

EHT RECREATION

SUMMER 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: June 5
Non-Resident Registration
Begins: June 17

On-line Registration
Ends: June 26



Follow us on Facebook



SPECIAL EVENTS

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

Join EHT Recreation and EHT Municipal Alliance for the "Get Hooked on Fishing Not Drugs" fishing trip to promote drug and alcohol awareness. The bus departs the EHT Community Center and travels to Sea Isle City to board the "STARFISH." The bus departs the Community Center at 11 AM and returns at approximately 6 PM. Ages 7-12, a parent/guardian is required, ages 13 and up, parent/guardian is not required. A brief drug and alcohol presentation will be held for all participants prior to boarding the bus.

Date	Thursday July 11 Thursday August 8
Time	11 am - 6 pm
Cost	\$20/participant/trip \$10/guardian/trip

13th Annual Holiday Craft Show

Applications are now available for our fall craft show! The application process to become a vendor has changed some, so we ask that you look over the application prior to submitting. For more information, please visit our website at www.ehtrec.com. This event is free for the public to attend.

Date	Saturday, November 9
Time	9 am - 3 pm

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.

Monday Morning Madness

Presented by: Mott Watkins Associates, LLC

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

Monday Morning Madness will be held every Monday June 24 - August 26! Full schedule will be released on our website and facebook page soon!

Rhythm in the Park Concert Series

Presented by: Sea Shore Construction

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

Rhythm in the Park Concert Series will be held every Friday June 28 - August 30! Full schedule will be released on our website and facebook page soon!

Movies Under the Stars

Presented by: EHT Clean Communities

Movies held at Robert J Lincoln Ampitheater in Tony Canale Park. Movies begin at 6 pm

7/20	Wonka
8/17	Back to the Future

Grab -n- Go Crafts

Looking for a fun summer project? Swing by the EHT Community Center beginning on June 18th between 9 am - 4:30 pm to pick up a grab and go summer craft! The only supplies you'll need at home are scissors and glue! Available for EHT Residents only. While supplies last. For more information contact the Recreation Office at (609) 272 -8120.

SUMMER CAMPS

Performing Arts Camp

Calling all performers ages 5-10! No experience needed. If your child loves to act, sing, or dance, then this camp is for them! Camp runs August 5th-August 23rd. Campers will perform an ocean-themed musical on Friday, August 23rd. There will be singing/dancing or acting parts--something for everyone!

Location: EHT Community Center
Instructor: Mrs. Veronica
Times: 8:30 am - 10 am
Ages: 5 - 10
Days: Monday - Friday
Dates: August 5 - August 23
Price: \$300



National CSI Camp

Work a mock crime scene investigation from beginning to end, culminating in a mock trial! Collect evidence using the most up-to-date modern techniques and methodologies. Follow the clues left behind by the suspect(s) and develop supporting evidence to solve the crime. This educational camp is for students with an interest in law enforcement or related forensic sciences, designed to challenge all students while having fun. Taught by Captain (ret) Sean Clancy formerly of Atlantic County Prosecutor's Office and other experienced Detectives.

Location: EHT Community Center
Instructor: Captain (ret) Sean Clancy
Times: 9 am - 12 pm
Grades: 7 - 12
Days: Monday - Friday
Dates: August 19 - August 23
Price: \$200

Summer Science STEM Camp

Summer Science STEM Camp is a fun way to foster your campers interest in Science, Technology, Engineering, and Mathematics. Each day the campers will participate in hands-on activities to expand their knowledge in these areas using the STEM model of inquiry. All activities will be differentiated for age groups. At the end of the week, the campers will showcase their projects for the entire camp and parents! The showcase will be at 3:30 - 4 pm on the Friday of each camp. We will be offering 2 unique sessions this summer.

Location: EHT Community Center
Days: Monday - Friday
Times: 1 pm - 4 pm
Age: 8 - 12
Instructor: Miss Gina
Price: \$200

Session 1

Dates: July 15 - July 19

Session 2

Dates: August 12 - August 16

SUMMER CAMPS

Soccer Camp

Join EHT Recreation and New Jersey Surf Soccer for some Soccer Fun. This program is geared for children with little to no soccer experience to help build on the basic skills already learned. This is an instructional only clinic for boys and girls. There are no teams or league play. Our professional trainers will lead a variety of skill building soccer drills and games.

Location: Tony Canale Park
Days: Monday - Friday
Dates: July 8 - July 12
Instructor: New Jersey Surf Soccer

Three - Six Year Olds

Time: 9 am - 10:30 am
Price: \$100
Ages: 3 - 6

Seven - Fourteen Year Old

Time: 9 am - 12 noon
Price: \$200
Ages: 7 - 14



Speed & Agility Camp

Speed & Agility Camp is for young athletes competing in any sport. This camp will focus on building athleticism, conditioning and speed on both a linear and multi-directional basis. Our high-energy environment allows athletes to train at a competitive level as well as become more motivated and confident, and will have a positive impact on your performance as an athlete. We also look to educate the athletes on proper recovery, injury prevention, and nutrition.

Location: Tony Canale Park
Instructor: Coach Cam
Times: 9 - 11 am
Grades: 4 - 8 (as of Sept 1, 2024)
Days: Monday - Friday
Dates: August 12 - August 16
Price: \$145

3rd-4th Grade Basketball Camp

Learn the basics of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play.

Location: EHTCC Gym
Instructor: Coach Cam
Times: 9:30 am - 11:30 am
Grades: 3 - 4 (as of Sept 1, 2024)
Days: Monday - Friday
Dates: July 15 - July 19
Price: \$145

5th-8th Grade Basketball Camp

Our staff will teach the game of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play.

Location: Bargaintown Park
Instructor: Coach Cam
Times: 9 am - 11 am
Grades: 5 - 8 (as of Sept 1, 2024)
Days: Monday - Friday
Dates: July 22 - 26
Price: \$145

Field Hockey Camp

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

Days: Monday - Friday
Dates: August 5 - August 9
Time: 10 am - 1 pm
Location: Shires Park
Instructor: Miss Toni-Lynn
Price: \$200
Grades: 3 - 8 (as of Sept. 1, 2024)

UNIFIED PROGRAMS

Unified Camp

Join EHT Unified Sports as they partner with EHT Recreation for a fun filled week! Basketball, Kickball, Pillow Polo and Yoga are just a few of the activities that your camper will enjoy! Each day will have an awesome theme to keep things exciting:

- Monday - Music Monday
- Tuesday - Disney Day
- Wednesday - Wild Wednesday (with a visit from therapy dogs!)
- Thursday - Olympics Day
- Friday - Beach Activity Day (with a visit from our mighty mascot!)

For more information, please contact Coach Diz at olenikd@eht.k12.nj.us

Location: EHTCC Gym
Instructor: Coach Diz and staff
Days: Monday - Friday
Dates: August 5 - August 9
Price: \$25

Times: 8 am - 10 am
Grades: 6 - 8 (as of Sept. 1)

Times: 10:30 am -12:30 pm
Grades: 9 - 12 9 (as of Sept. 1)



Special Tournament of Fishing

EHT Recreation will offer our Special Tournament of Fishing for children with special needs and their families. Each participant must bring an adult chaperone for the event. The program will consist of a workshop/exhibition on the basics of fishing, two hours of fishing, and an awards ceremony and a light pre-packaged lunch. Participants are encouraged to bring their own fishing pole and tackle. Recreation will provide equipment for use at the event as well. Pre-registration is required.

Location: EHT Nature Reserve
Date: Thursday, July 25
Fishing Time: 9 am - 11 am
Awards & Lunch: 11:30 am
For: EHT individuals with physical or intellectual disabilities
Cost: Free

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: July 27 - September 28 (No Class 8/31)
Price: Free

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 July 24 - September 25
(No Class 9/4)

Price \$ 72 R / \$ 77 NR

Saturday Class

Days Saturdays
Times 10:00 am - 11:00 am
Dates July 27 - September 28
(No Class 8/31)

Price \$ 72 R / \$ 77 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.

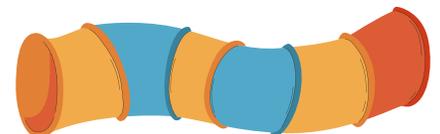
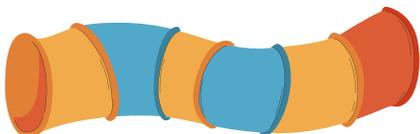
Instructor Master Carson and Karate Staff
Ages 4 - 5 years old
Location EHTCC Aux Gym
Times 5 - 5:30 pm
Price \$55 R / \$60 NR

Monday Class

Days Mondays
Dates July 1 - September 23
(No Class 9/2)

Wednesday Class

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



DANCE PROGRAMS

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 in November or early December. Exact Dates will be released once the school district approves the dates.

Location: EHTCC 110
Price: \$ 175 R / \$ 195 NR

Jazz Ballet Dance Classes

This class will spend time learning both jazz and ballet basics and using these styles as the foundation for 2 separate dance routines.

3 - 4 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 4:45 pm - 5:30 pm
Start date July 8
(No class 9/2, 10/14, or 11/11)

Wednesday Class

Instructor Miss Shannon
Days Wednesdays
Times 4:45 pm - 5:30 pm
Start date July 10
(No Class 9/4 or 11/27)

Thursday Class

Instructor Miss Shannon
Days Thursdays
Times 4:45 pm - 5:30 pm
Start date July 11
(No Class 9/5 or 11/28)

Thursday Class

Instructor Miss Kaila
Days Thursdays
Times 5:30 pm - 6:15 pm
Start date July 11
(No Class 9/5 or 11/28)

5 - 7 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 5:30 pm - 6:15 pm
Start date July 8
(No class 9/2, 10/14, or 11/11)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 6:15 pm - 7:00 pm
Start date July 9
(No Class 8/6, 9/3 or 11/5)

Thursday Class

Instructor Miss Kaila
Days Thursdays
Times 6:15 pm - 7:00 pm
Start date July 11
(No Class 9/5 or 11/28)

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 7:00 pm - 7:45 pm
Start date July 11
(No Class 9/5 or 11/28)

Saturday Class

Instructor Mrs. Veronica
Days Saturdays
Times 9:00 am - 9:45 am
Start date July 13
(No Class 8/31, 10/12, 11/9, or 11/30)

8 - 10 Years Old Jazz Ballet Classes

Monday Class

Instructor Miss Danielle
Days Mondays
Times 7:00 pm - 7:45 pm
Start date July 8
(No class 9/2, 10/14, or 11/11)

Tuesday Class

Instructor Miss Kaila
Days Tuesdays
Times 7:00 pm - 7:45 pm
Start date July 9
(No Class 8/6, 9/3 or 11/5)

Thursday Class

Instructor Miss Emilie
Days Thursdays
Times 7:45 pm - 8:30 pm
Start date July 11
(No Class 9/5 or 11/28)

11 - 13 Years Old Jazz Ballet Classes

Instructor Miss Kaila
Days Tuesdays
Times 7:45 pm - 8:30 pm
Start date July 9
(No Class 8/6, 9/3 or 11/5)

14 - 18 Years Old Jazz Ballet Classes

Instructor Miss Danielle
Days Mondays
Times 7:45pm - 8:30 pm
Start date July 8
(No class 9/2, 10/14, or 11/11)



DANCE PROGRAMS

Hip Hop Dance Classes

This class uses freestyle movements and rhythmic combinations to integrate music and complex movements into their 2 dance routines.

Hip Hop Classes

5 - 7 Years Old Class

Instructor Miss Danielle
Ages 5 - 7 years old
Days Mondays
Times 6:15 pm - 7:00 pm
Start date July 8
(No class 9/2, 10/14, or 11/11)

8 - 10 Year Old Class

Instructor Miss Bella
Ages 8 - 10 Years Old
Days Tuesdays
Times 4:45 pm - 5:30 pm
Start date July 9
(No Class 8/6, 9/3 or 11/5)

11 - 13 Years Old Class

Instructor Miss Danielle
Ages 11 - 13 years old
Days Wednesdays
Times 5:30 pm - 6:30 pm
Start date July 10
(No Class 9/4 or 11/27)

14 - 18 Years Old Class

Instructor Miss Danielle
Ages 14 - 18 years old
Days Wednesdays
Times 6:30 pm - 7:30 pm
Start date July 10
(No Class 9/4 or 11/27)



Broadway Dance Classes

This class is combination of different dance styles with its highest focus on musical interpretation.

Broadway Dance Class

Instructor Mr. Ethan
Ages 5 - 8 years old
Days Tuesdays
Times 5:30 pm - 6:15 pm
Start date July 9
(No Class 8/6, 9/3 or 11/5)



Lyrical Dance Classes

This class incorporates various aspects of ballet, jazz and modern, combining technique and musicality into 2 dance routines.

Lyrical Dance Class

Instructor Miss Kaila
Ages 14 - 18 years old
Days Wednesdays
Times 7:30 pm - 8:30 pm
Start date July 10
(No Class 9/4 or 11/27)

Contemporary Dance Classes

This class will use a versatile, expressive style of dance that focuses on free movements to learn 2 dance routines.

Contemporary Dance Class

Instructor Miss Emilie
Ages 11 - 18 years old
Days Thursdays
Times 8:30 pm - 9:15 pm
Start date July 11
(No Class 9/5 or 11/28)

YOUTH PROGRAMS

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	June 29 - August 24 (No Class 7/6, 7/20)
Price	\$ 70 R / \$ 75 NR

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	July 1 - September 25 (No Class 9/2 or 9/4)

Beginners Karate (No Belts)

Times	5:30 - 6 pm
Price	\$75 / \$80 NR

Returning Student Karate (White - Blue Belts)

Times	6 - 7 pm
Price	\$110 R / \$ 120 NR

Advanced Student Karate (Brown - Black Belts)

Times	7 - 8 pm
Price	\$110 R / \$ 120 NR

Dodgeball

Join EHT Recreation and EHT LEAP for some summer fun! Challenge some of the LEAP volunteers to a game of dodgeball and see who can best the other team! This program is for EHT residents only.

Pre-registration is preferred but not required.

Instructor	EHT LEAP Volunteers
Location	EHTCC Gym
Days	Wednesdays
Dates	July 3 - August 21 (No Class 8/7)
Price	Free
Grades	3 - 8 (as of Sept. 1, 2023)
Times	12 noon - 1 pm

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	June 29 - August 17 (No Class 7/6)
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



MAYORS WELLNESS CAMPAIGN

Tips from the PT! Seminar Series

Brought to you by Optimal Health Chiropractic and Physical Therapy



Location EHT Community Center
Cost Free

Low Back and Hip Pain and How We Can Help Led By Dr. Rick Carlson

Learn about the connection between lower back and hip pain and how a combination of chiropractic care and physical therapy can help return you to normal by improving strength, flexibility, and coordination to decrease your pain and allow you the freedom to perform on a day-to-day basis.

Tuesday, July 2, 10 am - 11am

Pickleball - Common Injuries and Injury Prevention Led by Dr. Paul Menno

Pickleball is one of the most popular new sports of 2024 and with popularity comes an increase in musculoskeletal injuries. Learn about the most common injuries in pickleball and how to prevent them to improve your ability to consistently play and perform at your best.

Tuesday, July 9, 6 pm - 7 pm

Neck & Shoulder Pain and How We Can Help Led by Dr. Anthony Ward

Learn about the connection between neck and shoulder pain and how consistent chiropractic care and rehabilitative exercise can improve strength, flexibility, and motor coordination to decrease your pain and allow you return to normal function on a day to day basis.

Tuesday, July 23
10 am - 11am

Balance & Fall Prevention, Led by Dr. Paul Menno

Falls in the elderly population are one of the leading causes of mortality and morbidity in the world! Join Dr. Paul Menno in a lecture on how to prevent falls and improve your balance, coordination, and confidence through a comprehensive physical therapy treatment program.

Tuesday, August 13, 10 am - 11am



Pelvic Floor Physical Therapy – What It Is and What It Isn't Led by Dr. Rachel Miller and Dr. Toyin Aboderin

The pelvic floor is a remarkably important part of your body and there are many misconceptions around how to properly manage pelvic floor dysfunction in both men and women. Dr. Rachel and Dr. Toyin are both pelvic floor specialists who can help you understand the function of the pelvic floor and how to treat and fix your pelvic floor dysfunction.

Tuesday, August 6, 6 pm - 7 pm

Understanding Your Medicare Options!

Presented by Medicare Planning Specialists DeVal Senior Advisors

Sponsored by EHT Mayor's Wellness Campaign

Many questions are raised about enrollment in a Medicare Plan as you turn 65. This educational seminar will give you some of the basics you need to know about how and when to enroll in Medicare.

This seminar is suitable whether you have decisions to make during the upcoming enrollment period or just want to learn more in preparation of that time.

Seminar is free to attend. Light refreshments will be served.

Date Tuesday, October 15
Time 6:30pm - 8pm
Location EHT Community Center
Cost Free



ADULT PROGRAMS

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	August 13
Price	Free

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	Tuesdays
Times	6:30 pm - 8:30 pm
Dates	July 2 - September 24 (No Class 8/6 or 9/3)
Price	\$ 48 R / \$ 53 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	June 29 - August 17 (No Class 7/6)

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.

Instructor	Master Carson and Karate Staff
Ages	16+
Location	EHTCC 113
Days	Mondays and Wednesdays
Times	7 pm - 8 pm
Dates	July 1 - September 25 (No Class 9/2 or 9/4)
Price	\$110 R / \$120 NR

ADULT PROGRAMS

Open Gym Pickleball

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 6:30 pm- 8:30 pm
Dates July 11 - September 26
(No Class 9/5)
Price \$5 / Day



Beginner Pickleball Clinic

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players and a fun sport!
Indoor Clinic will include 90 minutes of instruction and 90 minutes of guided play. Outdoor Clinic will only include 90 minutes of instruction.

Instructor Bill Giannetti
Ages 18+
Indoor Clinic
Location EHTCC Aux Gym
Days Fridays
Times 9 am - 12 noon
Dates July 12 - August 23
Price \$120 R / \$130 NR

Outdoor Clinic
Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 9:00 am - 10:30am
Dates June 29 - August 17
(No Class 7/6)
Price \$90 R / \$100 NR

Intermediate Pickleball Clinic

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

Instructor Bill Giannetti
Ages 18+

Indoor Clinic

Location EHTCC Aux Gym
Days Fridays
Times 12:15 pm - 2:15 pm
Dates July 12 - August 23
Price \$110 R / \$120 NR

Outdoor Clinic

Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 10:30 am - 12:00 noon
Dates June 29 - August 17
(No Class 7/6)
Price \$90 R / \$100 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 July 1 - September 23

(No Class 9/2)

Price \$ 96 R / \$ 106NR

Friday Morning Class

Days Fridays

Times 9:30 am - 10:30 am

Dates July 12 - September 27

Price (No Class 9/6)

\$ 88 R / \$ 98 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 July 1 - September 23

(No Class 9/2)

Price \$ 96 R / \$ 106NR

Beginner's Spin

Come learn the basics of how to spin in a low-stress, judgement-free class! How to approach the bike, make adjustments, learn the lingo, and more. Build your confidence as you get your cardio in! Please bring a towel and water bottle.

Instructor Margaret Keena

Ages 18+

Location EHTCC 112

Days Mondays

Times 10:45 am - 11:15 am

Dates July 1 - September 23

(No Class 9/2)

Price \$ 60 R / \$ 65 NR

Or drop into one class for just \$5.

Waiver must be signed at front desk



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

Tuesday Class

Days Tuesdays

Times 6:30 pm - 7:30 pm

Dates July 2 - September 24

(No Class 9/3)

Price \$ 96 R / \$ 106NR

Thursday Class

Days Thursday

Times 5:30 pm - 6:30 pm

Dates July 11 - September 26

(No Class 9/5)

Price \$ 88 R / \$ 98NR

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 July 1 - September 27
(No Class 7/5, 7/15, 7/17, 7/19, 9/2, 9/4, 9/6)
Price \$ 224 R / \$ 244 NR

Cardio Blast

This full body fitness class incorporates a variety of aerobic exercises with strength and core training to tone your entire body, blast calories and boost your metabolism. Designed for all fitness levels, this class will have you moving, sweating and looking forward to coming back. Participants will need a towel, mat and water.

Instructor Wendy Santora
Ages 18+
Location EHTCC 111
Monday Class
Days Mondays
Times 5:30 pm - 6:30 pm
Dates July 1 - September 23
(No Class 7/15, 9/2 or 9/9)
Price \$ 80 R / \$ 90 NR

Wednesday Class
Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates July 3 - September 25
(No Class 7/31, 8/14, 8/21, 9/4, or 9/11)
Price \$ 64 R / \$ 69 NR

Two Day Option
Price \$ 126 R / \$ 136 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 July 1 - September 27
(No Class 7/5, 9/2, 9/4, 9/6)

Three Day Option

Price \$ 241 R / \$ 261 NR

Two Day Option

Price \$ 168 R / \$ 188 NR

One Day Option

Price \$ 96 R / \$ 106 NR

Buns and Guns

Transform your arms and glutes in just 8 weeks! Shred fat and build muscle as you tone your upper and lower body in this 45-minute intensive class.
Band, mat, towel, and water required for this class

Morning Class

Instructor Margaret Keena
Ages 18+
Location Tony Canale Amphitheater
Days Tuesdays
Times 7:30 am - 8:15 am
Dates July 9 - August 27
Price \$ 64 R / \$ 69 NR

Evening Class

Instructor Dina Washington
Ages 18+
Location EHTCC 113
Days Wednesdays
Times 5:30 pm - 6:15 pm
Dates July 3 - September 25
(No Class 9/4)
Price \$ 96 R / \$ 106 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
Times 6 pm - 7 pm

Tuesday Class

Days Tuesdays
Dates July 2 - September 26
(No Class 9/3)

Price \$ 96 R / \$ 106 NR

Thursday Class

Days Thursday
Dates July 11 - September 26
(No Class 9/5)

Price \$ 88 R / \$ 98 NR

Two Day Option

Price \$ 161 R / \$ 181 NR

Cardio Sculpt



Cardio Sculpt is the perfect workout for those who want cardio and strength training in one 45-minute workout! Class consists of a variety of low impact cardio exercises including easy-to-follow step aerobics and boxing followed by strength training and sculpting using weights, balls, and bands. Class finishes with abs and a stretch. Please bring a water bottle and a towel.

Instructor Veronica Valencia
Ages 18+
Location EHTCC 111
Days Saturdays
Times 10 am - 10:45 am
Dates July 13 - September 28
(No Class 8/31)
Price \$ 88 R / \$ 98 NR

Body Works!

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 July 2 - September 24
(No Class 9/3)
Price \$ 96 R / \$ 106 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

FITNESS PROGRAMS



Pilates with Keisha

Pilates is a great way to build strength, flexibility, and control of the body. Whether you're looking to improve your posture, increase your flexibility, or tone your muscles, Pilates can help you achieve your fitness goals in a fun and engaging way.

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

Instructor Keisha Brown
Ages 18+
Location EHTCC 111
Days Mondays
Times 6 pm - 7 pm
Dates July 1 - September 23
(No Class 9/2)
Price \$ 96 R / \$ 106 NR

Yoga for Health and Well-Being

Join the fun exploring and practicing yoga. Learn how to cultivate and circulate your life force energy. Build strength, balance, and increase flexibility. Calm the mind, soothe the emotions, and come home to your body. We learn how to balance action with inner stillness to take Yoga off the mat into our lives. All poses can be adapted to your body. Bring a mat and water bottle.

Please note - this class will require 2 punches on a drop in card to attend

Instructor Linda Schwartz
Ages 18+
Location EHTCC 113
Days Wednesdays
Times 10 am - 11 am
Dates July 3 - July 31
Price \$ 60 R / \$ 70 NR

Mindful Chair and Standing Yoga

Chair Yoga is a modified form of yoga using a chair, but we also do standing postures in class which can also be performed in a chair. The class includes the body scan, breathing exercises, gentle movements, chair and standing yoga, meditation and relaxation.

Chair yoga has been shown to enhance muscular strength, body flexibility, and respiratory function making it beneficial for individuals of all ages and fitness levels including those with limited mobility, those who sit for extended periods, and those who want a gentle workout.

Benefits of Chair Yoga:

- * Stress Reduction
 - * Pain management
 - * Releasing tension in the body contributing to overall health and well-being
 - * Cardiovascular health
 - * Enhanced balance and posture that may prevent falling
 - * Mental well-being
 - * Soothes the emotions
- Bring a mat and water bottle.

Please note - this class will require 2 punches on a drop in card to attend

Instructor Linda Schwartz
Ages 18+
Location EHTCC 113
Days Tuesdays
Times 10:30 am - 11:30 am
Dates July 2 - July 30
Price \$ 60 R / \$ 65 NR



SEPTEMBER CLASSES

REGISTRATION FOR SEPTEMBER CLASSES WILL BEGIN ON JULY 10TH

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 7 - November 2

(No Class 10/12)

Price \$55 R / \$60 NR

First Class

Ages 3 - 4
Times 9 am -10 AM

Second Class

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

Third Class

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

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
Price \$ 70 R / \$ 75 NR
Dates August 20 - October 15
(No class 9/3)

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! Please send them with a light snack and water bottle
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 September 23 - December 20
(No Class 10/14, 11/11, 11/27 or 11/29)

Price \$ 385 R / \$ 405NR

Two Day Option

Days Tuesdays & Thursdays
Times 10 am - 12 noon
Dates September 10 - December 19
Price (No Class 11/5 or 11/28)
\$ 308 R / \$ 328NR

Field Hockey Clinic

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

Instructor Miss Toni-Lynn
Ages 8-13
Location Shires Park
Days Saturdays
Times 8:00 - 9:30 am
Dates September 7 - October 26
(No Class 10/12)
Price \$ 70 R / \$ 75 NR

SEPTEMBER CLASSES

REGISTRATION FOR SEPTEMBER CLASSES WILL BEGIN ON JULY 10TH

Tennis

This clinic is designed to teach the fundamentals of tennis. It will feature individual and group instruction from our experienced tennis staff. Ground strokes, volleys, serves and game play will be covered.

Instructor Ms. Joanie and Tennis Staff
Location Tony Canale Park Tennis Courts
Days Saturday
Dates September 7 - October 26
(No Class 10/12)
Price \$ 70 R / \$ 75 NR

Junior Tots Tennis

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

Beginners Tennis

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

Intermediate Tennis

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

Early Bird Tennis

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

Fast Action Drills

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

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. This program consists of running techniques and participants are expected to run for the duration of the class. Runs could calculate up to 1.5 miles

Instructor Mr. Aaron
Grades 4 - 8
Location EHT Nature Reserve
Days Mondays and Wednesdays
Times 4:30 pm - 5:30 pm
Dates September 16 - October 30
(No Class 10/14)
Price \$ 60 R / \$ 65 NR

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 at the EHT Community Center. Make-up games may be held on Saturdays or not rescheduled based on time constraints. Practice days and times will be Monday - Friday at the EHT Community Center or an EHT School. Practices days and times will be the preferred day by the coach. Program is for EHT Residents Only. Coaches are needed for this program, if interested, please email ddanz@ehtgov.org. Coaches' meetings will be held in October and November. Practices will start in December, with games starting in January 2025. Registration deadline is October 4 or when the league is at capacity. Player evaluations will be held in late October or early November, Exact dates/times will be posted in September. Player evaluations held solely to assess player ability level and create evenly balanced teams, it is not a try out and there are no cuts. Players should make every effort to attend, if a player does not attend, they will still be placed on a team.

Grades: 3 - 12
Price: \$ 125



SEPTEMBER CLASSES

REGISTRATION FOR SEPTEMBER CLASSES WILL BEGIN ON JULY 10TH

Outdoor Beginner Pickleball Clinic

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players and a fun sport! Outdoor Clinic will only include 90 minutes of instruction.

Instructor	Bill Giannetti
Ages	18+
Location	Delilah Oaks Pickleball Courts
Days	Saturdays
Times	10:00 am - 11:30am
Dates	September 7 - October 26 (No Class 10/12)
Price	\$90 R / \$100 NR



Outdoor Intermediate Pickleball Clinic

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

Instructor	Bill Giannetti
Ages	18+
Location	Delilah Oaks Pickleball Courts
Days	Saturdays
Times	11:30 am - 1:00 pm
Dates	September 7 - October 26 (No Class 10/12)
Price	\$ 90 R / \$ 100 NR

Mindful Chair and Standing Yoga

Chair Yoga is a modified form of yoga using a chair, but we also do standing postures in class which can also be performed in a chair. The class includes the body scan, breathing exercises, gentle movements, chair and standing yoga, meditation and relaxation.

Chair yoga has been shown to enhance muscular strength, body flexibility, and respiratory function making it beneficial for individuals of all ages and fitness levels including those with limited mobility, those who sit for extended periods, and those who want a gentle workout.

Benefits of Chair Yoga:

- * Stress Reduction
 - * Pain management
 - * Releasing tension in the body contributing to overall health and well-being
 - * Cardiovascular health
 - * Enhanced balance and posture that may prevent falling
 - * Mental well-being
 - * Soothes the emotions
- Bring a mat and water bottle.

Please note - this class will require 2 punches on a drop in card to attend

Instructor	Linda Schwartz
Ages	18+
Location	EHTCC 113
Days	Tuesdays
Times	10:30 am - 11:30 am
Dates	September 10 - September 24
Price	\$ 36 R / \$ 41 NR



SEPTEMBER CLASSES

REGISTRATION FOR SEPTEMBER CLASSES WILL BEGIN ON JULY 10TH

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
Days	Wednesday
Times	6:30 pm - 7:30 pm
Dates	September 11 - September 25
Price	\$ 24 R / \$ 26 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.

Please note - this class will require 2 punches on a drop in card to attend

Instructor	Linda Schwartz
Ages	18+
Location	EHTCC 113
Days	Wednesdays
Times	10 am - 11 am
Dates	September 11 - September 25
Price	\$ 36 R / \$ 41 NR

Wisdom Circle - Live your best life

Move your life from survive to thrive and transcend. Would you like to feel stronger and healthier in mind, body and spirit? Learn to feel embodied presence. We will practice experiential exercises including breathing practices, various meditations and visualizations, and relaxation. These practices enhance the development of a greater awareness of your essential and higher self. Topics include Neurobiology –study of the brain, psychological strengths, Wisdom teachings, Living in the Present Moment, Stress Reduction, Gratitude, Loving Kindness and many others. We will explore the topics through lecture, group dialog, poetry and short stories from around the world. Empower yourself and build new psychological strengths and skills to cope with anything life may bring while staying centered, balanced, and at peace, Said the river: imagine anything you can imagine, then keep going. Mary Oliver

Please note - this class will require 2 punches on a drop in card to attend

Instructor	Linda Schwartz
Ages	18+
Location	EHTCC Meeting Room Wednesdays
Days	12 noon - 1 pm
Times	September 11 - September 25
Dates	\$ 36 R / \$ 41 NR
Price	



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 be less a \$5 processing fee.
- 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 on the Community Center Property

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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