



Ridgewood High School Gymnastics Clinic

For girls and boys in grades
Kindergarten- 8th.

**Saturday, October 5th, 12th, 19th, & 26th
8 am – 9 am**

At Ridgewood High School in Gym 3.

**One fun hour filled with instructional
gymnastics supervised and taught by
current Ridgewood High School Gymnasts
and Coaches. No RSVP needed.**

**There is no cost for the gymnastics clinic,
however a donation would be appreciated
which will go towards the purchase of new
equipment.**

Any questions contact RHS Athletic Director Mr. Cook @ 201-670-2800 or
kcook@ridgewood.k12.nj.us

RHS Gymnastics Head Coach Mrs. Mendez @ 201-670-2800 or kmendez@ridgewood.k12.nj.us.