CITY OF GREENSBURG PARKS AND RECREATION DEPARTMENT 520 NEW ALEXANDRIA ROAD, GREENSBURG, PA 15601 PHONE (724)834-4880 FAX (724)834-4895

SPEED & AGILITY

REGISTRATION: January 8, 2024 – April 17, 2024*

* Late sign-ups will be accepted only if our maximum participation is not met, with an additional \$10 late fee



This program is for kids of all ages

Cost is \$10.00 for Greensburg Salem School District Residents \$15.00 for Nonresident (Hempfield, Jeannette, etc.)

- Program will run April 18 through May 16 (weather permitting)
 - o Thursdays, from 5:30 to 6:30pm
 - o Lynch Field next to the Kirk S. Nevin Arena
- Each week, various drill stations will be set up for kids to rotate through
 - o For example, relay races, tire flipping, agility ladders, direction-changing, etc.
- Kids will work on drills to enhance their speed, running, strength, and agility skills