

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

THIS PROGRAM TEACHES RIDERS:

- FUNDAMENTAL BODY POSITIONING
- HOW TO PUMP THE BIKE WITHOUT PEDALING
- CORNERING IN BERMS
- VISION
- INTRODUCTION TO JUMPING

HELMETS AND GLOVES ARE REQUIRED

*** BMX, DIRT JUMPERS, AND MOUNTAIN BIKES ARE ALL WELCOME ***

INSTRUCTOR: KATHI KRAUSE WITH DIRT ROCK N ROOT TRAINING

WHEN: TUESDAYS, JULY 9TH & 16TH
(RAIN DATE: JULY 23RD)

AGES 6-10 - 5:00 PM - 6:20 PM

AGES 11-17 - 6:35 PM - 8:00 PM

WHERE: WEST MILFORD FAMILY PUMP TRACK
30 LYCOSKY DR, WEST MILFORD, NJ 07480

WHO: CHILDREN AGES 6-17

COST: \$90 (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 "2024 SUMMER PROGRAMS".

If you need assistance call the Recreation Office at 973-728-2860. Monday-Friday, 8:30am-4:30pm.

*** LIMITED CAPACITY ***