

# EHT RECREATION

## FALL 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: September 9  
Non-Resident Registration  
Begins: September 18  
  
On-line Registration  
Ends: September 25



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# SPECIAL EVENTS

## 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.

## Coach of the Year

The EHT Recreation Commission is accepting nominations from parents and participants for the 2024 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 13, 2024.

## Halloween Trunk-or-Treat

Join us in your costume for a spooky good time! Come dressed in your best costume as creatively decorated car trunks turn into festive treat stations. Kids can enjoy trick-or-treating in a safe, friendly environment and enjoy festive activities. With crafts, prizes for best costume, and plenty of candy, it's a perfect way to celebrate Halloween together. Don't miss out on this delightful community event!

Date	Tuesday, October 29
Time	5:00 - 7:00 pm
Ages	12 & under
Location	EHT Community Center
Fee	\$5 per child

## Interested in becoming a 2025 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.

## 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 21
Time	11 am - 2 pm
Ages	4 - 8
Fee	\$15 for the first child \$10 for each additional child

### Gingerbread Decorating Day

Date	Tuesday, December 17
Time	5 pm - 8 pm
Ages	7 - 12
Fee	\$15 for the first child \$10 for each additional child

## 14th Annual Holiday Craft Show

Join us for our 14th Annual Holiday Craft Show! Our show features a diverse assortment of jewelry, crafts, home décor, local artists and much more. You are sure to find a special holiday gift for everyone on your list!

Date	Saturday, November 9
Time	9 am - 3 pm

## 6th Annual Holiday Tree Lighting

Join Mayor Pfrommer and Township Committee along with EHT Recreation for EHT's 6th Annual Holiday Tree Lighting Ceremony. Come enjoy live music entertainment, crafts and activities for the kids and more. The event will conclude with a special guest arriving to help Mayor Pfrommer light the tree! Dress for the weather as this event is outdoor and indoor.

Date	Saturday, December 7
Time	5:00 pm
Location	EHT Community Center



# MAYORS WELLNESS CAMPAIGN

## Understanding Your Medicare Options!

Presented by Medicare Planning Specialists  
DelVal 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

## Holiday Light Display Contest!

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, the address of your display, and a photo of your display to [Recreation@ehtgov.org](mailto:Recreation@ehtgov.org)

**Entries must be received by**

**December 10**

**Judging will take place**

**December 13 - December 16**

**Winners will be announced on**

**December 19**

Prizes will be awarded!

Photos will be used on promotional material

*Just a reminder with cold and flu season coming*



# 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 19**

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 8**

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 14**

**Saturday, December 21**

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

# 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 2 - December 11

Price \$ 88 R / \$ 98 NR

### Saturday Class

Days Saturdays

Times 10:00 am - 11:00 am

Dates October 5 - December 14  
(No Class 10/12, 11/9, 11/30)

Price \$ 64 R / \$ 69 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 September 30 - December 30  
(No Class 10/14 11/11)

### Wednesday Class

Days Wednesdays

Dates October 2 - December 18  
(No Class 11/27)



## 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.

Registration for this class is going on before the fall registration period begins

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  
(No Class 11/5 or 11/28)

Price \$ 308 R / \$ 328NR





# 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 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](mailto: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. Registration for this class is going on before the fall registration period begins.

Player evaluations times are 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: \$ 125

### Basketball Evaluation Times

<u>Division</u>	<u>Date</u>	<u>Time</u>
Girls 3/4 Grade	11/12	4:45 - 6 pm
Boys 3/4 Grade	11/12	5:45 - 7 pm
Girls 5/6 Grade	11/13	4:45 - 6 pm
Boys 5/6 Grade	11/13	5:45 - 7 pm
Girls 7/8 Grade	11/13	6:45 - 8 pm
Boys 7/8 Grade	11/12	6:45 - 8 pm
Co-ed High School	11/13	7:45 - 8:30 pm

## Basketball Skills Clinic

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

Instructor Coach Tory  
Location EHTCC Gym  
Days Fridays  
Dates September 27 - November 1  
Price \$ 65 R / \$ 70 NR

### Third - Fourth Grade

Grades 3 - 4  
Times 4:45 pm - 5:45 pm

### Fifth - Sixth Grade

Grades 5 - 6  
Times 5:45 pm - 6:45 pm



# YOUTH PROGRAMS

## 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

Registration for this class is going on before the fall registration period begins

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 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.

**Participants are expected to only remain during their scheduled times.** Participants who routinely remain after scheduled hours will be removed from the program.

Instructor	EHT LEAP Volunteers
Location	EHTCC Gyms
Days	Mondays and Wednesdays
Dates	September 23 - December 18 (No class 10/14, 11/4, 11/6 11/11 or 11/27)

Price Free

### High School

Grades	9 - 12
Time	2 pm - 3:15 pm

### Elementary & Middle School

Grades	4 - 8
Time	3:30 pm - 4:45 pm

## Soccer Clinic

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

Registration for this class is going on before the fall registration period begins

Instructor	New Jersey Surf Soccer
Location	Tony Canale 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



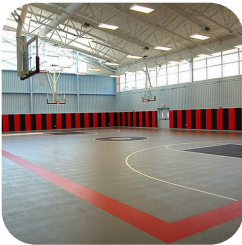


# YOUTH PROGRAMS

## 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 5 - December 14 (No Class 10/12, 11/9, 11/30)
Price	Free



## Speed and Agility

Speed & Agility is for young athletes competing in any sport. This clinic 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.

Instructor	Coach Cam and Miss Jady
Grades	4 - 8
Location	EHTCC Gyms
Days	Tuesdays and Thursdays
Times	5:15 pm - 6:15 pm
Dates	September 17 - October 24
Price	\$ 65 R / \$ 70 NR

## Beginner Volleyball Clinic

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

Instructor	Mr. Aaron
Grades	6 - 10
Location	EHTCC Gym
Days	Tuesdays
Times	4:30 pm - 6 pm
Dates	October 1 - October 29
Price	\$ 50 R / \$ 55 NR

## Open Gym Volleyball

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

Grades	10 - Adult
Location	EHTCC Gym
Days	Tuesdays
Times	6:00 pm - 8:00 pm
Dates	October 1 - October 29
Price	\$ 40 R / \$ 45 NR

# 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 and Pencil Tower Challenge - September 28

Your challenge will be to build a boat with 2 apples and other materials to hold the most pennies without sinking! Then see who can build the tallest tower

### Witch's Brew - October 19

Learn some of the witch's chemistry secrets in this Halloween Themed STEM class!

### Feed the Turkey and Turkey Trouble - November 23

Get geared up for Thanksgiving with these turkey STEM activities!

## 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)

### "Owl Moon" - October 26

Enjoy the award-winning book about a father that takes his son owling for the first time on a cold winter night. Along the way, they encounter a great horned owl. Then make an owl silhouetted painting pinecone craft.

### "Thankful" - November 16

Let your child help with the thanksgiving table by using homemade napkin rings. We will read Caldecott award winner Thankful by Eileen Spinelli, "Combines rhymes and illustrations to convey the importance of being thankful for everyday blessings"



## 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 September 30 - December 30  
(No Class 10/14, 11/11, 11/27, 12/25)

### 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

# 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	October 29
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	Mondays
Times	12 noon - 2 pm
Dates	September 30 - December 16 (No class 10/14 or 11/11)
Price	\$ 40 R / \$ 45 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	16+
Location	EHTCC 113
Days	Mondays and Wednesdays
Times	7 pm - 8 pm
Dates	September 30 - December 30 (No Class 10/14, 11/11, 11/27, 12/225)
Price	\$110 R / \$120 NR

## Open Gym Volleyball

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

Grades	10 - Adult
Location	EHTCC Gym
Days	Wednesdays
Times	6:00 pm - 8:00 pm
Dates	October 1 - October 29
Price	\$ 40 R / \$ 45 NR

# ADULT PROGRAMS

## COOKING WITH CHEF RAY IS BACK!

Best known as the former owner and chef of the ever-popular township food truck, Bare Knuckle Cafe, Chef Ray Klein is bringing his vast food knowledge and cooking talents back to where it all began! We are happy to announce that Chef Ray and his wife, Elizabeth will once again be teaching cooking classes with us! Chef Ray brings over 30 years of experience to the table and cannot wait to share tips, tricks, and recipes that will surely bring great tastes to your home kitchen!

You will learn by watching Chef Ray demonstrate his cooking skills all while tasting, sampling, and perhaps being pulled into the action of chopping, searing, stirring, and more!

### Six- Week Course

Join Chef Ray and Elizabeth as they build upon what you learn each week to compile a variety of recipes that will keep your home kitchen stocked with homemade items that satisfy your whole family! You can expect to learn homemade soups, stews, salad dressings, sauces, weeknight meals, upscale menu items, brunch, nourish bowls, and international inspired dishes

Ages	18+
Location	EHTCC Multipurpose Room
Days	Wednesdays
Times	6 pm - 8 pm
Dates	October 9 - November 13
Price	\$ 180 R / \$ 190 NR

### Seasonal Stand-Alone Classes

Focus on season specific recipes in these stand-alone class options! Classes may include soups, stews, weeknight meals, all from scratch. Learn tips and tricks in the kitchen without the weekly commitment.

Ages	16 +
Location	EHTCC Multipurpose Room
Days	Thursdays
Times	6 pm - 7 pm
Price	\$45 R / \$50 NR (Per Session)

October 10 - "Fall Favorites"

November 14 - "Cozy Cooking"

December 11 - "Gearing up for the Holidays"  
or

December 12 - "Gearing up for the Holidays"

# 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. This clinic will include instruction followed by 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 10:15 am - 12:15 pm  
Dates October 4 - December 6  
(No Class 11/8 or 11/29)  
Price \$110 R / \$130 NR

## Intermediate Pickleball Clinic

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

Instructor Bill Giannetti  
Ages 18+  
Location EHTCC Gym  
Days Fridays  
Times 12:15 pm - 2:15 pm  
Dates October 4 - December 6  
(No Class 11/8 or 11/29)  
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 1 - December 17  
(No 11/5)  
Price \$44 R / \$49 NR

Days Thursdays  
Times 2 pm - 4 pm  
(Drop ins 2:30 - 4 pm)  
Dates October 3 - December 19  
(No 11/28)  
Price \$44 R / \$49 NR

### Level 2

#### Intermediate Players

Ages 18+  
Location EHTCC Gyms

Days Tuesdays  
Times 11:30 am - 1:30 pm  
(Drop ins 12 pm - 1:30 pm)  
Dates October 1 - December 17  
(No 11/5)  
Price \$44 R / \$49 NR

Days Thursdays  
Times 11:30 am - 1:30 pm  
(Drop ins 12 pm - 1:30 pm)  
Dates October 3 - December 19  
(No 11/28)  
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 1 - December 17  
(No 11/5)  
Price \$44 R / \$49 NR

Days Thursdays  
Times 9 am - 11 am  
(Drop ins 9:30 - 11am)  
Dates October 3 - December 19  
(No 11/28)  
Price \$44 R / \$49 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 September 30- December 16  
(No Class 10/14, 11/11, 11/29)

### Three Day Option

Price \$ 217 R / \$ 237 NR

### Two Day Option

Price \$ 154 R / \$ 184 NR

### One Day Option

Price \$ 96 R / \$ 106 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 September 30- January 4  
(No Class 10/14, 10/18, 11/11, 11/29, 12/20, 12/25, 1/1)

### Three Day Option

Price \$ 227 R / \$ 247 NR

### Two Day Option

Price \$ 154 R / \$ 174 NR

### One Day Option

Price \$ 88 R / \$ 98NR

## 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 September 30 - December 30  
(No Class 10/14 and 11/11)

Price \$ 96 R / \$ 106 NR

### Friday Morning Class

Days Fridays  
Times 9:30 am - 10:30 am  
Dates October 4 - January 3  
Price (No Class 10/18, 11/29, 12/20)  
\$ 88R / \$ 98 NR

### Wednesday Evening Class

Days Wednesday  
Times 6:15 pm - 7:15 pm  
Dates October 2 - December 18  
(No Class 11/27)  
Price \$ 96 R / \$ 106 NR

## Beginner's Spin & Stretch

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. Then move those muscles more as your stretch out your body and get ready for the day! 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 September 30 - December 30  
(No Class 10/14, 11/11,)  
Price \$ 60 R / \$ 65 NR

Or drop into one class for just \$5.  
Waiver must be signed at front desk



# FITNESS PROGRAMS

## 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 September 30 - December 30  
(No Class 10/14 and 11/11)  
Price \$ 96 R / \$ 106NR

## 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 October 1 - December 17  
(No Class 11/5, 11/19, 11/26)  
Price \$ 80 R / \$ 90 NR

### Thursday Class

Days Thursday  
Times 5:30 pm - 6:30 pm  
Dates October 3 - January 2  
(No Class 11/21, 11/28)  
Price \$ 96 R / \$ 106 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 September 30 - December 30  
(No Class 10/14, 11/4, 11/11, 12/16)  
Price \$ 80 R / \$ 90 NR

### Wednesday Class

Days Wednesdays  
Times 5:30 pm - 6:30 pm  
Dates October 2 - December 18  
(No Class 10/9, 11/13, 11/27, 12/11)  
Price \$ 64 R / \$ 69 NR

### Two Day Option

Price \$ 126 R / \$ 136 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 2 - December 18  
(No Class 10/9, 11/13, 11/27, 12/11)  
Price \$ 64 R / \$ 69 NR

# FITNESS PROGRAMS

## 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

### Tuesday Class

Days Tuesdays  
Times 10 am - 11 am  
Dates October 1 - December 31  
(No Class 10/15, 11/5, 12/24)  
Price \$ 132 R / \$ 142 NR

### Friday Class

Days Fridays  
Times 11 am - 12 noon  
Dates October 4  
November 1, 15  
December 6, 20  
Price \$ 60 R / \$ 65 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 October 1 - December 17  
(No Class 11/5)  
Price \$ 88 R / \$ 98 NR

## Pilates with Veronica

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 Veronica Valenica  
Ages 18+  
Location EHTCC 111  
Days Tuesdays  
Times 5:30 pm - 6:30 pm  
Dates October 1 - December 17  
(No Class 11/5)  
Price \$ 88 R / \$ 93 NR

# FITNESS PROGRAMS

## Buns and Guns

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

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

Instructor Dina Washington  
Ages 18+  
Location EHTCC 113  
Days Wednesdays  
Times 5:30 pm - 6:15 pm  
Dates October 2 - December 18  
(No Class 11/27)  
Price \$ 88 R / \$ 98 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 October 2 - December 18  
Price (No Class 10/16)  
\$ 132 R / \$ 142 NR

## Punch Cards

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

Punch Cards allow you to drop into any fitness class that is below capacity. Try any class to see if it is a good fit for you. Only pay for the classes that fit into your busy schedule. Punches never expire.

### Four Class

Price \$40 R / \$45 NR

### Eight Class

Price \$80 R / \$90 NR

### Sixteen Classes

Price \$160 R / \$180 NR

## Sporadic Saturday Spin

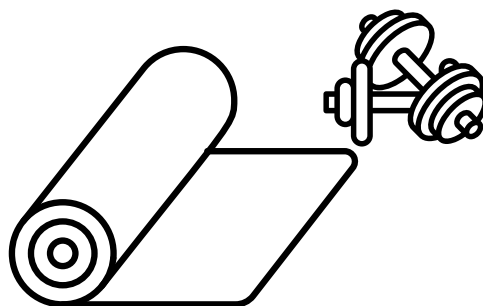
Join us on Saturday morning to get the body moving! Sporadic Saturday Spin will combine the best elements of spinning along with toning your upper body, incorporating exercises using light weights while remaining seated on the bike. This class is intense! Towel and water needed.

Instructor Margaret Keena  
Ages 18+  
Location EHTCC 112  
Days Saturdays  
Times 9:30 am - 10:15 am  
Dates September 21, 28  
October 5, 26  
November 2, 16, 23  
Price \$ 56 R / \$ 61 NR

## Sculpt and Stretch

This 45-minute class combines the best of both worlds-- strength training and Pilates! Class consists of 30 minutes of strength training using weights, bands, and gliding discs, then finishes with 15 minutes of mat Pilates with a Pilates bar and a soothing stretch. All fitness levels welcome. Please bring a yoga mat and water bottle.

Instructor Veronica Valencia  
Ages 18+  
Location EHTCC 111  
Days Saturdays  
Dates 10 am - 10:45 am  
October 5 - January 4  
Price (No Class 10/12, 11/9, 11/30, 12/14)  
\$ 80 R / \$ 90 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 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](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

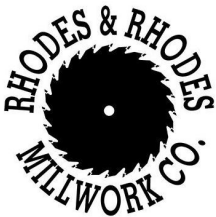
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