

Watch for these NEW MWR Programs!

**Gear to Go
Ski Tune-up**

**Auto Crafts Shop
Oil Change Classes
Tune-ups for Beginners
Roadside Safety
Preventative Maintenance**

**Lane Hall
Weight Watchers**

***For program ideas or
suggestions please
forward information to:***

**MWR Program Team
SELFM-MWR-PT
Building 801
Fort Monmouth, NJ 07703
(732) 532-3095**

In a joint effort MWR has partnered with the Monmouth County Park System to bring you a variety of programs. Here are some of the fantastic programs that the Monmouth County Park System offers.

The Monmouth County Park System offers residents more than 11,000 acres of parks, golf courses, historic sites, stream valleys and conservation areas as permanently protected open space. Under the direction of the County Board of Chosen Freeholders and the Board of Recreation Commissioners, the Park System's 12,000 acres are the setting for more than 4,000 recreation programs offered yearly to relax, rejuvenate and revitalize residents of all ages, interests, and abilities.

**Monmouth County Park System
offers a variety of classes to include
classes like:**

Equestrian	Friends of the Parks
Historic Sites	Nature Programs
Outdoor Recreation	Parent & Child Programs
Summer Theatre	Senior Programs
Therapeutic Recreation	Trips n' Tours

Adult Classes:

Arts & Crafts	Fitness
Golf	Outdoor Adventures

Childrens Classes:

Nature	Sports
Summer Camps	Swimming

For more information on Monmouth County Park System visit
www.monmouthcountyparks.com or
call (732) 842-4000.

First Choice!

MWR
SERVING AMERICA'S ARMY

**Fall
Instructional
Classes**



Physical Fitness Center Building 114

Aerobic Fitness Program

Body Sculpting
Water Aerobics
Step Aerobics

Hi/Lo Aerobic Kickboxing

Program Length: Monday - Friday
11:45am - 12:30pm
5:45-6:30pm

Open Year Round

Cost: \$10.00 for card of 16 sessions

Class is held at the Physical Fitness Center,
Building 114.

Life Guard Training Course

Program Length: About 30 hours

Cost: \$180.00 (after passing pre-test*)

Class Sessions: Can be scheduled by calling
Agnes Magdziarek at (732) 532-9122

Restrictions: Must be 15 years of age or older.

Swimming Lessons

Program Length: 30 minute lessons, twice a
week

Cost: \$64 - DoD Civilians and Officers

\$44 - E6 & below

\$54 - E7 - E9

\$100 - Private Classes

Community Center Building 552

Cardio Kickboxing Classes

Eight - 45 minute sessions

Time: 5:00pm - 5:45pm

Mon, Wed & Fri

Starts 10 Sept 01

Cost \$35.00 per person

18 Years & Older Only Please

Ballroom Dance Classes

Eight - 1 Hour sessions

Time: 6:30pm - 7:30pm

Every Wednesday

Starts 24 Oct 01

Cost \$40.00 per person

18 Years & Older Only Please

Country & Western Dance Classes

Eight - 1 Hour Sessions

Time: 6:30pm - 8:30pm

Every Monday

Starts 24 Sept 01

Cost \$40.00 Per Person

18 Years & Older Only Please

Karate Classes - Okinawa Kenpo -

"Law Of The Fist"

Eight - 1 Hour Sessions

Time: 6:00pm - 7:00pm

Every Thursday

Starts 13 Sept 01

Cost \$40.00 Per Person

18 Years & Older Only Please

Feel free to register one of
"4" ways:

Phone: 732-389-0449 or 732-532-3077

Email:

maritza.rivera@mail1.monmouth.army.mil

Fax: 732-532-3064

Mail registration form to:
Tickets N' Tours Office
Bldg 1010 Alexander Avenue
Fort Monmouth, NJ 07703

Please make all checks payable to
FMMWRF

We want your input:

Are there any trips/tours you would like to see
offered that are not listed in this activity directory?
Here's your chance to be heard. Send your ideas
to: Program Team Office, Bldg 801, Fort Monmouth
NJ 07703 Attn: Ron

Payment/Deposit Information:

All trips and tours are Non-Refundable. The Tickets
N' Tours Office requires Non-Refundable payments
on all trips/tours under \$75.00 four weeks before
date of departure. All trips/tours over \$75.00 will
require a Non-Refundable deposit of \$100.00 per
person (unless other wise noted) at time of
registration, with full payment due 60 days prior to
trip/tour.

"Individuals who require special services or
accommodations in order to participate in MWR trips
or tours should inform the Central Registration
Office."