

Speed & Agility Training

This is a two part program geared to make you a better athlete. Part one focuses on how to stop, start, accelerate, change direction laterally, change direction horizontally, and control your body while playing sports. The second portion is designed to improve running form, foot work, stride frequency, stride length, and efficiency. This is not a conditioning program; the goal of each 45 minute session is EXPLOSIVE POWER for all sports!

Location: Otto Kaufman Gym

Total Cost: \$125.00 for 12 sessions.

Registration:

Montgomery Recreation Department
Otto Kaufman Center

Dates & Times

January: 9, 11, 18, 23, 25, 30

February: 1, 6, 8, 13, 15, 22

Mondays: 5:05-5:50

Wednesdays: 5:35-6:20

Questions:

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