The following programs will be held at:
Lake Lenape East
753 Park Road, Mays Landing
(Alternative location: Estell Manor Park Nature Center)

Intro to T'ai Chi
Tuesdays, January 13th, February 10th & March 10th
7 PM - 8 PM

Teens and Adults
T'ai chi is a mind-body practice sometimes referred to as “moving meditation”; practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. 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, February 4th, 11th & 18th
8:30 - 9:30 AM

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

Wednesday Whoot Group
Wednesdays, February 4th, 11th & 18th
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 ten person maximum light-hearted social interpretive experience. New program!

Baby & Me
Wednesdays, March 4th, 11th & 18th
11 -12 Noon

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 caregiver with children aged 6 weeks to 5 years. Participants should dress in comfortable clothing and sneakers, and bring mat or towel and water. New program!
Attention schools and groups!
The following programs are ongoing (not date specific) opportunities. For more information call Recreation Program Specialist Karen Zindei (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 - GEHWA - Lynn Maun
Summer 2014 (July - September)
The Great Egg Harbor Watershed Association (GEHWA) was formed in 1989 by Congress to promote the protection of the Great Egg Harbor River and Watershed through its designation into the federal Wild & Scenic Rivers Program. Lynn Maun, an educator with the association, has conducted dozens of environmental education programs within the Park System over the past year.

Her willingness to craft the program to each group’s individual needs has allowed the Park System to serve a wide variety of populations. Lynn programs “in a box”, transporting the equipment, tools, and materials necessary, to wherever the group is at, although her “out of the box” methods, such as engaging hand puppets, and using ice cube trays to count macroinvertebrates, creates programs that are fun and illuminating indeed. The thank you letters streaming in are testaments as to how Lynn has touched these children’s lives in memorable ways.

Lynn has reached hundreds of handfuls of participants, while instilling an awareness of and appreciation for the interconnected web of life that includes and surrounds us all. The Park System is fortunate for its confluence with Lynn Maun and GEHWA.

Volunteer Recognition
July 2014 - September 2014
Atlantic County Parks would like to recognize the following dedicated volunteers:
Kevin Akeret, Ethan Armbruster, Bob Baum, Gerry Creighton, Doris Dackonish, Allen Jackson, Thomas & Joanne Judge, Sarah Kelly, Stephen Lane, Cheryl Osolinsky, Paul Quick, Ken Seebeck, Jim Watson, Kathy & Thomas Weatherby, and group volunteers from ARC of Atlantic County, GEHWA, and the JORBA programs.

These volunteers assisted with trail restoration, and program support, to name but a few of their valuable contributions.

Warmest Welcome to new volunteers: Cecilia Brown, Stephen Lane & Samantha Riggins

Atlantic County Executive
Dennis Levinson
Atlantic County Board of Freeholders

Atlantic County Division of Parks and Recreation
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.

Atlantic County Parks Winter Programs
January-March 2015