



Looking to Get Faster? Trying to Enhance Your Athleticism?

Join the Fall Performance, Speed & Agility Clinic!

- * **6 Session once –a-week program at Sycamore Recreation Park**
 - * **Run by Experienced coaches**
- * **For athletes of all sport backgrounds looking to stay in shape and prepare the upcoming season**
 - * **Focus on sprinting , speed, starts, plyometrics, and injury prevention**
 - * **Registration includes t-shirt**

Who: Grades 1st— 9th— Boys and Girls

Dates: Thursdays September 12– October 17 Rain date Thursday 10/24

Time: 6:30— 7:30 pm

Location: Sycamore Recreation Park, 977 Sycamore Ave.

Cost: \$ 130 per child

Register on Tinton Falls Community Pass

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

**Tinton Falls Recreation (732-542-3400 ext. 253 recreation@tintonfalls.com
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