

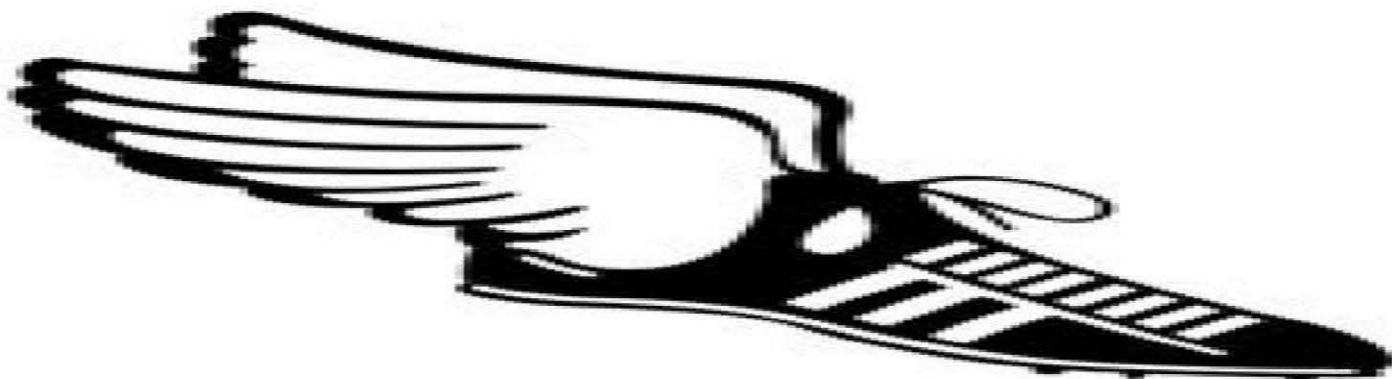


PARKS AND RECREATION

SPEED AND AGILITY

This class is designed to teach athletes the proper running mechanics and how to run faster. Drills will be geared around proper stretching, acceleration, plyometric movements, explosive movements and speed endurance.

Days: Monday & Thursday
Date: April 23 – May 24
Time: Weekdays 6:00 p.m. – 7:30 p.m. Weekends 2:30 p.m. – 4:00 p.m.
Fee: \$155 per session (resident) \$232.50 per session (non-resident)
Age: 10-18
Location: Kenwood Park



Parks & Recreation Office:

980 Redwine Rd
Fayetteville, GA 30215

Mailing Address:

140 Stonewall Avenue West
Fayetteville, GA 30214

Phone: 770 - 716 - 4320 Fax: 770 - 460 - 1931

Website: www.fayettcountyga.gov

Email : recreation@fayettcountyga.gov