

PUMP TRACK Clinic

GIVE YOUR LITTLE SHREDDERS MORE CONFIDENCE ON THEIR BIKES

**** KIDS MUST BE ABLE TO RIDE A BIKE WITHOUT TRAINING WHEELS, ****
THIS IS NOT A SESSION TO TEACH THEM HOW TO RIDE A BIKE, BUT RATHER TO
ENHANCE THEIR SKILLS AND FUN AT THE PUMP TRACK

SOME OF THE SKILLS LEARNED INCLUDE

Week One:

Basic Body Position

Vision

Pumping Basics

Cornering Basics

Week 2:

Advanced Cornering

Finding Flow

Intro to Jumping

INSTRUCTOR: KATHI KRAUSE WITH DIRT ROCK N ROOT TRAINING

WHEN: TUESDAYS, MAY 20TH & 27TH
(RAIN DATE: JUNE 3RD)
AGES 6-12 - 5:00 PM - 6:30 PM

WHERE: WEST MILFORD FAMILY PUMP TRACK
30 LYCOSKY DR, WEST MILFORD, NJ 07480
(PAST THE RECYCLING CENTER, BEHIND SOCCER FIELDS)

WHO: CHILDREN AGES 6-12

COST: \$95 (OUT-OF-TOWN RESIDENTS ADD \$10)



How to Enroll:

To register, go online to www.westmilford.org. Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Look for "2025 SPRING PROGRAMS".
If you need assistance call the Recreation Office at 973-728-2860. Monday-Friday, 8:30am-4:30pm.