

Speed & Agility Training

This is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally, change direction horizontally, and control your body while playing sports. The second portion is designed to improve running form, foot work, stride frequency, stride length, and efficiency. This is not a conditioning program; the goal of each 40 minute session is **EXPLOSIVE POWER** for all sports!

January : 8, 11, 15, 22, 25, 29

February: 1, 5, 8, 19, 22, 26

Location: MHS Auxiliary Gym.

Total Cost: \$110.00 for 12 sessions.

Payments and registration can be done at

the Montgomery Township Recreation

Department (Otto Kaufman Center)

Registration begins on December 1st

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Township Recreation
Department (Otto Kaufman
Center)

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December 1st

Mondays 7:00-7:40; 7:40-8:20; 8:20-9:00pm

Fridays 6:00-6:40; 6:40-7:20; 7:20-8:00pm