



SPEED / AGILITY & PERFORMANCE TRAINING

When: Monday September 14, 21, October 5, 12, 19, 26

Where: Wood Park Outdoor Fields (370 Broad Ave Leonia, NJ 07605)

Ages/Time: (K-3rd grade: 3:30-4:15pm)
(4-8th grade: 4:15-5:00pm)

Description:

- Led by former Division 1 football player Drew Daniel and certified personal trainer/ former collegiate softball player Caitlin O'Connor
- Speed/Agility Training
- Strength/Conditioning Training
- Sports Performance Training
- Improve Confidence, Balance, Footwork, Endurance

Fee: \$100

Registration will be taken online at <http://register.communitypass.net/LeoniaRecreation>

For more info contact Coach Tyler at 973-222-9107 or tylerjdaniel@yahoo.com

