

**Township of Cedar Grove
Recreation Department**
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Youth Strength Training & Conditioning with Rhino Den

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the Weather Hotline #973-230-9944**



- **Who:** Children Ages 4-12; LIMITED CLASS SIZE
- **Where:** Cedar Grove High School Cafeteria
- **When:** **Mondays OR Thursdays**
(You pick either or upon registration)
Mondays: Jan. 9, 23, 30, Feb. 6, 13, 27, March 6 & 13 (note skips)
Thursdays: Jan. 5, 12, 19, 26, Feb. 2, 9, 16 & 23
- **Time:** Ages 4-6; 5:00-5:45pm
Ages 7-9; 5:45-6:30pm
Ages 10-12; 6:30-7:30pm
- **Fee:** \$200/child – \$10 late fee after 12/30/22
No refunds after program start
REGISTRATION WILL BE ACCEPTED ONLINE ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: In this 8-week program, Coach Rob of Rhino Den, will use bands, ladders, obstacle courses and other easy to use equipment, to provide the best strength training & conditioning sessions for your child!

Why is strength training important for youth? When done properly, strength training can; increase muscle strength and endurance, help protect your child's muscles and joints from injuries, as well as help improve your child's performance in nearly any sport. Strength training (or resistance exercise) increases muscle strength by making muscles work against a weight or force.