

Ringwood Recreation 2026

the fun starts here!

WOMEN'S



SPRING OPEN RUNS

POST HIGH SCHOOL AGES 18+

Register online at CommunityPass.net under the season "Adult Sports & Exercise Programs"

TUESDAY NIGHTS

7:00 - 9:00 p.m.

Starting April 14th through June

LAKELAND REGIONAL HIGH SCHOOL - WEST GYM

205 CONKLINTOWN ROAD, WANAQUE

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