



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

## **Junior Strength & Conditioning Program:**

### **Powered by 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 10-12; LIMITED CLASS SIZE
- **Where:** Cedar Grove High School Weight Room
- **When:** **Mondays;**  
January 6-March 10 (skip 1/20 & 2/17)
- **Time:** 6:00-7:00pm
- **Fee:** \$250/child – \$10 late fee after 12/20/24  
No refunds after program start  
**REGISTRATION WILL BE ACCEPTED ONLINE ONLY**  
<https://register.communitypass.net/TownshipofCedarGrove>

**Description:** The CGJRSCP will be powered by Rhino Den This program will cover proper movement patterns and techniques required in training for both competitive (athletes/athletics) and non-competitive (Recreational trainers) attendees. This program will cover basic training techniques using body weight training, weighted balls, resistance bands and sleds. Attendees will be up through an athletic warm up and a challenging bodyweight routine. This program will be progressive as it proceeds through the 8 weeks. Consistency in attendance of this program will be imperative.