

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

## **Youth Speed & Agility Training with Rhino Den**

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



- **Who:** Children Ages 4-14; LIMITED CLASS SIZE
- **Where:** Cedar Grove High School Cafeteria
- **When:** **Mondays OR Thursdays**  
(You pick either or upon registration)  
Mondays; March 20, 27, April 3, 17, 24, May 1, 8 & 15 (note skips)  
Thursdays; March 23, 30, April 6, 20, 27, May 4, 11 & 18 (note skips)
- **Time:** Ages 4-6; 5:00-5:45pm  
Ages 7-9; 6:00-6:45pm  
Ages 10-14; 7:00-8:00pm
- **Fee:** \$200/child – \$10 late fee after 3/17/23  
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 speed & agility training 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.