

# EHT RECREATION

## — WINTER 2025 — PROGRAM GUIDE

### DEPARTMENT INFORMATION

5045 English Creek Ave  
Egg Harbor Township, NJ 08234  
Phone: (609) 272 - 8120  
Fax: (609) 272 - 8151  
Email: [Recreation@ehtgov.org](mailto:Recreation@ehtgov.org)  
Website: [www.EHTRec.com](http://www.EHTRec.com)  
Office Monday - Friday  
Hours: 8:30 am - 4:30 pm

### REGISTRATION DATES

Resident Registration  
Begins: December 9  
Non-Resident Registration  
Begins: December 18  
  
On-line Registration  
Ends: December 26



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# SPECIAL EVENTS

## Philadelphia Flower Show

This year's theme is "The Gardens of Tomorrow." PHS invites you to explore the future through the eyes of visionary designers, expert gardeners, and passionate green enthusiasts as they merge nature's brilliance with human ingenuity. Don't delay, this trip will sell out! Call or go on-line to reserve your seat today. Transportation via school bus. Transportation and admission included in fee.

Day	Thursday, March 6
Leaves	2 pm from EHT Community Center
Departs	8 pm from Philadelphia Convention Center
Price	\$45

## Health and Fitness Fair!

Save the Date! March 15, 2025, 10 am - 12 noon. EHT Recreation will be hosting its Third Annual Public Health and Fitness Fair! Join us as we host a variety of different professionals who will be able to provide information. We will also be showcasing all the amazing fitness classes offered here at the EHT Community Center. Come out and see what we offer to help improve your physical and mental well-being.

## 5th Annual Spring Craft Show

Save the Date! May 10, 2025 9am - 3pm. EHT Recreation will be hosting its Third Annual Spring Craft Show at the EHT Community Center.

If you are interested in becoming a vendor in this juried event, applications are available at the EHT Community Center, on EHT Recreation's Facebook Page, and on [www.ehtrec.com](http://www.ehtrec.com).

## Grab -n- Go Crafts

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

## Winter Picture Contest

Snap the best picture you can of your favorite snowy place or best snow creation and send it in to [recreation@ehtgov.org](mailto:recreation@ehtgov.org)! Submit your photos by February 27 for a chance to be named the winner! All photos submitted must be taken in EHT between December 1, 2024 and February 27, 2025 to be considered. #EHTRec

## Gift Certificates are available!

From now until December 26th - Purchase a \$100 gift certificate to EHT Recreation and receive an additional \$25 gift certificate!

## 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 in the Park, the Mayor's Holiday Tree Lighting, and many more. Being an EHT Recreation Sponsor gives your business a great way to get your name out in the Township and become a partner in our community. A variety of options are available in our sponsorship program.

Please call for more information at (609) 272 - 8120.

# PRE-SCHOOL PROGRAMS

## 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  
Days Wednesdays  
Dates January 8 - March 26

## 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 February 26 - March 26  
Price \$ 40 R / \$ 45 NR

### Saturday Class

Days Saturdays  
Times 8:45 am - 9:45 am  
Dates March 1 - March 29  
Price \$ 40 R / \$ 45 NR

### Saturday Class

Days Saturdays  
Times 10:00 am - 11:00 am  
Dates March 1 - March 29  
Price \$ 40 R / \$ 45 NR

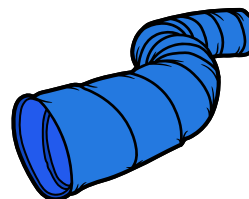
## Creative Kids

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids. They will start to learn their 1-2-3's and A-B-C's as well as do seasonal crafts and activities. Other activities such as stories, music and games that correspond with the theme of the week will be included. Introduce your preschooler to the basics and structure of a classroom with fun activities without the stress of a full day program! Participants must be potty-trained.

Instructor Miss Doreen  
Ages 3 - 5 years old  
Location EHTCC 117  
Three Day Option  
Days Monday, Wednesday & Friday  
Times 10 am - 12 noon  
Dates January 6 - April 16  
(No Class 1/20 or 2/17)  
Price \$ 500 R / \$520 NR

### Two Day Option

Days Tuesdays & Thursdays  
Times 10 am - 12 noon  
Dates January 7 - April 17  
Price \$ 350 R / \$370 NR





# YOUTH PROGRAMS

## Summer Adventure Camp

Join EHT Recreation for a fun filled summer! Weekly trips to the beach, bowling, mini golfing, the pool and more! We'll head to the water park, the zoo, the ballpark, and many more exciting trips! Your campers will make lasting friendships and summer memories to last all year long.

One-week non-refundable deposit due at time of registration. Summer camp must be paid in full by June 1.

Early Bird pricing available December 9 - February 16!

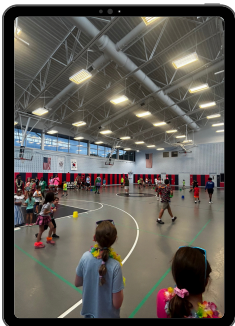
10% sibling discount for additional children in the same household

### 5 Day Option

Instructor	Recreation Summer Staff
Grades	Current K - Current 7
Location	EHT Community Center and Various Field Trips
Days	Monday - Friday
Times	7:30 am - 5 pm
Dates	June 23 - August 29
Early Bird Price	\$300/Week
Regular Pricing	\$315/Week
	Multi-Week Discount for 8+ weeks registered.

### 3 Day Field Trip Only Option

Instructor	Recreation Summer Staff
Grades	Current 5 - Current 7
Location	EHT Community Center and Various Field Trips
Days	Tuesday - Thursday
Times	7:30 am - 5 pm
Dates	June 24 - August 28
Early Bird Price	\$200/Week
Regular Pricing	\$215/Week
	Multi-Week Discount for 8+ weeks registered



# 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 May or early June. Exact Dates will be released once the school district approves the dates.

Location: EHTCC 110  
Price: \$ 180 R / \$ 200 NR



## 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 January 6  
(No class 1/20, 2/17, 4/21)

### 5 - 7 Years Old Class

Instructor Miss Veronica  
Ages 5 - 7 years old  
Days Tuesdays  
Times 4:45 pm - 5:30 pm  
Start date January 7  
(No Class 4/22)

### 8 - 10 Year Old Class

Instructor Miss Bella  
Ages 8 - 10 Years Old  
Days Tuesdays  
Times 6:15 pm - 7 pm  
Start date January 7  
(No Class 4/22)

### 11 - 13 Years Old Class

Instructor Miss Danielle  
Ages 11 - 13 years old  
Days Wednesdays  
Times 5:30 pm - 6:30 pm  
Start date January 8  
(No Class 4/23)

### 14 - 18 Years Old Class

Instructor Miss Danielle  
Ages 14 - 18 years old  
Days Wednesdays  
Times 6:30 pm - 7:30 pm  
Start date January 8  
(No Class 4/23)

## Hip Hop Dance Classes

Dance to upbeat music while mastering moves like popping, locking, and breaking. Perfect for kids looking to build confidence, rhythm, and style through creative choreography. Students will learn 2 dance routines.

## Lyrical Dance Classes

Join our Lyrical Dance class to express emotion through graceful, flowing movements. Combining ballet and contemporary techniques, you'll build strength and flexibility while telling a story through music. Students will learn 2 dance routines.

## Contemporary Dance Classes

Join our Contemporary Dance class to explore dynamic movements and creative choreography. Combining modern, ballet, and jazz techniques, you'll improve strength, flexibility, and self-expression through dance. Students will learn 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 January 8  
(No Class 4/23)

## Contemporary Dance Class

Instructor Miss Emilie  
Ages 11 - 18 years old  
Days Thursdays  
Times 8:30 pm - 9:15 pm  
Start date January 9  
(No Class 4/24)



# DANCE PROGRAMS

## 3 - 4 Years Old Jazz Ballet Classes

### Monday Class

Instructor Miss Danielle  
Days Mondays  
Times 4:45 pm - 5:30 pm  
Start date January 6  
(No class 1/20, 2/17, 4/21)

### Tuesday Class

Instructor Miss Bella  
Days Tuesdays  
Times 5:30 pm - 6:15 pm  
Start date January 7  
(No Class 4/22)

### Thursday Class

Instructor Miss Kaila  
Days Thursdays  
Times 4:45 pm - 5:30 pm  
Start date January 9  
(No class 4/24)

### Thursday Class

Instructor Miss Emilie  
Days Thursdays  
Times 6:15 pm - 7:00 pm  
Start date January 9  
(No class 4/24)



## 14 - 18 Years Old Jazz Ballet Classes

Instructor Miss Danielle  
Days Mondays  
Times 7:45pm - 8:30 pm  
Start date January 6  
(No class 1/20, 2/17, 4/21)

## Jazz Ballet Dance Classes

This class combines the best of both worlds! Students will learn the structured elegance of ballet alongside the upbeat, energetic moves of jazz. Students will learn 1 ballet routine and 1 jazz routine.

## 5 - 7 Years Old Jazz Ballet Classes

### Monday Class

Instructor Miss Danielle  
Days Mondays  
Times 5:30 pm - 6:15 pm  
Start date January 6  
(No class 1/20, 2/17, 4/21))

### Wednesday Class

Instructor Miss Kaila  
Days Wednesday  
Times 4:45 pm - 5:30 pm  
Start date January 8  
(No Class 4/23)

### Thursday Class

Instructor Miss Kaila  
Days Thursdays  
Times 5:30 pm - 6:15 pm  
Start date January 9  
(No class 4/24)

### Thursday Class

Instructor Miss Emilie  
Days Thursdays  
Times 7:00 pm - 7:45 pm  
Start date January 9  
(No Class 4/24)

### Saturday Class

Instructor Mrs. Veronica  
Days Saturdays  
Times 9:00 am - 9:45 am  
Start date January 11  
(No Class 1/18, 2/15, 4/19, 4/26)



## 8 - 10 Years Old Jazz Ballet Classes

### Tuesday Class

Instructor Miss Kaila  
Days Tuesdays  
Times 7:00 pm - 7:45 pm  
Start date January 7  
(No Class 4/22)

### Thursday Class

Instructor Miss Emilie  
Days Thursdays  
Times 7:45 pm - 8:30 pm  
Start date January 9  
(No Class 4/24)

### Saturday Class

Instructor Miss Bella  
Days Saturdays  
Times 8:15 am - 9 am  
Start date January 11  
(No Class 1/18, 2/15, 4/19, 4/26)



## 11-13 Years Old Jazz Ballet Classes

### Monday Class

Instructor Miss Danielle  
Days Mondays  
Times 7:00 pm - 7:45 pm  
Start date January 6  
(No class 1/20, 2/17, 4/21)

### Tuesday Class

Instructor Miss Kaila  
Days Tuesdays  
Times 7:45 pm - 8:30 pm  
Start date January 7  
(No Class 4/22)

# YOUTH PROGRAMS

## Karate

Karate students learn Tang Soo Do, a practical martial arts and self-defense techniques which stresses 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 balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association.

Instructor Master Carson and Karate Staff  
Ages 6 - 16 years old  
Location EHTCC Aux Gym  
Days Mondays and Wednesdays  
Dates January 6 - March 26  
(No Class 1/20 or 2/17)

### 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



## Youth Open Gym

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

Instructor EHT Recreation Staff  
Location EHTCC Gyms  
Days Mondays and Wednesdays  
Dates January 6 - March 26  
(No Class 1/20 or 2/17)

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

## 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 March 1 - March 29  
Price Free



# YOUTH PROGRAMS

## K - 2 Basketball Clinic

Coach Cam and his assistants will teach the game of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play, our clinic is designed to introduce the game of basketball to younger participants.

Instructor Coach Cam and Recreation Staff  
Location EHTCC Gym  
Days Saturdays  
Dates February 22 - April 12  
(No Class 3/15)  
Price \$50 R / \$55 NR

Grade Kindergarten  
Time 8 am - 9 am

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

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



## Crafty Characters

Join Ms. Doreen for a fun-filled 2 hours on a Saturday morning. Participants will listen to a story and then make a craft based on the main character!

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

### "Snowmen Magic" - January 25

When George stays home from school for a snow day, he finds himself staring out the window, bored. But when he sees the beautiful white slopes in his yard, he gets himself dressed to face the cold weather. George starts rolling the snow into balls and assembling them into a snowman. After his snowman is made, something unexpected happens! How long will George's enchanted fun with his new friend last? Enjoy this charming story and then create a winter luminary to bring the magic home.

### "Penguin Pete" - February 22

Come here all about Pete the penguin having a good time playing on land with his fellow birds and learning how to swim in the sea. Then learn to paint a portrait of the penguin family!

### "The Winter Bird" - March 22

As the days grow shorter and the air becomes colder, the spring birds fly south for winter—all except for a nightingale with a broken wing. Unable to fly, the nightingale worries about how to prepare for weather it's never had to experience before. Luckily, the forest animals who are used to frosty conditions help the nightingale navigate the cold as its wing heals. Though the unfamiliar season proves challenging, and even a little scary at times, the nightingale discovers there's beauty to be found in even the harshest weather—and with that comes newfound gratitude for the return of spring. Enjoy this touching story and then paint a landscape using a scrape painting technique.



# ADULT PROGRAMS

## Open Gym Basketball

Our Adult Open Gym Basketball is a place to shoot some hoops. Pick-up games are formed each day. Games are based on exercise, sportsmanship, and fun. Space in the gym is limited. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. Max 20 players allowed per day. A waiver form must be completed on site daily for drop-in players.

Ages	18+
Location	EHTCC Gym
Days	Mondays
Times	12 noon - 2 pm
Dates	January 6 - March 24 (No Class 1/20 or 2/17)
Price	\$ 40 R / \$ 45 NR



## Youth Coaching Clinic

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

Participants will learn:

- Responsibilities of being a coach
- Effective methods of teaching sports skills
- How to send positive messages to athletes
- How to conduct a safe program, manage risks, and more
- CDC Heads Up: Concussions in Youth Sports Training (certificate awarded)

Instructor	Rick Audet
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	February 25
Price	Free

## Karate

Karate students learn Tang Soo Do, a practical martial arts and self-defense techniques which stresses self-control, discipline, respect, and perseverance. Classes are taught by Master Carson who brings a wealth of experience in instruction and leading participants in learning. Once students move from the beginner class, attendance is important. Students are required to attend a minimum of 24 classes between taking their belt tests and skills review. Karate will build their balance and physical conditioning. They will develop a great work ethic and allow students to reach accomplishments by testing and passing their belt exams. This program is run in accordance with Yi's Karate School and the International Marital Arts Association.

Instructor	Master Carson and Karate Staff
Ages	16+
Location	EHTCC 113
Days	Mondays and Wednesdays
Times	7 pm - 8 pm
Dates	January 6 - March 26 (No Class 1/20 or 2/17)
Price	\$110 R / \$120 NR



# ADULT PROGRAMS

## COOKING WITH CHEF RAY

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	January 29 - March 5
Price	\$ 180 R / \$ 200 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 - 9 pm
Price	\$45 R / \$50 NR (Per Session)

February 20 - ‘One Pot Wonder’

March 20 - “Easy International Favorites”

# ADULT PROGRAMS

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

## Beginners Pickleball Clinic

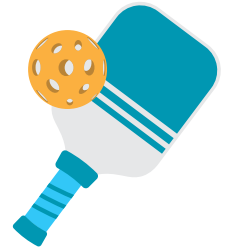
Come learn the basics of this exciting game. 90 minutes of instruction followed by 90 minutes of guided open play. No Paddle required. Session registration highly recommended, drop ins are allowed for \$20/day as space allows.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Gym
Days	Fridays
Times	9 - 12
Dates	January 17 - March 14 (No Class 2/28)
Price	\$120 R / \$ 130 NR

## Intermediate Pickleball Clinic

This clinic will help you build on your current skill set and improve your game play. 120 minutes of instruction. This is a skills clinic only - no game play.

Instructor	Bill Giannetti
Ages	18+
Location	EHTCC Gym
Days	Fridays
Times	12:15 pm - 2:15pm
Dates	January 17 - March 14 (No Class 2/28)
Price	\$ 110 R / \$ 120 NR



## Open Play Pickleball

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

### Level 1

#### Beginner, Novice & Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	January 7 - March 25
Price	\$ 48 R / \$ 53 NR
Days	Thursdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	January 9 - March 27
Price	\$ 48 R / \$ 53 NR

### Level 2

#### Intermediate Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	January 7 - March 25
Price	\$ 48 R / \$ 53 NR
Days	Thursdays
Times	11:30 am - 1:30pm (Drop ins 12 pm - 1:30 pm)
Dates	January 9 - March 27
Price	\$ 48 R / \$ 53 NR

### Level 3

#### Intermediate & Advanced Players

Ages	18+
Location	EHTCC Gyms
Days	Tuesdays
Times	2 pm - 4 pm (Drop ins 2:30 - 4 pm)
Dates	January 7 - March 25
Price	\$ 48 R / \$ 53 NR
Days	Thursdays
Times	9 am - 11 am (Drop ins 9:30 - 11am)
Dates	January 9 - March 27
Price	\$ 48 R / \$ 53 NR

# FITNESS PROGRAMS

## Tone and Balance

This class incorporates every day balance moves and building strength with light weights. No impact, just tightening our bodies. Please bring your own mat, fitness band, and water. If you are new to the class please arrive 10 minutes early so the instructor can go over safety and set up.

Instructor Margaret Keena  
Ages 18+  
Location EHTCC 113  
Days Mondays, Wednesdays, & Fridays  
Times 8:15 am - 9 am  
Dates January 6 - March 26  
(No Class 1/20, 2/17, 3/5, 3/7, 3/10, or 3/12)

### Three Day Option

Price \$ 238 R / \$ 258 NR

### Two Day Option

Price \$ 168 R / \$ 188 NR

### One Day Option

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 you 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 January 6 - March 24  
(No Class 1/20, 2/17, or 3/10)  
Price \$ 60 R / \$ 65 NR  
Or drop into one class for just \$5.  
Waiver must be signed at front desk

## Margaret's Madness Spin

Margaret's Madness Spin will combine the best elements of spinning along with toning your upper body and incorporating exercises using light weights while remaining seated on the bike. This class is intense! Are you ready to shed those calories? Towel and water needed. If you are new to the class please arrive 10 minutes early so the instructor can go over safety and set up.

Instructor Margaret Keena

Ages 18+

Location EHTCC 112

### Monday Morning Class

Days Mondays

Times 9:30 am - 10:30 am

Dates January 6 - March 24  
(No Class 1/20, 2/17, or 3/10)

Price \$ 80 R / \$ 90 NR

### Friday Morning Class

Days Fridays

Times 9:30 am - 10:30 am

Dates January 10 - March 28

Price (No Class 3/7)  
\$ 96 R / \$ 106 NR

### Wednesday Evening Class

Days Wednesdays

Times 6:15 pm - 7:15 pm

Dates January 8 - March 26

(No Class 3/5 or 3/12)

Price \$ 80 R / \$ 90 NR

## 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

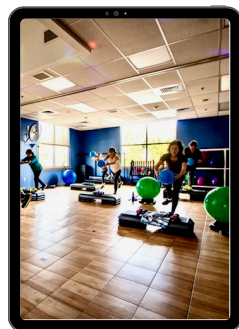
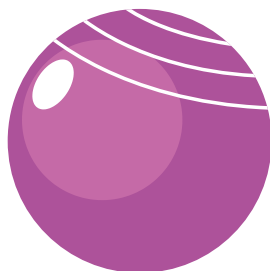
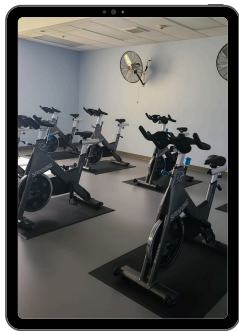
Dates Start date and prices for walk off the pounds will be announced in early January!

# FITNESS PROGRAMS

## Manic Monday Spin

These classes incorporate full body dynamic movements to push your limits using dumbbells, varied intervals and multi-directional movements which help develop more cardiovascular conditioning and functional strength. You never repeat the same workout twice which keeps your body challenged and in full fat-burning mode. Towel and water required.

Instructor	Dina Washington
Ages	18+
Location	EHTCC 112
Days	Mondays
Times	5:45 pm - 6:45 pm
Dates	January 6 - March 24 (No Class 1/20 or 2/17)
Price	\$ 104 R / \$ 114 NR



## HIIT with Joe

HIIT or High Intensity Interval Training is the future of exercise. Become stronger and faster by working out less. Everyone wants to exercise, but not everyone has the time. HIIT training goes hard for short periods, with intervals of rest. It's a great way to get a big workout with multiple benefits in a small amount of time.

Instructor	Joe LaRosa
Ages	18+
Location	EHTCC 113
Days	Mondays
Times	5:45 pm - 6:45 pm
Dates	January 6 - March 24 (No Class 1/20 or 2/17)
Price	\$ 104 R / \$ 114 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

### Monday Class

Days	Mondays
Times	6:45 pm - 7:30 pm
Dates	January 6 - March 24
Price	(No Class 1/20, 2/17, 3/17) \$ 72 R / \$ 77 NR

### Saturday Class

Days	Saturday
Times	10 am - 10:45 am
Dates	January 11 - March 29
Price	(No Class 1/18, 2/15, or 3/15) \$ 72 R / \$ 77 NR



# FITNESS PROGRAMS

## Body Works!

Overall strength training with pilates bar, bands, and weights. Tighten and tone up that body! No impact exercise. 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 111
Days	Tuesdays
Times	8:45 am - 9:30 am
Dates	January 7 - March 25 (No Class 3/11)
Price	\$ 88 R / \$ 98 NR



## Cycle with Joe

Something for everyone! Intervals, rolling hills, and sprints all to music hand-picked to motivate and inspire! This is a great work out if you want to burn calories and increase endurance! Come join the fun! Towel and water required.

Instructor	Joe LaRosa
Ages	18+
Location	EHTCC 112

### Tuesday Class

Days	Tuesdays
Times	6:30 pm - 7:30 pm
Dates	January 7 - March 25
Price	\$ 96 R / \$ 106 NR

### Thursday Class

Days	Thursday
Times	5:30 pm - 6:30 pm
Dates	January 9 - March 27
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	January 6 - March 24 (No Class 1/20, 2/17, or 3/3)
Price	\$ 72 R / \$ 77 NR

### Wednesday Class

Days	Wednesdays
Times	5:30 pm - 6:30 pm
Dates	January 15 - March 26 (No Class 2/12 or 3/12)
Price	\$ 72 R / \$ 77 NR

### Two Day Option

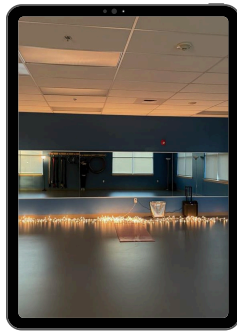
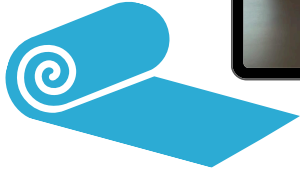
Price	\$ 126 R / \$ 136 NR
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## Cardio Step

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	January 15 - March 26 (No Class 2/12 or 3/12)
Price	\$ 72 R / \$ 77 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
Days	Tuesdays
Times	10 am - 11 am
Dates	January 7 - March 25
Price	\$ 144 R / \$ 154 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, towel and your favorite water bottle!

Instructor	Veronica Valenica
Ages	18+
Location	EHTCC 111
Days	Tuesdays
Times	5:30 pm- 6:30 pm
Dates	January 7 - March 25 (No Class 2/4, 3/11, 3/18)
Price	\$ 72 R / \$ 77 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	January 8 - March 26
Price	\$ 144 R / \$ 154 NR

# FITNESS PROGRAMS

## Total Body Tabata

Elevate your fitness game with Total Body Tabata. This HIIT workout will have exercise sequences with timed intervals and recovery times in between. The workout is designed to improve your cardiovascular fitness, build muscular strength and boost your metabolism. Mat and water required.

Instructor Dina Washington  
Ages 18+  
Location EHTCC 111  
Days Thursdays  
Times 5:45 - 6:45 pm  
Dates January 9 - March 27  
Price \$ 96 R / \$ 106 NR



## Morning Express Buns and Guns

Transform your arms and glutes! Shred fat and build muscle as you tone your upper and lower body in this 30-minute intensive class.

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

Instructor Margaret Keena  
Ages 18+  
Location EHTCC 113  
Days Fridays  
Times 10: 45 - 11: 15 am  
Dates January 10 - March 28  
(No Class 3/7)  
Price \$ 60 R / \$ 65 NR  
Or drop into one class for just \$5.  
Waiver must be signed at front desk

## Evening Buns and Guns

Transform your arms and glutes! 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 January 8 - March 26  
Price \$ 96 R / \$ 106 NR

## Sporadic Saturday Spin

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

Instructor Margaret Keena  
Ages 18+  
Location EHTCC 112  
Days Saturdays  
Times 9:30 am - 10:15 am  
Dates January 4, 25  
February 1, 22  
March 1, 29  
Price \$ 48 R / \$ 53 NR

## Punch Cards

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

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

### Four Class

Price \$40 R / \$45 NR

### Eight Class

Price \$80 R / \$90 NR

### Sixteen Classes

Price \$160 R / \$180 NR

# POLICIES AND PROCEDURES

## Registration & Program Policies

Registration is accepted on a first-come, first-serve basis, class sizes are limited. All registrations are accepted in-person, online and mail-in. Phone registrations are not accepted for any programs. Programs will be canceled if registration does not meet the minimum number of participants.

Payment must be made in full at the time of registration, without exception. We accept cash, checks and money orders made payable to "Egg Harbor Township" or "EHT." Payment may also be made by credit card in-person and online; a Convenience Fee will be assessed for each credit/debit card transaction.

You must have PROOF OF RESIDENCY and BIRTH CERTIFICATE (for minors) issued by a state agency (not hospital) at the time of registration.

Parks and Recreation reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Children must be the proper age before the program begins and as noted in program description.

Only those enrolled in the program may attend.

Sorry, but "visitors/family" will not be permitted in the program unless specified. If you wish to wait for your child you may do so in the lobby of the Community Center.

## Return Check Charge

Any check returned for any reason will be charged a \$20.00 service charge.

## EHT Refund Policy

We strive for positive experiences and excellence in everything we do. All refunds will be made according to the following guidelines. Please see separate refund guidelines for Bus Trips in that section of the brochure.

- Refunds will **NOT** be issued once a program begins. Full refunds are granted in the event that a class is cancelled by the Recreation Department.
- Once a class begins, if you are dissatisfied, we can transfer you to another class or offer you a prorated household credit.
- Special consideration will be given for life altering situations.
- All refunds will 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.



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