



# Ridgewood High School Gymnastics Clinic

For girls and boys in grades  
Kindergarten- 8th.  
Saturday, October 3rd, 10th, 17th, and 24th  
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.**

**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](mailto:kcook@ridgewood.k12.nj.us)  
RHS Gymnastics Head Coach Mrs. Mendez @ 201-670-2800 or [kmendez@ridgewood.k12.nj.us](mailto:kmendez@ridgewood.k12.nj.us).