



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!

SPECIAL DRAGONS
Special Needs Karate



**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.**

