

# EHT Recreation



## 2022 Program Guide

### EHT Recreation Department

5045 English Creek Ave  
Egg Harbor Twp, NJ 08234  
Phone: (609) 272 - 8120  
Fax: (609) 272 - 8151  
Email: [Recreation@ehtgov.org](mailto:Recreation@ehtgov.org)  
Website: [www.ehtrec.com](http://www.ehtrec.com)

Office Hours: Monday - Friday  
8:30 am - 4:30 pm

### Registration Dates

Resident Registration Begins:  
May 9  
Non-Resident Registration  
Begins:  
May 16

On-line Registration Ends:  
May 19



30 Day



## 100 Mile Challenge

Run into summer with our 100 mile challenge!

Swing by the EHT Community Center between 8:30 am and 4:30 pm starting July 1st to pick up your free pedometer and distance tracking sheets! Turn in your tracking sheet before August 1st and pick up a prize for going the distance with us!

Try not to let stress get you down!

**FIGHT STRESS** WITH HEALTHY HABITS

- 1. Slow down.**  
Plan ahead and allow enough time to get the most important things done without having to rush.
- 2. Snooze more.**  
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.
- 3. Let worry go.**  
The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
- 4. Laugh it up.**  
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
- 5. Get connected.**  
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
- 6. Get organized.**  
Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
- 7. Practice giving back.**  
Volunteer your time or spend time helping out a friend. Helping others helps you.
- 8. Be active every day.**  
Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
- 9. Give up the bad habits.**  
Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
- 10. Lean into things you can change.**  
Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at [heart.org/HealthyForGood](http://heart.org/HealthyForGood)

EAT SMART MOVE MORE BE WELL

## Make it a Self-Care Summer!

### 10 Tips to Jump Start Sustainable Change

Tired of the roller coaster of dieting? Learn some easy tips that will get you on your way to making changes that stick.

Tips will include snacking guidance, incorporating movement into your life, how to identify and tackle your cravings and much more. The first step in changing your body is changing your mind.

Days: Wednesday, June 15  
Times: 6 pm - 8 pm  
Age: 16+  
Location: EHTCC Meeting Room  
Instructor: Keisha  
Price: Free

### Women's Run Club

Our women's health 8 week Run Club program gives females the opportunity to discover the love and benefits of running. Connecting with nature, alleviates stress and provides mental clarity. It makes a great addition to your weekly routine. You will learn proper nutrition to enhance your running as well as stretching habits before and after a run. We will focus on good form while running to prevent injury. Participants can expect to have fun as they get stronger, go further and improve their pace. Minimum distance 1.5 miles. One loop in Nature reserve. Good running bra and sneakers required

Location: EHT Nature Reserve  
Instructor: Keisha  
Ages: 18+  
Days: Wednesdays  
Time: 5:45 pm  
Dates: May 25 - June 27  
(No Class 6/15)  
Price: \$30 R / \$35 NR

# Mayors Wellness Campaign



# Special Events

## 2nd Annual Spring Craft Show

Save the Date! May 7, 2022 9am - 3pm.  
EHT Recreation will be hosting its Second Annual Spring Craft Show at the EHT Community Center.  
Visit our 80 + vendor event!

## Philadelphia Flower Show

The Annual PHS Philadelphia Flower Show is being held fully outdoors at FDR Park in South Philadelphia! This year's flower show theme is "Full Bloom". Don't delay, this trip will sell out. Call (609) 272 - 8120 to reserve your seat today. Transportation via School Bus. Transportation and admission included in fee.

Date: Thursday, June 16  
Leaves: 2 pm from  
EHT Community Center  
Departs: 8 pm from Philadelphia  
Fee: \$45  
Max: 30

## Rhythm in the Park Concert Series

Concerts run Fridays 7 pm - 9 pm at the Robert J Lincoln Amphitheater at Tony Canale Park

7/1 Jersey Jukebox  
7/8 Big Daddy Duo  
7/15 The Locals  
7/22 Juicy  
7/29 Duck & Cover  
8/5 Lisa Ontour  
8/12 The Rhythm Wranglers  
8/19 Dueling Pianos  
8/26 CCC Jazz and Wind Ensemble



## Hooked on Fishing Not on Drugs Annual Fishing Challenge

Hosted by the NJDEP Division of Fish and Wildlife along with EHT Recreation and the EHT Municipal Alliance. Join us for a fun day of fishing and prizes at the EHT Nature Reserve. The goal of this program is to redirect youth from the temptation of drugs, alcohol and tobacco by engaging in socially positive activities like fishing, learning the value of clean water and supporting community service by doing stream clean ups and tree plantings. Prizes will be given for biggest fish, smallest fish and most fish. This program is open to anyone under the age of 20.

Date: Sunday, June 5  
Time: 10 am - 12 noon  
Location: EHT Nature Reserve

## Monday Morning Madness

Shows begin Mondays at 11 am at the Robert J. Lincoln Amphitheater at Tony Canale Park

6/27 Family Stages Presents Hansel and Gretel  
7/11 Magic of Bill Kerwood  
7/18 Al Groot The Juggler  
7/25 Mr. Scott, The Music Man  
8/1 Tale Wise Presents Lost at Sea  
8/8 Curriers Presents Mammal Mania  
8/15 EHT's Own Chad Juros  
8/22 Tuckers Tales Puppet Theater  
8/29 Magic of Ken Northridge

## Movie Under the Stars

Come join EHT Recreation and watch a Movie Under the Stars in Tony Canale Park. Movies start at sundown (approx. 8 pm)

7/9 Soul (2020)  
8/13 The Mighty Ducks (1992)



## Special Tournament of Fishing

EHT Recreation will offer our Special Tournament of Fishing for children with special needs and their families. Each participant must bring an adult chaperone for the event. The program will consist of a workshop/exhibition on the basics of fishing, two hours of fishing, and an awards ceremony and a light pre-packaged lunch. Participants are encouraged to bring their own fishing pole and tackle. Recreation will provide equipment for use at the event as well. Pre-registration is required.

Location: EHT Nature Reserve  
 Date: Aug 12  
 Fishing Time: 9am – 11 am  
 Awards & Lunch: 11:30 am  
 For: EHT Individuals with physical or intellectual disabilities  
 Cost: No fee

## "Get Hooked on Fishing, Not on Drugs" Boat Trip

EHT Recreation and EHT Municipal Alliance are excited to be bringing back the "Get Hooked on Fishing Not Drugs" fishing trips to promote drug and alcohol awareness. The bus departs from the EHT Community Center and travels to Sea Isle City to board the "STARFISH". The bus will depart the Community Center at 11 am and return at approx. 6pm. For ages 7-12, a parent / guardian is required, ages 13 and up, parent / guardian is not required. A brief drug and alcohol presentation will be held for all participants prior to boarding the bus.

Date: Friday, July 15  
 Time: 11 am - 6 pm  
 Cost: \$20/participant  
 \$10/guardian

## High School Doubles Volleyball Tournament

EHT Recreation is hosting a High School Co-Ed Doubles Volleyball Tournament! Each division will consist of Round Robin games and then a Single Elimination tournament. Please bring your own water and food for the day. Prizes will be awarded for first place teams! We will be following official rules of the FIVB.

Location: Canale Park Volleyball Courts  
 Date: Saturday, July 9  
 Grades: 9 - 12 Grade  
 Time: 7 am Check In  
 Cost: \$70 / team

## Interested in becoming a 2022 Sponsor of EHT Recreation?

Egg Harbor Township Recreation Department proudly offers numerous Special Events throughout the year, including Rhythm in the Park Concert Series, Monday Morning Madness, Movies Under the Stars, the Mayor's Holiday Tree Lighting, and many more. Being an EHT Recreation Sponsor gives your business a great way to get your name out in the Township and become a partner in our community. A variety of options are available in our sponsorship program. Please call for more information at (609) 272 – 8120.



## Dodgeball

Join EHT Recreation and EHT LEAP for some summer fun! Challenge some of the LEAP volunteers to a game of dodgeball and see who can best the other team!

Preregistration is preferred but not required.

Location: EHTCC Aux Gym  
 Instructor: EHT LEAP Volunteers  
 Grades: 3 - 8  
 Days: Wednesdays  
 Dates: July 6 - August 24  
 Price: Free

### Third - Fifth Grade

Time: 10 - 11 am

### Sixth - Eighth Grade

Time: 11:15 - 12:15 pm



## Youth Mentorship Open Gym

Come join EHT LEAP & EHT Alliance as we build personal and positive rapport with the young future leaders. Different gym and lawn games will be set up weekly - from spikeball, to volleyball, to cornhole and and more.

Location: EHTCC Aux Gym  
 Instructor: EHT LEAP Volunteers  
 Grades: 6 - 12  
 Days: Tuesdays & Thursdays  
 Time: 3 - 5 pm  
 Dates: May 10 - June 23  
 Price: Free

## Flag Football

EHT Recreation is happy to be teaming up with EHT LEAP to bring Flag Football to our youth! This program will teach the basics of Flag Football and help improve skills and techniques of each player. Each week will consist of instruction followed by game play. Teams will be divided each week.

Location: Swift School Athletic Field  
 Instructor: EHT LEAP Volunteers  
 Grades: 1 - 8  
 Days: Thursdays  
 Dates: May 26 - July 14  
 Price: \$20

### First & Second Grades

Time: 5 - 5:45 pm

### Third & Forth Grade

Time: 5 - 5:45 pm

### Fifth & Sixth Grade

Time: 6 - 7 pm

### Seventh & Eighth Grade

Time: 7:15 - 8:15 pm



# Summer Adventure Camp

## EHT Recreation Summer Adventure Camp

Registration for our Summer Adventure Camp is happening now! Sign up today to secure you camper's space!

Current kindergarteners through current 7th graders

June 27 - August 26

(No Camp 7/4)

Monday - Friday

7:30 am - 5 pm

Single and Multi-week options available!

Weekly Option                \$280

8 week bundle                \$2170

9 week bundle                \$2380

10% sibling discount for additional children from the same household.

1(one) week payment required as a non-refundable deposit at time of registration.

## Field Trip Only Option

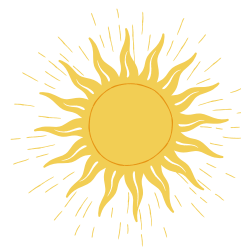
For our campers currently in  
5th, 6th, or 7th grade

Join us on ONLY Tuesdays, Wednesdays,  
and Thursdays for trip days!

The beach, bowling, the pool, skating,  
the zoo, waterpark, aquarium and  
many more!

\$180 / week

## Tentative Trips



Week 1

Cape May Zoo & NASW Aviation  
Museum

Week 2

Diggerland Or BlueClaws Game

Week 3

Adventure Aquarium

Week 4

Johnson's Corner Farm

Week 5

Franklin Institute

Week 6

FunPlex

Week 7

TBD Waterpark

Week 8

Epic Battle

Week 9

Screamer Boat or Pirate Ship  
Adventures

Trips are determined by age groups - campers may not attend trips other than the one designated for their group.



# Specialty Summer Camps

## Summer Science STEM Camp

Summer Science STEM Camp is a fun way to foster your campers interest in Science, Technology, Engineering, and Mathematics. Each day the campers will participate in hands-on activities to expand their knowledge in these areas using the STEM model of inquiry. All activities will be differentiated for age groups. At the end of the week, the campers will showcase their projects for the entire camp and parents! We will be offering 2 unique sessions this summer.

### Session 1

Days: Monday - Friday  
Times: 9 am - 12 noon  
Dates: June 27 - July 1  
Age: 8 - 12  
Location: EHT Community Center  
Instructor: Miss Gina  
Price \$165

### Session 2

Days: Monday - Friday  
Times: 1 pm - 4 pm  
Dates: August 22 - August 26  
Age: 8 - 12  
Location: EHT Community Center  
Instructor: Miss Gina  
Price \$165

## 3rd-4th Grade Basketball Camp

Learn the basics of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play.

Location: EHTCC Gym  
Instructor: Coach Cam  
Times: 10 am - 1 pm  
Grades: 3 - 4 (as of Sept 1)  
Days: Monday - Friday  
Dates: July 11 - July 15  
Price: \$165

## Creative Kids Summer Camp

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids & More. Preschoolers will start to learn their 1-2-3s and A-B-Cs as well as complete seasonal crafts and activities. Stories, music and games that correspond with the theme of the day will be included. Introduce your preschooler to the basics and structure of a classroom without the stress of a full day program! Please send them with a light snack and water bottle. Sunscreen should be applied to campers prior to arrival. Participants must be potty trained.

Location: EHTCC 117  
Instructor: Miss Doreen  
Times: 9 am - 12 noon  
Ages: 4 - 5 years old  
Days: Tuesdays, Wednesdays & Thursdays  
Dates: July 5 - August 25  
Price: \$366

## Soccer Camp

Join EHT Recreation and the New Jersey Surf Soccer for some Saturday Soccer Fun.

This program is geared for children with little to no soccer experience to help build on the basic skills already learned. This is an instructional only clinic for boys and girls. There are no teams or league play.

Our professional trainers will lead a variety of skill building soccer drills and games.

### Three - Six Year Olds

Days: Tuesday - Friday  
Dates: July 5 - July 8  
Time: 9 am - 10:30 am  
Location: Tony Canale Park  
Instructor: New Jersey Surf Soccer  
Price: \$66  
Ages: 3 - 6

### Seven - Fourteen Year Olds

Days: Tuesday - Friday  
Dates: July 5 - July 8  
Time: 9 am - 12 noon  
Location: Tony Canale Park  
Instructor: New Jersey Surf Soccer  
Price: \$132  
Ages: 7 - 14

## Field Hockey Camp

Our Field Hockey camp is for the beginner to intermediate player. A variety of skill building drills and games will improve your skills and techniques.

Days: Monday - Friday  
 Dates: July 18 - July 22  
 Time: 10 am - 1 pm  
 Location: Shires Park  
 Instructor: Miss Toni-Lynn  
 Price: \$165  
 Grades: 3 - 8 (as of Sept )

## Speed & Agility Camp

Speed & Agility Camp is for young athletes competing in any sport. This camp will focus on building athleticism, conditioning and speed on both a linear and multi-directional basis. Our high-energy environment allows athletes to train at a competitive level as well as become more motivated and confident, and will have a positive impact on your performance as an athlete. We also look to educate the athletes on proper recovery, injury prevention, and nutrition.

Location: Canale Park  
 Instructor: Coach Cam  
 Times: 10 am - 1 pm  
 Grades: 3 - 8 (as of Sept 1)  
 Days: Monday - Friday  
 Dates: July 25 - July 29  
 Price: \$165

## 5th-8th Grade Basketball Camp

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

Location: Bargaintown Park  
 Instructor: Coach Cam  
 Times: 10 am - 1 pm  
 Grades: 5 -8 (as of Sept 1)  
 Days: Monday - Friday  
 Dates: August 15 - August 19  
 Price: \$165

## National CSI Camp

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

Location: EHT Community Center  
 Instructor: Captain (ret) Sean Clancy  
 Times: 10 am - 1 pm  
 Ages: 12 - 18  
 Days: Monday - Friday  
 Dates: August 8 - August 12  
 Price: \$165

## Triple Crown Baseball Camp

Our Camp will provide high quality instruction in all facets of the game: pitching, hitting, fielding, catching, and base running. Each camper will receive a T-Shirt, certificate, and player evaluation. Daily activities will include drills, stations, live hitting, competition, and games featuring small group instruction with low instructor-to-camper ratios. Instructors are current college coaches and Cal Ripken certified youth coaches will lead demonstrations with current college baseball players and area high school players. This Camp is sure to improve your game!

Location: Veterans Memorial Park  
 Instructor: ACC Head Coach Rodney Velardi  
 Times: 9 am - 12 noon  
 Ages: 8 - 12  
 Days: Monday -Thursday (Rain date of Friday)  
 Dates: August 1 - August 5  
 Price: \$132



# Pre-School Programs

## Tiny Tigers Karate

Our karate program features a structured class to motivate children and teach them concentration, listening skills, coordination, and teamwork. Master Carson and his instructors bring a wealth of experience in leading participants in their learning.

Location: Aux Gym  
Instructor: Master Carson and Karate Staff  
Times: 5 - 5:30 pm  
Ages: 4 - 5 years old  
Days: Wednesdays  
Date: May 25 - July 27  
Prices: \$40 R / \$45 NR



## Recreation Dance

Our dance program is a great way for children to be introduced to the world of dance and learn the basics in a fun, stress-free environment from our caring instructors. Our participants will then progress through our dance program levels and refine their skills. A fantastic dance recital concludes each session. Recital will be held between November 28 and December 10.

Instructor: Miss Danielle, Miss Emma, & Miss Emilie  
Ages: 3 - 18 years old  
Price: \$175 R / \$195 NR

## Ready Set Go

This program will introduce children to a variety of exercises in a structured, safe environment including stretching, kickball, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and teamwork while playing games. Adults may be required to participate.

Location: EHTCC Gym  
Instructor: Miss Toni-Lynn  
Ages: 2 - 5

### Wednesday Class

Day: Wednesday  
Time: 10:15 - 11:15 am  
Dates: May 25 - July 20  
Price: \$72 R / \$77 NR

### Saturday Class

Day: Saturday  
Time: 10:15 - 11:15 am  
Dates: June 4 - July 30  
(No Class 6/18 or 7/2)  
Price: \$56 R / \$61 NR

## Three - Four Years Old

### Mondays

Time: 5 - 5:45 pm  
Dates: July 11 - November 21  
(No 9/5, 10/10)

Instructor: Miss Danielle

### Tuesdays

Time: 5:30 - 6:15 pm  
Dates: July 12 - November 15  
(No 11/8)

Instructor: Miss Emma

### Thursdays

Time: 5:15 - 6 pm  
Dates: July 14 - November 17  
Instructor: Miss Emilie

### Thursdays

Time: 6 - 6:45 pm  
Dates: July 14 - November 17  
Instructor: Miss Emilie



## Fencing

Learn the centuries-old art of defense with a point weapon. Students will be instructed in the basics of foil fencing, such as footwork and parries. Participants will build team working skills by judging and directing matches according to traditional rules. Returning fencing students will expand on their knowledge to become proficient with all three weapons - foil, saber, and epee. Fencing enhances confidence and coordination. Students will be divided into smaller groups based on skill and experience level. All gear is provided. Bruising may occur.

Days: Tuesdays  
Times: 6:30 - 8:00 pm  
Dates: July 5 - August 23  
Age: 11 - 18  
Location: EHTCC Aux Gym  
Instructor: Miss Amanda and Mr. James  
Price: \$ 65 R / \$ 70 NR

## Tennis Programs

This clinic is designed to teach the fundamentals of tennis. It will feature individual and group instruction from our experienced tennis staff. Ground strokes, volleys, serves and game play will be covered.

Location: Tony Canale Park Tennis Courts  
Instructor: EHT Recreation Tennis Staff  
Days: Saturdays  
Dates: July 9 - August 27  
Price: \$ 70 R / \$ 75 NR

### Junior Tots Tennis

Time: 9:00 - 10:00 am  
Ages: 6 - 7

### Beginners Tennis

Time: 10:00 - 11:00 am  
Ages: 8 - 16

### Intermediate Tennis

Time: 11:00 - 12:00 noon  
Ages: 8 - 16

## Recreation Dance

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

Recital will be held between November 28 and December 10.

Instructor: Miss Danielle, Miss Emma, & Miss Emilie

Ages: 3 - 18 years old

Price: \$175 R / \$195 NR

### Five - Seven Year Old

#### Monday

Time: 5:45 - 6:30 pm  
Dates: July 11 - November 21 (No 9/5, 10/10)  
Instructor: Miss Danielle

#### Tuesdays

Time: 6:15 - 7 pm  
Dates: July 12 - November 15 (No 11/8)  
Instructor: Miss Emma

#### Thursdays

Time: 6:45 - 7:30 pm  
Dates: July 14 - November 17  
Instructor: Miss Emilie

### Eight - Ten Year Old

#### Monday

Time: 6:30 - 7:15 pm  
Dates: July 11 - November 21 (No 9/5, 10/10)  
Instructor: Miss Danielle

#### Tuesdays

Time: 7 - 7:45 pm  
Dates: July 12 - November 15 (No 11/8)  
Instructor: Miss Emma

#### Thursdays

Time: 7:30 - 8:15 pm  
Dates: July 14 - November 17  
Instructor: Miss Emilie

### Eleven - Thirteen Year Old

#### Tuesdays

Time: 7:45 - 8:45 pm  
Dates: July 12 - November 15 (No 11/8)  
Instructor: Miss Emma

### Fourteen - Eighteen Year Old

#### Monday

Time: 7:15 - 8:15 pm  
Dates: July 11 - November 21 (No 9/5, 10/10)  
Instructor: Miss Danielle

### Hip Hop Classes

#### Eight - Twelve Year Old - Wednesdays

Time: 5:30 - 6:30 pm  
Dates: July 13 - November 16  
Instructor: Miss Danielle

#### Thirteen - Eighteen Year Old - Wednesdays

Time: 6:30 - 7:30 pm  
Dates: July 13 - November 16  
Instructor: Miss Danielle

### Contemporary

#### Thirteen - Eighteen Year Old - Wednesdays

Time: 7:30 - 8:30  
Dates: July 13 - November 16  
Instructor: Miss Danielle

# Youth Programs

## Karate

Karate students learn practical martial arts and self-defense techniques while stressing self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning. Once students move from the beginner class attendance is important. Students are required to attend a minimum of 24 classes between taking their belt tests and skills review. Karate will build their balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association.

Location: Aux Gym  
Instructor: Master Carson and Karate staff  
Dates: May 23 - July 27  
(No Class 5/30, 6/20, or 7/4)  
Days: Mondays and Wednesdays  
Ages: 6 -16 years old  
Price: \$ 80 R / \$90 NR

### Beginning Students (No Belts)

Times: 5:30 - 6 pm

### Returning Students (White - Blue Belts)

Times: 6 - 7 pm

### Advanced Students (Brown - Black Belts)

Times: 7 - 8 pm

## Open Gym Volleyball

Open gym volleyball features pick up games to build on your skills and have fun. Participants must have prior volleyball experience. We will mix up games with our adult volleyball participants under the guidance of the program leaders. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. A waiver form must be completed on site daily for drop-in players.

Location: EHTCC Gym  
Times: 6 - 8 pm  
Grades: 10 - 12  
Days: Thursdays  
Dates: May 26 - July 28  
(No Class 6/16)  
Price: \$36 R / \$41 NR

## Crafty Characters

Join Miss Doreen for a fun filled 2 hours on a Saturday Morning. Participants will listen to a story and then make a craft based on the main character!

Location: EHTCC 117  
Instructor: Miss Doreen  
Times: 10 am - 12 noon  
Days: Saturday  
Ages: 5 - 8 years old  
Price: \$ 25 R / \$ 30 NR (per session)

### "Chameleons are Cool"

Who can resist a pocket-sized, bad-tempered, color-changing, swivel-eyed, snail-paced, long-tongued sharpshooter? Kids won't be able to after reading Martin Jenkins's amazing portrait of chameleons. With the eye of a scientist and the enthusiasm of a child, Martin Jenkins reveals the very cool facts about chameleons' life and anatomy. Bring home your own watercolor chameleon.

Date: June 11

### "Just Add Glitter"

When life hands you lemons, make lemonade-- but when life's got you bored, ignored or feeling down, just add glitter. Indeed, a girl's rainy day turns around when a box containing several bottles of colored glitter arrives on her doorstep. Bring home a paper craft with just a touch of glitter.

Date: July 16

## Field Hockey

Our Field Hockey program is for the beginner to intermediate player. A variety of skill building drills and games will improve your skills and techniques. T-shirt provided.

Days: Saturdays  
Times: 8 - 9:30 am  
Dates: July 9 - August 27  
Age: 8 - 13  
Location: Shires Park  
Instructor: Miss Toni-Lynn  
Price: \$60 R / \$65 NR

## Open Gym Volleyball

Open gym volleyball features pick up games to build on your skills and have fun! Participants must have prior volleyball experience. We will mix up games with our high school and adult volleyball participants under the guidance of our program leaders. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. A waiver form must be completed on site daily for drop-in players.

Location: EHTCC Gym  
 Times: 6 - 8 pm  
 Ages: 18+  
 Days: Thursdays  
 Dates: May 26 - July 28  
 (No June 16)  
 Price: \$36 R / \$41 NR

## Open Gym Pickleball

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. The game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game. Players of all levels welcome. 3 courts will be divided by skill level.

Court 1 - Beginner / Intermediate  
 Court 2 - Intermediate  
 Court 3 - High Intermediate / Advance

Drop in for \$5 as space allows, only 24 players will be allowed in each day. No session registration is available. A waiver must be completed on site daily for drop-in players.

Dates: May 23 - July 25  
 Days: Mondays  
 Time: 6 - 8 pm  
 Ages: 18+  
 Location: EHTCC Gym  
 Price: \$5 drop in fee

## Open Gym Basketball

Our Adult Open Gym Basketball is a place to shoot some hoops. Pick-up games are formed each day. Games are based on exercise, sportsmanship, and fun. Space in the gym is limited. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. A waiver form must be completed on site daily for drop-in players.

Ages: 18+  
 Location: EHTCC Gym  
Day Time  
 Dates: May 23 - June 13  
 (No Class 5/30)  
 Days: Mondays  
 Times: 12:00 noon - 2:00 pm  
 Price: \$ 12 R / \$14 NR  
Evening  
 Dates: May 25 - July 27  
 Days: Wednesdays  
 Times: 6:00 pm - 8:00 pm  
 Price: \$ 40 R / \$45 NR

## Youth Coaching Clinic

The EHT Parks and Recreation Department will conduct a youth sports coaching clinic for coaches in our local youth sports programs. The course will focus on the basic fundamentals needed to coach any youth sport successfully. Pre-registration is required. Participants will learn:

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

Time: 6:00 pm – 9:00 pm  
 Dates: July 25  
 Ages: 18+  
 Location: EHTCC Meeting Room  
 Instructor: Rick Audet

# Adult Programs

## Tennis Programs

This clinic is designed to teach the fundamentals of tennis. It will feature individual and group instruction from our experienced tennis staff. Ground strokes, volleys, serves and game play will be covered.

Location: Tony Canale Park Tennis Courts  
Instructor: EHT Recreation Tennis Staff  
Days: Saturdays  
Dates: July 9 - August 27  
Price: \$ 70 R / \$ 75 NR

### Early Bird Tennis

Time: 7:30 - 9:00 am  
Ages: 16+

### Fast Action Drills

Time: 9:00 - 10:00 am  
Ages: 18+



## Intermediate Pickleball Clinic

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. This clinic will help you build on your current skill set and improve your game play.

60 minutes of instruction. This is a skills clinic only - no game play.

Dates: May 27 - July 22  
(No Class 7/15)  
Days: Fridays  
Times: 12:15 - 1:15 pm  
Ages: 18+  
Location: EHTCC Aux Gym  
Instructor: Bill Giannetti  
Price: \$60R / \$65NR

## Karate

Karate students learn practical martial arts and self-defense techniques while stressing self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning. Once students move from the beginner class, attendance is important. Students are required to attend a minimum of 24 classes between taking their belt tests and skills review. Karate will build their balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association.

Location: EHTCC Aux Gym  
Instructor: Master Carson and Karate staff  
Dates: May 23 - July 27  
(No Class 5/30, 6/20, or 7/4)  
Ages: 16 + years old  
Price: \$ 80 R / \$ 90 NR

### Adult Students (All Belts)

Times: 8 - 9 pm

## Beginners Pickleball Clinic

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

90 minutes of instruction followed by 90 minutes of guided open play.

Dates: May 27 - July 22  
(No Class 7/15)  
Days: Fridays  
Times: 8:45 am - 11:45 am  
Ages: 18+  
Location: EHTCC Gym  
Instructor: Bill Giannetti  
Price: \$120 R / \$130 NR

## Walk off the Pounds

If you want to lose weight and improve your fitness this year but don't know where to start, indoor walking can be your best option. This program consists of walking in place, knee lifts, forward kicks and back kicks for a total walk of 1 to 3 miles. Towel and water needed.

Days: Mondays, Wednesdays and Fridays  
 Dates: May 23 - July 29  
 (No Class 5/30, 6/20, 7/4)  
 Times: 8:15 am - 9:15 am  
 Ages: 18+  
 Location: EHTCC 111  
 Instructor: Toni-Lynn  
 Price: \$189 R / \$209

## Fun Fitness

Come join Margaret for this 45 minute class that will get your heart pumping, your muscles moving, and the laughter flowing. Kick you week off right with this fun fitness class! Please bring your own mat, fitness band, and water.

Days: Mondays  
 Dates: May 23 - July 25  
 (No Class 5/30, 6/20, 7/4)  
 Times: 8:15 am - 9 am  
 Ages: 18+  
 Location: Canale Park Amphitheater  
 (weather permitting)  
 Instructor: Margaret  
 Price: \$56 R / \$61

## Tone and Balance

This class incorporates every day balance moves and building strength with light weights. No impact, just tightening our bodies. Please bring your own mat, fitness band, and water.

Days: Wednesdays and Fridays  
 Dates: May 25 - July 29  
 Times: 8:15 am - 9 am  
 Ages: 18+  
 Location: EHTCC 113  
 Instructor: Margaret  
 Price: \$ 140 R / \$ 160 NR

## Mindful Chair Yoga

We will practice and explore experiential exercises and movements including gentle movement, chair yoga, meditation, and relaxation. Through the practices you develop a greater sense of self awareness, hone the attention of your mind, and learn new movement skills for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace. Bring a mat and water bottle.

Times: 10 - 11 am  
 Ages: 18+  
 Location: EHTCC 109  
 Instructor: Linda

### Session 1

Days: Tuesdays and Fridays  
 Dates: May 24 - July 1  
 (No class 6/7, 6/10)  
 Price: \$70 R / \$75 NR

### Session 2

Days: Tuesdays  
 Dates: July 5 - July 26  
 Price: \$ 32 R / \$37 NR

## Yoga for Health and Well-Being

Join the fun exploring and practicing yoga. Learn how to cultivate and circulate your life force energy. Build strength, balance, and increase flexibility. Calm the mind, soothe the emotions, and come home to your body. We learn how to balance action with inner stillness to take Yoga off the mat into our lives. All poses can be adapted to your body. Bring a mat and water bottle.

Days: Wednesdays  
 Dates: May 25 - July 27  
 (No Class 6/8)  
 Times: 10 - 11 am  
 Ages: 18+  
 Location: EHTCC 113  
 Instructor: Linda  
 Price: \$72 R / \$77 NR

# Fitness Classes

## Cardio Step

Step moves are choreographed into fun routines. Prior step experience preferred. The music won't let you stop moving. Have fun while burning calories. Class ends with a series of dynamic stretches. Participants will need a towel and water. This class is a must try.

Days: Wednesdays  
 Dates: May 25 - July 27  
 (No class 6/8)  
 Times: 6:30 - 7:30  
 Ages: 18+  
 Location: EHTCC 111  
 Instructor: Wendy  
 Price: \$72 R / \$77 NR

## Cardio Blast

This full body fitness class incorporates a variety of aerobic exercises with strength and core training to tone your entire body, blast calories and boost your metabolism. Designed for all fitness levels, this class will have you moving, sweating and looking forward to coming back. Participants will need a towel, mat and water.

Ages: 18+  
 Location: EHTCC 111  
 Instructor: Wendy

### Mondays

Days: Mondays  
 Times: 5:30 pm - 6:30 pm  
 Dates: May 23 - July 25  
 (No Class 5/30, 6/20, or 7/4)  
 Price: \$56 R / \$61

### Wednesdays

Days: Wednesdays  
 Times: 5:30 pm - 6:30 pm  
 Dates: May 25 - July 27  
 (No Class 6/8)  
 Price: \$72 R / \$77 NR

## Power Flow Yoga

Power Flow Yoga is taking the summer off! It will return at the end of August!



## Zumba with Kendale - Mini Session

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

Days: Tuesdays  
 Dates: May 24 - June 14  
 Times: 5:30 - 6:30 pm  
 Ages: 18+  
 Location: EHTCC 113  
 Instructor: Kendale  
 Price: \$32 R / \$37 NR



# Fitness Classes

## Tabata

Tabata is a High Intensity Interval Training (HIIT) workout that incorporates cardio and strength training for all fitness levels. It is designed in a ratio of 20 seconds of work to 10 seconds of rest in 4 minute sets, followed by a recovery period. You work at your pace. This workout will increase your overall cardiovascular fitness and endurance while you burn a ton of calories to shed pounds. Best of all it is a lot of fun!!

Ages: 18+  
Location: EHTCC 111  
Instructor: Keisha

### Mondays

Days: Monday  
Times: 6 - 7 pm  
Dates: May 23 - July 25  
(No Class 5/30, 6/20, or 7/4)  
Price: \$ 56 R / \$61 NR

### Thursdays

Days: Thursdays  
Times: 6 pm – 7 pm  
Dates: May 26 - July 28  
(No Class 6/16)  
Price: \$ 72 R / \$77 NR

## Barre

Barre is a full-body workout that fuses elements of ballet, Pilates, sports conditioning, and stretching for a low impact, total body workout, focused on evenly sculpting and elongating muscles. All levels welcome.

Please bring a yoga mat and water bottle.

Days: Fridays  
Dates: June 24 - August 19  
Times: 10 am - 11 am  
Ages: 18+  
Location: Canale Park Amphitheater  
(weather permitting)  
Instructor: Veronica  
Price: \$90 R / \$100 NR



## Punch Cards

Interested in taking some classes, but unsure which one? Don't know if you can make it every week? Want to see which class suits your needs the best?

Opt for one of our Punch Cards

### Fitness Punch Cards

8 Class Option	\$ 80 R / \$ 85 NR
16 Class Option	\$ 160 R / \$165 NR

# Spin classes

## Kick It Up Cardio Spin with Margaret

Kick it Up Cardio Spin will combine the best elements of spinning along with toning your upper body; incorporating exercises using light weights while remaining seated on the bike. This class is intense! Are you ready to shed those calories? Towel and water needed

Ages: 18+  
Location: EHTCC 112  
Instructor: Margaret

### Mornings

Days: Mondays and Fridays  
Times: 9:30 - 10:30 am  
Dates: May 23 - July 29  
(No class 5/30, 6/20, 7/4)  
Price: \$ 153 R / \$ 173 NR

### Evenings

Days: Wednesdays  
Times: 6:30 - 7:30 pm  
Dates: May 25 - June 29  
Price: \$ 60 R / \$ 65 NR

## Wild Wednesday Spin

Our class is designed to be a highly effective way to build cardiovascular strength and endurance. We offer a challenging ride with fun and energizing music. It's the perfect opportunity to get your heart pumping while you burn some serious calories .

Towel and water needed

Ages: 18+  
Location: EHTCC 112  
Instructor: Margaret or Dina  
Days: Wednesdays  
Times: 5:00 - 6:00 pm  
Dates: July 6 - July 27  
Price: \$ 40 R / \$ 45 NR

## Cycle with Joe

Something for everyone! Intervals, rolling hills and sprints all to music hand-picked to motivate and inspire! This is a great work out if you want to burn calories and increase endurance! Come join the fun! Towel and water required.

Ages: 18+  
Location: EHTCC 112  
Instructor: Joe  
Tuesdays  
Days: Tuesdays  
Times: 6:35 - 7:35 pm  
Dates: May 24 - July 26  
Price: \$100 R / \$110 NR

Thursdays  
Days: Thursdays  
Times: 6:30 pm - 7:30 pm  
Dates: May 26 - July 28  
(No Class 6/17)  
Price: \$ 90 R / \$ 100 NR

## Friday Happy Hour Spin with Adele

And it's definitely a happy hour! Come join us for a fun ride to Ride Down the Week.

This 50 minute class is for riders of all skill levels. Experience climbs, flats, and some all out sprints, while riding to energizing music. You'll love the energy in the class and the benefits to your body when you leave! Come join the fun- singing allowed and encouraged. Towel and water required

Days: Fridays  
Dates: May 27 - July 29  
(No Class 6/17)  
Times: 5:30 - 6:30 pm  
Ages: 18+  
Location: EHTCC 112  
Instructor: Adele  
Price: \$90 R / \$100 NR



# Spin Classes

## Triple Threat Spin with Dina

These classes incorporate full body dynamic movements to push your limits using dumbbells, varied intervals and multi-directional movements which help develop more cardiovascular conditioning and functional strength. You never repeat the same workout twice which keeps your body challenged and in full fat-burning mode.

Towel and water required



## Manic Monday Spin

Days: Mondays  
 Dates: May 23 - July 25  
 (No Class 5/30, 6/20, 7/4, 7/18)  
 Times: 5:30 - 6:30 pm  
 Ages: 18+  
 Location: EHTCC 112  
 Instructor: Dina  
 Price: \$60 R / \$ 65 NR

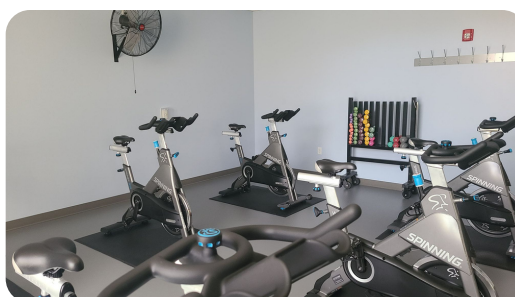


## Werk It Wednesday Spin

Days: Wednesdays  
 Times: 5:15 - 6:15  
 Dates: May 25 - June 29  
 Ages: 18+  
 Location: EHTCC 112  
 Instructor: Dina  
 Price: \$ 60 R / \$ 65 NR

## Thirsty Thursday Spin

Days: Thursdays  
 Dates: May 26 - July 21  
 (No Class 6/16, 7/12)  
 Times: 5:00 - 6:00 pm  
 Ages: 18+  
 Location: EHTCC 112  
 Instructor: Dina  
 Price: \$80 R / \$85 NR



## Punch Cards

Interested in taking some classes, but unsure which one? Don't know if you can make it every week? Want to see which class suits your needs the best?

Opt for one of our Punch Cards

## Spin Punch Cards

3 Class Option	\$ 36 R / \$ 41 NR
6 Class Option	\$ 72 R / \$ 77 NR
9 Class Option	\$ 108 R / \$ 118 NR
12 Class Option	\$ 132 R / \$ 142 NR



## Registration & Program Policies

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

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

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

Parks and Recreation reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios. Children must be the proper age before the program begins and as noted in program description.

Only those enrolled in the program may attend.

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

## Return Check Charge

Any check returned for any reason will be charged a \$20.00 service charge.

## EHT Refund Policy

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

- Refunds will NOT be issued once a program begins. Full refunds are granted in the event that a class is full or cancelled by the Recreation Department.
- Once a class begins, if you are dissatisfied, we can transfer you to another class or offer you a prorated household credit
- Special consideration will be given for life altering situations.
- All refunds will follow the Finance Department's bill-paying schedule and be issued by Township check. There will be no cash refunds or credit card refunds. Please allow ample time for refund to be mailed.

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

## Wait Lists

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

## Insurance Information

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

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

## Cancellation

The best way to find out if a program or class has been canceled due to weather is to check our webpage [www.ehtrec.com](http://www.ehtrec.com) or our Facebook page. The Recreation Department does NOT follow the school calendar. If school is cancelled due to inclement weather, please check our webpage [www.ehtrec.com](http://www.ehtrec.com) or our Facebook Page for the status of our programs.

## We Love Parents But...

Parents are allowed to attend their child's first day of class (unless specified by the instructor). Please do not remain in the hallway or the classroom after dropping off your child. This is in your child's best interest, as continual interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Thank you for your cooperation.

## Inclusive Statement

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

## Hey -What Happened To My Class?

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

## Email List

Please set up an account through our website to be added to our email database and receive important information on the Department and our programs! Visit [www.ehtrec.com](http://www.ehtrec.com), click Account, then Create Account.

## Oops!

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

## No News is Good News

We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

## Photo Policy

Please be advised that all participants involved in any Parks and Recreation Department program or special event are subject to being photographed. Such photographs may be used by the Township of Egg Harbor without obligation to provide notice or compensation to those photographed. Any participant or parent/guardian of participant that does not wish to be photographed must notify the Recreation Department in writing.

**\*\*Covid-19 Procedures Supersede all other policies at this time\*\***





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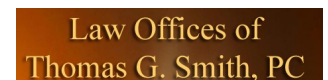
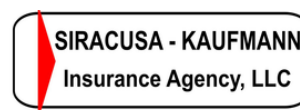
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