

# 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](http://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 \***