



OFFICE OF THE DIRECTOR

- Department of Parks and Public Property
- Department of Recreation

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The Township of Lyndhurst and *FASST* Present: Youth Speed & Agility Program

The primary goal of the Youth Speed & Agility program is to get our younger athletes to move their bodies efficiently. Our program is designed to help each athlete better themselves through exercises and training that will enhance and improve balance, coordination, agility, flexibility, explosiveness and running technique. Athletes will also gain confidence, leadership values and a determined work ethic.

Coaching provided by:

FASST

Program Details:

Ages 8 to 14; July 11th to August 17th

Tuesdays & Thursdays - 6-7pm - 2 times a week for 6 weeks (12 sessions)*

Sessions will be held at the Lyndhurst Recreation fields on Valley Brook Ave
(behind the Rec Center)

*Make up sessions available on Saturdays at *FASST*.

Cost: \$175 Early Registration (Before June 10th), \$199 (After June 10th)

Call or email to register today:

201-933-0778

info@fasstnj.com



136 Park Avenue, Lyndhurst, NJ 07071

www.fasstnj.com