

SKATEBOARD HALF DAY CLINIC

Entering Grades 2-8

Summer 2019

Skateboard all morning, make new friends, challenge yourself, improve your skills, and enjoy some fun competitions. We focus on skills on taking your skateboarding to the next level.

Session July 8- August 9 Single week registration available

Where: Maplecrest Park Skate Park, 237 Oakland Rd, Maplewood, NJ 07040

Time: Monday-Thursday 9:00 a.m.-12:00 noon (Ask about our extended camp)

Medication Authorization Form: To be medicated at the clinic, complete the form and give to the clinic coordinator along with medication. This is required by NJ Department of Health. All medication must be hand delivered to the clinic coordinator.

Sign In/Sign Out Waiver: To walk home unsupervised from the clinic, request a Sign In/Sign Out Waiver from our Welcome Center or clinic coordinator. Complete form and email shawkins@metroymcas.org or give directly to the clinic coordinator.

Skill Level: All levels welcome. Staff works with skateboarders at their level to progress. All participants are educated in skateboard safety and skate park etiquette. These include unwritten rules of how to share space in a skate park and ways to fall that minimizes injury. Group activities include board maintenance, various games and contests. Thursday is awards day where overall growth and development are rewarded.

Equipment & What to Bring: Supply your own skateboards & safety equipment. Helmet required. Elbow pads and kneepads are highly recommended. Backpack without wheels, Sunscreen, and Reusable water bottle (preferably 12oz and up)

Friday Trip- Each Friday there is a day trip to another skate park returning at 4:00pm. Bring lunch that day. Bussing included. Bus leaves promptly at 9:15am. Return to Park by 4:00pm for pick up. Trips location TBD. [Parent Liability Waiver must be signed.](#)

Our sample day:

9:00-9:15am: Check-in and warm-ups

9:15-10:00am: Ground Work

10:00-10:45am: Ramp Challenges

10:45-11:15am: Free Skate

11:15-11:45am: Ledge and Stair Tricks 11:45-12:00pm: Challenge of the Day

Questions: Call our Welcome Center at (973) 762-4145 or

Email Shaun at shawkins@metroymcas.org