



### Attention schools and groups!

The following programs are ongoing (not date specific) opportunities. For more information call our Recreation Program Specialist Colleen Robinson (609) 625-7000 ext. 5431 or email Robinson\_colleen@aclink.org



### Explore the Park

Have you wanted to hike the north end of the Estell Manor Park, but have been afraid of getting lost? Want someone to show you what trails lead where? The Recreation Specialist will be available **Monday through Friday** by appointment to conduct individuals and groups on a guided tour of the Estell Manor Park. Standard tick precautions are recommended.

### Recreation Equipment Lending

Visitors to the Estell Manor Park may borrow bikes and helmets, volleyballs, softball equipment, soccer balls, horseshoes, 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: 645-5960. NJ Relay phone # 1-800-852-7899

## Volunteer Recognition



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

Julie Akers, Bob Baum, Helen Biggs, Tony and Kaden Bowen, Doris Dackonish, Allen Jackson, Thomas & Joanne Judge, Cheryl Osolinsky, Paul Quick, Bob Revell, Jim Watson, Andrew, Drew, Kathleen, & Thomas Weatherby, and group volunteers from ACUA, ARC of Atlantic County, Friends of the Park Inc., GEHWA & JORBA

These volunteers assisted with group cleanups, program delivery and 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 or email Robinson\_colleen@aclink.org



Atlantic County Executive  
Dennis Levinson

Atlantic County Board of Freeholders  
Frank D. Formica, Chairman

## Save Trees. Reduce Costs.



Log on to [www.aclink.org/Parks](http://www.aclink.org/Parks) And sign up for our electronic brochures, flyers, and other notifications.

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

# Atlantic County Parks Summer Programs

## July- September 2016



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: [robinson\\_colleen@aclink.org](mailto:robinson_colleen@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 release your spot. Suggestions for additions to the current programs are always welcome.

**THE FOLLOWING PROGRAMS WILL BE HELD AT THE NATURE CENTER IN THE ESTELL MANOR PARK**

**Little Learners' Craft Class**

Fridays; July 15th, August 19th, September 16th 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.

**Butterfly Garden - ongoing project**

Bees and butterflies play a vital role in the pollination of plants and the production of crops. Sadly, with the increasing use of pesticides and fewer wildflowers growing in prime habitat; bee and monarch butterfly numbers are dropping dramatically. The staff at Estell Manor Park is on a mission to help nurture these wonderful little creatures by constructing our very own Butterfly Garden behind the Warren E. Fox Nature Center!

Discover how you can lend a helping hand in this project! Please email [Robinson\\_Colleen@aclink.org](mailto:Robinson_Colleen@aclink.org) to sign up for future project dates.



**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](http://www.aclink.org)



**Borrow - A - Bike**

The Nature Center has **NEW** casual cruising bikes! Stop in to test them out through our Borrow-a-Bike program!

Availability is on a first-come first-serve basis.

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.



**THE FOLLOWING PROGRAMS WILL BE HELD AT LAKE LENAPE EAST CATERING HALL: 753 Park Road, Mays Landing**

**Zumba Gold**

Tuesdays; July 19th, August 16th, September 20th  
*New Time!* 5 - 6 PM

Get ready to party yourself into shape! This energizing, easy-to-follow, Latin dance moves will burn calories and get you into shape!

**Yoga for Beginners**

Wednesdays; August 31st, September 7th & 14th  
9 - 10 AM

Teens and 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.

**Pumpkin Festival**

Saturday, October 22, 2016  
1 PM - 6 PM

Come and join the parks for our first Pumpkin Festival! There will be games, contests, prizes and just general seasonal family fun. Look for more information in the Fall Brochure this coming October.

**THE FOLLOWING PROGRAMS WILL BE HELD AT LAKE LENAPE WEST BOATHOUSE: 6303 Old Harding Highway, Mays Landing**

**Fall Youth Fishing Derby**

October 15th  
8 AM - 12 PM

Ages 15 and under. Parents bring your kids out to have some fun fishing and being outside at the lake. Come and enjoy the fresh air and fall colors! Prizes will be awarded at the end in many different categories.

Limited registration availability. To register, please email [Witcraft\\_Adam@aclink.org](mailto:Witcraft_Adam@aclink.org) by October 8th.

