

EHT RECREATION

— SPRING 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
Website: www.EHTRec.com
Office Monday - Friday
Hours: 8:30 am - 4:30 pm

REGISTRATION DATES

Resident Registration
Begins: March 6
Non-Resident Registration
Begins: March 16

On-line Registration
Ends: March 26

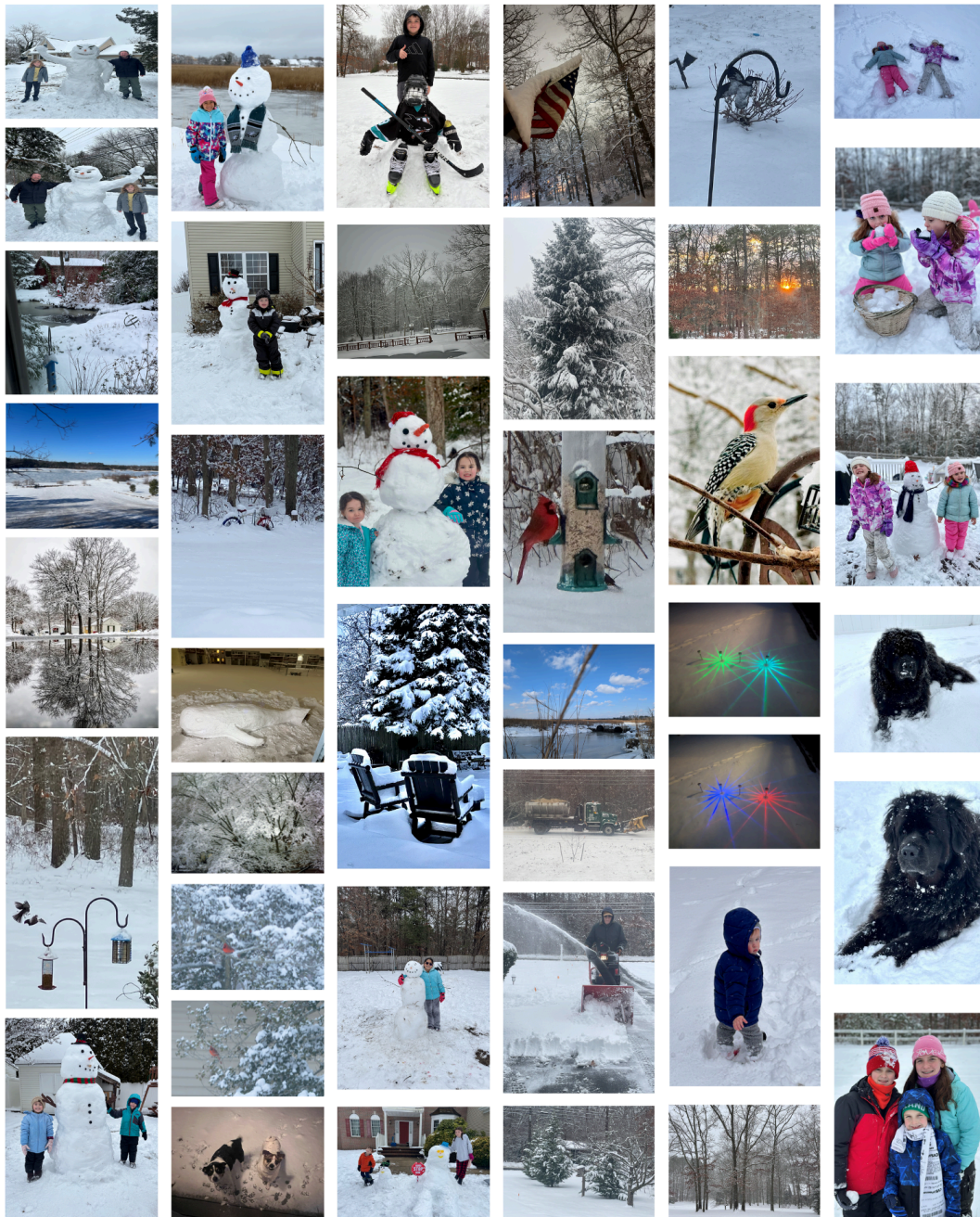


Follow us on Facebook



WINTER PHOTO CONTEST

Thank you to all our entries!
Stop by the EHT Community Center by March 13
to vote for your favorite!



BUS TRIPS

All trips depart from the **EHT Community Center, 5045 English Creek Ave.** Seats are limited. Participants 17 years old and under must be accompanied by an adult.

Registration can be done online at 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 are made 10 working days in advance. \$5 processing fee will apply.

New York City

Explore the city that never sleeps! We get you there, what you do is entirely up to you.

Date	Saturday, April 26
Departs EHT	8 am
Departs NYC	7 pm
Cost	\$55



Peddler's Village - Strawberry Festival

Discover 70+ great shops including apparel, toys and hobbies, great gifts, specialty foods, and home accessories. It's all here!

Date	Saturday, May 3
Departs EHT	9 am
Departs PV	6 pm
Cost	\$55

Inner Harbor Baltimore

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

Date	Sunday, June 15
Departs EHT	7 am
Departs IH	6pm
Cost	\$55



TAKE ME OUT TO THE
Ballgame

**EHT RECREATION BUS TRIP TO
YANKEE STADIUM**

**SATURDAY, JULY 26, 2025
GAME TIME 1:05 PM
COST INCLUDES ROUND TRIP
TRANSPORTATION, TICKET AND
\$20 FOOD VOUCHER**



Philadelphia Phillies

VS



New York Yankees

**BUS DEPARTS EHT COMMUNITY CENTER
10:00 AM**

\$125 PER PERSON

**TO REGISTER ONLINE VISIT WWW.EHTREC.COM
OR CALL THE RECREATION OFFICE AT 609-272-8120**



SPECIAL EVENTS

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 much 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 (609) 272 - 8120.

Health and Fitness Fair!

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 EHT Recreation. 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 Fifth Annual Spring Craft Show at the EHT Community Center.

“Learn to Play” Pickleball

Mark your calendars - join EHT Recreation and our Pickleball ambassadors for a pickleball open house! Learn techniques, get your questions answered, and tour our state-of-the-art facility. More information about this event will be available on June 1st.

Grab -n- Go Crafts

Looking for a fun spring project? Swing by the EHT Recreation Office beginning on March 10th between 9 am - 4:30 pm to pick up a grab and go spring 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.

Hooked on Fishing Not on Drugs Annual Fishing Challenge

Hosted by the NJDEP Division of Fish and Wildlife along with EHT Recreation and the EHT Municipal Alliance. Join us for a fun morning of fishing and prizes at the EHT Nature Reserve. The goal of this program is to redirect youth from the temptation of drugs, alcohol and tobacco by engaging in socially positive activities like fishing, learning the value of clean water and supporting community service by doing stream clean ups and tree plantings. Prizes will be given for biggest fish, smallest fish and most fish.

This program is open to anyone under the age of 20.

Date: Saturday, June 7

Time: 9 am - 11 am

Location: EHT Nature Reserve

Gearing Up for Summer!

We're looking forward to the warm weather!

Rhythm in the Parks Concert Series

Sponsored by Sea Shore Construction will run every Friday from 7 - 9 pm at the Robert J. Lincoln Amphitheater in Tony Canale Park June 27 through August 29

Monday Morning Madness

Sponsored by Mott Watkins and Associates Every Monday Morning beginning at 11 am June 30 through August 25

Movies Under the Stars

Sponsored by EHT Clean Communities will be held Saturdays, July 19 and August 28.

SUMMER CAMPS

Summer Adventure Camp

Join EHT Recreation for a fun filled summer! Weekly trips to the beach, bowling, mini golf, the pool and more! We'll head to the water park, zoo, 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.

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
Time 7:30 am - 5 pm
Dates June 23 - August 29
Regular \$315/Week
Pricing Multi-Week Discount for 8+ weeks registered.

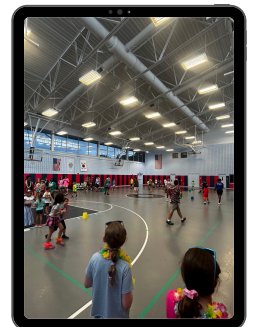
3 Day Field Trip Only Option

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

Creative Kids Summer Fun

Join us for a fun-filled summer at our Creative Kids Summer Fun camp, where little ones will explore, learn, and play in a safe and nurturing environment. Our activities are designed to spark creativity, build social skills, and encourage outdoor exploration through games, arts and crafts, and interactive learning. With a focus on fun and friendship, your child will make lasting memories while developing new skills in a supportive and engaging atmosphere! Please send them with a light snack and water bottle. Sunscreen should be applied to campers prior to arrival. Participants must be potty trained.

Instructor Ms. Doreen
Ages 4 - 5
Location EHTCC
Days Tuesday - Thursday
Time 9 am - 12 noon
Dates June 24 - August 28
Price \$ 540 R / \$ 560 NR



SPRING BREAK

Looking to get the kids out of the house for part of Spring Break? Look no further. EHT LEAP is hosting open gyms on Wednesday, April 23rd. Get the kids up and moving in a safe and fun environment. Pre-registration required. Open to EHT Residents only

Basketball

Come shoot some hoops and play some pickup games. Officers with EHTLEAP and Community Policing challenge you to come have some fun and Dunk your way to Success.

Instructor EHT LEAP Volunteers
Location EHTCC
Day Wednesdays
Date April 23
Time 10 am - 12 noon
Grades 4 - 12
Price No Cost

Dodgeball

Who doesn't love a great game of dodgeball. Join EHT Leap and Community Policing Officers in a fun, safe and energetic atmosphere. Great way to spend the afternoon dodging, dipping, ducking and diving! "Dodgeball" where legends are made!

Instructor EHT LEAP Volunteers
Location EHTCC
Day Wednesdays
Date April 23
Time 12:15 pm - 2:15 pm
Grade 4 - 12
Price No Cost

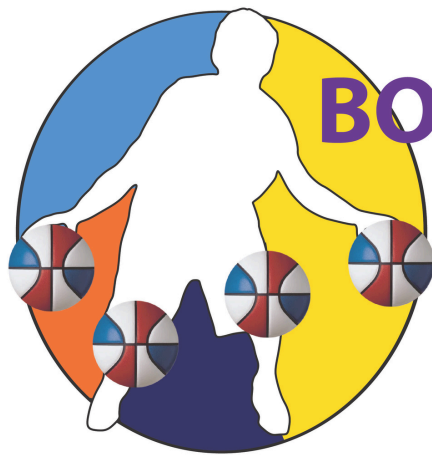


Volleyball

Don't want to play Basketball, come join us in the afternoon for Open Gym Volleyball. Spike it up and Serve it right with EHT LEAP and Community Policing Officers. The Court is calling, lets conquer it!

Instructor EHT LEAP Volunteers
Location EHTCC
Day Wednesdays
Date April 23
Time 2:30 pm - 4:30 pm
Grades 4 - 12
Price No Cost





BOUNCE
OUT
the
Stigma®

Basketball Clinic

Saturday, March 22
12 noon - 3 pm
EHT Community Center
No Cost
Each player receives an
official camp t-shirt and ball

For children ages 7 - 21 with SPECIAL NEEDS
Our programs are tailored for youth with
Autism, ADHD, Epilepsy, Mental & Emotional
Challenges, Kids with Learning Disabilities,
Slow Motor Skill Development, and Social
Interaction Issues as a result of Neurologic
Disorders
All will do well in our nurturing environment



Join "Mighty Mike" Simmel
NY Knicks Jr. Coach of the Year

This clinic is about
Building Self Confidence
Improving Motor Skills
Developing Peer Trust
Making Friends
Having FUN
and Yes, Basketball

Register online at
www.ehtrec.com
For more information
call
(609) 272 - 8120



PRESCHOOL 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
Time	5 - 5:30 pm
Price	\$ 55 R / \$ 60 NR
Day	Wednesdays
Dates	April 2 - Jun 25

Ready Set Go

This program will introduce children to a variety of different exercises in a structured, safe environment including stretching, kickball, exercise, 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
<u>Wednesday Class</u>	
Day	Wednesdays
Time	10:15 am - 11:15 am
Dates	April 16 - June 25
Price	\$ 88 R / \$ 98 NR

<u>Saturday Class</u>	
Day	Saturdays
Time	10:15 am - 11:15 am
Dates	April 26 - June 28 (No Class 5/10, 5/24, or 6/21)
Price	\$ 56 R / \$ 61 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! Please send them with a light snack and water bottle. Participants must be potty-trained.

Instructor	Ms. Doreen
Ages	3 - 5 years old
Location	EHTCC 117
Days	Mon, Tues, Wed, Thurs, and/or Fri
Time	10 am - 12 noon
Dates	April 21 - June 19 (No Class 5/26)
Price	Class Option available in 2, 3,4, or 5 day options. 2 day options begin at \$216 R / \$236 NR, Exact pricing can be found on ehtrec.com

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 instruction 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
Ages	3 - 4 years old
Location	Bargaintown Park
Day	Saturdays
Dates	April 5 - June 7 (No Class 4/19 or 5/24)
Price	\$55 R / \$60 NR
<u>First Class</u>	
Time	9 -10 AM
<u>Second Class</u>	
Times	10:15 - 11:15 am

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 March 31 - June 25
(No Class 5/26)

Beginners Karate (No Belts)

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

Returning Student Karate (White - Blue Belts)

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

Advanced Student Karate (Brown - Black Belts)

Time 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 March 31 - June 18
(No Class 4/21, 4/23, 5/14, 5/26)

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
Day Saturdays
Time 11:15 am - 12:15 pm
Dates April 26 - June 28
Price (No Class 5/10, 5/24, or 6/21)
Free

YOUTH PROGRAMS

Basketball Skills Clinic

Tori Cavaliere 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 Tori Cavaliere and Basketball Assistants
Location EHT CC Gym
Day Mondays
Dates April 7 - May 19
Price \$ 50 R / \$ 55 NR

3rd and 4th Grade

Time 5 pm - 6 pm

5th and 6th Grade

Time 6 pm - 7 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
Day Tuesdays
Time 6:30 pm - 8:30 pm
Price \$ 80 R / \$ 90 NR
Dates April 1 - May 27
 (No Class 4/22)

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
Day Saturdays
Time 10 am - 12 noon
Price \$25 R / \$30 NR (Per Session)

“Dr. Seuss What Pet to Get” - April 12

A trip to the pet store turns into a hilarious struggle when two kids must choose one pet to take home, enjoy this story and then paint a ceramic figure of a dog or cat.

“Have You Ever Seen A Flower” - May 17

Follow a child who leaves the big city and travels to the meadow. They engage all five senses to explore nature. After reading the story try your hand at flower printing.

“The Most Magnificent Thing” - June 14

A girl has a wonderful idea. She is going to make the most MAGNIFICENT thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. Easy-peasy!?! But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right. Enjoy this story and then learn to make your very own kaleidoscope!

YOUTH PROGRAMS

Flag Football

EHT Recreation is happy to be teaming up with EHT LEAP this summer and bringing Flag Football to our youth! This program will teach the basics of Flag Football and help improve skills and techniques of each player. Program will consist of 20 - 30 minutes of instruction followed by game play.

Teams will be created each week.

This program is for EHT residents only.

Instructor EHT LEAP Volunteers
Location Swift School Field
Day Thursdays
Dates May 29 - July 17

Price \$ 25 R

Current K - 1st Graders

Time 5:00 - 5:45 pm

Current 2nd - 3rd Graders

Time 5:00 pm - 5:45 pm

Current 4th - 5th Graders

Time 6:00 pm - 7:00 pm

Current 6th - 7th Graders

Time 6:00 pm - 7:00 pm



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.

Instructor Mr. Aaron
Grades 4 - 8
Location EHT Nature Reserve
Days Mondays and Wednesdays
Time 4:30 pm - 5:30 pm
Dates April 28 - June 11
(No Class 5/26)
Price \$ 65 R / \$ 70 NR



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
Day Saturdays
Time 8:00 - 9:30 am
Dates April 26 - June 14
(No Class 5/24)
Price \$ 70 R / \$ 75 NR

YOUTH PROGRAMS

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! Sign up for the session to secure your place all season, or drop in for \$10/day as space allows. A waiver form must be completed on site daily for drop-in participants.

Instructor	Recreation Staff
Grades	6 - 10
Location	EHTCC Gym
Day	Wednesdays
Time	6:00 pm - 7:30 pm
Dates	April 2 - June 18 (No Class 4/23)
Price	\$ 70 R / \$ 75 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. We will mix up games with our adult volleyball participants under the guidance of the program leaders. 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	9 - 12
Location	EHTCC Gym
Day	Wednesdays
Time	7:30 pm - 9:00 pm
Dates	April 2 - June 18 (No Class 4/23)
Price	\$ 44 R / \$ 49 NR

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
Ages	5 - 7 years old
Location	Bargaintown Park
Day	Saturdays
Time	11:30 am - 12:30 pm
Dates	April 5 - June 7 (No Class 4/19 or 5/24)
Price	\$55 R / \$60 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	Ms. Joanie and Tennis Staff
Location	Tony Canale Park Tennis Courts
Day	Saturday
Dates	April 26 - June 14 (No Class 5/24)
Price	\$ 70 R / \$ 75 NR

Junior Tots Tennis

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

Beginners Tennis

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

Intermediate Tennis

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

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
Day	Mondays
Time	12 noon - 2 pm
Dates	March 31 - June 23 (No 5/26)
Price	\$ 48 R / \$ 53 NR
Day	Tuesdays
Time	6:30 pm - 8:30 pm
Dates	April 1 - June 24
Price	\$ 52 R / \$ 57 NR

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
Day	Thursdays
Time	6:30 pm- 8:30 pm
Dates	April 3 - June 26 (No 6/19)
Price	\$5 / Day

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
Time	7 pm - 8 pm
Dates	March 31 - June 25 (No Class 5/26)
Price	\$110 R / \$120 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
Day	Tuesday
Time	6 pm - 9 pm
Date	June 10
Price	Free

ADULT PROGRAMS

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 Gym

Day Fridays

Time 9 am - 12 noon

Dates April 25 - June 13

Price \$120 R / \$130 NR

Outdoor Clinic

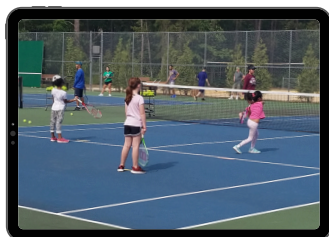
Location Delilah Oaks Pickleball Courts

Day Saturdays

Time 10:00 am - 11:30am

Dates April 26 - June 14
(No Class 5/24)

Price \$90 R / \$100 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

Day Saturdays

Dates April 26 - June 14
(No Class 5/24)

Price \$ 70 R / \$ 75 NR

Early Bird Tennis

Time 7:30 am - 9:00 am

Ages 16+

Fast Action Drills

Time 9:00 am - 10:00 am

Ages 16 +

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

Day Fridays

Time 12:15 pm - 2:15 pm

Dates April 25 - June 13

Price \$ 110 R / \$ 120 NR

Outdoor Clinic

Location Delilah Oaks Pickleball Courts

Day Saturdays

Time 11:30 am - 1:00 pm

Dates April 26 - June 14
(No Class 5/24)

Price \$ 90 R / \$ 100 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 while tasting, sampling, and perhaps being pulled into the action of chopping, searing, stirring, and more!



Seasonal Classes

Ages	16 +
Location	EHTCC Multipurpose Room
Day	Wednesdays
Time	6 pm - 9 pm
Price	\$45 R / \$50 NR (Per Session)

April 30 - ‘Make it Special for Mom’

May 14 - “Dressings for Healthy Eats”

June 11 - “Summer Favs”



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
Time 8:15 am - 9 am
Dates March 31 - June 27
(No class 4/10, 5/26, 6/20)

Three Day Option

Price \$ 252 R / \$ 272 NR

Two Day Option

Price \$ 182 R / \$ 202 NR

One Day Option

Price \$ 104 R / \$ 114 NR

Work Off the Pounds

Same Great Class, New Great Name! If you want to lose weight and improve your fitness this year but don't know where to start, Work off the Pounds is for you. This program consists of walking in place, knee lifts, forward kicks, back kicks, free weights and bands. Towel and water needed.

Instructor Toni-Lynn Rispoli
Ages 18+
Location EHTCC 111
Days Mondays, Wednesdays & Fridays
Time 8:15 am - 9:15 am
Dates March 31 - June 27
(No Class 4/7, 4/9, 4/11, 4/18, 5/26, 6/20)

Three Day Option

Price \$ 231 R / \$ 251 NR

Two Day Option

Price \$ 168 R / \$ 188 NR

One Day Option

Price \$ 96 R / \$ 106 NR

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

Day Mondays

Time 9:30 am - 10:30 am

Dates March 31 - June 23
(No Class 5/26)

Price \$ 96 R / \$ 106 NR

Friday Morning Class

Day Fridays

Time 9:30 am - 10:30 am

Dates April 4 - June 27
(No Class 4/18 or 6/20)

Price \$ 88 R / \$ 98 NR

Wednesday Evening Class

Day Wednesdays

Time 6 pm - 7 pm

Dates April 2 - June 11

Price \$ 96 R / \$ 106 NR

STRENGTH

Do you want to feel stronger? Come join Margaret for some free weight strength training. All over body movements to target specific muscle groups to avoid injury. All ages and levels of fitness invited!

Instructor Margaret Keena

Ages 18+

Location EHTCC 113

Day Mondays

Time 10:45 am - 11:15 am

Dates March 31 - June 23
(No Class 5/26)

Price \$ 60 R / \$ 65 NR

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
Day	Mondays
Time	5:45 pm - 6:45 pm
Dates	March 31 - June 23 (No Class 5/26)
Price	\$ 96 R / \$ 106 NR



The Spin Experience

This beginner spin class will introduce indoor cycling designed for people new to the exercise. It will focus on basic pedaling techniques, different resistance levels and seated positions. It will incorporate a warm-up, gradual intensity increases and a cool-down. Bring towel and water.

Instructor	Dina Washington
Ages	18+
Location	EHTCC 112
Day	Mondays
Time	5:00 - 5:30 pm
Dates	March 31 - June 23 (No Class 5/26)
Price	\$ 60 R / \$ 65 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
Day	Mondays
Time	5:45 pm - 6:45 pm
Dates	March 31 - June 23 (No Class 5/26)
Price	\$ 104 R / \$ 114 NR

Pump and Pilates

This class is the best of both worlds--strength training and Pilates in one 60-minute class! Class consists of 35 minutes of strength training using weights, a Pilates bar, resistance bands, and gliding discs, then finishes with 25 minutes of mat Pilates which focuses on strengthening the core and back muscles while working on flexibility, proper breathing techniques and alignment. All fitness levels welcome--the instructor will offer modifications as needed. Please bring a yoga mat and water bottle.

Instructor	Veronica Valencia
Ages	18+
Location	EHTCC 111

Monday Class

Day	Mondays
Time	6:45 pm - 7:45 pm
Dates	March 31 - June 23
Price	(No Class 4/21, 5/26, 6/2) \$ 80 R / \$ 90 NR

Saturday Class

Day	Saturdays
Time	9:45 am - 10:45 am
Dates	March 29 - June 28 (No Class 4/19, 5/10, 5/24, 6/21)
Price	\$ 72 R / \$ 82 NR

Two Day Option

Price	\$ 133 R / \$ 143 NR
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FITNESS PROGRAMS

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

Day Mondays
Time 5:30 pm - 6:30 pm
Dates March 31 - June 23
(No Class 5/5 or 5/26)
Price \$ 88 R / \$ 98 NR

Wednesday Class

Day Wednesdays
Time 5:30 pm - 6:30 pm
Dates April 2 - June 25
(No Class 4/9, 5/14, 6/11)
Price \$ 80 R / \$ 90 NR

Two Day Option

Price \$ 147 R / \$ 157 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
Day Wednesdays
Time 6:30 pm - 7:30 pm
Dates April 2 - June 25
(No Class 4/9, 5/14, 6/11)
Price \$ 80 R / \$ 90 NR

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
Day Tuesdays
Time 8:45 am - 9:30 am
Dates April 1 - June 24
Price \$ 104 R / \$ 114 NR

Cycle with Joe

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

Instructor Joe LaRosa
Ages 18+
Location EHTCC 112

Tuesday Class

Day Tuesdays
Time 6:30 pm - 7:30 pm
Dates April 1 - June 24
(No Class 5/20)
Price \$ 96 R / \$ 106 NR

Thursday Class

Day Thursday
Time 5:30 pm - 6:30 pm
Dates April 3 - June 26
(No Class 5/22)
Price \$ 96 R / \$ 106 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.

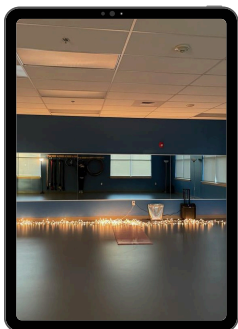
Benefits of Chair Yoga:

- * 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
Day Tuesdays
Time 10 am - 11 am
Dates April 1 - June 10
Price \$ 132 R / \$ 142 NR



Pilates with Veronica

Pilates is a mind/body mat workout using a Pilates bar, small ball, and gliding discs to strengthen the body's core muscles including those in the abdomen, back, and hips, as well as in the arms and legs. Pilates emphasizes proper breathing, alignment, and flexibility which helps to improve posture, balance, and overall physical function. There's a reason Pilates has stood the test of time and has been around for over 100 years-- it works! All fitness levels welcome--the instructor will offer modifications as needed. Please bring a yoga mat and a water bottle

Instructor Veronica Valenica
Ages 18+
Location EHTCC 111
Day Tuesdays
Time 5:30 pm- 6:30 pm
Dates April 1 - June 24
(No Class 4/22, 5/27, 6/3)
Price \$ 80 R / \$ 90 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
Day Wednesdays
Time 10 am - 11 am
Dates April 2 - June 11
Price \$ 132 R / \$ 142 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
Day	Thursdays
Time	5:30 - 6:30 pm
Dates	April 3 - June 26
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
Day	Fridays
Time	10: 45 - 11: 15 am
Dates	April 4 - June 27 (No Class 4/18, 6/20)
Price	\$ 65 R / \$ 70 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
Day	Wednesdays
Time	5:30 pm - 6:15 pm
Dates	April 2 - June 25 (No Class 5/21)
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
Day	Saturdays
Time	9:30 am - 10:15 am
Dates	April 12, 26 May 3, 17
Price	\$ 32 R / \$ 37 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.

<u>Four Class</u>	
Price	\$40 R / \$45 NR
<u>Eight Class</u>	
Price	\$80 R / \$90 NR
<u>Sixteen Classes</u>	
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 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.

