



**RINGWOOD REC ALL SPORTS  
FALL SPEED & AGILITY**

**Register  
Now!**

**September 25-November 15**

**Monday and/or Wednesday**

**Grades 1-8: 4:15pm-5:15pm**

**8 sessions-1x per week: \$165**

**16 sessions-2x per week: \$299**

**Location:**

**Stonetown Rec Center**

**To REGISTER:**

**(Please Read All Instruction)**

- 1. Go to: [www.tinyurl.com/ringfall23](http://www.tinyurl.com/ringfall23)**
- 2. Create Account**  
**(Use Child's Name for account)**
- 3. Follow Prompts**

**Program Includes:**

- 8 Week Training Program**
- Mechanical Running**
- Speed, Agility Training**
- Power & Jump Training**
- Age Appropriate Strength Training**

**Performance Improvements in:**

- Acceleration & Top Speed**
- Agility & Foot Speed**
- Vertical Jump**
- Total Body Strength & Power**
- Conditioning**