



SPEED / AGILITY & PERFORMANCE TRAINING

(IN ASSOCIATION WITH THE LEONIA RECREATION DEPARTMENT)

All sessions will be in accordance with CDC recommendations and guidelines

When: Friday April 23, 30, May 7, 14, 21, June 4

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*
- *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

