

TINTON FALLS RECREATION AND TRACK AND FIELD PERFORMANCE CLINICES

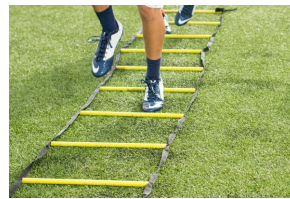
WILL BE OFFERING A **SPRING PERFORMANCE, SPEED, & AGILITY CLINIC**

GRADES 1ST - 9TH BOYS AND GIRLS

**DATES: THURSDAYS
APRIL 10TH THROUGH
MAY 15TH
(no clinic on 4/24)
FIVE SESSIONS**

TIMES: 6:30-7:30 PM

**COST: \$120
LOCATION:
SYCAMORE RECREATION
PARK FIELD 4**



For additional information
contact:
Joe Berardi,
TFPerformanceclinics@gmail.com

- ✓ Ran by experienced coaches
- ✓ For athletes of all sport backgrounds looking to stay in shape and prepare for the upcoming season
- ✓ Focusing on sprinting, speed, starts, relays, plyometrics, injury prevention and rehab
- ✓ Registration includes t-shirt

Register on Tinton Falls Community Pass
<https://register.communitypass.net/tintonfalls>

Tinton Falls Recreation
(732) 542-3400 ext 253

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Facebook: @TFRecreation