

EHT RECREATION

— SPRING 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: March 8
Non-Resident Registration
Begins: March 20

On-line Registration
Ends: March 29



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SPECIAL EVENTS

MK Betterment Ribbon Cutting

Come join EHT Recreation for the Grand Opening of our newest park! The MK Betterment Park is located at the corner of Cates Rd and Atlas Ln. The park is home to a basketball court, 8 pickleball courts, and a park building. We are excited to celebrate our newest facility!

The Grand Opening Event will be held on Saturday April 29 from 10 am - 12 noon. (Rain Date Sunday, April 30). The event will include a free throw contest, pickleball skill contests, and much much more! See you there

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 morning 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: Saturday, June 3

Time: 10 am - 12 noon

Location: EHT Nature Reserve

3rd Annual Spring Craft Show

May 13, 2023 9am - 3pm. EHT Recreation will be hosting its Third Annual Spring Craft Show at the EHT Community Center.

Health and Fitness Fair!

March 18, 2023, 10 am - 2 pm. EHT Recreation will be hosting its First Ever Public Health and Fitness Fair! Join us as we host a variety of different professionals who will be able to provide information. We will also be showcasing all the amazing fitness classes offered here at the EHT Community Center.

Come out and see what we offer to help improve your physical and mental well-being.

Winter Picture Contest

Snap the best picture you can of your favorite snowy place or best snow creation and send it in to recreation@ehtgov.org ! Submit your photos by March 15th for a chance to be named the winner!

All photos submitted must be taken in EHT.

#EHTRec

Grab -n- Go Crafts

Looking for a fun spring project? Swing by the EHT Community Center beginning on April 6 between 9 am - 4:30 pm to pick up a grab and go spring 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.

Interested in becoming a 2023 Sponsor?

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.

MAYORS WELLNESS CAMPAIGN

Spring into Wellness

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, April 5

Times: 6 pm - 8 pm

Age: 16+

Location: EHTCC Meeting Room

Instructor: Keisha Brown

Price: Free



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 April 4 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

CDC's National Center for Chronic Disease Prevention and Health Promotion

Physical Activity Prevents Chronic Disease

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.



What Is Physical Activity?



CARDIO OR AEROBIC ACTIVITY

Moderate or vigorous intensity, every minute counts

Gets you breathing harder and your heart beating faster

Examples:
brisk walking, biking, dancing, yard work



MUSCLE STRENGTHENING

Works best when you work all your body's major muscle groups

Includes legs, hips, back, chest, abs, shoulders, arms

Examples:
free weights, crunches, elastic bands, squats

Everyone can **benefit** from physical activity—no matter your age, sex, race or ethnicity, health condition, shape, or size.

How Much Physical Activity Do You Need?

KIDS (6-17 years)
60 minutes (1 hour) or more of physical activity each day

PRESCHOOL-AGED CHILDREN (3-5 years)
should be physically active throughout the day with plenty of opportunities for active play.

150 minutes each week

ADULTS
At least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Tip for Adults
Try walking 30 minutes a day, 5 days a week.

Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week.

Tips to Get and Stay Active



Talk to your doctor if you have a chronic condition like diabetes or heart disease.



Get the support of your friends and family—and invite them to get active with you!



Start slowly and add time, frequency, or intensity every week.



Schedule physical activity for times in the day or week when you're most energetic.



Plan ahead. Make physical activity part of your daily or weekly schedule.



Walk instead of drive to nearby destinations, or park the car farther away and fit in a walk to your destination.



Support improvements in your neighborhood that make it easier to walk or bike to where you want to go.

Learn more about physical activity at www.cdc.gov/physicalactivity.

 Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
@CDCChronic | www.cdc.gov/chronicdisease

CAMPS

Spring Break Camp

Have an exciting week off school with EHT Recreation and our awesome summer camp staff! Each day will feature a variety of group 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.

Instructor	Recreation Camp Staff
Grades	K - 5
Location	EHTCC
Days	Monday - Friday
Times	9 am - 4 pm
Dates	April 10 - April 14
Price	\$280

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

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

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
Dates	June 26 - August 25 (NO 7/4)
Price	\$290/Week Multi-Week Discount for 8+ weeks registered

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
Dates	June 27 - August 24 (NO 7/4)
Price	\$190/Week Multi-Week Discount for 8+ weeks registered

Summer Specialty Camps

Check back soon for information about our summer specialty camps! Baseball, Field Hockey, STEM, National CSI, and more! EHT Recreation offers one-week camps that help build your skills in all your favorite sports and activities.

PRE-SCHOOL PROGRAMS

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.

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

Three Day Option

Days Monday, Wednesday & Friday
Times 10 am - 12 noon
Dates April 17 - June 14
(No Class 5/29)

Price \$ 263 R / \$ 283 NR

Two Day Option

Days Tuesdays & Thursdays
Times 10 am - 12 noon
Dates April 18 - June 15
Price \$ 189 R / \$ 209 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
Ages 3 - 4 years old
Location Bargaintown Park
Days Saturdays
Dates April 15 - June 10
(No Class 5/27)
Price \$50 R / \$55 NR

First Class

Times 9 - 10 AM

Second Class

Times 10:15 - 11:15 am

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 April 5 - June 28
(No Class 4/26)

Price \$ 95 R / \$ 105 NR

Saturday Class

Days Saturdays
Times 10:00 am - 11:00 am
Dates May 6 - July 1
(No Class 5/13, 5/27, 6/17)

Price \$ 48 R / \$ 53 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.

Instructor Master Carson and Karate Staff
Ages 4 - 5 years old
Location EHTCC Aux Gym
Days Wednesdays
Times 5 - 5:30 pm
Dates April 5 - June 28
Price \$50 R / \$55 NR

YOUTH PROGRAMS

Youth Mentorship Open Gym

Come join EHT LEAP & EHT Alliance as they build a personal and positive rapport with our young future leaders. Different gym and lawn games will be set up weekly - spikeball, volleyball, cornhole and more. Residents only. Pre-registration required.

Instructor EHT LEAP Volunteers
Location EHTCC Gyms
Days Mondays and Wednesdays
Dates April 17 - June 14
(No class 5/29)

Price Free

High School

Grades 9 - 12

Time 2 pm - 5 pm

Elementary & Middle School

Grades 4 - 8

Time 3 pm - 5 pm



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
Ages 5 - 7 years old
Location Bargaintown Park
Days Saturdays
Times 11:30 am - 12:30 pm
Dates April 15 - June 10
(No Class 5/27)
Price \$50 R / \$55 NR

Flag Football

EHT Recreation is happy to be teaming up with EHT LEAP this summer and bringing Flag Football to our youth! This program will teach the basics of Flag Football and help improve skills and techniques of each player. Program will consist of 20 - 30 minutes of instruction followed by game play.

Teams will be created each week.

This program is for EHT residents only.

Instructor EHT LEAP Volunteers
Location Swift School Field
Days Thursdays
Dates June 1 - July 20
Price \$ 25 R

Current K - 1 Graders

Times 5:00 - 5:45 pm

Current 2 - 3 Graders

Times 5:00 pm - 5:45 pm

Current 4 - 5 Graders

Times 6:00 pm - 7:00 pm

Current 6 - 7 Graders

Times 7:15 pm - 8:15 pm

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 April 17 - May 31
(No Class 5/29)
Price \$ 60 R / \$ 65 NR

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 April 3 - June 28
(No Class 5/29)
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 May 6 - July 1
(No Class 5/27 or 6/17)
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 April 22 - June 10
(No Class 5/27)
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

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! Sign up for the session to secure your place all season, or drop in for \$10/day as space allows. A waiver form must be completed on site daily for drop-in participants.

Instructor Miss Klaudia and Mr. Niko
Grades 6 - 10
Location EHTCC Gym
Days Wednesdays
Times 6:00 pm - 7:00 pm
Dates April 5 - June 14
Price \$ 70 R / \$ 75 NR

YOUTH PROGRAMS

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 April 4 - June 6
(No Class 5/16, or 5/23)
Price \$ 70 R / \$ 75 NR

Self -Defense

Join Yoshua for Aikido (games), Ukemi (self recovery), Taisabaki (fundamental movements), Kihon Waza (technique development), Kihon Waza (defense motion), Kinonoagare (defense in motion), and Tachi Waza (empty handed techniques). You will learn partner pin downs & throwing, although striking is involved it is not the main objective. Focus on bio-mechanics and physics to apply yourself to this martial art and maintain a level on self-preservation.

Instructor Mr. Yoshua
Ages 8 - 16
Location EHTCC 109
Days Tuesdays
Times 5:00 pm - 6:30 pm
Dates April 4 - June 27
Price \$100 R / \$110 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 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. Max 36 Players. A waiver form must be completed on site daily for drop-in players.

Grades 10 - 12
Location EHTCC Gym
Days Wednesdays
Times 7:00 pm - 9:00 pm
Dates April 5 - June 28
Price \$ 52 R / \$ 57 NR



YOUTH PROGRAMS

Basketball Skills Academy

Coach Cam and his assistants will teach the game of basketball in a fun instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling, and shooting, in addition to playing skill building games. No teams or league play.

Instructor Coach Cam and Basketball Staff
Location EHT CC Gym
Days Mondays
Dates April 3 - June 12
(No Class 4/10, 5/15, 5/29)
Price \$ 70 R / \$ 75 NR

3rd and 4th Grade

Times 5:15 pm - 6:15 pm

5th and 6th Grade

Times 6:15 pm - 7:15 pm

7th and 8th Grade

Times 7:15 pm - 8:15pm

Adaptive Ready Set Grow

This program will offer a safe space to participate in a variety of different exercises in a structured 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. This program is for School Aged Individuals with physical or intellectual disabilities.

Instructor Ms. Toni-Lynn
Ages School Aged
Location EHTCC Gyms
Days Saturdays
Times 11:15 am - 12:15 pm
Dates May 6 - July 1
(No Class 5/13, 5/27, 6/17)
Price Free

STEM Saturdays

Join Ms. 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 offers a different seasonal theme.

Instructor Ms. Gina
Ages 8 - 12 years old
Location EHTCC 117
Days Saturdays
Times 10 am - 12 noon
Price \$35 R / \$40 NR (Per Class)

April Class

Date April 22

May Class

Date May 13



YOUTH PROGRAMS

Crafty Characters

Join Ms. 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!

Instructor	Ms. Doreen
Ages	5 - 8 years old
Location	EHTCC 117
Days	Saturdays
Times	10 am - 12 noon
Price	\$25 R / \$30 NR (Per Session)

"Blossom and Bud" - April 29

Blossom and Bud live in Mr. Baxter's flower shop, among plants of every imaginable size, color, and shape. Blossom doesn't like how tall she is and tries to hide her height. Bud doesn't like how he looks, so he tries to force his flower to bloom. But Mr. Baxter thinks they are just right, as they are, and has a special role for each of them. Join Miss Doreen to make a Daisy Pinch Pot using air dry clay (will require 24-48 hours of dry time at home).

"Sea Turtles" - May 20

With colorful, clear illustrations and straightforward text, Gail Gibbons introduces the eight kinds of sea turtles living in the ocean today. Learn the similarities and differences with labeled diagrams and experience the hatching of the tiny turtle babies with detailed illustrations. Join Miss Doreen for a drawing/painting project.

"The Night Before Father's Day" - June 10

It's the night before Father's Day, and Mom and the kids have a plan to surprise Dad with a special gift. When Dad goes for a bike ride, everyone gets to work. Join Miss Doreen in making handmade prints for a Father's Day card.

Art Corner

Instructor	Ms. Carly
Location	EHTCC 117
Days	Saturdays
Price	\$35 R / \$40 NR

Spring Floral Dream Catcher - April 1

Make your own dream catcher. Choose from numerous color schemes and styles. Add your own individualized touch with silk flowers, beads, jewels or even unicorn ears and horn!

Ages	8+
Time	1 pm - 3 pm

Wall Memo Board and Matching Pen Holder - April 22

Participants will select from multiple fabrics to create a tufted memo / photo board to hang on their wall and matching desktop pencil holder.

Ages	8+
Time	1 pm - 3 pm

Custom Kicks - June 10

Bring Your Own Canvas sneakers to design and paint! In class we will discuss and draw designs as well as use fabric paint to bring them to life! This is a great way to give those stained white canvas sneakers a fresh look or start with new if you prefer.

Ages	12+
Time	1 pm - 3 pm

Celebrate America - June 24

Make a USA themed mason jar lantern, decorative windsock and confetti popper! Perfect for Memorial Day and 4th of July celebrations

Ages	8+
Time	10 am - 12 noon

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

Day Time

Days Mondays
Times 12 noon - 2 pm
Dates April 3 - June 19
(No class 4/10, 5/29)
Price \$ 40 R / \$ 45 NR

Evening Time

Days Tuesdays
Times 6pm - 8 pm
Dates April 4 - June 27
Price \$ 52 R / \$ 57 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 Tonay Canale Park Tennis Courts
Days Saturdays
Dates April 22 - June 10
(No Class 5/27)
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 +



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. 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.

Instructor Master Carson and Karate Staff
Ages 16+
Location EHTCC 109
Days Mondays and Wednesdays
Times 7 pm - 8 pm
Dates April 3 - June 28
(No Class 5/29)
Price \$100 R / \$110 NR

ADULT PROGRAMS

Indoor 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 Gym
Days Fridays
Times 8:45 - 11:45 am
Dates April 21 - June 23
(No Class 5/12, 6/16)
Price \$120 R / \$130 NR

Outdoor Clinic

Location Delailah Oaks Pickleball Courts
Days Saturdays
Times 10:00 am - 11:30am
Dates May 6 - July 1
(No Class 5/27, 6/17)
Price \$90 R / \$100 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 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. Max 36 players A waiver form must be completed on site daily for drop-in players.

Ages 18+
Location EHTCC Gym
Days Wednesdays
Times 7:00 pm - 9:00 pm
Dates April 5 - June 28
Price \$ 52 R / \$ 57 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 April 21 - June 23
(No Class 5/12, 6/16)
Price \$ 110 R / \$ 120 NR

Outdoor Clinic

Location Delailah Oaks Pickleball Courts
Days Saturdays
Times 11:30 am - 1:00 pm
Dates May 6 - July 1
(No Class 5/27, 6/17)
Price \$ 90 R / \$ 100 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 Gyms
Days Thursdays
Times 6 pm- 8 pm
Dates April 6 - June 29
Price \$5 / Day

ADULT PROGRAMS

Bus Trips

All trips depart from the **EHT Community Center, 5045 English Creek Ave.** Seats are limited. Participants 17 years old and under must be accompanied by an adult.

Registration can be done online at 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 cancellations are made 10 working days in advance. \$5 processing fee will apply.

New York City

	Explore the city that never sleeps! We get you there, what you do is entirely up to you.
Date	
Departs EHT	April 22
Departs NYC	8 am
Cost	7 pm \$55

Peddler's Village

	Discover 70+ great shops including apparel, toys and hobbies, great gifts, specialty foods, and home accessories. It's all here!
Date	May 20
Departs EHT	9 am
Departs PV	6 pm
Cost	\$55

Inner Harbor Baltimore

	A myriad of activities, historical attractions, and shopping awaits you along the beautiful Inner Harbor.
Date	June 10
Departs EHT	7 am
Departs IH	6pm
Cost	\$55

Self -Defense

Join Yoshua for Aikido (games), Ukemi (self recovery), Taisabaki (fundamental movements), Kihon Waza (technique development), Kihon Waza (defense motion), Kinonoagare (defense in motion), and Tachi Waza (empty handed techniques). You will learn partner pin downs & throwing, although striking is involved it is not the main objective. Focus on bio-mechanics and physics to apply yourself to this martial art and maintain a level on self-preservation.

Instructor	Yoshua Saravia
Ages	16+
Location	EHTCC 109
Days	Fridays
Times	5:00 pm - 6:30 pm
Dates	April 14 - June 30 (No Class 6/16)
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. 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)

Instructor	Rick Audet
Ages	18+
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	May 16
Price	Free

ADULT PROGRAMS PROGRAMS

Simply Made with Chef Josh Adult Cooking Classes

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

Instructor Josh Gamble
Ages 18+
Location EHTCC Multipurpose Room
Times 10 am - 12 noon
Days Saturdays
Price \$45 R / \$50 NR

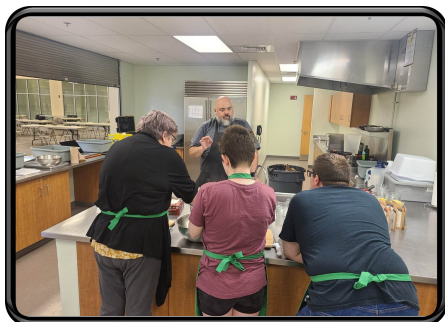
Regional Italian Favorites - April 15

Come join us as we journey through Italy cooking and learning about regional ingredients and how they influence Italian cuisine.

Guest Chef Series: Jim House

Chef & Owner Pork Island BBQ - May 20

In this class Jim House will be joining us to demonstrate the best tips and techniques on how to season, smoke, and grill to get you ready for the summer!



Get Craftin'

Kids can't have all the fun!

Make art! Make Friends!

Join Doreen and EHT Recreation as you tap into your creative side and walk away with a craft you've made from scratch! Crafting allows you to learn, teach, and pass on skills. Increased personal growth, and a sense of satisfaction will be gained from learning a new, useful skill, focus your thoughts on a single task in a world that is lost in multitasking.

Instructor Doreen Hynes
Ages 18+
Location EHTCC 118
Times 6 pm
Price \$ 45 R / \$ 50 NR

No Sew Rope Basket - Tuesday, April 18

Create your own rope basket! DIY rope baskets are the perfect way to make your own customized storage and organization solutions! They can be made in a vast array of shapes and sizes, and they're surprisingly strong and sturdy!

Mason Jar Tea Light Holders - Tuesdays, May 9

Mason jar tea light holders create a welcoming glow on a spring evening and also look great as table decorations for showers, weddings or any special gathering. These are simple to make and can be color coordinated for any occasion.

Clothespin Patriotic Wreath - Wednesday, June 14

Learn how to make a clothespin patriotic wreath. This American flag wreath makes a perfect decoration for Memorial Day and 4th of July.

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 April 3 - June 30
(No Class 4/7, 4/24, 4/26, 4/28, 5/29, 6/16)
Price \$ 231 R / \$ 251 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.

Instructor Margaret Keena
Ages 18+
Location EHTCC 113
Days Mondays, Wednesdays, & Fridays
Times 8:15 am - 9 am
Dates April 3 - June 30
(No Class 4/7, 4/21, 4/24, 4/26, 5/29, 6/16)

Three Day Option

Price \$ 231 R / \$ 251 NR

Two Day Option

Price \$ 175 R / \$ 195 NR

One Day Option

Price \$104 \$ / \$ 114 NR

Kick it Up Cardio Spin

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.

Instructor Margaret Keena
Ages 18+
Location EHTCC 112

Monday Morning Class

Days Mondays
Times 9:30 am - 10:30 am
Dates April 3 - June 26
(No Class 4/24 and 5/29)
Price \$ 88 R / \$ 98 NR

Wednesday Evening Class

Days Wednesdays
Times 6:30 pm - 7:30 pm
Dates April 5 - June 28
Price \$ 104 R / \$ 114 NR

Friday Morning Class

Days Fridays
Times 9:30 am - 10:30 am
Dates April 14- June 30
(No Class 4/21, 6/16)
Price \$ 80 R / \$ 90 NR



FITNESS PROGRAMS

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 April 3 - June 26
(No Class 5/1, 5/29)
Price \$ 88 R / \$ 98 NR

Wednesday Class

Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates April 5 - June 28
(No Class 4/12, 5/10, 6/14)
Price \$ 80 R / \$ 90 NR

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.

Instructor Wendy Santora
Ages 18+
Location EHTCC 111
Days Wednesdays
Times 6:30 pm - 7:30 pm
Dates April 5 - June 28
(No Class 4/12, 5/10, 6/14)
Price \$ 80 R / \$ 90 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.

Instructor Dina Washington
Ages 18+
Location EHTCC 112

Manic Monday Spin

Days Mondays
Times 5:30 pm - 6:30 pm
Dates April 3 - June 26
(No Class 5/29)
Price \$ 96 R / \$ 106 NR

Werk It Wednesday Spin

Days Wednesdays
Times 5:15 pm - 6:15 pm
Dates April 5 - June 28
Price \$ 104 R / \$ 114 NR

FITNESS PROGRAMS

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 April 3 - June 26
(No Class 5/29)
Price \$ 96 R / \$ 106 NR

Thursday Class

Days Thursdays
Times 6 pm - 7 pm
Dates April 6 - June 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 6:45 pm - 7:45 pm
Dates April 4 - June 27
Price \$ 104 R / \$ 114 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!

Instructor Kendale Ingram
Ages 18+
Location EHTCC 113
Days Tuesdays
Times 5:30 pm - 6:30 pm
Dates April 4 - June 13
(No Class 4/11)
Price \$ 80 R / \$ 90 NR

FITNESS PROGRAMS

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

Once a Week Class

Days Tuesdays
Times 10:45 am - 11:45 am
Dates April 4 - June 27
Price \$ 104 R / \$ 114 NR

Twice a Week Class

Days Wednesdays and Fridays
Times 10:45 am - 11:45 am
Dates April 5 - June 14
(No Classes 4/7)
Price \$ 140 R / \$ 150 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

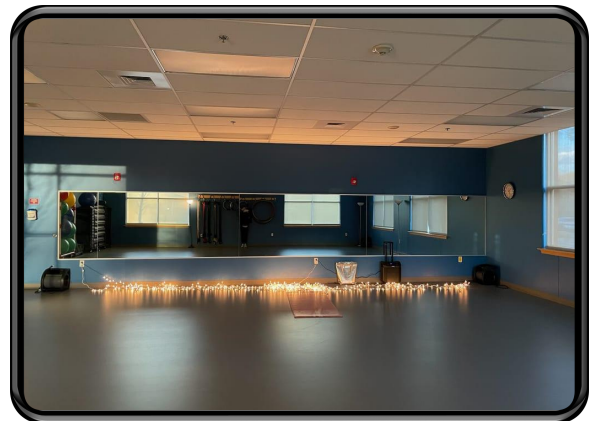
Price \$40 R / \$45 NR

Eight Class

Price \$80 R / \$90 NR

Sixteen Classes

Price \$160 R / \$180 NR



Sporadic Saturday Spin

Join us on Saturday morning to get the body moving! Sporadic Saturday 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! Towel and water needed.

Instructor Margaret Keena
Ages 18+
Location EHTCC 112
Days Saturdays
Times 9:30 am - 10:15 am
Dates April 15, 29
May 6, 20
June 3, 10
Price \$ 48 R / \$ 53 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.



Thank you to our Sponsors!

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