



Registration: for the following programs is taken on a first-come, first-served basis, and made by calling **The Nature Center** staff at (609) 625-1897 between 8AM - 4PM 7 days a week.

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.

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



**Speaker's Series
Local Wildlife of the Parks**

Wednesday, August 9th
3 PM - 4 PM

Open to anyone who is interested in local wildlife. Come on out and learn about wildlife that can be found in the Atlantic County Park! Our speaker Catherine Tredick will lead the discussion on the functions of camera trapping, species diversity, and activity patterns by exploring the findings from her studies in the Estell Manor Park. There will be time for open discussion and questions after the initial presentation.

Please call ahead to register.



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

Join Friends of the Parks



The goal for Friends of the Parks is to assist the continued growth of the park system, its programs, and to encourage visitors to get involved in all the natural, cultural, and recreational opportunities our parks have to offer.

We rely on interested and enthusiastic people who want to support and promote the Atlantic County Parks. Meetings are usually the first Wednesday of every month 6:30PM at the Warren E. Fox Nature Center in the Estell Manor Park.

To find out more please contact Julie Akers at julieakers56@gmail.com

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

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

Zumba

Tuesdays 5 - 6 PM
August 15th, Sept. 19th, Oct. 17th, Nov. 21st, Dec. 19th
Get ready to party yourself into shape! These energizing, easy-to-follow, Latin dance moves will burn calories and get you into shape for the spring.



Yoga for Beginners

Wednesday, August 23rd, August 30th
9 AM - 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.





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. Bikes cannot be reserved in advance.

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.



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! Contact park staff at the Nature Center.



Volunteer Recognition

Atlantic County Parks would like to thank all of our dedicated volunteers who have assisted with group cleanups, program delivery and support:

Julie Akers, Linda and Carl Farrell, Joan Liepe, Kathy and Drew Weatherby, Paul Quick, Thomas and Joanne Judge, Lynn Maun, Jim Watson, Allen Jackson, William Donath, Diane Williams, Bob Baum, Anne Dowling, Ellen Olsen, Donna Shoemaker, Sandy Walczak, Tony and Kaden Bowen, Cheryl Osolinsky, Mark and Pat Demitroff, Bob Revell, and group volunteers from ACUA, ARC of Atlantic County, Friends of the Park Inc., GEHWA & JORBA

If you'd like to lend us your services, please call (609) 625-1897 or email Witcraft_Adam@aclink.org



Atlantic County Executive
Dennis Levinson

Atlantic County Board of Freeholders
Frank D. Formica, Chairman

Atlantic County Parks

Summer Programs

2017



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!