



Fitness and Agility Training



Saturdays

January 28

February 11, 25

March 10, 24

3:00 pm to 4:30 pm

**For additional information contact the
Lawrence Township Recreation
Department: (609) 844-7067**

The Lawrence Lightning Jr. Football Club and the Lawrence Township Recreation Department will conduct fitness and agility training on the 2ND and 4TH Saturdays of each month during January, February and March at Lawrence Middle School. All athletes between 3RD and 8TH grade, regardless of the sport, are encouraged to attend. Participants will work on developing their endurance, agility and stamina. All participants must be registered to attend.

Fee: \$10 for the 5 sessions.

Return completed Registration

Form and Fees to: Lawrence Township Recreation Dept.

2207 Lawrence Road

Lawrence Township NJ 08648

SAVE THE DATE:

EARLY REGISTRATION FOR 2012 LAWRENCE LIGHTNING FOOTBALL
FEBRUARY 4TH 10 AM TO 12 PM—LAWRENCE MUNICIPAL BUILDING