



WOMEN'S & GIRL'S TAEKWONDO CLASS

IN THIS CLASS TAUGHT BY RIDGEFIELD PARK INSTRUCTOR SARAH AMRO AND SPONSORED BY THE RIDGEFIELD PARK BOARD OF RECREATION, YOU WILL BE INTRODUCED TO A DYNAMIC BLEND OF FITNESS, MARTIAL ARTS, AND SELF-DEFENSE TECHNIQUES.

 **RIDGEFIELD PARK CIVIC CENTER**

 **MAY 4TH, 2024 – JUNE 15TH, 2024**

 **10:00AM – 11:00AM**

 **KO_TAEKWONDO**

- **1 CLASS / \$30**
- PACKAGE DEALS:**
- **3 CLASSES / \$80**
- **6 CLASSES / \$150**

- **AGE GROUP 15+**
- **18 AND UNDER MUST HAVE A CONSENT FORM SIGNED**
- **PLEASE BRING YOUR OWN WATER AND MAT**

**BOARD OF RECREATION
234 MAIN STREET
RIDGEFIELD PARK, NJ 07660 Voicemail: 201-641-4950 ext. 610
boardofrec@ridgefieldpark.org
Info on activities: www.ridgefieldpark.org/board-recreation
SPRING SESSION 5/4/24 – 6/15/24**

INTRODUCTION TO WOMEN'S AND GIRL'S TAEKWONDO CLASS OPEN TO FEMALE ADULTS AND GIRLS (MINIMUM 15 YRS. OLD)

TAEKWONDO REGISTRATION: BRING FORM TO FIRST SESSION

Eligibility: Participants must be a minimum age of 15 to participate in program as well as live in or attend school in Ridgefield Park or work in Ridgefield Park. Open to Bogota, Little Ferry residents. Out-of-town residents will be accepted if space permits.

Fee options: \$30.00 (drop-in rate), \$80.00 (3 classes), \$150.00 (6 classes)
Please make check payable to RP Board of Recreation.

WOMEN'S AND GIRL'S TAEKWONDO to be held on Saturday mornings: 10:00am – 11:00am
BEGINS: May 4, 2024 – June 15, 2024 – No Taekwondo class on May 25 for Memorial Day Weekend.
Please bring registration form and fee to the first session. Also, please email by Wednesday, May 1st so proper equipment is available for everyone. You will need to bring your own mat.

Held at: Ridgefield Park Civic Center, 159 Park Street, Ridgefield Park, NJ 07660
You will receive an email/text by 8:00 a.m. if Taekwondo class is cancelled for that day.

PLEASE FILL IN THE BELOW:

Name: _____ Adult over age 18: _____
Address: _____ Town: _____
Telephone No. _____ Email: _____
Youth – Age: _____ (Minimum 15 yrs. old) School: _____

LIST ANY MEDICAL CONDITIONS:

I/We, parents of the above child named for participation in Taekwondo class, hereby give my/our approval. I/We assume all risks and hazards incidental to such participation including transportation, if any. We do hereby waive, release, absolve and agree to hold harmless the Village of Ridgefield Park, members of the Board of Recreation, the organizers, supervisors, and the participants. If over the age of 18, I am signing as a participant and agree to the above.

SIGNED:

CLEARLY PRINT NAME:

*****PLEASE MAKE SURE YOU SIGN FORM; CHILD CANNOT PARTICIPATE WITHOUT SIGNATURE*****
If you have any questions, feel free to email the Board of Recreation at: boardofrec@ridgefieldpark.org or leave a voicemail at 201-641-4950 ext. 610. Please remember these are volunteers and will respond as soon as possible.

NAME ON CHECK _____ CHECKNO. _____ AMOUNT _____