



# **SPORTS CONDITIONING PROGRAM**

## **WEST ORANGE RECREATION DEPARTMENT SPORTS PERFORMANCE TRAINING GIRLS AND BOYS**

Help your child become more athletic regardless of fitness level  
Monday Evenings – Kelly School Gymnasium and Fields

**Spring 2019**—Early Registration Fee (through March 18) \$50 covers all 7 sessions  
April 1, 8, 22, 29, May 6, 13, 20  
Grades 3<sup>rd</sup>-6<sup>th</sup> 6:00 PM-7:00 PM, Grades 7<sup>th</sup> to 12<sup>th</sup> 7:15 -8:15 PM  
(times subject to change based on enrollment)

### **PROGRAM FEATURES & BENEFITS**

- Build Positive Self Esteem*
- Increase 1<sup>st</sup> Step Quickness*
- Increase Speed+ Agility*
- Boost Confidence*
- Improve hand + foot eye Coordination*
- Build strength+ Quickness*
- Increase Endurance and Energy*
- Challenging and fun!*
- Give your athlete an edge*
- Get ready for next season, Get your child off Xbox! Train with experienced WOHS Coach*

**Instructor: Coach Marini Certified Fitness Instructor  
Youth Fitness and Sports Conditioning Specialist**

*Programs 7<sup>th</sup> Year In West Orange, Certified Fitness Instructor-American Council on Exercise, Sports Conditioning Specialist, Certified CPR & AED, Member West Orange Coaching Staff (More information on Mr. Marini on [www.westorange.org](http://www.westorange.org))*

**COMMUNITY PASS REGISTRATION—registration is online through Community Pass on the Recreation website [www.westorange.org](http://www.westorange.org)  
Questions please call 973-325-4150. No walk in registrations**