

**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 4-9; LIMITED CLASS SIZE
- **Where:** Panther Park Lower Field
- **When:** Tuesdays – June 20, 27, July 11 & 18
- **Time:** Ages 4-6; 5:00-5:45pm  
Ages 7-9; 6:00-6:45pm
- **Fee:** \$100/child – \$10 late fee after 6/16/23  
No refunds after program start  
REGISTRATION WILL BE ACCEPTED ONLINE ONLY  
<https://register.communitypass.net/TownshipofCedarGrove>
- **Outdoor Programming information:**
  - There may be inclement weather. If a class is cancelled, you will receive an email and can also call 973-230-9944 or check the Cedar Grove Recreation Facebook page.
  - We try our hardest to make up all classes. If we cannot, please note that the price will not be adjusted.

**Description:** In this 4-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.