

# TINTON FALLS RECREATION

## TRACK AND FIELD PERFORMANCE CLINIC

**GRADES 1ST - 9TH  
BOYS AND GIRLS**

**DATES: THURSDAYS  
APRIL 11TH THROUGH  
MAY 9TH  
FIVE SESSIONS**

**TIMES: 6:30-7:30 PM**

**COST: \$125**

**LOCATION:  
SYCAMORE RECREATION  
PARK FIELD 5**

For additional information contact:  
Joe Berardi,  
TFPerformanceclinics@gmail.com or  
Tinton Falls Recreation



For athletes of all sport backgrounds looking to stay in shape and prepare for upcoming seasons.

The program will focus on sprinting, speed, starts, relays, plyometrics, injury prevention and rehab.

Register on Tinton Falls Community Pass  
<https://register.communitypass.net/tintonfalls>

**Tinton Falls Recreation 732-542-3400 ext 253 recreation@tintonfalls.com**  
**Facebook: @TFRecreation www.tintonfalls.com**