

FITNESS FOR FUN

Speed, Agility and Strength Training 2009/2010 Winter Session 1 & 2

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Max# of Athletes for each Time slot is 20

Costs: \$80 for entire session- (no matter how many you attend)

Time Slots- 5:45-6:45 and 7-8PM Wednesday Evenings

Dates of Session 1- 12/9,12/16,1/6,1/13,1/20,1/27,2/3,2/10

Dates of Session 2- 2/24,3/3,3/10,3/17,3/24,3/31,4/14,4/21

If school is closed due to weather we will try to reschedule if school is available at later date.

**Where: Westmere Elementary- In Guilderland off Rt 20
Behind Price Chopper**

Athletes will be working on strength, speed, agility, quickness and fitness which are applicable to all aspects of an athlete's performance on the field or court.

We will work with any ages from 9 yrs old and up .

Focusing on proper deceleration/acceleration process

Please make checks payable to: HYPERLINK "<http://www.google.com/>

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Kevin Ryan-

518-424-6350 cell#

Registration/Waiver Forms Required:

Email Coach Kevin Ryan to get Registration form or go to website

HYPERLINK "mailto:kryan1262@gmail.com" [mail@fitnessforfun.net](mailto:kryan1262@gmail.com)

HYPERLINK "http://www.fitnessforfun.net" www.fitnessforfun.net

Please either Bring to First Session or Mail to

Kevin Ryan

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