



Township of Cedar Grove
Recreation Department
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Rhino Den Fun House

FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the Weather Hotline #973-230-9944



- **Who:** Children Ages 4-9; LIMITED CLASS SIZE
- **Where:** Cedar Grove High School Cafeteria
- **Days/Time:** **Ages 4-6; Monday OR Wednesday 5:00-5:45pm**
(CHOOSE UPON ONLINE REGISTRATION)
Mondays; Jan. 8, (skip 1/15), 22, 29, Feb. 5, 12 (skip 2/19), 26,
March 4 & 11
Wednesdays; Jan. 3, 10, 17, 24, 31, Feb. 8, 14 & 21

Ages 7-9; Mondays 6:00-6:45pm
Mondays; Jan. 8, (skip 1/15), 22, 29, Feb. 5, 12 (skip 2/19), 26,
March 4 & 11
- **Fee:** \$200/child – \$10 late fee after 12/29/23
No refunds after program start
REGISTRATION WILL BE ACCEPTED ONLINE ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: In this 8-week program, Coach Rob of Rhino Den, will use bands, ladders, obstacle courses and other easy to use equipment, to provide the best strength training & conditioning sessions for your child!

Why is strength training important for youth? When done properly, strength training can; increase muscle strength and endurance, help protect your child's muscles and joints from injuries, as well as help improve your child's performance in nearly any sport. Strength training (or resistance exercise) increases muscle strength by making muscles work against a weight or force.