

# EHT RECREATION

## FALL 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](mailto:Recreation@ehtgov.org)  
Website: [www.EHTRec.com](http://www.EHTRec.com)  
Office Monday - Friday  
Hours: 8:30 am - 4:30 pm

### REGISTRATION DATES

Resident Registration  
Begins: September 6  
Non-Resident Registration  
Begins: September 18

On-line Registration  
Ends: September 27



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# SPECIAL EVENTS

## Drop and Shop

Drop the kiddos off for an afternoon of fun while you do your last-minute holiday shopping! Our caring staff will have holiday crafts, activities, and a short movie for them to watch. Pizza will be provided. Please send your child with a water bottle and a snack.

### Craftin' Day

Date	Saturday, December 9
Time	11 am - 2 pm
Ages	4 - 8
Fee	\$15 for the first child \$10 for each additional child

### Gingerbread Decorating Day

Date	Saturday, December 16
Time	11 am - 2 pm
Ages	7 - 12
Fee	\$15 for the first child \$10 for each additional child

## Halloween Celebration

Join us in your costume for a spooky good time! Decorate a Pumpkin! Create a Craft! And Enjoy a Cupcake and a Juice Box while watching a Halloween Short! Trick-or-Treat items will be handed out! Register now to save your spot.  
Sponsored by EHT Clean Communities

Date	Monday, October 30
Time	5:30 - 7:00 pm
Ages	3-11
Location	EHT Community Center
Fee	\$5

## Coach of the Year

The EHT Recreation Commission is accepting nominations from parents and participants for the 2021 Coach of the Year Award. Any EHT volunteer youth sport coach can be nominated from any of our recognized youth sport groups. To nominate a coach, please complete the nomination form that can be found at [www.ehtrec.com](http://www.ehtrec.com). The form must be completed by December 8, 2023.

## Grab -n- Go Crafts

Looking for a fun fall project? Swing by the EHT Community Center beginning on September 18th between 9 am - 4:30 pm to pick up a grab and go fall 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.

## 12th Annual Holiday Craft Show

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

Date	Saturday, November 11
Time	9 am - 3 pm

## 5th Annual Holiday Tree Lighting

Join Mayor Pfrommer and Township Committee along with EHT Recreation for EHT's 5th Annual Holiday Tree Lighting. Dress for the weather as this event is outdoor and indoor. A special guest will arrive to help Mayor Pfrommer light the tree.

Date	Saturday, December 2
Time	5:00 pm
Location	EHT Community Center

## Interested in becoming a 2024 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.

# BUS TRIPS

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

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

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

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

## Washington DC

**Saturday, October 21**

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

**Leaves:** EHT Community Center 7 am  
**Departs:** Washington DC at 6 pm  
**Cost:** \$60 pp



## Peddler's Village

**Sunday, December 3**

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

**Leaves:** EHT Community Center 9 am  
**Departs:** Peddler's Village at 6 pm  
**Cost:** \$60 pp

## New York City

**Saturday, December 9**

**Saturday, December 16**

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

**Leaves:** EHT Community Center 8 am  
**Departs:** New York City at 7 pm  
**Cost:** \$60 pp

# MAYORS WELLNESS CAMPAIGN

30 Day



100 Mile  
Challenge

Challenge yourself this October  
Run 100 Miles in a Month

Swing by the EHT Community Center between 8:30 am and 4:30 pm starting September 28th to pick up your free pedometer and distance tracking sheets! Turn in your tracking sheet before November 1st and pick up a prize for going the distance!

## Holiday Light Display Contest!

Sponsored by Storybook Land and Optimal Health

Think you have the Best Holiday Light Display in the Township now is the time to prove it!

To enter - email your name, phone number, and the address of your display to [Recreation@ehtgov.org](mailto:Recreation@ehtgov.org)

Entries must be received by

December 14

Judging will take place

December 15 - December 18

Winners will be announced on

December 20

Prizes will be awarded!

### STOP GERMS! WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of germs and be healthy.

- 

**Wet** your hands with clean, running water, and apply soap.
- 

**Lather** your hands by rubbing them together with the soap.
- 

**Scrub** your hands for at least 20 seconds.
- 

**Rinse** hands well under running water.
- 

**Dry** hands using a clean towel or air dry them.

LIFE IS BETTER WITH  
**CLEAN HANDS**

[cdc.gov/handwashing](http://cdc.gov/handwashing)



# PRE-SCHOOL PROGRAMS

## 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 October 4 - December 20  
(No class 11/22)

Price \$ 88 R / \$ 98 NR

### Saturday Class

Days Saturdays

Times 10:00 am - 11:00 am

Dates October 21- December 16  
(No Class 11/11 or 11/25)

Price \$ 56 R / \$ 61 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

Times 5 - 5:30 pm

Price \$50 R / \$55 NR

### Monday Class

Days Mondays

Dates October 2- December 18  
(No class 10/9)

### Wednesday Class

Days Wednesdays

Dates October 4 - December 20  
(No Class 11/22)

## 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

*Please let us know if you are interested in joining this class! A start date will be announced in late September if we receive enough interest.*

## 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



# 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 Wednesdays  
Dates October 2 - December 20  
(No class 10/9 or 11/22)  
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



## 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, basketball, volleyball, cornhole and more. Residents only. Pre-registration required.

Instructor EHT LEAP Volunteers  
Location EHTCC Gyms  
Days Mondays and Wednesdays  
Dates September 11 - December 20  
(No class 10/9 or 11/22)  
Price Free

### High School

Grades 9 - 12  
Time 2 pm - 3 pm

### Elementary & Middle School

Grades 4 - 8  
Time 3 pm - 5 pm

## Unified 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 October 21- December 16  
(No Class 11/11 or 11/25)  
Price Free

# YOUTH PROGRAMS

## STEM Saturdays

Instructor Ms. Gina  
Location EHTCC 117  
Days Saturdays  
Time 10 am - 12 noon  
Ages 8 - 12  
Price \$35 R / \$40 NR

### Apple Boat - September 30

Your challenge will be to build a boat with 2 apples and other materials to hold the most pennies without sinking!

### Skeleton Fun! - October 28th

Learn the human skeleton by creating your own life sized one!

### Holiday Light Challenge! - December 2

National Christmas Light Day is December 1st! Create a holiday light display while exploring circuits.

## Art Corner

Instructor Ms. Carly  
Location EHTCC 117  
Days Saturdays  
Time 10 am - 12 noon  
Ages 9 - 12  
Price \$35 R / \$40 NR

### Halloween Mason Jar Lanterns - October 14

Embellish and paint mason jars to look like jack-o-lanterns, Frankensteins or ghosts! Set of 2 will come with battery operated candles.

### Winter Landscape Painting on Canvas - November 18

Learn basic acrylic painting technique while creating a winter sunset snowy landscape with silhouetted trees.

## 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!

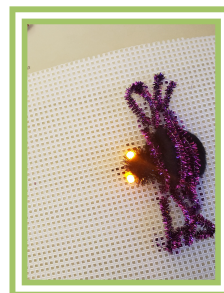
Instructor Ms. Doreen  
Ages 5 - 8 years old  
Location EHTCC 117  
Days Saturdays  
Times 10 am - 12 noon  
Price \$25 R / \$30 NR (Per Session)

### "The Legend of Spookley, the Square Pumpkin" - October 21

Read the story of poor Spookley - a pumpkin who is square rather than round. He is teased by other mean pumpkins, but receives help from a scarecrow, bat, and some spider. After the story paint your very own real pumpkin!

### "How to Catch a Turkey" - November 4

Join us for this delightful Thanksgiving tale about a Turkey who develops stage fright when he realizes he is going to be part of the school's play. After the story learn how to draw and paint a turkey using pastel oils and watercolor paint.





# YOUTH PROGRAMS

## 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. Practice 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](mailto:ddanz@ehtgov.org). Coaches meeting and drafts will be held on October 16th and 17th. Times will be emailed to coaches at the end of registration. Practices will start in November, with games starting in December 2023.

Registration deadline is October 6.

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

Grades: 3 - 12

Price: \$ 100

### Evaluation Dates

Girls 3 - 4th Grade: October 9, 5:15 - 6:30 pm

Boys 3 - 4th Grade: October 9, 4:15 - 5:30 pm

Girls 5 - 6th Grade: October 10, 4:45 - 6 pm

Boys 5 - 6th Grade: October 10, 5:45 - 7 pm

Girls 7 - 8th Grade: October 9, 7:15 - 8:30 pm

Boys 7 - 8th Grade: October 9, 6:15 - 7:30 pm

Co-Ed High School: October 10, 6:45 - 8 pm

## National CSI S.T.E.M. Crime Scene Class

Level III Class - All new curriculum! This class assumes the student has taken our Intro Course, as well as our Level II Class (16 hour). We continue to examine STEM concepts as they relate to Forensics and solving Crime Scenes. The lecture, labs, case studies and exercises will cover many new "CSI" topics including: The use of Mikrosil to recover a fingerprint, examining skull characteristics to determine race/gender, Interview & Interrogation lecture and practical.... After processing a crime scene, students will also interview 'live' suspects and witnesses, put together clues and solve the crime. This is a very hands-on and interactive enrichment class for students. Current or former Detectives teach this class.

Please send participants with lunch, drink, and snacks

Instructor	Captain (ret) Sean Clancy
Grades	7 - 12
Location	EHTCC 118
Days	Saturday
Times	9 am - 4 pm
Dates	December 9
Price	\$ 110 R / \$120 NR



# ADULT PROGRAMS

## Open Gym Basketball

Our Adult Open Gym Basketball is a place to shoot some hoops. Pick-up games are formed each day. Games are based on exercise, sportsmanship, and fun. Space in the gym is limited. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. 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	12 noon - 2 pm
Dates	October 2 - December 18 (No 10/9)
Price	\$ 44 R / \$ 59 NR

## 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

### Winter Soups - October 14

Join Chef Josh as he teaches you the skills and secrets to consistently crafting delicious and hearty soups that will warm the soul.

## 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 109
Days	Mondays and Wednesdays
Times	7 pm - 8 pm
Dates	October 2 - December 20 (No class 10/9 or 11/22)
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
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	November 14
Price	Free

# ADULT PROGRAMS

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

## Beginners Pickleball Clinic

Come learn the basics of this exciting game. 90 minutes of instruction followed by 90 minutes of guided open play. No Paddle required. Session registration highly recommended, drop ins are allowed for \$20/day as space allows.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Gym
Days	Fridays
Times	8:45 - 11:45 am
Dates	October 6 - December 8 (No Class 11/10, 11/24)
Price	\$120 R / \$130 NR

## Intermediate Pickleball Clinic

This clinic will help you build on your current skill set and improve your game play. 90 minutes of instruction. This is a skills clinic only - no game play.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Aux Gym
Days	Fridays
Times	12:15 pm - 2:15pm
Dates	October 6 - December 8 (No Class 11/10, 11/24)
Price	\$ 110 R / \$ 130 NR

## Open Play Pickleball

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

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

### Level 1

#### Beginner, Novice & Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	October 3 - December 19 (No 11/7)
Price	\$ 44 R / \$ 49 NR
Days	Thursdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	October 5 - December 21 (No 11/23)
Price	\$ 44 R / \$ 49 NR

### Level 2

#### Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	October 3 - December 19 (No 11/7)
Price	\$ 44 R / \$ 49 NR
Days	Thursdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	October 5 - December 21 (No 11/23)
Price	\$ 44 R / \$ 49 NR

### Level 3

#### Intermediate & Advanced Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	October 3 - December 19 (No 11/7)
Price	\$ 44 R / \$ 49 NR
Days	Thursdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	October 5 - December 21 (No 11/23)
Price	\$ 44 R / \$ 49 NR

# FITNESS PROGRAMS

## 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 October 2 - December 18  
(No Class 10/9)

Price \$ 88 R / \$ 98 NR

### Friday Morning Class

Days Fridays

Times 9:30 am - 10:30 am

Dates October 6 - December 15

Price (No 11/10 or 11/24)  
\$ 72 R / \$ 77 NR

### Wednesday Evening Class

Days Wednesday

Times 6:30 pm - 7:30 pm

Dates October 4 - December 20  
(No class 11/22)

Price \$ 88 R / \$ 98 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 October 3 - December 26  
(No Class 11/7)

Price \$ 96 R / \$ 106 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 5:45 pm - 6:45 pm

Dates October 2 - December 18  
(No Class 10/9)

Price \$ 88 R / \$ 98 NR

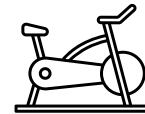
### Friday Happy Hour Spin

Days Fridays

Times 5:30 pm - 6:30 pm

Dates October 6 - December 29  
(No Class 11/10, 11/24, 12/22)

Price \$ 80 R / \$ 90 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 October 28  
November 4, 18  
December 2

Price \$ 32 R / \$ 37 NR

# FITNESS PROGRAMS

## Walk Off the Pounds

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

Instructor Toni-Lynn Rispoli  
Ages 18+  
Location EHTCC 111  
Days Mondays, Wednesdays & Fridays  
Times 8:15 am - 9:15 am  
Dates October 2 - December 29  
(No Class 10/9, 11/10, 11/24, 12/22  
12/25)  
Price \$ 272 R / \$ 292 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. All you need are water, a towel and a smile!

Instructor Kendale Ingram  
Ages 18+  
Location EHTCC 113  
Days Tuesdays  
Times 5:30 - 6:30 pm  
Dates October 3 - December 19  
(No Class 11/7, 11/14)  
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 October 4 - December 6  
(No Class 10/11, 11/8, 11/22)  
Price \$ 56 R / \$ 61 NR

## Tone and Balance

This class incorporates every day balance moves and building strength with light weights. No impact, just tightening our bodies. Please bring your own mat, fitness band, and water. 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 October 2 - December 20  
(No Class 10/9, 11/10, 11/24)

### Three Day Option

Price \$ 258 R / \$ 278 NR

### Two Day Option

Price \$ 185 R / \$ 205 NR

### One Day Option

Price \$ 88 R / \$ 98 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 October 2 - December 18  
(No Class 10/9, 11/13)  
Price \$ 80 R / \$ 90 NR

### Wednesday Class

Days Wednesdays  
Times 5:30 pm - 6:30 pm  
Dates October 4 - December 6  
Price (No Class 10/11, 11/8, 11/22)  
\$ 56 R / \$ 61 NR

### Two Day Option

Price \$ 119 R / \$ 129 NR

# FITNESS PROGRAMS

## Total Body Tabata

Bid farewell to monotonous workouts! Tabata is the perfect blend of sweat-inducing challenges and pure enjoyment. Prepare to ignite your fitness routine with a blend of Interval Training, Cardio, and Strength Training, tailored for all fitness levels. Get ready to experience a workout like no other that will leave you feeling stronger, fitter, and ready to conquer the world! No matter where you are on your fitness journey, this class is for everyone. Be part of a supportive atmosphere where you're encouraged to challenge yourself and unlock amazing results. Bring a water bottle, towel, and mat and let's get started.

Instructor Keisha Brown  
Ages 18+  
Location EHTCC 111 or 113

### Morning Class

Days Tuesdays and Thursdays  
Times 9:30 am - 10:30 am  
Dates October 3 - December 28  
(No Class 11/7, 11/23)  
Price \$ 168 R / \$ 188 NR

### Evening Class

Days Tuesdays and Thursdays  
Times 6 pm - 7 pm  
Dates October 3 - December 28  
(No Class 11/7, 11/23)  
Price \$ 168 R / \$ 188 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 Tuesdays  
Times 7:15 pm - 8:15 pm  
Dates October 3 - December 26  
(No Class 10/17, 10/31, 11/7)  
Price \$ 80 R / \$ 90 NR

## Buns and Guns

Transform your arms and glutes in just 12 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 Dina Washinton  
Ages 18+  
Location EHTCC 113  
Days Wednesdays  
Times 5:45 pm - 6:45 pm  
Dates October 4 - December 27  
(No Class 11/22)  
Price \$ 96 R / \$ 106 NR

## Kickboxing with Keisha

Get ready to kick, punch, and power up your fitness routine in this heart-pounding, high-energy kickboxing class! This isn't just a workout – it's a thrilling journey that will have you feeling fierce, empowered, and ready to take on any challenge that comes your way.

### Why Kickboxing?

- Full-Body Burn: Engage muscles you never knew you had in a dynamic workout.
- Stress Buster: Punch and kick away stress, leaving with a clear mind.
- Endorphin Explosion: Experience the exhilaration of a high-energy fitness party.
- Unleash Your Power: Discover a new level of strength, both physically and mentally.

Bring a water bottle and a towel and join in on the fun!

Instructor Keisha Brown  
Ages 18+  
Location EHTCC 113  
Days Fridays  
Times 5 pm - 6 pm  
Dates October 6 - December 29  
(No class 11/10, 11/24, 12/22)  
Price \$ 72 R / \$ 77 N





# FITNESS PROGRAMS

## 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, and water required for class.

Instructor Marissa Carusso  
Ages 18+  
Location EHTCC 111  
Days Tuesdays  
Times 8:15 am - 9:15 am  
Dates October 3 - December 26  
(No Class 11/7)  
Price \$ 96 R / \$ 106 NR



## 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, and water required for class.

Instructor Marissa Caruso  
Ages 18+  
Location EHTCC 110  
Days Wednesdays  
Times 8:15 am - 9:15 am  
Dates October 4 - December 27  
Price \$ 104 R / \$ 114 NR

## 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 111 or 113  
Days Tuesdays and Thursdays  
Times 5 pm - 6 pm  
Dates October 3 - December 28  
(No Class 11/7, 11/23)  
Price \$ 154 R / \$ 174 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 October 25 - December 27  
Price \$ 80 R / \$ 90 NR

# FITNESS PROGRAMS

## Vinyasa Yoga Flow

Physically moving with our breath to create alignment, muscle lengthening, & balance, while practicing mental focus.

Mat, towel, and water required for class.

Instructor	Marissa Caruso
Ages	18+
Location	EHTCC 111
Days	Fridays
Times	10:30 am - 11:30 am
Dates	October 6 - December 29 (No Class 11/10, 11/24, 12/22)
Price	\$ 80 R / \$ 90 NR

## Mindfulness Meditation

Being Here Now with Your Being

- \* Explore different meditation techniques
- \* Develop a meditation practice that suits your nature
- \* Trust your unique wisdom and insights
- \* Engage in meaningful conversation and inquiries and have fun at the same time sharing and engaging in the practices.

The various types of meditation open doors to being here now to uncover and access your Being and being with your Being. Learn to let go of people and ideas that keep you stuck. Allow yourself to experience your great Awareness and Wholeness. Access and feel the ocean of peace within.

Whether you have embraced meditation for years or are new to the practice this class will activate, empower, and establish a meditation practice that is best for you. Return to your daily living rested, refreshed, and with a practice you love. You are invited on a journey to uncover the incredible majesty, power, and beauty within you.

Instructor	Linda Schwartz
Ages	18+
Location	EHTCC 113
Days	Fridays
Times	11:30 am - 12:30 pm
Dates	October 27 - December 29 (No Class 11/10, 11/24, 12/22)
Price	\$ 56 R / \$ 61 NR

## Mindful Chair and Standing 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	Fridays
Times	10 am - 11 am
Dates	October 27 - December 29 (No Class 11/10, 11/24, 12/22)
Price	\$ 56 R / \$ 61 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

# 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](http://www.ehtrec.com) or our Facebook page. The Recreation Department does NOT follow the school calendar. If school is cancelled due to inclement weather, please check our webpage [www.ehtrec.com](http://www.ehtrec.com) or our Facebook Page for the status of our programs.

## We Love Parents But...

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

## Inclusive Statement

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

## Hey -What Happened To My Class?

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

## Email List

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

## Oops!

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

## No News is Good News

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

## Photo Policy

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



*Thank you to our Sponsors!*

## RHYTHM IN THE PARKS CONCERT SERIES

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## MONDAY MORNING MADNESS

Presented By:



## MOVIES UNDER THE STARS

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