

# Groveport Parks & Recreation Department & Jump Start Sports

Presents:



## Speed & Agility Training

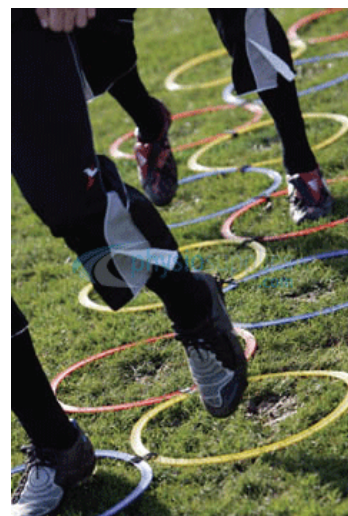


**WHAT:** Professional trainers and highly successful NCAA Division 1 track athletes from the Jump Start Sports coaching staff have developed a speed training, agility, and conditioning program, that introduces athletes ages 8-14 year olds to training that will help them take their game to the next level. Classes are conducted with an 8:1 ratio and each athlete will receive one on one instruction. This is an 8 week program.

**WHO:** Boys and Girls ages 8-14 years of age

**WHERE:** Groveport Recreation Center -Fitness Studio

**FEE:** \$75



Limited to 16 participants !

Session	Dates:	Times:	Registration
SESSION I: 422503-03	Sundays February 7, - March 28, 2010	1:00 p.m. - 2:00 p.m.	Now - Sun., February 7

**New Dates!**

For more information Contact Rick Hart at  
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