



## ***Speed and agility training***

***With coaches Dan Waitman and Keith Lieberman***

***Learn to: Run Faster, Move Quicker, Condition, and have some fun.***

***Any sport or ability level.***

***Ages 7-14***

***2 4 week sessions up to three days a week Tuesday, Wednesday, Thursday 5:30-7:00p @ Chesebough park***

***\$225:00 per session. 1<sup>st</sup> session starts April 29th***

***2<sup>nd</sup> session starts June 3rd***

***Training will focus on: Proper Running Technique  
Explosion Exercises  
Quickness training  
Balance***

***Timed events to see progress!!!!***

***No matter what your sport or ability level, get off the couch, turn off the video games and come have some fun. Space limited. T-shirt included.***

***For Sign Ups and Info. Call or e-mail Dan Waitman Keith Lieberman  
661-510-6875 562-244-9151  
Gwtmn@aol.com citha2aol.com***

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