

EHT Recreation

WINTER PROGRAM GUIDE

OFFICE HOURS

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

CONTACT INFORMATION

(609) 272 - 8120
Recreation@ehtnj.gov
www.EHTRec.com

REGISTRATION

Resident Registration
Begins: December 9
Ends: December 30

DATES

Non-Resident Registration
Begins: December 16
Ends: December 30

DECEMBER 4, 2025





*Thank you to our
2025 Sponsors!*

RHYTHM IN THE PARKS CONCERT SERIES

Presented By:



MONDAY MORNING MADNESS

Presented By:



MOVIES UNDER THE STARS

Presented By:

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Thomas G Smith

Polistina and Associates

Tiny Bubbles II

Laundromat

SPECIAL EVENTS

Grab - N - Go Crafts

Looking for a fun afternoon activity during the cold winter months? Swing by the EHT Recreation Office beginning on December 10th between 9 am - 4:00 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 Photo Contest

Snap the best picture you can of your favorite snowy place in EHT or best snow creation and send it in to recreation@ehtnj.gov!

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, 2025 & February 27, 2026 to be considered . #EHTRec



2025 Winter Photo Contest Winner

2026 Sponsorship Opportunity

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.

Looking for a Holiday Present?

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

Gift Certificates must be purchased in person at the EHT Recreation Office during normal office hours. Limit 4 per transaction.



SPECIAL EVENTS

EHT Recreation's 4th Annual Health and Fitness Fair

Save the Date! Wednesday, March 4, 2026, 5 pm - 8 pm. EHT Recreation will be hosting its Fourth 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.

Philadelphia Flower Show

This year's theme is Rooted: Origins of American Gardening, brings to life the personal stories, cultural traditions, and horticultural inspiration that connect us to plants, each other, and shape how we garden today. Don't delay, this trip will sell out. Transportation is via school bus. Transportation and admission included in fee.

Pick Up
Location: EHT Community Center
Dates: Tuesday, March 3
Times: 2 pm departs the EHT Community Center
8 pm Departs the Philadelphia Convention Center
Price: \$45

Mother's Day Weekend Food Truck and Craft Festival

Celebrate the moms in your life with a day of delicious food, handcrafted artisan goods, and a family fun environment. Whether grabbing mom the perfect last-minute gift, so spending the day with your favorite lady, this event is sure to have something for everyone.

Location: EHT Community Center
Date: Saturday, May 9
Time: 10 am - 4 pm

Summer Specialty Camps

Information about all our exciting summer weekly camps will be released in April!

Summer 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.

Camp will run June 29 - August 28. **If you need childcare the week of June 22, please call the Recreation, we will have limited space and activities available for campers attending the rest of the summer.**

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

Early Bird pricing available December 9 - February 16!

10% sibling discount for additional children in the same household

Full Week Summer Camp

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 29 - August 28
Early Bird \$315/Week
Cost \$325/Week
Multi-Week Discount for 8+ weeks registered.

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 30 - August 27
Early Bird \$215/Week
Cost \$225/Week
Multi-Week Discount for 8+ weeks registered

RECREATION DANCE

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 June. Exact Dates will be released once the school district approves the dates.

3-4 Year-Olds Jazz Ballet

Learn the basics in 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.

Location: EHTCC 110
Ages: 3 - 4
Price: \$ 180 R / \$ 200 NR

Monday Class

Instructor: Ms. Danielle
Days: Mondays
Start Date: January 5
(No 1/19, 2/16, 5/25)
Times: 4:45 - 5:30 pm

Tuesday Class

Instructor: Miss Kaila
Days: Tuesdays
Start Date: January 6
Times: 4:45 - 5:30 pm

Wednesday Class

Instructor: Miss Bella
Days: Wednesdays
Start Date: January 7
Times: 4:45 - 5:30 pm

Thursday Class

Instructor: Miss Emilie
Days: Thursdays
Start Date: January 8
Times: 4:45 - 5:30 pm

5-7 Year-Olds Jazz Ballet

Revisit the basics and build on your dancers' knowledge in 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.

Location: EHTCC 110
Ages: 5 - 7
Price: \$ 180 R / \$ 200 NR

Monday Class

Instructor: Ms. Danielle
Days: Mondays
Start Date: January 5
(No 1/19, 2/16, 5/25)
Times: 5:30 - 6:15 pm

Tuesday Class

Instructor: Miss Kaila
Days: Tuesdays
Start Date: January 6
Times: 5:30 - 6:15 pm

Tuesday Class

Instructor: Miss Kaila
Days: Tuesdays
Start Date: January 6
Times: 6:15 - 7 pm

Thursdays

Instructor: Miss Emilie
Days: Thursdays
Start Date: January 8
Times: 5:30 - 6:15 pm

Saturday Class

Instructor: Ms. Veronica
Days: Saturdays
Start Date: January 10
(No 1/17, 2/14, 4/4, 5/23)
Times: 9 - 9:45 am

5-7 Year-Olds Hip Hop

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.

Location: EHTCC 110
Ages: 5 - 7
Price: \$ 180 R / \$ 200 NR

Monday Class

Instructor: Ms. Danielle
Days: Mondays
Start Date: January 5
(No 1/19, 2/16, 5/25)
Times: 6:15 - 7 pm

Wednesday Class

Instructor: Miss Bella
Days: Wednesdays
Start Date: January 7
Times: 5:30 - 6:15 pm

Unified Dance

Learn the basics of dance in a fun safe sensory friend 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
Ages: 5 - 10
Price: \$ 65 R / \$ 70 NR

Wednesday Class

Instructor: Ms. Danielle
Days: Wednesdays
Start Date: February 18
Times: 5:30 - 6:15 pm



RECREATION DANCE

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 June. Exact Dates will be released once the school district approves the dates.

8-10 Year-Olds

Jazz Ballet

Revisit the basics and build on your dancers' knowledge in 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.

Location: EHTCC 110
Ages: 8 - 10
Price: \$ 180 R / \$ 200 NR

Tuesday Class

Instructor: Miss Kaila
Days: Tuesdays
Start Date: January 6
Times: 7 - 7:45 pm

Thursday Class

Instructor: Miss Emilie
Days: Thursdays
Start Date: January 8
Times: 6:15 - 7 pm



11-13 Year-Olds Jazz

Ballet

Revisit the basics and build on your dancers' knowledge in 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.

Location: EHTCC 110
Ages: 11 - 13
Price: \$ 180 R / \$ 200 NR

Thursday Class

Instructor: Miss Emilie
Days: Thursdays
Start Date: January 8
Times: 7 - 7:45 pm

11 - 13 Year-Olds Hip Hop

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.

Location: EHTCC 110
Ages: 11 - 13
Price: \$ 180 R / \$ 200 NR

Wednesday Class

Instructor: Ms. Bella
Days: Wednesdays
Start Date: January 7
Times: 7:45 - 8:30 pm



8-10 Year-Olds Hip Hop

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.

Location: EHTCC 110
Ages: 8 - 10
Price: \$ 180 R / \$ 200 NR

Tuesday Class

Instructor: Ms. Veronica
Days: Tuesdays
Start Date: January 6
Times: 7 - 7:45 pm

Wednesday Class

Instructor: Miss Bella
Days: Wednesdays
Start Date: January 7
Times: 6:15 - 7 pm

11-13 Year-Olds

Modern

This dynamic class explores the fundamentals of modern dance through expressive movement, floor work, and innovative choreography. Dancers will build strength, flexibility, and musicality while learning to move with intention and emotion. Emphasis is placed on technique, creativity, and body awareness to help prepare our dancers for Lyrical and Contemporary classes.

Location: EHTCC 110
Ages: 11 - 13
Price: \$ 180 R / \$ 200 NR

Wednesday Class

Instructor: Miss Bella
Days: Wednesdays
Start Date: January 7
Times: 7 - 7:45 pm

RECREATION DANCE

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 June. Exact Dates will be released once the school district approves the dates.

14 - 18 Year-Olds Lyrical

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.

Location: EHTCC 110
Ages: 14 - 18
Price: \$ 180 R / \$ 200 NR
Tuesday Class
Instructor: Miss Kaila and Miss Bella
Days: Tuesdays
Start Date: January 6
Times: 7:45 - 8:30 pm

13-18 Year-Olds Contemporary

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.

Location: EHTCC 110
Ages: 13 - 18
Price: \$ 180 R / \$ 200 NR
Thursday Class
Instructor: Miss Emilie
Days: Thursdays
Start Date: January 8
Times: 7:45 - 8:30 pm

14 - 18 Year-Olds Jazz Ballet

Revisit the basics and build on your dancers' knowledge in 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.

Location: EHTCC 110
Ages: 14 - 18
Price: \$ 180 R / \$ 200 NR
Monday Class
Instructor: Ms. Danielle
Days: Mondays
Start Date: January 5
(No 1/19, 2/16, 5/25)
Times: 7 - 7:45 pm

14 - 18 Year-Olds Hip Hop

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.

Location: EHTCC 110
Ages: 14 - 18
Price: \$ 180 R / \$ 200 NR
Monday Class
Instructor: Ms. Danielle
Days: Mondays
Start Date: January 5
(No 1/19, 2/16, 5/25)
Times: 7:45 - 8:30 pm



Adult Happy Hour Jazz Pop

Move, groove, and energize your body in this fun, upbeat class designed just for adults! Learn jazz-based choreography with a hip hop twist. No dance experience needed, just come ready to move and have fun!

Participants may be required to provide part of their recital costume.

Location: EHTCC 111
Ages: 18+
Price: \$ 140 R / \$ 150 NR
Tuesday Class
Instructor: Ms. Danielle
Days: Tuesdays
Start Date: January 6
Times: 7:45 - 8:30 pm

KARATE

Youth and adult karate students are taught martial arts and self-defense techniques utilizing Korean style Tang Soo Do karate. The primary focus is on self defense and counter offense moves. Additional training includes grappling, wrist lock moves, weaponless self defense as well as traditional weapons training (Bo Staff and Knife Forms) plus (limited or full contact) sparring. Our youth students also benefit from increased self-control, discipline, respect, and perseverance. Classes are led by 9th degree Black Belt Grand Master Carson of Yi's Karate who brings over 40 years of martial arts experience in instruction along with his team of over 8 karate masters. There is a high teacher to student ratio and dedicated instructors for each belt rank. In addition to the regular Monday and Wednesday class there is a twice monthly Friday class, plus a twice a month staff class included in each cycle. Over 16 sessions, students will be taught the necessary basics, forms, weapons and self defense techniques to test for a Black Belt.

Tiny Tigers

Our tiny tigers class is a fun and energetic way for little ones to explore movement, coordination, and focus. Through playful drills and basic martial arts techniques, children build confidence and learn to follow instructions in a supportive environment. This class emphasizes respect, discipline, and teamwork, all while keeping things light and age appropriate. It's the perfect first step into the world of martial arts for your curious and active toddler.

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 4 - 5
Days: Wednesdays
Dates: January 7 - April 1
Times: 5 - 5:30 pm
Price: \$ 55 R / \$ 60 NR



Beginners Karate

Our beginner's karate class is a fun and structured way to learn martial arts while building focus, confidence, and respect. Participants will learn the basics of Tang Soo Do while developing coordination, discipline, and love for movement in a positive environment.

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 6 - 16
Days: Mondays & Wednesdays
Dates: January 5 - April 1
(No Class 1/19, 2/16)
Times: 5:30 - 6 pm
Price: \$ 75 R / \$ 80 NR

Advanced Karate

Advanced students join the Advanced class after about 20 months of intermediate training and are on the path to earning their Black Belt. This class focuses on higher intensity, advanced techniques, and detailed refinement under the guidance of senior instructors. Red belts and Black Belt candidates receive one-on-one support through breakout sessions. Young adult Black Belts also take on leadership roles, helping lead and mentor during class.

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 6 - 16
Days: Mondays & Wednesdays
Dates: January 5 - April 1
(No Class 1/19, 2/16)
Times: 7 - 8 pm
Price: \$ 110 R / \$ 120 NR

Intermediate Karate

After learning the basics, students move into the intermediate class. This class reviews fundamentals, introduces forms, self-defense, and sparring, and includes one instructor per belt level. Students also explore Tang Soo Do history, Korean terms, and begin Bong (staff) training at green belt. Intermediate students may attend Friday classes, and green & blue belts are invited to the twice-monthly staff class.

Location: EHTCC Aux Gym
Instructor: Master Carson and Karate Staff
Ages: 6 - 16
Days: Mondays & Wednesdays
Dates: January 5 - April 1
(No Class 1/19, 2/16)
Times: 6 - 7 pm
Price: \$ 110 R / \$ 120 NR

Adult Karate

The adult class includes all levels, from beginners to senior masters, with one-on-one instruction for new students. It covers self-defense, traditional weapons, grappling, and advanced techniques at a comfortable pace. With plenty of Black Belts and Masters, adults receive strong support without pressure. The class is always welcoming, including those returning from other martial arts styles.

Location: EHTCC 113
Instructor: Master Carson and Karate Staff
Ages: 16+
Days: Mondays & Wednesdays
Dates: January 5 - April 1
(No Class 1/19, 2/16)
Times: 7 - 8 pm
Price: \$ 110 R / \$ 120 NR

PRESCHOOL PROGRAMS

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: January 5 - April 2
(No Class 1/19, 2/16)
Times: 10 am - 12 noon
Price: Class Option available in 2, 3,4, or 5 day options. 2 day options begin at \$ 312 R / \$ 338 NR, 5 Day Discounts available. Exact pricing can be found on www.ehtrec.com
SPACE IS LIMITED PLEASE CALL FOR AVAILABILITY

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: February 25 - April 1
Times: 10:15 am - 11:15 am
Price: \$ 48 R / \$ 53 NR

Saturdays Class

Days: Saturdays
Dates: February 28 - March 28
Times: 10:15 - 11:15 am
Price: \$ 40 R / \$ 45 NR



YOUTH PROGRAMS

Unified Ready Set Go

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: February 28 - March 28
Times: 11:30 - 12:30 pm
Price: No Fee



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.

Location: EHTCC Gym
Instructor: Coach Cam
Days: Saturdays
Dates: January 24 - March 7
(No Class 2/14)
Price: \$50 R / \$ 55 NR
Kindergarten
Grade: Kindergarten
Time: 8 - 9 am
First Grade
Grade: First Grade
Time: 9 - 10 am
Second Grade
Grade: Second Grade
Time: 10 - 11 am



Spoken Ones



Come unlock the mystery silhouetted within you. Discover how creative you are, how strong you are, how uniquely you were made. This poetry class is designed to introduce you to the freedom that lives in writing. Participants will learn writing structures and compositions.

Location: EHTCC 118
Instructor: Jeffrey Hughes
Price: \$ 100 R / \$ 110 NR
Session 1
Ages: 10 - 13
Days: Wednesdays
Dates: January 7 - April 1
Times: 4:30 - 5:30 pm
Session 2
Ages: 14 - 17
Days: Wednesdays
Dates: January 7 - April 1
Times: 5:30 - 6:30 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: January 5 - April 1
(No Class 1/19, 2/16)
Price: No Cost

High School Session
Grades: 9 - 12
Times: 2 pm - 3:15 pm
Middle and Elementary Session
Grades: 4 - 8
Times: 3:30 - 4:45 pm

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 blooming into spring!

Location: EHTCC
Instructor: Ms. Doreen
Ages: 5 - 8
Days: Saturday
Dates: March 7
Times: 10 am - 12 noon
Price: \$ 25 R / \$ 30 NR

ADULT PROGRAMS

Adult 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

Grades: 18+

Day Time Open Gym

Days: Mondays

Dates: January 5 - March 30
(No 1/19 or 2/16)

Times: 12 noon - 2 pm

Price: \$ 44 R / \$ 49 NR

Evening Open Gym

Days: Tuesdays

Dates: March 10 - March 31

Times: 6:30 pm - 8:30 pm

Price: \$ 16 R / \$ 18 NR

Mindful Living and Meditation

Embark on a transformative journey with our Mindful Living and Meditation class, where you will discover the art of cultivating inner peace and harmony in today's fast-paced world. Through a blend of ancient wisdom and modern practices, this class offers a sanctuary for self-discovery, stress reduction, and holistic well-being. Learn to navigate life's challenges with grace, cultivate mindfulness in everyday activities, and nurture a deeper connection with yourself and the world. Join us to unlock the power of presence, cultivate a calm mind, and embrace a more balanced and fulfilling life. The benefits of Mindful Living and Meditation extend to mental, emotional, and physical well-being. The class includes breathing exercises, the body scan, mindfulness attitudes and practices, guided meditations, group discussions, and interactive dialogue.

Location: EHTCC 113

Instructor: Linda Schwartz

Grades: 18+

Days: Tuesdays

Dates: January 6 - March 31

Times: 11:40 am - 12:40 pm

Price: \$ 156 R / \$ 176 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!

Location: EHTCC Multipurpose Room

Instructor: Chef Ray and Elizabeth Klein

Grades: 18+

Days: Wednesdays

Times: 6 - 8 pm

Price: \$ 55 R / \$ 65 NR / Per Class

Soups and Stews

Date: January 28

Food is my Love Language

Date: February 11

Popping into Spring

Date: March 11



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: Tuesday
Dates: February 24
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 PICKLEBALL

Beginner 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: January 23 - March 6
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: January 23 - March 6
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 I Open Play

Beginner, Novice & Intermediate Players

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 9 am - 11 am
(Drop ins 9:30 - 11am)
Dates: January 6 - March 31
Price: \$ 52 R / \$ 57 NR

Days: Thursdays
Times: 2 pm - 4 pm
(Drop ins 2:30 - 4 pm)
Dates: January 8 - April 2
Price: \$ 52 R / \$ 57 NR

Level II Open Play

Intermediate Players

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 11:30 am - 1:30pm
(Drop ins 12 - 1:30 pm)
Dates: January 6 - March 31
Price: \$ 52 R / \$ 57 NR

Days: Thursdays
Times: 11:30 am - 1:30pm
(Drop ins 12 - 1:30 pm)
Dates: January 8 - April 2
Price: \$ 52 R / \$ 57 NR

Level III Open Play

Intermediate & Advanced Players

Location: EHTCC Gyms
Ages: 18+

Days: Tuesdays
Times: 2 pm - 4 pm
(Drop ins 2:30 - 4 pm)
Dates: January 6 - March 31
Price: \$ 52 R / \$ 57 NR

Days: Thursdays
Times: 9 am - 11 am
(Drop ins 9:30 - 11am)
Dates: January 8 - April 2
Price: \$ 52 R / \$ 57 NR

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: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 9:15 - 10:15 am
Price: \$ 88 R / \$ 98 NR

Wednesdays

Days: Wednesdays
Dates: January 7 - April 1
Times: 6 - 7 pm
Price: \$ 104 R / \$ 114 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 10 minutes prior to the class start time.

Location: EHTCC 112
Instructor: Dina Washington
Ages: 18+
Days: Mondays
Dates: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 5:45 - 6:45 p m
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.

Location: EHTCC 112
Instructor: Joe LaRosa
Grades: 18+
Days: Thursdays
Dates: January 8 - April 2
Times: 5:30 - 6:30 pm
Price: \$ 104 R / \$ 114 NR

Feel Good Friday Spin

Kick off your weekend with a high-energy ride that blends the best of cardio and strength! This feel-good spin class keeps you moving to the beat while sculpting your upper body using light weights—all from the saddle. Expect an intense, full-body workout that will leave you sweaty, smiling, and strong. Bring your towel, water, and good vibes!

New to class? Arrive 10 minutes early so the instructor can help you get set up and review safety tips.

Location: EHTCC 112
Instructor: Margaret Keena
Ages: 18+
Days: Fridays
Dates: January 9 - March 27
Times: 9:15 am - 10:15 am
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.

Location: EHTCC 112
Instructor: Margaret Keena
Ages: 18+
Days: Saturdays
Dates: January 3, 24
February 7, 21
March 7, 21
Times: 9:15 am - 10:00 am
Price: \$ 48 R / \$ 53 NR

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: January 26 - April 1
(No Class 2/16)

Times: 8:15 - 9:15 am

One Day Option

Price: \$ 80 R / \$ 90 NR

Two Day Option

Price: \$ 140 R / \$ 150 NR

Three Day Option

Price: \$ 196 R / \$ 216 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 looking to boost strength and burn calories. Participants should have a basic understanding of step movements and choreography. Please bring a towel and water bottle

Location: EHTCC Fitness Room
Instructor: Rick Behler
Ages: 18+
Days: Mondays
Dates: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 10 - 11 am
Price: \$ 96 R / \$ 106 NR

Total Body Blast 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: January 12 - March 30
(No Class 1/19, 2/16, 3/2)

Times: 5:30 - 6:30 pm

Price: \$ 72 R / \$ 77 NR

Wednesdays

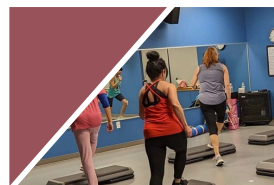
Days: Wednesday
Dates: January 7 - April 1
(No Class 1/14, 2/11, 3/11)

Times: 5:30 - 6:30 pm

Price: \$ 72 R / \$ 77 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: January 7 - April 1
(No Class 1/14, 2/11, 3/11)
Times: 6:30 - 7:30 pm
Price: \$ 72 R / \$ 77 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.

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18 +
Days: Mondays and Fridays
Dates: January 5 - March 30
(No Class 1/19, 2/16)
Times: 8:15 - 9 am

Two Day Option

Price: \$ 161 R / \$ 181 NR

One Day Option

Price: \$ 104 R / \$ 114 NR



KICK, PUNCH AND CRUNCH

Kickboxing meets full-body party. In this class, we punch, kick, squat and sweat. You'll learn simple sticking combos, build strength and tone from head to toe. No experience needed, just a good attitude and the willingness to move! Water, towel and mat is recommended.

Location: EHTCC Fitness Room
Instructor: Dina Washington
Ages: 18+
Days: Thursdays
Dates: January 8 - April 2
(No 2/12)
Times: 5:30 - 6:30 pm
Price: \$ 96 R / \$ 106 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: January 7 - April 1
(No Class 2/11)
Times: 5:30 - 6:30 pm
Price: \$ 96 R / \$ 106 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: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 5 - 5:30 pm
Price: \$ 55 R / \$ 60 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.

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18+
Days: Tuesdays
Dates: January 6 - March 31
Times: 8:45 - 9:30 am
Price: \$ 96 R / \$ 106 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: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 5:45 - 6:45 pm
Price: \$ 88 R / \$ 98 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!

Location: EHTCC Fitness Room
Instructor: Margaret Keena
Ages: 18 +
Mondays
Days: Mondays
Dates: January 5 - March 30
(No Class 1/19 or 2/16)
Times: 10:30 - 11 am
Price: \$ 55 R / \$ 60 NR
Wednesdays
Days: Wednesdays
Dates: January 7 - April 1
Times: 8:15 - 9 am
Price: \$ 104 R / \$ 114 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: January 6 - March 31
Times: 10 - 11 am
Price: \$ 156 R / \$ 176 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: January 9 - March 27
Times: 10:30 - 11 am
Price: \$ 60 R / \$ 65 NR

Pilates with Veronica

Pilates is a mind/body mat workout using a Pilates bar, circle, and ball, along with light weights, thigh bands, 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: January 6 - March 31
(No Class 1/13)
Times: 6 - 6:45 pm
Price: \$ 96 R / \$ 106 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: January 7 - April 1
Times: 10 - 11 am
Price: \$ 156 R / \$ 176 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 a dynamic warm up followed by 30 minutes of strength training using weights, a Pilates bar, resistance bands, a barre ball, and gliding discs, then finishes with 20 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: January 5 - March 30
(No Class 1/12, 1/19, 2/16)
Times: 6:45 - 7:45 pm
Price: \$ 80 R / \$ 90 NR

Saturdays

Days: Saturdays
Dates: January 10 - March 28
(No Class 1/17, 1/24, 2/14)
Times: 9:45 - 10:45 am
Price: \$ 80 R / \$ 90 NR

Two Day Option

Price: \$ 140 R / \$ 150 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.

Location: EHTCC Fitness Room
Instructor: Rick Behler
Ages: 18+

Tuesdays

Days: Tuesdays
Dates: January 6 - March 31
Times: 5:30 - 6:30 pm
Price: \$ 104 R / \$ 114 NR

Thursdays

Days: Thursdays
Dates: January 8 - April 2
(No Class 2/26)
Times: 6 - 7 pm
Price: \$ 96 R / \$ 106 NR

Saturdays

Days: Saturdays
Dates: January 10 - March 28
(No Class 1/17, 2/14)
Times: 9 - 10 am
Price: \$ 80 R / \$ 88 NR

Two Day Option

Price: \$ 182 R / \$ 202 NR

Three Day Option

Price: \$ 252 R / \$ 272 NR

Pump and Peddle

This class has the combination of riding for cardio and lifting weights to build muscle. This class is good for everyone. You ride at your pace and pick the weights you want. 30 minutes to start your Saturday! Let's go!!

Please arrive 5 -10 minutes early to set up .

Location: EHTCC 112
Instructor: Margaret Keena
Grades: 18+
Days: Saturdays
Dates: January 3, 24
February 7, 21
March 7, 21

Times: 10:15 - 10:45 am

Price: \$ 30 R / \$ 35 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.

