

FAIR LAWN ALL SPORTS SOCCER CLUB FALL SPEED & AGILITY



**Register
Now!**

★ Athletic
Competitions

★ Increase
Performance

★ Fun

September 10-November 16

Grades 1-4

1 hour classes

Tuesday, Wednesday or Friday

5:30pm-6:30pm

Grades 5-8

1 hour classes

Tuesday, Wednesday or Friday

6:30pm-7:30pm

Options

10 sessions

1 Day/Week-\$150

20 sessions

2 Days/Week-\$279

Location: Parisi Speed School-2-22 Banta Place, Fair Lawn, NJ 07410

1) To Register, Go to:

www.goo.gl/fAaAJr (case sensitive)

2a) Enter Grade 1-4 Promo Code: **FLASSC1-4**

2b) Enter Grade 5-8 Promo Code: **FLASSC5-8**

3) Choose Your Day and Time

Program Includes:

- 10 Week Training Program
- Running Mechanics Breakdown
- Speed & Agility Training
- Power & Jump Training
- Age Appropriate Strength Training

Performance Improvements in:

- Acceleration & Top Speed
- Agility & Foot Speed
- Vertical Jump
- Total Body Strength & Power
- Conditioning

For More Information Contact Brandon Wood at 201-704-0181 or bwood@parisiusa.com