

MARCH 2021

EHT RECREATION PROGRAM GUIDE

Spring 2021



EHT Recreation Department

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 Hours: 8:30 am - 4:30 pm

Resident Registration begins March 8
Non-Resident Registration begins March 15

On-line registration ends on March 26

Covid-19 Procedures

- Please note these guidelines may change as the State guidelines do.
- Only participants registered for the class will be allowed in the class area.
- Face masks must be worn when entering the building and during check in.
- Face masks may only be removed while participants are actively engaged in activity.
- All participants will be temperature checked and must answer a Covid-19 survey prior to entering the activity area. No one with a temperature above 100.3 F or exhibiting signs and symptoms of Covid-19 will be allowed into the class area.
- Water fountains are currently unavailable. Please bring enough water for the duration of your activity.
- There is no seating available in the lobby.
- No minors will be released from the building without the parent/guardian being visible to the instructors.
- Strict class minimums and maximums are in place for the safety of participants, instructors, and staff.

Mayors Wellness Campaign



Walk and Talk with Committee

Join Mayor Hodson, Deputy Mayor Pfrommer, and the rest of Township Committee for a weekly walk around the EHT Community Center and through Tony Canale Park. Each week Committee will discuss a different topic about the health and welfare of Egg Harbor Township.

Pre-registration is encouraged but not required at www.ehtrec.com

Days: Thursdays
Times: 5:00 pm - 6:00 pm
Dates: May 6 - June 24
Location: EHT Community Center

30 Minute at Home Body Weight Workout

Start a timer for 30 seconds, alternate 30 seconds of exercise and 30 seconds of rest for a work out that is sure to get your heart pumping and body moving

High Knees
Mountain Climbers
Reverse Lunge Right Leg
Reverse Lunge Left Leg
Squats
Push ups
Wall sit
Side Plank Left
Side Plank Right
Sit ups

Vegan Eggplant Meatballs

Ingredients:

2 tablespoons olive oil
1 lb eggplant, unpeeled and cut into 1-inch cubes
1/4 cup water
1/2 teaspoon salt
1/4 teaspoon pepper
1 small onion, chopped
1 tablespoon minced garlic
1 15 oz can white beans, rinsed and drained
1/4 cup chopped fresh parsley
1 cup seasoned breadcrumbs

Directions:

Preheat oven to 375. Spray a mini muffin pan with cooking spray. Heat 1 tablespoon of oil in a large skillet over medium heat. When it's hot, add the eggplant and water. Sprinkle with salt and pepper and cook, stirring occasionally, until the pieces soften and begin to brown, 10 to 15 minutes. Transfer the eggplant to the bowl of a food processor. Add white beans and parsley to the eggplant and pulse until well combined and chopped, not pureed. Add remaining tablespoon of olive oil to the pan along with the onion and garlic and cook over medium heat until they are soft and translucent, about 5 minutes. Remove from heat. Add eggplant mixture to the onion and garlic mixture along with the breadcrumbs. Stir to combine and adjust seasoning if necessary. Roll the mixture into balls that will fit into the mini muffin pan. Bake for 20 minutes or until browned. Serve with spaghetti and tomato sauce.

Follow the EHT Mayors
Wellness Campaign on
Facebook for more information!



Special Events

Interested in becoming a sponsor of EHT Recreation?

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, 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.

Snowman and Winter Scene Picture Contest

Don't forget to submit your best winter picture by March 15! Photos will be posted on the EHT Recreation Facebook Page from March 16 - March 22 for voting. The winners will be announced March 24. #EHTREC

Philadelphia Flower Show

The Annual PHS Philadelphia Flower Show is being held fully outdoor at FDR Park in South Philadelphia! This year's flower show theme is "Habitat: Nature's Masterpiece" and will showcase the extraordinary plants, creativity, and talent of this region's top horticulturists and designers. Don't delay, this trip will sell out. Call (609) 272 - 8120 to reserve your seat today. Transportation via School Bus. Transportation and admission included in fee.

Date: Thursday, June 10
Leaves: 2 pm from EHT Community Center
Departs: 7 pm from Philadelphia
Fee: \$40
Max: 30

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 day 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 5
Time: 10 am - 12 noon
Location: EHT Nature Reserve

Spring Craft Fair

EHT Recreation is proud to announce it will be hosting its inaugural Spring Craft Show in 2021! This primarily outdoor event will be hosted at the EHT Community Center May 8th from 10 am- 2 pm. If you are interested in becoming a vendor please call EHT Recreation at (609) 272 - 8120

Summer Events

Mark your calendars and get ready to join EHT Recreation and the Robert J Lincoln Amphitheater in Tony Canale Park!

Rhythm in the Park will be held on Fridays 7 pm - 9 pm beginning June 25 and going through August 27.

Movie Under the Stars will be held on Saturdays July 10 and August 14 at sundown (approx. 8 pm) .

Monday Morning Madness youth entertainment series will be held on Mondays at 11 am beginning June 21 and going through August 23.

Summer Camps!

EHT Recreation is ready for summer! We are hoping for a normal summer, but are Covid ready.

Our 10 - week Summer Adventure Camp will begin on June 21 and go through August 27, 8:30 am - 4:00 pm, with before and after care options available. Our program boasts an experienced and caring staff, a great facility, and tons of trips and fun at very affordable and competitive prices. Registration begins in and online on April 1.

Looking for some thing your child to do, but not interested in a full day camp. EHT Recreation has you covered. We are pleased to be offering one week specialty camps! From soccer to basketball to speed and agility to National CSI camp, we will have something for everyone! Exact information will be available at the end of April.

Egg Harbor Township Scavenger Hunt

Spring is right around the corner which means it is time to get out side and explore all the EHT has to offer. Grab the whole family and join EHT Recreation throughout April and May to compete in our first ever town wide scavenger hunt! The first clue will be posted on April 9th on EHT Recreation's Facebook page!

Pre-School Programs

Creative Kids

Your preschooler will enjoy a variety of fun arts and crafts in Creative Kids & More. Your preschoolers 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 day will be included as time allows. Join our caring staff for 2 hours of fun! Introduce your preschooler to the basics and structure of a classroom with fun activities without the stress of a full day program! Three and two options available.

Location: EHTCC 117
Instructor: Miss Doreen
Times: 10 am - 12 noon
Ages: 3 - 5

Three Day Option

Days: Mondays, Wednesday, and Friday
Dates: April 12 - June 18
(No class 5/31)
Price: \$305 R / \$325 NR

Two Day Option

Days: Tuesday and Thursday
Dates: April 13 - June 17
Price: \$210 R / \$230 NR

Ready Set Go

This program will introduce children to a variety of different exercises in a structured, safe environment including, but not limited to 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.

Ages: 2 - 5
Location: EHTCC Gym
Instructor: Miss Toni-Lynn
Price: \$ 80 R / \$85 NR

Wednesday Session

Days: Wednesdays
Times: 10:45 - 11:45 am
Dates: March 31 - June 2

Thursday Session

Days: Thursdays
Times: 9 - 10 am
Dates: April 1 - June 3

Saturday Session

Days: Saturdays
Times: 10:15 am - 11:15 am
Dates: April 10 - June 5
(No Class 5/8)

Music n Motion

Your child will enjoy an hour of musical and gross motor activities in the class designed for a fun social time together. Sing, dance, and clap along with the group! Adults are welcome to join the class with their child and required if the child is not potty trained. Instruments provided in class.

Days: Thursdays
Times: 1 pm - 2 pm
Dates: April 8 - June 3
Age: 2 - 4
Location: EHTCC 117
Instructor: Miss Doreen
Price: \$50 R / \$55 NR

Soccer Clinic

New and Improved soccer clinic for 3 year olds - 7 year olds. Join EHT Recreation and the New Jersey Surf Soccer for some Saturday Soccer Fun. This program is geared for children with little to no soccer experience and/or 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.

T shirts and soccer balls provided for every participant.

Days: Saturdays
Dates: April 10 - June 5
(No Class 5/29)
Location: Bargaintown Park
Instructor: New Jersey Surf Soccer
Price: \$50 R / \$55 NR

Time: 9 - 10 am
Ages: 3 - 4

Time: 10:15 am - 11:15 am
Ages: 3 - 4

Time: 11:30 - 12:30 pm
Ages: 5 - 7

Youth Programs

Dance

Our dance program is a great way for children to be introduced to the world of dance and learn the basics in a fun, stress-free environment from our caring instructors. Our participants will then progress through our dance program levels and refine their skills. A fantastic dance recital concludes each session.

Instructor: Miss Danielle, Miss Emma,
and Miss Emilie
Ages: 3 - 18 years olds

This 5 month session of dance is currently already running. Check back in June for the information about the next session!

Youth Programs

Story Time with Miss Doreen

Join Miss Doreen after school! Kids will enjoy a weekly story and a craft to match!

Days: Wednesdays
Times: 4:30 pm - 5:15 pm
Dates: March 31 - June 2
Age: 5 - 8
Location: EHTCC 117
Instructor: Miss Doreen
Price: \$50 R / \$55 NR

Parent - Child Mindfulness

Mindfulness practice has been shown to enhance health and quality of life at any age. Its no wonder so many of us want to teach mindfulness to our children - but how can a busy parent find both the time and right approach? Look no further. Students and parents will participate in mindfulness, meditation, crafts, and much more!

Days: Thursdays
Times: 5:00 pm - 6:00 pm
Dates: April 1 - April 29
Age: 8+
Location: EHTCC 118
Instructor: Miss Valerie
Price: \$40 R / \$45 NR

Youth Mindfulness

Mindfulness practice has been shown to enhance health and quality of life at any age. Research has shown that mindfulness can help your child improve their abilities to pay attention, calm down when they are upset, and make better decisions. Participants will enjoy mindfulness, meditation, crafts, and much more!

Days: Thursdays
Times: 6:30 pm - 7:30 pm
Dates: April 1 - April 29
Age: 10 +
Location: EHTCC 118
Instructor: Miss Valerie
Price: \$40 R / \$45 NR

EHT Running Club

Our running program gives boys and girls ages 8-14 the opportunity to discover the sport of cross-country running by teaching running techniques and skills through a variety of running drills. Participants will learn from EHT Coaches and Teachers. EHT Running Club T-Shirt provided.

Days: Mondays and Wednesdays
Times: 4:30 - 5:30 pm
Dates: April 12 - June 2
(No Class 5/31)
Age: 8 - 13
Location: EHT Nature Reserve
Instructor: Mr. Aaron, Miss Colleen, and Mr. Danny
Price: \$60 R / \$65 NR

EHT Skills Academy Basketball Clinic

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

Fifth and Sixth Grade

Days: Tuesdays
Times: 4:30 pm - 5:30 pm
Dates: April 13 - June 1
Grades: 5 - 6
Location: EHTCC Gym
Instructor: Coach Cam
Price: \$64 R / \$69 NR

Seventh and Eighth Grade

Days: Tuesdays
Times: 6:00 pm - 7:00 pm
Dates: April 13 - June 1
Grades: 6:00 pm - 7:00 pm
Location: EHTCC Gym
Instructor: Coach Cam
Price: \$64 R / \$69 NR

Fencing

Beginning Fencing

Learn the centuries-old art of defense with a point weapon. Students will be instructed in the basics of foil fencing, such as footwork and parries. Participants will build team working skills by judging and directing matches according to traditional rules. Fencing enhances confidence and coordination. All gear is provided. Bruising may occur.

Days: Mondays
Times: 6:45 - 8:15 pm
Dates: April 5 - May 24
Age: 10 - 17
Location: EHTCC Gyms
Instructor: Miss Amanda
Price: \$65 R / \$70

Advanced Fencing

Fencing students will expand on their knowledge to become proficient with all three weapons - foil, saber, and epee. This fast-paced, competitive class open to youths who have completed at least one season of Beginners Fencing.

Days: Thursdays
Times: 6:45 - 8:15 pm
Dates: April 8 - May 27
Age: 12 - 17
Location: EHTCC Gyms
Instructor: Miss Amanda
Price: \$65 R / \$70

Feild Hockey

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

Days: Saturdays
Times: 8 - 9:15 am
Dates: April 10 - June 2
Age: 8 - 13
Location: Shires Park
Instructor: Miss Toni-Lynn
Price: \$60 R / \$65 NR

Karate

Karate

Youth and adult karate students learn 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. Benefits of participating in Karate are the students will build their balance and physical conditioning. Creates 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.

Tiny Tigers

Days: Wednesdays
Times: 4: 00 pm – 4:30 pm
Dates: March 31 - June 2
Ages: 4 - 5
Location: Aux Gym
Instructor: Master Carson and Karate Staff
Price: \$40R / \$45 NR

Beginning and Returning Students (No Belts – Blue Belts)

Days: Mondays and Wednesdays
Times: 5: 00 pm – 6:00 pm
Dates: March 29 - June 2
(No Class May 31)
Ages: 6 – 16
Location: Aux Gym
Instructor: Master Carson and Karate Staff
Price: \$80R / \$90 NR

Advanced Students (Brown Belts – Black Belts)

Days: Mondays and Wednesdays
Times: 6:30 pm – 7:30 pm
Dates: March 29 - June 2
(No Class May 31)
Ages: 6 – 16
Location: Aux Gym
Instructor: Master Carson and Karate Staff
Price: \$80R / \$90 NR

Adults Students (All Levels)

Days: Mondays and Wednesdays
Times: 8:00 pm - 9:00 pm
Dates: March 29 - June 2
(No Class May 31)
Ages: 16+
Location: Aux Gym
Instructor: Master Carson and Karate Staff
Price: \$80R / \$90 NR

Tennis Clinics

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.

Days: Saturdays
Dates: April 10 - June 5
(No Class 5 / 29)
Price: \$ 70 R / \$75 NR
Instructors: Tennis Staff

Youth Programs

High School Open Gym Basketball

Our youth open gym is a great place to run some hoops! Pick up games will be formed each night. Good sportsmanship is mandatory.

Pre-registration is encouraged. Drop ins available as space allows for \$5 a day, minors must be signed in by a parent/guardian nightly if not pre-registered. .

Days: Tuesdays
Times: 7:30 pm - 9:00 pm
Dates: April 13 - June 1
Grades: 9 - 12
Location: EHTCC Gym
Instructor: Coach Cam
Price: \$32 R / \$37

Open Gym Volleyball

Our open gym volleyball program is for beginner and intermediate level players. This is a great opportunity to play the game you love, exercise, meet friends, and have fun. Pick-up games are formed each day, **no instruction will be given.**

Pre-registration is encouraged. Drop ins available as space allows for \$5 a day, minors must be signed in by a parent/guardian nightly if not pre-registered. .

Beginners

Days: Wednesdays
Times: 5 - 6:30
Dates: March 31 - June 2
Grade: 8 - 10
Location: EHTCC Gym
Price \$40 R / \$45 NR

Intermediate

Days: Wednesdays
Times: 7 - 8:30 pm
Dates: March 31 - June 2
Grade: 11 - Adult
Location: EHTCC Gym
Price \$40 R / \$45 NR

Tennis Programs

Early Bird Tennis

Times: 7:30 - 9 am
Ages: 16+

Junior Tots Tennis

Times: 9:15 - 10:15 am
Ages: 6 - 7

Beginners Tennis

Times: 9:15 - 10:15 am
Ages: 8 - 16

Beginners Tennis

Times: 10:30 - 11:30 am
Ages: 8 - 16

Advanced Beginners Tennis

Times: 11:45 - 12:45 pm
Ages: 8 - 16

Adult Programs

Mindfulness Meditation for Balance and Peace

Mindfulness strengthens our immune system, decreases stress, shrinks the area of the brain involved in worry, decreases cortisol, the stress chemical, and helps us sleep better.

Learn to balance your mind and open your heart during difficulties using mindfulness, loving kindness, equanimity, and compassion.

We will practice the body scan, various meditations - guided and non-guided, and mindful walking meditation.

Days: Fridays
Times: 11:30 am - 12:30 pm
Dates: April 9 - June 4
Age: 18+
Location: EHTCC 109
Instructor: Linda
Price: \$72 R / \$82 NR

Youth Sports Coaching Clinics

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. Pre-registration is required. 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)

Days: Tuesdays
Times: 6:00 pm - 9:00 pm
Dates: March 30 and April 27
Ages: 18+
Location: EHTCC Multipurpose Room
Instructor: Mr. Rick Audet

Open Gym Volleyball

Our open gym volleyball program is for beginner and intermediate level players. This is a great opportunity to play the game you love, exercise, meet friends, and have fun. Pick-up games are formed each day, no instruction will be given.

Session registration available or \$5 daily drop in if space allows.

Days: Wednesdays
Times: 7 - 8:30 pm
Dates: March 31 - June 2
Grade: 11 - Adult
Location: EHTCC Gym
Price: \$40 R / \$45 NR

Open Gym Pickleball

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. The game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game. A limited number of players will be allowed in the gym each day. Sign up for the session to secure your place all season, or drop in for \$5/time slot as space allows. A waiver for must be completed on site daily for drop in players

Ages: 18+
Location: EHTCC Gym

Beginners/Intermediate Play

Mondays

Times: 9:30 am - 11:30 am
Dates: March 29 - April 26
Price: \$20 R / \$22 NR

Wednesday

Times: 12:30 pm - 2:30 pm
Dates: March 31 - April 28
Price: \$20 R / \$22 NR

Intermediate/Advanced Play

Mondays

Times: 12:30 pm - 2:30 pm
Dates: March 29 - April 26
Price: \$20 R / \$22 NR

Wednesday

Times: 9:30 am - 11:30 am
Dates: March 31 - April 28
Price: \$20 R / \$22 NR

Open Gym Basketball

Our Adult Open Gym Basketball is a place to run 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. A waiver form must be completed on site daily for drop in players.

Day Time Open Gym

Dates: April 1 - June 3
Days: Thursdays
Times: 12 noon - 2:00 pm
Ages: 18+
Location: EHTCC Gym
Price: \$40 R / \$45 NR

Evening Time Open Gym

Dates: April 22 - June 3
Days: Thursdays
Times: 6:00 pm - 8:00 pm
Ages: 18+
Location: EHTCC Gym
Price: \$28 R / \$33 NR

30 and Over Open Gym

Dates: March 30 - June 1
Days: Tuesdays
Times: 12 noon - 2:00 pm
Ages: 18+
Location: EHTCC Gym
Price: \$40 R / \$45 NR

Morning Fitness

Boot Camp

Come Join Margaret's Boot Camp - 45 Minute Circuit Training using light weights and body weight. Light Cardio in between sets, gets that heart pumping! All Ages Welcome. Mat and water needed.

Virtual option available call the office for more information

Days: Mondays and Fridays
Dates: March 29 - June 4
(No Class 4/2, 4/16, 4/19 or 5/29)
Times: 8:15 am - 9 am
Ages: 18+
Location: EHTCC 113
Instructor: Margaret
Price: \$112 R / \$122 NR

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. The popularity of indoor walking as a weight loss activity is growing in leaps and bounds. Towel and water needed.

Virtual option available call the office for more information

Days: Mondays and Wednesdays
Dates: March 29 - June 2
(No class 5/31)
Times: 9 am - 10 am
Ages: 18+
Location: EHTCC 111
Instructor: Toni-Lynn
Price: \$133 R / \$143 NR

Tone and Balance

A new class incorporating every day balance moves and building strength with light weights. No impact, just tightening our bodies. Mats and water are needed.

Virtual option available call the office for more information

Days: Wednesdays
Dates: March 31 - June 2
Times: 8:15 am - 9 am
Ages: 18+
Location: EHTCC 113
Instructor: Margaret
Price: \$80 R / \$90 NR

Strength Training

Strengthen your muscles & mind with weights to increase bone density & bump your metabolism. Help your immune system. All ages. Towel and Water needed.

Virtual option available call the office for more information

Days: Wednesdays
Dates: March 31 - June 2
Times: 9:45 am - 10:45 am
Ages: 18+
Location: EHTCC 113
Instructor: Michelle
Price: \$80 R / \$90 NR

Pilates

Pilates is a system of exercises that promotes the strengthening of the body including core strength, increased flexibility, breath control and correct alignment to improve posture. A floor mat, towel and water bottle are needed for class.

Virtual option available call the office for more information

Days: Mondays and Fridays
Dates: March 29 - June 4
(No Class 4/2 and 5/31)
Times: 8:30 am - 9:30 am
Ages: 18+
Location: EHTCC Fitness Rooms
Instructor: Michele
Price: \$126 R / \$136 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. Face masks required.

Days: Wednesday
Times: 10:00 am - 11:00 am
Dates: March 31 - June 2
Ages: 18+
Location: EHTCC 109
Instructor: Linda
Price: \$80 R / \$90 NR

Mindful Chair Yoga

We will practice and explore experiential exercises and movements including gentle movement, chair yoga, meditation, and relaxation. Through the practices you develop a greater sense of self awareness, hone the attention of your mind, and learn new movement skills for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace. Bring a mat and water bottle. Face masks required.

Days: Fridays
Dates: April 9 - June 4
Times: 10:00 am - 11:00 am
Ages: 18+
Location: EHTCC 109
Instructor: Linda
Price: \$72 R / \$77 NR

**Interested in doing some of our classes
but not sure which one? Think you
might like a class, but can't make it every
week?**

**Call and ask about our Fitness Punch
Cards and our Spin Drop in Cards!**

(609) 272 - 8120

Evening Fitness

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.

Ages: 18+
Location: EHTCC 111
Instructor: Wendy

Mondays

Days: Mondays
Times: 5:30 pm – 6:30 pm
Dates: March 29 - May 24
(No class 4/19 and 5/3)
Price: \$56 R / \$61 NR

Wednesdays

Days: Wednesdays
Times: 5:30 pm – 6:30 pm
Dates: March 31 - June 2
(No Class 4/14 and 5/19)
Price: \$64 R / \$69 NR

Power Flow Yoga

60 minute Journey into Power Flow practice. Creating alignment, linking breath from one movement into the next. This practice combines physicality with a mindfulness ease creating a cleansing space to reset the body and mind. Yoga mat and water required for class.

Days: Tuesdays
Times: 5:30 pm – 6:30 pm
Dates: March 30 - June 1
(No Class 5/4)
Ages: 18+
Location: EHTCC 111
Instructor: Colleen
Price: \$72 R / \$77 NR

Pilates

Pilates is a system of exercises that promotes the strengthening of the body including core strength, increased flexibility, breath control and correct alignment to improve posture. A floor mat, towel and water bottle are needed for class.

Virtual option available call the office for more information

Days: Tuesdays and Thursdays
Dates: March 30 - June 3
Times: 4:30 pm - 5:30 pm
Ages: 18+
Location: Virtual Only
Instructor: Michelle
Price: \$140 R / \$150 NR

Tabata

Tabata is a High Intensity Interval Training (HIIT) workout that incorporates cardio and strength training for all fitness levels. It is designed in a ratio of 20 seconds of work to 10 seconds of rest in 4 minute sets. Followed by a recovery period. You work at your pace. This workout will increase your overall cardiovascular fitness and endurance while you burn a ton of calories to shed pounds. Best of it all it is a lot of fun!!

Days: Thursdays
Dates: April 1 - June 3
Times: 6:00 pm - 7:00 pm
Ages: 18+
Location: EHTCC 113
Instructor: Keisha
Price: \$80 R / \$90 NR

Zumba

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 has made Zumba® classes a world-wide phenomenon. All you need are water, a towel and a smile!

Zumba with Kendale

Days: Tuesdays
Times: 5:30 pm – 6:30 pm
Ages: 18+
Dates: March 30 - June 1
(No Class 4/6)
Location: EHTCC 113
Instructor: Kendale
Price: \$72 R / \$77 NR

Zumba with Veronica

Days: Thursdays
Times: 6:30 pm – 7:30 pm
Ages: 18+
Dates: April 1 - June 3
Location: EHTCC 113
Instructor: Veronica
Price: \$80 R / \$90 NR

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but not sure which one? Think you
might like a class, but can't make it every
week?**

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Cards and our Spin Drop in Cards!**

(609) 272 - 8120

Morning Spin

Morning Mojo with Michele

45 minutes with stretching- jump start your morning -all levels welcome -water/towel needed - arrive early if new to spinning! Towel and water needed.

Virtual option available call the office for more information

Days: Wednesdays
Times: 8:30 am - 9:30 am
Dates: March 31 - June 2
Ages: 18+
Location: EHTCC 112
Instructor: Michele
Price: \$100 R / \$110 NR

Calorie Blast with Margaret

Calorie Blast 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, are you ready to shed those calories? Towel and water needed

Virtual option available call the office for more information.

Time: 9:30 am - 10:30 am
Ages: 18+
Location: EHTCC 112
Instructor: Margaret

Mondays

Days: Mondays
Dates: March 29 - May 24
Price: \$90 R / \$100 NR

Fridays

Days: Fridays
Dates: April 9 - June 4
Price: \$90 R / \$100 NR

Rev It Up with Val

Join us for a fun, heart-pumping aerobic workout on a beautiful new spin bike. Ride on the flats, up hills, through rolling hills led by a certified instructor motivated by great music. Spinning is perfect for everyone since you control the resistance and pedal speed creating just the right intensity for you. All fitness levels are welcome! Towel and water required.

Times: 5:00 pm - 6:00 pm
Ages: 18+
Location: EHTCC 112
Instructor: Val

Mondays

Days: Mondays
Dates: March 29 - May 24
Price: \$90 R / \$100 NR

Wednesdays

Days: Wednesdays
Dates: March 31 - June 2
Price: \$100 R / \$110 NR

Evening Spin

Spin with Adele

This 45-50 minute ride will take you on a journey that is sure to get your heart rate up and burn those calories. All levels of spin enthusiasts are welcome! The music will have you jumping.

Let's get the week started right! Towel and water required.

Days: Mondays
Times: 6:30 pm - 7:30
Ages: 18+
Location: EHTCC 112
Instructor: Adele
Dates: March 29 - May 24
Price: \$90 R / \$100 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.

Times: 6:30 pm - 7:30 pm
Ages: 18+
Location: EHTCC 112
Instructor: Joe

Tuesdays

Days: Tuesdays
Dates: March 30 - June 1
Price: \$100 R / \$110 NR

Thursdays

Days: Thursdays
Dates: April 1 - June 3
Price: \$100 R / \$110 NR

Friday Happy Hour Spin

Come join us for a choreographed ride to "Ride Down Your Week." This 45-50 minute class is for riders of all levels. Climbs, flats and some all-out sprints- with lots of singing to great music. Come join the fun. You deserve it! Towel and water required.

Days: Fridays
Times: 5:00 pm - 6:00 pm
Dates: April 9 - June 4
Ages: 18 +
Location: EHTCC 112
Instructor: Adele
Price: \$90 R / \$100 NR

Calorie Blast with Margaret

Calorie Blast 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, are you ready to shed those calories? Towel and water required.

Virtual option available call the office for more information

Days: Wednesdays
Times: 6:30 pm - 7:30 pm
Ages: 18+
Location: EHTCC 112
Instructor: Margaret
Dates: March 31 - June 2
Price: \$100 R / \$110 NR

Registration & Program Policies

Registration is accepted on a first-come, first-serve basis, class sizes are limited. All registrations are accepted in-person, online and mail-in. Phone registrations are not accepted for any programs.

Programs will be canceled if registration does not meet the minimum number of participants.

Payment must be made in full at the time of registration, without exception. We accept cash, checks and money orders made payable to "Egg Harbor Township" or "EHT." Payment may also be made by credit card in-person and online; a Convenience Fee will be assessed for each credit/debit card transaction.

You must have PROOF OF RESIDENCY and BIRTH CERTIFICATE (for minors) issued by a state agency (not hospital) at the time of registration.

Parks and Recreation reserves the right to reschedule, relocate, or cancel any announced program due to facility availability and public response. The Park and Recreation Department may also establish minimum or maximum class sizes to ensure appropriate instructor-to-participant ratios.

Children must be the proper age before the program begins and as noted in program description.

Only those enrolled in the program may attend.

Sorry, but "visitors/family" will not be permitted in the program unless specified. If you wish to wait for your child you may do so in the lobby of the Community Center.

Return Check Charge

Any check returned for any reason will be charged a \$20.00 service charge.

EHT Refund Policy

We strive for positive experiences and excellence in everything we do. All refunds will be made according to the following guidelines. Please see separate refund guidelines for Bus Trips in that section of the brochure.

- Refunds will NOT be issued once a program begins. Full refunds are granted in the event that a class is full or cancelled by the Recreation Department.
- Once a class begins, if you are dissatisfied, we can transfer you to another class or offer you a prorated household credit
- Special consideration will be given for life altering situations.
- All refunds will follow the Finance Department's bill-paying schedule and be issued by Township check. There will be no cash refunds or credit card refunds. Please allow ample time for refund to be mailed.

No Smoking, Food or Drinks (except water) allowed in Community Center

Wait Lists

If the program you are interested in is full, your name will be placed on a Wait List. You will be contacted ONLY if a space becomes available and be given a day by which to pay the fee and complete the registration process.

Insurance Information

There is no medical insurance coverage included in your registration for any program offered by the Department of Recreation. By participating in these programs you assume your own medical insurance responsibilities.

Due to time constraints, canceled classes may not be made up.

Cancelation

The best way to find out if a program or class has been canceled due to weather is to check our webpage www.ehtrec.com or our Facebook page. The Recreation Department does NOT follow the school calendar. If school is cancelled due to inclement weather, please check our webpage www.ehtrec.com or our Facebook Page for the status of our programs.

We Love Parents But...

Parents are allowed to attend their child's first day of class (unless specified by the instructor). Please do not remain in the hallway or the classroom after dropping off your child. This is in your child's best interest, as continual interruptions tend to affect participants' attention spans and inhibit the establishment of peer relationships. Thank you for your cooperation.

Inclusive Statement

The Egg Harbor Township Parks and Recreation Department is committed to providing quality leisure services for people of all abilities. We will comply fully with the spirit and intention of the ADA in making reasonable accommodations for all individuals. We encourage people with disabilities to fully participate in all programs offered by the department. Please contact Parks and Recreation for more information.

Hey -What Happened To My Class?

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. Please register early; then everyone will get a chance to participate.

Email List

Please set up an account through our website to be added to our email database and receive important information on the Department and our programs! Visit www.ehtrec.com, click Account, then Create Account.

Oops!

The Parks and Recreation Department makes every effort to ensure the accuracy of the program information found in this brochure. Changes in programming may occur, and we will attempt to keep information updated on our website. All programs, instructors, and locations are subject to change.

No News is Good News

We do not call or mail participants with program confirmations. We will only call you if you did not get into a class, or a class has been canceled due to minimum enrollment.

Photo Policy

Please be advised that all participants involved in any Parks and Recreation Department program or special event are subject to being photographed. Such photographs may be used by the Township of Egg Harbor without obligation to provide notice or compensation to those photographed. Any participant or parent/guardian of participant that does not wish to be photographed must notify the Recreation Department in writing.

****Covid-19 Procedures Supersede all other policies at this time****

