

Riegel Ridge Happenings

910 Milford-Warren Glen Road
Milford, NJ 08848
908-995-9260
www.riegelridgecc.org
director@riegelridgecc.org



Featured Program

Parents Night Out!
Friday March 16th
6:00pm - 9:00pm
Children K - 8th Grade

Let the staff of RRCC entertain your children for an evening filled with pizza, movies, games, volleyball & a black-belt karate demonstration!

Parents will be able to enjoy a well deserved night to themselves!

Price:
Members \$25 first child
1/2 off additional children

Non-Members \$30 first child
1/2 off additional children

That's cheaper than a babysitter!
How do I sign up?

We ask that all interested register no later than March 11th. Forms are available at RRCC or on our website:
www.riegelridgecc.org

For More Information
Contact Lauren or Marie
908-995-9260
Staff@riegelridgecc.org

New Programs & Classes Offer Fun For the Whole Family !

RRCC Child Care Is Back!

Child Watch is open Monday through Friday 8:30am until Noon for children 6 months through 5 years old. We now offer unlimited monthly prepaid cards for members at discounted prices!

Isshinryu Karate:

Monthly Sessions on Thursday 6:00pm - 7:30pm

Children ages 4 & above will learn much more than respect and self-defense in this Karate class .This course encompasses all the aspects of this classical art: its history, evolution, various styles, philosophies & defined movements. Students will gain knowledge of yin and yang, five element theory, & the laws of motion. Instructor

Keith Groogan is a 3rd Degree Black Belt
with over 25 years of martial arts experience.

Music For Moms & Tots:

Monthly Sessions on Mondays 10:00am

Children ages 3 - 5 years will explore music & express themselves through sing-alongs, dance, and activities. Percussion & rhythm instruments will allow children to create the music while focusing on age appropriate musical concepts.

Pre-Registration is required. Class will be taught by Miss Lauren

Cheernastics Spring 2012

Registration opens for our spring session on April 4th. This is an 11 week long progressive learning process with four levels. Children will be required to execute all appropriate tasks for their level in proper form before they advance. Our staff places strict focus on safety & correct form, while gradually building strength & flexibility.

Our coaches will determine your child's level. Last day of class is a performance show for families to enjoy.

For More Information Contact
staff@riegelridgecc.org

Fitness

RRCC Fitness Classes (including Zumba) are free to all members!

Be on the look out for new classes. The ridge is continuously working to extend and refresh our fitness programs.

The drop-in class fee for non-members is \$8 per class.

RRCC offers pre-paid fitness cards at the price of \$60 for 10 class visits.

We ask that all first-time visitors fill out our Liability Waiver.

Fitness Class schedules & descriptions are available on our website: www.riegelridgecc.org

Join Us For Toddler Gym Time!

A safe and fun environment for you and your child to play, skip, hop, run & jump. This is a parent/guardian and child class where kids can learn to tumble & make new friends.

Offered Wednesday, Thursday, Friday
10:30 Am - Noon

Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
RRCC Child Care 8:30am - Noon	RRCC Child Care 8:30am - Noon	RRCC Child Care 8:30am - Noon	RRCC Child Care 8:30am - Noon	RRCC Child Care 8:30am - Noon
Music For Moms & Tots 10am - 10:45am Lounge (Begins March 7th)		Toddler Gym Time 10:30 - Noon	Toddler Gym Time 10:30 - Noon	Toddler Gym Time 10:30 - Noon
	Cheernastics Level 1 6:00pm - 7:00pm Level 3 7:15am - 8:45 pm (Begins April 17th)	Cheernastics Level 2 6:00pm - 7:00pm Level 4 7:15am - 8:45 pm (Begins April 18th)	Karate 6:00pm - 7:30pm (Begins March 1st)	Parents Night Out 6:00 - 9:30 (March 16th)

Prices

Child Watch

\$3 per child per visit
or

Member Monthly Unlimited Card

\$35 single child

\$40 multiple children

All visits are a 90 minute maximum

Isshinryu Karate

Members: \$35 a month

Non-members: \$40 a month

We offer discounted rates for families who have two or more children enrolled.

Music For Moms & Tots

4 weeks per session

Members: \$40

Members Additional Child: \$25

Non-Members: \$50

Non-Members Additional Child: \$30

Cheernastics

Level 1 & 2: \$127.00

Level 3 & 4: 172.00

Price includes Cheernastics T-shirt for Show Day

Toddler Gym Time

Members: \$3

Non-Members: \$5

Siblings: \$2 each

Ask about our Pre-Paid Cards!