

Wall Recreation Department Presents:



Speed & Agility Training

Wall Recreation is partnering with AMP Fitness for an **5-week 10 session** Sport training program. Throughout the 10 session participants will work on **SPEED , QUICKNESS and AGILITY.**

These session will be instructed by collegiate sprinter and MHS record holder
Nic Balestrieri

WHEN? Tuesday & Thursday / 5:30pm-6:30pm / July 3— August 2nd

WHERE? Sports Center : 2512 Tiltans Corner Rd. Wall 07719

Ages? Boys & Girls : Ages 13 & Up

FEE? \$100 for residents
\$110 for non-residents

Class is limited to 20 students.



To Register Please go to <https://register.communitypass.net/wall>
Under Summer Programs 2018

Please mail & make checks payable to:
Wall Recreation Department—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 2251

Fee is non-refundable unless program is cancelled by the Recreation Department.

