

# *Ringwood Recreation 2025*

*the fun starts here!*

## WOMEN'S



## SPRING OPEN RUNS

POST HIGH SCHOOL AGES 18+

***Register online at [CommunityPass.net](https://CommunityPass.net) under the season "Adult Sports & Exercise Programs"***

**TUESDAY NIGHTS**

**6:30 - 8:30 p.m.**

**April 15, 29, May 6, 20, 27, June 3, 10**

**MARTIN J. RYERSON MIDDLE SCHOOL**

**130 VALLEY ROAD, RINGWOOD**

**Questions? Email [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or call (973) 475-7171**