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.