitching

This introductory class will cover the basics of how to pitch properly. Pitchers will first learn the proper way to warm up their arms and bodies before pitching specific drills. Athletes will learn how to grip the ball properly, wrist flick warm-ups, "T" and "K" postures, and good pitching mechanics, as well as full arm swing and proper form. This class will be taught by a 4-year varsity pitcher and current college student-athlete. Please dress appropriately and bring a drink.

LOCATION: Softball Field A, Jakes Branch County Park, Beachwood DATE: Thursday, August 8 TIME SESSION 1: 9:00 - 10:30 am.....

TIME SESSION 1: 9:00 – 10:30 am	213332 – 6S
TIME SESSION 2: 11:00 am – 12:30 pm	213332 – 6T
FEE: \$5.00 per child	AGE: 9 – 13 years

Beginners Beach Volleyball Clinic

Do you like playing in the sand? Come and join us for this fun 2-week volleyball clinic. We will start every session with basic skills and drills followed by a match. Teams will be changed up several times to allow children to play with new teammates. This class will be taught by a former college volleyball player. Please dress appropriately and bring a drink. LOCATION: Beach Front, A. Paul King County Park, Manahawkin DATE: Tuesdays, July 30 & August 6.....213332 – 6R TIME: 9:30 - 10:30 am FEE: \$8.00 per child AGE: 9 - 12 years

AGE: 8-11 years

AGE: 8 - 14 years

FUN FOR KIDS

Kids Fossil Adventure Van Trip

We will be traveling to a fossil formation in Monmouth County where fossils were deposited during the late Cretaceous Period. During this trip we will walk a narrow trail to the Big Brook stream where we will have to climb down the bank to the stream. We will then walk in the stream searching for fossils with a trowel and sieve. **Wear old sneakers or** water shoes. NO sandals, flip flops or crocs please! Be able to walk on uneven ground, climb over downed trees and be able to descend and ascend muddy, slippery stream banks. Pack a lunch, water, a change of shoes, a towel, a small bag to store your findings, and garden trowel with a blade no longer than 6 inches if you have one. You will be allowed 5 fossils each.

Bumming Around the Barrier Island Van Trip

Long Beach Island is more than a vacation destination; it is a place of ecological importance for both animals and people alike. We will travel to the northern tip of LBI to explore Barnegat Lighthouse State Park. We will learn about the history of Old Barney and then walk along the inlet and through the last remaining maritime forest on LBI, discussing what we see along the way. Then we will head to the bayside to go seining and see what we find living in the bay. If weather and time permits we may climb the lighthouse. You will be contacted if there is a fee for the climb. **Come prepared to get wet and sandy. Shoes must be worn in the water while seining. We may walk up to a mile in the sand. Bring a change of shoes, towel and pack a lunch with plenty of water, insect repellant, and sunscreen. Also, bring binoculars if you have them. Van transportation will be provided.**

Lawn Games

Archery at Cedar Bridge

Be a part of the exciting world of archery by learning the essentials, including safety, equipment and technique. Our NASP certified instructor will get you hitting the bullseye in no time! Students will practice what they have learned on our outdoor range. This class is suitable for all archery experience levels and all equipment is provided. Participants should wear sneakers and bug spray.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat DATE: Fridays,

Di ti E. i haayo,	
July 19	
August 16	
August 30.	
TIME: 1:00 - 3:00pm	
FEE: \$10.00 per person per class	AGE: 10 – 15 years

FUN FOR KIDS

NEW Lacrosse Clinic

Have you been curious about lacrosse and thinking about joining a local team? This two-day program is designed to help kids who are new to the game pick up some experience and practice their new skills. This clinic will be led by a current high school lacrosse coach who has a strong understanding of the fundamentals that will get you ready for your upcoming season. No equipment is required but bringing your own stick is recommended. Please wear sneakers and bring a drink.

LOCATION: Soccer Field 1, Freedom Fields County Park, Little Egg Harbor DATE: Monday & Wednesday, Aug 5 & 7.....213332 – 6W TIME: 11:00 am – 12:00 pm

FEE: \$8.00 per child

AGE: 11 - 15 years

Kids Days on the Bay Camp

Traveling by van to various locations in Ocean County

Come explore the Barnegat Bay with us on this multiday camp. We will go on a different adventure each day using different tools, like snorkeling or seining, to explore different parts of the bay. Please be prepared each day with a packed lunch, plenty of water, sunscreen, bug spray, a hat, sunglasses, a bathing suit (or quick drying clothes), shoes fit for the water and an extra outfit. This will be an outdoor program only so it is weather dependent. Must be able to swim.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

DATE: Tuesday, August 6 – Thursday, August 8......212112 – 8E TIME: 9:00 – 2:00 pm FEE: \$65.00 per child AGE: 11– 15 years

Kids Fishing Clinic

Traveling by van to various locations in Ocean County

On this two-day adventure, we will travel to local fishing spots to learn the basics of crabbing and surf fishing. With the help of a prize-winning, professional fisherman you will learn hands-on what baits, hooks, rods and reels to use to catch yourself a keeper! No experience necessary. All supplies and bait will be provided by Grumpy's Bait & Tackle. Be prepared both days with a packed lunch, plenty of water, sunscreen, sunglasses, bug spray, a hat & quick drying clothes (bathing suits welcome). This will be an outdoor program only so it is weather dependent.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

Teen Yoga

Since stress can play a considerable role in the lives of teens, this class emphasizes being happy with the person you are today! Teens will learn how to create a natural balance through yoga practices of breathing, deep relaxation, flowing sequences and balancing poses. Our goal is to help your teen learn to use yoga as a way to build confidence, inner and outer strength, and foster positive self-awareness and a healthy body image. This program is hosted by yoga teacher and health coach, Kim Buono. **Please bring \$10 the day of class for each day you will be attending.** Please wear loose comfortable clothing and bring a yoga mat. Class will be held outside: however, if there is inclement weather, the program will be held inside.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat DATES: Saturday

July 6	
TIME: 9:00 - 9:45 am	

FEE: \$5.00 per person registration fee

AGES: 12 -17 years

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FUN FOR KIDS

Intermediate Beach Volleyball Clinic

This class is for intermediate volleyball players looking to hone their skills in this 2-week clinic. The class will consist of more advanced drills and strategies followed by a match. Each week new teams will be made allowing children to play with new teammates. This class will be taught by a former college volleyball player. Please dress appropriately and bring a drink.

Hike, Paddle and Swim

Join us for this fun and adventurous day camp. Conquering both land and water, kids will spend day one learning the ins and outs of kayaking and on the second day, we will get to hike a newly blazed trail to a hidden lake where kids can wade in the water. Please make sure to have kids pack a lunch, plenty of water, sunscreen, insect repellent, towel, and shoes that can be worn in the water and shoes for the hike. Note, this is the time of year that ticks will be present! Children will be required to wear life jackets while in the water which, will be provided or they may bring their own. **Hike will be approximately 2 miles.**

GIANT FLEA MARKET

THE GIANT FLEA MARKET IS BACK!

It's time to clean out those closets and earn some extra cash. New and used items may be sold. This event is held rain or shine. Register now as this event sells out quickly! LOCATION:Beach Complex parking lot, Ocean County Park, Lakewood

DATE: Sunday, September 15......GIANT 24

TIME: Set up begins at 7:15 AM. Sell from 9:00 am to 1:00pm

FEE: \$15.00 for two parking spots (one to sell your stuff and one to park your vehicle). No other vehicles are allowed in the lot.

Early registration ends Friday, September 13. For anyone registering on the day of the Flea Market, the cost will increase from \$15.00 to \$40.00 per unit if space is still available.

NOTE: Pre-registration is highly recommended, visit our website at www.oceancountyparks.org or email Jake at JHaug@co.ocean.nj.us for an application.

GETAWAYS

Rice's Market & Peddlers Village

HORTICULTURAL HAPPENINGS

Composting: Black Garden Gold

Reap the rewards from composting at home. Reduce household waste, while creating wonderful, nutrient rich compost for your flowers and vegetables. Outdoor event, please dress accordingly. LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern Road, Jackson

DATE: Wednesday, July 10......217186 - 2A TIME: 10:00 -11:00 am

FEE: \$5.00 per person

AGE: Adult

Beautiful, Beneficial Butterflies

Why are different species of butterflies attracted to certain plants? Are you curious to learn more about butterflies and other pollinators? What does it take to develop and maintain your very own butterfly garden? Learn all this and more at Cattus Island's beautiful and fragrant Butterfly Garden, located in front of the Cooper Environmental Center. A naturalist will be on hand to show you around and answer your questions. No registration is required. This program is weather dependent. No registration required.

LOCATION: Cooper Environmental Center, Garden, Cattus Island County Park, Toms River

DATE: Thursdays, July 11 - August 15 TIME: 2:30-3:30 pm FEE: Free

AGE: All

Flower Arranging With Flowers From Your Garden

Bring the natural beauty of your garden indoors. Join us for this fun instructional class on how to create delightful flower arrangements using flowers from your garden. Out-door event, please dress accordingly. LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern Road, Jackson

TIME: 11:00 am -12:00 pm FEE: \$5.00 per person

AGE: Adult

Pressing Flowers

Capture moments in time from your garden or from a bouquet of flowers you received. Learn how to preserve all your favorite flowers in this fun instructional program. Out-door event, please dress accordingly.

LOCATION: Ocean County Tree Nursery, 499 South Stump Tavern, Jackson DATE: Wednesday, August 14......217186 - 2C TIME: 11:00am -12:00 pm FEE: \$5.00 per person

AGE: Adult



CREATIVE EXPRESSIONS

Paint a Flattie Decoy

Make your first flattie decoy and become a folk artist! Learn about decoy carving, Red Knot birds and Horseshoe Crabs while you paint flat, wooden decoy shorebirds called "flatties" to take home. These flatties will be painted on two sides and stand with a wooden dowel and stand!

TIME: 11:00 am - 12:00 pm FEE: \$5.00 per person

AGE: 12 years - Adult

Ages: 8 years - Adult

Recycled Wind Chimes

Create a beautiful, colorful wind chime made from pre-made kiln wine bottle glass rounds alongside instructor, Mary May. This project is sure to offer you and your friends some summertime fun while creating a whimsical, decorative piece of art for your porch. **Please bring \$42.00 in exact change for the instructor and materials.** A \$3.00 fee will apply if you wish to add an additional glass round. LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

Beachcomber Decor

Pressed Flower Bookmarks

Create your very own bookmark utilizing beautiful pressed flowers – just in time for your summer reading! Make one for yourself and another for a gift. This is a wonderful opportunity for anyone interested in learning a new hobby. We will give a brief demonstration on how to press plants/flowers for your future projects.

TIME: 10:30 - 11:30 am FEE: \$10.00 per person

Nature-themed Tea Towel Decorating & Candle Making

These unique crafts would make great gifts for any occasion or for yourself! We will paint nature-themed tea towels using stencils (or freehand if you're feeling creative!). As we let them dry, we'll enjoy a small snack and craft an easy but beautiful Mason jar candle. Please list any food allergies at the time of registration.

LOCATION: Nature Center, Jakes Branch County Park, Beach	wood
DATE: Saturday, August 3	215186 – 5B
TIME: 10:30 am – 12:00 pm	
FEE: \$20.00 per person	AGE: 14 years - Adult

CREATIVE EXPRESSIONS

Beginner Gourd Birdhouse

Margaret Falconetti of Oh My Gourd, will teach you all about gourds and how you can decorate a beautiful birdhouse. Please bring a snack and have \$45 in exact change for the instructor and materials. LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

DATE: Saturday, August 3......212186 – 1A TIME: 1:00 - 3:00pm

FEE: \$5.00 per person registration fee

Beach Wood Book Stack

These cute Beach themed book stacks are perfect for accenting your Tiered Trays and Beach decor for the season! You will add a vinyl decal to them along with a jute bow and starfish and other shells for embellishment.

LOCATION: Program Room, Parks Administration Office, Toms River TIME: 6:30 - 8:30 pm FEE: \$15.00 per person AGE: Adult

Beginner Book Binding

Interested in learning how to bind your own books? Come by and join us for this fun activity. Perfect for scrapbooking, journaling, or making your own sketchbook. LOCATION: Classroom, Jakes Branch County Park, Beachwood DATE: Tuesday, August 13.....215186 – 5C TIME: 10:30 - 11:30 am FEE: \$18.00 per person AGE: 15 years - Adult

Tempest in a Tea Cup

Everything is better with a cup of tea or two. Tea cup gnomes and a floating tea cup are	è
all part of this mad tea party. We'll put the kettle on and bring your creative energy.	
LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Thursday, August 22211186 – 3C	
TIME: 6:30 – 8:30 pm	
FEE: \$15.00 per person AGE: Adult	

Sunflower Floral Arrangement

Come and create your very own early fall centerpiece. You will be creating a floral arrangement just like the pros, and go home with your very own Sunflower arrangement inside a white pumpkin! (This class may get a little messy so wear appropriate clothing) (Real pumpkins and flowers provided) LOCATION: Program Room, Parks Administration Office, Toms River DATE: Thursday, September 5.....211186 - 3D DATE: Thursday, September 12......211186 – 3E TIME: 6:30 - 8:30 pm FEE: \$25.00 per person AGE: Adult

Pumpkin Spice and Everything Nice

Fall is in the air and pumpkin spice is everywhere. Let's create a pumpkin topiary and other pumpkin themed projects. LOCATION: Program Room, Parks Administration Office, Toms River DATE: Thursday, September 26.....211186 – 3F TIME: 6:30 - 8:30 pm FEE: \$15.00 per person AGE: Adult

AGE: 7 years - Adult

CREATIVE EXPRESSIONS

South Jersey Basket Making

Join us as Mary May, a local basket maker, speaks about South Jersey basket traditions and demonstrates how to create a basket. Be prepared to weave as you will be creating your very own basket

Day Pack

This smaller, modified Algonquin Native American tribe-styled basket with its distinct lines, texture and overall shape is perfect for packing light for a day trip. Yet its durable design with runners can handle a trip to the farmer's market this fall. It is a true beauty! Experienced basket weavers only. Pack a bagged lunch. Please bring \$150.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat TIME: 10:00 am - 4:00 pm FEE: \$5.00 per person registration fee AGE: Adult



Day Pack



Wooden Spoon Carving Class



North African Fringe

Wooden Spoon Carving Class Kevin Hammell, a local carver, will teach you the fine art of carving a wooden cooking spoon through step-by-step instructions. We know the chef in your family will love receiving this cherished handmade gift. Even more if that chef is you! Please bring \$30.00 in exact change for the instructor and materials.

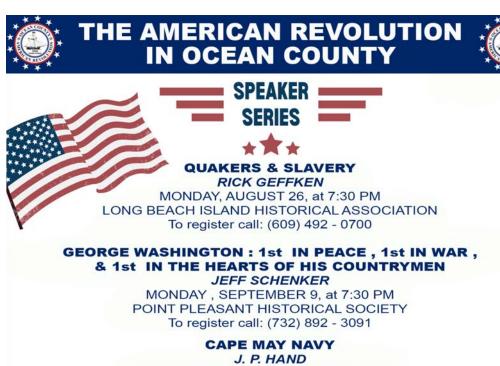
LOCATION: Program Room, Cloverdale Farm County Park, Barnegat TIME: 9:00 am - 1:00 pm

FEE: \$5.00 per person registration fee

AGE: Adult

North African Fringe

Join us as Christine Metzler teaches you the practice of wheat weaving and how to make a North African Fringe, a common house blessing and décor item found in Egypt and Morocco. During this program, you will learn how to prepare the wheat, soak the straw, and create a masterpiece. No prior experience needed, just nimble fingers! Please have \$25 in exact change to cover instructor fees and material costs. LOCATION: Program Room, Cloverdale Farm County Park, Barnegat FEE: \$5.00 per person registration fee AGES: 15 years - Adult



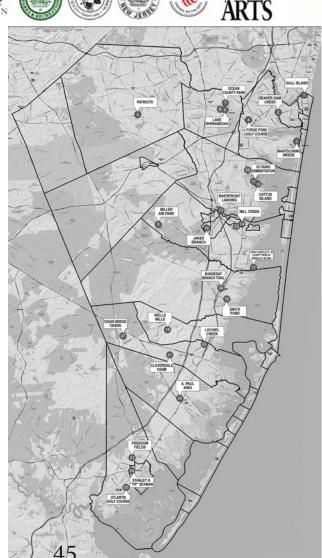
SATURDAY, NOVEMBER 9, at 7:30 PM TUCKERTON HISTORICAL SOCIETY To register call: (609) 294 - 1547

NEW JERSEY

YOUR OCEAN COUNTY PARKS & Natural Lands **Trust Properties**

RevolutionNJ Historica

Ocean County Parks and Recreation offers a wide variety of outdoor activities in 27 parks and conservation areas. With over 4000 acres of preserved and well maintained land you can enjoy hiking, biking, swimming, canoeing, fishing, ball fields, tennis courts, playgrounds and so much more. With parks from Point Pleasant to Tuckerton you're sure to find an adventure near you.



Beginners Gentle Yoga at the Bogs

In the early morning hours, the day is just starting and everything is fresh and new. Birds are calling and the sky is forming into the making of a glorious day. It's just the right time to give your body and soul the attention they deserve. This program is hosted by yoga teacher and health coach, Kim Buono. **Please bring \$40 the first day of class for the four class sessions.** Please wear loose comfortable clothing and bring a yoga mat. Class will be held outside; however, if there is inclement weather, the program will be held inside.

Twilight Yoga

Unwind from your hectic day with yoga teacher and health coa	ach, Kim Buono. This class
features a flowing sequence of poses partnered with breath av	wareness, meditation and
relaxation. Please bring \$10 the day of class. Please wear	loose comfortable cloth-
ing and bring a yoga mat. Class will be held outside; however	er, if there is inclement
weather, the program will be held inside.	
LOCATION: Program Room, Cloverdale Farm County Park, B	arnegat
DATE: Saturday, August 24	216544 – 6C
TIME: 7:30 - 8:15 pm	
FEE: \$5.00 per team (one child & one adult) registration fee	AGES: 16 years – Adult
	-

Seniorcise Exercise

Let's get moving! This gentle exercise class includes low-impact aerobics, stretching, and strengthening routines. Improve your joint flexibility, balance, range of motion, and muscular strength. Participants may perform these exercises while seated. Some equipment will be supplied. Linda is an AAAI-certified personal trainer with over 20 years of experience.

Chair Tai Chi

This new and exciting Tai Chi stretch class will improve balance, strength, mobility, flexibility, and reduce stress. All movements will be safely performed in and around a chair. Adaptable for all fitness levels and physical challenges. In this class, you will be doing exercises that involve multiple body parts and muscle groups. You will be working the FULL BODY, not just body parts. The Tai Chi part of the class will be actual Tai Chi-inspired movements in a fluid way. **Please have a check for \$60.00 made payable to Linda Osowski on the first day of class.** Linda is an AAAI-certified personal trainer with over 20 years of experience. LOCATION: Program Room. Parks Administration Office. Toms River

LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Tuesdays and Fridays	
SESSION 1: July 2 – July 23 (7 total classes)	213123 – 3C
SESSION 2: Sept 6 – Sept 27 (7 total classes)	213123 - 3D
TIME: 1:15 – 1:45 pm	
FEE: \$5.00 registration fee per person	AGE: Adult

Tai Chi with a Yoga Twist

This program improves the quality of life for people with joint pain without any knowledge of Tai Chi. This ancient practice combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing, and relaxation in ways that help you feel better. In this class, you will learn warm-up and cool-down exercises and eight basic movements along with some meditation. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience. LOCATION: Program Room, Parks Administration Office, Toms River DATE: Tuesdays and Fridays SESSION 1: July 2 – July 23 (7 total classes)213123 – 3E SESSION 2: Sept 6 - Sept 27 (7 total classes)213123 - 3F TIME: 2:00 - 2:45 pm AGE: Adult

FEE: \$5.00 per person registration fee

Intro to Pickleball

Join in on the fastest-growing sport in the country. Pickleball is a sport that combines tennis, badminton, and ping pong. The game is played with a solid pickleball paddle and a plastic ball on a court about 1/3 the size of a tennis court. Learn how to play the game in this fun and exciting 4-day clinic. Pickleball is a fun and social sport you can learn quickly. All equipment will be supplied. Please wear sneakers and bring a drink. You must complete this class BEFORE taking the Pickleball Rally Class. LOCATION: Pickleball Courts 1-3 Ocean County Park , Lakewood DATE: Wednesdays, September 18 - October 9......213123 - 3G TIME: 4:00 - 5:30 pm LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood DATE: Thursdays, August 15 - September 5.....213123 - 3H TIME: 5:00 - 6:30 pm FEE: \$12.00 per person AGE: Adult

Pickleball Rally

This 3-day Pickleball Rally class is designed for newer players who have some experience playing pickleball but want to play more matches to practice their newly acquired skills. Players should have a basic understanding of the rules of pickleball before signing up for this class. Staff will be available to answer questions and go over positioning and strategy to help get you on your way. Equipment will be available if needed. Please wear sneakers and bring a drink. You must have taken the Intro to Pickleball BEFORE taking this class.

LOCATION: Pickleball Courts 2, 3, & 4, Ocean County Park, Lakewood TIME: 9:00 - 10:30 am LOCATION: Pickleball Courts 2, 3, & 4, Ocean County Park, Lakewood DATE: Tuesdays, August 20 – September 3......213123 – 3J TIME: 5:00 - 6:30 pm LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood DATE: Thursdays, September 19 – October 3......213123 – 3K TIME: 5:00 - 6:30 pm FEE: \$10.00 per person AGE: Adult



Traveling Pickleball

Travening Flexicoan	
We are bringing Pickleball to a court near you! Have you been wanting to gi	ive this
strange-sounding sport a try but didn't know where? This beginner's worksh	nop will get
you playing in no time. The parks department will be traveling to different lo	cations to
teach the game which is a combination of tennis, badminton, and ping ponc	g. Come join
in on the fun at one of the following locations. All equipment will be supplied	I. Please wear
sneakers and bring a drink. Rain dates cannot be rescheduled.	
*LOCATION: Pickleball Courts, 6th Street, Ship Bottom	
DATE: Monday through Thursday, July 8 - 11	
TIME: 10:00 - 11:00 am	.213123 – 3L
*LOCATION: Pickleball Courts, Magee Ave & The Bay Front, Lavallette	
DATE: Monday through Thursday, July 15 - 18	
TIME: 9:30 – 10:30 am2	13123 – 3M
*LOCATION: Tennis Courts, Wildwood Ave and E. Atlantic Ave, Ocean Gate	Э
DATE: Monday through Thursday, July 22 - 25	
TIME: 10:00 – 11:00 am	213123 – 3N
*LOCATION: Pickleball Courts, Jakes Branch County Park, Beachwood	
DATE: Monday through Thursday, July 29 – August 1	
TIME: 9:30 – 10:30 am	213123 – 30
*LOCATION: Pickleball Courts 1-3, Stanley "Tip" Seaman County Park, Tuc	kerton
DATE: Monday through Thursday, August 5 - 8	
TIME: 9:30 – 10:30 am	213123 – 3P
FEE: \$12.00 per person	AGE: Adult
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NEW Disc Golf Social

Are you new to disc golf and want to get a bit more experience before hitting the course by yourself? If so, participate in our disc golf social. Come meet new people also interested in playing disc golf and hone your skills on our 18-hole course here at Ocean County Park! You can bring your own discs or we can provide you with a driver, mid-range, and putting disc to use for the day.

LOCATION: Disc Golf Course, Ocean County Park, Lakewood DATE: Mondays, July 8 & 15......213123 – 3R TIME: 1:00 – 2:30 pm FEE: \$8.00 per person AGE: 16 years – Adult

Gentle Yoga

Join us for this class teaching the essentials of yoga. This 6 week-long class is for anyone new to yoga, as well as those with experience. Exercise, meditation, and breathing are key components of this practice. Connect with yourself...relax. Please wear loose comfortable clothing and bring a yoga mat. Lores Way is a registered yoga instructor with the Yoga Alliance.

FEE: \$36.00 per person

AGE: 16 years – Adult



Lakeside Yoga

Finish your day off with some serene lakeside yoga. This 5-week program is open to all levels. You'll start the evening off with a pranayama breathing exercise and maybe a short meditation. You'll move into yoga postures and sun salutations before ending the class with a relaxing savasana (rest time!) ... all the while experiencing the beauty of the lake and the outdoors. Please wear comfortable clothing and bring a beach towel and/or yoga mat. Long pants and bug spray are recommended. Lores Way is a registered yoga instructor with the Yoga Alliance.

LOCATION: Beach, A. Paul King County Park, Manahawkin SESSION 1: Wednesdays, July 10 - August 7......213123 – 3U TIME: 6:00 - 7:00 pm SESSION 2: Wednesdays, August 21 – September 18......213123 – 3V TIME: 5:30 – 6:30 pm FEE: \$30.00 per person AGE: 16 years - Adult

Walk N' Workout

Calling all energetic adults. If you love being social and being out in nature, then this is the perfect class for you. We will walk up to an hour and experience the beautiful trails of Cattus Island County Park. This class would include some warm-up exercises and end with a few stretches. In each class, we will walk a different trail weather permitting. Please wear comfortable clothing and proper footwear. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

FEE: \$5.00 per person registration fee

AGE: Adult

Intro to Bocce Ball and Cornhole

Interested in learning how to play bocce and cornhole? Well, get ready to toss some bags & bocce balls! We will teach you the rules and basics of these games and give you the chance to practice your skills and jump right into some friendly match play. The four classes will be split, with the first two classes being for bocce ball, and the second two classes for cornhole.

LOCATION: Bocce Courts, John C. Bartlett Jr. County Park, Berkeley Twp.

DATE: Tuesdays, September 24 – October 15......213123 – 3W TIME: 1:00 – 2:30 pm

FEE: \$12.00 per person

AGE: Adult



HEALTH & WELLNESS

Using Essential Oils to Support Your Immune System

Discover healthier ways to support, protect, and offer comfort to your body systems with the use of essential oils. You will be creating an inhaler to support your respiratory system and overall wellness. Along with a gentle hand sanitizer for reducing germs. All supplies will be provided with handouts.

Please bring exact cash or check payable to Instructor, Kathy Gabrielli for \$20.00. (Certified Holistic Aromatherapist)

LOCATION: Conference Room Upstairs, Parks Administration Office, Toms River DATE: Monday, September 9......211544 – 3A

TIME: 6:00 – 8:00 pm FEE: \$5.00 per person registration fee

Movement Meditation with Chakra Tai Chi

Chakra Tai Chi is a simple, powerful self-care practice for activating and aligning energy from the base of the body to the crown. It cultivates mindful presence and supports deeper understanding and connection with self and others. As a movement meditation, it brings more conscious awareness and integration through the whole being and the chakra system. Please bring exact cash or check payable to Instructor, Regina Rosenthal for \$20.00.

LOCATION: Program Room, Parks Administration Office, Toms River DATE: Wednesday, September 18......211544 – 3B TIME: 6:00 - 8:30 pm FEE: \$5.00 per person AGE: Adult

Acupressure for Stress Release for Self-Care

This program for self-care will help release shock and stress and promote relaxation. This program is simple to learn and easy to perform and can be done on yourself in only 20 minutes. These acupressure exercises support physical, mental, emotional and spiritual health. Participants will experience healing and transformative power of acupressure, learn to use an Awareness Journal, learn a unique method of touch through demonstration and hands on practice as well as Chakra Tai Chi mediation.

Please bring exact cash or check payable to Instructor, Regina Rosenthal for \$20.00.

LOCATION: Conference Room, Parks Administration Office, Toms River DATE: Thursday, September 26......211544 – 3C TIME: 6:00 - 8:30 pm FEE: \$5.00 per person registration fee AGE: Adult

Mediation for Busy Women If you've ever considered introducing a meditation practice into your life, this is the class for you! In this six-week session, you'll learn different styles of meditation and take home methods to begin an at-home practice of your own. Meditation done on a daily basis reduces stress, improves memory as well as your ability to focus, improves the quality of sleep and helps you develop the mental discipline needed to avoid unhelpful habits. If you think you don't have the time, let me change your mind! (Please bring a mat, blankets, pillows and wear comfortable clothes. Aromatherapy will be provided. A journal will be helpful as well).

Please bring exact cash or check payable to Instructor, Karen English for \$60.00. LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Session 1: Tuesdays, September 10 – October 15	211544 – 3D
Session 2: Tuesdays, October 22 – November 26	211544 – 3E
TIME: 6:00 - 7:00 pm	

IME: 6:00 - 7:00 pm FEE: \$5.00 per person registration fee



TEACHERS!...Borrow-A-Naturalist

Calling all Ocean County teachers. Sick of fluorescent lights? Tired of cutting through the red tape to run a field trip? Invite a naturalist to do a nature walk on your school's grounds. Most of Ocean County's schools are located in some of the richest and most unique natural areas in the country. The naturalist can also answer questions and provide program ideas. Perfect for all grade levels.

> Contact Christopher Claus at (732) 506-5122 cclaus@co.ocean.ni.us for more information or to set up an appointment.

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AGE: Adult

AGE: Adult

Adult/Child/Infant CPR AED Certification

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

Please bring a check for \$60.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms R	liver
DATE: Wednesday, July 10	211166 – 3A
DATE: Wednesday, August 7	211166 – 3B
DATE: Wednesday, September 11	211166 – 3C
TIME: 6:30 – 9:00 PM	
FEE: \$5.00 per person registration fee	AGE: 14 years – Adult

Basic Life Support (BLS) for the Healthcare Provider

Designed for the health care professional, this extensive hands-on course will prepare you to recognize and confidently respond to several life – threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely, and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life – saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card.

Please bring a check for \$80.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms Ri	ver
DATE: Wednesday, July 24	211166 – 3D
DATE: Wednesday, August 14	211166 – 3E
DATE: Wednesday, September 25	211166 – 3F
TIME: 6:30 – 9:00 PM	
FEE: \$5.00 per person registration fee	AGE: 14 years - Adult

Recreation Program Policy and Information

- 1. Recreation personnel in charge of each program will have the final decision in all matters, especially where participant safety is concerned.
- 2. Due to the strenuous nature of some of our activities, recreation personnel reserve the right to deny a participant entry into a program. If the participant has already paid a fee, this fee will be reimbursed in accordance with our refund/credit policy.
- 3. Alcoholic beverages are strictly prohibited on all recreational programs.
- 4. All participants and their guardians must realize there may be some unavoidable hazards involved in all recreation programs. At the start of the program you will be asked to sign a Waiver of Liability Form, which is mandatory in order to attend the program and must be signed.
- 5. It is the participant's or guardian's responsibility to inform staff members of any medical problems that may inhibit your participation in a program. Please consult your doctor if you are not sure.
- 6. Please be advised that all return times are approximate. The actual times depends on the ability of the participants, prevailing weather, field conditions, and unforeseen circumstances.
- 7. All children under 18 years of age must be accompanied by an adult, except programs specifically designed for young children.
- 8. Age range for programs have been designated according to program content and will be strictly adhered to.
- 9. WARNING! Ticks may be present on all outdoor programs. To protect yourself from Lyme Disease, we recommend participants spray clothing with insect repellent which contains DEET, wear light color clothes, tuck pants into your boots or socks, always change clothes as soon as you return home and check yourself over closely for ticks. Deer ticks are present all year round.
- 10. WARNING! The rabies epidemic is present throughout the state. For your safety, please enjoy wildlife from a distance, report any wildlife behaving strangely to park staff.

REGISTRATION INFORMATION

Unless otherwise stated, all programs require registration along with payment in full at time of **registration**. Anyone attending a program or trip, without registering in advance, must pay by check or money order (cash is unacceptable). Participants will only be permitted upon availability. When a program/trip has been advertised in a previous newsletter we will accept enrollment prior to the registration date listed in this newsletter issue.

SPECIAL ASSISTANCE/ACCOMMODATIONS available upon request. For program availability or a newsletter please call:

1.877-0CPARKS (627-2757) TOLL FREE REGISTRATION LOCATIONS: TIME: 8:30a.m. • 3:30p.m. Monday-Friday Jakes Branch County Park, Beachwood 732-281-2750 Parks & Recreation Administration Office, Toms River 732-506-9090 Wells Mills County Park, Waretown 609-971-3085 Visit our WEBSITE: www.oceancountyparks.org

PROGRAM REGISTRATION APPLICATION

When registering by mail or in person, you must complete and sign the entire **Program Registration Application.** For your convenience you can print our **"Program Registration Application"** right from our website or you may copy this application; however, an original signature must be on each application. Incomplete and unsigned applications will be returned unprocessed. Please return your completed Program Registration Application along with your payment to:

Ocean County Parks & Recreation Administrative Offices 1198 Bandon Road, Toms River, N.J. 08753-3138 MAKE CHECK PAYABLE TO "COUNTY OF OCEAN"

If you would like to register in person, please visit one of our three locations listed above. Mail ins are also accepted.

Refund and Cancellation Policy

Once a program has started, fees will not be refunded nor credit issued, regardless of the reason.

REFUND POLICY

- 1. When the **Department** reschedules or cancels a program costing \$15 or more per person, a full refund will be issued by means of **a properly completed and signed Program Registration Application.**
- 2. When the **Customer** cancels participation in a program costing \$15 or more per person, having given at least two weeks notice prior to the scheduled program start date, a full refund will be issued by means of a properly completed and signed Program Registration Application.
- 3. Vouchers or credits will only be issued to the **individual whose name appears** on the check and/or reservation.

CREDIT POLICY

- 1. When a program costing less than \$15 per person is cancelled or rescheduled by the **Department**, the customer will receive a credit which is valid up to one year from the original date of that program. The credit will be applied to the household that the class was registered to.
- 2. When the **Customer** cancels participation in a program costing less than \$15 per person, having given at least two weeks notice prior to the scheduled program start date, the customer will receive a credit which has no expiration date.
- 3. If a Customer cancels a program less than two weeks prior to the scheduled program start date, regardless of the cost per person, the customer **does not** receive a credit or a refund on that program.
- 4. Once a credit has been issued, it may not be **exchanged for a cash refund** This includes all credits applied to future registrations. NO EXCEPTIONS.

The Department of Parks & Recreation reserves the right to cancel or postpone any trip or program. NOTE: See application for Refund and Cancellation Policy.

REGISTRATION FORM

Each of the undersigned, with the intention of binding himself or herself and any other persons for whom his or her signature is requested as parent or legal guardian, and the heirs, executors, administrators, and assigns of the undersigned or said other persons, does hereby knowingly and voluntarily release and discharge the County of Ocean and its officers, employees and agents, from any and all claims, demands, actions, judgements, and executions which each of the undersigned or the persons for whom his or her signature has been requested ever had, or now has, or may have or claim to have out of participation or any activity conducted, sponsored or approved by the Ocean County Parks and Recreation Department or the County of Ocean whether occasioned by the negligence of the county, its officers, agents or employees, or otherwise.

This Release and Waiver is given in consideration of the efforts of the County of Ocean in making these activities available to undersigned of the person for whom his or her signature is requested as parent or legal guardian and allowing the undersigned or such person to participate in these activities.

Each undersigned declares that prior to the execution of this Release he or she apprised him or herself of sufficient relevant data in order to intelligently exercise his or her own judgement in deciding whether to execute this Release and he or she further declares that this decision was not predicated on or influenced by any declarations or representations of the County of Ocean or its agent, officers or employees.

Each undersigned expressly agrees that the foregoing Release and Waiver is intended to be as broad as is permitted by the laws of the State of New Jersey and that if any portion thereof is held invalid, it is agreed that the balance shall notwithstanding, continue in full legal force and effect.

EACH UNDERSIGNED ACKOWLEDGES THAT HE/SHE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF ALL LIABILITY.

I need a reasonable modification for a disability to enjoy this activity ____ Yes ___ No

Upon completion of this application, please sign the Claimant's Certification & Declaration box below. In the event a program refund is necessary, for programs costing more than \$15.00 per person, this application will serve as a County Refund Voucher.

County of Ocean - Parks & Recreation Vendor Claimant's Certification & Declaration I do solemnly declare and certify under the penalties of the law that the within bill is correct in all its particulars; that no bonus has been given or received by any person or persons within the above claim; that the amount therein stated is justly due and owing.

It is understood and agreed that park visitors and participants in Ocean County Park System programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes.

 Participant's Signature	
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___/__/ Today's Date

CUSTOMEF signed	e please print f and complete OCEAN CO PROGRAM	GISTRATION FO the following information d application to the addr OUNTY PARKS & RECRE REGISTRATION APPLIC	n and return the entire ress noted below. ATION ATION
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YOU MUST SIGN THE OPPOSITE SIDE OF THIS FORM

Save The Dates!



OCEAN COUNTY PARKS & RECREATION ADMINISTRATION OFFICE 1198 Bandon Road Toms River, New Jersey 08753-3138 (732) 506-9090

PRSPT STD U.S. POSTAGE PAID PERMIT #544 LAKEWOOD, NJ 08701

Mail in Registration is Preferred REGISTRATIONS WILL BE ACCEPTED BEGINNING **Friday, June 7th** for PROGRAMS IN THIS ISSUE Early Main-Ins Will Be Returned Parks & Recreaction Administrative Office, Toms River 732-506-9090 www.oceancountyparks.org



Vistis our website: www.oceancountyparks.org for full information on all our parks, trail maps, rental forms, rules and regulations, etc. FOLLOW US ON SOCIAL MEDIA

