



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 - Paul Quick

Summer 2013 (June - August)

Continuing his record breaking service, this multi-talented, multi-tasking, self-starter has given hundreds of hours to the Park System. Beginning his volunteer service with removing overgrown limbs from trail edges, and thorns from trail beds, Paul soon branched out to assisting with group programs. When he noticed trails flooding due to beaver activity, he began the arduous undertaking of clearing mucky debris from the spillways, only to have it reappear overnight repeatedly. Not dissuaded by that Sisyphean task, at the end of summer Paul's interest rotated to bike repair, just when it was needed most. Repairing broken seats and pedals, and fixing flat tires by pulling out thorns, Paul's service has cycled completely. Little wonder that he was selected as our 2012 Volunteer of the Year. Congratulations Paul!



Volunteer Recognition

July 2013 - September 2013

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

Doris Dackonish, Andrew Hoover, Allen Jackson, Thomas & Joanne Judge, David Keefe, Barbara Keith, Euhyung Kim, Bonnie LaRoche, Cheryl Osolinsky, Paul Quick, Jim Watson, 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.

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

Atlantic County Parks

Winter Programs

January-March 2014



Atlantic County Division of Parks and Recreation
109 State Highway 50
Mays Landing, NJ 08330

Save Trees. Reduce Costs.



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

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

Winter



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 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, January 17th, February 21st, March 21st
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.

Yoga for Beginners

Wednesdays, January 29th, February 5th & February 12th
8:30 - 9:30 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.

Intro to T'ai Chi

Mondays, March 10th & 24th
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.

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

Rhythm Circle

Friday, January 31st

7:30-8:30 PM

Learn to use various types of drums and other rhythm instruments in a group setting. Children must be accompanied by an adult.



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: 645-5960. NJ Relay phone # 1-800-852-7899

Speaker's Series: Controlling Indoor Pests

Tuesday, March 18th

7- 8 PM

Presented by a pest control professional, homeowners will learn how they can control ants, roaches, rodents, bed bugs and other pests, safely and effectively, by themselves, and when to call an exterminator.

Hike Estell

Sunday, January 12th

Saturday, February 8th

Sunday, March 16th (History Hike)

1:30 - 3:30 PM - Rain or shine!

Explore Estell Manor Park's rich history with these guided recreational hiking tours. The History hike will focus on the area of the Park used by the Bethlehem Loading Company to produce armaments for WWI. A brief overview of the Estellville Glassworks will also be included. Meet at the Fox Nature Center. Pace is geared toward ability of the group. Standard tick precautions are recommended.

Note: The Recreation Program Specialist is available Monday through Friday by appointment, to explore the park with individuals and groups.

Public Orienteering

Saturday, January 4th

Sunday, February 2nd

Saturday, March 22nd

Sunday, April 6th

11 AM - 3 PM

Are your children learning to read a map in school? Put on your hiking boots, pack a trail lunch and head to the Estell Manor Park for a three mile orienteering course through the woods. We provide the instructions, maps and a loaner compass. A basic course for the beginner and an intermediate course for the experienced or more adventurous are offered. Please specify course when registering. Children under 13 must have an adult with them. Standard tick precautions are recommended.

Attention Schools and Groups: This makes an excellent field trip. Available during the week with advanced arrangements. Call Karen at 625-7000 x5431.