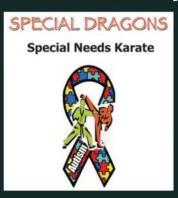


Join LEAP for KARATE

The Ridgewood Parks & Recreation Department is offering adapted programming for our residents aged 12-24 with the help of the State's Recreation Opportunities for Individuals with Disabilities (ROID) grant.

Classes will be held from 5:00-6:00pm Fridays, February 3, 10, 17, 24 at the Stable 256 N. Maple Ave. Ridgewood NJ 07450

Participants will learn key skills with the help of



our Special Dragons Sensei:
Eye/ Hand Coordination
Motor Control
Conditioning
Sensory Integration
Balance Focus
and more!

Registration can be found on Community Pass www.ridgewoodnj.net/communitypass Cost is \$40 per month.

Registration closes one week prior to start date.
Please contact 201-670-5565 with any questions.

