

Ringwood Recreation 2025

the fun starts here!

RUGBY 101

FREE CLINIC

**LEARN THE GAME, BUILD
CONFIDENCE, HAVE FUN!**

**Register online at CommunityPass.net
under season "Fall 2025"**

Boys & Girls 7-14 Years Old - Grades 2nd -8th



WEDNESDAY, OCTOBER 22 & 29

4:30-5:30 P.M.

**MARTIN J. RYERSON LOWER FIELD
130 VALLEY ROAD**

Rugby 101 is an exciting introduction to the sport of rugby designed for boys and girls of all athletic backgrounds. Players will learn the basics of passing, running with the ball, teamwork and sportsmanship in a fun, safe, and non-contact environment. This program focuses on developing confidence, coordination, and a love for the game – no experience required!

Meet the Coach: Tim Downey, Bergen Catholic HS Rugby Head Coach

**Non-contact / flag-style rugby to introduce kids to the
fundamentals in a safe, fun way!**

Questions? Contact recdept@ringwoodnj.net or call (973) 475-7171