



# PLAY SPORTS

at Park Ridge Recreation (Ages 2-5)

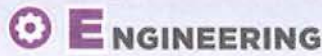
**TEACH  
GROW  
ACHIEVE**



## WE BRING THE SPORTS TO YOU!

TGA's action-packed enrichment programs are perfect for beginners and more experienced students to build their skills and have a blast learning about the sport in a safe and supportive environment.

- We provide all equipment
- Professionally trained and background-checked coaches
- Discover valuable life lessons
- Learn sport rules and etiquette
- Explore academic concepts including STEAM through the sport
- Returning students will learn and practice more advanced skills



**RESEARCH SHOWS ACTIVE KIDS HAVE:**

- IMPROVED GRADES AND TEST SCORES
- INCREASED SELF-ESTEEM
- BOOSTED CONCENTRATION
- BETTER PHYSICAL HEALTH

*\*According to The Aspen Institute Project Play*

## COME PLAY WITH TGA!

SESSION	START DATE	END DATE	START TIME	END TIME	CLASSES	PRICE
Parent & Me	September 14	November 23	9:00 AM	9:45 AM	10 Classes	\$200
Pre-K	September 14	November 23	9:45 AM	10:30 AM	10 Classes	\$200

Parent & Me is for Ages 2-3  
Pre-K is for Ages 3-5

Location: Park Ridge Community Center (next to Library) - 53 Park Ave. Park Ridge, NJ

Park Ridge Recreation: (201) 573-1800 x521

For more information contact: Kevin Rooney at [krooney@playtga.com](mailto:krooney@playtga.com) or (201) 375-7406

**SEE OUR PROGRAMS IN ACTION AND SIGN UP TODAY!**  
[bergencounty.playtga.com](http://bergencounty.playtga.com)