

EHT RECREATION

— WINTER 2024 — 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: December 6
Non-Resident Registration
Begins: December 18

On-line Registration
Ends: December 27



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SPECIAL EVENTS

Philadelphia Flower Show

The Annual PHS Philadelphia Flower Show is back inside at the Philadelphia Convention Center. This year's theme is "United by Flowers." This theme is a celebration of the community that blooms each Spring at the annual PHS Philadelphia Flower Show – a moment when hundreds of thousands from the region, East Coast, and the world share in a week-long magnification of the transformative power of gardening. Don't delay, this trip will sell out. Call (609) 272 - 8120 to reserve your seat today. Transportation via School Bus. Transportation and admission included in fee.

Day	Thursday, March 7
Leaves	2 pm from EHT Community Center
Departs	8 pm from Philadelphia Convention Center
Price	\$45

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 February 28 for a chance to be named the winner! All photos submitted must be taken in EHT. #EHTRec

4th Annual Spring Craft Show

Save the Date! May 11, 2024 9am - 3pm. EHT Recreation will be hosting its Third Annual Spring Craft Show at the EHT Community Center.

If you are interested in becoming a vendor applications will available at the EHT Community Center, on EHT Recreation's Facebook Page, and on www.ehtrec.com in early February.

Grab -n- Go Crafts

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

Health and Fitness Fair!

Save the Date! March 23, 2024, 10 am - 2 pm. EHT Recreation will be hosting its Second Annual 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 you physical and mental well-being.

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.

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 January 31 - March 27
(No Class 3/6)

Price \$ 64 R / \$ 69 NR

Saturday Class

Days Saturdays

Times 8:45 am - 9:45 am

Dates February 3 - March 16
(No Class 2/17 or 3/9)

Price \$ 40 R / \$ 45 NR

Saturday Class

Days Saturdays

Times 10:00 am - 11:00 am

Dates February 3 - March 16
(No Class 2/17 or 3/9)

Price \$ 40 R / \$ 45 NR



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 Miss Doreen

Ages 3 - 5 years old

Location EHTCC 117

Three Day Option

Days Monday, Wednesday & Friday

Times 10 am - 12 noon

Dates January 8 - March 27
(No Class 1/15 or 2/19)

Price \$ 346 R / \$ 366 NR

Two Day Option

Days Tuesdays & Thursdays

Times 10 am - 12 noon

Dates January 9 - March 28

Price \$ 252 R / \$ 272 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 \$55 R / \$ 60 NR

Monday Class

Days Mondays

Dates January 8 - March 25
(No class 1/15 or 2/19)

Wednesday Class

Days Wednesdays

Dates January 3 - March 27

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 May 13 and May 24.

Location: EHTCC 110

Price: \$ 175 R / \$ 195 NR

3 - 4 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 4:45 pm - 5:30 pm
Start date January 8
(No class 1/15 or 2/19)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 5:15 pm - 6 pm
Start date January 9

Wednesday Class

Instructor Miss Shannon
Days Wednesday
Times 4:45 pm - 5:30 pm
Start date January 10

Thursday Class

Instructor Miss Shannon
Days Thursdays
Times 4:45 pm - 5:30 pm
Start date January 11

11 - 13 Years Old Jazz Ballet Classes

Instructor Miss Kaila
Days Tuesdays
Times 7:30 pm - 8:30 pm
Start date January 9

14 - 18 Years Old Jazz Ballet Classes

Instructor Miss Danielle
Days Mondays
Times 7:15 pm - 8:15 pm
Start date January 8
(No class 1/15 or 2/19)

5 -7 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 5:30 pm - 6:15 pm
Start date January 8
(No class 1/15 or 2/19)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 6 pm - 6:45 pm
Start date January 9

Thursday Class

Instructor Miss Kaila
Days Thursdays
Times 5:30 pm - 6:15 pm
Start date January 11

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 6:15 pm - 7 pm
Start date January 11

Friday Class

Instructor Miss Veronica
Days Fridays
Times 5:30 pm - 6:15 pm
Start date January 12
(No Class 3/29 or 4/5)

8 - 10 Years Old Jazz Ballet Classes

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 6:45 pm - 7:30 pm
Start date January 9

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 7 pm - 7:45 pm
Start date January 11

Hip Hop Classes

5 - 8 Years Old Class

Instructor Miss Danielle
Ages 5 - 8 years old
Days Wednesdays
Times 5:30 pm - 6:30 pm
Start date January 10

9- 12 Year Old Class

Instructor Miss Danielle
Ages 9 - 12 Years Old
Days Mondays
Times 6:15 pm - 7:15 pm
Start date January 8
(No class 1/15 or 2/19)

13 + Years Old Class

Instructor Miss Danielle
Ages 13 - 18 years old
Days Wednesdays
Times 6:30 pm - 7:30 pm
Start date January 10

Contemporary Dance Class

Instructor Miss Emilie
Ages 11 - 18 years old
Days Thursdays
Times 7:45 pm - 8:45 pm
Start date January 11

Lyrical Dance Class

Instructor Miss Kaila
Ages 14 - 18 years old
Days Wednesdays
Times 7:30 pm - 8:30 pm
Start date January 10



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 January 3 - March 27
(No Class 1/15 or 2/19)
Price \$110 R / \$ 120 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 Open Gym

Come join EHT Recreation Staff for a few hours of fun and games. Staff will run different gym games weekly. EHTPD Officers will continue to stop by to build a personal and positive rapport with our participants. EHT Residents Only. Pre-Registration Required.

Instructor EHT Recreation Staff
Location EHTCC Gyms
Days Mondays and Wednesdays
Dates January 3 - March 27
(No Class 1/15 or 2/19)

Price Free

High School

Grades 9 - 12

Time 2 pm - 3 pm

Elementary & Middle School

Grades 4 - 8

Time 3 pm - 4:45 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 February 3 - March 16
(No Class 2/17 or 3/9)
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

Sled and Slope Challenge! - January 27

Design a sled and slope to go the greatest distance without losing its cargo.

Mardi Gras Coding - February 24

Design a Mardi Gras necklace with a coded message.

Kite Challenge - March 23

Design and build a working kite.

K - 2 Basketball Clinic

Coach Cam and his assistants 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, our clinic is designed to introduce the game of basketball to younger participants.

Instructor Coach Cam and Recreation Staff
Location EHTCC Gym
Days Saturdays
Dates February 10 - April 13
(No class 2/17, 3/23, or 3/30)
Price \$50 R / \$55 NR

Grade Kindergarten
Time 8 am - 9 am

Grade First Grade
Time 9:15 am - 10:15 am

Grade Second Grade
Time 10:30 am - 11:30 am

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)

"Snowmen at Night" - January 20

When a boy observes that the snowman he built the day before now looks droopy and disheveled, he imagines what happened to his snow creation during the night. Soon the boy pictures all the neighborhood snowmen gathered in the park for "ice-cold cocoa," a snowball fight, a round of making snow angels and more. Enjoy this story and then create your very own snowman!

"Happy Valentine's Day Mouse"- February 10

Mouse is making Valentine's Day cards for his friends. As he makes each one, he thinks about what he loves about them. Just as he is getting ready to give out his valentines, there is a knock on the door ... all of his friends have brought him special valentines. Enjoy this story and then create a valentine friend!

"The Windy Day" - March 16

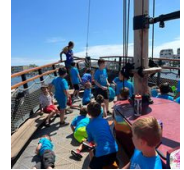
A blustery wind creates havoc in an otherwise quiet town, resulting in such unusual happenings as whirling wedding cakes, airborne alarm clocks, and bouncing bananas, until a little boy decides to greet the exciting wind. Enjoy the story and then create a kite to play in the wind!

YOUTH PROGRAMS

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. Summer camp must be paid in full by June 14.

Early Bird pricing available December 6 - February 16!

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 24 - August 30 (No Camp July 4 or July 5)
Early Bird Price	\$295/Week
Regular Pricing	\$310/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 26 - August 25 (No Camp July 4)
Early Bird Price	\$195/Week
Regular Pricing	\$210/Week
	Multi-Week Discount for 8+ weeks registered



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	January 8 - March 25 (No Class 1/15 or 2/19)
Price	\$ 40 R / \$ 45 NR

Youth Coaching Clinic

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

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	February 27
Price	Free

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	January 3 - March 27 (No Class 1/15 or 2/19)
Price	\$110 R / \$120 NR

Adaptive Dance

Join our experienced dance instructors to be introduced to the world of dance and learn the basics in a fun, stress-free environment. Get up and get moving in this fun dance class. Open to all Individuals with physical or intellectual disabilities

Instructor	Miss Danielle
Ages	18+
Location	EHTCC 110
Days	Mondays
Times	1 pm - 2 pm
Dates	January 8 - March 25 (No class 1/15 or 2/19)
Price	Free

ADULT 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
Price \$45 R / \$50 NR per session

Guest Chef Series

Chef Sal Giambrone - The Queen Bean Bistro

Join Chef Sal for a culinary masterclass where you'll discover the secrets to elevating your dishes by using advanced cooking techniques that every home cook should know.

Day Wednesday
Date January 10
Time 6 pm - 8 pm

Southern Cooking: Soul Food Classics

Uncover the vibrant history of soul food in this cooking class, where you'll not only learn about its origins but also master the art of preparing its most celebrated dishes.

Day Saturday
Date March 9
Time 10 am - 12 noon



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
Ages 18+
Location EHTCC 118
Days Wednesday
Times 6 pm
Price \$45 R / \$50 NR

Reversible Wooden Block Snowman

Create double the fun with this reversible snowman decor! One side features the phrase "Let It Snow!" while the other is a cute snowman.

Dates January 31

Macrame Wall Hangings for Beginners

Make your very own macrame wall hanging. This simple craft will sure look chic.

Dates February 28

Spring Floral Straw Hat Wreaths

Turn a straw hat into a spring wreath! Is there a better way to kick off the spring than with this festive craft?

Dates March 27

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	9 am - 12 noon
Dates	January 12 - March 1
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	January 12 - March 1
Price	\$ 110 R / \$ 120 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	January 2 - March 26
Price	\$ 52 R / \$ 57 NR
Days	Thursdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	January 4 - March 28
Price	\$ 52 R / \$ 57 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	January 2 - March 26
Price	\$ 52 R / \$ 57 NR
Days	Thursdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	January 4 - March 28
Price	\$ 52 R / \$ 57 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	January 2 - March 26
Price	\$ 52 R / \$ 57 NR
Days	Thursdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	January 4 - March 28
Price	\$ 52 R / \$ 57 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 January 8 - March 25
(No Class 1/15 or 2/19)

Price \$ 80 R / \$ 90 NR

Friday Morning Class

Days Fridays

Times 9:30 am - 10:30 am

Dates January 5 - March 22

Price (No Class 1/12)
\$ 88 R / \$ 98 NR

Wednesday Evening Class

Days Wednesday

Times 6:30 pm - 7:30 pm

Dates January 3 - March 27

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 January 2 - March 26

Price \$ 104 R / \$ 114 NR

Manic Monday 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 Mondays

Times 5:45 pm - 6:45 pm

Dates January 8 - March 25
(No Class 1/15 or 2/19)

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 January 6, 20, 27

February 3, 10

Price \$ 40 R / \$ 45 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 January 8 - March 27
(No Class 1/15, 2/19, 3/4, 3/6, 3/8)
Price \$ 210 R / \$ 230 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 January 2 - March 26
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

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 January 3 - March 27
(No Class 1/12, 1/15, 2/19)

Three Day Option

Price \$ 252 R / \$ 272 NR

Two Day Option

Price \$ 196 R / \$ 216 NR

One Day Option

Price \$ 112 R / \$ 122 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 January 22 - March 25
(No Class 2/19 or 3/4)

Price \$ 64 R / \$ 69 NR

Wednesday Class

Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates January 3 - March 27
Price (No Class 1/10, 2/14, 3/13)
\$ 80 R / \$ 90 NR

Two Day Option

Price \$ 126 R / \$ 136 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 January 2 - March 28
Price \$ 182 R / \$ 202 NR

Evening Class

Days Tuesdays and Thursdays
Times 6 pm - 7 pm
Dates January 2 - March 28
Price \$ 182 R / \$ 202 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 January 3 - March 27
Price \$ 104 R / \$ 104 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 January 5 - March 22
Price \$ 96 R / \$ 106 N



Bar Strong

Overall strength training with pilates bar, bands, and weights. Tighten and tone up that body! No impact exercise.

Instructor Margaret Keena
Ages 18+
Location EHTCC 111
Days Tuesdays
Times 8:45 am - 9:30 am
Dates January 23 - March 26
Price \$ 80 R / \$ 90 NR

FITNESS PROGRAMS

Mindfulness For Less Stress

Mindfulness per John Kabt Zinn: "An awareness arising from paying attention on purpose in the present moment without judgment."

Learn the Attitudes and Foundations of Mindfulness as we investigate them within ourselves and our behavior in life. Learn to observe your experience inwardly, outwardly and both without getting hooked into automatic stressful reactions. Move out of autopilot and take ownership of your thoughts and emotions. This control permits us to reflect, make informed decisions, and respond, rather than lash out reactively.

Mindfulness is paying attention to your experience and choosing peaceful responses to people, thoughts, emotions, and events.

Please bring a yoga mat and water bottle, chairs will be provided as well.

Instructor	Linda Schwartz
Ages	18+
Location	EHTCC 113
Days	Fridays
Times	11:45 am - 12:45 pm
Dates	January 12 - March 22
Price	\$ 88 R / \$ 98 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	January 12 - March 22
Price	\$ 88 R / \$ 98 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
Days	Tuesdays and Thursdays
Times	5 pm - 6 pm
Dates	January 2 - March 28
Price	\$ 182 R / \$ 202 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	January 10 - March 27
Price	\$ 96 R / \$ 106 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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Interested in becoming a
sponsor in 2024?
Email
Recreation@ehtgov.org
or call (609) 272 - 8120 for
more information.

