

EHT RECREATION

— SPRING 2024 — PROGRAM GUIDE

DEPARTMENT INFORMATION

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

REGISTRATION DATES

Resident Registration
Begins: March 13
Non-Resident Registration
Begins: March 25

On-line Registration
Ends: April 1



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SPECIAL EVENTS

Grab -n- Go Crafts

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

4th Annual Spring Craft Show

Save the Date! May 11, 2024 9am - 3pm. EHT Recreation will be hosting its Fourth Annual Spring Craft Show at the EHT Community Center.

If you are interested in becoming a vendor applications are available at the EHT Community Center, on EHT Recreation's Facebook Page, and on www.ehtrec.com in early February.

Hooked on Fishing Not on Drugs Annual Fishing Challenge

Hosted by the NJDEP Division of Fish and Wildlife along with EHT Recreation and the EHT Municipal Alliance. Join us for a fun morning of fishing and prizes at the EHT Nature Reserve. The goal of this program is to redirect youth from the temptation of drugs, alcohol and tobacco by engaging in socially positive activities like fishing, learning the value of clean water and supporting community service by doing stream clean ups and tree plantings. Prizes will be given for biggest fish, smallest fish and most fish. This program is open to anyone under the age of 20.

Date: Saturday, June 1
Time: 10 am - 12 noon
Location: EHT Nature Reserve

Health and Fitness Fair!

Save the Date! March 23, 2024, 10 am - 2 pm. EHT Recreation will be hosting its Second Annual Public Health and Fitness Fair! Join us as we host a variety of different professionals who will be able to provide information. We will also be showcasing all the amazing fitness classes offered here at EHT Recreation. Come out and see what we offer to help improve your physical and mental well-being.

Interested in becoming a 2024 Sponsor?

Egg Harbor Township Recreation Department proudly offers numerous Special Events throughout the year, including Rhythm in the Park Concert Series, Monday Morning Madness, Movies Under the Stars, the Mayor's Holiday Tree Lighting, and many more. Being an EHT Recreation Sponsor gives your business a great way to get your name out in the Township and become a partner in our community. A variety of options are available in our sponsorship program. Please call for more information at (609) 272 - 8120.

Gearing Up for Summer!

We're looking forward to the warm weather!

Rhythm in the Parks Concert Series

Sponsored by Sea Shore Construction will run every Friday from 7 - 9 pm and the Robert J. Lincoln Ampitheater in Tony Canale Park
June 28 through August 30

Monday Morning Madness

Sponsored by Mott Watkins Associates will run 11 am Monday Morning
June 24 through August 25

Movies Under the Stars

Sponsored by EHT Clean Communities will be held Saturdays, July 20th and August 17th.

BUS TRIPS

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

Registration can be done online at www.ehtrec.com or in person at the Recreation office located at 5045 English Creek Ave, Monday - Friday, 9 am - 4:30 pm. Payment must be made at the time of reservation.

Trips that have not reached minimum capacity will be canceled 2 weeks prior to the trip.

Refunds will only be given if cancelations are made 10 working days in advance. \$5 processing fee will apply.

New York City

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

Date	April 20
Departs EHT	8 am
Departs NYC	7 pm
Cost	\$55



Peddler's Village - Strawberry Festival

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

Date	May 4
Departs EHT	9 am
Departs PV	6 pm
Cost	\$55

Inner Harbor Baltimore

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

Date	June 8
Departs EHT	7 am
Departs IH	6pm
Cost	\$55



WINTER PHOTO CONTEST

Thank you to all our entries!
Stop by the EHT Community Center by March 14
to vote for your favorite!



SUMMER CAMPS

Summer Adventure Camp

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

One-week non-refundable deposit due at time of registration. Summer camp must be paid in full by June 14.

10% sibling discount for additional children in the same household

5 Day Option

Instructor	Recreation Summer Staff
Grades	Current K - Current 7
Location	EHT Community Center and Various Field Trips
Days	Monday - Friday
Times	7:30 am - 5 pm
Dates	June 24 - August 30 (No Camp July 4 or July 5)
Regular Pricing	\$310/Week
	Multi-Week Discount for 8+ weeks registered.

3 Day Field Trip Only Option

Instructor	Recreation Summer Staff
Grades	Current 5 - Current 7
Location	EHT Community Center and Various Field Trips
Days	Tuesday- Thursday
Times	7:30 am - 5 pm
Dates	June 25 - August 29 (No Camp July 4)
Regular Pricing	\$210/Week
	Multi-Week Discount for 8+ weeks registered

Soccer Camp

Join EHT Recreation and New Jersey Surf Soccer for some Soccer Fun. This program is geared for children with little to no soccer experience to help build on the basic skills already learned. This is an instructional only clinic for boys and girls. There are no teams or league play. Our professional trainers will lead a variety of skill building soccer drills and games.

Location:	Tony Canale Park
Days:	Monday - Friday
Dates:	July 8 - July 12
Instructor:	New Jersey Surf Soccer

Three - Six Year Olds

Time:	9 am - 10:30 am
Price:	\$100
Ages:	3 - 6

Seven - Fourteen Year Old

Time:	9 am - 12 noon
Price:	\$200
Ages:	7 - 14

Creative Kids Summer Fun

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids Summer Fun. Preschoolers will start to learn their 1-2-3s and A-B-Cs as well as complete seasonal crafts and activities. Stories, music and games that correspond with the theme of the day will be included.

Introduce your preschooler to the basics and structure of a classroom without the stress of a full day program! Please send them with a light snack and water bottle. Sunscreen should be applied to campers prior to arrival.

Participants must be potty trained.

Instructor	Ms. Doreen
Ages	4 - 5
Location	EHTCC
Days	Tuesday - Thursday
Times	9 am - 12 noon
Dates	June 25 - August 29 (No 7/4)
Price	\$ 522 R / \$ 542 NR

3rd-4th Grade Basketball Camp

Learn the basics of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play.

Location:	EHTCC Gym
Instructor:	Coach Cam
Times:	9:30 am - 11:30 am
Grades:	3 - 4 (as of Sept 1, 2024)
Days:	Monday - Friday
Dates:	July 15 - July 19
Price:	\$ 145

5th-8th Grade Basketball Camp

Our staff will teach the game of basketball in a fun and instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling and shooting in addition to playing games. No teams or league play.

Location:	Bargaintown Park
Instructor:	Coach Cam
Times:	9 am - 11 am
Grades:	5 - 8 (as of Sept 1, 2024)
Days:	Monday - Friday
Dates:	July 22 - 26
Price:	\$ 145

SUMMER CAMPS

Summer Science STEM Camp

Summer Science STEM Camp is a fun way to foster your campers interest in Science, Technology, Engineering, and Mathematics. Each day the campers will participate in hands-on activities to expand their knowledge in these areas using the STEM model of inquiry. All activities will be differentiated for age groups. At the end of the week, the campers will showcase their projects for the entire camp and parents! The showcase will be at 3:30 - 4 pm on the Friday of each camp. We will be offering 2 unique sessions this summer.

Location: EHT Community Center
Days: Monday - Friday
Times: 1 pm - 4 pm
Age: 8 - 12
Instructor: Miss Gina
Price: \$200

Session 1

Dates: July 15 - July 19

Session 2

Dates: August 12 - August 16



Field Hockey Camp

Our Field Hockey camp is for the beginner to intermediate player. A variety of drills and games will improve your skills and techniques.

Days: Monday - Friday
Dates: August 5 - August 9
Time: 10 am - 1 pm
Location: Shires Park
Instructor: Miss Toni-Lynn
Price: \$ 200
Grades: 3 - 8 (as of Sept. 1, 2024)

Speed & Agility Camp

Speed & Agility Camp is for young athletes competing in any sport. This camp will focus on building athleticism, conditioning and speed on both a linear and multi-directional basis. Our high-energy environment allows athletes to train at a competitive level as well as become more motivated and confident, and will have a positive impact on your performance as an athlete. We also look to educate the athletes on proper recovery, injury prevention, and nutrition.

Location: Tony Canale Park
Instructor: Coach Cam
Times: 9 - 11 am
Grades: 4 - 8 (as of Sept 1, 2024)
Days: Monday - Friday
Dates: August 12 - August 16
Price: \$145

National CSI Camp

Work a mock crime scene investigation from beginning to end, culminating in a mock trial! Collect evidence using the most up-to-date modern techniques and methodologies. Follow the clues left behind by the suspect(s) and develop supporting evidence to solve the crime. This educational camp is for students with an interest in law enforcement or related forensic sciences, designed to challenge all students while having fun. Taught by Captain (ret) Sean Clancy formerly of Atlantic County Prosecutor's Office and other experienced Detectives.

Location: EHT Community Center
Instructor: Captain (ret) Sean Clancy
Times: 9 am - 12 pm
Grades: 7 - 12
Days: Monday - Friday
Dates: August 19 - August 23
Price: \$200

Baseball and Softball Camps

Coming soon! EHT Recreation is happy to offer a baseball and a softball camp this summer! Check back on our website closer to summer for more information!

PRE-SCHOOL PROGRAMS

Ready Set Go

This program will introduce children to a variety of different exercises in a structured, safe environment including stretching, kickball, exercises, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and teamwork while playing games. Adults may be required to participate.

Instructor Ms. Toni Lynn
Ages 2 - 5
Location EHTCC Gyms

Wednesday Class

Days Wednesdays
Times 10:15 am - 11:15 am
Dates April 3 - June 26
Price \$ 104 R / \$ 114 NR

Saturday Class

Days Saturdays
Times 10:00 am - 11:00 am
Dates April 6 - June 29
(No Class 5/11, 5/25, 6/22)
Price \$ 80 R / \$ 88 NR

Soccer Clinic

Join EHT Recreation and New Jersey Surf Soccer for some Saturday Soccer Fun. This program is geared for children with little to no soccer experience to help build basic skills. This is an instructional only clinic for boys and girls. There are no teams or league play. Our professional trainers will lead a variety of skill building soccer drills and games.

Instructor New Jersey Surf Soccer
Ages 3 - 4 years old
Location Bargaintown Park
Days Saturdays
Dates April 13 - June 8
(No Class 5/25)
Price \$55 R / \$60 NR

First Class

Times 9 -10 AM

Second Class

Times 10:15 - 11:15 am

Creative Kids

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

Instructor Miss Doreen
Ages 3 - 5 years old
Location EHTCC 117

Three Day Option

Days Monday, Wednesday & Friday
Times 10 am - 12 noon
Dates April 8 - June 14
(No Class 5/3, 5/6, 5/27)
Price \$ 324 R / \$ 344 NR

Two Day Option

Days Tuesdays & Thursdays
Times 10 am - 12 noon
Dates April 9 - June 13
Price \$ 240 R / \$ 260 NR

Tiny Tigers Karate

Our karate program features a structured class to motivate children and teach them concentration, listening skills, coordination, and teamwork. Master Carson and his instructors bring a wealth of experience in leading participants in their learning.

Instructor Master Carson and Karate Staff
Ages 4 - 5 years old
Location EHTCC Aux Gym
Times 5 - 5:30 pm
Price \$55 R / \$60 NR

Monday Class

Days Mondays
Dates April 1 - June 24
(No Class 5/27)

Wednesday Class

Days Wednesdays
Dates April 3 - June 26

YOUTH PROGRAMS

STEM Saturdays

Join Ms. Gina for an exciting hands on approach to science! Each class will provide unique opportunities to conduct fun and engaging experiments and activities. Each session offers a different seasonal theme.

Instructor Ms. Gina
Ages 8 - 12 years old
Location EHTCC 117
Days Saturdays
Times 10 am - 12 noon
Price \$35 R / \$40 NR (Per Class)

April STEM Class

Date April 20

May STEM Class

Date May 18

Art Corner

Instructor Ms. Carly
Location EHTCC 117
Days Saturdays
Time 10 am - 12 noon
Ages 9 - 12
Price \$35 R / \$40 NR

Spring Gnome Flower Pots - April 13

Participants will make a pair of decorative gnomes using styrofoam, flower pots, wood, paint and various fabrics. The perfect project for spring!

Summer Bandana Wreath - June 8

Participants will create a decorative red, white and blue American flag pattern wreath using a foam ring, and bandana printed fabrics. Fun and kid-friendly, perfect for decorating doors or walls with a playful, colorful twist!

Crafty Characters

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

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

“Wild Flower” - April 27

Celebrate Spring with this kids friendly “April Showers bring May Flowers” wreath. Daisy is new to the garden and just opening her petals when Rose says she is just a weed. The perfect story for teaching a child about compassion and confidence.

‘Under the Sea’ - June 15

Swim alongside whales as they sing for each other across vast stretches of ocean, see the bustling life abundant on a bright coral reef and discover what lives in the deepest darkest depths of the ocean. After this thrilling story make some ocean slime!



YOUTH PROGRAMS

Unified Ready Set Grow

This program will offer a safe space to participate in a variety of different exercises in a structured environment including stretching, kickball, exercises, skipping, hopping, parachute play, and t-ball. This program will also teach the importance of good sportsmanship and teamwork while playing games. Adults may be required to participate. This program is for School Aged Individuals with physical or intellectual disabilities.

Instructor	Ms. Toni-Lynn
Ages	School Aged
Location	EHTCC Gyms
Days	Saturdays
Times	11:15 am - 12:15 pm
Dates	April 6 - June 29 (No Class 5/11, 5/25, 6/22)
Price	Free

Karate

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

Instructor	Master Carson and Karate Staff
Ages	6 - 16 years old
Location	EHTCC Aux Gym
Days	Mondays and Wednesdays
Dates	April 1 - June 26 (No Class 5/27)

Beginners Karate (No Belts)

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

Returning Student Karate (White - Blue Belts)

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

Advanced Student Karate (Brown - Black Belts)

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

Youth Open Gym

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

Instructor	EHT Recreation Staff
Location	EHTCC Gyms
Days	Mondays and Wednesdays
Dates	April 8 - June 12 (No 5/27)

Price Free

High School

Grades	9 - 12
Time	2 pm - 3 pm

Elementary & Middle School

Grades	4 - 8
Time	3 pm - 4:30 pm



Basketball Skills Clinic

Tori Cavalieri and his assistants will teach the game of basketball in a fun instructional atmosphere. Participants will engage in drills for footwork, passing, dribbling, and shooting, in addition to playing skill building games. No teams or league play.

Instructor	Tori Cavalieri and Basketball Assistants
Location	EHT CC Gym
Days	Mondays
Dates	April 8 - May 20
Price	\$ 50 R / \$ 55 NR

3rd and 4th Grade

Times	5 pm - 6 pm
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5th and 6th Grade

Times	6 pm - 7 pm
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YOUTH PROGRAMS

Beginner Volleyball Clinic

Our beginner level volleyball program features group instruction focusing on the fundamentals of volleyball including all facets of game play and strategy. This is a great introduction to volleyball and a chance to play the game, meet friends, and have fun! Sign up for the session to secure your place all season, or drop in for \$10/day as space allows. A waiver form must be completed on site daily for drop-in participants.

Instructor	Recreation Staff
Grades	6 - 10
Location	EHTCC Gym
Days	Wednesdays
Times	6:00 pm - 7:30 pm
Dates	April 3 - June 12
Price	\$ 70 R / \$ 75 NR



Open Gym Volleyball

Open gym volleyball features pick up games to build on your skills and have fun. Participants must have prior volleyball experience. We will mix up games with our adult volleyball participants under the guidance of the program leaders. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. Max 36 Players. A waiver form must be completed on site daily for drop-in players.

Grades	9 - 12
Location	EHTCC Gym
Days	Wednesdays
Times	7:30 pm - 9:00 pm
Dates	April 3 - June 12
Price	\$ 52 R / \$ 57 NR

Soccer Clinic

Join EHT Recreation and New Jersey Surf Soccer for some Saturday Soccer Fun. This program is geared for children with little to no soccer experience to help build basic skills. This is an instructional only clinic for boys and girls. There are no teams or league play. Our professional trainers will lead a variety of skill building soccer drills and games.

Instructor	New Jersey Surf Soccer
Ages	5 - 7 years old
Location	Bargaintown Park
Days	Saturdays
Times	11:30 am - 12:30 pm
Dates	April 13 - June 8 (No Class 5/25)
Price	\$55 R / \$60 NR

Tennis

This clinic is designed to teach the fundamentals of tennis. It will feature individual and group instruction from our experienced tennis staff. Ground strokes, volleys, serves and game play will be covered.

Instructor	Ms. Joanie and Tennis Staff
Location	Tony Canale Park Tennis Courts
Days	Saturday
Dates	April 20 - June 8 (No Class 5/25)
Price	\$ 70 R / \$ 75 NR

Junior Tots Tennis

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

Beginners Tennis

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

Intermediate Tennis

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

YOUTH PROGRAMS

EHT Running Club

Our running program gives boys and girls in Grades 4 - 8 the opportunity to discover the sport of cross-country running. Learn techniques and skills through a variety of drills from EHT Coaches and Teachers.

Instructor	Mr. Aaron
Grades	4 - 8
Location	EHT Nature Reserve
Days	Mondays and Wednesdays
Times	4:30 pm - 5:30 pm
Dates	April 15 - June 5 (No Class 5/27)
Price	\$ 60 R / \$ 65 NR

Fencing

Learn the centuries-old art of defense with a point weapon. Students will be instructed in the basics of foil fencing, footwork and parries. Participants will build team working skills by judging and directing matches according to traditional rules. Returning fencing students will expand on their knowledge to become proficient with all three weapons - foil, saber, and epee. Fencing enhances confidence and coordination. Students will be divided into smaller groups based on skill and experience level. All gear is provided. Bruising may occur.

****Registration for the second session will begin on May 15th.****

Instructor	Miss Amanda and Mr. James
Ages	11-18
Location	EHTCC Aux Gym
Days	Tuesdays
Times	6:30 pm - 8:00 pm
Price	\$ 70 R / \$ 75 NR
<u>Session 1</u>	
Dates	April 2 - May 21
<u>Session 2</u>	
Dates	June 11 - July 30

Field Hockey Clinic

Our Field Hockey program is for the beginner to intermediate player. A variety of skill building drills and techniques will improve your game.

Instructor	Miss Toni-Lynn
Ages	8-13
Location	Shires Park
Days	Saturdays
Times	8:00 - 9:30 am
Dates	April 20 - June 8 (No Class 5/25)
Price	\$ 70 R / \$ 75 NR

Flag Football

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

Teams will be created each week.
This program is for EHT residents only.

Instructor	EHT LEAP Volunteers
Location	Swift School Field
Days	Thursdays
Dates	May 30 - July 25 (No July 4)
Price	\$ 25 R

Current K - 1 Graders

Times	5:00 - 5:45 pm
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Current 2 - 3 Graders

Times	5:00 pm - 5:45 pm
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Current 4 - 5 Graders

Times	6:00 pm - 7:00 pm
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Current 6 - 7 Graders

Times	7:15 pm - 8:15 pm
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ADULT PROGRAMS

Simply Made with Chef Josh

Adult Cooking Classes

Join Chef Josh as he teaches you the skills and methods to feel more comfortable and confident in the kitchen.

Instructor Josh Gamble
Ages 18+
Location EHTCC Multipurpose Room
Price \$45 R / \$50 NR per session

Cinco de Mayo

Embrace the spirit of Mexico by learning classic recipes that showcase the vibrant flavors of its cuisine.

Day Saturday
Date April 13
Time 10 am - 12 noon

Date Night!

Join us for a night of culinary romance, where you'll learn to prepare dishes that tantalize the tastebuds and spark romance. Discover the joy of cooking together and create memorable meals that elevate your date night.

Day Wednesday
Date May 22
Time 6 pm - 8 pm

Summer Kickoff

Dive into summer with our culinary workshop, focusing on the vibrant tastes of seasonal produce and the secrets of grilling to perfection.

Day Saturday
Date June 15
Time 10 am - 12 noon

Adaptive Dance

Join our experienced dance instructors to be introduced to the world of dance and learn the basics in a fun, stress-free environment. Get up and get moving in this fun dance class. Open to all Individuals with physical or intellectual disabilities

Instructor Miss Danielle
Ages 18+
Location EHTCC 110
Days Select Mondays
Times 1 pm - 2 pm
Dates April 8, 22
May 6, 20
June 3
Price Free

Karate

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

Instructor Master Carson and Karate Staff
Ages 16+
Location EHTCC 113
Days Mondays and Wednesdays
Times 7 pm - 8 pm
Dates April 1 - June 26
(No Class 5/27)
Price \$110 R / \$120 NR

ADULT PROGRAMS

Open Gym Volleyball

Open gym volleyball features pick up games to build on your skills and have fun. Participants must have prior volleyball experience. We will mix up games with our youth volleyball participants under the guidance of the program leaders. Sign up for the session to secure your place all season, or drop in for \$5/day as space allows. Max 36 Players. A waiver form must be completed on site daily for drop-in players.

Ages	18+
Location	EHTCC Gym
Days	Wednesdays
Times	7:30 pm - 9:00 pm
Dates	April 3 - June 12
Price	\$ 52 R / \$ 57 NR

Open Gym Basketball

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

Ages	18+
Location	EHTCC Gyms
<u>Day Time</u>	
Days	Mondays
Times	12 noon - 2 pm
Dates	April 1 - June 17 (No 5/27)
Price	\$ 44 R / \$ 49 NR
<u>Evening Time</u>	
Days	Tuesdays
Times	6:30 pm - 8:30 pm
Dates	April 2 - June 25
Price	\$ 52 R / \$ 57 NR

Youth Coaching Clinic

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

Participants will learn:

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

Instructor	Rick Audet
Location	EHTCC Meeting Room
Days	Tuesday
Times	6 pm - 9 pm
Dates	June 4
Price	Free



Open Gym Pickleball

Court 1 - Level 1 - Beginner / Novice
Court 2 - Level 2 - Intermediate
Court 3 - Level 3 - Intermediate / Advance
Drop in for \$5 as space allows, only **24 players** will be allowed in each day. No session registration is available. A waiver must be completed on site daily for drop-in players.

Ages	18+
Location	EHTCC Gyms
Days	Thursdays
Times	6:30 pm- 8:30 pm
Dates	April 4 - June 27
Price	\$5 / Day

ADULT PROGRAMS

Self -Defense

Join Yoshua for Aikido (games), Ukemi (self recovery), Taisabaki (fundamental movements), Kihon Waza (technique development), Kihon Waza (defense motion), Kinonoagare (defense in motion), and Tachi Waza (empty handed techniques). You will learn partner pin downs & throwing, although striking is involved it is not the main objective. Focus on bio-mechanics and physics to apply yourself to this martial art and maintain a level on self-preservation.

Instructor Yoshua Saravia
Ages 18+
Location EHTCC 113
Days Fridays
Times 5:00 pm - 6:30 pm
Dates April 5 - June 14
Price \$ 100 R / \$ 110 NR

Beginner Pickleball Clinic

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

Indoor Clinic will include 90 minutes of instruction and 90 minutes of guided play. Outdoor Clinic will only include 90 minutes of instruction.

Instructor Bill Giannetti
Ages 18+
Indoor Clinic
Location EHTCC Gym
Days Fridays
Times 9 am - 12 noon
Dates April 12 - June 7
(No Class 5/10)
Price \$120 R / \$130 NR

Outdoor Clinic
Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 10:00 am - 11:30am
Dates April 20 - June 8
(No Class 5/25)
Price \$90 R / \$100 NR

Tennis

This clinic is designed to teach the fundamentals of tennis. It will feature individual and group instruction from our experienced tennis staff. Ground strokes, volleys, serves and game play will be covered.

Instructor Joan Kostiuk and Tennis Staff
Location Tonay Canale Park Tennis Courts
Days Saturdays
Dates April 20 - June 8
(No Class 5/25)

Price \$ 70 R / \$ 75 NR

Early Bird Tennis

Times 7:30 am - 9:00 am

Ages 16+

Fast Action Drills

Times 9:00 am - 10:00 am

Ages 16 +

Intermediate Pickleball Clinic

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

Instructor Bill Giannetti
Ages 18+

Indoor Clinic

Location EHTCC Aux Gym
Days Fridays
Times 12:15 pm - 2:15 pm
Dates April 12 - June 7
(No Class 5/10)
Price \$ 110 R / \$ 120 NR

Outdoor Clinic

Location Delilah Oaks Pickleball Courts
Days Saturdays
Times 11:30 am - 1:00 pm
Dates April 20 - June 8
(No Class 5/25)
Price \$ 90 R / \$ 100 NR

FITNESS PROGRAMS

Margaret's Madness Spin

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

Instructor Margaret Keena

Ages 18+

Location EHTCC 112

Monday Morning Class

Days Mondays

Times 9:30 am - 10:30 am

Dates April 1 - June 24
(No Class 4/29, 5/27)

Price \$ 88 R / \$ 98 NR

Friday Morning Class

Days Fridays

Times 9:30 am - 10:30 am

Dates April 5 - June 28
(No Class 5/3, 6/21)

Price \$ 88 R / \$ 98 NR

Wednesday Evening Class

Days Wednesday

Times 6:30 pm - 7:30 pm

Dates April 3 - June 12
(No Class 5/1)

Price \$ 96 R / \$ 106 NR



Beginner's Spin

Come learn the basics of how to spin in a low-stress, judgement-free class! How to approach the bike, make adjustments, learn the lingo, and more. Build your confidence as you get your cardio in! Please bring a towel and water bottle.

Instructor Margaret Keena

Ages 18+

Location EHTCC 112

Days Mondays

Times 10:45 am - 11:15 am

Dates April 1 - June 24
(No Class 4/29, 5/27)

Price \$ 55 R / \$ 60 NR

Cycle with Joe

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

Instructor Joe LaRosa

Ages 18+

Location EHTCC 112

Days Tuesdays

Times 6:30 pm - 7:30 pm

Dates April 2 - June 25

Price \$ 104 R / \$ 114 NR

Sporadic Saturday Spin

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

Instructor Margaret Keena

Ages 18+

Location EHTCC 112

Days Saturdays

Times 9:30 am - 10:15 am

Dates April 13, 27
May 4, 18

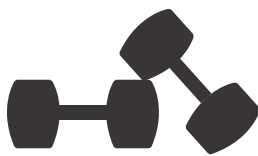
Price \$ 32 R / \$ 37 NR

FITNESS PROGRAMS

Walk Off the Pounds

If you want to lose weight and improve your fitness this year but don't know where to start, indoor walking can be your best option. This program consists of walking in place, knee lifts, forward kicks and back kicks for a total walk of 1 to 3 miles. Towel and water needed.

Instructor Toni-Lynn Rispoli
Ages 18+
Location EHTCC 111
Days Mondays, Wednesdays & Fridays
Times 8:15 am - 9:15 am
Dates April 1 - June 28
(No Class 5/27, 6/21)
Price \$ 259 R / \$ 279 NR



Cardio Blast

This full body fitness class incorporates a variety of aerobic exercises with strength and core training to tone your entire body, blast calories and boost your metabolism. Designed for all fitness levels, this class will have you moving, sweating and looking forward to coming back. Participants will need a towel, mat and water.

Instructor Wendy Santora
Ages 18+
Location EHTCC 111
Monday Class
Days Mondays
Times 5:30 pm - 6:30 pm
Dates April 1 - June 24
(No Class 4/22, 5/6, 5/27)
Price \$ 80 R / \$ 90 NR

Wednesday Class
Days Wednesdays
Times 5:30 pm - 6:30 pm
Dates April 3 - June 26
(No Class 4/10, 5/8, 6/12)
Price \$ 80 R / \$ 90 NR

Two Day Option
Price \$ 140 R / \$ 160 NR

Tone and Balance

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

Instructor Margaret Keena
Ages 18+
Location EHTCC 113
Days Mondays, Wednesdays, & Fridays
Times 8:15 am - 9 am
Dates April 1 - June 28
(No Class 4/29, 5/1, 5/3, 5/27, 6/21)

Three Day Option

Price \$ 238 R / \$ 258 NR

Two Day Option

Price \$ 168 R / \$ 188 NR

One Day Option

Price \$ 96 R / \$ 106 NR



Cardio Step

Step moves are choreographed into fun routines. The music won't let you stop moving. Have fun while burning calories. This class is designed to appeal to experienced steppers. Participants will need a towel and water.

Instructor Wendy Santora
Ages 18+
Location EHTCC 111
Days Wednesdays
Times 6:30 pm - 7:30 pm
Dates April 3 - June 26
(No Class 4/10, 5/8, 6/12)
Price \$ 80 R / \$ 90 NR

FITNESS PROGRAMS

Total Body Tabata

Bid farewell to monotonous workouts! Tabata is the perfect blend of sweat-inducing challenges and pure enjoyment. Prepare to ignite your fitness routine with a blend of Interval Training, Cardio, and Strength Training, tailored for all fitness levels. Get ready to experience a workout like no other that will leave you feeling stronger, fitter, and ready to conquer the world! No matter where you are on your fitness journey, this class is for everyone. Be part of a supportive atmosphere where you're encouraged to challenge yourself and unlock amazing results. Bring a water bottle, towel, and mat and let's get started.

Instructor Keisha Brown
Ages 18+
Location EHTCC 111
Days Tuesdays and Thursdays
Times 6 pm - 7 pm
Dates April 2 - June 27
(No Class 4/11, 4/16, 5/16)
Price \$ 161 R / \$ 181 NR



Zumba with Kendale

Zumba combines Latin and International music with a fun and effective workout system combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. The perfect combo of fun and fitness. All you need are water, a towel and a smile!

Instructor Kendale Ingram
Ages 18+
Location EHTCC 113
Days Tuesdays
Times 5:30 - 6:30 pm
Dates April 9 - June 18
(No Class 4/16)
Price \$ 80 R / \$ 90 NR

Body Works!

Overall strength training with pilates bar, bands, and weights. Tighten and tone up that body! No impact exercise.

Instructor Margaret Keena
Ages 18+
Location EHTCC 111
Days Tuesdays
Times 8:45 am - 9:30 am
Dates April 2 - June 25
(No Class 4/30)
Price \$ 96 R / \$ 106 NR

Mindful Chair and Standing Yoga

Chair Yoga is a modified form of yoga using a chair, but we also do standing postures in class which can also be performed in a chair. The class includes the body scan, breathing exercises, gentle movements, chair and standing yoga, meditation and relaxation.

Chair yoga has been shown to enhance muscular strength, body flexibility, and respiratory function making it beneficial for individuals of all ages and fitness levels including those with limited mobility, those who sit for extended periods, and those who want a gentle workout.

Benefits of Chair Yoga:

- * Stress Reduction
- * Pain management
- * Releasing tension in the body contributing to overall health and well-being
- * Cardiovascular health
- * Enhanced balance and posture that may prevent falling
- * Mental well-being
- * Soothes the emotions

Bring a mat and water bottle.

Please note - this class will require 2 punches on a drop in card to attend

Instructor Linda Schwartz
Ages 18+
Location EHTCC 113
Days Tuesdays
Times 10:30 am - 11:30 am
Dates April 23 - June 25
Price \$ 120 R / \$ 130 NR

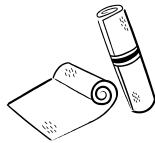
FITNESS PROGRAMS

Pilates with Keisha

Pilates is a great way to build strength, flexibility, and control of the body. Whether you're looking to improve your posture, increase your flexibility, or tone your muscles, Pilates can help you achieve your fitness goals in a fun and engaging way.

The exercises work the body's core muscles, including those in the abdomen, back, and hips, as well as in the arms and legs. Providing a dynamic workout that is sure to energize and transform your body. Pilates also emphasizes proper breathing, alignment, and concentration, which helps to improve posture, balance, and overall physical function. It can be adapted to any fitness level and physical ability, making it a fun choice for all. So why not give it a try and see for yourself how much fun it can be? All you'll need is a mat, a towel and your favorite water bottle!

Instructor Keisha Brown
Ages 18+
Location EHTCC 111
Days Tuesdays and Thursdays
Times 7 pm - 8 pm
Dates April 2 - June 27
(No Class 4/11, 4/16, 5/16)
Price \$ 161 R / \$ 181 NR



Punch Cards

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

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

Four Class

Price \$40 R / \$45 NR

Eight Class

Price \$80 R / \$90 NR

Sixteen Classes

Price \$160 R / \$180 NR

Yoga for Health and Well-Being

Join the fun exploring and practicing yoga. Learn how to cultivate and circulate your life force energy. Build strength, balance, and increase flexibility. Calm the mind, soothe the emotions, and come home to your body. We learn how to balance action with inner stillness to take Yoga off the mat into our lives. All poses can be adapted to your body. Bring a mat and water bottle.

Please note - this class will require 2 punches on a drop in card to attend

Instructor Linda Schwartz
Ages 18+
Location EHTCC 113
Days Wednesdays
Times 10 am - 11 am
Dates April 24 - June 26
Price \$ 120 R / \$ 130 NR

Manic Monday Spin and Buns and Guns

Dina's Class are taking a brief hiatus - Check back soon for dates or call the office for more information!

