

EHT Recreation

FALL PROGRAM GUIDE

OFFICE HOURS

Monday - Friday
8:30 am - 4:30 pm

CONTACT INFORMATION

(609) 272 - 8120
Recreation@ehtgov.org
www.EHTRec.com

REGISTRATION

Resident Registration
Begins: September 11
Ends: September 24

DATES

Non-Resident Registration
Begins: September 18
Ends: September 24

SEPTEMBER 1, 2025



SPECIAL EVENTS

Grab -n- Go Crafts

Looking for a fun Fall project? Swing by the EHT Recreation Office beginning on September 15th between 9 am - 4:00 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.

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!

Location: EHT Community Center
Ages: 12 Year Olds & Younger
Days: Tuesday
Dates: October 28
Times: 5 - 7 pm
Price: \$5 for the first child
\$2 additional child



Coach of the Year

The EHT Recreation Commission is accepting nominations from parents and participants for the 2025 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 The form must be completed by December 4, 2025.

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.

Location: EHT Community Center
Days: Tuesday
Dates: October 7
Times: 6:30 pm

Interested in becoming a 2026 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.

SPECIAL EVENTS

15th Annual Holiday Craft Show

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

Date Saturday, November 8
Time 9 am - 3 pm



6th Annual Holiday Tree Lighting

Join Mayor Pfrommer and Township Committee along with EHT Recreation for EHT's 7th 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 6
Time 5 pm

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.

Location: EHT Community Center
Instructor: Miss Doreen

Gingerbread House Day

Ages: 7 - 12-year-olds
Days: Tuesday
Dates: December 9
Times: 5 - 8 pm
Price: \$15 for the first child
 \$10 for each additional child

Craftin' Day

Ages: 4 - 8-year-olds
Days: Saturday
Dates: December 13
Times: 11 am - 2 pm
Price: \$15 for the first child
 \$10 for each additional child

Holiday Light Display Contest!

Sponsored by the EHT Mayors Wellness Campaign
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

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;
Addresses may be shared publicly unless advised not to in writing.

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 per seat will apply.

New York City

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.

Date:	Saturday, September 13
Departs EHT	8 am
Departs NYC	7 pm
Cost	\$60

Washington DC

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!

Date:	Saturday, October 18
Departs EHT	7 am
Departs DC	6 pm
Cost	\$60



Peddler's Village Holly Jolly Fest

Come celebrate the holidays at the Holly Jolly Weekend this year. Enjoy live music entertainment, family activities, holiday food and drink specials and a gingerbread display. Santa parades through the village starting at 1:30pm. Visit our 60+ specialty shops for great holiday gifts. At 4:30pm, the village becomes a magical nighttime Christmas wonderland!

Date:	Sunday, December 7
Departs EHT	9 am
Departs PV	6 pm
Cost	\$60

New York City at Christmas Time

Explore the city that never sleeps while it is all decked out for the holiday season! We get you there, what you do is entirely up to you. Get your gift shopping done or just enjoy the festivities. Where we drop you off is where we pick you up.

Date:	Saturday December 13 or Saturday, December 20
Departs EHT	8 am
Departs NYC	7 pm
Cost	\$60

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, 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.

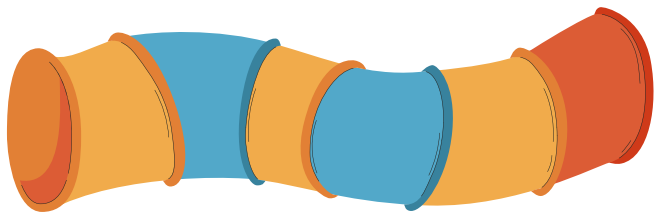
Location: EHTCC Gym
Instructor: Ms. Toni-Lynn
Ages: 2-5

Wednesday Class

Days: Wednesdays
Dates: October 1 - December 17
Times: 10:15 am - 11:15 am
Price: \$ 96 R / \$ 106 NR

Saturdays Class

Days: Saturdays
Dates: October 18 - December 20
(No Class 11/8 or 11/29)
Times: 10:15 - 11:15 am
Price: \$ 64 R / \$ 69 NR



Tiny Tigers

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.

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 4 - 5
Days: Wednesdays
Dates: October 1 - December 17
(No Class 11/26)
Times: 5:00 pm - 5:30 pm
Price: \$ 55 R / \$ 60 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.

Location: EHTCC 117
Instructor: Ms. Doreen
Ages: 3 - 5
Days: Mon, Tues, Wed, Thurs, & Fri
Dates: Sept 8 - Dec 19
Times: 10 am - 12 noon
Price: Class Option available in 2, 3, 4, or 5 day options. 2 day options begin at \$ 360 R / \$ 380 NR, 5 Day Discounts available. Exact pricing can be found on www.ehtrec.com
SPACE IS LIMITED PLEASE CALL FOR AVAILABILITY

YOUTH PROGRAMS

Unified Dance

Learn the basics of dance in a fun safe sensory friendly class. Dancers will be partnered with a buddy to help them learn and thrive in the class. Dancers will have the option to perform as the opening in our dance recital!

Parent participation may be required.

Location: EHTCC 109
Instructor: Ms. Danielle
Ages: 5 - 10
Days: Wednesdays
Dates: September 10
(No Class 11/26)
Times: 5:30 - 6:15 pm
Price: \$ 65 R / \$ 70 NR

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.

Location: EHTCC Gym
Instructor: Ms. Toni-Lynn
Grades: School Ages
Days: Saturdays
Dates: Oct 18 - Dec 20
(No Class 11/8or 11/29)
Times: 11:30 - 12:30 pm
Price: No Fee



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!

This Crafty Characters will be all about Thanksgiving! Make your very own Thanksgiving Center Piece after reading a story about the season!

Location: EHTCC Fitness Room7
Instructor: Ms. Doreen
Ages: 5 - 8
Days: Saturday
Dates: November 22
Times: 10 am - 12 noon
Price: \$ 25 R / \$ 30 NR

Beginners 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!

Location: EHTCC Gym
Instructor: Coach Niko
Grades: 6 - 10
Days: Wednesdays
Dates: Sept 24 - Oct 29
Times: 6 - 7:30 pm
Price: \$60 R / \$ 65 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.

Location: EHTCC Gym
Grades: 9+
Days: Wednesdays
Dates: Sept 24 - Oct 29
Times: 7:30 - 9 pm
Price: \$ 30 R / \$ 35 NR

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.

Adult Class are available - information in adult program section

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 6 - 16
Days: Mondays and Wednesdays
Dates: Sept 29 - Dec 17
(No 10/13, 11/26)

Beginners Karate (No Belts)

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

Returning Students Karate

(White - Blue Belts)

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

Advanced Students Karate

(Brown - Black Belts)

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



YOUTH PROGRAMS

EHT Recreation Basketball League

Our Youth Rec Basketball League focuses on fun, skill development, and participation. Games are scheduled Monday - Friday 5 pm - 9:30 pm at the EHT Community Center. Make-up games may be held on Saturdays or not rescheduled based on time constraints. Practice days and times will be Monday - Friday at the EHT Community Center or an EHT School. Practices days and times will be the preferred day by the coach.

Program is for EHT Residents Only. Coaches are needed for this program, if interested, please email ddanz@ehtgov.org. Coaches' meetings will be held in October and November. Practices will start in December, with games starting in January 2026. **Registration deadline is October 17 or when the league is at capacity.**

Player evaluations will be held in late October or early November, Exact dates/times will be posted in September. Player evaluations held solely to assess player ability level and create evenly balanced teams; it is not a try out and there are no cuts. Players should make every effort to attend, if a player does not attend, they will still be placed on a team.

Grades: 3 - 8
Price: \$125



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.

Location: EHT Nature Reserve
Instructor: Mr. Aaron
Grades: 4 - 8
Days: Mondays & Wednesdays
Dates: Sept 15 - Oct 29
Times: 4:30 - 5:30 pm
Price: \$ 70 R / \$75 NR

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.

Location: EHTCC Gym
Instructor: Coach Tory
Days: Mondays
Dates: September 22 - October 27
(No Class 10/13)
Price: \$ 50 R / \$ 55

Third - Fourth Graders

Grades: 3 - 4
Times: 5 - 6 pm

Fifth - Sixth Graders

Grades: 5 - 6
Times: 6 - 7 pm



Youth Open Gym

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

Location: EHTCC Gyms
Instructor: EHT Recreation Staff
Days: Mondays and Wednesdays
Dates: September 29 - December 22
(No 10/13 or 11/26)
Price: No Cost

High Schoolers

9 - 12
2 pm - 3:15 pm

Elementary & Middle Schoolers

4 - 8
3:30 - 4:45 pm

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)

Location: EHTCC
Instructor: Rick Audet
Grades: 18+
Days: Monday
Dates: October 27
Times: 6 - 9 pm
Price: No Cost



EHT Parks and Recreation offers in-person Youth Sports Coaches Clinics free of charge throughout the year. As an alternative, EHT coaches may take the Rutgers SAFETY (Sports Awareness For Educating Today's Youth) Clinic. The Rutgers SAFETY Clinic is a three-hour program that informs coaches on the psychological, legal, and medical/first aid aspects of coaching as well as general coaching concepts and training/conditioning youth athletes. Cost of clinic is \$40 per coach payable to Rutgers. The Township hosts a Rutgers clinic locally, however there are online/virtual Rutgers SAFETY clinics offered throughout the state on a regular basis that a coach may sign-up for and attend virtually.

Our in-person clinic and the Rutgers SAFETY Clinic both satisfy the coaches training requirements for our sponsored youth sports organizations coaches. If you have any questions on this or need more information, please call the Director of Parks and Recreation at 609-272-8120.

ADULT PROGRAMS

Beginners Pickleball Clinic

Ready to try the fastest-growing sport in America?

Join us for a fun and engaging Beginner Pickleball Clinic designed for those who are brand new to the game or looking to brush up on the basics.

During this clinic, you can expect:

- An introduction to pickleball rules and scoring
- Proper grip, paddle handling, and court positioning
- Basic shots: serve, return, dink, and volley
- Game play practice in a low-pressure, friendly environment
- Tips for safety and court etiquette

No experience? No problem! Whether you're picking up a paddle for the first time or need a refresher, this clinic is the perfect place to start.

Location: EHTCC Aux Gym
Instructor: Bill Giannetti
Grades: 18+
Days: Fridays
Dates: October 24 - December 19
(No 11/7 or 11/28/9)
Times: 9 - 11 am
Price: \$ 110 R / \$ 120 NR

Intermediate Pickleball Clinic

Already comfortable with the basics of pickleball? This Intermediate Pickleball Clinic is designed for players looking to improve their skills, sharpen their strategy, and become more confident and competitive on the court. Ideal for players who understand the rules and scoring, are familiar with basic shots, and have some on-court experience. This clinic is not for beginners.

Location: EHTCC Aux Gym
Instructor: Bill Giannetti
Grades: 18+
Days: Fridays
Dates: October 24 - December 19
(No 11/7 or 11/28)
Times: 11 - 1 pm
Price: \$ 110 R / \$ 120 NR



Open Gym 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

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 9 am - 11 am
(Drop ins 9:30 - 11am)
Dates: Oct 7 - Dec 23
(No 11/4 or 11/11)
Price: \$ 40 R / \$ 45 NR

Days: Thursdays
Times: 2 pm - 4 pm
(Drop ins 2:30 - 4 pm)
Dates: Oct 9 - Dec 18
(No 11/27)
Price: \$ 40 R / \$ 45 NR

Level 2

Intermediate Players

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 11:30 am - 1:30pm
(Drop ins 12 - 1:30 pm)
Dates: Oct 7 - Dec 23
(No 11/4 or 11/11)
Price: \$ 40 R / \$ 45 NR

Days: Thursdays
Times: 11:30 am - 1:30pm
(Drop ins 12 - 1:30 pm)
Dates: Oct 9 - Dec 18
(No 11/27)
Price: \$ 40 R / \$ 45 NR

Level 3

Intermediate & Advanced Players

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 2 pm - 4 pm
(Drop ins 2:30 - 4 pm)
Dates: Oct 7 - Dec 23
(No 11/4 or 11/11)
Price: \$ 40 R / \$ 45 NR

Days: Thursdays
Times: 9 am - 11 am
(Drop ins 2:30 - 4 pm)
Dates: Oct 9 - Dec 18
(No 11/27)
Price: \$ 40 R / \$ 45 NR

ADULT 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 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.

Location: EHTCC 113
Instructor: Master Carson and Karate Staff
Ages: 16+
Days: Mondays and Wednesdays
Dates: September 29 - December 17
(No 10/13 or 11/26)
Times: 7 - 8 pm
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. 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.

Location: EHTCC Gym
Ages: 18+
Days: Wednesdays
Dates: September 24 - October 29
Times: 7:30 - 9 pm
Price: \$ 30 R / \$ 35 NR

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. No spectators allowed in the gym.

Location: EHTCC Gym
Ages: 18+
Days: Mondays
Dates: October 6 - December 29
(No 10/13)
Times: 12 noon - 2 pm
Price: \$ 48 R / \$ 53 NR

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!

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

Location: EHTCC Multipurpose Room
Instructor: Chef Ray and Elizabeth Klein
Ages: 18+
Days: Wednesdays
Dates: September 24 - October 29
Times: 6 - 8 pm
Price: \$ 220 R / \$ 240 NR

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.

Location: EHTCC Multipurpose Room
Instructor: Chef Ray and Elizabeth Klein
Ages: 18+
Time: 6 - 8 pm
Price: \$ 50 R / \$ 55 NR / per session

Fall Harvest

Date: Thursday October 16

Holiday Entertainment

Date: Thursday November 6

FITNESS - SPIN CLASSES

Margarets 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.

Location: EHTCC 112
Instructor: Margaret Keena
Ages: 18 +

Mondays

Days: Mondays
Dates: October 6 - December 29
(No Class 10/13 or 11/10)

Times: 9:15 - 10:15 am
Price: \$ 88 R / \$ 98 NR

Fridays

Days: Fridays
Dates: October 10-January 2
(No Class 11/7, 11/28, or 12/26)
Times: 9:15 - 10:15 am
Price: \$ 80 R / \$ 90 NR

Wednesdays

Days: Wednesdays
Dates: September 24 - December 17
(No Class 11/5 or 11/26)
Times: 6 - 7 pm
Price: \$ 88 R / \$ 98 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.

Location: EHTCC 112
Instructor: Margaret Keena
Ages: 18+
Days: Saturdays
Dates: September 20, 27
October 18
November 15, 22
December 6
Times: 9:30 am - 10:15 am
Price: \$ 48 R / \$ 53 NR

Manic Monday Spin

(Intermediate/Advanced Spin Class)

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. Please arrive 5 - 10 minutes prior to the class start time.

Location: EHTCC 112
Instructor: Dina Washington
Ages: 18+
Days: Mondays
Dates: October 6 - December 29
(No Class 10/13)
Times: 5:45 - 6:45 p m
Price: \$ 96 R / \$ 106 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.

Location: EHTCC 112
Instructor: Joe LaRosa
Ages: 18+
Tuesdays
Days: Tuesdays
Dates: October 7 - December 30
(No Class 11/4 or 11/11)
Times: 6:30 - 7:30 pm
Price: \$ 88 R / \$ 98 NR
Thursdays
Days: Thursdays
Dates: October 9 - December 18
(No class 11/27)
Times: 5:30 - 6:30 pm
Price: \$ 80 R / \$ 88 NR

FITNESS - STRENGTH CLASSES

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.

Classes the first week of September will be held outside

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18 +
Days: Mondays and Fridays
Dates: Oct 6 - Jan 2

(No Class 10/13, 11/7,
11/10, 11/28, 12/26)

Times: 8:15 - 9 am

Two Day Option

Price: \$ 147 R / \$ 167 NR

One Day Option

Price: \$ 104 R / \$ 114 NR



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.

Classes the first week of September will be held outside

Location: EHTCC Fitness Room
Instructor: Dina Washington
Ages: 18+
Days: Thursdays
Dates: Oct 9 - Dec 18

(No 10/30 or 11/27)

Times: 5:30 - 6:30 pm

Price: \$ 72 R / \$ 77 NR

Buns and Guns

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

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

Location: EHTCC Fitness Room
Instructor: Dina Washington
Ages: 18+
Days: Wednesdays
Dates: Oct 8 - Dec 17

(No Class 10/29, 11/26)

Times: 5:30 - 6:30 pm

Price: \$ 80 R / \$ 90 NR

Kettlebell Core Crunch

Get ready to build strength, burn fat, and sculpt your core in this high-energy, full-body workout! This dynamic class combines powerful kettlebell training with targeted ab exercises to improve endurance, coordination, and overall core stability. Fitness mat, towel and water recommended.

Location: EHTCC Fitness Room
Instructor: Dina Washington
Ages: 18+
Days: Mondays
Dates: Oct 10 - Dec 29

(No Class 10/13)

Times: 5 - 5:30 pm

Price: \$ 45 R / \$ 50 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. Classes the first week of September will be held outside

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18+
Days: Tuesdays
Dates: Oct 7 - Dec 30

(No Class 11/4 or 11/11)

Times: 8:45 - 9:30 am

Price: \$ 88 R / \$ 98 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.

Location: EHTCC Fitness Room
Instructor: Joe LaRosa
Ages: 18+
Days: Mondays
Dates: Oct 6 - Dec 29

(No 10/13 or 11/24)

Times: 5:45 - 6:45 pm

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!

Classes the first week of September will be held outside

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18 +

Mondays

Days: Mondays
Dates: Oct 6 - Dec 29

(No 10/13 or 11/10)

Times: 10:30 - 11 am

Price: \$ 55 R / \$ 60 NR

Wednesdays

Days: Wednesdays
Dates: Oct 1 - Dec 17

(No 11/5 or 11/26)

Times: 8:15 - 9 am

Price: \$ 80 R / \$ 90 NR

FITNESS - MIND & BODY

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

Location: EHTCC Fitness Room
Instructor: Linda Schwartz
Ages: 18+
Days: Tuesdays
Dates: October 7 - December 30
Times: (No Class 11/4 or 11/11)
Price: 10 - 11 am
\$ 132 R / \$ 142 NR

Stretch and Mobility

A stretch and mobility routine can improve range of motion, flexibility, stability, and over all movement quality. Bars and Bands will be used to resistance, enhance control, and support proper form throughout each movement. Please bring a mat and water bottle.

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18+
Days: Fridays
Dates: October 10-January 2
(No Class 11/7, 11/28, or 12/26)
Times: 10:30 - 11 am
Price: \$ 50 R / \$ 55 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.

Location: EHTCC Fitness Room
Instructor: Veronica Valencia
Ages: 18 +
Days: Tuesdays
Dates: October 14 - December 30
(No Class 11/4 or 11/11)
Times: 6 - 7 pm
Price: \$ 80 R / \$ 90 NR

Yoga 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

Location: EHTCC Fitness Room
Instructor: Linda Schwartz
Ages: 18 +
Days: Wednesdays
Dates: October 8 - December 17
(No Class 11/26)
Times: 10 - 11 am
Price: \$ 120 R / \$ 130NR

FITNESS - CARDIO CLASSES

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.

Location: EHTCC Fitness Room
Instructor: Toni-Lynn Rispoli
Ages: 18+
Days: Mondays, Wednesdays, and Fridays
Dates: October 6 - Jan 2
(No Class 10/13, 11/26, 11/28, 12/24, 12/31)
Times: 8:15 - 9:15 am

One Day Option

Price: \$ 104 R / \$ 114 NR

Two Day Option

Price: \$ 175 R / \$ 195 NR

Three Day Option

Price: \$ 238 R / \$ 258 NR



Step - N - Tone

Step N Tone is a high-energy fitness class that combines classic step aerobics with full-body toning exercises. Using a step platform, light weights, and bodyweight movements, you'll build cardiovascular endurance while sculpting lean muscle. This fun, music-driven workout is perfect for all fitness levels looking to boost strength and burn calories. Please bring a towel and water bottle

Location: EHTCC Fitness Room
Instructor: Rick Behler
Ages: 18+
Days: Mondays
Dates: October 20 - December 29
Times: 10 - 11 am
Price: \$ 88 R / \$ 98 NR

Total Body Workout with Wendy

This full body fitness class incorporates aerobic exercise with strength, stretching 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.

Location: EHTCC Fitness Room
Instructor: Wendy Santora
Ages: 18+
Mondays
Days: Mondays
Dates: October 6 - December 29
(No Class 10/13 or 11/3)

Times: 5:30 - 6:30 pm
Price: \$ 96 R / \$ 106 NR

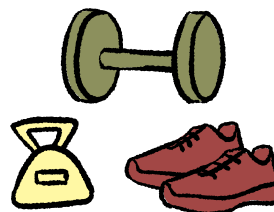
Wednesdays

Days: Wednesday
Dates: October 15 - December 17
(No Clas 11/12 or 11/26)

Times: 5:30 - 6:30 pm
Price: \$ 64 R / \$ 69 NR

Two Day Option

Price: \$ 126 R / \$ 136 NR



Step it Up with Wendy

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 intermediate steppers. Participants will need a towel and water.

Location: EHTCC Fitness Room
Instructor: Wendy Santora
Ages: 18+
Days: Wednesdays
Dates: October 15 - December 17
(No Clas 11/12 or 11/26)
Times: 6:30 - 7:30 pm
Price: \$ 64 R / \$ 69 NR

FITNESS - COMBO CLASSES

Pump and Pilates

Pump & Pilates 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.

Location: EHTCC Fitness Room
Instructor: Veronica Valencia
Ages: 18 +

Mondays

Days: Mondays
Dates: October 6 - December 29
(No Class 10/13)
Times: 6:45 - 7:45 pm
Price: \$ 96 R / \$ 106 NR

Saturdays

Days: Saturdays
Dates: October 18 - December 20
(No Class 11/8 or 11/29)
Times: 9:45 - 10:45 am
Price: \$ 88 R / \$ 98 NR

Two Day Option

Price: \$ 161 R / \$ 181 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 Bundle

Price: \$ 40 R / \$ 45 NR

Eight Class Bundle

Price: \$ 80 R / \$ 90 NR

Sixteen Class Bundle

Price: \$ 160 R / \$ 180 NR

Core NRG

20/20/20: Get it all in one class!

20 minutes of step aerobics, 20 minutes of toning, 20 minutes of stretching makes this class a great part of your fitness regimen. Great music, no thinking, and a lot of sweating to let you get the most out of your workout!!

Please bring a towel, mat, and water to class.

Instructor: Rick Behler
Ages: 18+

Tuesdays

Days: Tuesdays
Dates: October 7 - December 30
(No Class 11/4 or 11/11)
Times: 5:30 - 6:30 pm
Location: EHTCC Fitness Room
Price: \$ 88 R / \$ 98 NR

Thursdays

Days: Thursdays
Dates: October 9 - December 18
(No Class 11/27)
Times: 6 - 7 pm
Location: EHTCC Fitness Room
Price: \$ 88 R / \$ 98 NR

Saturdays

Days: Saturdays
Dates: October 18 - December 20
(No Class 11/8 or 11/29)
Times: 9 - 10 am
Location: EHTCC Fitness Room
Price: \$ 64R / \$ 69NR

Two Day Option

Price: \$ 154 R / \$ 164 NR

Three Day Option

Price: \$ 203 R / \$ 223 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.

