

Sports Performance Training

With Coach Allan Gadsden

- Build a strong foundation of athletic performance (Speed, Power, Agility) and overall athleticism !
- Improve overall skills for maximum athletic performance!

Boys and Girls Grades 5-8

- Running techniques
- Coordination
- Balance
- Power and Strength
- Injury Prevention

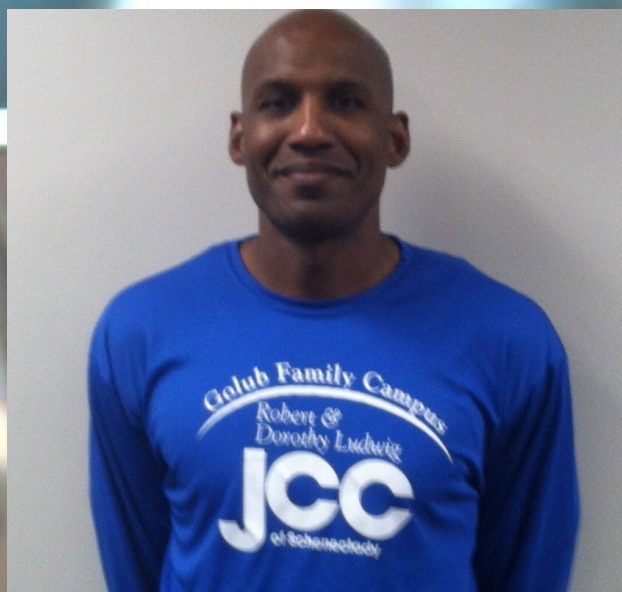
Monday and Wednesdays

October 3rd to October 29th

4:00 to 5:00pm

Fee:90.00 \$60.00(SJCC Member or Kids Time Family)

****PROGRAM MAY BE OUTSIDE****



For more information contact:

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Robert and Dorothy Ludwig

Schenectady JCC

GOLUB FAMILY CAMPUS

For you, your family and your community

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