

**RIDGEFIELD PARK BOARD OF RECREATION
234 MAIN STREET
RIDGEFIELD PARK, NJ 07660
VOICEMAIL (201) 641-4950 EXT. 610
Info on activities: www.ridgefieldpark.org
Email address: rpboardofrec@gmail.com**

The Board of Recreation is offering a Fitness and Conditioning Camp. The purpose of the Fitness and Conditioning camp is to promote a healthy lifestyle and introduce various athletic development techniques to prepare the participants for a great athletic school year in the various sports programs the Village offers. The camp is run by volunteer coaches and parents from our community that share a vision and maintain focus on participant improvement. All of our coaches are Rutgers S.A.F.E.T.Y certified.

Age Groups:

2nd Grade (Fall 2017) to 8th Grade

Campers will be broken up into groups based on age and skill level.

Camp Dates:

Tuesdays through Thursdays

Week 1: Aug 1st - 3rd

Week 2: Aug 8th - 10th

Week 3: Aug 15th - 17th

Location: Veterans Park – Turf Field

Time: 6:00 pm to 7:30 pm

Cost:

\$25.00 for 1 Week

\$30.00 for 2 Weeks

\$35.00 for 3 weeks

All checks should be made payable to Ridgefield Park Board of Recreation

Registration:

Pre-Register using this link: <https://goo.gl/forms/epmcxda3UerlN4yb2>

**For further info, contact the Board at rpboardofrec@gmail.com or
leave a message on voicemail at (201) 641-4950 ext. 610.**