



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 and other activities that 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 - Samantha Riggins

Winter 2015 (January - March)

This enthusiastic, self-motivated and personable volunteer discovered the volunteer opportunities while skimming through a seasonal brochure. Interested primarily in Visitor Services, Samantha reports to the Nature Center bi-weekly, lending her calm, even-keeled presence to whatever task is at hand. Possessing a deep interest in history, Samantha's service soon coursed out to include developing and presenting key portions of the History Hike, with a knowledgeable and on-point delivery. We gratefully hope that her interest stays firmly anchored within the Park System.



Photo courtesy of Rebecca Budney, Park Volunteer

Volunteer Recognition

January 2015 - March 2015

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

Julie Akers, Ethan Armbruster, Doris Dackonish, Allen Jackson, Tom & Joanne Judge, Cheryl Osolinski, Paul Quick, Ken Seebeck, 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.

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 2015



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

Save Trees. Reduce Costs.



Log on to www.aclink.org/Parks

And sign up for our electronic brochures, flyers, and other notifications.

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



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 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 any program if the weather, or other unforeseen circumstance, makes it impossible to conduct.

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

HELD AT ESTELL MANOR PARK NATURE CENTER:

Little Learners' Craft Class

Fridays, July 17th, August 21st, & Sept. 18th
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.

Speaker's Series:

History and Ecology of Estell Manor Park

Monday, July 20th
7- 8:30 PM

All Ages

Learn about the history and ecology of the 1700 acre Atlantic County Park. Michael Hogan will lead an exploration of the park's history, from the glassworks in the 1800's, to the large Belcoville munitions plant built during World War I, to the current day. We will also explore the many miles of trails, historic ruins, the parks large diversity of plants and animals and places for birding, and photography.

Pirates

Wednesday, August 5th
7- 8:30 PM

Ages 10 & up

The Pirates of the Caribbean are fictional. These pirates are for real and they were here! Learn the location of Blackbeard's camp in Brigantine and why Philadelphia became a "Pirate-friendly port." Discover the true stories of Captain Kidd & his buried treasure along our coast. The author tells the whole story of the pirates including their flags, weapons, ships, culture and reasons for becoming pirates. Although this is a serious look at historical figures who helped shape our modern-day culture, children ten-and- up can enjoy it too. Lee Ireland's treatment of the subject is non-academic and family-friendly. Presented in conjunction with Friends of the Parks.

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

Wildflowers of the Pine Barrens

Monday, August 17th
7- 8:30 PM

All Ages

Learn about the many common and rare wildflowers found in the New Jersey Pine Barrens. Michael Hogan will describe where and when to see the common wildflowers of the Pines and discuss the many rare wildflowers including the bog asphodel, Pine Barrens gentian, swamp pink, native orchids and the threats to them.

Birding in the Atlantic County Pinelands

Monday, September 21st
7- 8:30 PM

All Ages

Learn techniques for capturing prize-winning wildlife photographs. The presentation will cover different cameras, lenses, settings and tips for attracting wildlife to your lens. Michael Hogan will describe his favorite locations in Atlantic County, when to visit them and show a presentation of his favorite wildlife photography featuring birds of the New Jersey Pine Barrens.



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.*

HELD AT LAKE LENAPE EAST CATERING HALL:
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)

Intro to T'ai Chi

Tuesdays, July 14th, August 11th, & September 8th
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.

Baby & Me

Wednesdays, July 15th, 22nd, & 29th
10-11 AM

Caregivers & children

This class is geared to improve your total body strength and flexibility through exercise while also providing fun activities that help build coordination and develop social skills for your child. Class is open to any care giver with children aged 6 weeks to 5 years. Participants should dress in comfortable clothing and sneakers, and bring mat or towel and water.

Yoga for Beginners

Wednesdays, Aug. 5th, 12th, & 19th
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.

Wednesday Whoot Group

Wednesdays, Aug. 5th, 12th, & 19th
10 - 11 AM

For the Child at Heart

Karaoke optional, dance a little, laugh a lot, and share stories, all in the round. Register early for this twelve person maximum light-hearted social interpretive experience.

Games Night

Wednesday, September 2nd
7-9 PM

All Ages

Share stories of your summertime adventures with others while playing the board game of your choice. Refreshments provided by Friends of the Parks, join us to create a lasting fun-filled family memory prior to launching into the new school year's routine.

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: 625-1897.
NJ Relay phone # 1-800-852-7899