

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.

