

## **Speed & Agility Training Workshop**

Thursdays

Grades 3-9

**Dates:** Session 1: Jan. 10, 17, 24, 31; Feb 7

**When:** Thursdays

**Time:** 4:30pm - 5:30pm

**Where:** Municipal Center Gym

**Cost:** \$100.00

**Instructor:** Mike Czech



Improve performance and excel at your sport with the right training! This program mimics training solutions that are used by every college and professional sports program in the world. It is the training that too many athletes do **not** do. Featuring: sports specific movements, more explosive starts, quicker “cuts” & first step, faster reaction time, stronger joints and injury prevention, improved balance and coordination.

**Register Online at [www.newprov.org/recreation](http://www.newprov.org/recreation)**

**From the Recreation home page, click Online Registration link to be taken to Community Pass. Choose “2019 Youth Spring!” as the Activity and follow the online instructions.**