Ridgewood Parks and Recreation

presents

Middle School Fitness

Total Body Tuesdays
Open to Boys and Girls!

Tuesday afternoons

Anne Zusy Youth Lounge,131 N. Maple Avenue 3:45pm to 4:45pm

March 14, 21, 28 April 4, 18, 25 May 2, 9 (No class on April 11)

\$ 100/8 classes

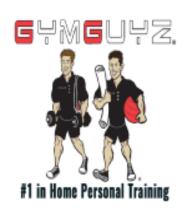
(Non-residents may register if space is available.

An added \$10 fee will apply.)

Call 201-670-5500 ext 301 for more details.

Bring water.

with



GYMGUYZ provides a weekly outlet for middle school students that aids in their ongoing growth, and their pursuit of good health, optimal fitness, wellness and nutritional understanding and practice.

Maintaining one's health and fitness during adolescence is critical to growth, intellectual and physical development and self-esteem. This program integrates all of these components, and more!

Program Registration - Online at www.ridgewoodnj.net/communitypass

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

Please make checks payable to: Ridgewood Parks and Recreation

Refund Policy - Administrative fees apply to cancellations prior to the start of session. No refunds once session begins.

Name	Telephone
Address	Age Grade
	Session/Date EARLY SPRING 2017
Email	Emergency Phone
	Allergies/Condition
Program: GYMGUYZ MIDDLE SCHO	OL FITNESS \$100 (\$110 non-residents) Payment Ck# Cash

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:	