



Skateboarding Instruction with Ridgewood Parks and Recreation



**FALL
2019**



Grades 2 - 8

Monday afternoons,

Choose: 4:15 to 5:15 pm or 5:15 to 6:15 pm

5 weeks: September 16, 23, (no 30),

October 7, (no 14), 21, 28

**(rain makeups will be
announced as needed)**

The Skate Park,

259 North Maple Ave

\$110/ 5 weeks

(non-residents \$120)

**Bring your board, helmet, wrist,
knee and elbow pads.**

**All must possess a 2019 Skate Park
Membership (no fee). Register online at
www.ridgewoodnj.net/communitypass.
Photo ID cards are printed at the Stable
Recreation Office, 259 N. Maple Ave.**

Classes will offer warm-up exercises and stretching to prepare for riding. Students will review the basics including: safety, stance, balance, pushing, riding, turning and flat ground tricks. Next they will move on to learn to ride the ramps. The milestone fundamental skills of the ollie and the drop-in will be taught. Time will reinforce the skills learned and participants will be ready to take on some of the bigger ramps the park has to offer.

PROGRAM REGISTRATION – Online at www.ridgewoodnj.net/communitypass

In person/by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Checks should be made payable to: RIDGEWOOD PARKS & RECREATION

Name _____ Telephone _____ Age _____

Address _____ Emergency Contact _____

_____ Emergency Telephone _____

Email _____ Conditions/Allergies _____

Program *Skateboarding Fall Instruction 2019* 4:15 pm _____ 5:15 pm _____

\$110 (non-residents \$120) Payment Ck # _____

I, the parent of the above named youth hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parental Consent _____