REGISTRATION BEGINS FRIDAY, MARCH 8th

Your guide to Programs, Events, Classes & More

2024 SPRING PROGRAM GUIDE & NEWSLETTER



Ocean County Golf Courses

FORGE POND

Forge Pond, Brick Atlantis, Little Egg Harbor

Ocean County Board of Commissioners
Virginia E. Haines – Chairwoman of Parks and Recreation

Barbara Jo Crea – Director Gary Quinn – Deputy Director, Virginia E. Haines, John P. Kelly, Frank Sadeghi

Michael T. Mangum – Director of Parks and Recreation Mary J. Bavais – Assistant Director

www.oceancountyparks.org

COVER STORY: It's Time to Grab the Clubs and Head to the Course

Whether you are the seasoned golfer perfecting that hole-in-one or working on ending your slice and going for a flush, the two golf courses operated and maintained by Ocean County are ready for you.

"Our golf courses, whether Ocean County Golf Course at Forge Pond in Brick Township or Ocean County Golf Course at Atlantis in Little Egg Harbor Township, are well maintained and professionally operated," said Ocean County Commissioner Virginia E. Haines, chairwoman of the Ocean County Department of Parks and Recreation. "The courses attract all levels of players. We do everything we can to make sure the golfing experience is second to none."

Clearly, the numbers are an indication of the popularity of Ocean County's courses. The Ocean County Golf Courses had an exceptional year in 2023 with more than 78,000 golfers visiting the two courses, up about 10,000 from 2022.

"The number of players and the revenue were up substantially," Haines said.

Revenue for both courses totaled \$2,410,390, an increase of \$432,000, or approximately 21 percent from 2022.

The Ocean County Golf Course at Forge Pond in Brick Township is an 18-hole, par 60 executive course and Ocean County Golf Course at Atlantis in Little Egg Harbor Township is an 18-hole championship golf course.

Ocean County saw a steady increase in golfers since the Coronavirus pandemic however a closer look shows the courses run by Ocean County far outpaced the state averages. Golf rounds in 2023 in New Jersey were up 4.3 percent from 2022. Ocean County's courses were up 15 percent over 2022. Forge Pond experienced its sixth consecutive year of increased revenue while Atlantis had five of the past six years with increased revenue. Both courses have been on a steady rise since 2018 in both rounds and revenue.

"The steady increases can be directly attributed to the extensive course improvements, excellent, consistent conditions, solid customer service and the attention to marketing through emails and social media, "Haines said. "Warm weather and average rainfall also translated to increased golfer activity."

Turf consultant, Steve McDonald from Turfgrass Disease Solutions, continues to visit the course annually. Both courses received a positive review this past year with constant adaptations being implemented to keep pace with changing technologies in the turf management industry and golfer demand.

On course projects included the completion of the phase one front nine bunker project at Forge Pond by Turco Golf. Bunker renovations on holes 17 and 18 were also added due to the project coming in under budget. Green banks on five holes also received irrigation. Phase two of the bunker renovation project was started in December.

Atlantis projects included the completion of the phase four bunker renovations by Turco Golf. All greenside bunkers at Atlantis are now complete. All banks at Atlantis now have complete irrigation which should carry us through to the irrigation replacement.

Atlantis now has a five-year Master Plan designed by Golf Course Architect Stephen Kay. "This will be the blueprint for budgeting and planning for the next five years," Haines noted. "It includes the complete replacement of the aging 30 plus year old irrigation system."

This past year a crisis was averted when the main irrigation line at Atlantis was compromised at the Radio Road crossing in March. With the help of our staff as well as the Road Department, Engineering and the Security Department, the road was closed overnight and repairs were made. The five year plan also addresses safety concerns as well as design issues brought to light by the increased play.

"Looking back on the 2023 golf season, the parks and recreation department staff overseeing our courses has a lot to be proud of," Haines said. "With the support of the Board of Commissioners, we were able to bring quality, affordable recreation to nearly 80,000 golfers. This year looks to be a promising year as well as we continue to build on a solid foundation."

"A round of golf can be relaxing and enjoyable," Haines said. "We encourage our residents and visitors to come out and play a few rounds. Our courses have a lot to offer."

COVER:

(L-R) Michael T. Mangum - Director of Parks & Recreation, Mary J. Bavais - Assistant Director.

Commissioner Virginia E. Haines - Chairwoman of Parks & Recreation
and Scott Binkley - Ocean County Golf Superintendent

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MAIL-IN REGISTRATION FORMS RECEIVED
BEFORE THE REGISTRATION DATE OF
FRIDAY, MARCH 8th WILL BE RETURNED

Newsletter Editors:

Michelle Urban & Carolyn Hofmann
The Ocean County Parks & Recreation Newsletter
is sponsored by the

Ocean County Board of Commissioners and is prepared by the

Ocean County Parks & Recreation Department Contributors: Active Recreation, Environmental Staff

The Natural Lands Trust Fund Program



The Ocean County Natural Lands Trust Program was established to acquire and maintain environmentally sensitive lands, natural areas or open spaces that would generally remain in their natural state and for the preservation of farmland. The objective of the program, is to establish of a system of protected lands which, in combination with the Farmland Preservation Program, enhance the quality of life in Ocean County by:

Helping to maintain the County's rural characteristics
Protecting critical environmental resources
Maintaining and enhancing active agriculture
Buffering areas that are not compatible with development

In 1997, the residents of Ocean County, overwhelmingly voted to establish the Ocean County Natural Lands Trust Program. The approval of a 1.2 cent dedicated tax provides the Board of Commissioners with the funds to acquire lands in Ocean County for conservation and farmland preservation. On February 18, 1998, the Ocean County Board of Commissioners established a nine member Natural Lands Trust Fund Advisory Committee to advise on the preparation of the required open space plan and the nomination of properties to be acquired through the Natural Lands Trust Fund. The committee's purpose is to review nominations for the Trust Fund and to forward recommendations to the Board of Commissioners for consideration.

The program generates over \$10 million per year for natural lands acquisitions and farmland preservation. Several important parcels have been preserved and acquired through partnerships with non-profits, municipalities and the US Fish and Wildlife Service. In 2006, the program was awarded the Governor's Environmental Excellence Award.

PUBLIC ACCESS:

With over 25,000 acres preserved as open space through NLTF there are many opportunities for the public to enjoy nature in Ocean County. Certain properties may be more appropriate than others for activities. Our properties are managed in partnership with the County Parks Department and they are open to the public consistent with the Ocean County Parks and Natural Lands Trust Rules.

For your benefit, we outline some of those rules here:

*NO cutting, trimming, destroying or removal of vegetation unless otherwise permitted.

*NO fires or camping.

*NO fireworks, paintball or firearms- except where permitted under hunting regulation.

*NO motor vehicles.

*ATVs, snow mobiles and dirt bikes are strictly prohibited. Anyone riding these vehicles on County Natural Lands Trust Fund properties may have their vehicle impounded and be fined.

*Dumping of any item, including yard waste, is strictly prohibited.

If you witness dumping on Natural Lands Trust property, please call 1-800- 535-DUMP

NLTF properties are open to the public from dawn to dusk.

LINKS:

WEB PAGE: https://www.planning.co.ocean.nj.us/frmEPNaturalLandTrust INTERACTIVE MAP: https://bit.ly/3peBDz7

Cattus Island WEEKEND PROGRAMS

These programs will be first-come first served basis. Scales and Tales

Join a park naturalist as they dispel the myths and fears of native snakes. You will see some of our live snakes up close and personal. Learn what makes these native species so special, and why they are such an important part of the ecosystem. This program is sure to inspire all young nature lovers.

*No registration required.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

DATE: Saturdays and Sundays (excluding April 27)

TIME: 1:30 -2:00pm FEE: FREE AGE: All

Cattus Island Nature Walks

Be a part of a 40-year Ocean County tradition! Join a park naturalist and follow in the footsteps of such legendary local environmentalists as A. Morton and Betty Cooper, Dorothy Hale and Pete McClain. Be prepared to discover the fascinating and diverse wonders of the natural world.

*No registration required.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

DATE: Saturdays and Sundays (excluding April 27)

TIME: 2:00 – 3:00pm FEE: FREE AGE: All

April 6 & 7 Signs of Spring
April 13 & 14 Welcome Back Osprey
April 20 & 21 Every Day is Earth Day
April 28 Welcome Back Osprey

May 4 & 5 History of Cattus

May 11 & 12 Mother's Day Stroll

May 18 & 19 Kids in the Park Nifty Nature Walk

May 25 & 26 Herps; A Search for Reptiles

June 1 & 2

June 8 & 9

June 15 & 16

June 22 & 23

Hummingbirds at Home
Carnivorous Plants
Pollinators in the Garden
Naturalist's Choice



TEACHERS!...Borrow-A-Naturalist

Calling all Ocean County teachers. Sick of fluorescent lights? Tired of cutting through the red tape to run a field trip? Invite a naturalist to do a nature walk on your school's grounds. Most of Ocean County's schools are located in some of the richest and most unique natural areas in the county. The naturalist can also answer questions and provide program ideas. Perfect for all grade levels.

Contact Christopher Claus at (732) 506-5122

or

cclaus@co.ocean.nj.us for more information or to set up an appointment.

Jakes Branch WEEKEND PROGRAMS

Live Animal Talks

Come in and meet the animals of Jakes Branch County Park. Visitors will get an upclose look at the parks inhabitants and learn about each species. Talks will last approximately 20 minutes.

*No registration required.

LOCATION: Live Animal Room, Jakes Branch County Park, Beachwood

DATE: Sundays, beginning April 7 - June 30

TIME: 1:30 pm

FEE: FREE AGE: AII

Discovery Nature Walks

Join a park naturalist on these brief but informative nature walks through Jakes Branch Park. Weather permitting - walks will not exceed 30 minutes.

*No registration required.

LOCATION: Nature Center Entrance, Jakes Branch County Park, Beachwood

DATE: Sundays, beginning April 7 – June 30

TIME: 2:00 pm

FEE: FREE AGE: AII

Drop In and Discover

What will you discover about nature when you drop by and join us for a FREE activity and craft?

*No registration required.

LOCATION: Exhibit Room, Jakes Branch County Park Nature, Beachwood

DATE: Saturdays, April 6 – June 29 TIME: 1:30 – 3:00 pm, ongoing

FEE: FREE AGE: 3-5 years

Maker Mondays Kids Craft Hour

Nature Crafts and activities are an easy way to inspire kids to develop a love and appreciation of the outdoors. Drop by with your preschooler any time between 10 and 11 am and help them create their own natural wonder! No registration required.

LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATES: Mondays

TIME: 10:00-11:00am AGE: 3 – 5 years

FREE Drop-In, No registration required

May 13Flower Power
May 20Fun With Leaves
June 3Lovely Ladybugs
June 17Leaf Prints

Cedar Bridge Tavern

Tour of the Grounds at Cedar Bridge

Step back in time and walk the Cedar Bridge grounds with parks staff. Each stop along the way will feature different historical or environmental topics. Tours will begin and end at the Cedar Bridge Tavern. Walking shoes required!

*No registration required.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Saturdays,

April 6 & 20 May 4 & May 18 June 8 & June 22

TIME: 1:30 - 2:30 pm

FEE: FREE AGE: AII

Cloverdale Farm WEEKEND PROGRAMS

Monthly Bird Walks

Learn how Cloverdale Farm County Park's bird population changes month by month. This informative one-hour bird walk is perfect for all levels of birders. Please be prepared to walk a mile, wear comfortable sneakers or boots, dress for the weather, and bring a pair of binoculars. If inclement weather, the program will be canceled. *No registration required.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Saturday, April 13 Saturday, May 11 Saturday, June 1

Saturday, June 1 TIME: 8:00 – 9:00 am

FEE: FREE AGE: 9 years - Adult

Armchair Birding

During this program, we will set up our chairs on the back porch to watch the birds at the feeders. A Naturalist will be at your side to help you identify all the birds. This program is great for beginning birders and those who may have limited mobility. **Please bring a camp chair.**

*No registration required.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Saturday, April 20

Saturday, May 11 TIME: 9:00 – 10:00 am

FEE: FREE AGE: 12 years - Adult

PARKS AFTER DARK

"Night of the Stars" at Jakes Branch, Cloverdale Farm & Patriots Park

Spend the night under the stars with A.S.T.R.A., The Astronomical Society of the Toms River Area. Whether you're a budding astronomer or simply a casual a stargazer, this night is for you. Volunteer members of the club will be on-site to share their out-of-this-world knowledge and answer your questions about the great unknown. They will have telescopes that will leave your mind reeling in amazement for days from the views you see. If you have your own telescope, feel free to bring it along. The club members will be happy to give you pointers on how to find the planets and locate constellations.

No registration required. This is an All Ages, Free Program

****ENDING TIME APPROXIMATE. WEATHER PERMITTING!****

LOCATION: Soccer Field Parking Lot, Jakes Branch County Park, Beachwood

DATE: Saturday, April 13 TIME: 8:30 – 10:30 pm DATE: Saturday, May 18 TIME: 9:00 – 11:00 pm DATE: Saturday, June 8 TIME: 9:00 – 11:00 pm

LOCATION: Cloverdale Farm County Park, Barnegat

DATE: Saturday, May 11 TIME: 8:30 - 10:30 pm

LOCATION: Parking Lot, Patriots County Park, Jackson

DATE: Saturday, June 1 TIME: 9:00 – 11:00 pm

FAMILY FUN

Down the Bunny Trail

Here comes Peter Cotton tail, hopping down the bunny trail. Come follow the clues he left behind for an Easter surprise. Join us as a team and follow Easter Egg clues around the park to earn an Easter themed treat **CANCELLED** er you run, skip or hop, it's sure to be an Egg-cellent time!

LOCATION: Program Room, Jakes Branch County Park, Beachwood

TIME: 11:00 am - 12:00 pm

FEE: \$10.00 per team (1-2 children per adult)

AGE: 5 years – Adult

Jersey Shore BlueClaws Ballpark Tour

Shoretown Ballpark

Shoretown Ballpark first opened its gates in 2001 when the BlueClaws came to the Jersey Shore. This state-of-the-art facility features 6,588 reserved seats, 16 luxury suites, 2 party decks, 2 picnic areas, and a new 1,859-square foot video scoreboard. Bring your family and tour the ballpark. Take lots of pictures, as this is a thrill for any baseball fan. This is a great way to enjoy the day while many kids are off from school.

LOCATION: Shoretown Ballpark, New Hampshire, and Cedar Bridge Ave, Lakewood. Meet under the Tower by the Ticket Booth

DATE: Monday, April 1

FEE: FREE, must pre-register by mail, or in person with the Ocean County Parks & Recreation Department.

AGE: ALL

Kids' Stuff Flea Market

Come shop or sell at our Kids' Stuff Flea Market. It's time to clean out those closets and earn some extra cash. Items may include toys, games, clothes, or sporting goods. New and used items may be sold. This event is held rain or shine. Register now, as this event sells out quickly!

LOCATION: Beach Complex parking lot, Ocean County Park, Lakewood

DATE: Sunday, May 5KDFLM2024

TIME: Set up begins at 7:15 am. Sell from 9:00 am to 1:00 pm

FEE: \$15.00 for two parking spots (one to sell your stuff, and one to park your vehicle). No other vehicles are allowed in the lot. **The deadline to register is Friday, May 3rd.** However, if you show up the day of the event and there is room you will be charged \$40.00 a space.

NOTE: Pre-registration is mandatory, visit the website at oceancountyparks.org or email Victoria at vwagner@co.ocean.nj.us for an application.

Calling All Artists! Cloverdale Farm's Plein Air Weekend

Some of the most awe-inspiring works of art are associated with nature. Vincent Van Gogh's Starry Night, Claude Monet's Water Lilies, John James Audubon's watercolors of North American birds, and Albert Bierstadt and Georgia O'Keeffe's paintings of landscapes all have left impressions upon our hearts. Cloverdale Farm County Park is opening its gates to all types of artists from dawn to dusk. Bring your own blank canvases and medium materials and get ready to create in this plein air-style (outside in open air) event. Keep in mind your eco footprint. Anything you bring in must be brought back home with you, including solvents or paint water, so be sure to pack containers and plastic bags.

LOCATION: Entire Park, Cloverdale Farm County Park, Barnegat

DATE: Friday, May 10 - Sunday, May 12

TIME: 8:00 am -7:00 pm

FEE: Free AGES: All; children must be accompanied by adult.

FAMILY FUN

Celebrate World Turtle Day©

World Turtle Day© on May 23rd, was started in 2000 by the American Tortoise Rescue© to increase the knowledge, respect and protection of turtles and tortoises worldwide. Come Shell-ebrate" with us at the Cooper Environmental Center with crafts, lectures, live animal encounters & learn how you can do your part to save these important species!

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

DATE: Saturday, May 25

TIME: 11:00 am – 3:00 pm......Drop in crafts 11:30 am.....Turtle Story Time

1:30 pm..... Live Turtle Talk & Feeding Demonstration

FEE: FREE AGE: AII

Celebrate International Horseshoe Crab Day

Did you know? Fossil discoveries have recorded Horseshoe Crabs appearing as early as 450 million years ago. Though the remaining four species of horseshoe crabs living today have evolved from those earlier ancestors into unique species, their overall adaptations and physiology has remained mostly unchanged. Join us at the Cooper Environmental Center as we celebrate these magnificent creatures and learn more about them with crafts, lectures, stories and live encounters.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

DATE: Thursday, June 20

TIME: 11:00 am - 3:00 pm....Drop in crafts

11:00 am......Horseshoe Crab Story time

1:00 pm.....Our Living Fossils: The Atlantic Horseshoe Crab Presentation

2:00 pm.....Live Horseshoe Crab encounter

FEE: FREE AGE: All



GREAT AMERICAN CAMPOUT

Family Campout at Ocean County Park

Our hope is to give families some outdoor exposure. You should arrive having eaten dinner. We will have a campfire, take an evening nature walk and bed down for the night. You will need a tent, sleeping bag, marshmallows for roasting and a "no-cook" breakfast for the following morning. Children must be accompanied by an adult. If you have questions on what else to bring call 732-506-5122.

LOCATION: Beach Complex, Ocean County Park, Lakewood

DATE: Friday, June 21- Saturday, June 22......168466 – 1A

TIME: 7:00 pm Friday - 9:00 am Saturday

FEE: \$5.00 per person AGE: 5 years - Adult

National Trails Day Events



National Trails Day is a day to enjoy, advocate for, America and give back to the trails that connect us to nature, Hiking to each other, and to the places where we live, work, Society play, and go to school. June 1, 2024

Family National Trails Day Opportunity

We are looking for individuals and families willing to work together to support, beautify, and preserve Cloverdale Farm County Park for years to come. We will be grooming the trails, as well as weeding and mulching garden beds. Please wear comfortable boots or sneakers, wear older clothing, bring work gloves and pack plenty of water. If inclement weather, the program will be canceled.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATE: Saturday, June 1 TIME: 9:30 -11:30 am

FEE: FREE AGES: 8 years - Adult

Cattus Island Trails and Shoreline Clean Up

Seventy percent of Cattus Island County Park is composed of salt marsh and shoreline. The salt marsh is nature's filter, catching debris and pollutants floating around Barnegat and Silver Bays. This is a great opportunity to join parks staff as we clean up our shoreline from Paige's Point to Yellowbank. Please bring gloves, water, and dress for the weather. Pre-registration is required by calling 732-270-6960. Children must be accompanied by an adult.

LOCATION: Parking Lot, Cattus Island County Park, Toms River

DATE: Saturday, June 1 TIME: 10:00-2:00pm

FEE: FREE AGE: All

Water Trail Cleanup- Cedar Creek

National Trails Day is a day of service for trails across the country and since not all trails are on land, we will paddle Cedar Creek from Double Trouble downstream and clean up along the way. Bags will be provided. Please be prepared to get wet and muddy. Shoes that stay on your feet are required. NO flip flops or crocs please. You must have canoeing experience to participate. Canoe rentals only unless providing your own boat.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 8:00 am - 3:00 pm

RATING: A, B, D, F, H (Please refer to ratings under river paddling description.)

FEE: FREE, registration is required AGE: 9 years - Adult

National Trails Day Jaunt and Clean Up

Celebrate National Trails day with a hike through Natural Lands Trust Property Lumley Tract. As we hike and enjoy nature we will do our part to pick up things that "don't belong" along the way. Please bring work gloves.

PICK UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood

DATE: Saturday, June 1......165246 – 1B

TIME: 9:00 am - 11:00 am

RATING & MILEAGE: EASY: Some soft sand - 2.5 miles

FEE: FREE, REGISTRATION REQUIRED AGE: 9 years - Adult

Cedar Bridge Trail Hike & Cleanup

Celebrate National Trails Day with a hike on the new, 3.5 mile Michael T. Mangum Trail at Cedar Bridge Tavern Historic Site! Learn about the site of the last documented land engagement of the American Revolution and how nature has played a role in Cedar Bridge Tavern's nearly 300 year history.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Saturday, June 1 TIME: 10:00 am - 12:00 pm

FEE: FREE AGE: 9 years - Adult

Public Service

Volunteer in the Parks Week: Bog Work

Become a V.I.P. as a Volunteer in the Parks, while helping celebrate National Volunteer Week. We are looking for individuals and families willing to work together to support and preserve Cloverdale Farm County Park cranberry bogs for years to come. We will be cutting back overgrown maples in the bogs so please wear waterproof boots, older clothing, bring work gloves and pack plenty of water. If inclement weather, the program will be canceled.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATE: Sunday, Ăpril 21 DATE: Saturday, April 27 TIME: 9:00 -11:00 am

FEE: Free AGES: 8 years – Adult

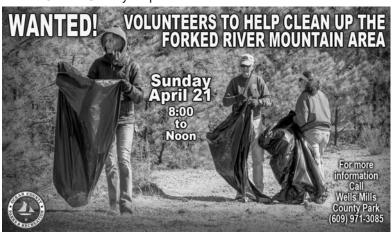
WANTED!!! VOLUNTEERS TO HELP CLEAN UP THE FORKED RIVER MOUNTAIN AREA DATE: Sunday, April 21, 2024 TIME: 8:00 am – 12:00 pm PRE-REGISTRATION IS REQUIRED

* Participants will be divided into small groups during registration and instructed where to meet as we get closer to the event. Exact meeting locations, such as Wells Mills County Park or other local facilities, will be sent to each person at the email address provided at the time of registration. First come, first serve. Register on the FRM Coalitions website. www.frmc.org, starting in early March. In Cooperation with the Forked River Mountain Coalition and the Pinelands Preservation Alliance

Call Wells Mills County Park 609-971-3085 for more information.

Sponsored by:

Ocean County Board of Commissioners
Ocean County Department of Parks and Recreation



Non-Profit Groups & Vendors Wanted Beach Ball Blast

Our 13th Annual Beach Ball Blast is rapidly approaching. This premier event hosted by the Ocean County Parks and Recreation Department usually draws a large crowd of all ages. The evening will include a variety of food trucks, games, and music by Jimmy and the Parrots, who were named the best "Trop Rock" band in the country. Non-profit groups are invited, free of charge, to use this event as a fundraiser by providing various activities, food, or organizational information. We are also accepting food and craft vendors for a small fee. This year's event will take place on Friday, July 26 from 5:00-8:30 pm. If you are interested in participating, please contact Victoria at 732-506-9090 x 5951 or email vwagner@co.ocean.nj.us

LOCATION: John C. Bartlett Jr. County Park at Berkeley Island, Berkeley DATE: Friday, July 26

TIME: Vendors must arrive between 3:00 pm – 4:30 pm FEE: Non-Profits are free, for profit must pay a \$15.00 fee. The deadline to register is Friday, July 19th.

NOTE: Pre-registration is required, visit our website at oceancountyparks.org or email Victoria at vwagner@co.ocean.nj.us for an application

KIDS TO PARKS DAY

Saturday, May 18



FREE

Join this national movement designed to encourage kids and families to explore their neighborhood parks and discover science, history, nature and adventure right around the corner!

Jakes Branch County Park

Hidden Clues Scavenger Hunt
Stop in our Nature Center to take part in our "Clues to Nature" Scavenger Hunt! Search the park for hidden clue cards to find answers that only nature can reveal!

TIME: 1:00 - 3:00 pm, ongoing

Discovery Play Trail Walk N' Play

Join a park Naturalist on this learning adventure through the woods at Jake Branch. Walk the Discovery Play Trail in search of nature-themed "Play Pockets" where we will learn, play and craft!

TIMES:1:00, 2:00, & 3:00 pm

Cattus Island County Park

Seining Demonstration 11am-12pm & 1pm-2pm
Meet at the bay beach, 1 mile walk from nature center.
Nature Walk 2pm
Meet at the Cooper Environmental Center

Cloverdale Farm County Park Habitat Exploration Scavenger Hunt

Stop in the visitor center and grab a list for a Habitat Exploration Scavenger Hunt!

TIME: 10:00 am - 3:00 pm

Pond Critters

Get your waterproof boots on and get ready for this fun, interactive program. During this program, we will be taking a closer look at aquatic insects and other invertebrates known as macroinvertebrates. Your family will get to scoop up these small swimming critters that live in Cloverdale Farm County Park's bogs and reservoirs by using fine mesh nets and then learn to identify the various species.

Please dress for the weather and wear waterproof boots.

Children must be accompanied by an adult.

TIME: 1:00 - 2:00 pm AGES: 8 years - Adult

PRESCHOOL PROGRAMS

Preschool Programs

The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

ALL CLASSES FEE: \$5.00 Per Child AGES: 3-5 years

Shape Circus

Join the fun and learn about shapes at the shape circus. Clown around making crafts with circles, squares and more.

CANCELLED

LOCATION: Program Room, Parks Administration Office, Toms River

Jungle Roar

Take an imaginary safari through the jungle with us. We will discover wild animals through stories, games and crafts.

LOCATION: Program RoomTHIS PROGRAM IS: FULL River

DATE: Tuesday, April 9......161021 – 1B

TIME: 10:00 – 11:00 am

Alphabet Avalanche

Come along with me from A to Z in an alphabet avalanche. We will have fun learning the alphabet through crafts, stories and games.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Wednesday, April 17......161021 – 1C

TIME: 10:00 - 11:00 am

How does your Garden Grow?

Warmer weather means it's time to plant a garden. We will enjoy garden themed stories, games and create colorful (THIS PROGRAM IS FULL LOCATION: Program Room, Parks Agministration Unice, Toms River

TIME: 10:00 - 11:00 am

May Flowers

Spring has sprung and flowers are blooming everywhere. We will make bunches of colorful flowers and other floral crafts.

LOCATION: Program Roon THIS PROGRAM'IS: FULL River

DATE: Tuesday, May 14...... TIME: 10:00 – 11:00 am

I Wish I Was a Fish!

Wouldn't it be fun to swim around all day like a fish? Let's take a dip and discover the amazing underwater world of fish. We will make a splash with fishy crafts, games and

LOCATION: Program Room, THIS PROGRAM IS FULL iver DATE: Thursday, May 16.....161021 – 1F

TIME: 10:00 - 11:00 am

What's new at the Zoo?

Lions and tigers and bears, oh WOW! We will stroll through the zoo discovering all the amazing animals that live there. We will make fun, feathered and furry crafts.

Down on the Farm

Oink, moo and cock-a-doodle-doo! Come on down to the farm and see what's going on. We will make barnyard crafts and listen to a story or two.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Thursday, May 23.....THIS PROGRAM IS FULL..............161021 – 1H

TIME: 10:00 – 11:00 am

PRESCHOOL PROGRAMS

Preschool Programs

The following programs are designed for preschool children without parent participation. These are drop-off programs only. Please Note: Children must be potty-trained.

ALL CLASSES FEE: \$5.00 Per Child AGES: 3-5 years

Unicorns are cool

Dancing, prancing, sparkle and shine, Unicorns rule because unicorns are cool!

We will make cool unice THIS PROGRAM IS FULL LOCATION: Program Room, Faits Administration Circle, Toms River

DATE: Wednesday, May 29......161021 – 11

TIME: 10:00 – 11:00 am

It's a Shore thing

Come down to the Jersey Shore and explore the amazing heach life. We will make beach crafthis PROGRAM IS FULLes. LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 10:00 – 11:00 am

Rainbow Fun

Little artists, grab your paint brushes and we will explore the colors of the rainbow.

Today is all about color splashes, messy hands and masterpieces.

TIME: 10:00 - 11:00 am

Little Ace's Tennis

This program is designed to teach children the basics of the game of tennis. Children will get a feel for a racket and will learn the basic groundstrokes and footwork for the game. Drills and games will be incorporated so that kids will have loads of fun learning a new sport. Rackets will be provided. Please wear sneakers and bring a drink.

LOCATION: Tennis Courts 1 & 2, Jakes Branch County Park, Beachwood

DATE: Thursday, June 13......163021 – 3A

TIME: 10:00 am - 11:00 am

Who Wants to be a Pirate?

Let's pretend we are pirates and sail away to adventure. There is gold in pirate stories and a treasure chest of cra THIS PROGRAM IS FULL

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 10:00 - 11:00 am

Pre-K Gym

Play a variety of fun games that will help improve your child's coordination and physical development while interacting with other children. We will finish the class with a giant parachute which is always a fan favorite. Children will also practice sportsmanship, sharing, and taking turns. Please wear sneakers and bring a drink.

LOCATION: Soccer Field, Jakes Branch County Park, Beachwood

TIME: 10:00 am - 11:00 am

Summertime Fun

Summer is here and it is time for some fun in the sun. We will warm our toes with summer stories and playful summer crafts.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Thursday, June 27......161021 – 1M

TIME: 10:00 - 11:00 am

FUN FOR KIDS

Spring Break Scientists

Spring has sprung, and so have we! Itching for something to do with your kids during their break? Looking for a fun and fast activity to take with you after your visit? Join us for Spring Break as we do some quick make and take activities and crafts sure to put a smile on their face and a spring in their step! No pre-registration required.

LOCATION: Community Center, Tip Seaman County Park, Tuckerton

DATE: Monday, April 1 - Friday, April 5

TIME: 9:30 – 11:00 am

LOCATION: Nature Center, Jakes Branch County Park, Beachwood

DATE: Monday, April 1 - Friday, April 5

TIME: 2:00 - 3:30 pm

FEE: Free AGE: All

Homeschool Gym - North

This class is designed for children who are being homeschooled, but still want that gym class atmosphere. Every week, fun new activities will be introduced to allow children the opportunity to get some exercise, learn new skills, and play and interact with other children. Not only is exercise good for your physical well-being. Exercise also helps decrease stress and anxiety levels, and helps improve self-esteem, among many other health benefits. The instructors will bring various pieces of equipment for all to use depending on the activity planned for the day. Please wear sneakers and bring a drink. We will have two instructors from 10:30 – 11:30 am teaching separately.

LOCATION: Beach Complex, Ocean County Park, Lakewood

FEE: \$14.00 per child

Homeschool Gym - South

This class is designed for children who are being homeschooled, but still want that gym class atmosphere. Every week, fun new activities will be introduced to allow children the opportunity to get some exercise, learn new skills, and play and interact with other children. Not only is exercise good for your physical well-being. Exercise also helps decrease stress and anxiety levels, and helps improve self-esteem, among many other health benefits. The instructor will bring various pieces of equipment for all to use depending on the activity planned for the day. Please wear sneakers and bring a drink.

LOCATION: Softball Field 1, Stanley "Tip" Seaman County Park, Tuckerton

DATE: Wednesdays, May 22 – June 19......163262 – 3D

FEE: \$14.00 per child

Tree-rific Trees

There is something I know and I'm sure you'll agree; there is nothing more lovely than a towering tree! Trees provide homes and food for not only us, but many creatures as well. Go out on a limb and join us for a tree-mendously good time as we celebrate Arbor Day and explore the life of trees. We will branch out and read a story or two, discover the life cycle of a tree, take a seed-sational walk, and make a wood-derful craft.

LOCATION: Program Room, Jakes Branch County Park, Beachwood

TIME: 11:00 am - 12:00 pm

FEE: \$5.00 per person AGE: 5 – 7 years

FUN FOR KIDS

Maple Seed Dragonflies

The wings of a dragonfly are as delicate as they are beautiful, fluttering effortlessly on the breeze like the seeds of a maple tree twirling from the treetops. In this program, we will combine these two wonders of nature together in a fun and simple craft. We will finish off our creative creations with some water-ful watercolors to bring these outrageous odonata to life!

LOCATION: Classroom, Jakes Branch County Park, Beachwood

DATE: Saturday, May 11......165262 – 1B

TIME: 10:30 – 11:30 am

FEE: \$5.00 per child AGE: 6 – 10 years

Build a Balloon Car

Blow'em up and watch them glide balloon powered cars are a wild ride. In this quick and breezy craft, we will be creating our own custom cars engineered with alternative energy in mind.

CANCELLED

Location: Classroom, Jakes Branch County Park, Beachwood

DATE: Sunday, April 7......165262 – 1C

TIME: 10:30 - 11:30 am

FEE: \$5.00 per child AGE: 8 – 12 years

Beginner Tennis for Kids & Teens

This program is designed for children who are beginners in tennis. This three-week program will incorporate all of the basics needed for a child to get a feel for the sport. Groundstrokes, serving, volleying, and more will be taught through fun drills and games to introduce a child to the wonderful game of tennis. Please wear sneakers and bring a drink. Rackets will be provided.

LOCATION: Tennis Courts 1 & 2, Jakes Branch County Park, Beachwood

DATE: Wednesday, May 8 – May 22.......163262 – 3F

TIME: 4:30 pm - 5:30 pm

FEE: \$10.00 per child AGE: 8 - 15 years

Peaks and Pizza

Break up the spring break week and take a hike to the Forked River Mountain, the tallest point in Ocean County! Afterwards we will grab some pizza at a local restaurant in Forked River, take it back and eat outdoors at the park. Price of pizza included in the cost. Have children wear sturdy bo **CANCELLED** ack plenty of water.

PICK UP: Parking Lot, Eno's Pond County Park,

DATE: Wednesday, April 3165262 – 1D

DEPARTURE/RETURN: 10:00 am - 1:00 pm

FEE: \$8.00 per child AGE: 10 – 13 years

Archery at Cedar Bridge

Be a part of the exciting world of archery by learning the essentials, including safety, equipment and technique. Our NASP certified instructor will get you hitting the bullseye in no time! Students will practice what they have learned on our outdoor range. This class is suitable for all archery experience levels and all equipment is provided. Participants should wear sneakers and bug spray.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Saturdays,

TIME: 1:00 - 3:00pm

FEE: \$10.00 per person AGE: 10 – 15 years

FUN FOR KIDS

Crime Scene Investigation Camp

This week long camp is offered to students who have an interest in law enforcement or forensic science. Students will learn how to identify and lift fingerprints, cast their own footprint at a crime scene, and learn about how police use DNA and other disciplines to solve crimes. All students will work as a team to process a mock crime scene by collecting evidence and other techniques. This week long camp is designed to challenge all students while having fun solving the crime.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Monday, April 1- Friday, April 5......161262 – 1A

TIME: 9:00 – 12:00 noon

FEE: \$160.00 per person AGE: 11 – 17 years

Youth Fishing Challenge

This free contest is open to children 18 and under but adults can fish alongside them. All anglers 16 and over must have a current New Jersey fishing license.

The contest is sponsored by New Jersey's Hooked on Fishing Not On Drugs program and prizes will be given for the 3 longest fish caught.

LOCATION: Visitors Center, Lake Shenandoah County Park

DATE: Sunday, June 2 TIME: 9:00 am – 12:00 pm

FEE: FREE AGE: 5 -18 years

PARENT & CHILD FUN

Toddler Nature Trek

Leave the stroller behind and get those little feet moving down the trail with Cloverdale's Naturalist staff. We will use our five senses to take in the wonders of nature.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Fridays,

TIME: 9:30 - 10:30 am

FEE: \$5.00 per team (1 child & 1 adult)

AGES: Infant - 5 years

Alphabet Explorers

Does your little one love learning their letters? Do they enjoy exploring the outdoor world around them? Join us for this enjoyable learning experience as we read a few alphabet themed stories then go on an alphabet hunt.

LOCATION: Program Room, Jakes Branch County Park, Beachwood

DATE: Thursday, April 11......165266 – 1A

TIME: 10:30 - 11:30 am

FEE: \$5.00 per child, adults free but must register AGE: 3 – 5 years

Rain Stick

April showers? Explore the sounds of rain by making a rain stick. Your kids will love the realistic rain sounds made by these simple-to-make rain sticks.

Location: Classroom, Jakes Branch County Park, Beachwood

DATE: Wednesday, April 17......165266 – 1B

TIME: 10:30 - 11:30 am

FEE: \$5.00 per child, adults are free but must register AGE: 3 – 5 years

LECTURES

Floriography: the Victorian Language of Flowers

These days, social media and texts make it easy to let someone know how you feel about them. Back in the late 1800s, though, directly expressing your feelings was frowned upon. So what did those straight-laced Victorians do? They developed a "language" of combining flowers to let that special someone know how they were feeling...whether it was love, compassion, jealousy, or even "I can't stand the very thought of you!" Learn to use flowers to express your emotions with this fun and informative presentation.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Monday, April 8......162166 – 2A

TIME: 2:00 - 3:00 pm FEE: \$5.00 per person

AGE: 16 years - Adult

Saving Dark Skies

Light pollution affects us all! From its adverse effect on our wildlife and ecosystems to our energy consumption, to our dark sky heritage, personal safety, and overall human health, the impact of light pollution can seem subtle but in fact, is very significant. Please join Jim Webster from the Astronomical Society of the Toms River Area, Dark Sky Advocate and SciStarter Ambassador to learn about the impact of light pollution on our planet and yourself. There will be a FREE Star party following the program. See page 7 for details.

LOCATION: Classroom, Jakes Branch County Park, Beachwood

DATE: Saturday, April 13......165166 – 1A

TIME: 7:00 – 8:00 pm FEE: \$5.00 per person

AGE: 9 years – Adult

Certify your Yard with Wild Birds Unlimited

The North American bird population has decreased by 2.9 billion breeding adults, a net loss of 29% over the last half-century. Scientists have identified habitat loss as the biggest reason for the decline. Wild Birds Unlimited is proud to be a Champion for the National Wildlife Federation Certified Wildlife Habitat program, whose goal is to inspire everyone to create a haven for wildlife in their yard. Join staff from Wild Birds Unlimited to learn how to certify your own backyard habitat.

LOCATION: Cattus Island County Park, lecture room, Toms River

DATE: Sunday, April 14......162166 – 2B

TIME: 1:00 - 2:00 pm FEE: \$5.00 per person

AGE: 10 years - Adult

All About Sea Glass

Want to learn more about sea glass? In this lecture we will go over how sea glass is formed, how long the process takes, different color varieties, sea glass beaches, environmental impacts of plastic versus glass, and sea glass craft ideas. This is a great opportunity for sea glass enthusiasts to learn more, as well as for people looking to take up a new hobby going into the warmer months.

LOCATION: Classroom, Jakes Branch County Park, Beachwood

DATE: Saturday, April 20......165166 – 1B

TIME: 10:30 – 11:30 am FEE: \$5.00 per person

AGE: 14 years - Adult

Pinelands Jetport

Join Ocean County Historian Tim Hart to learn about the story behind the potential pinelands jetport.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Sunday, April 21......169166-1A

TIME: 3:00 – 4:00 pm

FEE: \$5.00 per person AGE: All

LECTURES

Extra! Extra! "Read" all About Cattus Island

Thanks to the magic of Newspapers.com, many interesting facts about Cattus Island can be gleaned from its archives. Take a virtual stroll down memory lane to discover how this gem of a park has evolved into the 500-acre oasis that so many people cherish. Follow the success story of our Ospreys, the many ways that the Cooper Environmental Center has served nature lovers, and other fascinating people and events that have contributed to the success story that is Cattus Island County Park.

TIME: 2:00-3:00 pm FEE: \$5.00 per person

AGE: 16 years - Adult

Beginner Astronomy – The Moon: Our Nearest Neighbor

Getting started in Astronomy, usually the first thing we observe is the moon. Join Jim Webster from the Astronomical Society of the Toms River Area, Dark Sky Advocate, and SciStarter Ambassador as we will take a closer look at our nearest neighbor, the moon. We will also explore some citizen science projects we can do as well.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATE: Saturday, May 11......166166 – 1A

TIME: 7:00 - 8:00 pm FEE: \$5.00 per person

AGES: 8 years – Adult

Crazy for Cranberries!

Learn about cranberry ecology what it was like to be a cranberry bog worker through the decades.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005 DATE: Sunday, May 19......169166 – 1B

TIME: 3:00 – 4:00 pm FEE: \$5.00 per person

AGE: All

National Trails Day

Celebrate National Trails Day with a hike on the new, 3.5 mile Michael T. Mangum Trail at Cedar Bridge Tavern Historic Site! Learn about the site of the last documented land engagement of the American Revolution and how nature has played a role in Cedar Bridges Tavern's nearly 300 year history.

LOCATION: Cedar Bridge Tavern Historic Site, 200 Old Half-Way Road, Barnegat

DATE: Saturday, June 1 TIME: 10:00 am – 12:00 pm

FEE: Free AGE: 9 - Adult

Fire in the Pine Barrens

Fire is an integral part of the Pine Barrens Ecosystem. It can be destructive and yet the health of the Pine Barrens is dependent on it. Join us as we look at both sides of fire and learn how it shaped the area in which we live.

LOCATION: Program Room, Jakes Branch County Park, Beachwood

DATE: Sunday, June 16......165166 – 1C

TIME: 11:00 am - 12:00 pm FEE: \$5.00 per person

AGE: 14 years – Adult



LECTURES

Cattus Island Living Shoreline Restoration Project

Cattus Island is the most significant salt marsh and the largest breakwater in the northern portion of Barnegat Bay. The overall goal of this project is to restore critical shoreline areas of Cattus Island County Park to address significant erosion and prevent extreme wetlands and habitat loss in the Barnegat Bay. Some areas of the park have lost more than 300 feet over the past 85 years. This erosion is likely to increase over time, if the shoreline, and especially the northeast peninsula known as "Page's Point," is not stabilized. This PowerPoint presentation is an overview of the changes along the shoreline and the plans for restoration.

TIME: 2:00-3:00 pm FEE\$ 5.00 per person

Revolutionary Fashion *250

AGE: 12 years - Adult

Learn what clothing tells us about life in that time and place and see some reproduction clothing of the era first hand.

LOCATION: Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Sunday, June 23......169166 – 1C

TIME: 3:00 – 4:00 pm FEE: \$5.00 per person AGE: All

BUS TRIPS

Springtime at Longwood Gardens

Springtime at Longwood Gardens is sure to delight anyone who loves exquisite flowers, majestic trees, and opulent architecture. Longwood Gardens offers 1,050 acres of indoors and outdoors gardens to explore. In May, the Flower Garden Walk features tulips in a rainbow of colors, spring annuals such a marigolds, snapdragons, azaleas and much more! Lunch will be on your own at The Terrace Restaurant, which offers both café and full service dining.

PICK-UP: Depart from the Beach Complex, Ocean County Park, Lakewood

DATE: Friday, May 17LONG24

TIME: Bus departs at 8:30 am Approximate return time is 6:30 pm FEE: \$60.00 per person for BUS TRANSPORTATION ONLY

NO ADMISSION TICKET INCLUDED participants will have to obtain timed entry ticket before arrival please go to: https://longwoodgardens.org and obtain the 11:00 am time slot 2 weeks in advance of bus trip.



NATURE, HISTORY & BIRDING WALKS

Our nature, history & birding walks offers participants a chance to learn about their surroundings while focusing on a specific theme. These walks are taken at a leisurely pace allowing plenty of time to absorb new information. Walks will not exceed three miles unless otherwise noted. For birding specific programs, please bring your own binoculars if you have them. We only have a few loaner pairs available. Please read walk descriptions for specific information. We recommend you arrive 15 minutes prior to departure time. Return times are approximate. Bug spray with DEET is recommended and dress for the weather.

Potter's Creek Marsh Nature Walk

This 121 acre plot of land bordering the Potter's Creek Marsh has a mix of hardwood wetlands and dense holly forests. Listen for birds overhead and enjoy the diverse plant life in this woodland by the bay. Be sure to bring binoculars if you have them and bug spray. We will be walking over roots and on uneven ground.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Wednesday, April 10......164536 – 4A

DEPARTURE/RETURN: 9:00 am - 12:00 pm

FEE: \$6.00 per person AGE: 9 years – Adult



WALKS

Sip N Stroll

This installment of the popular Sip N Stroll will take us through the lovely town of Island Heights. We will traverse the outskirts of the town and talk about the artistic significance, environmental highlights and architectural features of this charming hamlet that has largely remained untouched by much of the hustle and bustle of the surrounding area. Our coffee stop will be at "Due-Back", a small, retro-themed shop known for specializing in ethically sourced and locally roasted coffee and other unique, hand-crafted beverages. This walk is approximately 2.5 miles long.

PICK UP: Parking Lot, Jakes Branch Nature Center, Beachwood

DATE: Friday, April 19......165530 – 1A

TIME: 9:00 am – 12:30 pm FEE: \$6.00 per person

AGE: 9 years - Adult

Dock Road Moon Hike

Join us for this out and back roadside walk where we will be surrounded by wide open salt marsh on either side leading to a picturesque moonlit bay. Expect light traffic. This walk is approximately 2 miles long.

PICK UP: Soccer Lot, Freedom Fields County Park

DATE: Sunday, April 21......165530 – 1B

TIME: 8:00 – 9:30 pm FEE: \$6.00 per person

AGE: 9 years - Adult

21

WALKS

Sights of Spring

Leaves are unfurling, flowers are blooming and bugs are buzzing. Spring has sprung in the Pine Barrens! Join us as we take in all the sights, sounds and smells spring has to offer and maybe even learn a thing or two along the way.

LOCATION: Parking Lot, Jakes Branch County Park, Beachwood

DATE: Saturday, May 4......165530 – 1C

TIME: 9:00 – 10:30 am FEE: \$6.00 per person

AGE: 9 years - Adult

World Migratory Bird Day Walk with Wild Birds Unlimited

Join staff from Wild Birds Unlimited, Toms River, for a bird walk through Cattus Island County Park. Learn about local wading birds, as well as some spring migrants. You may even get a glimpse of an osprey or two. Plan to walk at least 1 to 2 miles. Binoculars are provided if needed.

LOCATION: Lobby Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Saturday, May 11.......162536 – 2A

TIME: 9:00 - 12:00 pm

FEE: \$5.00 per person AGE: 12 years – Adult



Sunset and Full Moon Hike

Dusk is the perfect time to visit Cattus Island County Park for a hike. We will hike up to the bay beach for a beautiful view of the sunset and all its splendor. Our return from the beach will focus on the full moon and our nocturnal creatures. This 2-mile walk is great for the entire family.

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

TIME: 7:45 - 9:30 pm FEE: \$5.00 per person AGE: 8 years - Adult

OCEAN COUNTY HIKING CLUB

When you register and participate in any hike or jaunt offered below we automatically begin to record and keep track of your mileage. Pins and credits for free hikes are earned at the 50, 100, 250, 500 and 1000 mile marks. Join us as we get outdoor exercise, learn about our natural history, and make lasting friendships!

JAUNTS

Jaunts are shorter and traverse easier terrain than most of our hikes. These programs are well suited for beginners or those simply seeking a shorter walk. Feel free to bring along a snack or lunch to eat at the end of the jaunt as we will generally be finished with our walk by lunch time. For later ending programs, we will have lunch at the location. Please wear shoes appropriate for hiking and dress for the weather. We recommend you arrive 15 minutes prior to departure time. All return times are approximate. Bug spray with DEET is recommended.

Any questions, please call Wells Mills County Park at 609-971-3085

Monmouth Battlefield Jaunt 250

Traveling to Monmouth County

Monmouth Battlefield is the site of one of the longest battles of the Revolutionary War and where Washington's army won a much needed psychological victory after many defeats against the British. **THIS PROGRAM IS FULL** torical interpretive panels, through agriculture fields, and along the forest edge.

Bug spray with DEET is recommended.

PICK-UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood

DATE: Friday, April 12......164236 – 4A

DEPARTURE & RETURN: 9:00 am - 2:00 pm RATING & MILEAGE: Easy: mostly flat - 4 miles FEE: \$8.00 per adult / \$6.00 per child (ages 9-16)

AGE: 9 years - Adult



Seaview Estates Jaunt

Traveling to Atlantic County

Located just down the road from the Edwin B. Forsythe Wildlife Refuge's main office in Galloway, this 371 acre tract of land encompasses an upland oak-pine forest and a freshwater cedar swamp. BaTHIS PROGRAM IS FULL in the surrounding cedar swamps and a diverse cast of other species can be seen and heard while walking these secluded woodland trails. Bug spray with DEET is recommended.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE & RETURN: 9:00 am - 12:30 pm

RATING & MILEAGE: Easy: mostly flat with some hills – 3.5 miles

FEE: \$8.00 per adult / \$6.00 per child (ages 9-16) AGE: 9 years - Adult

HIKES

Our naturalists cover the diverse terrain of New Jersey through our hiking programs. Pack your lunch and dress for the weather. Trail ratings follow each departure time. Please read them carefully to determine the best program for your endurance level. Unlike our nature walks, these are recreational programs with minimal interpretation and break stops. You should be able to walk at a continuous pace on the given terrain of the hike. Please wear hiking shoes and be sure of your abilities. We recommend you arrive 15 minutes prior to departure time. All return times are approximate. Bug spray with DEET is highly recommended. Staff reserves the right to deny a participant entry into a program if they are deemed physically unfit or inadequately prepared to participate in said program. If you have any questions, please call Wells Mills County Park

Chickahoki Falls Hike

at 609-971-3085

Traveling to Passaic County

The trail, located in Norvin Green State Forest, will take us along Post Brook, up to the top of Chickahoki Falls and then up to Carris Hill. We will be crossing several streams on rocks and climbing up steep areas, including alongside a 40 foot high massive rock face.

Please be sure of your abilities. Feet may get wet.

PICK-UP: Beach Complex Parking Lot, Ocean County Park, Lakewood

DATE: Saturday, April 13......164236 – 5A

DEPARTURE/RETURN: 7:30 am - 4:00 pm

RATING & MILEAGE: Strenuous: some steep, rocky climbs and rock scrambling, may be slippery, crossing streams on rocks – 4.5 miles

FEE: \$12.00 per adult/ \$8.00 per child (ages 9-16) AGE: 9 years – Adult

Carriage Road Hike

Join us as we hike through the south side of Double Trouble State Park and a piece of newly acquired Ocean County Natural Lands property. This trail will take us along young pine forest, open fields, and mature cedar swamps. We will follow the historic Double Trouble road and hike on some minimally cut fire breaks as well. **Be sure to bring plenty of water and bug spray with DEET is highly recommended.**

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Saturday, April 27......164236 – 5B

DEPARTURE & RETURN: 8:30 am - 1:30 pm

RATING & MILEAGE: Easy to moderate: mostly flat, some sand -5 miles

FEE: \$12.00 per adult / \$8.00 per child (ages 9-16) AGE: 9 years - Adult

Ramapo Lake Hike

Traveling to Passaic County

This hike, within Ramapo Mountain State Forest, will present us with beautiful cascading brooks, a scenic mountain lake and panoramic views of the surrounding countryside.

PICK-UP: Beach Complex Parking Lot, Ocean County Park, Lakewood

DATE: Saturday, May 11......164236 – 5C

DEPARTURE/RETURN: 7:30 am - 3:30 pm

RATING & MILEAGE: Moderate to Strenuous: Some steep, rocky climbs- 5.5 miles

FEE: \$12.00 per adult/ \$8.00 per child (ages 9-16) AGE: 9 years – Adult

Hike N' Hops

Join us for our next installment of the popular Hike N' Hops. We will hike through a lesser known section of Double Trouble State Park and then jump in our own cars and head over to Battle River Brewing to sample what's on tap. Brewery is approximately 2 miles from the hike.

PICK UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood

DEPARTURE/RETURN: 10:00 am - 12:00 pm

RATING & MILEAGE: Easy: some soft sand - 3 miles

FEE: \$8.00 per person AGE: 21 years - Adult

VAN TOURS

Our van tours are held throughout the year. Each trip focuses on a specific theme. Here are some things to keep in mind when signing up for a van trip:

- Pack a lunch (unless otherwise noted). We will try to stop at a picnic/park area to eat, when available.
- Dress for the weather. Layering is best.
- Be prepared for some walking (amount of walking will be indicated by the trip description)
- We often travel on rough, unpaved roads to accomplish the goals of the trip. Be sure to wear your seatbelt.
- Read each description carefully so that you are adequately prepared. Bug spray with DEET is recommended for our outdoor programs.

Please arrive 15 minutes prior to departure. All return times are approximate. Seating is first come, first choice. Following the van is not permitted.

Railroad History Van Tour

Traveling to Ocean and Burlington Counties

Although largely extinct for 50 years, much still remains of the numerous South Jersey Railroads. We will trace the routes of the Tuckerton, Central of New Jersey and Pennsylvania Railroads. Pack a lunch, dress for the weather and be prepared for short walks on uneven ground.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, April 5......164516 – 4A

DEPARTURE/RETURN: 9.THIS PROGRAM IS FULL

FEE: \$14.00 per person AGE: 9 years - Adult

Mullica River Van Tour 250

Traveling to Burlington and Atlantic Counties

The Mullica River region is rich in both history and nature. Our explorations will take us from the mouth to the headwaters of the river that was referred to by the British during the American Revolution as a "nest of rebel pirates." We will visit churches, graveyards, battle monuments and ruins of old company towns. Some walking on uneven ground will be required at some sites. **Please pack a lunch and dress for the weather.**

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, April 26164516 – 4B

DEPARTURE/RETURN: 9:THIS PROGRAM IS FULL

FEE: \$14.00 per person AGE: 9 years – Adult

A Saturday in Old Monmouth

Traveling around Monmouth County

We will be heading to Monmouth County to explore some of the historical sites that are open and free to the public on this weekend. **Dress for the weather, be prepared to walk on uneven ground and pack a lunch.**

PICK-UP: Nature Center Parking Lot, Jakes Branch County Park, Beachwood

DATE: Saturday May 4......164516 – 40

DEPARTURE/RETURN: 9. THIS PROGRAM IS FULL FEE: \$14.00 per person

AGE: 9 years - Adult

Ocean County Parks & Recreation



Search: Ocean County Parks & Recreation on FACEBOOK

Search: MyOCParks on INSTAGRAM www.oceancountyparks.org



VAN TOURS

Atlantic County Veterans Museum and Revolutionary War Burial Grounds Tour ¥250

We will begin with a self-guided tour of the Atlantic County Veterans Museum, opened in 2016. The structure was originally built in 1832 as the home of Daniel Estell, one of the first owners and operators of the nearby Estell Glassworks. The museum now features military exhibits and artifacts dating from the American Revolution to the present. We will also visit several nearby burial grounds that include veterans of the American Revolution. Pack a lunch, dress for the weather and bring money for donations to the museum if you wish. Bug spray with DEET is recommended and be prepared to walk on uneven ground.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, May 17......164516 – 4D

DEPARTURE/RETURN: 9:00 am - 4:00 pm

FEE: \$14.00 per person AGE: 9 years - Adult

Back Bays of Cape May Boat Tour: Shorebirds and Horseshoe Crabs

Traveling to the Delaware Bayshore and Cape May County

We will board the Osprey for an exploration of the Cape May Coastal Wetlands Wildlife Management Area. After lunch on land, we will seek out shorebirds as they gorge themselves on horseshoe crab eggs before they continue their journey to the Arctic. **Dress for the weather, bring your camera and binoculars and pack a lunch with drinks.** Also bring sunscreen, insect repellent and a hat. There will be an additional charge of \$30.00 for the Osprey. Please bring exact change. Be prepared to walk on uneven ground and sand.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 8:00 am - 4:30 pm

FEE: \$14.00 per person AGE: 9 years - Adult

Shorebirds and Horseshoe Crabs Van Trip

Traveling to Cape May County

Join us for the greatest ornithological spectacle in New Jersey! We will hopefully view a variety of shorebirds, including the endangered Red Knots, gorging themselves on horse-shoe crab eggs to double their weight and continue their 3,000+ mile migration to their breeding grounds in the Arctic. **Pack a lunch, dress for the weather and bring your binoculars.**

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DEPARTURE/RETURN: 8:30 THIS PROGRAM IS FULL

FEE: \$14.00 per person AGE: 9 years - Adult

Orchids, Carnivorous Plants and the Pygmy Pines

Ocean County is host to an array of plants with unique adaptations that allow them to thrive in the harsh and dynamic conditions of our dry Pine Barrens and wet boggy fer. We will visit the Pygmy Pine Forest in Warren Grove to see a vast stand of Pitch Pines, and understand the conditions that have led to their stunted growth. We will also stop at a variety of wet, boggy areas to look at the carnivorous pitcher plants, sundews and other wildflowers that thrive in wet, muddy conditions. Dress for the weather; bring your binoculars/camera, sunscreen, insect repellent, hat and lunch. Be prepared to walk on uneven ground and sand. Your feet may get wet; wear appropriate footwear.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, June 7......164516 – 4H

DEPARTURE/RETURN: 9THIS PROGRAM IS FULL

FEE: \$14.00 per person AGE: 9 years - Adult





Fishing Contest

The Ocean County Parks and Recreation Annual Fishing Contest at Lake Shenandoah County Park on Rt 88 in Lakewood.

Featuring door prizes, two weigh-in locations:



Lake Shenandoah and Lake Carasalio, with a registration fee of only \$4 for 17 and up & \$2 for kids 16 and under





Ocean County Golf Course at

Ocean County Golf Course at

261 Country Club Blvd

Little Egg Harbor (609) 296-2444

301 Chambers Bridge Rd Brick (732) 920-8899

GOLF CLINICS

\$35 per person Min class s

Min class size: 4, Max class size: 10

Short Game Clinic

This clinic is for men and women of any age who have some previous playing experience. The topics covered include chipping, pitching, putting and bunker play. We cover all these topics in detail in this clinic.

Women's Beginners Clinic

This clinic is for women of any age who have some previous playing experience. Topics covered include full swing, chipping & putting. This clinic is perfect for an overall refresh of the abovementioned topic.

Intro to Golf

This class is for anyone who has limited or no experience playing golf! We will cover all the basics to get you started on the journey to playing golf. The minimum age for this class is 14, all equipment will be provided.

Atlantis Women's Clinic

April 5th @ 3:00 PM – 4:30 PM April 16th @ 4:00 PM – 5:30 PM May 2nd @ 3:00 PM – 4:30 PM May 14th @ 2:00 PM – 3:30 PM

Intro to Golf

April 5th @ 5:00 PM - 6:30 PM May 2nd @ 5:00 PM - 6:30 PM May 23rd @ 5:30 PM - 7:00 PM

Short Game Clinic

April 16th @ 2:00 PM - 3:30 PM May 14th @ 4:30 PM - 6:00 PM May 23rd @ 3:30 PM - 5:00 PM

Forge Pond Women's Clinic

April 25th @ 4:30 PM - 6:00 PM May 30th @ 5:00 PM - 6:30 PM Intro to Golf

June 6th @ 5:00 PM - 6:30 PM Short Game Clinic

April 11th @ 5:00 PM – 6:30 PM June 6th @ 3:00 PM – 4:30 PM May 30th @ 3:00 PM – 4:30 PM

To Sign Up:

Call or text Chris at 908-278-2775, email chris@uptopargolf.com,

or signup directly online at www.bookutpg.com

ATLANTIS
SPRING GOLF TOURNAMENT
Thursday, May 2



Prizes for Putting Contest, Longest Drive & Closest to the Pin.
Prizes for 1st, 2nd and 3rd place. Lunch on the patio after.
Register at AGC. Call pro shop for more details. (609) 296-2444









LIVE MUSIC, SUNSET, MARSHMALLOW ROASTING

Clean out those closets...

KIDS' STUFF



FLEA MARKET



Ocean County Park ~ Lakewood Sunday, May 5 9:00am - 1:00pm

Items must be child related Vendor spots \$15

For more information call: (732)- 506-9090







Come shop or sell at our Kids' Stuff Flea Market. It's time to clean out those closets and earn some extra cash. Items may include toys, games, clothes, or sporting goods. New and used items may be sold. This event is held rain or shine.

Register now, as this event sells out quickly!

LOCATION: Beach Complex parking lot, Ocean County Park, Lakewood DATE: Sunday, May 5 TIME: Set up begins at 7:15 am. Sell from 9:00 am to 1:00 pm FEE: \$15.00 for two parking spots (one to sell your stuff, and one to park your vehicle). The deadline to register is Friday, May 3rd. For anyone registering the day of the flea market, the cost will increase from \$15.00 to \$40.00 per unit if space is still available. NOTE: Pre-registration is mandatory, however if you show up the day of the event and there is room it will cost \$40.00. Visit the website at oceancountyparks.org or email vwagner@co.ocean.nj.us for an application.

- ·

Volunteer in the Spotlight

Volunteers are at the very heart of every special event we are able to host. They are a force behind many projects that we are able to accomplish and truly pay homage to the adage many hands make light work. In this program guide, we would like to shine a spotlight on one special soul whose hard-work and dedication make our work with the Ocean County Parks and Recreation Department possible.



Michael Hudson assisting with the planting of Persimmon Trees during Cloverdale Farm County Park's Arbor Day Celebration in 2023.

Michael Hudson, a Toms River native, began volunteering at Cattus Island County Park in Toms River shortly after his retirement in the spring of 2004. He has assisted the staff with trail projects such as maintaining boardwalks and also assisted with many special events. Mike's love of local history naturally led him to volunteer at Cloverdale Farm County Park when the park opened to the public in 2014. Mike continues to help the staff with trail work but also dabbles in many other projects that keep Cloverdale Farm County Park moving ahead. Mike is helping to leave a legacy to all those who enter the park department's gates by enriching visitors' experiences. Thank you for your last 20 years of service to the Ocean County Parks and Recreation Department. Your dedication and love of all that is Ocean County has no parallel.

Find out how to volunteer within the Ocean County Parks & Recreation at www.oceancountyparks.org

Are you looking for a rewarding experience? Do you enjoy working with people? If so, then the Ocean County Parks and Recreation Department has a volunteer position for you. Join our team of dedicated volunteers making a difference on our trails, assisting with groups, and helping in our nature centers and visitor centers found throughout Ocean county.

For further information call:

Nicole Vernachio at (732) 270-6960, Cattus Island County Park
Amanda Truhan at (609) 971-3085, Wells Mills County Park
Michelle Urban at (732) 281-2750, Jakes Branch County Park
Patti Trasferini at (609) 607-1861, Cloverdale Farm County Park
Christopher Claus at (732) 506-5122, Ocean County Park
Jason Hoger at (732) 506-9090, Ocean County Park Administration Office



Tick exposure can occur year-round, but ticks are most active during warmer months (April-September)

Before You Go Outdoors:

- · Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard.
- Treat clothing and gear with products containing 0.5% permethrin.
- Use Environmental Protection Agency (EPA)-registered insect repellentss.

Avoid Contact with Ticks:

Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

After You Come Indoors:

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 mins. to kill ticks on dry clothing after you come indoors. Water will not kill ticks.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach

to a person later, so carefully examine pets, coats, and daypacks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or fulllength mirror to view all parts of your body. Check these parts of your body and your child's

body for ticks:

- Under the arms
- In and around the ears
 - · Inside belly button
 - · Back of the knees
 - In and around the hair
- Between the legs
- Around the waist

Preventing Ticks on Your Pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for most of the tickborne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog.

Tick bites on dogs may be hard to detect. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite, so watch your dog closely for changes in behavior or

appetite if you suspect that your pet has been bitten by a tick.

Talk to your veterinarian about:

- The best tick prevention products for your dog
- Tickborne diseases in your area

To further reduce the chances that a tick bite will make your dog sick:

- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.
- Reduce tick habitat in your yard.

Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian!



LIFEGUARDS WANTED



CERTIFIED LIFEGUARDS Needed for OCEAN COUNTY PARK LAKES 2024

A. PAUL KING COUNTY PARK - MANAHAWKIN
OCEAN COUNTY PARK - LAKEWOOD

Competitive Salary and Certification Reimbursement at the end of the working season.



Apply: Ocean County Department of Parks and Recreation 1198 Bandon Road Toms River, NJ 08753

Call: (732) 506-9090 X 5956 or Email: bblank@co.ocean.nj.us for information/application

PADDLEBOARDING

Introduction to Stand Up Paddleboarding

Have you ever wanted to try paddleboarding? This introductory class will give you the basics on this amazing sport. We will review the types of paddleboards and equipment needed. We will then venture out into the lagoon to learn how to paddle. Paddleboard, paddle, and PFDs are provided. You must be able to swim and must be able to kneel for long periods. Please wear bathing suit, water shoes, and bring water. This class is weather and wind dependent. Paddleboards are rated with a weight limit of 275lbs.

LOCATION: Boat Dock, County Parks Administration Office, Toms River

DATE: Saturday, June 15......162123 – 2A

TIME: 9:00-10:30am

DATE: Wednesday, June 26......162123 – 2B

TIME: 5:30-7:00 pm

FEE: \$10.00 per person AGE: 14 years - Adult

RIVER PADDLING

There's no better way to see the natural areas of our state than on the water! With our canoe instructors and naturalist guides, you can enjoy a guided tour with environmental/historical interpretation along the way. We provide one canoe for every two people or a limited number of single person river kayaks. The \$14 fee includes a canoe or river kayak, paddle, life vest and transportation. If you bring your own canoe or kayak, the fee is \$8 per person. Kayaks appropriate for smaller rivers are welcome. Please pack a lunch and wear appropriate clothing that can get wet and/or dirty. Quick drying fabrics are best. If you have never canoed before or would like to sharpen your skills, sign up for a class (listed below when in season).

Registration is required. Please consult the ratings below and be sure to select a trip that matches your skill level. Children must be 9 years or older and accompanied by an adult to participate. We recommend you arrive 20 minutes prior to departure time. All return times are approximate. Any questions, please call Wells Mills County Park at 609-971-3085. Staff reserves the right to deny a participant entry into a program if they are deemed physically unfit or inadequately prepared to participate in said program. Be prepared for portages (carrying your boat over obstacles) on all trips.

Canoe Difficulty Rating

- A. Continual paddling for several hours
- B. Must negotiate quick river turns
- C. Must paddle in open water and be able to handle wind, waves and/or tide
- D. May encounter portages (must be able to lift your boat over obstacles)
- E. Many portages
- F. DANGER! Cold water. Please bring a change of clothes in a waterproof bag.
- G. General paddling experience required
- H. River paddling experience required

** YOU MUST HAVE RIVER PADDLING EXPERIENCE AND BE ABLE TO NEGOTIATE RIVER TURNS TO PARTICIPATE ON RIVER TRIPS**

NEW We now have a limited number of river kayaks to rent, in addition to our canoes, for our river trips. Please indicate which type of vessel you would like by using the corresponding registration number below. We will provide you with a PFD and kayak paddle. All other rules above apply.

Oswego River (Oswego Lake to Harrisville Lake) -7.5 miles

Traveling to Burlington County

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Saturday, May 18

CANOE (rental) or BRING OWN BOAT......164126 – 1A

DEPARTURE/RETURN: 8:30 am - 4:00 pm

RATING: A, B, D, F, H, AGE: 9 years- Adult

FEE: \$14.00 per person, \$8.00 if bringing own boat

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RIVER PADDLING

Westecunk Creek - 5 miles

Traveling in Ocean County

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Thursday, May 30

DEPARTURE/RETURN: 9:00 am - 2:00 pm

RATING: A, B, C, D, F, H AGE: 9 years - Adult

FEE: \$14.00 per person, \$8.00 if bringing own boat

Cedar Creek (Ore Pond – Trestle) - 6.5 miles

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Tuesday, June 11

DEPARTURE/RETURN: 8:30 am - 2:00 pm

RATING: A, B, D, F, H AGE: 9 years - Adult

FEE: \$14.00 per person, \$8.00 if bringing your own boat

Wading River (Hawkins Bridge – Beaver Branch) - 9.5 miles

Traveling to Burlington County

PICK-UP: Parking Lot, Wells Mills County Park, Waretown DATE: Tuesday, June 18

CANOE (rental) or BRING OWN BOAT......164126 – 1G

RIVER KAYAK (rental)......164126 – 1H

DEPARTURE/RETURN: 8:30 am - 3:30 pm

RATING: A, B, D, H AGE: 9 years - Adult

FEE: \$14.00 per person, \$8.00 if bringing your own boat

Beginners Canoe Clinic & River Paddle

We will start our day with a short clinic on a local lake to get you acquainted with canoe gear, paddling strokes and get comfortable on the water. Then we will head to the Wading River to get some river paddling experience, which is required for our other trips. This program is canoeing only.

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Saturday, June 29164126 – 1I

TIME: 8:30 am - 4:00 pm

RATING: Beginners. Must be able to swim AGE: 9 years - Adult

FEE: \$14.00 per person.



RIVER PADDLING JAUNTS

Would you like to go canoeing but not paddle for as long as our regular trips? Then try our canoeing jaunts. The mileage will be shorter and we should end our day a little earlier but the rating of the river will not change from our longer stretches. Please have river paddling experience when signing up for these trips. Bring water and a snack or lunch in case the trip takes longer than expected. See general paddling description and ratings above for important information.

Wading River Jaunt (Evans Bridge – Beaver Branch) - 4 miles

Traveling to Burlington County

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Tuesday, May 14

CANOE (rental) or BRING OWN BOAT......164126 – 1J

RIVER KAYAK (rental).......164126 – 1K

DEPARTURE/RETURN: 9 **THIS PROGRAM IS FULL** RATING: A, B, D, F, H

FEE: \$12.00 per person, \$6.00 if bringing your own boat

Rancocas River Jaunt (Burlington Community College to Pemberton Boro) - 3 miles

Traveling to Burlington County

PICK UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, June 14

CANOE (rental) or BRING OWN BOAT......164126 – 1L

RIVER KAYAK (rental)......164126 – 1M

DEPARTURE/RETURN: 9:00 am - 12:30 pm

RATING: A, B, D, H

FEE: \$12.00 per person, \$6.00 if bringing own boat

CANOEING NATURE FLOATS

We will enjoy a leisurely paddle around a beautiful Pine Barrens lake as we explore the plants, animals and a little history that is unique to Pine Barrens lakes. General paddling experience is required. This is canoeing only.

Bamber Lake Nature Float

PICK-UP: Parking Lot, Wells Mills County Park, Waretown

DATE: Friday, May 10......164126 – 1N

TIME: 9:00 am -1:00 pm

RATING: A, G AGE: 9 years – Adult

FEE: \$6.00 per person

Wells Mills Spring Nature Float

LOCATION: Nature Center, Wells Mills County Park, Waretown

DATE: Tuesday, June 4

RATING: A, G AGE: 9 years - Adult

FEE: \$6.00 per person

KAYAK TOURING TRIPS

Kayaking Touring Trips

On all kayak trips, you must have previous kayak paddling experience - preferably in a "sit-in" style kayak. Expect to paddle anywhere from 3-5 hours on ALL trips regardless of the rating. We will supply the kayaks and all related gear. All trips are subject to change per the discretion of the trip leaders. It is the participant's responsibility to consult the ratings listed below for each trip and match their skills accordingly. On all trips come expecting to get wet.

Please read the following considerations BEFORE signing up for a program:

 All participants who choose to bring their own boat must have a kayak that measures at least 12 feet in length and is a "sit-in" style boat. *** NO Sit On Top Kayaks ***

• Please avoid cotton clothing. Synthetic-fiber clothing is preferred. Come prepared with

water shoes No flip-flops or Crocs.

 It is strongly recommended that participants have practiced a wet exit (turning the kayak over, releasing spray skirt and swimming out of boat) PRIOR to signing up for a trip. As with all recreation programs, we reserve the right to deny a participant entry into a program if we deem the participant is not physically fit, does not match the skill level of the program or is ill-prepared. A participant will be turned away the day of the trip if the criteria listed here is not met.

If you have specific questions or concerns regarding any of the kayak programs please call Jakes Branch County Park at 732-281-2750

****ALL RETURN TIMES APPROXIMATE****

RATING SYSTEM

A. Prior experience demonstrating a wet exit is preferred

B. Prior participation in either OCPR Beginner Kayaking class OR participation in 2 OCPR trips required

C. Full day trip – 4 to 5 hours - pack lunch/snacks/water

- D. Trip will be in mostly protected waters. May experience small waves and current/tide, obstacles/portages. Boats and other watercraft may be present.
- E. May experience larger waves and/or stronger current/tide. Trip will have more open water paddling; possible portages/obstacles. Boats and other watercraft may be
- F. Open water paddling: Possible large waves and strong current/tides. Boats and other watercraft may be present.
- G. Cold Water Trip: Wetsuits recommended. NO cotton clothing. Must bring a full change of clothes in a waterproof bag

H. Spray skirts required

I. Plan to eat in your boat or exit on uneven ground for the lunch stop.



KAYAK TOURING TRIPS

Spring Paddle

Join us for an up and back paddle on the lovely lower Wading River. The sights and sounds of spring should be abundant! Be prepared to eat in the kayaks as a take-out spot will vary with the current water levels. Pack sunscreen, insect repellent and plenty of water. NO BATHROOM FACILITIES ALONG TRIP ROUTE.

PICK-UP: Soccer Field Parking Lot, Freedom Fields County Park, Little Egg Harbor DATE: Saturday, May 11......165306 – 1A

DEPARTURE/RETURN: 9:00 am - 2:30 pm

RATING: B, D, I

FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult

Toms River Kayak Ramble

This less-traveled offshoot of the upper Toms River is more remote and scenic. And while the hustle and bustle of the parkway can be heard in the distance, the scenery takes over and fills the senses. Be prepared for possible portages and narrow sections.

PICK-UP: Parking Lot, Jakes Branch County Park, Beachwood

DEPARTURE/RETURN: 9:00 am - 3:30 pm

RATING:A, B, C, E

FEE: \$25.00 per person / \$10.00 if bringing own boat AGE: 16 years - Adult



"Just the Basics" Kayak Touring Course

For those who want to "wet" their appetite and learn the basics of kayaking, this class is for you! The class will emphasize safety, paddling techniques, paddling gear and other related equipment. We will include both "classroom" and on-the-water instruction. Participants will have the option of completing a wet exit from their kayak (turning the kayak over and swimming out) as part of the safety portion of the class.

All of our boats are SINGLE PERSON sea kayaks – also referred to as touring kayaks – designed for open water paddling conditions. They average between 14 and 16 ½ feet in length and are all decked or "sit-in" style boats. Spray skirts are worn over the cockpit and are provided with the class.

*Avoid wearing cotton clothing. Quick-drying fabrics such as a bathing suit or nylon water shorts are preferred. If you have a wet suit you may bring that. Please come prepared with water shoes/sandals (no flip-flops or Crocs.) Other items to bring: towel, sunscreen, bug repellent, and a change of clothes. Pack your lunch.

PICK UP: Parking Lot, A. Paul King County Park, Manahawkin

DATES: Saturday, June 22......165306 – 1C

DEPARTURE/RETURN: 9:00 am - 3:30 pm

RATING: A

FEE: \$25.00 per person AGE: 16 years - Adult

Pottery Classes

Enjoy the exciting world of pottery. You will study hand building techniques, use of the potter's wheel, and glazing techniques.

THIS PROGRAM IS FULL

LOCATION: Pottery Barn, Ocean County Park, Lakewood

DATES: Tuesdays, June 4 – August 20

10:00 am - 12:00 noon

FEE: \$175.00, includes expert instruction, firing and glazing AGE: Adult

Nature Poetry Writing Workshop

Join your love of nature with creative expression in the form of nature poetry! Over the course of 6 weeks, participants will learn poetic forms including haiku, sonnets, free form, and spoken word, among other poem formats. We will also read nature poems by Whitman, Dickinson, and others to get the creative juices flowing. Participants will have the opportunity to share their pocance munity as writers, as well as make their own poetry book craft containing cancernation and family. Express your passion and interest in nature through poetry in a supportive group setting that is open to all from those who are just getting started to those who are more experienced poets. Meetings will have snacks and tea.

LOCATION: Program Room, Jakes Branch County Park, Beachwood

DATES: Tuesdays, April 2 through April 30......165186 – 1A

TIME: 5:00 – 6:00 pm FEE: \$10.00 per person

Crochet Sessions at Cattus Island--NEW

Crocheting is a wonderful way to reduce stress and exercise creativity by crafting fun and functional items. Please see which options below suit your interest and experience level. Weather permitting, classes may be held outside. Fees cover the costs of yarn and instruction; tools are provided for use during class, but you may wish to purchase your own tools to continue crocheting at home.

Crochet Basics

We will learn about crochet tools, types of yarn, how to read patterns, and some of the most commonly-used stitches to get you started. It is recommended that all beginners attend one of these sessions before attending other crochet sessions. No experience required. Choose one date.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

DATE: Wednesday, April 10.......**THIS PROGRAM IS FULL**.......162186 – 2B

TIME: 6:00 pm - 8:30 pm FEE: \$15.00 per person

AGE: 14 years – Adult

Get Creative Making a Springtime Wreath

Come solo, with friends, or with your family to do something different and use your hands to create a beautiful springtime wreath. You will receive a grapevine wreath to adorn with spring flowers and various other seasonal décor items. This may just become a new tradition for you and your loved ones! Please bring a snack if needed and have \$30.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

TIME: 10:00 am - 12:00 pm

FEE: \$5.00 per person or \$5.00 per team (1 child & 1 adult) registration fee

AGES: 8 years - Adult

AGE: 16 years - Adult

Springtime Fun: Adult Drawing & Painting

Come and join us for an afternoon of creativity! In this 8 week course we will touch on a short drawing lesson and then spend the rest of the time exploring acrylic painting. This class will cover and practice some color theory and we will do some experimenting with various techniques and mediums. Participant input is highly encouraged.

Participants must bring basic paints, brushes and canvas boards, all will be discussed at the first day of class.

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 1:30 - 3:00 pm

FEE: \$50.00 per person AGE: Adult

Bee Kind

The humble bumble bee is the inspiration for this decorative project. We will create a

novel décor piece using wo**THIS PROGRAM IS FULL**ients. LOCATION: Program Rooni, Fairs Auministration Office, 10115 River

TIME: 6:30 – 8:30 pm FEE: \$15.00 per person

AGE: Adult

Create Your Own Walking Stick

Spring hiking season is here, and what better way to kick it off than to make your very own personalized walking stick? Join us for an afternoon with Brad Koller who will teach us how to handcraft a beautiful walking stick. Wood, tools, gloves, and aprons will be provided. The program will be held outside so please dress for the weather. Please bring exact cash or check payable to instructor Brad Koller for \$30.00.

Children age 11 - 13 years must be accompanied by an adult.

LOCATION: Pavilion, Cedar Bridge Tavern, Cedar Bridge County Park, Barnegat, NJ 08005

DATE: Sunday, April 14......169186 - 1A

TIME: 12:00 - 3:00 pm

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River DATE: Sunday, June 9......162186 – 2E

TIME: 12:30 - 3:30 pm

FEE: \$5.00 per person registration fee AGE: 11 years – Adult

Farmhouse Floral Centerpiece

Come and make a beautiful springtime centerpiece using a rustic white bucket with an array of silk flowers and greTHIS PROGRAM IS FULLar and cotton are just to name a few).

LOCATION: Program Room, Parks Administration Office, Toms River

DATE Thursday, April 18161186 – 1C

TIME: 6:30 - 8:30 pm

AGE: Adult FEE: \$15.00 per person

Spring-Themed Granny Squares

Crocheted granny squares are great because they are relatively simple, yet allow for nearly unlimited creative freedom. We will learn how to crochet the basic granny square before moving on to color changes, daisy designs, hexagons. A few methods for joining individual pieces together. Some basic crochet experience is recommended.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park, Toms River

TIME: 11:00 am - 1:30 pm

FEE: \$25.00 per person AGE: 14 years - Adult

Intro to Amigurumi

Amigurumi is the Japanese art of crocheting stuffed toys. Start learning how to create adorable, one-of-a-kind gifts for yourself and loved ones. We will work on a small, beginner-level project that may be completed during class or taken home. Some basic crochet experience is recommended.

LOCATION: Cooper Environmental Center, Lecture Room, Cattus Island County Park,

Toms River

DATE: Saturday, May 4......162186 – 2D

TIME: 11:00 am – 1:30 pm

FEE: \$25.00 per person AGE: 14 years – Adult

Decorative Gourd

You will be saying "Oh My Gourd" after Margaret Falconetti teaches you how to transform a simple gourd into a stunning work of art either as a vase, birdhouse or a birdfeeder.

Please bring a snack and have \$45.00 in exact change for the instructor and

materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

TIMES: 10:00 am - 12:30 pm

FEE: \$5.00 per person registrantion fee AGES: 13 years - Adult

Spring Butterfly Decor

Butterflies are symbolic representing personal transformation, change, hope, renewal, and courage. This wood butterfly shaped wreath is the perfect touch of warm weather to your door. Florals and greenery will accent this wreath beautifully.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE Thursday, May 9161186 – 1D

TIME: 6:30 – 8:30 pm FEE: \$15.00 per person THIS PROGRAM IS FULL

AGE: Adult

Tree of Life Wall Hanging

Trees have been an important symbol throughout history, symbolizing strength, growth and interconnectedness. Join us as we create our very own Tree of Life wall hanging for you to enjoy for a tree-mendous number of years to come!

LOCATION: Program Room, Jakes Branch County Park, Beachwood

DATE: Saturday, June 1......165186 – 1B

TIME: 11:00 am - 12:00 pm FEE: \$10.00 per person

AGE: 16 years - Adult

Gourd Planter Bowl

Looking to get creative? During this class, you will be given a pre-cut gourd that you can transform into a decorative bowl or planter to match your home's décor. Please bring a snack and have \$45.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Saturday, June 8......166186 – 1C

TIMES: 10:00 am - 12:30 pm

FEE: \$5.00 per person registration fee AGES: 13 years - Adult

Coastal Christmas in June

I know it's 6 months early but who doesn't enjoy Christmas all year long? Come and make a wood coastal Christmas sign with the words "JOY" to add to your Christmas collection. Starfish, sand dollars and your favorite color blues are waiting just for you.

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 6:30 – 8:30 pm FEE: \$15.00 per person THIS PROGRAM IS FULL

AGE: Adult

Needle Felting

Create a spring nature themed needle felted sculpture. All supplies will be provided by instructor.

LOCATION: Classroom, Jakes Branch County Park, Beachwood

TIME: 10:30 - 11:30 am FEE: \$10.00 per person AGE: 16 years - Adult

Red, White and Blue Rag Wreath

Bring out your patriotic spirit with a star shaped Red White and Blue wreath. Scraps of fabric and embellishments will create the perfect wall hanging or door display.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE Thursday, June 20....
TIMF: 6:30 – 8:30 pm

THIS PROGRAM IS FULL

AGE: Adult

Mah Jongg WorkshopLearn the ins and outs of the New 2024 NMJL card. The Instructor Christine Blackford will show you how to decipher it. Which hands and section are new and which stayed the same? Are there "tricky" hands, more concealed hands, and what are the NEWS & dragon combinations all about? She will guide you through the changes and challenges of the 2024 card. Then she will supervise play as you try your luck with the new hands and ease into the 2024 NMJL Card. Please bring your 2023 NMJL card also for comparison.

PLEASE NOTE: Please purchase an online National Mah Jongg League 2024 yearly card before class

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Thursday, April 4......161186 – 1G

TIME: 1:00 - 4:00 pm

AGE: Adult FEE: \$35.00 per person

American Canasta Card Game

Learn today's popular game of American Canasta, played with four players, 2 decks of cards with jokers in a partnership. The Instructor, Christine Blackford will explain the objective of the game, the cards and their values, rules, strategies for 7s and Aces and playing as a team. Canasta is a game of skill, strategy, calculation and involves a certain degree of chance. NO Canasta experience or prior knowledge is required, please bring a deck of cards including jokers to this four-week class. Upon completion you will have the skills to be fully confident and knowledgeable to join a game of Canasta!

LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

TIME: 1:00 - 3:00 pm FEE: \$70.00 per person AGE: Adult

Mah Jongg for 4 weeks

Learn the American version of Mah Jongg, it is a tile game for all ages in the rummy family and is played typically with four people. It's a sociable, competitive, exciting and addictive game that exercises your mind. The Instructor, will explain the tiles and their function to the Charleston and the National Mah Jongg League rules, how to understand and use the current 2024 yearly card and how to strive for a winning hand. A practice Mah Jongg set is provided during the duration of the four week class.

PLEASE NOTE: Please purchase an official National Mah Jongg League 2024 yearly card before class! It is available online at www.nationalmahjonggleague.org/store.aspx# LOCATION: Cooper Environmental Center, Cattus Island County Park, Toms River

DATES: Thursdays, May 2 - May 23161186 - 11

TIME: 1:00 - 3:00 pm FEE: \$70.00 per person AGE: Adult

South Jersey Basket Making

Join us as Mary May, a local basket maker, speaks about South Jersey basket traditions and demonstrates how to create a basket. Be prepared to weave, as you will be creating

your very own basket.



Back to Basics Basket

Let's go back to the basics with this South Jersey influenced, modified berry basket. This basket is perfect for beginners and will have a small loop on the back to allow it to be hung on a peg and serve as a holder for keys, an inserted flower vase or even your beach badges for this upcoming summer season! Please bring a bagged lunch or snack and have \$40.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Friday, April 19......166186 – 2A

TIME: 10:00 am- 4:00 pm

FEE: \$5.00 per person registration fee AGE: Adult



Creel Basket

The word "creel" dates back to 1200s and is defined as "a wickerwork receptacle". Over the years, this basket transitioned from being used to carry blocks of peat or catch lobster and other types of crustaceans. Eventually this basket became a common freshwater fishing accessory as a means for fisherman to hold their fish while they were out on the banks of a river or while wading in the stream. Pack a bagged lunch. Please bring \$95.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

TIME: 10:00 am - 4:00 pm

FEE: \$5.00 per person registration fee AGE: Adult

Beach Tote Workshop

What better way to start to prep for your upcoming beach season than creating your own beach tote! This large market style basket, 18-inch long x 6-inch wide x 13-inch high, is a true beauty that has an everlasting design construction and can easily carry your towel, sunblock and a book. Leather straps will give your basket an elevated look. This class is for experienced basket weavers as it will require intricate weaving detail. You will be challenged by adding your own D-ring for clipping on your keys and runners to the basket giving it a raised bottom to protect your basket for years to come. Please bring a bagged lunch or snack and have \$140.00 in exact change for the instructor and materials.

LOCATION: Program Room, Cloverdale Farm County Park, Barnegat

DATES: Thursday, June 13 and Friday, June 14......166186 – 2C

TIME: 10:00 am - 4:00 pm

FEE: \$5.00 per person registration fee 43 AGE: Adult

Seniorcise Exercise

Let's get moving! This gentle exercise class includes low-impact aerobics, stretching, and strengthening routines. Improve your joint flexibility, balance, range of motion, and muscular strength. Participants may perform these exercises while seated. Some equipment will be supplied. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Program Room, Jakes Branch County Park, Beachwood

DATE: Tuesdays and Fridays

TIME: 9:15 am - 10:00 am

FEE: \$60.00 per person AGE: Adult

Walk N' Workout

Calling all energetic adults! If you love being social and being out in nature, then this is the perfect class for you. We will walk up to an hour and experience the beautiful trails of Cattus Island County Park. This class will include some warm-up exercises, and end with a few stretches. In each class, we will walk a different trail, weather permitting. Please wear comfortable clothing and proper footwear. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Meet outside Nature Center, Cattus Island County Park, Toms River

DATE: Tuesdays and Fridays

TIME: 11:00 am - 12:00 pm

FEE: \$5.00 registration fee per person AGE: Adult



NEW Chair Tai Chi

This new and exciting Tai Chi stretch class will improve balance, strength, mobility, flexibility, and reduce stress. All movements will be safely performed in and around a chair. Adaptable for all fitness levels and physical challenges. In this class, you will be doing exercises that involve multiple body parts and muscle groups. You will be working the FULL BODY, not just body parts. The Tai Chi part of the class will be actual Tai Chi-inspired movements in a fluid way. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Tuesdays and Fridays

TIME: 1:30 pm - 2:00 pm

FEE: \$5.00 registration fee per person 44 AGE: Adult

Tai Chi with a Yoga Twist

This program improves the quality of life for people with joint pain without any knowledge of Tai Chi. This ancient practice combines agile steps, joint safe exercise, and mental strength to improve mobility, breathing, and relaxation in ways that help you feel better. In this class, you will learn warm-up and cool-down exercises, and eight basic movements, along with some meditation. Please have a check for \$60.00 made payable to Linda Osowski on the first day of class. Linda is an AAAI-certified personal trainer with over 20 years of experience.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Tuesdays and Fridays

SESSION 1: April 2 – April 30 (no class 4/16 & 4/19) 7 total classes.......163123 – 3J SESSION 2: May 7 - May 28 7 total classes......163123 - 3K SESSION 3: May 31 – June 28 (no class 6/18 & 6/21) 7 total classes..........163123 – 3L

TIME: 2:00 pm - 2:45 pm

FEE: \$5.00 registration fee per person AGE: Adult

Gentle Yoga

Join us for this class teaching the essentials of yoga. This 6 week-long class is for anyone new to yoga, as well as those with experience. Exercise, meditation, and breathing are key components of this practice. Connect with yourself...relax. Please wear loose comfortable clothing and bring a yoga mat. Lores Way is a registered yoga instructor with the Yoga Alliance.

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Mondays, May 13 – June 24 (no class 5/27)163123 – 3M

TIME: 5:00 pm - 6:00 pm FEE: \$36.00 per person

AGE: 16 years - Adult

Yoga after Work

Keep calm and try yoga. This 6 week-long class is designed for students of any level interested in furthering their yoga knowledge. The practice of yoga benefits the body, mind, and spirit. Focus on exercise, breathing, and meditation for a transforming experience. Feel free to move at your comfort level. Please wear loose, comfortable clothing and bring a yoga mat. Lores Way is a registered yoga instructor with the Yoga Alliance.

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 5:00 pm - 6:00 pm FEE: \$36.00 per person

AGE: 16 years – Adult



Intro to Pickleball

Join in on the fastest-growing sport in the country. Pickleball is a sport that combines tennis, badminton, and ping pong. The game is played with a solid pickleball paddle and a plastic ball on a court about 1/3 the size of a tennis court. Learn how to play the game in this fun and exciting 3-day clinic. Pickleball is a fun and social sport you can learn quickly. All equipment will be supplied. Please wear sneakers and bring a drink. You must complete this class BEFORE taking the Pickleball Rally Class.

LOCATION: Pickleball Courts 1-3 Stanley "Tip" Seaman County Park, Tuckerton

DATE: Mondays, April 1 – April 15......163123 – 30

TIME: 5:30 pm - 7:00 pm

LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood

TIME: 12:00 pm - 1:30 pm

LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood

DATE: Thursdays, May 16 – May 30......163123 – 3Q

TIME: 3:30 pm - 5:00 pm

LOCATION: Pickleball Courts 3 & 4, Ocean County Park, Lakewood

DATE: Tuesdays, June 11 – June 25.......163123 – 3R

TIME: 10:00 pm - 11:30 am

FEE: \$10.00 per person AGE: Adult

Pickleball Rally

This 3-day Pickleball Rally class is designed for newer players who have some experience playing Pickleball, but want to play more matches to practice their newly acquired skills. Players should have a basic understanding of the rules of pickleball before signing up for this class. Staff will be available to answer questions and go over positioning and strategy to help get you on your way. Equipment will be available if needed. Please wear sneakers and bring a drink. You must have taken the Intro to Pickleball BEFORE taking this class.

LOCATION: Pickleball Courts 1-3 Stanley "Tip" Seaman County Park, Tuckerton

DATE: Wednesdays, April 10 – April 24......163123 – 3S

TIME: 3:00 pm – 4:30 pm

LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood

TIME: 10:00 am - 11:30 pm

LOCATION: Pickleball Courts 2-4, Ocean County Park, Lakewood

TIME: 5:00 pm - 6:30 pm

LOCATION: Pickleball Courts 3 & 4, Jakes Branch County Park, Beachwood

DATE: Thursdays, May 16 – May 30......163123 – 3V

TIME: 5:30 pm – 7:00 pm

FEE: \$10.00 per person AGE: Adult

Sunday Pickleball Social

Come join us on Sunday mornings here at Ocean County Park for some friendly competition and to practice your pickleball skills. This 3-week social will allow you to meet up with other pickleballers and play matches against a variety of opponents. This is a great opportunity for newer players to practice and improve their newly acquired pickleball skills with others with similar experience. Participants should have some experience playing Pickleball, and have a working knowledge of the rules and how to keep score. Staff will be available to organize matches and answer questions. Snacks and water will also be available to all who are participating.

LOCATION: Pickleball Courts 1-4 Ocean County Park, Lakewood

TIME: 9:00 am - 11:00 am

FEE: \$10.00 per person AGE: Adult

A Walk in the Park "Northern Edition"

Have you been interested in exploring some new parks within the Ocean County Parks system but just don't know where to start? Then this is the class for you. We will meet at a new park every week and explore the unique beauty each one has to offer. We will be walking at a brisk pace to get some cardiovascular benefits for no more than an hour. Walking is a great low-impact exercise that can help manage your weight, relieve stress, and improve your mood. Please wear comfortable sneakers or boots and bring a drink. LOCATIONS WHERE WE WILL BE MEETING:

4/3: Tennis Courts, Beaver Dam County Park, Point Pleasant 4/10: Nature Center, Lake Shenandoah County Park, Lakewood

4/17: Tennis Courts, Ocean County Park, Lakewood

4/24: Pavilion, Patriots County Park, Jackson

5/1: Open Field Waterside, Parks Administration Office, Toms River

5/8: Nature Center, Cattus Island County Park, Toms River

DATE: Wednesdays, April 3 – May 8......163123 – 3X

TIME: 10:00 am - 11:00 am FEE: \$14.00 per person

Couch to 5K

AGE: Adult

Welcome to the Couch to 5K club. Come join some like-minded individuals who share the same fitness goals. This program is specifically designed to help people with little to no running experience gain the ability to complete a 5K. The schedule we will be following will get new runners used to working out consistently. The program we will be following will require participants to commit to exercising 3 days a week (Tues/Thurs/Sun) for a total of 6 weeks. EVERY TUESDAY the group will meet outside the nature center at Jakes Branch County Park to get a group workout in under the supervision of a personal trainer. The PT will assist in the training, and be available to answer questions. The other 2 workouts will be done independently on the participant's own time. We will start slow (1 min run, 1 min walk repeated 10 times) and gradually increase the times and distances. After 6 weeks, all participants will have the tools to complete a 5K.

LOCATION: Outside the Nature Center, Jakes Branch County Park, Beachwood

TIME: 5:30 pm - 6:30 pm

FEE: \$14.00 per person AGE: Adult

Beginner's Disc Golf

Disc Golf is played like traditional golf, but instead of clubs and balls, players use specialized flying discs much like a Frisbee. This class is for people who have never played and are curious about the sport. Ocean County Park hosts a magnificent 18-hole disc golf course amongst the many trees and paths. Players must practice their skills to avoid hazards and score as low as possible. All equipment will be provided. Please wear sneakers and bring a drink.

LOCATION: Disc Golf Course, Ocean County Park, Lakewood

DATE: Mondays, June 10 – June 24......163123 – 3Z

TIME: 1:00 – 2:30 pm FEE: \$10.00 per person



HEALTH & WELLNESS

Crystal Bowl Meditation

6 weeks of sound and music can be powerful tools in the healing process. The sound vibrations emanating from the crystal singing bowls re-tune the listener's body by opening and rebalancing chakras. The bowl meditation will bring about a deeper sense of well-being and help reduce negative effects of stress. We will use aromatherapy from time to time.

(Please bring a yoga mat, pillow or blanket for comfort)

Please bring exact cash or check payable to Instructor Karen English for \$60.00.

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 6:15 – 7:15 pm

FEE: \$5.00 per person registration fee AGE: Adult

Skincare Routine Using Essential Oils

In this class you will learn a holistic approach to care for your skin without the use of harmful chemicals. Learn about the proper use of skin friendly essential oils, nourishing carrier oils and hydrosols. You will be making a natural skin serum and a 1 oz. facial mist for glowing skin. Please bring exact cash or check payable to Kathy Gabrielli for \$20.00 (Certified Holistic Aromatherapist/Reiki Master)

LOCATION: Program Room, Parks Administration Office, Toms River

DATE: Wednesday, April 10......161544 – 1H

TIME: 6:00 - 8:00 pm

FEE: \$5.00 per person registration fee AGE: Adult

Walking the Mystical Path with Practical Feet

The Four Rivers Cultural Anthropologist Angeles Arrien taught about four rivers (Rivers of Inspiration, Surprise, Challenge and Love), which many traditional cultures believe will sustain and support us, nourish us, and help us to grow. These rivers enhance our awareness and appreciation of life, and bring magical gifts. Join us to explore and grow together, as we allow the four rivers to flow through our hearts and life journeys. *Please bring exact change or check payable to Instructor Regina Rosenthal for \$40.00* LOCATION: Conference Room Upstairs, Parks Administration Office, Toms River

TIME: 6:00 - 8:30 pm

FEE: \$5.00 per person registration fee AGE: Adult

DATES: Wednesday, May 8 & 15......161544 – 1E

Take Control of Your Health: Diabetes Self-Management Program

This free, six-week self-management program and workbook, designed by Stanford University, will help you to: learn how to manage symptoms including fatigue and depression; use relaxation techniques; eat healthy and monitor blood sugars; improve communication skills; use medication effectively; increase your self-confidence; solve problems and set action plans.

LOCATION: Program Room, Parks Administration Office, Toms River

DATES: Mondays, May 6 - June 17 (NO CLASS 5/27)......161544 - 1F

TIME: 10:00 am - 12:00 pm

FEE: \$5.00 per person AGE: Adult

HEALTH & WELLNESS

Spring into Wellness: Boosting Resilience through Self-Care

In this four-week series you will learn to build a simple Self-Care Toolkit that will include: self-massage, acupressure, qigong and breath and movement techniques. Session 1 will focus on building the Self-Care Toolkit and an Acupressure for Deep Relaxation practice. Session 2 will focus on managing stress using the Seva Acupressure for Stress release program and Chakra Tai Chi. Session 3 will focus on using Acupressure for Self-Care with the Emotional Release program and learning about the TEN LOVES. The final Session 4 will focus on Acupressure for Self-Care with the Balance and Harmony Acupressure Release program. Join us and build a Self-Care Toolkit to enhance and strength your physical, mental and emotional health and well-being.

Please bring exact change or check payable to Instructor Regina Rosenthal for \$50.00 LOCATION: Conference Room Upstairs, Parks Administration Office, Toms River

DATES: Thursdays, June 6 – 27.......161544 – 1G

TIME: 6:00 - 8:30 pm

FEE: \$5.00 per person registration fee AGE: Adult

Whipped Shea Body Butter

Learn how to make your own beautiful nourishing body butter. We will be whipping the shea butter and adding moisturizing carrier oils and essential oils of your choice in a 2 oz. jar.

Please bring exact cash or check payable to Kathy Gabrielli for \$20.00 (Certified Holistic Aromatherapist/Reiki Master)

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 6:00 - 8:00 pm

FEE: \$5.00 per person registration fee AGE: Adult

Heart Centering and Healing Using Essential Oils

Essential oils can offer stress relief and centering to ourselves on the physical, mental, emotional and spiritual planes. Experience the different aromas and create a person-alized 10 ml. rollerball bottle. Learn some relaxation techniques to use such as deep breathing, affirmations and heart meditation.

Please bring exact cash or check payable to Kathy Gabrielli for \$20.00 (Certified Holistic Aromatherapist/Reiki Master)

LOCATION: Program Room, Parks Administration Office, Toms River

TIME: 6:00 - 8:00 pm

FEE: \$5.00 per person registration fee AGE: Adult



Save The Dates

Vist Our Website: www.oceancountyparks.org > EVENTS











The Ocean County Parks and Recreation Annual Fishing Contest at Lake Shenandoah County Park on Rt 88 in Lakewood. Featuring door prizes, two weigh-in locations:

Lake Shenandoah and Lake Carasalio, with a registration fee of only \$4 for 17 and up & \$2 for kids 16 and under



Ocean County Park ~ Lakewood Sunday, May 5 9:00am - 1:00pm Items must be child related Vendor spots \$15



Fishing Contest 5/4



Kids Flea Market 5/5



Paws in the Park 6/15



Touch a Truck 6/28

Summer Picnic Party 6/27



Beach Campfire 6/29

Watch for UPDATES on our Facebook pages and on the web: www.oceancountyparks.org

CPR/BASIC LIFE SUPPORT

Adult/Child/Infant CPR AED Certification

Did you know that four out of five cardiac arrests happen at home? If called on to administer CPR in an emergency, the life you save is likely to be that of a child, spouse, parent or friend. Prepare yourself!! Come and learn life-saving CPR and AED use, as well as how to relieve choking in adults, children and infants. This hands-on course is taught in a relaxed and comfortable environment by certified instructors and is designed for anyone with limited or no medical training. Upon completion, participants will receive a CPR AED Course Completion Card.

Please bring a check for \$60.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms River	
DATE: Wednesday, April 3	161563 – 1A
DATE: Wednesday, May 8	161563 – 1B
DATE: Wednesday, June 5	161563 – 1C
TIME: 6:30 – 9:00 pm	

FEE: \$5.00 per person AGE: 14 years – Adult

Basic Life Support (BLS) for the Healthcare Provider

Designed for the health care professional, this extensive hands-on course will prepare you to recognize and confidently respond to several life – threatening emergencies. Participants will actively engage in simulated clinical scenarios mastering CPR, use of an AED, and relieving choking in a safe, timely, and effective manner. Certified instructors will guide you through various learning stations to test ability and ensure proficiency in performing these life – saving skills. Upon the conclusion of skills testing, participants must also complete a written exam. Participants will receive a BLS for the Healthcare Provider Completion Card.

Please bring a check for \$70.00 payable to Ocean Side CPR.

LOCATION: Program Room, Parks Administration Office, Toms River	
DATE:Wednesday, April 17	161563 – 1D
DATE: Wednesday, May 22	161563 – 1E
DATE: Wednesday, June 19	161563 – 1F
TIME: 6:30 – 9:00 pm	

FEE: \$5.00 per person AGE: 14 years – Adult

Recreation Program Policy and Information

- 1. Recreation personnel in charge of each program will have the final decision in all matters, especially where participant safety is concerned.
- 2. Due to the strenuous nature of some of our activities, recreation personnel reserve the right to deny a participant entry into a program. If the participant has already paid a fee, this fee will be reimbursed in accordance with our refund/credit policy.
- 3. Alcoholic beverages are strictly prohibited on all recreational programs.
- 4. All participants and their guardians must realize there may be some unavoidable hazards involved in all recreation programs. At the start of the program you will be asked to sign a Waiver of Liability Form, which is mandatory in order to attend the program and must be signed.
- 5. It is the participant's or guardian's responsibility to inform staff members of any medical problems that may inhibit your participation in a program. Please consult your doctor if you are not sure.
- 6. Please be advised that all return times are approximate. The actual times depends on the ability of the participants, prevailing weather, field conditions, and unforeseen circumstances.
- 7. All children under 18 years of age must be accompanied by an adult, except programs specifically designed for young children.
- 8. Age range for programs have been designated according to program content and will be strictly adhered to.
- 9. WARNING! Ticks may be present on all outdoor programs. To protect yourself from Lyme Disease, we recommend participants spray clothing with insect repellent which contains DEET, wear light color clothes, tuck pants into your boots or socks, always change clothes as soon as you return home and check yourself over closely for ticks. Deer ticks are present all year round.
- 10. WARNING! The rabies epidemic is present throughout the state. For your safety, please enjoy wildlife from a distance, report any wildlife behaving strangely to park staff.

REGISTRATION INFORMATION

Unless otherwise stated, all programs require registration along with payment in full at time of **registration**. Anyone attending a program or trip, without registering in advance, must pay by check or money order (cash is unacceptable). Participants will only be permitted upon availability. When a program/trip has been advertised in a previous newsletter we will accept enrollment prior to the registration date listed in this newsletter issue.

MAIL IN REGISTRATION IS PERFERRED. ANY MAIL IN REGISTRATIONS RECEIVED PRIOR TOMARCH 8th WILL BE RETURNED.

SPECIAL ASSISTANCE/ACCOMMODATIONS available upon request.

For program availability or a newsletter please call:

1-877-0CPARKS (627-2757) TOLL FREE REGISTRATION LOCATIONS:

TIME: 8:30a.m. • 3:30p.m. Monday-Friday
Jakes Branch County Park, Beachwood 732-281-2750
Parks & Recreation Administration Office, Toms River 732-506-9090
Wells Mills County Park, Waretown 609-971-3085
Visit our WEBSITE: www.oceancountyparks.org

PROGRAM REGISTRATION APPLICATION

When registering by mail or in person, you must complete and sign the entire **Program Registration Application.** For your convenience you can print our "**Program Registration Application**" right from our website or you may copy this application; however, an original signature must be on each application. Incomplete and unsigned applications will be returned unprocessed. Please return your completed Program Registration Application along with your payment to:

Ocean County Parks & Recreation Administrative Offices 1198 Bandon Road, Toms River, N.J. 08753-3138 MAKE CHECK PAYABLE TO "COUNTY OF OCEAN"

If you would like to register in person, please visit one of our three locations listed above. Mail ins are also accepted.

MAIL IN REGISTRATION PREFERRED

Refund and Cancellation Policy

Once a program has started, fees will not be refunded nor credit issued, regardless of the reason.

REFUND POLICY

- When the **Department** reschedules or cancels a program costing \$15 or more per person, a full refund will be issued by means of a properly completed and signed Program Registration Application.
- 2. When the Customer cancels participation in a program costing \$15 or more per person, having given at least two weeks notice prior to the scheduled program start date, a full refund will be issued by means of a properly completed and signed Program Registration Application.
- Vouchers or credits will only be issued to the individual whose name appears on the check and/or reservation.

CREDIT POLICY

- 1. When a program costing less than \$15 per person is cancelled or rescheduled by the **Department**, the customer will receive a credit which is valid up to one year from the original date of that program. The credit will be applied to the household that the class was registered to.
- 2. When the Customer cancels participation in a program costing less than \$15 per person, having given at least two weeks notice prior to the scheduled program start date, the customer will receive a credit which has no expiration date.
- If a Customer cancels a program less than two weeks prior to the scheduled program start date, regardless of the cost per person, the customer does not receive a credit or a refund on that program.
- 4. Once a credit has been issued, it may not be exchanged for a cash refund This includes all credits applied to future registrations. NO EXCEPTIONS.

The Department of Parks & Recreation reserves the right to cancel or postpone any trip or program. NOTE: See application for Refund and Cancellation Policy.

MAIL IN REGISTRATION PREFERRED

REGISTRATION FORM

Each of the undersigned, with the intention of binding himself or herself and any other persons for whom his or her signature is requested as parent or legal guardian, and the heirs, executors, administrators, and assigns of the undersigned or said other persons, does hereby knowingly and voluntarily release and discharge the County of Ocean and its officers, employees and agents, from any and all claims, demands, actions, judgements, and executions which each of the undersigned or the persons for whom his or her signature has been requested ever had, or now has, or may have or claim to have out of participation or any activity conducted, sponsored or approved by the Ocean County Parks and Recreation Department or the County of Ocean whether occasioned by the negligence of the county, its officers, agents or employees, or otherwise.

This Release and Waiver is given in consideration of the efforts of the County of Ocean in making these activities available to undersigned of the person for whom his or her signature is requested as parent or legal guardian and allowing the undersigned or such person to participate

in these activities.

Each undersigned declares that prior to the execution of this Release he or she apprised him or herself of sufficient relevant data in order to intelligently exercise his or her own judgement in deciding whether to execute this Release and he or she further declares that this decision was not predicated on or influenced by any declarations or representations of the County of Ocean or its agent, officers or employees.

Each undersigned expressly agrees that the foregoing Release and Waiver is intended to be as broad as is permitted by the laws of the State of New Jersey and that if any portion thereof is held invalid, it is agreed that the balance shall notwithstanding, continue in full legal force

and effect.

EACH UNDERSIGNED ACKOWLEDGES THAT HE/SHE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF ALL LIABILITY.

I need a reasonable modification for	a disability to enjoy this activity
Yes	No

Upon completion of this application, please sign the Claimant's Certification & Declaration box below. In the event a program refund is necessary, for programs costing more than \$15.00 per person, this application will serve as a County Refund Voucher.

County of Ocean - Parks & Recreation Vendor Claimant's Certification & Declaration I do solemnly declare and certify under the penalties of the law that the within bill is correct in all its particulars; that no bonus has been given or received by any person or persons within the above

claim; that the amount therein stated is justly due and owing.

It is understood and agreed that park visitors and participants in Ocean County Park System programs, activities, and events may have their names and pictures used, without fee, in broadcast, telecast, and print media accounts for promotional and publicity purposes.

	Participant's Signature	/ Today's Date
Event #:	Refund Amount	Refund Date//
Event #:	Refund Amount	Refund Date//

MAIL-IN REGISTRATION PREFERRED REGISTRATION FORM

CUSTOMER: please print the following information and return the entire signed and completed application to the address noted below.

OCEAN COUNTY PARKS & RECREATION PROGRAM REGISTRATION APPLICATION

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YOU MUST SIGN THE OPPOSITE SIDE OF THIS FORM

Date of Birth: Staff Use:

Trail Volunteers Needed at Cattus Island County Park



Cattus Island has over 7 miles of marked trails which requires continual maintenance and upkeep. Trail volunteers are essential in maintaining the trails particularly after flooding events.

If you are interested in spending time outdoors, getting some physical exercise, and enjoying the park with a great group of staff then please apply.

Volunteers must be 18 years old or older. Some volunteer days may require getting your feet wet and carrying a loaded wheelbarrow for long distances. Basic carpentry skills a plus but not required.



For questions contact:
Nicole Vernachio, Chief Park Naturalist nvernachio@co.ocean.nj.us
Go to https://www.oceancountyparks.org/frmVolunteer to apply.

OCEAN COUNTY PARKS & RECREATION ADMINISTRATION OFFICE

1198 Bandon Road Toms River, New Jersey 08753-3138 (732) 506-9090 PRSPT STD U.S. POSTAGE PAID

PERMIT #544 LAKEWOOD, NJ 08701

Mail in Registration is Preferred
REGISTRATIONS WILL BE ACCEPTED BEGINNING
Friday, March 8th FOR PROGRAMS IN THIS ISSUE
Early Main-Ins Will Be Returned
Parks & Recreaction Administrative Office, Toms River 732-506-9090
www.oceancountyparks.org



Visit our website: www.oceancountyparks.org for full information on all our parks, trail maps, rental forms, rules and regulations. FOLLOW US ON SOCAIL MEDIA

