

# 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:  
September 19  
Non-Resident Registration  
Begins:  
September 26

On-line Registration Ends:  
October 6



# BUS TRIPS ARE BACK!

All trips depart from the **EHT Community Center, 5045 English Creek Ave.** Seats are limited. Participants minimum age is 10 years old, participants ages 10 - 17 must be accompanied by an adult.

Registration can be done online at [www.ehtrec.com](http://www.ehtrec.com) or in person at the Recreation office located at 5045 English Creek Ave, Monday - Friday, 9 am - 4:30 pm. Payment must be made at the time of reservation.

Trips that have not reached minimum capacity will be canceled 2 weeks prior to the trip.

Refunds will only be given if cancelations is made 10 working days in advance. \$5 processing fee will apply

## Baltimore

**October 15**

A myriad of activities, historical attractions, and shopping awaits you along the beautiful Inner Harbor.

**Leaves:** EHT Community Center 7 am

**Departs:** Inner Harbor at 6 pm

**Cost:** \$55 pp

## New York City

**November 19**

**December 17**

Explore the city that never sleeps! We get you there, what you do is entirely up to you. Where we drop you off is where we pick you up.

**Leaves:** EHT Community Center 8 am

**Departs:** New York City at 7 pm

**Cost:** \$55 pp

## Washington DC

**December 10**

This bus will drop you off near the museums where you can make your own connections to other points of interest. Whatever you decide to do it will be a fun filled day!

**Leaves:** EHT Community Center 7 am

**Departs:** Washington DC at 6 pm

**Cost:** \$55 pp



Bus Trips

# Special Events

## Halloween Spooktacular

Join EHT Recreation at the EHT Community Center for a Spooktacular good time this Halloween! Our event will offer treats, games, craft stations, pumpkin decorating, and a costume contest with prizes! Come dressed in your Halloween costume! For ages 3 - 11, Pre-registration required.

Date: Sunday, October 23  
Time: 12:30 - 2 pm  
Location: EHTCC Parking Lot  
Ages: 3 - 11 years old  
Fee: \$5

## Grab - n- Go Crafts

Looking for a fun spooky project? Swing by the EHT Community Center beginning on October 11 between 9 am and 4:30 pm to pick up a grab and go Halloween craft! The only supplies you'll need at home are scissors and glue! Available for EHT Residents only. For more information contact the Recreation Office at (609) 272 -8120.

## 12th Annual Holiday Craft Show

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

Date: Saturday, November 12  
Time: 9 am - 3 pm

## 4th Annual Holiday Tree Lighting

Join Mayor Hodson and Township Committee along with EHT Recreation for EHT's 4th Annual Holiday Tree Lighting. Dress for the weather as this event is outdoor and indoor. A special guest will arrive to help Mayor Hodson light the tree.

Date: Saturday, December 3  
Time: 5:00 pm  
Location: EHT Community Center

## Drop and Shop

Drop the kiddos off for an afternoon of fun while you do your last minute holiday shopping!

Miss Doreen and our caring staff will have holiday crafts, activities, and a short movie for them to watch. Please send your child with a water bottle and a snack.

Date: Saturday, December 17  
Time: 12 pm - 3 pm  
Ages: 4 - 8  
Fee: \$10 for the first child  
\$5 for each additional child

## Interested in becoming a 2023 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.





## Creative Kids

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids. They will start to learn their 1-2-3's and A-B-C's as well as do seasonal crafts and activities. Other activities such as stories, music and games that correspond with the theme of the week will be included. Introduce your preschooler to the basics and structure of a classroom with fun activities without the stress of a full day program!

Participants must be potty-trained.

Location: EHTCC117  
 Instructor: Miss Doreen  
 Times: 10 am - 12 noon  
 Ages: 3 - 5 years old

### Two Day Option

Days: Tuesdays and Thursdays  
 Dates: September 13 - December 15  
 (No Class 11/8 or 11/24)  
 Price: \$ 252 R / \$ 272 NR

### Three Day Option

Days: Mondays, Wednesdays, and Fridays  
 Date: September 12 - December 16  
 (No Class 10/10, 11/11, 11/25)  
 Prices: \$ 378 R / \$ 398 NR



## 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: October 12 - December 21  
 (No Class 11/23)  
 Prices: \$40 R / \$45 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: October 12 - December 21  
 (No Class 11/23)  
 Price: \$ 80 R / \$ 90 NR

### Saturday Class

Day: Saturday  
 Time: 10:15 - 11:15 am  
 Dates: October 22- December 17  
 (No Class 11/12 or 11/26)  
 Price: \$ 56 R / \$ 61 NR

# 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: October 12 - December 21  
(No Class 10/31, 11/23)  
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

## 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 more. Pre-registration recommended. Drop-ins welcome as space allows. For drop-ins parent/guardians must sign a waiver on site each day.

Location: EHTCC Gym  
Instructor: EHT LEAP Volunteers  
Grades: 4 - 12  
Days: Mondays and Wednesdays  
Time: 3 - 5 pm  
Dates: September 19 - December 21  
(No class 10/10, 11/7, 11/9, 11/23)  
Price: Free

## 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)

### "Four Friends in Autumn"

It's a beautiful fall day -- perfect for dinner with friends. But will it ever be time to eat? It's autumn! The air is cool and crisp, and the leaves have changed to bright golds and reds. Mistress Pig wants to celebrate her favorite season by cooking a big feast for her friends. Enjoy the story and make a festive fall luminary!

Date: October 1

### "The Magic Pumpkin"

A deceptively simple text with a lyrical rhythm describes a pear-shaped pumpkin growing in a garden, who unexpectedly whispers that he'll protect the yard from the 'foolies.' After reading the story make a clay pumpkin decoration!

Date: October 29

## STEM Saturday

Join Miss Gina for an exciting hands on approach to science! Each class will provide unique opportunities to conduct fun and engaging experiments and activities. Each session will offer seasonal themed STEM challenges.

Location: EHTCC 117  
Instructor: Miss Gina  
Times: 10 am - 12 noon  
Days: Saturday  
Ages: 8 - 12 years old  
Price: \$35 R / \$40 NR (Per session)

### Session 1

Date: October 22

### Session 2

Date: November 19

## EHT Youth Recreation Basketball League

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

Program is for EHT Residents Only. Coaches are needed for this program, if interested, please email [raudet@ehtgov.org](mailto:raudet@ehtgov.org). Coaches meetings will be held in October and November. Practices will start in November, with games starting in December 2022. Registration deadline is October 7.

Player evaluations will be held the last week of October. Exact dates/times are listed below. Player evaluations held solely to assess player ability level and create evenly balanced teams, it is not a try out and there are no cuts. Players should make every effort to attend, if a player does not attend, they will still be placed on a team.

Division	Date	Time
3 / 4 Girls	October 24	5:15 pm
3 / 4 Boys	October 26	5:15 pm
5 / 6 Girls	October 25	5:15 pm
5 / 6 Boys	October 26	7:15 pm
7 / 8 Girls	October 25	7:15 pm
7 / 8 Boys	October 25	7:15 pm
High School Co-ed	October 24	7:15 pm

Grades: 3 - 12  
Price: \$ 100

## Winter Break Camp

Have an exciting week off school with EHT Recreation and our awesome summer camp staff! Each day will feature a variety of groups games and activities at the Community Center to keep your camper busy and active. Multiple field trips will be hosted during the week. Campers will need to bring lunch and a water bottle everyday to camp.

Location: EHTCC  
Grades: K - 5  
Days: Tuesday - Friday  
Time: 9 am - 4 pm  
Dates: December 27 - December 30  
Price: \$230



## 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. Drop ins are allowed for \$20/day as spaces allows

Dates: October 14 - December 16  
(No Class 11/11, 11/25)  
Days: Fridays  
Times: 8:45 am - 11:45 am  
Ages: 18+  
Location: EHTCC Gym  
Instructor: Bill Giannetti  
Price: \$120 R / \$130 NR

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

Dates: October 14 - December 16  
(No Class 11/11, 11/25)  
Days: Fridays  
Times: 12:15 - 1:45 pm  
Ages: 18+  
Location: EHTCC Aux Gym  
Instructor: Bill Giannetti  
Price: \$ 90 R / \$100 NR

## M.K. Betterment Park Update



Exciting improvements are coming to M.K. Betterment Park! The Township has been overseeing an improvement project this year at our park. We are building a new pickleball court facility consisting of 8 courts. The pickleball courts will have court lighting installed as well and will be open for play from sunrise to 10:00 p.m. daily. Please note that once the new pickleball courts are opened, the Township will close the pickleball courts at Delilah Oaks Park and will plan to turn those courts back into one tennis court. We are proud to say that EHT will have one of the nicest pickleball facilities in all of South Jersey!



The M.K. Betterment Park project also includes a new basketball court, new parking lot and a renovated park building. Additional improvements include a new retention basin, sidewalk and various site amenities. The current project is phase one of what we hope will be future additional improvements at the park as well. M.K. Betterment Park is located on the corner of Cates Road and Atlas Lane Road across the street from the South Jersey Gas facility.



We are excited to see the benefits these park improvements will bring to the EHT community. Thank you to everyone for their patience during our improvement project. Please stay tuned to our Facebook page for more information on when the park will open and our ribbon cutting ceremony!



## 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 to learn, but can develop into a quick, fast-paced, competitive game.

All players are welcome. Times are designated for different levels of players.

**Level 1** - Beginner / Novice / Intermediate Players

**Level 2** - Intermediate Players

**Level 3** - Intermediate / Advanced Players

Session registration available for Session Fee or Drop in for \$5 as space allows, only 30 players will be allowed in each day. **Drop-ins will not be allowed for the first 30 minutes of any session.** A waiver must be completed on site daily for drop-in players.

### Level 1 - Open Gym Pickleball

#### Tuesdays

Days: October 11 - December 13  
(No Class 11/8)

Time: 9 am - 11 am  
(Drop In players 9:30 - 11am)

Ages: 18+

Location: EHTCC Gym

Price: \$36 R / \$ 41 NR

#### Thursdays

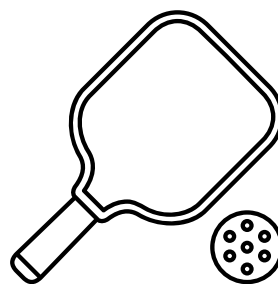
Days: October 13 - December 15  
(No Class 11/24)

Time: 2 pm - 4 pm  
(Drop In players 2:30 - 4 pm)

Ages: 18+

Location: EHTCC Gym

Price: \$ 36 R / \$ 41 NR



### Level 2 - Open Gym Pickleball

#### Tuesdays

Days: October 11 - December 13  
(No Class 11/8)

Time: 11:30 am - 1:30 pm  
(Drop In players 12noon-1:30pm)

Ages: 18+

Location: EHTCC Gym

Price: \$36 R / \$ 41 NR

#### Thursdays

Days: October 13 - December 15  
(No Class 11/24)

Time: 11:30 am - 1:30 pm  
(Drop In players 12noon-1:30pm)

Ages: 18+

Location: EHTCC Gym

Price: \$ 36 R / \$ 41 NR

### Level 3 - Open Gym Pickleball

#### Tuesdays

Days: October 11 - December 13  
(No Class 11/8)

Time: 2 pm - 4 pm  
(Drop In players 2:30 - 4 pm)

Ages: 18+

Location: EHTCC Gym

Price: \$36 R / \$ 41 NR

#### Thursdays

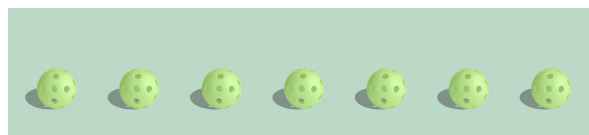
Days: October 13 - December 15  
(No Class 11/24)

Time: 9 am - 11 am  
(Drop In players 9:30 - 11am)

Ages: 18+

Location: EHTCC Gym

Price: \$ 36 R / \$ 41 NR



# Adult Programs

## 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  
Dates: October 17 - December 19  
Days: Mondays  
Times: 12:00 noon - 2:00 pm  
Price: \$ 40 R / \$ 45 NR



## Adult Cooking - Simply Made with Chef Josh

Join Chef Josh as he teaches you the skills and methods to feel more comfortable and confident in the kitchen

Location: EHTCC Multi-Purpose Room Kitchen  
Instructor: Chef Josh  
Ages: 18 +  
Price: \$ 65 R / \$ 70 NR (per session)

### Holiday Series: Best of Thanksgiving

Join Chef Josh as he guides you through preparing a thanksgiving meal sharing some of his favorite tips, tricks, and methods to take the stress out of this holiday season.

Date: October 15  
Time: 10 am - 1 pm

## 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: October 12 - December 21  
(No Class 10/31, 11/23)

Ages: 16 + years old  
Price: \$ 80 R / \$ 90 NR

### Adult Students (All Belts)

Times: 8 - 9 pm

## 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: November 2  
Ages: 18+  
Location: EHTCC Meeting Room  
Instructor: Rick Audet

## 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: October 12 - December 30  
 (No Class 11/11, 11/25, 12/23, 12/26)  
 Times: 8:15 am – 9:15 am  
 Ages: 18+  
 Location: EHTCC 111  
 Instructor: Toni-Lynn  
 Price: \$ 217 R / \$ 237 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  
 Days: Tuesdays  
 Dates: October 11 - December 20  
 (No Class 11/8)  
 Price: \$ 80 R / \$ 90 NR

## Tone with Margaret

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: Monday, Wednesdays and Fridays  
 Dates: October 12 - December 30  
 (No Class 10/31, 11/11, 11/25, 12/23, 12/26)  
 Times: 8:15 am – 9 am  
 Ages: 18+  
 Location: EHTCC 113  
 Instructor: Margaret  
 Price: \$ 210 R / \$ 230 NR  
**Two Day Options Available** - Choose any 2 days a week to attend Tone with Margaret  
 Price: \$ 168 R / \$ 188 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: October 12 - December 21  
 Times: 10 - 11 am  
 Ages: 18+  
 Location: EHTCC 113  
 Instructor: Linda  
 Price: \$ 88 R / \$ 98 NR

## The Power of Mindfulness

Connect with your true nature to create harmony in your life. Dive deeply into the practices of the Body Scan, various meditation practices, wisdom teachings, and dialog. Cultivate cognitive and emotional skills to relieve suffering and restore/enhance harmony in your life. Learn to tend and befriend the moment, yourself and our human family. We are all in this life together.

Days: Tuesdays  
 Dates: October 11 - December 20  
 (No Class 11/8)  
 Times: 11:30 - 12:30 pm  
 Ages: 18+  
 Location: EHTCC 118  
 Instructor: Linda  
 Price: \$ 80 R / \$ 90 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 Fitness and Spin Punch Cards**

4 Class Option	\$ 40 R / \$ 45 NR
8 Class Option	\$ 80 R / \$ 90 NR
16 Class Option	\$ 160 R / \$ 180 NR

# Fitness/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

### Mondays

Days: Mondays  
Times: 9:30 - 10:30 am  
Dates: October 17 - December 19  
(No Class 10/31)

Price: \$ 72 R / \$ 77 NR

### Evenings

Days: Wednesdays  
Times: 6:30 - 7:30 pm  
Dates: October 12- December 28  
(No Class 11/23)

Price: \$ 80 R / \$ 90 NR

### Fridays

Days: Fridays  
Times: 9:30 - 10:30 am  
Dates: October 14 - December 30  
(No Class 11/11, 11/25, 12/23)

Price: \$ 64 R / \$ 69 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: October 17 - December 12  
(No Class 10/31, 11/14)

Price: \$ 56 R / \$ 61 NR

### Wednesdays

Days: Wednesdays  
Times: 5:30 pm – 6:30 pm  
Dates: October 19 - December 14  
(No Class 11/9, 11/23)

Price: \$ 56 R / \$ 61 NR

## Monday Lunchtime Ride with Adele

Join us for a fun 50 minute ride to kickstart your week. Add energy to your day with this simulated group ride across America. Same great energy and music as the Friday Night Happy Hour ride. All levels welcomed. Don't forget your towel and water bottle.

Days: Mondays  
Dates: October 17 - December 19  
Times: 1 - 2 pm  
Ages: 18+  
Location: EHTCC 112  
Instructor: Adele  
Price: \$ 80 R / \$ 90 NR

## 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: October 17 - December 19  
(No Class 11/7)

Price: \$ 72 R / \$ 77 NR

### Thursdays

Days: Thursdays  
Times: 6 pm – 7 pm  
Dates: October 13 - December 22  
(No Class 11/3, 11/24, 12/15)

Price: \$ 64 R / \$ 69 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: October 11 - December 27  
(No Class 11/8)  
Price: \$ 88 R / \$ 98 NR

### Thursdays

Days: Thursdays  
Times: 6:30 pm - 7:30 pm  
Dates: October 13 - December 29  
(No Class 11/24)  
Price: \$ 88 R / \$ 98 NR

## Double It Up 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: October 17 - December 19  
(No Class 11/14)  
Times: 5:45 - 6:45 pm  
Ages: 18+  
Location: EHTCC 112  
Instructor: Dina  
Price: \$ 72 R / \$ 77 NR

### Werk It Wednesday Spin

Days: Wednesdays  
Times: 5:15 - 6:15  
Dates: October 19 - December 28  
(No Class 11/9 or 11/23)  
Ages: 18+  
Location: EHTCC 112  
Instructor: Dina  
Price: \$ 88 R / \$ 98 NR

## Zumba with Kendale

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: October 11- December 20  
(No Class 11/8)  
Times: 5:30 - 6:30 pm  
Ages: 18+  
Location: EHTCC 113  
Instructor: Kendale  
Price: \$ 80 R / \$ 90 NR

## Power Flow Yoga

60 minute Journey into Power Flow practice. Creating alignment, linking breath from one movement into the next. This practice combines physicality with a mindfulness ease creating a cleansing space to reset the body and mind. Yoga mat and water required for class.

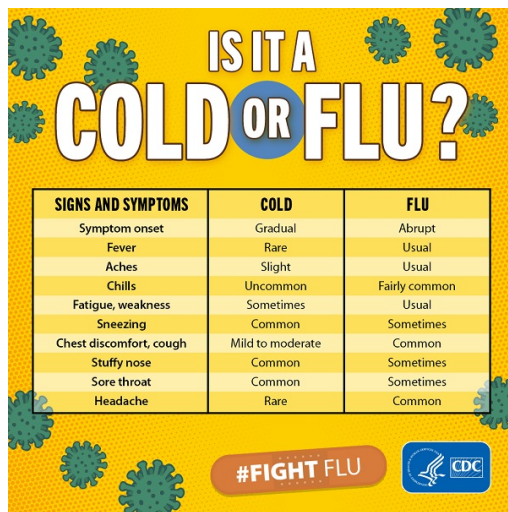
Days: Tuesdays  
Dates: November 1- December 20  
(No Class 11/8, 12/6)  
Times: 5:30 - 6:30 pm  
Ages: 18+  
Location: EHTCC 111  
Instructor: Colleen  
Price: \$ 56 R / \$ 61 NR

## 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: October 14 - December 16  
(No Class 11/11, 11/25, 12/9)  
Times: 5:30 - 6:30 pm  
Ages: 18+  
Location: EHTCC 112  
Instructor: Adele  
Price: \$ 56 R / \$ 61 NR

## Know the symptoms



## Plogging

***Plogging! Picking Up Litter while Jogging!  
It's the newest craze that is great for the  
environment, the community, and your  
health!***

Swing by the community center Monday - Friday 9 am - 4 pm to pick up your supplies. Plog through your favorite park and leave the bags by the parking lot. Don't forget to take some pic and hashtag!

#Plogging #EHTREC

#EHTMayorsWellnessCampaign

#EHTCleanCommunities



## Clean hands are healthy hands!



## 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.



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