



Attention schools and groups!

The following programs are ongoing (not date specific) opportunities. For more information call Recreation Program Specialist Karen Zindell (609) 625-7000 ext. 5431.

Laughing Matters

Weekdays by advanced arrangement

All ages are welcome to exercise their funny bones with a Certified Laughter Leader. Participants will take a dynamic role in a laughter exercise workout & other activities to encourage playfulness and fun. Laughing is a physical activity that lifts spirits, reduces stress, helps to lower blood pressure and stimulates the immune system. "Laugh for the Health of it!" This program is available free for your organized group of 10-30 people, at your location or ours.

Low Ropes, Team Challenge Course

Weekdays by advanced arrangement
Atlantic County Park at Camp Acagisca

Want to have fun, practice problem solving, while establishing group unity? This outdoor experience can meet many objectives for an existing organized group of 6-15 people, age 10 years and above; building leadership skills, improving communication, and developing consensus, to name but a few. The program consists of physical warm-ups, trust building exercises, and course elements which encompass varying degrees of physical, mental, and emotional exertion. It takes at least 6 hours to complete a majority of the elements. All activities are presented on a challenge by choice basis. Group insurance is required.

Field Games (New and Old)

Is your group of 10-60 people planning a trip on a weekday to the Estell Manor Park? Arrangements can be made for the Recreation Program Specialist to conduct an hour long games program for you. Tug-of-war, relay races, and new games will add excitement to your picnic. An assortment of competitive and/or noncompetitive games can be selected and tailored to the needs of the group.



Volunteer of the Quarter - Ethan Armbruster

Winter 2014 (January - March)

This high school freshman contacted the Park System last fall with a desire to perform a service project to benefit his community, and qualify for the rank of Eagle Scout. A member of BSA Troop 126, Ethan's desire met the Park's need to rejuvenate a tired but popular "Trees of the Park" sign on display in the Nature Center. The project involves collecting, preserving, and mounting leaf, flower, and seed samples for up to 30 tree species, while mapping specimen locations for a future tour guide. The process has included considerable research regarding what each tree is known for, methods of preserving the samples, along with planning how to best allocate the troop's resources through the 4 seasons of collection activities. Ethan has already spent a significant amount of time meeting with staff, and adapting his original plans so that future visitors (and students completing tree projects) may more easily identify their forest resources. Thank you Ethan!

Volunteer Recognition

January 2014 - March 2014

Atlantic County Parks would like to recognize the following dedicated volunteers:

Julie Akers, Ethan Armbruster, Elizabeth Caroline Cruse, Doris Dackonish, Jeanne Grippo, Allen Jackson, Tom & Joanne Judge, David Keefe, Cheryl Osolinski, Paul Quick, James Watson, Andrew, Drew, Kathleen, & Thomas Weatherby, and group volunteers from ARC of Atlantic County. These volunteers assisted with special projects, trail maintenance, and program support, to name but a few of their valuable contributions.

Welcome New Volunteers Elizabeth Cruse & Jeanne Grippo.

If you'd like to lend us your services, please call (609) 625-7000 ext. 5431 and ask for Karen Zindell.



Atlantic County Executive
Dennis Levinson

Atlantic County Board of Freeholders
Frank D. Formica, Chairman

Atlantic County Parks

Summer Programs

July-September 2014



Atlantic County Division of Parks
Atlantic County/Estell Manor
109 State Highway 50
Mays Landing, NJ 08330



All programs are free and require advanced registration. If a program fills, a waiting list will be kept so that any cancellations may be refilled.

Registration: for the following programs is taken on a first-come, first-served basis, and made by calling (609) 625-7000 ext. 5431 between 8AM - 4PM, or through email: zindell_karen@aclink.org

Cancellations: The Division of Parks and Recreation reserves the right to cancel a program if the weather or other unforeseen circumstance makes it impossible to carry out a program.

Please- if you can't make it to a program for which you've registered, call to enable us to release your spot. Suggestions for additions to the current programs are always welcome.

The following programs will be held at the Estell Manor Park Nature Center

Little Learners' Craft Class

Fridays: July 18th, August 15th, & September 19th
Once a month
10 AM and 1 PM

Open to 3-5 year old preschoolers accompanied by an adult. Transform everyday objects into works of art. Time permitting, children will have the opportunity to "show and tell". Specify morning or afternoon session when registering.

Sunset T'ai Chi

Saturdays: July 12th & 26th
7- 8 PM

Teens & Adults

T'ai chi is a mind-body practice sometimes referred to as "moving meditation". These introductory sessions will impart energy exercises that are simple to follow and easy to remember. Participants should dress in loose fitting clothing, casual footwear, and bring water.

Yoga for Beginners

Wednesdays: August 27th, September 3rd & 10th
8:30 - 9:30 AM

Teens & Adults

Relax while learning basic Yoga forms and breath work. Participants should dress in loose fitting clothing, casual footwear, and bring water, yoga mat, and towel.

General Information/ Nature Center/ Veterans Cemetery

(609) 625-1897

Park System Reservation Office at Lake Lenape

(pavillion/gazebo rental, camping, boating)

(609) 625-8219

Atlantic County Website: www.aclink.org

Fish Tales

Tuesday: July 29th
7- 8:30 PM

All Ages

Families and individuals interested in fishing and the environment are invited to join Fred Akers, "Watershed Fred" to learn about the life histories of migratory fish in Lake Lenape and the Great Egg Harbor River. This buoyant presentation will examine life cycles of species such as river shad, white perch, herring, and the American eel, and their relationship to larger species of fish such as striped bass, and fish-eating birds, including osprey, great blue heron, and the federally threatened bald eagle.

Great Egg Harbor River Trip Tips

Tuesday, August 26th
7- 8:30 PM

Teens and Adults

Fred Akers, Administrator of the Great Egg Harbor River Watershed Association will be sharing information about how to plan paddling trips from Penny Pot to Lake Lenape. Access points, travel times, river condition assessments, and safety issues will be covered, along with paddling experience and techniques.



Save Trees. Reduce Costs.



Bike. Hike. Paddle. Play.
Visit Atlantic County Parks today!

Log on to www.aclink.org/Parks
And sign up for our electronic brochures, flyers, and other notifications.

Recreation Equipment Lending

Visitors to the Estell Manor Park may borrow bikes and helmets, volleyballs, softball equipment, soccer balls, horseshoes, jump ropes, and frisbees at the Nature Center. An adult must be with any child borrowing equipment and must present a valid drivers license. Children 17 and under must wear helmets while riding bicycles per New Jersey State Law. *Note: Individuals with special needs may request the use of a three-wheeled bike. We reserve the right to keep this bicycle available for special accommodations only.*



Ticks can carry disease. As you venture outdoors please take the following precautions:

- Tuck your pant legs into your socks.
- Wear light colored clothing (easier to spot ticks).
- Check yourself frequently during/after a trip outdoors.
- Use insect repellents. Read the product labels carefully.
- Stay on the center of trails and avoid walking through the shrub layer of the forest.



If you require an accommodation related to a disability, please call 10 business days in advance so arrangements can be made: NJ Relay phone # 1-800-852-7899