

Ringwood Recreation 2026

the fun starts here!



YOUTH YOGA **AGES 12-15**



Register online at CommunityPass.net under the season
"Community Center Programs 2026"

TUESDAY EVENINGS - 4 SESSIONS - \$20

5:30-6:15 PM

OCTOBER 6, 13, 20, 27

FOR OUR YOUNG PEOPLE TO DEVELOP:

- **PHYSICAL & MENTAL CONNECTION**
- **STRESS REDUCTION**
- **SELF-EMPOWERMENT**

Ringwood Community Center, 112 Erskine Road

INSTRUCTOR: VIOLETTE ESSMAN

Please bring your own yoga mat



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