

# Speed & Agility

## Step up your game!



Do you want your child to have a leg up on the competition? Our Speed and Agility Training can give them the edge they need. Athletes that play any sport can reap the benefits of faster reaction time, quicker feet, improved coordination, acceleration, deceleration, and speed and directional change. This specially designed training will include a dynamic warm-up, and a plyometric workout that challenges the core and pushes athleticism. Our instructor, Roger Dalton, has over 14 years of experience as a personal trainer and is certified as a speed and agility specialist.

**For:** Bridgewater and Raritan residents in grades 5-8

**Dates:** Sundays, September 30, October 7, 14, 21, 28, 2018

**Times:** 2 sessions available! **Session 1:** 10:30am - 11:15am or **Session 2:** 11:15am – 12:00 p.m.

**Location:** 1000 Turf, Bridgewater-Raritan High School

**Cost:** \$50.00, payable to Roger Dalton, checks only

**Space is strictly limited, registration is on a first come, first served basis, no exceptions!** Registration will be accepted in person at the Bridgewater Recreation Department, 100 Commons Way, via the postal service, or by placement in the Recreation drop slot on the Garretson Road side of the Administration Building. If you have any questions please call the Bridgewater Recreation Department at (908)725-6373. Office hours are 9 a.m. to 5 p.m. Monday – Thursday and 8 a.m. to 5 p.m. on Fridays.

Bridgewater Recreation, 100 Commons Way, Bridgewater, NJ 08807 (908)725-6373 [www.bridgewaternj.gov](http://www.bridgewaternj.gov) 9 a.m. – 5 p.m. Monday – Thursday 8 a.m. – 5 p.m. Friday

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**Speed & Agility Fall 2018** \$50.00 payable to Roger Dalton

| Participant Last Name                     | First Name   | Grade (2018-19 school year) |               |
|---|--------------|-----------------------------|---------------|
|   |              | Male / Female               |               |
| Street Address                            | Town         | Zip                         | Circle Gender |
|   |              |                             |               |
| Email Address <i>please print legibly</i> | Home Phone # | Cell Phone #                |               |

**Please Circle Session Requesting:**   **Session 1** (10:30am)   **Session 2**(11:15am)

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations.  
☐ Yes, I will need to be notified regarding special considerations for my child.

Please note that the Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_/\_\_\_\_/\_\_\_\_  
**Date**

