

EHT RECREATION

SUMMER 2023 PROGRAM GUIDE

DEPARTMENT INFORMATION

5045 English Creek Ave
Egg Harbor Township, NJ 08234
Phone: (609) 272 - 8120
Fax: (609) 272 - 8151
Email: Recreation@ehtgov.org
Website: www.EHTRec.com
Office Monday - Friday
Hours: 8:30 am - 4:30 pm

REGISTRATION DATES

Resident Registration
Begins: June 7
Non-Resident Registration
Begins: June 19

On-line Registration
Ends: June 28



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SPECIAL EVENTS

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

EHT Recreation and EHT Municipal Alliance are excited bring back the "Get Hooked on Fishing Not Drugs" fishing trip to promote drug and alcohol awareness. The bus departs the EHT Community Center and travels to Sea Isle City to board the "STARFISH." The bus departs the Community Center at 11 AM and returns at approximately 6 PM. 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 21
Time	11 am - 6 pm
Cost	\$20/participant \$10/guardian

Unified Fishing Boat Trip

EHT Recreation's unified fishing event for those with special needs and their families aboard the Starfish Boat out of Sea Isle City. Each participant must bring an adult chaperone for the event. All participants will meet EHT Recreation staff at the dock to board the boat together. Starfish staff along with recreation staff and volunteers will provide assistance and basic demonstrations. The boat trip is four (4) hours in duration with approximately two (2) hours of fishing. A light lunch will be provided.

All equipment and bait will be provided by Starfish Boats.

Pre-registration is required.

Location	Starfish Boat, Sea Isle City
Date	August 2
Time	1 pm - 5 pm
For	EHT residents with physical or intellectual disabilities
Cost	No fee

Monday Morning Madness

Presented by: Mott Watkins Associates, LLC

Shows held at Robert J Lincoln Ampitheater in Tony Canale Park. Shows begin at 11 am.

6/26	Family Stages-"Puss in Boots"
7/03	Magic of Bill Kerwood
7/10	Hip Hop Juggler
7/17	Curriers - "Western Everything"
7/24	Magic of Ken Northridge
7/31	Curriers - "Dino Puppets"
8/07	Singer/Songwriter Mark Rust
8/14	Talewise - "Saving Earth Together"
8/21	Magic of EHT's Own Chad Juros

Rhythm in the Park Concert Series

Presented by: Champion Fastening Systems

Concerts held at Robert J Lincoln Ampitheater in Tony Canale Park. Concerts begin at 7 pm.

6/23	B'JAM
6/30	RCSJ-Cumberland Bands
7/07	Big Daddy Duo
7/14	Poor Mouth Henry
7/21	Gospel Duo Duncan & Rachelle
7/28	Sir Rod
8/04	Suite Inspiration
8/11	Rhythm Wranglers
8/18	Dueling Pianos
8/25	Jersey Jukebox

Movies Under the Stars

Presented by: EHT Clean Communities

Movies held at Robert J Lincoln Ampitheater in Tony Canale Park. Movies begin at dusk (approximately 8 pm)

7/15	Top Gun (1986)
7/22	Top Gun Maverick (2022)
8/19	Lightyear (2022)

MAYORS WELLNESS CAMPAIGN



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 - 4 beginning June 30 to pick up your supplies. Plog through your favorite park and leave the bags by the parking lot. Don't forget to take some pics and hashtag! #Plogging #EHTREC #EHTMayorsWellnessCampaign #EHTCleanCommunities



FRESH SUMMER SALAD

HappiHuman.com

Makes 4 Servings | 20 Min. Prep | 0 Min. Cooking

INGREDIENTS	METHOD
<ul style="list-style-type: none">• 4 cups Arugula• 1/2 cup Strawberries (sliced)• 1/2 cup Raspberries• 1/2 cup Blueberries• 1/2 cup Pecans (toasted)• 1 Avocado (peeled and diced)• 1/4 cup Basil Leaves (chopped)• 1/2 Grapefruit (juiced)• 2 Tbsps Extra Virgin Olive Oil• 2 Tbsps Apple Cider Vinegar• Sea Salt and Pepper, to taste	<p>01 Divide arugula evenly among 4 salad bowls</p> <p>02 Evenly divide the pecans, diced avocado, strawberries, blueberries and raspberries among all bowls. Sprinkle each bowl with a bit of chopped basil.</p> <p>03 Make the dressing by combining grapefruit juice, olive oil, apple cider vinegar, and a pinch of salt and pepper in a small bowl and stir.</p> <p>04 Spoon the dressing evenly over each bowl. Enjoy!</p>

TOOLS

- 4 salad bowls
- Small mixing bowl
- Cutting board and knife

TIP: If you cannot get arugula, substitute it for organic baby spinach instead.

SPECIALTY CAMPS

Summer Adventure Camp

Join EHT Recreation for a fun filled summer! Weekly trips to the beach, bowling, mini golfing, the pool and more! We'll head to the water park, the zoo, the ballpark, and many more exciting trips! Your campers will make lasting friendships and summer memories to last all year long.

One-week non-refundable deposit due at time of registration.

10% sibling discount for additional children in the same household

Space is extremely limited. Full Summer is no longer available. Please call the Recreation Office for available weeks.

5 Day Option

Instructor Recreation Summer Staff
Grades Current K - Current 7
Location EHT Community Center and Various Field Trips
Days Monday - Friday
Times 7:30 am - 5 pm
Price \$290/Week

3 Day Field Trip Only Option

Instructor Recreation Summer Staff
Grades Current 5 - Current 7
Location EHT Community Center and Various Field Trips
Days Tuesday- Thursday
Times 7:30 am - 5 pm
Price \$190/Week

Field Hockey Camp

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

Days: Monday - Friday
Dates: July 31 - August 4
Time: 10 am - 1 pm
Location: Shires Park
Instructor: Miss Toni-Lynn
Price: \$ 165
Grades: 3 - 8 (as of Sept. 1, 2023)

Creative Kids Summer Fun

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids Summer Fun. 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.

Instructor Ms. Doreen
Ages 4 - 5
Location EHTCC
Days Tuesday - Thursday
Times 9 am - 12 noon
Dates June 27 - August 24
(No 7/4)
Price \$ 410 R / \$ 430 NR

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: 9:30 am - 11:30 am
Grades: 3 - 4 (as of Sept 1)
Days: Monday - Friday
Dates: July 24 - July 28
Price: \$ 110

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: 9:30 am - 11:30 am
Grades: 5 - 8 (as of Sept 1, 2023)
Days: Monday - Friday
Dates: August 14 - August 18
Price: \$ 110

SPECIALTY CAMPS

Soccer Camp

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

Location: Tony Canale Park
Days: Monday - Friday
Dates: July 17 - July 21
Instructor: New Jersey Surf Soccer
Three - Six Year Olds

Time: 9 am - 10:30 am
Price: \$80
Ages: 3 - 6

Seven - Fourteen Year Old

Time: 9 am - 12 noon
Price: \$165
Ages: 7 - 14



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: Tony Canale Park
Instructor: Coach Cam
Times: 9 - 11 am
Grades: 4 - 8 (as of Sept 1, 2023)
Days: Monday - Friday
Dates: July 10 - July 14
Price: \$110

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! The showcase will be at 3:30 - 4 pm on the Friday of each camp. We will be offering 2 unique sessions this summer.

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

Session 1

Dates: July 10 - July 14

Session 2

Dates: August 14 - August 18

National CSI Camp

Work a mock crime scene investigation from beginning to end, culminating in a mock trial!

Collect evidence using the most up-to-date modern techniques and methodologies.

Follow the clues left behind by the suspect(s) and develop supporting evidence to solve the crime.

This educational camp is for students with an interest in law enforcement or related forensic sciences, designed to challenge all students while having fun.

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: 9 am - 12 pm
Grades: 7 - 12
Days: Monday - Friday
Dates: August 21 - August 25
Price: \$165

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.

Instructor Master Carson and Karate Staff
Ages 4 - 5 years old
Location EHTCC Aux Gym
Times 5 - 5:30 pm
Price \$50 R / \$55 NR

Monday Class

Days Mondays
Dates July 3 - September 25
(No Class 9/4)

Wednesday Class

Days Wednesdays
Dates July 5 - September 27



Ready Set Go

This program will introduce children to a variety of different exercises in a structured, safe environment including stretching, kickball, exercises, 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.

Instructor Ms. Toni Lynn
Ages 2 - 5
Location EHTCC Gyms

Wednesday Class

Days Wednesdays
Times 10:15 am - 11:15 am
Dates July 5 - September 27
(No Class 7/26 or 8/9)
Price \$ 88 R / \$ 98 NR

Saturday Class

Days Saturdays
Times 10:00 am - 11:00 am
Dates July 22 - September 30
(No Class 8/5, 8/12, 9/2)
Price \$ 64 R / \$ 69 NR

Grab -n- Go Crafts

Looking for a fun summer project? Swing by the EHT Community Center beginning on July 5 between 9 am - 4:30 pm to pick up a grab and go summer craft! The only supplies you'll need at home are scissors and glue! Available for EHT Residents only. While supplies last. For more information contact the Recreation Office at (609) 272 -8120.



YOUTH PROGRAMS

Karate

Karate students learn Tang Soo Do, a 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.

Instructor Master Carson and Karate Staff
Ages 6 - 16 years old
Location EHTCC Aux Gym
Days Mondays and Wednesday
Dates July 3 - September 27
(No Class 9/4)
Price \$100 R / \$ 110 NR

Beginners Karate (No Belts)

Times 5:30 - 6 pm

Returning Student Karate (White - Blue Belts)

Times 6 - 7 pm

Advanced Student Karate (Brown - Black Belts)

Times 7 - 8 pm

Field Hockey Clinic

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

Instructor Miss Toni-Lynn
Ages 8-13
Location Shires Park
Days Saturdays
Times 8:00 - 9:30 am
Dates July 8 - August 19
Price \$ 60 R / \$ 65 NR

Tennis

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.

Instructor Ms. Joanie and Tennis Staff
Location Tony Canale Park Tennis Courts
Days Saturday
Dates July 8 - August 19
Price \$ 70 R / \$ 75 NR

Junior Tots Tennis

Times 9 AM - 10 AM

Ages 6 - 7

Beginners Tennis

Times 10 AM - 11 AM

Ages 8-16

Intermediate Tennis

Times 11 AM - 12 PM

Ages 8-16



YOUTH PROGRAMS

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! This program is for EHT residents only.

Pre-registration is preferred but not required.

Instructor	EHT LEAP Volunteers
Location	EHTCC Aux Gym
Days	Wednesdays
Dates	June 28 - August 23
Price	Free
<u>Session 1</u>	
Grades	3 - 5 (as of Sept. 1, 2023)
Times	10 am - 11 am
<u>Session 2</u>	
Grades	6 - 8 (as of Sept. 1, 2023)
Times	11:15 am - 12:15 pm

Unified Sports

Each Athlete (special education student) will be paired with a partner (general education student) in a variety of activities that align with middle school and high school sports. Athletes will be introduced to a variety of sports including soccer, kickball, tennis, volleyball, and more.

Each week participants will meet in a different park for activities. Schedule will be emailed out prior to the first week.

Instructor	Ms. Toni-Lynn
Grades	3 +
Location	Various EHT Parks
Days	Wednesdays
Times	5 pm - 6 pm
Dates	June 28 - August 23 (No 8/9)
Price	Free

Fencing

Learn the centuries-old art of defense with a point weapon. Students will be instructed in the basics of foil fencing, 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.

Instructor	Miss Amanda and Mr. James
Ages	11-18
Location	EHTCC Aux Gym
Days	Tuesdays
Times	6:30 pm - 8:00 pm
Dates	June 20 - August 15 (No Class 7/4)
Price	\$ 70 R / \$ 75 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 13 - November 18

Location: EHTCC 110

Price: \$ 175 R / \$ 195 NR

3 - 4 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 5 pm - 5:45 pm
Dates July 10 - November 6
(No class 9/4 or 10/9)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 5 pm - 5:45 pm
Dates July 11 - November 7
(No Class 10/31 or 11/7)

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 5:15 pm - 6 pm
Dates July 6 - November 9

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 6 pm - 6:45 pm
Dates July 6 - November 9

5 - 7 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 5:45 pm - 6:30 pm
Dates July 10 - November 6
(No class 9/4 or 10/9)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 5:45 pm - 6:30 pm
Dates July 11 - November 7
(No Class 10/31 or 11/7)

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 6:45 pm - 7:30 pm
Dates July 6 - November 9

8 - 10 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 6:30 pm - 7:15 pm
Dates July 10 - November 6
(No class 9/4 or 10/9)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 6:30 pm - 7:15 pm
Dates July 11 - November 7
(No Class 10/31 or 11/7)

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 7:30 pm - 8:15 pm
Dates July 6 - November 9

11 - 13 Years Old Jazz Ballet Classes

Instructor Miss Kaila
Days Tuesdays
Times 7:15 pm - 8:15 pm
Dates July 11 - November 7
(No Class 10/31 or 11/7)

14 - 18 Years Old Jazz Ballet Classes

Instructor Miss Danielle
Days Mondays
Times 7:15 pm - 8:15 pm
Dates July 10 - November 6
(No class 9/4 or 10/9)

Hip Hop Classes

4-8 Years Old Boys Class

Instructor Miss Danielle
Ages 4 - 8 years old
Days Wednesdays
Times 4:30 pm - 5:15pm
Dates July 5 - November 8

8 - 12 Year Old Class

Instructor Miss Danielle
Ages 8 - 12 Years Old
Days Wednesdays
Times 5:15 pm - 6 pm
Dates July 5 - November 8

13 + Years Old Class

Instructor Miss Danielle
Ages 13 - 18 years old
Days Wednesdays
Times 6 pm - 7 pm
Dates July 5 - November 8



Contemporary Dance Class

Instructor Miss Emilie
Ages 13 - 18 years old
Days Wednesdays
Times 7 pm - 8 pm
Dates July 5 - November 8

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. Max 20 players allowed per day. A waiver form must be completed on site daily for drop-in players.

Ages	18+
Location	EHTCC Gyms
Days	Mondays
Times	6pm - 8 pm
Dates	July 3 - September 25 (No 9/4)
Price	\$ 48 R / \$ 53 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 - Level 1 - Beginner / Novice

Court 2 - Level 2 - Intermediate

Court 3 - Level 3 - 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.

Ages	18+
Location	EHTCC Gym
Price	\$5 / Day

July and August Times

Days	Wednesdays
Times	6 pm- 8 pm
Dates	July 5 - August 30

September Times

Days	Thursdays
Times	6 pm- 8 pm
Dates	September 7 - September 28

Karate

Karate students learn Tang Soo Do, a 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.

Instructor	Master Carson and Karate Staff
Ages	16+
Location	EHTCC 113
Days	Mondays and Wednesdays
Times	7 pm - 8 pm
Dates	July 3 - September 27 (No Class 8/9 or 9/4)
Price	\$100 R / \$110 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.

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)

Instructor	Rick Audet
Ages	18+
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	August 15
Price	Free

ADULT PROGRAMS

Beginner Pickleball Clinic

Come learn the basics of pickleball. Paddles not required. Indoor Clinic will include 90 minutes of instruction and 90 minutes of guided play. Outdoor Clinic will only include 90 minutes of instruction.

Instructor Bill Giannetti

Ages 18+

Indoor Clinic

Location EHTCC Aux Gym

Days Fridays

Times 8:45 - 11:45 am

Dates July 7 -September 8
(No Class 7/21 or 7/28)

Price \$120 R / \$130 NR

Outdoor Clinic

Location Delilah Oaks Pickleball Courts

Days Saturdays

Times 10:00 am - 11:30am

Dates July 15 - August 26

Price \$90 R / \$100 NR

Intermediate Pickleball Clinic

This clinic will help you build on your current pickleball skill set and improve your game play. This is a skills clinic only - no game play.

Instructor Bill Giannetti

Ages 18+

Indoor Clinic

Location EHTCC Aux Gym

Days Fridays

Times 12:15 pm - 2:15 pm

Dates July 7 -September 8
(No Class 7/21 or 7/28)

Price \$110 R / \$120 NR

Outdoor Clinic

Location Delilah Oaks Pickleball Courts

Days Saturdays

Times 11:30 am - 1:00 pm

Dates July 15 - August 26

Price \$90 R / \$100 NR

Tennis

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.

Instructor Joan Kostiuk and Tennis Staff

Location Tony Canale Park Tennis Courts

Days Saturdays

Dates July 8 - August 19

Price \$70 R / \$75 NR

Early Bird Tennis

Times 7:30 am - 9:00 am

Ages 16+

Fast Action Drills

Times 9:00 am - 10:00 am

Ages 16 +



FITNESS PROGRAMS

Walk Off the Pounds Cardio Class

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.

Instructor Toni-Lynn Rispoli
Ages 18+
Location EHTCC 111
Days Mondays, Wednesdays & Fridays
Times 8:15 am - 9:15 am
Dates July 3 - September 29
(No Class 8/7, 8/9, 8/11, 9/4)
Price \$ 245 R / \$ 265 NR

Margaret's Madness Spin

Margaret's Madness Spin will combine the best elements of spinning along with toning your upper body and 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. If you are new to the class please arrive 10 minutes early so the instructor can go over safety and set up.

Instructor Margaret Keena
Ages 18+
Location EHTCC 112

Monday Morning Class

Days Mondays
Times 9:30 am - 10:30 am
Dates July 10- September 25
(No Class 9/4)
Price \$ 88 R / \$ 98 NR

Friday Morning Class

Days Fridays
Times 9:30 am - 10:30 am
Dates July 7 - September 29
Price \$ 104 R / \$ 114 NR

Tone and Balance 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. If you are new to the class please arrive 10 minutes early so the instructor can go over safety and set up.

Instructor Margaret Keena
Ages 18+
Location EHTCC 113
Days Mondays, Wednesdays, & Fridays
Times 8:15 am - 9 am
Dates July 5 - September 28
(No Class 9/4)

Three Day Option

Price \$ 259 R / \$ 279 NR

Two Day Option

Price \$ 182 R / \$ 202 NR

One Day Option

Price \$ 104 R / \$ 114 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.

Instructor Wendy Santora
Ages 18+
Location EHTCC 111

Monday Class

Days Mondays
Times 5:30 pm - 6:30 pm
Dates July 3 - September 25
(No class 9/4)

Price \$ 96 R / \$ 106 NR

Wednesday Class

Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates July 5 - September 27
Price \$ 104 R / \$ 114 NR

FITNESS PROGRAMS

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.

Instructor Dina Washington
Ages 18+
Location EHTCC 112

Manic Monday Spin

Days Mondays
Times 5:45 pm - 6:45 pm
Dates July 3 - September 25
(No class 9/4)
Price \$ 96 R / \$ 106 NR

Friday Happy Hour Spin

Days Fridays
Times 5:30 pm - 6:30 pm
Dates July 7 - September 29
Price \$ 104 R / \$ 114 NR



Buns and Guns

Transform your arms and glutes in just 8 weeks! Shred fat and build muscle as you tone your upper and lower body in this 45-minute intensive class.

Band, mat, towel, and water required for this class

Instructor Margaret Keena
Ages 18+
Location Tony Canale Amphitheater
Days Tuesdays
Times 7:00 am - 7:45 am
Dates July 11 - August 29
Price \$ 64 R / \$ 69 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!!

Please bring a water bottle, towel, and mat to class.

Instructor Keisha Brown
Ages 18+
Location EHTCC 113

Monday Class

Days Mondays
Times 6 pm - 7 pm
Dates July 3 - September 25
(No class 9/4)
Price \$ 96 R / \$ 106 NR

Thursday Class

Days Thursdays
Times 6 pm - 7 pm
Dates July 6 - September 28
Price \$ 104 R / \$ 114 NR

Pilates with Marissa



Postural alignment, muscle lengthening, & toning. Strength building from core throughout entire body. All levels class...weights, balls, and bands can be added for resistance.

Mat, towel, water required for class.

Instructor Marissa
Ages 18+
Location EHTCC 111
Days Tuesdays and Thursdays
Times 8:15 am - 9:15 am
Dates July 6 - September 28
Price \$ 175 R / \$ 195 NR

FITNESS PROGRAMS



Pilates with Keisha

Pilates is a great way to build strength, flexibility, and control of the body. Whether you're looking to improve your posture, increase your flexibility, or tone your muscles, Pilates can help you achieve your fitness goals in a fun and engaging way. The exercises work the body's core muscles, including those in the abdomen, back, and hips, as well as in the arms and legs. Providing a dynamic workout that is sure to energize and transform your body. Pilates also emphasizes proper breathing, alignment, and concentration, which helps to improve posture, balance, and overall physical function. It can be adapted to any fitness level and physical ability, making it a fun choice for all. So why not give it a try and see for yourself how much fun it can be? All you'll need is a mat, a towel and your favorite water bottle!

Instructor Keisha Brown

Ages 18+

Location EHTCC 113

Tuesday Class

Days Tuesdays

Times 6 pm - 7 pm

Dates July 11 - September 26

Price \$ 96 R / \$ 106 NR

Friday Class

Days Friday

Times 4 pm - 5 pm

Dates July 7 - September 29

Price \$ 104 R / \$ 114 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.

Instructor Joe LaRosa

Ages 18+

Location EHTCC 112

Days Tuesdays

Times 6:30 pm - 7:30 pm

Dates July 11 - September 26

Price \$ 96 R / \$ 106 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.

Instructor Linda Schwartz

Ages 18+

Location EHTCC 113

Days Tuesdays

Times 10 am - 11 am

Dates July 11 - September 26

Price \$ 96 R / \$ 106 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.

Instructor Linda Schwartz

Ages 18+

Location EHTCC 113

Days Wednesdays

Times 10 am - 11 am

Dates July 5 - September 27

Price \$ 104 R / \$ 114 NR

FITNESS PROGRAMS



Barre with Marissa

Low impact body weight workout using ballet barre. Each move building from the core out. Strengthens & tones & improves posture & balance. All levels class, light weights can be added to increase resistance.

Mat, towel, water required for class.

Instructor Marissa Caruso
Ages 18+
Location EHTCC 110
Days Wednesdays
Times 8:15 am - 9:15 am
Dates July 5 - September 27
Price \$ 104 R / \$ 114 NR

Strength Training with Brad



Fun, functional and always fresh, this workout helps tone and fine-tune major muscle groups to ignite total-body strength and coordination. Water bottle and towel required for this class.

Instructor Brad Smith
Ages 18+
Location EHTCC 113
Days Wednesdays
Times 4 pm - 5 pm
Dates July 5 - September 27
Price (No Class 8/9 and 8/30)
\$ 88 R / \$ 98 NR



Spin with Brad

Get your body moving! Rolling hills, intervals, and sprints to music that will keep you motivated! Be ready to burn those calories and work up a sweat! Towel and water bottle required for class.

Instructor Brad Smith
Ages 18+
Location EHTCC 112
Days Wednesdays
Times 5:30 - 6:30 pm
Dates July 5 - August 23
Price (No Class 8/9)
\$ 56 R / \$ 61 NR



Vinyasa Yoga Flow

Physically moving with our breath to create alignment, muscle lengthening, & balance, while practicing mental focus.
Mat, towel, water required for class.

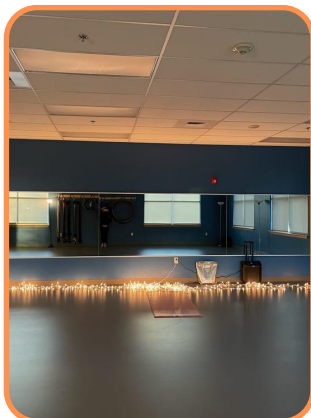
Instructor Marissa Caruso
Ages 18+
Location EHTCC 111

Thursday Class

Days Thursdays
Times 9:15 - 10:15 am
Dates July 6 - September 28
Price \$ 104 R / \$ 114 NR

Friday Class

Days Fridays
Times 10:30 -am - 11:30 am
Dates July 7 - September 29
Price \$ 104 R / \$ 114 NR



FITNESS PROGRAMS



Tabata HIIT Yoga

Power yoga focused on alignment & breathwork combined w high intensity intervals in AMRAPs or Tabatas.

Mat, towel, water required for class.

Instructor	Marissa Caruso
Ages	18+
Location	EHTCC 110
Days	Fridays
Times	9:30 am - 10:30 am
Dates	July 7 - September 29
Price	\$ 104 R / \$ 114 NR



Punch Cards

Interested in taking a fitness class, but not sure which one? Like a class, but not sure if you are able to make it every week? Check out our Fitness Punch Cards!

Punch Cards allow you to drop into any fitness class that is below capacity. Try any class to see if it is a good fit for you. Only pay for the classes that fit into your busy schedule.

Punches never expire.

Four Class

Price \$40 R / \$45 NR

Eight Class

Price \$80 R / \$90 NR

Sixteen Classes

Price \$160 R / \$180 NR

Box-n-Bells

This calorie-torching class consists of 40 minutes of low impact cardio boxing followed by strength training using light weights. Class finishes with abs and a stretch. All levels welcome. Please bring a mat, towel, and water bottle

Instructor	Veronica Valencia
Ages	18+
Location	EHTCC 111
Days	Fridays
Times	9:30 am - 10:30 am
Dates	July 7 - August 25
Price	\$ 64 R / \$ 69 NR



Pilates with Veronica

This mat-based class is designed to strengthen, lengthen, and tone muscles. It focuses on core strength using proper breath and alignment, while increasing flexibility and balance. A small ball and resistance bands are used for a full-body workout. All levels welcome. Please bring a yoga mat.

Instructor	Veronica Valencia
Ages	18+
Location	EHTCC 111
Days	Fridays
Times	10:30 am - 11:30 am
Dates	July 7 - August 25
Price	\$ 64 R / \$ 69 NR



PROGRAMS THIS SEPTEMBER

Registration for September Programs will begin for

EHT Residents on July 5

Non-EHT Residents on July 17

Creative Kids

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids. They will start to learn their 1-2-3s and A-B-Cs 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.

Instructor Ms. Doreen
Ages 3 - 5 years old
Location EHTCC 117

Three Day Option

Days Monday, Wednesday & Friday
Times 10 am - 12 noon
Dates September 11 - December 20
(No Class 10/9, 11/10, 11/22, 11/24)

Price \$ 420 R / \$ 440 NR

Two Day Option

Days Tuesdays & Thursdays
Times 10 am - 12 noon
Dates September 12 - December 19
Price (No Class 11/7, 11/23)
\$ 280 R / \$ 300 NR

Field Hockey Clinic

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

Instructor Miss Toni-Lynn
Ages 8-13
Location Shires Park
Days Saturdays
Times 8:00 - 9:30 am
Dates September 9 - October 28
(No Class 10/7)
Price \$ 60 R / \$ 65 NR

EHT Running Club

Our running program gives boys and girls in Grades 4 - 8 the opportunity to discover the sport of cross-country running. Learn techniques and skills through a variety of drills from EHT Coaches and Teachers.

Instructor Mr. Aaron
Grades 4 - 8
Location EHT Nature Reserve
Days Mondays and Wednesdays
Times 4:30 pm - 5:30 pm
Dates September 11 - October 25
(No Class 10/9)
Price \$ 60 R / \$ 65 NR

Soccer Clinic

Join EHT Recreation and New Jersey Surf Soccer for some Saturday Soccer Fun. This program is geared for children with little to no soccer experience to help build basic skills. 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.

Instructor New Jersey Surf Soccer
Location Bargaintown Park
Days Saturdays
Dates September 9 - November 4
(No Class 10/7)
Price \$55 R / \$60 NR

First Class

Ages 3-4
Times 9 -10 AM

Second Class

Ages 3 - 4
Times 10:15 - 11:15 am

Third Class

Ages 5 - 7
Times 11:30 - 12:30

PROGRAMS THIS SEPTEMBER

Registration for September Programs will begin for
EHT Residents on July 5
Non-EHT Residents on July 17

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 ddanz@ehtgov.org. Coaches meetings will be held in October and November. Practices will start in November, with games starting in December 2023. Registration deadline is October 6.

Player evaluations will be held the last week of October and the first week of November, Exact dates/times will be posted in September. 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.

Grades: 3 - 12
Price: \$ 100



Fencing

Learn the centuries-old art of defense with a point weapon. Students will be instructed in the basics of foil fencing, 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.

Instructor	Miss Amanda and Mr. James
Ages	11-18
Location	EHTCC Aux Gym
Days	Tuesdays
Times	6:30 pm - 8:00 pm
Dates	September 5 - October 24
Price	\$ 70 R / \$ 75 NR

Beginner Volleyball Clinic

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

Instructor	Miss Klaudia and Mr. Niko
Grades	6 - 10
Location	EHTCC Gym
Days	Wednesdays
Times	6:00 pm - 7:30 pm
Dates	September 6 - October 25
Price	\$ 70 R / \$ 75 NR

PROGRAMS THIS SEPTEMBER

Registration for September Programs will begin for
EHT Residents on July 5
Non-EHT Residents on July 17

Tennis

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.

Instructor Ms. Joanie and Tennis Staff
Location Tony Canale Park Tennis Courts
Days Saturday
Dates September 9 - October 28
(No Class 10/7)
Price \$ 70 R / \$ 75 NR

Junior Tots Tennis

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

Beginners Tennis

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

Intermediate Tennis

Times 11:00 am - 12:00 noon
Ages 8-16

Early Bird Tennis

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

Fast Action Drills

Times 9:00 am - 10:00 am
Ages 16 +

Beginner Pickleball Clinic

Come learn the basics of pickleball. Paddles not required.

Outdoor Clinic will only include 90 minutes of instruction.

Instructor Bill Giannetti
Ages 18+
Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 10:00 am - 11:30am
Dates September 9 - October 28
(No Class 10/7)
Price \$90 R / \$100 NR

Intermediate Pickleball Clinic

This clinic will help you build on your current pickleball skill set and improve your game play. This is a skills clinic only - no game play.

Instructor Bill Giannetti
Ages 18+
Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 11:30 am - 1:00 pm
Dates September 9 - October 28
(No Class 10/7)
Price \$ 90 R / \$ 100 NR

PROGRAMS THIS SEPTEMBER

Registration for September Programs will begin for

EHT Residents on July 5

Non-EHT Residents on July 17

Open Gym Volleyball

Open gym volleyball features pick up games to build on your skills and have fun. Participants must have prior volleyball experience. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. Max 36 Players. A waiver form must be completed on site daily for drop-in players.

Grades	10 - Adult
Location	EHTCC Gym
Days	Wednesdays
Times	7:30 pm - 9:00 pm
Dates	September 6 - October 25
Price	\$ 32 R / \$ 47 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!

CHECK BACK FOR CLASSES
STARTING IN THE FALL

Cardio Step

Step moves are choreographed into fun routines. The music won't let you stop moving. Have fun while burning calories. This class is designed to appeal to experienced steppers. Participants will need a towel and water.

CHECK BACK FOR CLASSES
STARTING IN THE FALL

Margaret's Madness Spin

Margaret's Madness 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. If you are new to the class please arrive 10 minutes early so the instructor can go over safety and set up.

Instructor	Margaret Keena
Ages	18+
Location	EHTCC 112
Days	Wednesdays
Times	6:30 pm - 7:30 pm
Dates	September 6 - September 27
Price	\$ 32 R / \$ 37 NR

Werk it Wednesday 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.

Instructor	Dina Washington
Ages	18+
Location	EHTCC 112
Days	Wednesdays
Times	5:15 pm - 6:15 pm
Dates	September 6 - September 27
Price	\$ 32 R / \$ 37 NR

POLICIES AND PROCEDURES

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 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 in the 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 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 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, 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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